



THE DISPATCH

U.S. ARMY DUGWAY PROVING GROUND

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August 2018

Command perspective



By CSM Joe A. Bonds
Installation Command Sergeant Major

Team Dugway, it is with a heavy heart that I write my last Command Perspective as Dragon 7, CSM for Dugway Proving Ground. My time and incredible experience here at Dugway has sadly come to an end. This is by no means a farewell message but a firsthand account of what it was like to work and live in a community with some of the most dedicated and wonderful teammates you could ever hope to have. So instead of making this message about my departure, I will write about the great Americans that live, work and play at Dugway every day. The people that make Dugway what it is and why it is such a special place.

My experience far exceeded any expectations I could have ever hoped for. I was blessed with two of the best Commanders and battle buddies a Soldier could ask for. Col Sean Kirschner and Col Brant Hoskins have reaffirmed to me that our Army, Soldiers, and Civilian teammates are in great capable hands. I will be forever grateful to them and their families for taking such good care of me while here at Dugway without my family. The great legacy of DPG has lasted and will continue to last because of the dedicated professionals of WDTC (ATEC) and Garrison (IMCOM) who give their very best day in and day

out, the steadfast support from our hardworking tenant teammates, and selfless contributions made by so many others. I could go on forever about our wonderful teammates across this great installation and community, but I have been given a five hundred word limit which I will do my best to honor.

If you look on the Table of Distribution and Allowance (TDA), which is the document that authorizes personnel strength, it lists my position as the Command Sergeant Major for U.S. Army Dugway Proving Ground. On the ground, and in reality, I never considered myself as someone only filling a TDA position but as a community member among other community members. The word **"Dugway"** is only the name of a place that serves to give this location a geographical reference. The true essence of Dugway can only be found by **experiencing what I've had the honor of experiencing - community.** What makes this community special is every single individual who lives and works here every day.

I am proud to have served here at Dugway and add my small contribution to a rich history that has spanned more than seventy-six years in support of the warfighter. They do their mission without fail because **you all don't fail at yours.** I hope my excitement and motivation displayed daily was an indication of what a true honor it was to serve with you all.

As I depart Dugway, let the record reflect that I did nothing alone to help make Dugway a better place, but did many things with many of you to make Dugway a better place to work, live and play. As always, thank you for what you do and allowing me to serve with you and for you. Dragon 7 out!

Empowering the Nation's Defenders!

Dugway creates data for ground-reading radar



A Russian SCUD missile launcher was recently the interest of a system to detect ground disturbances. Much of the system is sensitive and cannot be specified, but its developers use the data generated from Dugway testing to develop algorithms for detecting people, vehicles and pack animals after they have passed over the ground, or the burying of munitions and improvised explosive devices beneath it. Photo by Al Vogel, Dugway Proving Ground Public Affairs

By Al Vogel
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Generating data that will develop algorithms to detect multiple vehicles, of varying sizes, at a distance after they have passed, was one component of a recent test at Dugway Proving Ground, Utah.

Three years ago, when a system to detect ground disturbances from afar required testing, Radiant Solutions began looking for the perfect site. It found that site in Dugway Proving Ground, deep in the west Utah desert, but only 85 miles from Salt Lake City and its international airport.

Much of the system is sensitive and cannot be specified, but its developers use the data generated from Dugway testing to devel-

op algorithms for detecting people, vehicles and pack animals after they have passed over the ground, or the burying of munitions and improvised explosive devices.

Since its inception in 1942, Dugway Proving Ground has had a reputation for keeping its testing and activities close-hold, and for good reason: its testing protects U.S. military, civilian and Allied lives around the world.

As testing sites go, Dugway is a rarity if not unique. Its 800,000 acres is remote and free of encroachment providing quiet acoustics and electronics, and paved and unpaved roads that may be untraveled for hours or days.

◆ Ground reading radar. Page 2

INSIDE YOUR DISPATCH

ALGORITHMS DETECT



Data developed at Dugway helps detect after the fact.

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Generating data that will develop algorithms to detect multiple vehicles, of varying sizes, at a distance after they have passed, was one component of a recent test at Dugway Proving Ground, Utah. Photo by Al Vogel, Dugway Proving Ground Public Affairs

Dugway STEM Outreach - A preview to the future

By Bonnie A. Robinson
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Dugway's West Desert Test Center conducted a student outreach tour in conjunction with the University Of Utah's engineering summer program, July 3, in the barren desert of Utah.

field that most students had not considered before.

Lauren Verson, who attended West High School in Salt Lake City, plans to continue her studies in chemistry, was particularly impressed with Mustang Village.

"It's pretty cool to see the setup

on the battlefield was interesting," she said.

Mustang Village provides hazmat training for Soldiers and first responders with advanced hands on training with chemical and biological simulants in class room and in field settings.

A significant amount of training focuses on identification, recognition, production, sampling and evidence collection, noted Wendell Williams, a program manager with Special Program Division's Mobile Training Team, which takes this same training to military and first responder teams around the world.

Carter Jennings, a JP chemist teacher, who specializes in Organic Chemistry, was pleased that his students were able to see that there are many things that can be accomplished with a chemistry background.

"This is awesome. It's good to get them exposed to all the different ways chemistry can be applied," he said. "The biggest benefit is sometimes students have a narrow focus. Here they see that there are many things they can



Students arrive at Mustang Village as part of a STEM Outreach program with the University of Utah July 3, 2018. The training facility at Dugway Proving Ground, Utah houses various buildings with makeshift laboratories, which provide hands on training in classroom and field settings for Soldiers and first responders to gain new capabilities in their detection skills for a chemical or biological incident. Photo by Bonnie A. Robinson, Dugway Proving Ground Public Affairs

The university is encouraging high school students from the Wasatch Front, who are interested in studying chemistry, to broaden their interests by visiting organizations and facilities prior to their freshman college year.

About 90 students, and their teachers, toured three facilities on the test center, which is a major Army test range for all classes and sizes of chemical, biological, explosives defense systems and where elite forces and first responders come for one of the best chemical and biological response courses available.

A round-robin tour gave students a chance to listen and ask questions to a variety of subject matter experts at three diverse testing sites: Mustang Village, the Tower Test Grid and the above ground, man-made Brauch Tunnel. These facilities presented prospects for a chemistry career

here. I have heard about something similar to this before, but to see how it would apply to Soldiers



Students observe a remote controlled explosion at the outdoor Tower Grid, a circular test grid with 17 towers that are each 30 Meters high. The grid was created to permit the fast and efficient collection of air, vapor and liquid samples and transmit real-time data to customers of the field test. Photo by Bonnie A. Robinson, Dugway Public Affairs

CHAPLAIN'S CORNER

By Chaplain (MAJ) James Lester

Home is?

When I meet people, I'm always asked "where are you from?" I sometimes want to respond with sarcasm or with a little humor by mentioning the last place I've lived. I used to ask that question of soldiers fresh out of Basic training and the answer I got was "Fort Jackson." So I would have to change it up and say where is your home or where did you live before the Army. So, when I'm asked now, I'm a little nicer to folks and say I'm from Oklahoma, which is where I was born back in 1971. It would take too long to mention all the places I've lived. I also tell them that my wife is from Illinois, which then I follow up with we met in Missouri. Now I still have Family in Oklahoma, but my parents and my brother live in Arizona where I've never lived. So for the last 30 years I've been a nomad. I and my Family have lived in so many different places it's hard to identify where is home. My kids are asked that very same question and they too have difficulty answering. Currently they say Utah, which some people back in the Midwest ask "are you Mormon?" When I really think about my home it is not a state or even a city it really is where my heart is. Sounds sort of cliché doesn't it, but it is the truth. I will have been married 24 years this August to my wonderful wife. Each place that we live she

quickly converts our house into an amazing home. She begins to hang up our pictures, and soon this empty building becomes a place of refuge.

See a home should not only be the place where your heart is, but it should be a place where you feel safe. A place where you can be yourself, you know the real you. A place where you know that you belong, a place where your Family gathers together to celebrate meals, and special occasions. I think you get it what I'm trying to say. Home is a place and for some of us it could be our parent's home. Others it the place where you currently live and it changes when you move. Wherever the place is it is your home.

Psalm 84: 3 in the New International Version reads "Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young." If the sparrow or the swallow can find a home here at Dugway, I believe we too can make this place a home. I believe the chapel should have some of those same qualities of a good home. It should be a place where you feel safe. Where you can be yourself, it should be a place where you gather. It should be a place where you feel part of a Family. I hope that when you visit our Chapel, you can feel those same qualities.



A student takes a closer look at a makeshift laboratory in a motel-like setting at U.S. Army Dugway Proving Ground Utah's Mustang Village a during an STEM student outreach program with the University of Utah. These small improvised labs can be a serious threat to U.S. Soldiers and first responders who are the first line of defense when sent to collect samples of a chemical or biological environment. Photo by Bonnie A. Robinson, Dugway Public Affairs

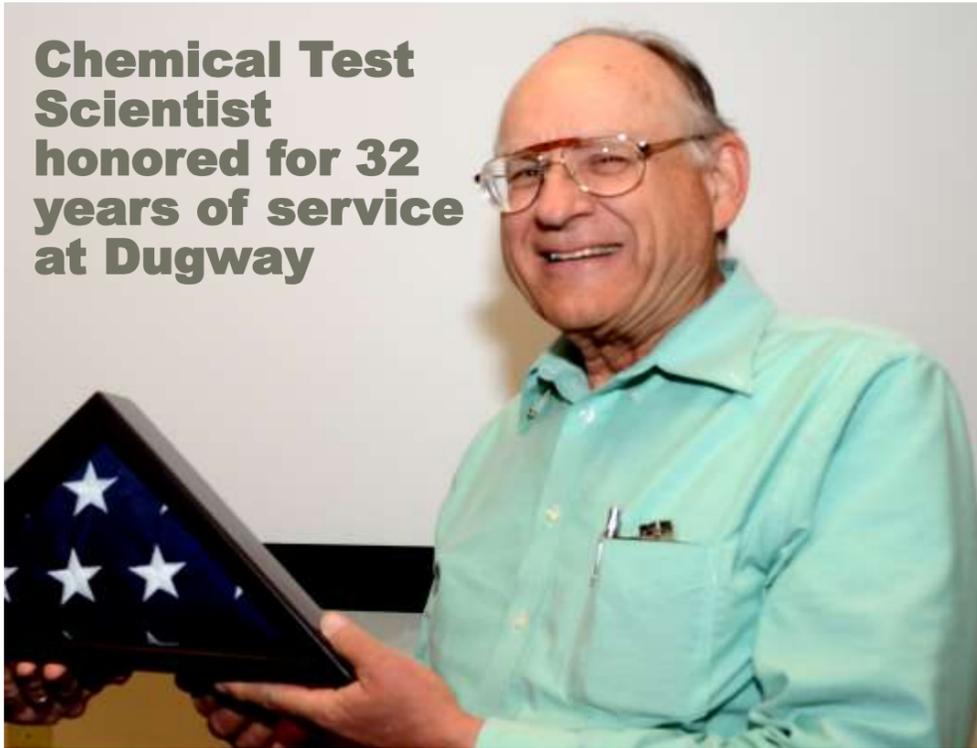
accomplish with a chemical background."

The STEM outreach is a priority because too few incoming college students choose to pursue degrees in these fields. The U.S. Department of Labor expects that there will be more than 1.2 million

job openings in STEM related fields in the next few years, but, not enough qualified graduates to fill them.

To help the students understand what Dugway looks for in graduating seniors, Wendell

Chemical Test Scientist honored for 32 years of service at Dugway



Dr. Steven L. Brimhall receives a flag flown over U.S. Army Dugway Proving Ground, Utah at his retirement ceremony, June 28, 2018, after 32 years as project scientist at West Desert Test Center. Photo by Bonnie A. Robinson, Dugway Public Affairs

By Bonnie A. Robinson
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Dr. Chris Olsen, Chief of the Chemical Test Division, conducted a retirement ceremony for Dr. Steven L. Brimhall, June 28, at Dugway's West Desert Test Center, to honor his 32 years of government service.

"Dr. Brimhall has served as a Project Scientist for more than three decades, which I believe this makes him the longest serving chemist at the Chemical Lab. It's been so long that the new chem lab is now the old chem," Olsen said in good naturedly teasing to the delight of those attending.

Vincent Liddiard, Dugway's chief of staff, presented Brimhall with a Superior Civilian Service Award signed by Major General (P) Joel K. Tyler, commander of the U.S. Army Test and Evaluation Command in Aberdeen, Maryland.



Dr. Steven L. Brimhall a chemist, project scientist, science branch chief, and senior scientist for the Chemical Test Division, has a special moment when his son pins his 30 year Civilian Service Pin to his collar as part of the retirement ceremony. Photo by Bonnie A. Robinson, Dugway Proving Ground public Affairs.

more effective equipment for our nation's warfighters, the United States Army, Dugway Proving Ground and the United States.



Vincent Liddiard, Dugway's chief of staff presents Dr. Steven L. Brimhall a Superior Civilian Service Award signed by Major General (P) Joel K. Tyler, commander of the U.S. Army Test and Evaluation Command. Photo by Bonnie A. Robinson, Dugway Public Affairs

The award acclaimed Brimhall's outstanding mission support during his 32 years of exceptional service as chemist, project scientist, science branch chief, and senior scientist for the Chemical Test Division.

The award also recognized his critical defense test support that resulted in the successful execution of a tremendous number of test programs. He was also thanked for his dedication to duty, selfless service, and integrity, which were essential in providing high quality test data resulting in

A flag that had been flown over Dugway Proving Ground was also presented.

A special moment came when Brimhall received his 30-year pin. His son pinned it to his collar as part of the ceremony. He expressed his gratitude to his family, telling all that attended that, "Family makes all we do possible." It was followed by a simple nod to his wife, who smiled at the tender tribute.

A long line of friends and co-workers expressed their thanks and best wishes for a happy retirement.

STEM Outreach ...

Continued from Page 3.

helped explain the importance of the work performed by the test center specialists.

"If you are interested in what you see here today, you should look to chemistry and biological studies for your majors at the university," he said.

Jaruwat Vaendl a student from Herriman, Utah said he found the makeshift laboratory really interesting, informative and cool to see up close. "I am definitely interested in the Mobile Training Teams program," he added.

Derek Che, a student from Salt Lake City, Utah added he would, "definitely be interested in a summer internship in the future."

The second stop was at the Tower Test Grid, a large outdoor test grid with high towers placed in a circular pattern. "Test

"It's crazy! I have never see anything like this before. I didn't even know this was here," she said. "Definitely impressive."

The final stop of the STEM tour was at the Brauch Tunnel. The tunnel is a massive training complex created by using old shipping containers that are hooked together. The inside is sprayed with dark foam to simulate an underground environment of tunnels and caves. Several cave-like areas are set up with makeshift laboratories.

Chris Johnson, chief of the Special Program Division, welcomed the students. He said the Brauch Tunnel is actually a training facility for chemical and biological defense training. The tunnel has curves. A dark foam covers the inside creating the curves and low spots that need to be navigated by Soldiers and first responders, who are sent in to find a makeshift laboratory



Students examine the above ground Brauch Tunnel. The tunnel simulates an underground environment to train response teams to detect and identify chemical or biological laboratories. chemistry. Photo by Bonnie A. Robinson, Dugway Public Affairs

grids monitor open air tests of simulated agents in designated areas where outdoor field testing takes place," explained David McAtee, a physical scientist technician at the site.

Vivian Hill one of the student attendees was surprised at the explosive set off in the Tower Grid and the way a truck mounted sprayer could be used to release chemicals or a biological hazard.

and make assessments of possible hazards.

Teacher Susan Bank, who teaches high school chemistry at Granger High School had high praise for the student outreach program.

"It's been really fun for me and the kids. Lots of neat things, like the chemical applications, I don't think I had thought about chemical that way before, she said. "Thank you for allowing us to bring our student's here. It's been a great day."



Jennifer Cavalli, a training coordinator with the Special Programs Division at U.S. Army Dugway Proving Ground, Utah, helps high school students understand the difficulties of searching, identifying and clearing a tunnel located laboratory during a STEM outreach program hosted by the University of Utah July 3, 2018 at U.S. Army Dugway Proving Ground Utah. Photo by Bonnie A. Robinson, Dugway Public Affairs



WOMEN'S EQUALITY DAY

What is it?

In 1971, at the request of Representative Bella Abzug, the U.S. Congress designated **August 26 as "Women's Equality Day."** The date was selected to celebrate the **Women's Suffrage Movement's greatest victory**—women achieving full voting rights following the ratification of the 19th Amendment to the U.S. Constitution in 1920.

The **Women's Equality Day observance** not only commemorates the passage of the 19th Amendment, but also represents **women's continuing efforts toward full equality.** Resilient women have inspired and encouraged countless others to challenge the status quo in order to advance **the mission of today's military.** The Department of Defense has led the way in equality by recognizing the critical role played by all in **strengthening the nation's presence** around the world.

Then and Now

During the Revolutionary War, women served in military camps as laundresses, cooks, and nurses. Other women served as spies. Deborah Sampson served **17 months in General George Washington's Army as "Robert Shurtleff."** Her gender was discovered after she was wounded in battle.

In 2008, General Ann Dunwoody becomes the first woman in the U.S. military to be promoted to a four-star officer rank.

During World War I, women served as nurses and support staff. More than 400 are killed in action. Lenah Sutcliffe Higbee, the second Superintendent of the U.S. Navy Nurse Corps, was awarded the Navy Cross for her achievements in leading the Corps through the war.

In November 2017, the keel of the future USS Lenah H. Sutcliffe Higbee is ceremoniously laid at the Huntington Ingalls Industries shipyard. Currently, seven Navy ships are named after women, with the USS Lenah H. Sutcliffe Higbee becoming the eighth.

In 1948, the **Women's Armed Services Integration Act** was signed into law. The Act granted women permanent status in the Regular and Reserve forces of the Army, Navy, Marine Corps, as well as the newly created Air Force. Today, women are a **vital part of the Department of Defense's strength.**

During the Vietnam War, approximately 11,000 women were deployed to Vietnam, ninety percent of whom served as nurses. Eight women were killed in combat. Commander Elizabeth Barrett became the first senior female officer to serve in Vietnam, and the first woman officer to assume a

command billet in the U.S. Navy in a combat zone.

In 2017, Army Major General Robin Fontes took command of Combined Security Transition Command – Afghanistan, becoming the highest-ranking female military officer in Afghanistan since the American invasion of that country in 2001.

In 1976, the first women are admitted to the service academies: U.S. Military Academy at West Point, the U.S. Naval Academy, U.S. Coast Guard Academy, and the U.S. Air Force Academy.

In 2016, forty years after opening its doors to female cadets, the U.S. Coast Guard Academy breaks records with an incoming class which is 38-percent female. In 2017, Cadet Simone Askew was selected as First Captain, at the U.S. Military Academy, the highest ranked cadet at West Point. She is the first African-American female to hold the rank.

In 1977 the question was asked, *"Should women be assigned as missile launch officers, who potentially would be firing nuclear missiles in the event of war?"* Air Force personnel felt that women had the mental and physical attributes required to be a missile combat crewmembers.

In 2016, the Air Force held its first all-female alert at the three active missile fields to highlight the contributions and heritage of women in the intercontinental ballistic missile force. Ninety female missileers, with some female B-52 aircrews from Barksdale AFB, LA and Minot AFB, ND made U.S. Air Force history.

In 1978, women in the Navy and Marines are allowed to serve on non-combat ships as technicians, nurses and officers. In 1993, Congress authorizes women to serve on combat ships.

In 2017, Second Lt. Mariah A. Klenke graduated from Assault Amphibian Officer Course. She is the first female Marine Corps officer to earn the military occupational specialty of 1803, Assault Amphibian Officer.

Conclusion

Women have served our nation since its conception and have proven to be an **invaluable and essential part of our nation's defense** whether as service members, **civilians or family members.** Today's military represents the best talent regardless of gender or race. The DoD continues to ensure the integration of diverse attributes, experiences and backgrounds to **strengthen today's Armed Forces.**

Ninety-eight years after the 19th Amendment was signed, women excel as leaders at the forefront of progress—at every level of society. Today we honor these women.

Women's Equality Day.

(Source - Defense Equal Opportunity Management Institute (DEOMI))



DUGWAY MISSION AND MISSION SUPPORT EMPLOYEES OF THE 3RD QUARTER FY18

Mr. Jeffrey Wintle is recognized as the Mission DPG Employee of the 3rd QTR for exceptional performance on behalf of the West Desert Test Center (WDTC) during the execution of three weeks of Desert Ice X CBRNE exercise totaling 25 events in support of 150 USSOCOM Crisis Response Force (CRF), Canada SOF, Australian SOF, and New Zealand SOF. Mr. Wintle's leadership, operational experience, and creativity were indispensable in preparing the U.S. and her foreign allies for future asymmetrical CBRNE warfare threats.

Mr. Darrell Gray is recognized for selection as the Mission Support Employee of the Quarter, 3rd Quarter, while serving as an Audio-Visual Production Specialist with the DPG Public Affairs Office. During this period, he exceeded expectations by stepping in and taking over the task of creating the new 2018 command video from scratch as no record of work or video files were left by a departing employee. Mr. Gray adroitly became the primary production producer and editor, fulfilling both roles and the myriad of associated tasks, creating a fresh new look for the command video, Mr. Gray's video skills furthered the commander's communications priorities and will help the command team have a definite and measurable impact on public understanding of DPG.

CYBER AWARENESS QUESTION OF THE MONTH

Question: In the event you discover classified information in an email, should you forward the email with classified information to your security POC?

Answer: No, forwarding the email will increase the number of systems and services that will have to be contained, cleaned up, and restored. Each unauthorized disclosure of classified information (UDCI) incident costs the Army and your organization time and money to clean up.

Spillage Tips:

Spillage occurs when information is "spilled" from a higher classification level to a lower classification level or from a higher protection level to a lower protection level.

Never cross classification boundaries! Do not remove equipment, including mobile devices, from a classified network for use on an unclassified network or a classified network of lower classification, or vice-versa even **if the device's memory has been purged.**

- Be aware of which network you are using
- Be aware of classification markings and all handling caveats
- Follow procedures for transferring data to and from outside agency and non-government networks
- Label all files, removable media, and subject headers
- Never use or modify government equipment for an unauthorized purpose
- Never connect personally owned equipment or media to government networks or computers.
- Unauthorized connection to the Internet or other network could introduce malware or facilitate hacking of sensitive or even classified information.

NEC-Dugway



Know The Signs and Risks of Heat Illness

Source: Mayo Clinic

What is Heat Illness?

The following are illnesses that may result from exposure to excessive heat.

Heat Stroke is the most serious heat-related health problem. Heat stroke occurs **when the body's temperature regulating system fails and body temperature rises to critical levels (greater than 104°F). This is a medical emergency that may result in death!** The signs of heat stroke are confusion, loss of consciousness, and seizures. Workers experiencing heat stroke have a very high body temperature and may stop sweating. If a person shows signs of possible heat stroke, *get medical help immediately*, and call 911. Until medical help arrives, move the person to a shady, cool area and remove as much clothing as possible. Wet the person with cool water and circulate the air to speed cooling. Place cold wet cloths, wet towels or ice all over **the body or soak the person's clothing with cold water.**

Heat Exhaustion is the next most serious heat-related health problem. The signs and symptoms of heat exhaustion are headache, nausea, dizziness, weakness, irritability, confusion, thirst, heavy sweating and a body temperature greater than 100.4°F. Persons with heat exhaustion should be removed from the hot area and given liquids to drink. Cool the person with cold compresses to the head, neck, and face or have the person wash his or her head, face and neck with cold water. Encourage frequent sips of cool water. Persons with signs or symptoms of heat exhaustion should be taken to a clinic or emergency room for medical evaluation and treatment. Make sure that someone stays with the person until help arrives. If symptoms worsen, call 911 and get help immediately.

Heat Cramps are muscle pains usually caused by the loss of body salts and fluid during sweating. Persons with heat cramps should replace fluid loss by drinking water and/or carbohydrate-electrolyte

replacement liquids (e.g., sports drinks) every 15 to 20 minutes.

Heat Rash is the most common problem in hot environments. Heat rash is caused by sweating and looks like a red cluster of pimples or small blisters. Heat rash may appear on the neck, upper chest, groin, under the breasts and elbow creases. The best treatment for heat rash is to provide a cooler, less humid environment. The rash area should be kept dry. Powder may be applied to increase comfort. Ointments and creams should *not* be used on a heat rash. Anything that makes the skin warm or moist may make the rash worse.

Factors that May Contribute to Heat Illness. Your body's heat combined with environmental heat results in what's called your core temperature — your body's internal temperature. Your body needs to regulate the heat gain (and, in cold weather, heat loss) from the environment to maintain a core temperature that's normal, approximately 98.6 F (37 C).

In hot weather, your body cools itself mainly by sweating. The evaporation of your sweat regulates your body temperature. However, when you exercise strenuously or otherwise overexert in hot, humid weather, your body is less able to cool itself efficiently.

Besides hot weather and strenuous activity, other causes of heat exhaustion include:

- Dehydration, which reduces your body's ability to sweat and maintain a normal temperature
- Alcohol use, which can affect your body's ability to regulate your temperature
- Overdressing, particularly in clothes that don't allow sweat to evaporate easily

Risk factors. Anyone can develop heat exhaustion, but certain factors increase your sensitivity to heat. They include:

- Young age or old age. Infants and children younger than 4 and adults older than 65 are at higher risk of heat exhaustion. The body's ability to regulate its temperature isn't fully developed in the young and may be reduced by illness, medications or other factors in older adults.
- Certain drugs. Medications that affect your body's ability to stay hydrated and respond appropriately to heat include some used to treat high blood pressure and heart problems (beta blockers, diuretics), reduce allergy symptoms (antihistamines), calm you (tranquilizers), or reduce psychiatric symptoms such as delusions (antipsychotics). Additionally, some illegal drugs, such as cocaine and amphetamines, can increase your core temperature.
- Obesity. Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to retain more heat.
- Sudden temperature changes. If you're not used to the heat, you're more susceptible to heat-related illnesses, such as heat exhaustion. Traveling to a warm climate from a cold one or living in an area that has experienced an early heat wave can put you at risk of a heat-related illness because your body hasn't had a chance to get used to the higher temperatures.

Prevention. You can take a number of precautions to prevent heat exhaustion and other heat-related illnesses. When temperatures climb, remember to:

- Wear loose fitting, lightweight clothing. Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- Protect against sunburn. Sunburn affects your body's ability to cool itself, so protect yourself outdoors with a wide-brimmed hat and

sunglasses and use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously, and reapply every two hours — or more often if you're swimming or sweating.

- Drink plenty of fluids. Staying hydrated will help your body sweat and maintain a normal body temperature.
- Take extra precautions with certain medications. Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- Never leave anyone in a parked car. This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees Fahrenheit (more than 6.7 C) in 10 minutes. It's not safe to leave a person in a parked car in warm or hot weather, even if the windows are cracked or the car is in shade.
- Take it easy during the hottest parts of the day. If you can't avoid strenuous activity in hot weather, drink fluids and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.
- Get acclimated. Limit time spent working or exercising in heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.

Be cautious if you're at increased risk. If you take medications or have a condition that increases your risk of heat-related problems, such as a history of previous heat illness, avoid the heat and act quickly if you notice symptoms of overheating.

FOREIGN TRAVEL
DON'T FORGET TO NOTIFY YOUR SECURITY OFFICE.

REMEMBER, FOREIGN TRAVEL DISCLOSURE IS A REQUIREMENT.

U.S. ARMY DUGWAY PROVING GROUND SECURITY OFFICE
435-831-3527

DUGWAY TRAIL AND ULTRA RUN

6TH ANNUAL
DUGWAY TRAIL & ULTRA RUN
OCTOBER 13, 2018 6 A.M - 4 P.M.
<http://ultrasignup.com/register.aspx?did=55800>

COMMUNITY CALENDAR

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Farewell Luncheon for CSM Bonds - 11:30 - Community Club	2 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Change of Responsibility - 1000 - Dugway HS Auditorium Newcomers Orientation - Bldg. 5124 - Rm 239 - 1330 -1700	3	4
5	6	7 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club WDTC/ATEC Awards Ceremony - 1600 - Community Meeting House (old theater) - EV	8 Command Staff Meeting - 0830 - Kuddes CR	9 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Red Cross Blood Drive - 1030 to 1430 - Shocklee FC	10 Wendover Casino Dinner Trip - Departs 1500 - Returns 1200	11 Provo River Float Trip - 0900 to 1700
12	13	14 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Garrison Staff Meeting - 0800 - CR 52	15 Story Time - 1100 - Post Library West Desert Staff Meeting - 0800 - Ditto - Roth CR	16 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club USAG Workforce Meeting & Awards Ceremony -1530 - 1700 - Community Club	17 Timpanogos Cave Trip - Departs 0900	18
19	20	21 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club	22 Story Time - 1100 - Post Library Executive Steering Committee - 0900 Ditto - Roth CR	23 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Bike ride—Stark Road	24	25
26	27	28 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Garrison Staff Meeting - 0800 - CR 52	29 Story Time - 1100 - Post Library	30 Dinner and a Movie - 1800 (PG) - 2000 (R) - Community Club Wellness Walk - 0730 - EV and Ditto	31	

THE DISPATCH

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