IHEOUTPOST

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

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

Volume 40 No. 7 Monday, April 14, 2014

Celebrating with the kids of our future!

By Yolie Canales

As the Armed Forces celebrate our military children in April, the hard work continues forward to promote family events throughout the military. We want to use this month to not only acknowledge how strong military kids are, but to also focus on supporting them through the struggles they encounter due to the lifestyle that comes with being a part of the military. These kids are our future. Thank you, Secretary of Defense Caspar W. Weinberger for designating April as "The Month of the Military Child."

No one, could've imagined how much his vision for celebrating the contributions and inspiration of military children would have played out 28 years later? In 1986, like today, military families rose to meet whatever was asked of them, but their children were not recognized separately. At that time, the assumption was that our military kids were dealing with the same



(PHOTOS BY YOLIE CANALES)

Doreen Conner (left) director of the YPG Child Development Center, marches in what will be her last annual CDC parade. Conner will be retiring in May after serving as the CDC director for 11 years with a total of 26 years of government service!

challenges, successes, and disappointments that any other kid might encounter. Because of Secretary Weinberger's proclamation, today we pause to officially recognize our military kids – for their accomplishments and resilience. Thanks, Weinberger, for bringing

this awareness through the proclamation so many years ago. Now it is up to each family to make sure we keep our military kids safe, loved and celebrated – not only in April but through the entire year!

Yuma Proving Ground's Child Development Center

celebrated this joyous day with its annual Month of the Military Child Parade. Over 50 children, parents, grandparents and members of the workforce took time to honor and support their children by marching alongside of them!

Find more photos of the celebration on page 2

Soldier experience proves valuable to test officer /Page 3



Training and testing in a realistic environment /Page 6



YPG participates in recent AVID career day /Page 7



Celebrating with the kids of our future!





Sgt. DeMarius Jackson and Sgt. 1st Class DeWitt Gebregiorgis (above) both from YPG's Airborne Test Force joined the annual Child Development Center's Month of the Military Child Parade to honor every military child throughout the Armed Forces.

YPG civilians, Soldiers and parents wave as they participate in the fun filled Month of the Military Child parade on the proving grounds.

THEOUTPOST

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.

Phone: (928) 328–6 Vis or c Con Pul Pul

Visit our website at: www.yuma.army.mil or email to: yolanda.o.canales.civ@mail.mil Commander: Col. Reed F. Young Public Affairs Officer: Chuck Wullenjohn Public Affairs Specialist/Editor: Yolanda

Sch Tee Ma

Public Affairs Specialist: Mark Schauer Technical Editor, Cold Regions Test Center: Clara Zachgo Marketing Specialist: Teri Womack Visual Information Manager: Riley Williams Sgt.
Cherica
Ybarra
(right)
of YPG's
Airborne
Test
Force,
marches
with her
child at
the recent
parade.



THE OUTPOST APRIL 14, 2014 3

Soldier experience proves invaluable to test officer

By Mark Schauer

Dan Coakley, manager of the cold weather test track at U.S. Army Cold Regions Test Center, knows from firsthand experience the importance of ensuring equipment works wherever Soldiers serve.

"It is critical to know if the items Soldiers are using will last 20 or 25 years in the natural environment," he said. "The small equipment they use can be just as vital to their well-being as the large things."

It's an ethos Coakley developed from his own experience as a Soldier. With 30 years under his belt at that test center, his peers appreciate the efficiency he brings to testing given his deep understanding of the test center's operations.

"He has a wealth of knowledge," said Vern Heintz, test officer. "He's been here a long time and has experience from both the support side and the test side. It's easier to plan a test when you have an idea of what the support people have to go through to support it."

A native of upstate New York, in 1981 the recently married Coakley joined the Army to escape the bad economy that had forced his father to sell the family car dealership.

"We were young with no children, so there was nothing that said we had to stay in New York. I joined the Army with a buddy. It was something new," he explained.

After completing basic training at Fort Sill, Okla., Coakley underwent advanced individual training at Lowry Air Force Base, Colo. before being stationed at Fort Stewart, Ga.

It was from the latter that his life changed forever, though not in the way he had originally thought.

"I had orders to go to Turkey. About two weeks before PCSing, my orders were cancelled and three days later I got orders to come here, which was okay with me."

It was 1984, and Coakley suspected he would stay in America's Last Frontier.

"I instantly fell in love with Alaska. It was -15 or -20 degrees out and the Fairbanks airport didn't have jetways then, just a bunch of older buildings. After landing, they opened the airplane door and you climbed down the stairs. All I had on was my Class A uniform, so it was chilly."

Getting his family to take the plunge was a challenge, however.

"My family came later. It took me a year to convince my wife that it was OK to live in Alaska," Coakley said with a chuckle.

The rest of the family took to Alaskan living once they arrived, however, participating in a variety of Alaskan outdoor activities, from hunting and fishing to snowmobiling and gold panning.

"Back in the mid 1980s, my wife and I decided we needed to go out and find out about gold panning. I probably found a quarter of an ounce of gold my whole time doing it. It was fun, though."

After two enlistments, Coakley stayed on at CRTC as a civilian. He originally worked in the visual information department, but in the mid 1990s, a major reorganization of CRTC saw the test center's troop



Dan Coakley, manager of the cold weather test track at U.S. Army **Cold Regions Test Center, knows from firsthand experience the** importance of ensuring equipment works wherever Soldiers serve.

strength decline from its traditional size of nearly 300 Soldiers to less than 30.

"As those really important positions went away, we didn't have any hiring authority, so we had to fill from within."

With these changes, Coakley became a test officer. Since then, he has tested a wide gamut of items used by Soldiers and Marines, from Bradley Fighting Vehicles and Marine Corps Expeditionary Fighting Vehicle to personal gear like boots and the MOLLE assault pack. In his tenure as manager of the test track for the past 10 years, his customers have included virtually every major auto

manufacturer known to Americans.

"Each time presents a challenge you have to learn a piece of equipment, what the mission is and why the Soldiers use it."

These days, one of Coakley's leisure activities is adding to the coin collection he has kept since childhood. He particularly likes early American coins, from colonial days to the Civil War.

"I've been coin collecting since I was 10 or 11 years old. I truly enjoy it. Through the years you get pickier and pickier, and the coins gets more and more expensive; there have been some years where I bought one coin, because it cost a large amount."



-CHAPLAIN'S CORNER-

There's a Welcome Here

Submitted by Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. With Holy Week (Palm Sunday to Holy Saturday), the week immediately before Easter fast approaching, I want to spend a moment to invite you to YPG Chapel Holy Week and Easter Sunday services (you may choose to attend services in town or spend time yoked in your own faith tradition).

There is a hymn entitled There's a Welcome Here. The first line of the song is the same as the title (there's a welcome here) and it is repeated to convey its importance. The YPG Catholic and Protestant congregations strive to offer a warm welcome to all who attend. There is another hymn worth quoting entitled: Sweet, Sweet Spirit. It goes:

There's a sweet, sweet Spirit in this place,

And I know that it's the Spirit of the Lord.

There are sweet expressions on each face,

And I know you feel the presence of e Lord.

At the YPG Chapel we want all who enter the chapel doors to be enriched

and leave the chapel doing better than when they arrived. If you have not attended the YPG Chapel before or if it has been awhile, please come for a visit. We meet each Sunday at 9:30 a.m. (Catholic) and 11 a.m. (Protestant). During Holy Week and Easter Sunday (please see our listings in this edition of The Outpost) we have some special gatherings planned to include:

- 5 P.M., 17 APRIL, HOLY THURSDAY MASS (CATHOLIC)
- 5 P.M., 18 APRIL, GOOD FRIDAY COM-MUNION AND PASSION (CATHOLIC); 6 P.M., "WALK TO THE CROSS" (ALL/INTERDENOMI-NATIONAL) (MEET AT YPG CHAPEL AND WALK TO THE NEARBY CROSS ON A HILL)
- 6 A.M., 20 APRIL, EASTER SUNDAY SUN-RISE SERVICE (ALL/INTERDENOMINATIONAL) AT THE CACTUS CAFÉ PATIO FOLLOWED BY BREAKFAST (PLEASE RSVP AT 328-3465).
 9:30 A.M. (CATHOLIC) AND 11 A.M. (PROT-ESTANT) AT CHAPEL.

We hope to see you soon. The chapel will do our best to provide an inviting welcome. Do plan to visit the YPG Chapel, your neighborhood place of worship or the faith community of your choosing. Have a blessed Easter YPG!

Holy Week Activities at Yuma Proving Ground Chapel



Good Friday 18 April 2014

Catholic Passion Service at YPG Chapel ~1700-1800~

"Walk to the Cross"

~1800 ~

All are welcome to join us for a one mile round trip walk to the cross. We will meet at YPG Chapel Fellowship Hall, walk to the cross on the hill and walk back after a short service.



Holy Thursday 17 April 2014

Catholic Mass at YPG Chapel ~1700~



Easter Sunday 20 April 2014

Easter Sunrise Service at Cactus Café Interdenominational (CATH/PROT/ALL) ~0600-0700 ~

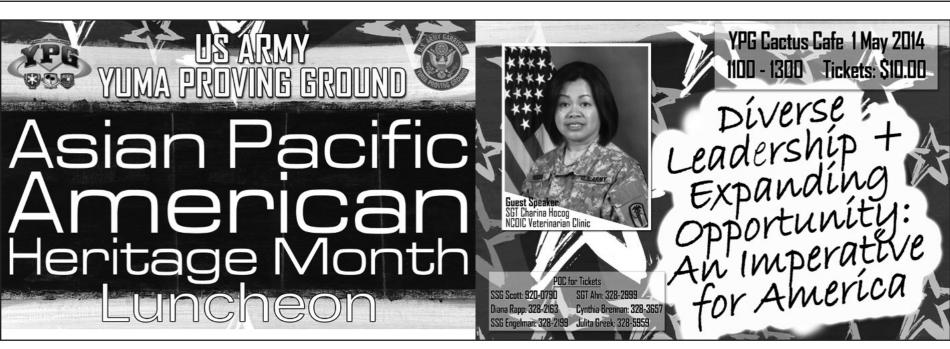
Breakfast at Cactus Café

~0700-0800 ~

Please RSVP to 928-328-3465

YPG Chapel Regular Sunday Services 0900 Rosary

0930 Catholic Mass 1100 Protestant Service



THE OUTPOST APRIL 14, 2014 **5**

FY14 – 2ND QUARTER ICE CUSTOMER SERVICE ROLL CALL Congratulations to the following personnel who are recognized for their great customer service at Yuma Proving Ground. YPG customers were so impressed with their service, they submitted ICE comments to tell us what a terrific job they did. If you would like to comment on our Service Providers go to http://ice.disa.mil Aljaberi, Khaldoon Labossiere, George Overstreet, Raquel Baker, Iineane Lee, Christopher Peters, I.C.

Baker, Jineane
Bellman, Richard
Benedict, Justin
Campbell, Mike
Castanon, Bernardo
Cather, William
Ellis, Marc
Gebhart, Terry
Hernandez, Alfred

Lubossiere, george
Lee, Christopher
Mace, Donald
Martin, Jason
Mayfield, Michael
Miller, Mike
Moe, Greg
Moreno, Paul
Moreno, Zeke
Morse, Bob
Ornelas, Mike

Overstreet, Raquel
Peters, J.C.
Parker, Kevin
Perkins, Amanda
Pollard, Matt
Santochi, Gail
Speaks, David
Thomison, MAJ Douglas
Trimble, Eric
Ward, Steve

Eating right...

Submitted by Jaime Murray, Logistic Readiness Center, Fort Greeley

- 1. PARFAIT: LAYER VANILLA YOGURT AND MANDARIN ORANGES OR BLUE-BERRIES IN A TALL GLASS. TOP WITH A SPRINKLE OF GRANOLA.
- 2. INSIDE-OUT SANDWICH: SPREAD MUSTARD ON A SLICE OF DELITURKEY. WRAP AROUND A SESAME BREADSTICK.
- 3. ROCKY ROAD: BREAK A GRAHAM CRACKER INTO BITE-SIZE PIECES. ADD TO LOW-FAT CHOCOLATE PUDDING ALONG WITH A FEW MINIATURE MARSHMALLOWS.
- 4. MINI PIZZA: TOAST A WHOLE-WHEAT ENGLISH MUFFIN, DRIZZLE WITH PIZZA SAUCE AND SPRINKLE WITH LOW-FAT MOZZARELLA CHEESE.
- 5. SPREAD MUSTARD ON A FLOUR TORTILLA. TOP WITH A SLICE OF TURKEY OR HAM, LOW-FAT CHEESE AND LETTUCE. THEN ROLL IT UP.
- 6. SANDWICH CUT-OUTS: MAKE A SANDWICH ON WHOLE GRAIN BREAD. CUT OUT YOUR FAVORITE SHAPE USING A BIG COOKIE CUTTER. EAT THE FUN SHAPE AND THE EDGES, TOO!
- 7. BANANA SPLIT: TOP A BANANA WITH LOW-FAT VANILLA AND STRAW-BERRY FROZEN YOGURT. SPRINKLE WITH YOUR FAVORITE WHOLE-GRAIN CERFAI
- 8. MIX TOGETHER PEANUT BUTTER AND CORNFLAKES IN A BOWL. SHAPE INTO BALLS AND ROLL IN CRUSHED GRAHAM CRACKERS.
- 9. MICROWAVE A CUP OF TOMATO OR VEGETABLE SOUP AND ENJOY WITH WHOLE-GRAIN CRACKERS.
- 10. FILL A WAFFLE CONE WITH CUT-UP FRUIT AND TOP WITH LOW-FAT VANILLA YOGURT.
- 11. PEEL A BANANA AND DIP IT IN YOGURT. ROLL IN CRUSHED CEREAL AND FREEZE.
- 12. MAKE SNACK KABOBS. PUT CUBES OF LOW-FAT CHEESE AND GRAPES ON PRETZEL STICKS.

(FOOD, NUTRITION AND HEALTH TIPS FROM THE ACADEMY OF NUTRITION & DIETETICS)

Come by and ask about our new

Bill Alexander's FLIGHT-LINE



- ☆ Special Military Discounted Prices.
- ☆ Increased Trade-In Values.
- ☆ Complimentary 12 Month/12,000 Mile Limited Warranties.
- ☆ Additional Discount On parts & Labor.
- ☆ Other Special Rewards.



1350 E. 32nd Street

928-314-3400

Locals Serving Yuma's Military Familes for over 40 years

Recliners

from \$179



Credit Check Financing \$40 Takes OA It Home Today

Serta® Queen Pillow



from Only!
\$133
American

4 Piece BEDROOM SETS from Only! \$349



SHEET Only!
SETS \$21.95
Most Sizes In Stock

"Our difference is our Lower Price"



"Where a Good Nights Sleep begins"

Mattress Warehouse

FREE! Yuma Area and Base DELIVERY

& FURNITURE

248 E. 24th St., Yuma + Open Sun. 11 to 3 + Ph. 782-2606

Training & testing in a realistic environment

Story and Photos By Mark Schauer

With the ability to rapidly deliver a punishing barrage of steel across a wide radius, field artillery has long been a key ingredient to battlefield success

Yet at long ranges, a conventional artillery round can land as much as 850 feet off target, a potentially fatal outcome for both Soldiers and civilians. For the last decade, the push for more accurate artillery has resulted in the development of the fully guided Excalibur round, accurate to approximately 10 meters of a target, and the Precision Guidance Kit (PGK), a screw-on fuse that transforms a conventional artillery round into a guided semi-precision projectile accurate to approximately 150 feet of a target.

U.S. Army Yuma Proving Ground has tested both projectiles extensively throughout their development and recently hosted an operational exercise that saw Soldiers from the 1st Battalion, 5th field artillery at Fort Riley, Kansas, using both projectiles along with conventional rounds in a

grippingly realistic training.

"For Soldiers to have the opportunity to fire conventional munitions, Precision Guidance Kit, and Excalibur projectiles all in the same test event is truly unique," said Lt. Col. Josh Walsh, Product Manager for the Excalibur program. "The cost savings that both programs achieved by combining the event is fantastic for the Army."

"The Operational Test Command did a great job of putting together the missions," added Lt. Col. Will McDonough, Product Manager for guided precision munitions and mortar systems. "It took the better part of a year to put this together, but each program saved over a million dollars in test efficiencies. This was a good deal for the government and we maximized the benefit of having a firing unit and test resources out here."

For the multi-week exercise, the Soldiers stayed in YPG's Forward Operating Base and spent



(Above) Crews position 155mm artillery projectiles to be used in upcoming precision guided munitions tests on YPG's Kofa Firing Range. (At right) One of the newest versions of the venerable M109 Self Propelled 155mm Howitzer, the Paladin, was used during the testing to fire precision projectiles many miles downrange. Four Paladin howitzers were used and manned by Soldiers from Fort Riley, Kansas.

eight hour days conducting fire missions in two platoons of four Paladin self-propelled howitzers. Two sections of three-man forward observer teams in Armored Security Vehicles scouted out mock villages set up by YPG personnel and called in strike coordinates to the howitzers miles away. The mock villages took more than three months to design and construct, and the participating personnel had high praise for YPG's efforts.

"The Yuma team was excellent in setting up the target impact area," said Col. Willie Coleman, Project Manager for Combat Ammunition Systems. "I was impressed with the target array; it was an excellent simulation of what you see downrange."

"The amount of assets that went into producing the target array is amazing," said Lt. Mario Rey, forward observer. "They have a wide variety of actual pieces out there."

YPG's support was instrumental in keeping the



test on track.

"The YPG support has been fantastic," said Maj. Patrick Farrell, Assistant Product Manager for the PGK program. "We had a Paladin go down with a bad engine, and they had it back up and running the next day. The responsiveness of YPG really kept the test on track."

All told, the Soldiers fired about 1,000 rounds, significantly more than they typically fire as a bettellon in a given year.

battalion in a given year.

"From an artillery perspective, we love it," said Private 1st Class Marquise Rock, artilleryman. "Instead of firing twenty-some rounds every couple of months back at Riley, we like shooting here because we can get it into the swing of doing our jobs. It's great experience to test new rounds." THE OUTPOST APRIL 14, 2014 **7**

YPG participates in recent career day

By Yolie Canales

Yuma Proving Ground Soldiers and civilian engineers recently participated in the 2nd annual Advancement Via Individual Determination (AVID) Career Day at 4th Ave. Jr. High School.

Five Soldiers from YPG's Airborne Test Force (ATF) and two engineers from the Munitions & Weapons Division brought their expertise and equipment they work with to share with over 400 students who will soon be moving on to high schools within the Yuma area. This was a great opportunity to open horizons on the different careers students may want to explore before they plan their college curriculum.

Staff Sgt. Jesse Robbins of ATF spoke on behalf of the Soldiers who participated in the event. He said, "This is an awesome program and we are more than happy to be here sharing with these students what we do in the military and what is available to them as well, "said Robbins. "When the request came in to our shop, there were plenty who wanted to help out. I can say it was well worth our time."

Paola Romero, an engineer with the Munitions & Weapons, said, "This is my second year participating and each year, I enjoy it so much more. It makes me happy that these students are given the opportunity to talk to us and see for themselves that opportunities are there for them if they complete their education," said Romero. "I remember when I was in school, these type of programs were not offered to us. The AVID program is a great opportunity for these students."

AVID is a college readiness system for elementary through higher education that is designed to increase school-wide learning and performance. The AVID College Readiness System (ACRS) accelerates student learning, uses research based methods of effective instruction, provides meaningful and motivational professional learning, and acts as a catalyst for systemic reform and change.

"While others talk about what should be done to prepare students for college, AVID is doing it. For more than 30 years, the AVID College Readiness System has helped thousands of students, many of whom are overlooked and underserved, rise above the obstacles they face to achieve academic success."

HISTORY

AVID began in 1980 by Mary Catherine Swanson, then-head of the English department at San Diego's Clairemont High School. The federal courts issued an order to desegregate the city's schools, bringing large numbers of inner city students to suburban schools. While applauding the decision, Swanson wondered how these underserved students would survive at



(PHOTOS BY YOLIE CANALE

Engineers Alex Frias and Chris Stabbs from the General Motors Facility, demonstrate the FIRST Robotics robot to students during career day. Below, Jesus Estrada explains to a student how the mine detector operates as Paola Romero listens.



Soldiers talk to students about military careers and what they as members of the YPG Airborne Test Force do on a daily basis.



8 FULLGOESHERE THE OUTPOST



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)



AVID FROM PAG

academically acclaimed Clairemont High.

Her answer was AVID, an academic elective. But it's more than a program - it's a philosophy: Hold students accountable to the highest standards, provide academic and social support, and they will rise to the challenge.

TODAY

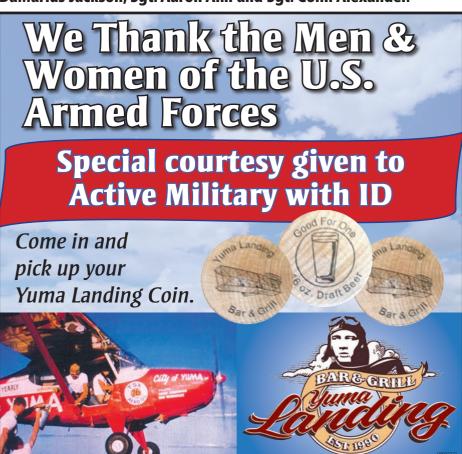
Beginning with one high school and 32 students, AVID now impacts more

than 700,000 students in more than 4,800 schools and 41 postsecondary institutions in 45 states, the District of Columbia and across 16 other countries/territories. The AVID College Readiness System spans elementary through higher education.

Although AVID serves all students, the AVID elective focuses on the least served students in the academic middle. The formula is simple - raise expectations of students and, with the AVID support system in place, they will rise to the challenge.



YPG engineers and Soldiers: Left to right: Jesus Estrada, Paola Romero, Sgt. Kyle Dunwiddie, Staff Sgt. Jesse Robbins, Sgt. DaMarius Jackson, Sgt. Aaron Ahn and Sgt. Colin Alexander.



THE OUTPOST APRIL 14, 2014 **9**

The Silent Death

-SAFETY CORNER

The children ran into the living room to kiss their parents good night. They had already eaten and taken their baths. Now they were ready for bed. Mom and dad are also tired from the day's activities and are not far behind. Unfortunately, no one in this family realizes they are saying good night to each other for the last time. Tragically, this is their eternal sleep. Death does not come at the hand of an intruder or the flames and smoke of a fire, but by an equally deadly and silent killer – carbon monoxide. This is a familiar scenario every year as the weather cools down. Because of a faulty home heating system, a family dies in their sleep—victims of carbon monoxide poisoning.

WHAT IS CO?

Carbon monoxide is a poisonous, colorless, odorless and tasteless gas. It is produced as a result of the incomplete burning of natural gas and other carboncontaining materials such as kerosene, oil, propane, coal, gasoline and wood. At high concentration levels, CO can kill an individual in minutes. When breathed into the body, CO enters the blood and

deprives the heart, brain and other vital organs of oxygen.

WHAT ARE THE SIGNS?

Low levels of CO can result in shortness of breath, mild headaches and nausea. These symptoms are often confused with food poisoning, influenza and other illnesses. At moderate levels, individuals exposed to CO may experience tightness across the chest, severe headaches, dizziness, drowsiness and nausea. Prolonged or high exposures may result in vomiting, confusion, muscle weakness and collapse. While the effects of CO vary from person to person, people with heart or lung disease, elevated CO blood levels (smokers), the elderly, young children and fetuses are the most susceptible.

WHAT CAN YOU DO?

To reduce the chances of CO poisoning, take the following precautions:

•Have your fuel-burning appliances such as furnaces, water heaters, ranges, ovens, dryers, space heaters, fireplaces and wood stoves inspected and serviced by a trained professional before the onset of cooler temperatures.

•Purchase appliances that vent fumes to the outside of your home. Have those appliances installed and maintained by professionals. Ensure you read, understand and follow the safety precautions for each of these appliances.

•Never sleep in a room with an unvented fuel-burning space heater.

•Never use a gas oven to heat your home—even for a short period of time.

•Never idle your vehicle inside your garage—even if you have the door opened. Doing so can allow CO to build up and enter your home. Also, be sure not to operate other devices powered by combustion engines such as generators, chain saws, lawn mowers, etc., in an enclosed space.

TREATING AN EXPOSURE

According to the Environmental Protection Agency's Web site, people who experience CO poisoning symptoms should take the following steps: Get fresh air immediately. Open all doors and windows to allow for ventilation, turn off the combustion appliance or device and leave your house. Go to an emergency

room for treatment. Tell the attending physician you believe you are a victim of CO poisoning. The physician can verify any CO poisoning by a blood test.

ABOUT THOSE CO DETECTORS

The EPA advises against being lulled into a false sense of security because you have installed a CO detector, as they are not considered as reliable as smoke detectors. According to the EPA, while various types of laboratory-tested detectors are available on the market today, they should never be considered as a replacement for properly using and maintaining fuel-burning appliances.

If you decide to purchase a CO detector, use resources such as the American Gas Association or Consumer Reports to make an informed decision and be sure to look for the Underwriters Laboratories certification when you buy. For more information, visit the EPA Web site at www.epa.gov or the Occupational Safety and Health Administration Web site at www.osha.gov.

Confidential self-development platform now available online

By Jay D. Aronowitz, HQDA Civilian Personnel

You, along with our Soldiers and their Families, are the strength of our Army. That's why I'm excited to share about a new voluntary, online self-development platform available Army-wide, with resources tailored to fit not only our Soldiers and their Families, but our Army civilians. It is called ArmyFitT.

Before entering the ArmyFitT environment, you will complete the new version of the Global Assessment Tool (GAT 2.0), a self-assessment survey. The GAT 2.0 includes a number of questions that will assess your wellness based on five dimensions of strength: emotional, social, spiritual (non-religious), family and physical.

Following completion of the GAT 2.0, you are then entered into

ArmyFitT where you'll be able to create a personal profile, and receive recommendations tailored to you on how to improve your overall wellness based on your GAT 2.0 results. You can also blog, access self-improvement challenges, watch tailored videos, enter friendly competitions with other users, and join online health and fitness communities with a wide range of resources from both the Army and the civilian world.

The information you enter in either the GAT 2.0 or ArmyFitT is completely confidential. It won't be shared with supervisor's or anyone else. Completion of the GAT 2.0 and review of the ArmyFitT results may be accomplished during duty hours, after clearance with your supervisor. The tool can be accessed at https://armyfit.army.mil/







National Days of Remembrance "Confronting the Holocaust: American Responses"

27 April-4 May 2014

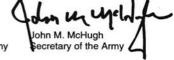
The United States Congress established the Days of Remembrance as our Nation's annual tribute to the victims of the Holocaust. As we reflect on the horrific events of the Holocaust and remember the countless lives lost, let us continue to embrace our obligation to prevent hatred from erupting in such a way that it destroys people and their property and violates their rights and freedoms.

The Holocaust reminds us how fragile democracy is and underscores the need for citizens to be both well-informed and vigilant in preserving democratic ideals. All Service members, Civilians and their Families must share in this responsibility. This commitment will reinforce our National military strategy and our exercise of our 21st century responsibilities at home and abroad.

As an Army, we reject all forms of prejudice and bigotry, and we celebrate the strength drawn from our diversity. Remembering the tragic events of the Holocaust not only obligates us to remember the victims, but it also reminds us of the need for our citizens to promote dignity and to fight hatred whenever and wherever it occurs. Our commitment to living the Army values will earn the public trust and ensure that our Army remains the Strength of the Nation.



Raymond T. Odierno General, United States Army Chief of Staff



VA Benefits Advisors Visits

Wed - 16 Apr 14 – 1000 1000-1300 Ed Center Bldg. 501

Wed - 21 May 14 – 1000 1000-1300 Large ROC Conference Room Bldg. 2105

Tue - 10 Jun 14 – 1000 1000-1300 Air Delivery Conference Room Bldg. 3021

POC: Connie.f.everly.civ@mail.mil or Juanita.m.saez.civ@mail.mil Services available include but are not limited to:

- Education benefits overview
- Home loan certificates of eligibility
- Set-up of ebenefits accounts and web site overview
- Myhealthyvet website overview
- Claims processing overview
- How to request lost DD Form 214s
- How to request your Official Military Personnel File

ALCOHOL AWARENESS MONTH

Help for Today, Hope for Tomorrow.

1-HOUR OF ASAP TRAINING FOR EVERY EVENT ATTENDED!!!



OPEN TO EVERYONE!!!

Events:

April 3rd: ASAP Monthly Training, Education Center, 0900-1000

TBD: "Walk for Awareness", R2C Fun Run/Walk, Cox Field,

0630-0730. Watch for more information

<u>April 21st</u>: "When Love is Not Enough" (Winona Ryder and Barry Pepper) video, Palm Garden, 1400-1530

<u>April 24th</u>: "Alcohol, Youth, and the Law", Chapel Social Hall, 1000-1100 *Special Guest Speaker: Teen Law*

*Parent Workshop is limited to 30 participants, please register by calling ASAP or email sasha.r.jensen.ctr@mail.mil . Must register by April 18th.







Any questions, contact ASAP at 928-328-3090/2249

Army Child Abuse Prevention Month April 2014

Senior Commander's Proclamation

April is Child Abuse Prevention Month in the Army and everywhere that the sun rises on our Nation's flag. By officially designating April as Child Abuse Prevention Month, the President of the United States is calling on all of us — Military and civilian, parents and non-parents — to unite in a common goal: to end the abuse of children. I stand with the President and call upon you to make a commitment to this prevention effort in partnership with the Family Advocacy Program (FAP) here at Yuma Proving Ground.

Children are the future of our Nation. It is our job to assure they grow up in a stable and nurturing environment. It is our job to think of them first, and keep them safe.

Child abuse prevention is not a one-month assignment. It goes on every day of every year. The Army's "Ready and Resilient" campaign (launched in spring 2013) asks the community to strengthen resilience and improve readiness in order to "take on any mission" (http://www.army.mil/readyandresilient). Without every one of us doing our part, we cannot say our Army is fully ready to meet the mission of child abuse prevention.

As long as any Army child suffers from abuse or neglect, we have fallen short of our goals for readiness.

Therefore, our theme for Child Abuse Prevention Month this year is simple: Children's Safety Comes First – Be Ready to End Child Abuse.

Are you ready? Then be ready to report child abuse and neglect. Are you resilient? Then you are able to help Soldiers, DA Civilians, Families, and all our children to reach out for support when needed.

As senior commander at Yuma Proving Ground, I am committed to child abuse prevention. Our Family Advocacy Program is here to help **you** as they have helped **me.** Contact Yuma Proving Ground FAP at 328-3224 to help end child abuse.



Digitally signed by YOUNG.REED.FISHER.1015595023

REED F. YOUNG COL, LG Senior Commander

Next Outpost deadline is noon April 17th

Sexual Assault Hotline: 920-3104 or 328-3224 Report Domestic Violence:

328-2720

THE OUTPOST APRIL 24, 2014 **11**

YPG employee recognized

A film crew visited YPG to prepare a video honoring Holly Anderson, Quality Control Manager for Achieve Human Services. which provides custodial services at the proving



ground. Anderson is this year's recipient of the national Tom Miller Award for Grassroots Advocacy for the many meetings she has conducted with federal and state elected officials to advocate for wounded warriors and others dealing with physical and mental challenges. Anderson is a disabled veteran of the Navy and has worked at Yuma Proving Ground for eight years. The Achieve Human Services workforce is made up of individuals with disabilities. The resulting film will be shown at the SourceAmerica national convention to be held in May in San Diego, Calif., that will be attended by between 1,000 and 1,500 people.



THE AMENITIES YOU WANT. THE LOCATION YOU NEED.

The new face of on-post hotels.

Candlewood Suites® on Yuma Proving Ground is now open and is taking convenience to the next level. Aside from its on-post location, you'll enjoy upgraded rooms with in-room DVD player, the Candlewood Cupboard, complimentary breakfast, high-speed Internet access and more. So whether you're active duty, retired or a civilian, you'll find what you need, where you need it.

IHGArmyHotels.com • 877.711.8326

301 C Street, Bldg. 540 Yuma Proving Ground, AZ 85365 928.388.6200







©2014 InterContinental Hotels Group. All rights reserved. IHG Army Hotels properties are independently owned by Rest Easy, LLC, an affiliate of Lend Lease (US) Public Partnerships, LLC, and operated by an affiliate of IHG.



ew Name New Look —More-Options **<OCOTILLO** - 3bd − 2ba well cared for home.



Large Open living area w/ lots of storage. In a culde-sac w/little traffic. Covered patio, room on sides for RV or boat, pantry, large bedrooms & vaulted ceilings are just a few of the features. \$164,986

➤ MESA DEL SOL- 4bd - 2ba Golf course home w/ views from both front & back of home. You'll enjoy the character of this house w/ antique beams, custom front door, Saltillo tile in addition to watching the sunrises & sunsets from the deck. \$284,500





≺WILDFLOWER @ MESA DEL SOL 3bd – 2ba immaculate pool home w/ Den. Screened in AZ rooms, barbeque area, spa, manicured landscaping, pad to park your boat or RV, vaulted ceil-

ings & much more. Super home for only \$199,888

➤ MESA DEL SOL - 4bd - 21/2ba home on golf course. Tiled thru-out except bdrms, fireplace, & large open living area w/ oversized master ste. Outdoor kitchen, pool w/ spa, large covered patio & desert landscaping w/ mtn views. \$364,500





≺DESERT FAIRWAYS@MESA DELSOL-

4bd - 2ba Pool home in quiet neighborhood. Dual Fireplace, built-in shelves, oversized master suite, large covered patio & pool w/ spa. Priced to sell at \$274,896

>YUMA - 3bd - 2ba Pool home located close to shopping, schools & base. Remodeled w/ updated kitchen, flooring & ready for occupancy. Priced to sell at \$145,000





10602 Camino Del Sol Yuma, AZ 85367

928-342-1033



Elizabeth Carpenter Designated Broker, ABR®

R_{MLS}. 仚



We care about eye care... you'll see!



Dr. Aiello is a Retired Air Force Senior Flight Surgeon and State Air Surgeon for the Arizona National Guard with 27 years of military service.

Dr. Aiello is the only Ophtalmologist doing Lasik and PRK in Yuma, Arizona.





Protect your eyes with quality, fashion sunglasses - regular or prescription.

<u>MILITARY DISCOUNTS</u>



(928) 782-1980

Se Habla Español

- Free Lasik Evaluations
- Eye Surgery
- Eye Exams
- Ask about Our Special Eyeglass Packages

2 Convenient Locations
275 W. 28th Street • Yuma
11551 S. Fortuna Rd., Ste. E • Foothills

\$699

LASIK

We Accept Both Health & Vision

Insurance Plans

www.yumaeyedoctor.com