

THE OUTPOST

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

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Commander reflects on 'most unique command in Army'

Interior Alaska presently emerging from another harsh winter

By Mark Schauer

Residents look forward to mild weather and endless summer days, but the new spring is bittersweet for U.S. Army Cold Regions Test Center commander Col. Charles May, whose tenure at what he calls "the most unique command in the Army" is drawing to a close.

"I would gladly extend, but I don't think the Army will let me," he says with a smile. "I have to share the fun with someone else."

May took the reins of the Department Of Defense's premier extreme cold weather test facility in May 2012 as a lieutenant colonel. He was promoted the following spring, impressing superiors and subordinates alike with his steady hand during a difficult time of

uncertain budgets, pay freezes and furloughs.

"He makes clear what he wants to accomplish and empowers you to accomplish it," said Richard Reiser, test officer. "Yet, if you encounter obstacles, he is available as a resource to find a solution. That, to me, is the hallmark of great leadership."

In its illustrious history of more than six decades, many past commanders of the test center have frankly admitted that the prospect of months of subzero temperatures and long winter nights did not appeal to them prior to starting the job. May is not one of them.

"CRTC was my number one choice," said May. "There were 64 assignments available, and as far as I was concerned, everything else



(PHOTO BY MARK SCHAUER)

Taking time out from a busy schedule, Col. Charles May, commander of Cold Regions Test Center, sends greetings from the ice cold Alaska country.

was behind CRTC. The Army isn't only an opportunity to serve your country, it is an adventure: If you can get the service and the adventure, then every day is going to be

the best day."

May's Army career has taken him to every climate in the world. Born in Indianapolis, when he was 11 his British father had a

career change and relocated the family to the United Kingdom for four years. Returning to the states, the family settled in Florida,

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Sexual Assault updated statistic

Submitted by Deborah Wheeler

Sexual Assault is intentional sexual conduct, characterized by the use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault can occur without regard to gender or spousal relationship or age of victim.

In the United States, SOMEONE is sexually assaulted every two minutes.

One out of every six women has been sexually assaulted at some point in her life.

One out of every 33 men have been sexually assaulted by a “straight male” who identifies himself as a heterosexual male with a wife or girlfriend.

Less than two percent of reported sexual assaults are false or “made up” by the victim.

Ninety-three percent of victims were sexually assaulted by friends, friends of friends, acquaintances, co-workers or family members. The other seven percent of the perpetrators were strangers to the victim.

Two out of three perpetrators were intoxicated.

Eighty-four percent of reported sexual assaults involve some sort of physical force.

YPG Sexual Assault Hotline - 24/7
928-920-3104

Victim Advocate: Rick Cave 928-328-2324
SARC: Deborah G. Wheeler 928-328-2501



COMMAND

FROM PAGE 1

where May finished high school and attended college, earning a Bachelor’s degree in construction management. Long interested in the military, he decided to sign up upon graduation.

“My grandfather on my dad’s side was in the first World War in the British Army. My dad and one of my uncles were in the British Army, and my other uncle was in the Royal Navy. There’s a bit of family history of military service and it’s something I always thought about doing.”

He joined the Army in the autumn of 1989 and underwent basic training at Fort Jackson, S.C., then immediately went to Officer Candidate School (OCS) at Fort Benning, Ga.

“I was thrown in with very experienced Soldiers,” May recalls. “You’ve got to be savvy to pick up on the right way and not right way to get through a day.”

After OCS, May was sent to be a diving platoon leader in the nation of Panama,

staying almost four years. In his career, he has been to Honduras, El Salvador, Kuwait, Afghanistan, and Egypt.

“It was beyond my wildest dreams that I’d get to go to Egypt. I had a great time and learned a ton.”

None of these duty stations were quite like CRTC, however. In the winter test season, CRTC personnel work long hours in harsh conditions testing equipment for Soldiers, while summer months are spent maintaining and repairing test infrastructure worn down by extreme winter weather. It is inherently dangerous work in an extreme environment, and May is impressed with the rugged professionals who work at the test center.

“I’ve never been in an organization where the level and attention to detail is so great. Everybody lives and breathes safety: they realize that the elements are challenging.”

Aside from the climactic elements, the CRTC family experienced the same challenges brought by employee furloughs and the

government shutdown last fall. May says the workforce handled the uncertainty with aplomb.

“They are a very resourceful population and realize that times are tight. They realize that if you want to live in a place like this, you have to be extremely self-reliant. They carried on with life and performed admirably.”

Despite the adversity of the last several years, May leaves bullish about CRTC’s future. He is particularly excited about recent dialogue between the test center and the University of Alaska regarding unmanned aircraft evaluations, which should result in more work in this rapidly growing commodity area.

“This is an extremely important place and there is great value to be gained here. I’m confident that the leadership realizes that this is important and is a capability the Army will maintain so we ensure the kit and equipment Soldiers use help them complete their mission instead of hindering them.”

THE OUTPOST

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FY15 Army budget request includes small pay raise, 490K end strength

By David Vergun

Under the Army's fiscal year 2015 budget request, Soldiers will receive a one percent pay increase as well as a basic allowance for housing increase of 1.5 percent and a 3.4 percent increase in basic allowance for subsistence.

The rollout of the Army's budget submission, along with those of the other services and the Defense Department was announced today in the Pentagon. Congress will weigh in on the request in the coming months.

The FY15 budget request for the Army is \$120.5 billion, down from \$125 billion last year and a peak of \$144 billion in FY 2010. These figures exclude the overseas contingency operations money for operations in Afghanistan and the reset of returning equipment.

The OCO request for FY15 has not yet been determined, pending the status of U.S. forces in Afghanistan, according to Under Secretary of Defense Robert F. Hale, who addressed the Defense Department's total budget.

The FY15 Army budget reflects a drawdown from FY14's 510,000 to 490,000 for the active component, 354,200 to 350,200 for the National Guard and 205,000 to 202,000 for the Army Reserve. Hale noted that if sequestration continues, active Army end strength could go to 420,000 by FY19.

As for Army civilians, Maj. Gen. Karen E. Dyson, director, Army Budget, said 16,000 civilians were drawn down from the work force in FY13 and the Army "is continuing to analyze future adjustments in light of the drawdown beyond FY15. Her remarks followed Hale's.

Speaking on behalf of the entire Department of Defense, Hale said the "goal is to reduce the civilian workforce by 5 percent between FY14 to FY19."

Dyson said that the Army's budget reflects difficult decisions to accelerate the drawdown in end strength and prioritize near-term readiness for select units, while risking sufficient levels in modernization.

"While the Army's guiding principle is keeping balance in readiness, end strength and modernization, the Army is not in balance in FY15," she added.

Dyson noted that personnel costs for all Army components total 46 percent of the FY15 budget. The next biggest slice is 35 percent for operation and maintenance and 17 percent for procurement, research, development, test and evaluation.

To cut personnel costs, she said the Army's active force "will continue to use force-shaping boards and temporary early retirement authorities to meet the accelerated end strength declines in FY15."

She added that "recruiting



(PHOTO CREDIT: DAVID VERGUN)

Maj. Gen. Karen E. Dyson, director, Army Budget and Davis S. Welch, deputy director, Army Budget, explain the Army's proposed budget to reporters at the Pentagon during the budget roll-out, March 4, 2014.

and retention for FY15 dropped by an aggregate 8 percent across the total force due partially to the expiration of anniversary payments and declining bonuses."

The Army anticipates 19 combat training center rotations in FY15 to validate brigade combat team readiness for full-spectrum combat capabilities, she said. That training will focus on units preparing to go to South Korea, Afghanistan and the Global Response Force.

For other units not in those categories, training is expected to only reach company or battalion level, while the Guard and Reserve are funded to individual crew and squad level in FY15, she added.

Other priorities reflected in the budget include an emphasis on the regional alignment concept, which she said is critical to the Army's "prevent, shape, win" strategy.

Also, funding for ready and resilient programs will be increased by 46 percent

in FY15. These are programs like Comprehensive Soldier and Family Fitness, suicide prevention, transition assistance and sexual assault prevention.

That increased funding level "demonstrates the Army's continued priority to take care of Soldiers, families and civilians," she said.

MODERNIZATION

Davis S. Welch, deputy director, Army Budget, addressed the smallest part of the budget, modernization.

The modernization portion of the budget is \$20.1 billion, he said, which translates to "a 6.1 percent reduction from the FY14 enacted level and a 17.3 percent reduction from the FY13 sequestered level."

A major shift in the FY15 budget, he said, included "science and technology funding at (sufficient) levels to mitigate risk to the Army of 2020 and beyond."

Specific investments include \$84.8 million for Nett Warrior communications gear and \$32.8

million for the M4A1 carbine.

Regarding the carbine, Welch said the money would be used to continue converting M4s to M4A1s. The latest model carbines include heavier barrels for extended life and ambidextrous controls, meaning Soldiers who are left-handed will be able to use the carbines more effectively.

The National Guard will retain UH-60 Black Hawk helicopters, CH-47 Chinook helicopters and UH-72A Lakota helicopters, while garnering an additional 111 UH-60s to enhance medevac and lift capabilities. He added that all AH-64 Apache helicopters will transfer to the active component.

The Kiowa Warrior A, C and D helicopter models as well as the TH-67 Creek training helicopters will go out of the inventory and training will commence using the UH-72A, he said.

The AH-64E, along with

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Women's History Month

Highlighting women in the workforce

By Yolie Canales

Women make up more than half the professional and technical workforce in the United States. While the situation for women in the workforce has improved over the last several decades, many still struggle for equity and equality. Women are earning post-secondary degrees at a faster rate than men, yet a wage gap persists. It is possible that some portion of this gap results from decisions women make, such as personal job preferences or socio-economic circumstances, however, many still face overt or subtle employment discrimination which contributes to continued inequality.

Twenty-nine percent of the Yuma Proving Ground workforce is made up by women in a variety of career paths such as engineers, administrative assistants, resource management and numerous specialty fields.

In observance of National Women's History Month, the Outpost has selected Lena Altamirano, program analyst with the Plans & Operations Directorate, to highlight her achievements, career goals and contributions to the testing mission of YPG and to our nation.

Altamirano, a Yuma native, began her career back in 1999 in the Transportation Office. She believes that no woman should be held



(PHOTO BY MARK SCHAUER)

Lean Altamirano, program analyst with the Plans & Operations Directorate, encourages women to accomplish goals is to do them 'little-by-little, embrace hope and faith, and you will make it.'

back from achieving any goal that will enhance career opportunities in society or the workforce. "I believe that if there is a will, there is a way, and achieving a career goal can be accomplished by giving their best," says Altamirano.

Along the path to achieving her career goals, Altamirano experienced one primary obstacle ---- "As a young woman, my level of confidence and,

being somewhat shy, set me back," she explained. "But I believed in myself and got through it."

Her words of encouragement to women held back by obstacles, fears, or anything else is, "Do things little by little, embrace hope and faith, and you will overcome anything that may come your way."

Altamirano holds a masters degree in business administration from the

University of Phoenix, and is extremely proud of her educational background. "Over the course of 17 years, I completed my undergraduate/graduate degrees before my only son started his freshman year at Arizona State University," she said. "I am proud to have led by example."

Although, Altamirano's compassion for helping people as a nurse was her initial career path,

circumstances led to her current career in the Plans & Operations Directorate. "I was inspired by the service our military provides to the nation and the type of test and development work conducted at YPG," she explained. "The most rewarding experience is that I make a difference, small or big, by doing the right thing," she said.

Life experiences can help form a person's career. She once was a married teenage mother. Her thoughts of pursuing a stable career stemmed from that time. "My desire to exceed expectations inspires me to be successful, not to mention, the morals and values my family embedded in me to work hard and complain little," she said.

While growing up, Altamirano had role models who played a big influence in her life. There was her grandmother, Flores, and paternal grandparents, the Ponce's. "I see them as my foundation of strength and love. As an adult, I have encountered many other people who possess qualities I admire and emulate," she said.

In her spare time, Altamirano enjoys spending time with her family, traveling and exploring, gardening, and reading a good book. She enjoys listening to all types of genres of music.

VIEWPOINTS

Many of Cold Regions Test Center's rugged professionals are transplants from other parts of the United States. We asked members of the CRTC workforce what their first winter in Alaska was like.

1st Sgt. Edward Balboa NCOIC

My first winter happened to be the coldest winter in 70 years, so that was the toughest winter for many people, let alone my first winter.

We were out there testing the M1 Abrams and had temperatures hovering around minus 50 for weeks. It was very challenging. I'm from Arizona, and I had just come back from Iraq.



Toni Johnson administrative officer

I arrived in Alaska December 27, 1983. It was -27 degrees and my nose froze when I stepped off the airplane onto the tarmac. The next morning after I took a shower in the hotel, my hair froze when I went outside. The first thing I bought here was a hair dryer.



Sgt. 1st Class Nathan Torello

This is my first winter up here. I'm from North Carolina, but from what I hear we've had a mild winter compared to last year. The biggest thing is the difference in the amount of light you get each day, that has affected me more than the cold. Cold is cold, but as long as you're prepared for it and do a lot of planning, you'll survive.



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Documentary filmed at

Story and Photos
By Mark Schauer

A film crew working on behalf of the Office of the Undersecretary of Defense recently visited all three YPG test centers to gather footage and interviews for the sixth installment of a documentary series on corrosion control.

Hosted by film and television star Levar Burton, the series examines the costly effect rust, weathering and other natural environmental occurrences have on critical equipment. A previous installment in the series won a Telly Award that honors groundbreaking online video content.

"It's technical and geared toward internal audiences, but I think it's going to be entertaining enough that anyone can watch it and understand it," said Stacey Cook, producer with Bruno White Entertainment.

Cook and a film crew began filming by visiting Tropic Regions Test Center in the summer of 2013, followed by Yuma Test Center and Cold Regions Test Center in January.

"It really made my job easy because the people were willing to help," said Cook. "Everybody had the same goal in mind and wanted the program to be successful."

During the visits, the film crew saw a wide selection of extreme natural environments testing, from an obstacle course in the jungles of Suriname to rugged road courses in Yuma and sub-zero testing in Alaska.



YPG's dust obstacle course is used to test technologies to help pilots in dangerous brownout conditions, which provided gripping footage for the filmmakers. "I was completely impressed with Yuma Proving Ground and its test centers," said producer Stacey Cook. "It's not easy to be in this environment all the time." Below, as part of the corrosion control documentary, the film crew considered corroded and weathered equipment of all shapes and sizes, from infrastructure exposed to the elements for years to howitzer spades, as seen here.

"I was completely impressed with YPG and its test centers," said Cook. "It's not easy to be in this environment all the time. These are people who believe in their mission and what they are doing for the warfighter, is impressive."

Cook says the previous videos in the series are frequently requested by high school and college chemistry teachers for use in the classroom. The video of the latest installment will be available at www.corrdefense.org.



three YPG test centers



Obtaining footage for the documentary saw the film crew visit all three of YPG's test centers, including CRTC during sub-zero temperatures, as seen here.



The articulated Small Unit Support Vehicle is a workhorse of CRTC operations, and requires meticulous maintenance to keep it running through the test center's harsh environment.



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—CHAPLAIN'S CORNER— Spring Cleaning

By Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. Even though we have had a more than typically mild winter in Yuma, Arizona, many of us, probably from tradition or habit, conduct an annual spring cleaning. I believe spring cleaning is a good practice. It gives one the opportunity to lessen clutter, get organized, prepare for the change of season, and overall spruce up the house.

A step above spring cleaning our respective homes is coming together to clean a community facility such as the YPG Chapel. Recently, parishioners gathered for breakfast at the chapel, and then spent several hours thoroughly cleaning the chapel. Now much more than physical cleaning took place. Even though the chapel is cleaner now than it has been in a year,

we were able to build on relationships and community. A sense of service to the greater good was evident.

Spring cleaning does cause us to make some changes as well as improvements. Are there any changes you would like or need to make? How are you spiritually doing? My faith tradition recognizes the season of Lent, which is a period of forty days plus Sunday's, from Ash Wednesday to Easter. This is a time where one may reflect on God and their beliefs and solidify (make changes where needed) ones faith journey. For me, Lent is a time of cleaning and renewal.

Yuma Proving Ground, I wish you and yours a wonderful change of season. Be it around the house, in the community or in a spiritual vein, you may want to think about doing some "cleaning." It works for me. Have a blessed day!



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SAFETY CORNER

Hot Mess

LORENA WOOLARD

Veterans Affairs

Augusta, Ga.

Why was I laying on my bed with just a towel around me? And why was I so disorientated? I tried to collect my thoughts. I remembered washing my car and then coming home to shower. After my shower, I decided to pamper myself and take a nice, long bath. I filled the tub with hot water and bubbles, turned on some music and settled in for what seemed like an hour.

Realizing my skin was getting wrinkled, I decided to hop out. That's when I felt dizzy. I had no idea what was going on, so I quickly grabbed my towel and headed for the bedroom. I barely made it to the bed before I passed out.

This happened to me more than 20

years ago, and I haven't taken a hot bath since. However, a few years ago, my boyfriend and I were on vacation and decided to enjoy one of our hotel's amenities — specifically, the Jacuzzi. I was leery at first, as my mind raced back to my last experience of soaking in a hot tub, but I decided to give it a shot anyway.

Initially, the warm water was wonderfully relaxing; however, everything went downhill fast. My boyfriend got out and walked to the shower to rinse off. I watched him reach for the top of the shower door, turn around and fall to the ground. I couldn't believe he passed out! I jumped out of the hot tub and rushed over to him. He had hit his head on the wall when he fell, but I was able to revive him. He suffered only minor injuries.

I had chalked up my experience of passing out after a hot bath as a fluke. But when it happened to my boyfriend, too, it was Google time. During my research, I read a Harvard Health Letter and learned a hot soak relaxes your blood vessels, as well as the rest of your body. When you get out of the water abruptly, some people suffer from "hot tub" syncope. According to the Mayo Clinic, syncope — like fainting — is a temporary loss of consciousness followed by spontaneous recovery.

The hotter water in a hot tub poses increased health risks from fainting. Mayo Clinic heart researchers had six subjects soak in 104 F water (the current recommended temperature for hot tubs) and 106.7 F water for 21 minutes to see if hotter water caused any ill effects. They concluded

that the higher temperatures posed little health risk from heart or circulation problems. However, they found that when the subjects stood up to exit the tub, systolic blood pressure dropped dramatically, nearly twice as much in the hotter water compared to the 104 F temperature. The study goes on to say that out of 36 hot tub deaths, 25 were caused by drowning.

During my accident, I was fortunate I didn't hit any sharp or hard objects. My boyfriend was lucky as well and only lightly hit the wall. For anyone taking a hot bath or getting into a Jacuzzi, I highly recommend limiting your time to 10-15 minutes and keeping the temperature at 104 F or less. Yes, a nice, hot bath may be good to soothe tired, aching muscles. Just don't overdo it or you could find yourself in a "hot mess."

BUDGET

FROM PAGE 3

unmanned aerial systems, will temporarily fulfill the Kiowa's armed aerial scout mission, he said.

The air and missile defense system defends the homeland and the BCTs, he said, adding that nine of the 15 Patriot missile batteries are currently deployed protecting U.S. forces and critical assets.

As such, the budget provides \$420 million for procurement of 70 Patriot Missile Segment Enhancement systems, \$400 million for Patriot software, \$143 million for the Army Integrated Air and Missile Defense System, \$54 million for Joint Aerostat Project demonstration and \$60 million for developing technology for gun, missile and high-energy lasers to defeat rockets, artillery, mortars, UAS and cruise missiles.

Funding for the Ground Combat Vehicle will be discontinued "because it is no longer affordable under the budget constraints," he said. In the interim, funding will go toward improving the Bradley infantry fighting vehicle until

resources become available.

The Bradley, along with the Abrams tank, will together receive \$549 million for modernization. The Armor Multi-Purpose Vehicle will get \$92 million as it replaces the M113 armored personnel carrier, he said.

The Joint Light Tactical Vehicle (JLTV) will receive \$210 million, which will allow low-rate initial production for 176 vehicles. JLTV replaces the HUMVEE and affords protection similar to the Mine-Resistant Ambush Protected vehicles.

Indirect fire systems to be funded include the AN/TPQ-53 Radar at \$247 million, the Guided Multiple Launch Rocket System at \$173 million, the M119A2 howitzer at \$73 million, the Army Tactical Missile System at \$49 million and indirect fire science and technology at \$56 million.

Unmanned aerial systems funded include the Grey Eagle at \$237 million and the Shadow at \$142 million.

The Army's intelligence network, known as the Distributed Common Ground System, will get \$148 million for continued development and testing.

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Check our freezers during frozen food month

"Your commissary is "chillin'" during March with cool pricing in the frozen food section. Stock up on convenient, mealtime solutions from frozen vegetables and desserts to restaurant-inspired meals – at prices that that would please a polar bear. Look for products marked "on sale" in every aisle of the frozen food section during March. [Find March promotions here.](#)

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During March, early season strawberries and blackberries should be coming in with sweet flavor. Broccoli, too, is hitting the store at terrific prices and peak flavor. Look for manager's specials in the produce department this month for best buys on fresh and delicious fruits and vegetables.



Staying informed of food-safety-related recalls can be a full-time job. Thanks to Commissaries.com, it's just a couple clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or on [All Recalls](#) from the FDA.

Easy corned beef and cabbage for Saint Patrick's Day

If you can boil water you can master corned beef and cabbage. This one-pot main course is one of the easiest to make with only four ingredients – five if you include the red potatoes boiled on the side. Pick up a 3 to 4 pound package of corned beef brisket with seasoning, 20 peppercorns, 2 bay leaves, 1 medium head of green cabbage and a few red potatoes at your commissary. Allow up to three hours to simmer the corned beef on the stove. [Check the recipe.](#) Add boiled carrots for more color.



Store Director's Scoop

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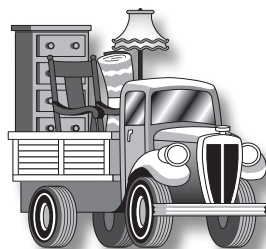
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Resilience tips

Submitted by Paul J. Kilanski, Master Resilience Trainer

The following are a few health "resilience" tips for families to incorporate in their daily meals and daily lives.

PHYSICAL: Add super foods to your grocery list such as broccoli, eggs, beets, blueberries, tomatoes and eat oily fish such as salmon three to four times a week to help build your nutritional resilience and keep your brain working optimally.

EMOTIONAL: Grab the challenge, not the way out of the challenge. As Winston Churchill put it, "A pessimist sees the difficulty in every opportunity; an optimist sees opportunity in every difficulty".

Family: Family resilience can be developed when parents model healthy family behavior such as having dinner together and engaging everyone in affirming, healthy conversation.

SOCIAL: Know your personal strengths and which traits strengthen the character of those around you. Use those strengths to work well with others in a give and take manner. This can lead to good working relationships and strong friendships.

SPIRITUAL: Take a break from your busy schedule to meditate on what is really important to you.

March Go-Getters



Jade McMullen



Cooper Hasnebien

Congratulations to Jade McMullen, 2nd grader and Cooper Hasnebien, 1st grader for being selected Price Elementary School “Go-Getters” for the month of March. Both students are in Mrs. West’s class.

2014 Yuma County Science Expo Judges Needed!

Please join us this year.

Last year, our community joined together and many volunteers were willing to take time to help judge Yuma County student science projects.

We need your support again this year – please join us!

AWC Schoening Conference Center, Friday, May 2, 2014 @ 8:00 am.

You will be treated to a continental breakfast while the new judging information is introduced and later in the day, lunch will be offered.

I will send more reminders out as the Expo draws near, but if you would like to RSVP early, please email me, Julie Rodriguez, jrodriguez@apsc.org



NEXT OUTPOST DEADLINE IS NOON MARCH 20TH
SEXUAL ASSAULT HOTLINE: 920-3104 OR 328-3224
REPORT DOMESTIC VIOLENCE: 328-2720



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