

# THE OUTPOST

U.S. Army Yuma Proving Ground, Yuma, Arizona 85365 Volume 40 No. 21 Monday, November 11, 2014

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

## From furry Soldiers to family pets, YPG vet welcomes all

By Staff Sgt. Tina Villalobos

The drawdown of troops in Southwest Asia offers benefits at home, namely, quality veterinary care at affordable pricing. While caring for Military Working Dogs (MWDs) is the primary mission of the veterinary clinic on Yuma Proving Ground, a reduction in MWD health appointments equates to appointment opportunities for family pets.

Active duty and reserve military members and retirees are eligible to have their pets seen by appointment at the YPG Veterinary Clinic at substantially reduced rates as compared to veterinary care on the local economy.

“We deal mostly with dogs and cats, though we have seen one ferret, so far,” said Capt. James Corrigan, Yuma Proving Ground veterinarian. “We will see other animals, such as birds, if clients were to bring them.” The office performs vaccinations, handles non-emergency sick calls, de-

worms animals, and more.

Corrigan recommends that pet owners have their dogs and cats examined at least once per year. The staff at the YPG Veterinary Clinic will check your animal’s eyes, paws, ears, mouth, and teeth. Often, Corrigan says, people don’t realize their dog has periodontal (dental) disease or gingivitis or even perhaps an oral tumor. Annual or more frequent appointments focus on disease prevention—which is much more effective than waiting until a pet’s health is compromised.

“Our services are less expensive than in town,” he said. “In the near future, we will be able to provide dental care at a significant cost savings—as well as certain surgical services.”

Many health issues can be discovered during routine examinations.

“We thoroughly check the entire body of each animal, including paws,” said Corrigan, “Many times, animals have things going



(PHOTO BY STAFF SGT. TINA VILLALOBOS)

**Capt. James Corrigan, YPG’s veterinarian, examines a Soldier’s pet during a physical examination. Corrigan recommends that pet owners have their animals examined at least once per year.**

on with their paws that the owner is completely unaware of. These include ticks, cancer and more.” Sometimes pets have rocks or pieces of cactus spine, grass, or stickers in their paws. Ticks frequently hide between the toes of dogs

in both the underside and the top part of paws.

Corrigan described a visit in which clients brought their dogs to the YPG Veterinary Clinic for vaccinations. A

SEE **WELCOMES** page 3

**Hometown engineer:  
Love of family brought  
Manny Elizarraras to  
YPG/Page 2**



**Projectile  
follower shows  
its mettle  
/Page 6**



**Command’s senior  
enlisted Soldier says  
YPG testing saves  
lives/Page 7**





# Hometown engineer

Love of family brought Manny Elizarraras to YPG

By Mark Schauer

He may be young, but Manny Elizarraras has decades of experience in responsibility and dedication to the mission of YPG.

Currently a team leader in testing of the Joint Lightweight Tactical Vehicle (JLTV), Elizarraras

gets high praise for the impact he has made in his seven years at YPG.

"Manny is a role model for other young test officers to follow," said Larry Bracamonte, director of the Ground Combat Directorate.

"He's done a solid job since he's been here. He cares about the mission and the Soldiers, and goes the extra mile to ensure work is done correctly."

Elizarraras' achievements are being recognized beyond the borders of the proving ground, too. He recently accepted a prestigious Bravo Award conferred by the Society of Mexican American Engineers and Scientists (MAES) at a gala event in San Diego.

Several months ago, a stunned Elizarraras received a phone call at home that he had been selected after glowing recommendations from Bracamonte and Yuma Test Center commander Lt. Col. James DeBoer.

"It really caught me by surprise: I wasn't even aware of the nomination," said Elizarraras. "I was humbled, honored, and grateful that they would



(PHOTO BY MARK SCHAUER)

**Taking time for a photo, the achievements of Manny Elizarraras are being recognized beyond the borders of the proving ground as he was recently presented with the prestigious Bravo Award conferred by the Society of Mexican American Engineers and Scientists.**

consider me for this award. This is an award that I share with all the folks I have worked with at YPG over the years. Without their help and support I wouldn't be receiving this award."

There are decades of hard work behind his achievements. Born in Mexicali, Baja California, Elizarraras' family immigrated to the United States when he was five years old. He attended public schools in Yuma and excelled in math, taking high school courses in the subject while still in junior high. By the time he graduated from Yuma High School, Elizarraras had been working for two years and was married.

"I played football for a year, but I really focused on school," he recalled. "There was never even a doubt that once I finished high school I would go to college and work hard."

While attending Arizona State University, Elizarraras began a summer engineering job at Motorola, and was quickly converted to a full-time position upon graduation. He enjoyed the job, but it was difficult being hours away from his tight-knit family. He particularly missed his elder brother, who had joined the Navy the year

## 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:  
The Editor, Outpost, Yuma Proving Ground,  
Yuma, AZ, 85365.  
Phone: (928) 328-6143/6189 or DSN 899-6143.

Visit our website at: [www.yuma.army.mil](http://www.yuma.army.mil)  
or email to: [yolanda.o.canales.civ@mail.mil](mailto:yolanda.o.canales.civ@mail.mil)

**Commander:** Col. Randy Murray  
**Public Affairs Officer:** Chuck Wullenjohn  
**Public Affairs Specialist/Editor:** Yolanda

Canales

**Public Affairs Specialist:** Mark Schauer

**Technical Editor, Cold Regions Test Center:** Clara Zachgo

**Marketing Specialist:** Teri Womack

**Visual Information Manager:** Riley Williams



# ENGINEER

FROM PAGE 2

Elizarraras started high school.

“When I was at ASU, my brother was somewhere else in the world,” he said. “Any time we were close to each other, we’d always make an effort to see each other. But being so far apart meant we had few opportunities.”

Elizarraras worked at Motorola for over six years. By this time, he and his wife had four young children, and his brother had left the Navy and started a civilian testing job at YPG, where a cousin of theirs also worked. During a family visit in Yuma, his brother encouraged him to look for an open engineering position at the proving ground.

“I had heard of Yuma Proving Ground when I was living in Yuma, but I never knew there were professional opportunities to work there,” he said. “Given that I’d worked with semiconductors in the automotive field, testing and evaluating a whole combat vehicle

really sounded intriguing.”

With the additional benefit of being closer to his and his wife’s family, Elizarraras was soon hired. In the years since, he has tested vehicles such as the Abrams main battle tank, Bradley infantry vehicle, and the JLTV.

“I take my work seriously, and anybody would, given who our customer is,” he said. “Knowing that our Armed Forces is our customer makes it easy to love your work and give your all.”

In between his job, family, and pursuit of a Master’s Degree in engineering management from the University of Arizona, Elizarraras has precious little free time, but remains an avid softball player for Heavy Artillery, a team that plays year-round in local city leagues and tournaments.

“YPG is home. Yuma is home. My parents are here, my whole family is here. I work with many great people and have formed lots of friendships and enjoyed camaraderie with them. I love the work environment and the people.”

# WELCOMES

FROM PAGE 1

wellness exam is given as part of the vaccination process in order to make sure animals are healthy enough to have vaccinations. The clients had no idea that their large breed dog as well as their smaller dog were infested with more than 100 ticks per dog--most of which were attached in their paws, as well as inside ear canals.

Corrigan and his staff remained after hours, removed all the ticks, and provided preventative care treatments, as well as owner education to avoid future problems.

“Our primary mission is to care for military working dogs,” said Corrigan. “But now that the draw-down has taken place in Iraq and Afghanistan, there is not as much need for military working dogs. At

one point we were experiencing a hundred coming through each month.”

The YPG Veterinary Clinic is dedicated to the professional and humane treatment of their animal clients.

“While we don’t do emergency medicine or overnight hospitalization, if something life-threatening happens to your animal and you stop by, I will definitely try to save your pet,” said Corrigan. “We will see your dog or cat and do the best we can to stabilize them so you are able to make it to an emergency clinic.”

To schedule an appointment for your pet, call: 328-2064

*Editor’s Note: Part 2 of this story will be published in the November 25th issue of The Outpost. Look for Dr. Corrigan’s tips and advice for pet owners.*



## MISSION STRONG

LOCAL STRENGTH ★ NATIONAL DEFENSE



### Add your voice to the Mission Strong cause

From humble roots as desert outposts, Southern Arizona has blossomed into a region with thriving business communities and strong military installations.

Mission Strong, a Southern Arizona effort to support our military, works to keep our future bright and make sure our voices are heard in Washington.



### Find out more — and how you can help at [www.missionstrongaz.org](http://www.missionstrongaz.org)

**Mission Strong**

*Because it’s not just about defense,  
it’s about keeping safe the things we hold dear.*



## —CHAPLAIN'S CORNER—

# Sacrifices

Submitted by Sgt. Michael J. Rau

Mitch Albom's book *The Five People You Meet in Heaven* speaks a lot about sacrifice. One part that Albom points out that I think we all can agree with is that, "Sacrifice is a part of life. It's supposed to be. It's not something to regret. It's something to aspire to." As we arrive upon Veteran's Day this year within a military community, we all know what it means to make sacrifices.

Just over a year ago my wife and I were expecting our first child. Our daughter arrived a little earlier than anticipated. As she was our first child, I had no idea what to expect. She was born weighing less than four pounds, and the doctors told us that there could be a number of things wrong and that she would have to spend some time in the Neonatal Intensive Care Unit (NICU). She was in there for 10 days, a relatively short stay compared to most, but it seemed like it would never end. Having resided in Yuma for less than two weeks combined with sleepless nights and the anxiety brought on by the entirety of the situation, I began to feel overwhelmed and weak. However, life had to go on. The

little things that needed to be done became exponentially more difficult. Anything from driving to the store to get things for my daughter, getting food for my family, and trying to maintain my composure so that I could help take some stress from my wife were all molehills that turned into mountains. During those times, I felt as if I were sacrificing for my family. Looking back on it, I realize I was more prepared than I thought I was. Yet at the time, with the weight of the world seemingly on my shoulders, each decision I made felt like a sacrifice. Each decision was necessary, each step forward worthwhile, and each outcome a blessing. It is not something I regret, it is something I have built off of, something I continuously aspire to.

In Acts 20:35 we read "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how He, Himself said, 'It is more blessed to give than to receive.'" As we aspire to be living sacrifices, (Romans 12:1) we can use these words as a reminder to better the lives of those around us. We are thankful for the many sacrifices that our veterans and families have made.



(PHOTO BY YOLIE CANALES)

**Steve Ward, director of the YPG Fitness Center, explains how easy and "user friendly" the newest "Fitness on Demand" system is. "We are excited for our customers to get started with our new exercise system," he said.**

## New 'stay-in-shape' program offered at YPG's Fitness Center

By Yolie Canales

Fitness on Demand has arrived to Yuma Proving Ground's Fitness Center. With this new program, users have the opportunity to choose from a variety of fitness class options, specialty titles and top notch instructors at any time of the day.

Fitness on Demand is the latest and the hottest way to get in shape! It has group fitness classes on request. Users can choose from a list of the most popular exercise videos to include, aerobics zumba, kickboxing, Latin dance, cycling, pilates, break-dancing and so much more. In addition it is the most cost effective way to get in shape and avoid contract signing.

"This is a great advantage for our clientele. It's simple to use," said Steve Ward, director of the Fitness Center. Patrons can simply select the class they want, and click "play" to begin exercising. "They can choose from an expansive library of group fitness classes, schedule their own classes, and they are set." Another

advantage is the fitness center does not have to hire live instructors especially with budgets being streamlined.

Once individuals schedule their classes, they will start automatically at that specific time and the on-screen instructor starts the class. When the class is completed, the system automatically powers down. It's simple.

"With Fitness on Demand, we can offer a wide variety of classes at any time, making it convenient for our clients. In fact, we already have people using the program. It's like having an instructor on site," said Ward.

Ward said that the overall result of having this program in place enables the fitness center to offer more programming than what its budget would allow, if it were to hire instructors.

"For more information, call us at 328-2400 and any staff member can assist with any question you may have," said Ward.

**Next Outpost deadline is noon November 13th**

Sexual Assault Hotline: 920-3104 a 24/7 Hotline

Report Domestic Violence: 328-2720

### Isabel Shadle

**\$173,000**



New construction in Villa Chaparral! Beautiful home on corner lot. Easy care landscaping, vaulted ceilings, tile throughout Reverse Osmosis and Stainless Steel appliances. Split floor plan with French doors that lead you to a fully extended patio. Parking for boat or RV access. Many upgrades to mention. Seller is very motivated!!! MLS#109703

**\$182,500**



Cute, fully furnished 3 bedroom 2 full bath, doublewide mobile on TWO LOTS! Plenty of room.....Shows pride of ownership. Just bring your tooth brush!! MLS#111607



Cell: 928.941.0608

Office: 928.344.4848

Whether you're a first time buyer  
or need a short sale specialist,  
**I'm only a phone call away!**

RE/MAX Territory



FREE

## 8<sup>th</sup> Annual YPG Health Clinic ½ Marathon & 3K Fun Run

**WHO?** All active duty and civilian personnel are eligible to participate, minors need adult supervision.

**WHAT?** 13.1 mile Half Marathon & 3K Fun Run. Awards will be presented to the top three marathon men & women runners in the following age categories: 50+, 49-35, 34-25, 24 & under. Bicyclists (helmet required) and walkers are welcome.

**WHEN?** December 12, 2014 - Registration starts @ 0500; 1/2 Marathon @ 0700; Fun Run @ 0800.

**WHERE?** Starting point is at the Yuma Proving Ground Health Clinic BLDG 990.

**WHY?** To head into the holiday season guilt free, and to enhance the Performance Triad.

**HOW?** Complete registration deadline is **NOVEMBER 28, 2014**.

**OPTIONAL:** Short sleeve shirts are available for \$15, Size options S-XXL. If you are interested in purchasing an event shirt, payment is due by **NOVEMBER 14, 2014, CASH ONLY**. Shirts are **OPTIONAL**. No refunds given after shirt orders have been placed.



POC: SSG Wood or SPC Aguilar  
Lisa.s.wood@us.army.mil  
(928) 328-2432  
agustin.aguilar4.mil@mail.mil  
(928) 328-2432

E-mail/drop-off/postal (if sent in mail, please do so by **Nov. 7, 2014** & send courtesy e-mail to SSG Wood or SPC Aguilar)

**PLEASE TURN IN YOUR REGISTRATION AND CASH PAYMENT TO:**

Yuma Proving Ground Health Clinic, BLDG 990  
ATTN: SSG Wood or SPC Aguilar

### REGISTRATION

◆ NAME: \_\_\_\_\_

◆ E-MAIL: \_\_\_\_\_

◆ PHONE: \_\_\_\_\_

◆ AGE: \_\_\_\_\_

◆ GENDER (circle): MALE FEMALE

◆ EMERGENCY CONTACT NAME & PHONE: \_\_\_\_\_

◆ (Circle) SHORT Sleeve Shirt \$15 (CASH ONLY)

◆ (Circle) SIZE: S M L XL XXL

◆ QUANTITY: \_\_\_\_\_ TOTAL COST: \_\_\_\_\_



REPLY TO  
ATTENTION OF

DEPARTMENT OF THE ARMY  
UNITED STATES ARMY YUMA PROVING GROUND  
301 C STREET  
YUMA AZ 85365-9488

TEST-YP-CO

15 October 2014

MEMORANDUM FOR ALL YPG PERSONNEL

SUBJECT: Veteran's Day Holiday Safety Message

1. On 11 November 2014, we will celebrate Veteran's Day, a national holiday first observed in 1926 as Armistice Day in recognition of the end of World War I. In 1954, in order that a grateful nation might pay appropriate homage of all veterans, the name of the holiday was changed to Veterans Day. For 239 years, our veterans have assured us freedom, democracy, and the life style we enjoy today. Veterans have embellished our military's respect and economic influence of the entire world. It is the selfless service of veterans that has defended America and assured the survival and success of liberty.
2. Many of us will be traveling over the long holiday weekend; this will intensify the potential for accidents and injuries of our service members, civilians, contractors, and their Family. We must be cognizant of safety. Many may choose to do local traveling, and be involved in activities close to home, versus venturing out for a long weekend. I ask that you be safe. Plan your activities wisely, and don't take any unnecessary risks.
3. Every year, senseless injuries occur as the result of speeding, unsafe vehicles, and over indulgence in alcohol. Please remember to be well rested, buckle up, drive defensively, and of course don't drink and drive.
4. I challenge you to honor our veterans with responsible and safe behavior. Please remember those we have lost along with those who are serving and are awaiting their safe return home. Let's celebrate this holiday by also bringing all of our employees safely back to Yuma Proving Ground. Enjoy the Veterans Day holiday and thanks for all you do every day. Please remember, "NOBODY GETS HURT."

MURRAY RAN  
DY, 1059135283

RANDY MURRAY  
COL, AV  
Commanding

## MILITARY/LAW ENFORCEMENT PRICING



PERFECTION Smith & Wesson

From **\$399** with  
3 Mags  
(Most Models)

**OVER 1800 GUNS**

Glock • Smith & Wesson  
Gunsmith On Duty

**INDOOR RANGE IS OPEN**

**Hurry In  
For Best  
Selection**

**Sprague's  
SPORTS**

32nd St. (Next to Lowe's) 726-0022

Sprague's Exclusive  
**LIFETIME  
WARRANTY**  
On New & Used Guns



**Spragues.com**

• Si hablamos Español •

**THE YUMA EXPERTS**  
*We can make it happen*

**LONG  
REALTY**

LongRealtyYuma.com

10602 Camino Del Sol, Yuma, Az 85367  
(928) 342-9851



00044899

00044800



# Projectile follower shows its mettle

By Mark Schauer

Testing high tech weaponry requires high tech equipment and few such pieces of equipment are as impressive as the Projectile Follower.

Used to film howitzer firing at speeds ranging from 14,000 to 30,000 frames per second, the high speed imaging produced by the system captures even the slightest malfunction of a projectile as it ejects from a gun tube.

"Lots of things can happen from the muzzle out," said Paul Sears, chief of the maintenance and high speed photo branch. "We see it frequently."

The third generation of the Projectile Follower System was recently delivered to the proving ground and is proving its mettle on the range. It is significantly more capable than its predecessor, let alone the first film capture prototypes fielded decades ago.

"Years ago it was two or three fixed cameras," said Sears. "Now you can get projectile flight data from muzzle to the full track, not just one point in space."

The first in-flight tracker to replace the fixed cameras took two strong men to mount and emplace, whereas the new Projectile Follower, made of a light, but durable plastic polymer, can be set



(PHOTO BY MARK SCHAUER)

**Rocky Hyatt, scientific and technical photographer, and Paul Sears, chief of the Maintenance and High Speed Photo Branch, talk about how one person can setup the new Projectile Follower which is made of a light, but durable plastic polymer.**

up by a lone operator.

"We went from this really crude, heavy prototype 25 years ago to this; which is virtually a one-man operation," said Sears.

Further, the original model had to be manually realigned for changes in the gun tube's elevation and to adjust the optical triggers that followed the projectile in flight.

In some tests, test personnel are stationed several kilometers away from a firing point. In the past, tracker operators would have to travel this distance to make even minor adjustments to the tracker, a process that could take as long as 30 minutes. Today, however, these adjustments can be made remotely using a laptop computer.

"You have dozens of people waiting on you and this one piece of instrumentation," said Sears. "Today you don't have travel time; you can make the adjustments remotely and be ready to go."

This improvement is even more important given that prototype projectiles may require a significant amount of trial and error before its

in-flight trajectory can be captured.

"In some of the testing we do, the velocity might not be known; it is best-guessed," said Rocky Hyatt, scientific and technical photographer.

Another unique aspect of the Projectile Follower is its use of a moving mirror triggered by diodes instead of lenses, which make for stunningly sharp images.

"Another benefit to using a moving mirror is stop action," said Hyatt. "In high speed photography, the battle is with motion blur: The higher the velocity, the faster your camera has to shutter. The use of the mirror compensates for that."

Among all the upgrades to the new Projectile Follower, however, testers are most excited about the forward looking infrared capability (FLIR), which allows images to be captured at night without artificial light.

"We're the first test range to use these with infrared cameras," said Sears. "We've gotten some great data with it."

## Should I volunteer during the Holidays?

Submitted by Debbie Wheeler

The holiday season is quickly approaching. And with it are opportunities to spend time with family, take days off from work and, often, a greater sense of wanting to help those in need becomes important. So the holidays should be a great time to volunteer, right?

Actually, volunteering any time of year is a great idea. But if you are motivated to volunteer this holiday season, you might want to contact the agency you are interested in as soon as possible.

It's a fact: the demand for volunteer opportunities at the holidays often exceeds the need for volunteers. While it is wonderful that people are inspired to volunteer, it can be frustrating for the organizations – who need volunteers year round and cannot always handle the surge of interest, and for volunteers – who may be disappointed that they cannot serve when they have the most time and interest.

Start by thinking about your skills and interests and what organizations would benefit from those talents right now. Get a head start. Contact the YPG Army Volunteer Coordinator (AVC) at 328-2501, and allow AVC to assist in your search for volunteer. The AVC will be working with larger organizations and foundations on holiday-related projects, or could be preparing for their own project and in need of extra help. The deeper you dig, and the more questions you ask, the more likely you are to find the organizations that may be in the greatest need of your help.



# Command's senior enlisted Soldier says YPG testing saves lives

By Mark Schauer

After three decades of service, Command Sgt. Major Ronald Orosz is well aware of the immense work that ensures Soldiers obtain the best equipment possible. The Army Test and Evaluation Command (ATEC)'s highest ranking enlisted Soldier visibly sees how the work done at test centers within the command has literally saved hundreds of American lives.

"Before I came to this command I had no idea of all the work that went into the different systems used in the Army," said Orosz. "The Army couldn't do what it does without ATEC."

During a recent command inspection of YPG, Orosz had kudos for the men and women who work here.

"The testing performed here is second to none," he said. "There is incredible talent at YPG that tests the Army's legacy systems as well as some of the new systems coming online. I'm impressed every time I come out here."

A native of Jacksonville, Fla., Orosz hails from a family with multiple generations of military service. While his father was in the Navy and a grandfather served in the Marine Corps, Orosz decided as a teen to join the Army.

"All my buddies were giving it a go, so I figured I'd do it too," he said. "I enlisted for three years to get some college money. I kept liking it year after year and kept re-enlisting, and now here I am 29 years later. It's been good to me and my family."

Serving as an infantryman in a mechanized Bradley unit, his Army career has taken him to numerous posts, both stateside and overseas. His deployments have included Panama in 1989, and multiple stints in Iraq and Afghanistan. It was in Afghanistan that he first encountered the Mine Resistant Ambush Protected (MRAP) vehicle tested so extensively at YPG and other ATEC test centers.

"Those saved hundreds of lives over there," he said of the fortified vehicle. "We were patrolling with HMMWVs in Afghanistan and losing truckloads of Soldiers. The MRAP came along

and saved quite a few, and I'm thankful for that and for all the work ATEC has done over the years."

As the holidays approach, Orosz is grateful to be stateside, yet reflects on those still in harm's way overseas.

"I think every time I've been deployed has included the holiday season," he said. "We have to be thankful for the troops that are out there defending our freedoms here at home."

Though serving overseas during the holidays is a challenge, Orosz says the camaraderie of deployed personnel eases the burden of being away from loved ones.

"You're there with many other Soldiers going through the same thing you are, so you're not alone. It's what you signed up to do, so you deal

with it as best you can."

Married for over 26 years, Orosz has a high school age son and a daughter in grade school. For fitness, he is an avid cyclist who tries to peddle 40 to 60 miles each weekend. He is also an amateur photographer, favoring the Nikon D300 that has helped earn him plaudits in Army photography contests.

"Last year, I got honorable mention for a photo of my daughter," he says with a smile.

As if all that weren't enough, Orosz also spends his spare time pursuing an online bachelor's degree in sociology that he hopes to use in his post-Army career.

"I get to do it at my leisure in whatever time I have off. So instead of just sitting around twiddling my thumbs, I can finish that degree."



(PHOTO BY MARK SCHAUER)

**Command Sgt. Maj. Ronald Orosz, right, stands by as workers load ammunition into an M1 Abrams main battle tank, shortly before climbing in as a member of the crew.**



## YPG personnel bring career expertise to AWC students


**RAZOR SHARP  
PERFORMANCE  
FEATURES**

- 88-HP DOHC Polaris® ProStar® 900
- 3-Link Trailing-Arm Suspension with 14" of travel
- Walker Evans™ shocks
- Long wheelbase and a low center of gravity
- Available with Electronic Power Steering (EPS)

**FIND YOURS TODAY AT:**


**Tues.-Fri. 9-6, Sat. 9-4 • Sun. & Mon. "Gone Ridin"**  
**1999 Arizona Ave. • 782-7588**

**GET DUNE PASSES HERE!**


Warning: The Polaris RANGER and RZR are not intended for on-road use. Driver must be at least 16 years old with a valid driver's license to operate. Passengers must be at least 12 years old and tall enough to grasp the hand holds and plant feet firmly on the floor. All SxS drivers should take a safety training course. Contact ROHVA at www.rohva.org or (949) 255-2560 for additional information. Drivers and passengers should always wear helmets, eye protection, protective clothing, and seat belts. Always use seat belts. Be particularly careful on difficult terrain. Never drive on public roads or paved surfaces. Never engage in stunt driving, and avoid excessive speeds and sharp turns. Riding and alcohol/drugs don't mix. Check local laws before riding on trails. ©2012 Polaris Industries Inc.



(PHOTO BY TERI WOMACK)

**Yuma Proving Ground test personnel attended the Science, Technology and Agriculture Careers Expo October 15 at Arizona Western College to speak to students about skills used in the field of engineering. Attendees: Jimmy Myers, Isaac Rodriquez, Iris Espinoza, Staff Sgt. Jesse Robbins, Staff Sgt. Richard Gilmore and Ross Gwynn.**



DEPARTMENT OF THE ARMY  
 UNITED STATES ARMY TEST AND EVALUATION COMMAND  
 2202 ABERDEEN BOULEVARD-THIRD FLOOR  
 ABERDEEN PROVING GROUND, MD 21005-5001

CSTE-OP

29 October 2014

MEMORANDUM FOR All ATEC Personnel

SUBJECT: Commander's Fall Holiday Safety Message

1. This month we celebrate two very important national holidays: Veterans Day and Thanksgiving. Both are days of remembrance. Veterans Day allows us time to honor past sacrifices of service members, and Thanksgiving gives us the chance to celebrate our blessings. As we spend time with our families on these two holidays, we should remember that the lives we enjoy have been made possible by the deeds of many young service men and women. Please take a moment to reflect on them and their families.
2. Both of these holidays include long weekends, and many of us will be taking advantage of the time off to visit friends and family. Along with family gatherings come shorter days and colder, rainy weather. November is one of the busiest and most dangerous times of the year to travel. Be sensible about your holiday travel plans. Make sure you prepare for your trip before you get on the road; have your car winterized, give yourself plenty of travel time, and include rest breaks. Keep your mind on the safety basics: avoid speeding, drive courteously, and make sure everyone is buckled up! Rest before you get on the road, avoid distractions like cell phone use, and make sure not to drink and drive. Keep an eye out for the travelers around you who try to multitask by also texting or using cell phones.
3. This is the start of the holiday season; it brings particular hazards that can be unforgiving to the unprepared. Look after the well-being of your family and your co-workers. Make it a point to talk to them and pay attention for signs of distress. If they are having trouble with the holidays, please don't leave them alone. Escort them to their supervisor, commander, or pastor – someone who can help.
4. During the Veterans Day and Thanksgiving holidays, regardless of your plans, please be aware of the hazards, take action to guard against them, and execute good safety practices. Time off should be fun and relaxing. The command has vital work to do, and it is important that you come back safe and sound after the holidays.

TRUTH IN TESTING!

*Be about  
taking care of  
one another.*

*Peter D. Utley*  
 PETER D. UTLEY  
 Major General, USA  
 Commanding



# Fear of viruses dates back many decades

By Mark Schauer

Imagine Yuma gripped by concern for Soldiers overseas and fear of a deadly virus.

It may sound like current news, but modern anxieties over the Ebola virus pale in comparison to Yuma's deadly encounter with the Great Flu Epidemic of 1918.

In October of that long ago year, most of the American public was preoccupied with World War I, a conflict in which nearly five million American Soldiers were deployed to help end. On the home front, Americans bought Liberty Bonds to finance the war, rationed and grew their own food, and prayed for an end to the deadly conflict. But in October, just weeks before the armistice, the entire world suddenly fell prey to a devastating outbreak of influenza and its frequent companion, pneumonia.

The most reliable contemporary reports of the pandemic came from Spain, a neutral country that did not have wartime censorship of news, and thus the illness was soon dubbed, "Spanish Flu." Though later research speculated that this particular strain of flu had originated at Fort Riley, Kansas, the current theory is that the original mutation occurred at a British camp in France. Regardless of where it started, over the next two years nearly a third of the world's human population was infected with the virulent strain, and a fifth of these unfortunates died.

In terms of the sheer number of victims, the death toll may have surpassed that of the so-called 'Black Death,' the worst incidence of bubonic plague that ravaged Europe and Asia during the Middle Ages. Though Army doctors had managed to successfully control or eliminate diseases like typhoid fever that had been common in previous wars, American Soldiers overseas were not spared from this scourge: the flu pandemic killed over 25,000 of them and sickened nearly 400,000 more.

Yuma County's population was a mere 14,500 in 1918 and the influenza



(LOANED PHOTO)

**Many Americans are concerned about the Ebola epidemic currently ravaging parts of western Africa, but in 1918-19 more than 30% of the world's population was infected with a virulent strain of influenza. 400,000 Soldiers fell ill. So many that Walter Reed Army Hospital expanded sick wards onto exterior porches, as seen here.**

pandemic claimed over 400. Most victims were young, with most of the dead under 18. Only 35 were over the age of 35 years. Whereas most strains of influenza favor those who have an undeveloped or weakened immune system, such as infants and the elderly, the Spanish Flu victimized the young and healthy by triggering an overreaction of the immune system, which would thus aggressively attack the robust virus as well as all other cells in the body.

The toll the illness took on Yuma's active civic life was swift and pronounced. Weeks before the flu got going, a dance on Main Street sponsored to promote the county's fourth Liberty Bond and enlistment drive drew a whopping 5,000 people, more than the total population of the city at that time. By the end of October, 63 Yumans had died during the month, an 800% increase over the previous October's tally. Over the long winter, all public gathering places or activity that accommodated more than six people were cancelled -- even the county fair was not held the following spring.

Yet the people of Yuma were not inert. Many locals volunteered time to the Red Cross, which helped supplement the county's rudimentary medical system. At the time, Yuma County had a mere nine doctors and nine nurses, most of whom suffered non-fatal bouts of the illness at some point during the epidemic.

"Things got so bad that all four doctors in the city of Yuma were sick and in bed," said Carol Brooks, a local historian. "I don't know who was treating who at that point."

Yuma County had one 50-bed hospital that was quickly overwhelmed by the sick. Civic leaders coped by re-opening the infirmary at the Yuma Territorial Prison, which had closed nine years earlier. Despite the best efforts of these men and women, the death toll continued to rise.

"In late October, Johnson Mortuary, which was the only mortuary here at the time, was reporting six funerals a day," said Brooks.

Meanwhile, state and federal health officials began inspecting impromptu villages of ranch and railroad workers in the southern and eastern portions of the county in an effort to identify sick people and force them to go to the hospital.

"Many workers refused, for they felt the hospital was a place you went to die," said Brooks.

The problem was that medical science's frantic efforts to find a treatment for the killer flu were largely

unsuccessful. The best results came from injecting a small amount of blood from individuals who had survived the illness into the sick, a method that modern researchers endorse if a crisis of this magnitude were to reoccur. Prevention was emphasized, with organizations like the Red Cross encouraging people to swab their nose and throat with antiseptic on a daily basis.

Though the epidemic was abating by May 1919, the monthly death tolls for Yuma County remained higher than normal through the first half of the following year. Businesses and other public places were allowed to re-open after undergoing a thorough cleaning and disinfecting. Though the world was at peace and the flu epidemic over, Yuma County's struggles continued for several more years. After the peace, the high wartime demand for cotton dissipated and the resulting price collapse sent the local economy into a deep recession that endured until the rise of citrus growing.

Though the nation has been struggling the last several years, Brooks feels that reflecting on the immense crises the United States has successfully faced in the past helps put our current troubles in perspective.

"Studying this cured my nostalgia for going back to the old days," Brooks said. "It was a tough period."

## Come And Join Us!



### Red's Bird Cage Saloon

Located in the heart of Historic Downtown Yuma

**231 Main St. • 928-783-1050**

Mon-Fri 9am - 2:30am • Open Sat & Sun 6am

00043221



# Becoming more Resilient: Total Well-Being

Submitted by Paul J. Kilanski, Army Community Service, Master Resilience Trainer

Together, the following four dimensions contribute to the total well-being of a person.

**Spiritual:** At the heart and soul of wellness, spirituality is the driving force to total well-being. It refers to your value system(ethics, moral compass), your search for meaning and purpose in life and experiences, and connectedness with others.

**Physical:** Health is maintained through physical activity, nutrition and good sleeping patterns.

**Social:** Good relationships with your family, friends, the community and others with whom you share common values, beliefs or commitments can fulfill and nourish you personally.

**Emotional:** How you manage your emotional responses to events, such as joy, anger, fear, etc., can affect your state of being. It also involves your psychological outlook, such as self-esteem, and your intellectual/cognitive skills such as problem-solving, analyzing,

mental recall, etc.

The four dimensions of your well-being are intertwined and inseparable. Each dimension is connected to the other dimensions as they work in unison to establish your state of being. In other words, your well-being is an integrated system.

Integrated means that when there is growth in one area of your life, the effect of this change can stimulate growth in other areas. The spiritual dimension is the mechanism that integrates the other components through which growth occurs.

The key to total well-being is to "exercise" each dimension of your being to maintain a balance between them.

Just as you would exercise to improve your physical fitness, you should use introspection, contemplation and reflection as tools to improve your spirituality, in turn, strengthen your spiritual resilience.

To improve your spirituality, you need to turn your thoughts into action in your everyday life.

Spiritual growth exercises could include: Practicing kindness and compassion: e.g., volunteering to help others. Also becoming

involved in the community such as joining initiatives to protect the environment, broadening your awareness of spirituality or taking a course in philosophy of religious belief systems as well as practicing meditation or prayer by partaking in activities such as yoga classes, an organized meditation group or a church service.

While some people do not give much thought to developing their spiritual resilience, others are proactive in their pursuits.

Proactive people take action to develop and improve the condition of their spirituality. They recognize that this can enhance the quality of their life by strengthening their endurance and their ability to cope with pressure.

As part of the human experience, we are constantly challenged with decisions about life and often face moral dilemmas. By pursuing and advancing your spiritual growth, you are strengthening your spiritual resilience. With strong spiritual resilience, you will be better prepared to make tough decisions and accept the consequences of those decisions.

Staying proactively engaged in spiritual development is key.

## CLASSIFIEDS

To place your ad call 928-783-4433

# Chill Out!



Find an AC repairman in the Home Services Directory



automobiles

Find your next ride  
RevUpSouthwest.com

Cars  
Trucks  
RV's  
Fifth Wheels  
Travel Trailers  
and more !

New Vehicles Daily

Set up your watch list and alerts for new inventory



## 'Fall Fest' fun for all!



(PHOTOS BY PAO PERSONNEL)

Fun for all was had at the 2014 Fall Fest sponsored by Yuma Proving Ground's Family, Morale, and Welfare & Recreation (FMWR) Directorate. Cox Field was the place to be on Friday, Oct. 24th, as families gathered for an evening of meeting new friends, having their children compete in the "best costume" contest, eating hot dogs, cotton candy, popcorn and enjoying the fun games for all... Over 200 people attended this fun-filled event. "This was a great evening with perfect weather, great company, lots of good food and many fun games for the children," said Mardy Clark, coordinator of the event. "With the combined help of the Price School PTO, IGH Hotel, Child Development Center, Youth Center, FMWR personnel and dozens of volunteers who came out to help, we had a tremendous. Thank you all for your generous support and participation. We will see you all next year." In addition to the Fall Fest, a Halloween Parade was held for the children from the Child Development Center. The children along with many parents dressed up in their favorite character costumes and had a ball!





## VIEWPOINTS

November is National Native American Heritage Month. We asked members of the workforce with Native American ancestry to reflect on their heritage.



**Kenrick Escalanti**  
Senior graphic designer

I belong to the Fort Yuma Quechan Tribe. Asking how I feel about that, is kind of like asking what it means to be an American: involved in that is pride and honor for your culture, and a feeling of responsibility to represent that history and culture in the most accurate way possible. The stories of indigenous people across the world have been told inaccurately.

**Robi Duke**  
Graphic artist

I am from the Acjacheman Nation of San Juan Capistrano. There is the oldest adobe home there which my people still live in. Those of us off the tribal land are called rural Indians, and that's what I've been all my life. I lived in the San Joaquin Valley and was not really associated with any other Natives. I try to remind my children and grandchildren of their heritage, but as the years go on we don't have as much to harken back to.



**Chad Bloomingdale**  
Test officer

I belong to the Navajo tribe. I grew up in Phoenix, so the heritage isn't as much as it would have been had I grown up on the reservation. The key aspect of Native American culture I would say is that in a lot of ways the woman takes a large role in the family. My mother's influence in working her way through college drove me to succeed because of how much she went through.



# You put your family's health first. We do the same.



**Central Location** 284 W. 32nd Street 928-341-4563  
Yuma, AZ 85364 6am-11pm 7 Days a Week

Two other locations to serve you:



**Prime Care Kids:** Valley Location  
Mon. - Fri.: 5pm - 11pm 2377 S. 22nd Dr., Yuma, AZ  
Sat. - Sun. & Holidays: 9am - 3pm 928-343-0488  
Clinic Hours: 7am - 7pm  
Monday thru Friday

Where parents can bring their sick children to be seen by a pediatrician.



**Foothills Location**  
11142 S. Scottsdale Drive  
Yuma, AZ 85367  
928-345-6830

NEW SUMMER HOURS!  
7am - 7pm  
Monday - Friday

CALL FOR WINTER HOURS!



## PrimeCare

  
URGENT CARE


# (928)341-4563

Scan with your smart phone to view website with more information.



[www.primecareyuma.com](http://www.primecareyuma.com)



# Your vision affects more people than just you.



Look good and protect your eyes from harmful UV rays with quality, fashion sunglasses - regular or prescription.

## We Care About Eye Care... You'll See!

- Complete Eye Examinations
- Free LASIK Evaluations
- Ask About Our Special Eyeglass Packages



Patrick D. Aiello, MD



Elliott Snyder, OD



Scot Class, OD



*Two Offices To Serve Your Needs*

275 W. 28th Street  
11551 S. Fortuna Rd., Suite E

**928-782-1980**

[www.yumaeyedoctor.com](http://www.yumaeyedoctor.com)

*Se Habla Español*