

THE OUTPOST

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YPG archaeologist digs through past

By Mark Schauer

It might seem strange for an archeologist to lack a firm sense of place.

But as an Air Force brat, YPG archeologist Meg McDonald moved frequently by the time she was an adolescent. Her answer to where she is from is slow and thoughtful.

“I guess I’m from the Air Force, but my dad retired when I was pretty young, so I’m mostly from southern California.”

Ask her what inspired her to become an archaeologist, however, and her answer is rapid and warm.

“I was about 10 and a friend of mine and I read a book about Tutankhamun and we decided we wanted to be archaeologists. Neither of us ended up being one, though: she became a teacher, and I ended up going to school and becoming a statistician.”

Her Master’s degree in biostatistics from the University of California at Los Angeles came after a bachelor’s in biology from the University of California at Riverside, but neither occupation seemed destined to last a lifetime.

“I got really tired of being indoors all the time, so I decided to go back to school.”

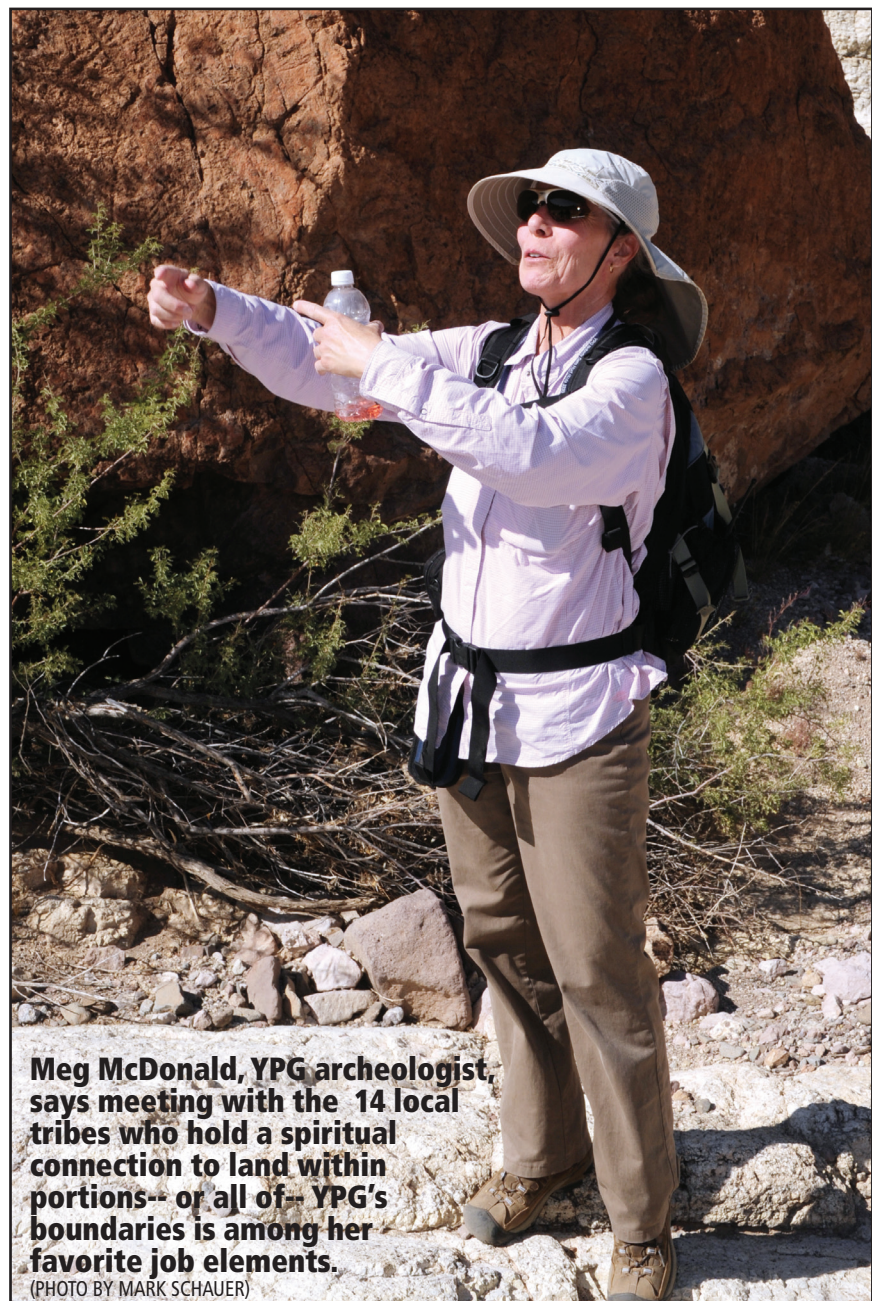
She returned to her alma matter UC-Riverside to pursue her longtime dream of a career in archeology. Her PhD dissertation recounted her findings after excavating a rock shelter at California’s Anza Borrego Desert State Park, a feat that took the help of dozens of supporters from school and from Ocotillo, Calif. and that was undertaken in two stages. The first stage, under the direction of her dissertation advisor, took a month, while the second stage took six weeks, all in the unforgiving winter.

“I think maybe the worst thing for some people doing archaeology in that kind of context is that you’re working all day in the dirt and camping out and not able to take showers. In the summer you’re coated with dirt while wearing sunscreen.”

Being in the field isn’t much like the exploits of Indiana Jones or Lara Croft, but still has its moments of excitement.

“There’s good excitement and bad excitement. The good things are exciting

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Meg McDonald, YPG archeologist, says meeting with the 14 local tribes who hold a spiritual connection to land within portions-- or all of-- YPG's boundaries is among her favorite job elements.

(PHOTO BY MARK SCHAUER)

Todd Hudson:
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Seek out peace
that soothes the
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ARCHAEOLOGIST

FROM PAGE 1

finds like dance circles, dart points, rock shelters, and painted pottery. Then there's things like your battery is dead and you have to walk out ten miles, or you get lost and get stuck out overnight. One day we came out from my dissertation place at the end of the day: it was dark and we had two flat tires because someone had let the air out of both."

A newly minted doctorate of archaeology, McDonald set out on a variety of jobs before arriving at YPG nearly eight years ago.

"I worked primarily on contracts for Caltrans and military installations," she explained, noting that most of the work involved conducting archaeological surveys prior to road or other construction. After about a decade doing this, she moved on to the U.S. Forest Service and U.S. Marine Corps.

As for her job at YPG, she says meeting with the 14 local tribes who hold a spiritual connection to land within portions-- or all of-- YPG's boundaries is among her favorite job elements.

"I actually find that I like that part of the job," she said. "I'd like to do it more often."

Citing her former experience with the Forest Service, McDonald says archaeologists and senior leaders made an effort to invite tribal partners for excursions and activities that had nothing to do with proposed projects within the Forest Service land, which she says went far toward establishing good rapport with all concerned.

"I've been trying to do that kind of thing here. It works out very well to take tribal members and the cultural committees out to see the sites and have it not be just related to projects. It's great and works out very well."

Not that the job is always easy: The archaeological record shows humans have traversed the large modern-day boundaries of YPG for at least 7,000 years, none of which negates YPG's decades-long mission of rigorously tested virtually every piece of equipment in the ground combat arsenal. McDonald is philosophical about cultural resource laws and the mission of much of the rest of the workforce.

"They all have a mission, and that's to do their testing. I think they are supportive, but don't always understand what the regulations

"It works out very well to take tribal members and the cultural committees out to see the sites and have it not be just related to projects. It's great and works out very well."

— Meg McDonald, YPG archaeologist

and laws are."

McDonald is active in educating the workforce, however, bringing along test officers to visits by tribal representatives and reaching out to members of the workforce with years of on-the-ground experience who have recognized protected sites on their own.

In the case of one drop zone at YPG, longtime test officer Glen Pinnell has an extensive knowledge of ancient native trails that skirt the area and educates other range personnel on their locations and importance.

"He's great," McDonald says simply. "He really takes ownership of it."

Pinnell credits McDonald with his knowledge of the area, and says she has given presentations to all aviation and rigger personnel about the importance of the area. For his part, Pinnell educates new employees on the same vital material.

"Meg is definitely an expert in her field," said Pinnell. "What a resource for YPG to have."

Meanwhile, McDonald is quick to add that the problem of unscrupulous people looting or vandalizing culturally significant areas is worse in geographic areas that, unlike YPG, are not as well protected by virtue of limited access.

"It's kind of sad," she said. "I look at collections that Bill and Edith Wallace did where I did my dissertation work, and they collected pot sherds that were four to five inches in size. If you go out there now, the pot sherds aren't even an inch across. What are the odds that natural processes pulverized or degraded these in 30 years?"

Despite all this, however, McDonald looks forward to years more in her chosen field.

"I have some unfinished projects I'd like to do," she said with a smile.

Cyber readiness inspection slated for last week of month

By Carmela Gonzales

The Command Cyber Readiness Inspection (CCRI) is taking place August 25-29 at YPG. This inspection is conducted by the Defense Information Security Agency for the purpose of ensuring a consistent level of security. All government agencies must demonstrate and maintain compliance with a large and growing number of regulations, directives and standards in this area.

The areas that will be inspected are: leadership management, physical security, administration, training, network configuration, network operations, human factors, and command operational behavior. Command operational behavior is our day-to-day operation of the network.

What can a YPG computer user do to assist?

Ensure that all information assurance training is completed and updated.

Ensure that an acceptable user policy (within 2 years) has been signed and properly uploaded.

Remove unapproved software from all computers.

Do not use USB removable flash media, thumb drives, digital cameras, etc.

Reboot systems every night.

Remove Common Access Cards (CAC) when not at your system.

Properly mark media with labels of classification and information stored on the media. Ensure they are filed away.

Comply with all NEC policies, standard operating procedures and letters of instructions.

For more information, contact your Information Assurance Systems Officer (IASO).

THE OUTPOST

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Helping light the bulb of knowledge

By Mark Schauer

As Yuma County's premier high-tech workplace, YPG has for decades been a magnet for skilled workers in fields like engineering.

Likewise, the proving ground also has a vested interest in encouraging local youth to pursue math and science as a career.

One such homegrown employee, Todd Hudson, chief of the radiofrequency environment and analysis division, has been nurturing the next generation of YPG workers through the proving ground's 'Build the Bench' program.

The Antelope High School graduate spent six years in the U.S. Navy before beginning a degree in electrical engineering at the University of Arizona. When he graduated, he became the first member of his family with a college degree.

"It would have been nice if somebody had told me growing up to get in school to get a good job so I wouldn't have had to figure it out on my own," said Hudson.

As part of YPG's command outreach program, Hudson recently volunteered to speak about his job and lead an activity at a career day for young members of the Salvation Army Boys and Girls Club of Yuma.

"The purpose of career day was to introduce the kids to the wide variety of career opportunities in our community," said Kari Tatar, development coordinator for the Salvation Army of Yuma. "We were looking for business owners and community leaders to share career experiences with kids at the club. Our goal was to connect the subjects kids learn about in school to the various occupations available in the world of work."

Hudson was eager to lend a hand and have fun in the process. The

students ranged in age from five to 17, with older kids serving as leaders for younger ones. Hudson spoke about his job and the proving ground, but wanted a hands-on project to share with the students. He settled on a project that involved making a freestanding tower out of ordinary paper and tape.

"I tried to pick something that was relatively easy for a wide range of age groups and wouldn't be too technical," he said. "I found about 10 different things I could execute, but the paper project seemed like the best."

Hudson had the kids form groups of 10 and gave each group four pieces of paper and Scotch tape.

"There were no rules," Hudson said. "You could bend it, fold it, tear it, however you wanted to do it, but the tower had to stand for 30 seconds. Whoever had the tallest one after 20 minutes won."

As it turned out, Hudson's tower was the tallest, exceeding five feet in height.

"I broke it into strips, rolled them, and taped them together," Hudson explained. "They thought that was pretty cool, and I said, 'that's what engineering teaches you: You can apply it to really cool stuff.' I talked a little bit about the physics of strength and forces of gravity and what you could do to make the tower stronger."

"Todd did a great job with the kids at our club," said Tatar. "In fact, they are still trying to recreate his experiment."

Hudson enjoys his extracurricular outreach activities and plans to do more in the future.

"It was fun and I was glad to do it," Hudson said. "Hopefully, I promoted YPG and engineering a little bit and got some of the local people thinking about a career here."



(PHOTO BY MARK SCHAUER)

Todd Hudson, chief of the radiofrequency environment and analysis division, has been nurturing the next generation of YPG workers through the proving ground's 'Build the Bench' program. He graduated from Antelope High School.

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From the ATEC G-1 Director's Office

Funeral/Bereavement Leave

Issue 14-12
15 July 2014

Funeral Leave

Employees often ask how much funeral leave is granted to attend a family member's funeral. With one very specific exception, funeral leave is charged against an employee's annual or sick leave, depending on the circumstances.

An employee is entitled to use sick leave when the employee "arranges for or attends* a family member's funeral". Family member is defined as:

- (1) Spouse, and parents thereof;
- (2) Sons and daughters, and spouses thereof;
- (3) Parents, and spouses thereof;
- (4) Brothers and sisters, and spouses thereof;
- (5) Grandparents and grandchildren, and spouses thereof;
- (6) Domestic partner and parents thereof, including domestic partners of any individual in 2 thru 5 of this definition; &
- (7) Any individual related by blood or affinity whose close association with the employee is the equivalent of a family relationship. **

* Sick leave is appropriate only when arranging for or attending the family member's funeral. Sick leave is not appropriate for handling other tasks associated with the death of a family member such as probating a will, serving as executor, disposing of property, etc.

**The term "equivalent of a family relationship" is not intended to mean a favorite aunt, uncle, cousin or similar relationship. It is intended to mean a relationship equal to those specified. For example, an employee who was raised by an aunt may use sick leave to arrange for or attend the aunt's funeral but not for an aunt whom they never met. Similarly, sick leave would be appropriate to arrange or attend the funeral of a cousin who was raised by the employee's parents, resulting in brother/sister type of relationship. (<https://www.federalregister.gov/articles/2010/06/14/2010-14252/absence-and-leave-definitions-of-family-member-immediate-relative-and-related-terms#h-10l>) (July 2010))

The one exception where sick leave is not charged for making arrangements for or attending a funeral is when an immediate relative dies as a result of wounds, disease, or injury incurred while serving as a member of the Armed Forces in a combat zone. Up to three days is permitted without charge to leave. (US Code 6326, Absence in Connection with Funerals of Immediate Relatives in the Armed Forces)

Since the law allows up to a three day absence in the circumstances described above, it is justifiable to permit civilian employees to take up to three days of sick leave to make arrangements for or to attend a family member's funeral. This leave can be combined with other sick leave provided the sick leave is for an absence covered by provisions of sick leave regulations.

Definitions of domestic partner, family member, parent, and son or daughter can be found at: <http://www.opm.gov/policy-data-oversight/pay-leave/leave-administration/fact-sheets/definitions-related-to-family-member-and-immediate-relative-for-purposes-of-sick-leave/>.

Judy Tredway
G-1, Human Resources Director

—CHAPLAIN'S CORNER—

Peace

By Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. Well, I guess the "Dog Days" of summer (hot and sticky period of summer, from July 3 to August 11) are upon us. That being said, what are you doing to beat the heat? You may have a favorite shade tree or swimming hole to retreat to. I would imagine you have found a way to physically cool off. Do attempt to stay physically refreshed.

So in these dog days how are you fairing spiritually? The weather and respective seasons can have a bearing on our demeanor, but it should not be the primary gauge directing us. As with getting physically adapted to the heat of the summer, we need to be at spiritual peace throughout the seasons of life.

When thinking of spiritual peace, the hymn "It is Well With My Soul" comes to mind. When I reflect on this

song and God, it causes me to take in life and the variety of situations we may encounter, and conclude that no matter the season or challenges in life, it is beneficial to strive for internal and eternal peace. The hymn's lyrics say:

*When peace, like a river, attendeth
my way,*

*when sorrows like sea billows roll;
whatever my lot, thou hast taught
me to say,*

It is well, it is well with my soul.

Refrain:

It is well with my soul,

it is well, it is well with my soul.

This summer do spend some time physically as well as spiritually taking the opportunity to "recharge your batteries."

Until we meet again may "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace." (Numbers 6:24-26)

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VIEWPOINTS

Video games have been an inescapable part of childhood for over 30 years. We asked members of the YPG workforce what their favorite videogame was when they were kids.



Sarah Mitson
Operations research
analyst

My favorite was called something like Sarah's Game: It was a maze game that my dad created for me about 1990. I don't remember what kind of computer it was for, but I remember having to use DOS to get to it. My favorite commercial games were Mario 3 and Super Mario World.

David Dupuis

Test officer

I had video games, but I was an outside kid. I never played them as much as my son does, but my favorite was Tecmo Bowl, the football game. I played it a little bit, but not like my friends. They were really into Street Fighter, too, but I wasn't as into it as them.



Jamie Lujan

Custodian

Definitely the Mario Brothers games, but especially Super Mario World and Mario Cart. My sisters liked Galaga—we were old school.



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Precision parachutes put t

Story and Photos By Mark Schauer

Troops in combat often depend on airlifts for resupply, and in the worst conditions time can be a matter of life or death.

When opened at high altitudes, a large payload from a cargo plane could take 25-30 minutes to reach the ground. Conversely, a payload falling with only the braking power of an initial drogue parachute falls an average of 1,000 feet every five seconds.

An important part of the airdrop

equation is precision and YPG has long tested parachutes guided by the Global Positioning System (GPS) to ensure troop materials, no matter what it is, lands in their hands, not the adversaries.

One of the latest of the high tech parachutes tested here is manufactured by a Canadian company called Mist Mobility Integrated System Technology (MMIST). This company's Sherpa Provider parachute can safely land items of various sizes using either

round or ram air parachutes.

"The systems are designed for 100 pounds to 10,000 pounds of guided delivery to a spot, but the minimum we're doing is 500 pounds," said Salomon Sanchez, test officer. "They want to test their different systems under different configurations."

MMIST has tested at YPG since 2002, and plans to do so for the foreseeable future.

"Obviously you have a lot of infrastructure at is advantageous to us," said Alexandre Cote, project manager. "The load building is premium-class: when we test elsewhere, we have to build all of our own loads, and it's very arduous. This saves two to three weeks of work for us."

"They have a fully-configured aircraft and the advantage of a large drop zone which gives us a lot of

altitude," added Trevor Fitzgerald, manager of parachute systems. "They have recovery systems and trucks and payload loaders to load the systems. It's basically one-stop shopping."

Currently, testers are pushing the system's envelope, beginning drops that take the system close to its limits.

"Air masses and air speeds and deployment speeds of a parachute vary greatly once you get into the higher altitudes," said Fitzpatrick. "Having done much, much testing at 10,000 and 12,000 feet, we're now essentially doubling that up to 25,000 feet, near our maximum altitude."

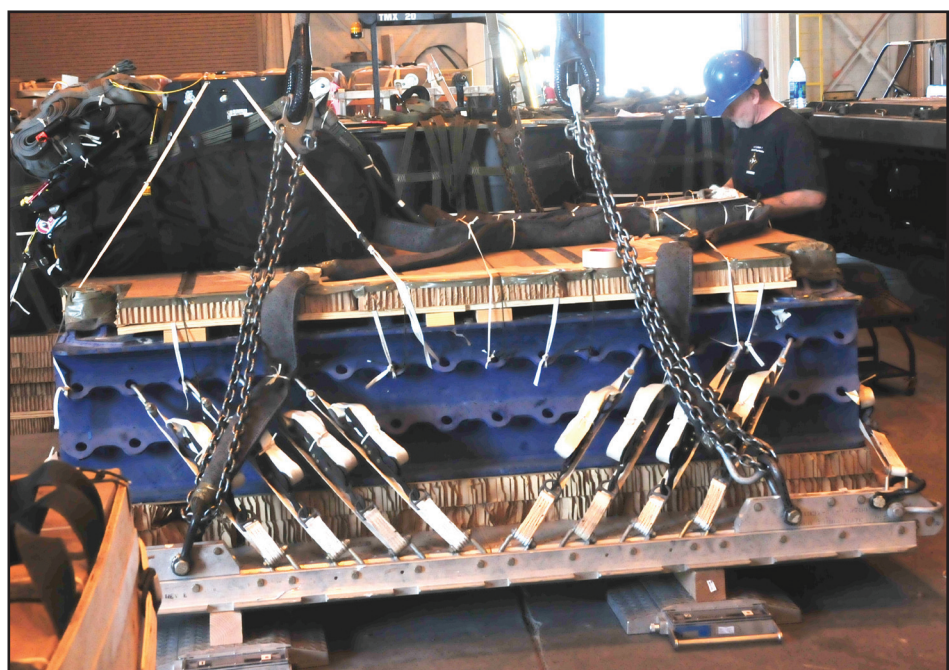
On one recent day, the testers combined two entirely different scenarios:

"We're dropping absolute max on a small system and absolute minimum

SEE PARACHUTES page 10



This rigged bundle is ready to be loaded onto a K-Loader, visible in the background, along with other bundles. From here, the heavy loads are driven to the aircraft and loaded aboard.



Cargo parachute testers rely on YPG personnel to build and load bundles of multiple sizes, configurations, and weights. "The load building is premium-class: when we test elsewhere, we have to build all of our own loads, and it's very arduous," said Alexandre Cote, vice president of Mist Mobility Integrated System Technology. "This saves two to three weeks of work for us."

through their aerial paces



The rigged bundles for this test were dropped from high above YPG's test ranges in the C-130 aircraft seen here. The bundles ranged in size from 500 pounds to 10,000 pounds.



Loading cargo bundles for air drop tests is a painstaking process involving the work of multiple personnel, as seen here.

AT RIGHT: Within minutes of the final landing, a parachute recovery team arrived on the drop zone to carefully untangle and pack the parachutes, as seen here. The crew then tied them into bundles which were loaded onto large flat bed trucks.



Steps toward managing anger

Submitted by Paul J. Kilanski, Family Advocacy Program Manager

It is important to separate the emotion of anger from the behavior that is so often displayed by angry people. If you can express your anger in a healthy way, you can demonstrate that it is possible to be angry without being aggressive.

How do you manage anger? Anger management is a skill and like any skill, it requires practice. Here are some guidelines:

Be aware of your body's response to anger.

When you feel yourself getting angry, notice how your body is responding physiologically. Anger isn't just a psychological response that exists only in your mind.

Anger has physical aspects as well. You may notice that your heart is beating faster, your breathing is shallow and there may be a knot in the pit of your stomach.

Breathe deeply.

Deep breathe will help to calm your body and increase the supply of oxygen to your brain—oxygen that will help you think clearly and calmly. Don't discount the old advice to "take a deep breath and count to ten." It really does have a purpose.

Ask yourself, "Why am I angry?"

Take a brief break to calm down and ask yourself: Why am I allowing this person or event to trigger my anger? Have they hit a "sore spot?" Made me feel frightened, insecure or inadequate

in some way? Could I be overreacting because of other stresses in my life—trouble at home or financial concerns?

Decide if you want to speak up.

Do you want the person to know that you are angry? At times, it may be an opportunity to show that you can express anger without sarcasm, yelling or other undesirable behavior. At other times, you might decide not to discuss your anger, but simply to carry on in a calm manner. If you want to express your anger here are some steps to follow:

Be direct, specific and brief.

Stick to one issue at a time and don't bring up the past. It is difficult enough to resolve one problem at a time; don't get out your laundry list. Past issues are likely to cause confusion and resentment.

Focus on your feelings, not blame.

Don't blame others for your actions or feelings. You are the only one that has control over these.

Listen to the other person's response.

Listen to what the other person is saying. Try to hear the real message they are conveying.

Be realistic about your expectations.

The other person has a right to an opinion that is different from your opinion. Recognize that you can not change the other person's behavior, only your own. Anger is a difficult emotion for many of us to deal with, and it is one that can be easily triggered by challenging individuals. By improving your own ability to manage your anger and express it in a productive way, you can become a positive and powerful role model for others.

VLTP needed for employees

We have YPG family members in need of assistance. Leave donations as small as one hour are truly appreciated. We can only accept donations from Appropriated Fund civil service employees.

The Voluntary Leave Transfer Program (VLTP) is a way to donate annual leave to co-workers who are experiencing a medical emergency (their own or a family member's emergency) and do not have enough leave to cover their absences. These employees have used or will use all sick and annual leave before being eligible to receive donations.

YPG currently has a small number of employees on the VLTP recipient list:

- Essary, Gail, MICC, care of spouse with serious respiratory condition
- Heatwole, Amanda, MICC, maternity and childbirth
- Lemme, Audra, Mission RM, son continues to suffer from ongoing health complications
- Mitson, Scott, YTC, continuing medical treatment following surgery
- Moore, Adrienne, MICC, birth of child
- Ogaz, Sonja, CPAC, emergency gallbladder surgery and recovery
- Rodriguez, Mireya, Mission YTC, recovery from multiple surgeries and continued doctor care
- Ruble, Maribel, MICC, Newborn daughter will undergo several reconstructive surgeries

• Turner, Mitchell, Mission NEC, recovering from knee surgery

Any donation will be appreciated by the recipient. You can donate as little as one hour of annual leave or as much as one half of what you accrue in a leave year, although you must be able to use "use or lose" annual leave before the end of the leave year.

If you are interested in donating annual leave to your co-worker, just complete Optional Form 630-A and forward it back to the CPAC. We'll see the donation gets to the appropriate recipient. Please note, we can only accept donations that indicate to whom the hours are to be given - please indicate who should be given your hours. You can split the donations, as long as donations are in full-hour increments. Just to recap: the recipients must use all available sick and annual leave before they receive donations - donors aren't funding a new vacation plan for recipients. Donors can only donate annual leave; sick leave is not eligible to be donated. If the recipient doesn't use all leave donated, that leftover leave is divided up among donors and returned to them.

PARACHUTES

FROM PAGE 7

on a heavy system," said Fitzpatrick.

The rigged air drop bundles were carefully loaded into a white C-130 aircraft in the pre-dawn hours and took to the air. After several dry passes, the bundles were released. Within minutes of the final landing, a parachute recovery team arrived on the drop zone to carefully untangle and pack the parachutes, then tie them into bundles which were loaded onto large flat bed trucks.

The result of that day's test was a mixed bag: one system performed

exactly as planned. "It was as close to flawless as we could find," said Fitzpatrick.

One of the other bundle's parachutes had a catastrophic failure, with the canopy shearing away from its risers in the intense conditions. But no people or cargo were hurt as it fell on the isolated drop zone, and engineers were already looking forward to gathering the ill-fated drop's in-flight data to make the necessary improvements to prevent a recurrence.

"That's why we test," said Fitzpatrick. "We're learning lots."

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<FOOTHILLS – 2 bedroom – 2 bath home with mountain view. Large front courtyard area to watch the sunrises and sunsets. Perfect second home with little maintenance. \$168,986.

>MESA DEL SOL – 1 Bedroom 1 Bath condo with open floor plan. Located on the driving range of the Mesa Del Sol golf course and includes a community pool and spa. Great winter retreat or investment property. \$75,000.



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All about bullying

Submitted by Paul J. Kilanski, Family Advocacy Program Specialist

Unfortunately, teasing is often part of growing up — almost every child experiences it. But it isn't always as innocuous as it seems. Words can cause pain. Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child. It can be verbal bullying (making threats, name-calling), psychological bullying (excluding children, spreading rumors), or physical bullying (hitting, pushing, taking a child's possessions).

Bullying behavior is prevalent throughout the world and it cuts across socio-economic, racial/ethnic, and cultural lines. Researchers estimate that 20 to 30 percent of school-age children are involved in bullying incidents, as either perpetrators or victims. Bullying can begin as early as preschool and intensify during transitional stages, such as starting school in 1st grade or going into middle school.

Victims of bullying are often shy and tend to be physically weaker than their peers. They may also have low self-esteem and poor social skills, which makes it hard for them to stand up for themselves. Bullies consider these children safe targets because they usually don't retaliate.

If your child is the victim of bullying, he may suffer physically and emotionally, and his schoolwork will likely show it. Grades drop because, instead of listening to the teacher, kids are wondering what they did wrong and whether anyone will sit with them at lunch. If bullying persists, they may be afraid to go to school. Problems with low self-esteem and depression can last into adulthood and interfere with personal and professional lives.

Bullies are affected too, even into adulthood; they may have difficulty forming positive relationships. They are more apt to use tobacco and alcohol, and to be abusive spouses. Some studies have even found a correlation with later criminal activities.

If you're concerned that your child is a victim of teasing or bullying, look for these signs of stress:

- Increased passivity or withdrawal
- Frequent crying
- Recurrent complaints of physical symptoms such as stomach-aches or headaches with no apparent cause
- Unexplained bruises
- Sudden drop in grades or other learning problems
- Not wanting to go to school
- Significant changes in social life — suddenly no one is calling or extending invitations
- Sudden change in the way your child talks — calling herself a loser, or a former friend a jerk

First, give your child space to talk. If she recounts incidences of teasing or bullying, be empathetic. If your child has trouble verbalizing her feelings, read a story about children being teased or bullied. You can also use puppets, dolls, or stuffed

animals to encourage a young child to act out problems.

Once you've opened the door, help your child begin to problem-solve. Role-play situations and teach your child ways to respond. You might also need to help your child find a way to move on by encouraging her to reach out and make new friends. She might join teams and school clubs to widen her circle.

Adults need to intervene to help children resolve bullying issues, but calling another parent directly can be tricky unless he or she is a close friend. It is easy to find yourself in a "he said/she said" argument. Try to find an intermediary: even if the bullying occurs outside of school, a teacher, counselor, coach, or after-school program director may be able to help mediate a productive discussion.

If you do find yourself talking directly to the other parent, try to do it in person rather than over the phone. Don't begin with an angry recounting of the other child's offenses. Set the stage for a collaborative approach by suggesting going to the playground, or walking the children to school together, to observe interactions and jointly express disapproval for any unacceptable behavior.

Many schools (sometimes as part of a statewide effort) have programs especially designed to raise awareness of bullying behavior and to help parents and teachers deal effectively with it. Check with your local school district to see if it has such a program.

Schools and parents can work effectively behind the scenes to help a child meet and make new friends via study groups or science-lab partnerships. If you are concerned about your child:

- Share with the teacher what your child has told you; describe any teasing or bullying you may have witnessed.
- Ask the teacher if she sees similar behavior at school, and enlist her help in finding ways to solve the problem.
- If she hasn't seen any instances of teasing, ask that she keep an eye out for the behavior you described.
- If the teacher says your child is being teased, find out whether there are any things he may be doing in class to attract teasing. Ask how he responds to the teasing, and discuss helping him develop a more effective response.
- After the initial conversation, be sure to make a follow-up appointment to discuss how things are going.
- If the problem persists, or the teacher ignores your concerns, and your child starts to withdraw or not want to go to school, consider the possibility of "therapeutic intervention." Ask to meet with the school counselor or psychologist, or request a referral to the appropriate school professional.

SOCIAL SECURITY CORNER

Committing fraud is stupid and illegal

By Wilma Carrasquillo-Facio
Social Security District Manager,
Yuma AZ

If you've ever watched funny videos showing thieves undoing themselves, or read weird news stories about criminals who do stupid things, you have an idea of how we feel at Social Security when we learn about some of the people who try (and fail) to defraud taxpayers. Social Security's employees and our Office of the Inspector General diligently work to uncover fraud and prosecute offenders to the full extent of the

law. We take fraud seriously. Here are some real Social Security fraud stories.

Police rushed to the house of a Florida man who'd been shot in the face. The gunshot victim was in possession of about 250 stolen Social Security checks. He got batches of checks from a postal worker who was stealing them from the mail and had been selling the stolen checks on the street. The victim cooperated with authorities and received a sentence of two years in federal prison for theft of government funds and theft of mail.

A Maryland waterman falsely certified he was not working, even though he owned and operated two profitable fishing boats while collecting disability benefits. He racked up \$36,691 in disability benefits and \$35,610 in Medicare services. He has been indicted and faces up to 10 years in prison for theft of government property and 5 years in prison for making a false statement to Social Security and for improper receipt of benefits.

A Pennsylvania man pled guilty to pocketing more than \$304,000 of his deceased mother's Social Security

benefits for 40 years after her death in 1973.

While Social Security employees are always on the lookout for fraud and have historically been one of our best weapons against it, we also rely on you to let us know when you suspect someone is committing fraud against Social Security. They are, in fact, stealing your tax dollars. Reporting fraud is a smart thing to do. It's easy to report fraud online by visiting the Fraud, Waste, and Abuse page at www.oig.ssa.gov/report.

Reporting fraud is the smart (and right) thing to do.

GAT 2.0 is for spouses and civilians too!

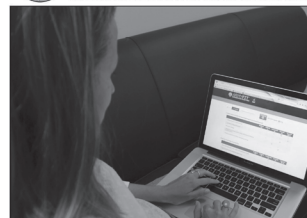
By Paul Kilanski

Army spouses and Department of the Army civilians are encouraged to take the Global Assessment Tool (GAT 2.0), a confidential online self-assessment tool that tells you your current level of resilience and how you can improve. After completing the GAT, you'll receive a personal assessment in each of the five dimensions of strength: social, emotional, spiritual, family, and physical, as well as your RealAge®, which, based on the survey answers, gives your biological age compared to your calendar age.

The results show how you are doing with regard to the three elements of the performance triad — sleep, activity, and nutrition. The GAT is for you and you alone, and protections are in place to ensure that no one, to include your peers, friends or family members, can access this information.

Taking the GAT is an annual requirement for Soldiers, but spouses and civilians can also use the tool to develop a greater understanding of the training, tools and resources available. By taking the GAT and using the wide range of tools and resources available within ArmyFit™, the online platform where the GAT is housed and where follow-on self-development resources are available and tailored to your needs, the total program can be of great personal benefit.

To get started, visit <https://armyfit.army.mil> and register for an account by clicking "ArmyFit Login" and then "Sign Up" under "Don't have an account." You'll need your confidential information to authenticate with DEERS. If you have a Common Access Card (CAC) or AKO user name and password, that information can also be used to log-in.



GAT 2.0 is for Spouses, too!

The Global Assessment Tool (GAT 2.0) is a confidential, self-assessment tool that tells you how to improve your overall health and well-being. By knowing yourself, you can stay emotionally and psychologically strong for yourself and your family.

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