

# THE OUTPOST

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

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## Hispanic culture, heritage highlighted

By Yolie Canales

Each year, National Hispanic Heritage Month is observed from Sept. 15 through Oct. 15 by celebrating the rich heritage, vibrant cultures, and invaluable contributions of Americans with Hispanic ancestry.

On Thursday, September 25th, the Yuma Proving Ground Hispanic Heritage Committee together with the Equal Employment Office, held YPG's 39th observance of Hispanic Heritage Month with an array of activities and luncheon.

This gala and colorful event was attended by over 110 members of the workforce, invited guests and local dignitaries, who enjoyed an authentic Mexican meal and pastries along with an outstanding performance by YPG's Folkloric dancers: Rocío Fernandez, Mireya Rodríguez, Martha Wright, Vanessa Cuevas and Michelle Dominguez. In addition, vocalist Lorena Navarro, dressed in beautiful Mariachi attire, entertained the audience with several Mexican songs receiving an applause that spoke highly of her serene and beautiful voice.

Attendees also had the opportunity to listen to a great presentation by Marci Rios, insurance agent for New York Life on how he legally immigrated to the U.S. with the



(PHOTO BY YOLIE CANALES)

**Beautifully smiling, Vanessa Cuevas and Rocío Fernandez proudly perform for the audience at the recent Hispanic luncheon.**

help of a customs agent back in the 1950s. He shared with everyone his heartfelt appreciation to the United States for giving him the opportunity

to grow up in this great country. He also shared how he has given back to the country that gave him so much by being a productive citizen and

volunteering in a number of programs in the Yuma community.

Another activity that took place  
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(PHOTOS BY YOLIE CANALES)

**YPG's Technical Director Julio Dominguez (left) presents Marci Rios, Hispanic Heritage Luncheon guest speaker, with a token of appreciation for his inspiring speech and presentation.**

## HISPANIC

FROM PAGE 1

was the fifth annual Salsa Tasting Contest. This event was attended by over 150 people with approximately 14 salsa entries submitted by the workforce. Two winners were selected by the attendees: Barb Gardner took first place while Tom Harris took second, a very close competition. During this event, attendees also voted for the best Hispanic Heritage poster submitted by students from Price School. Over 127 votes were cast. Winners were: 1st Place, Makayla Branc; 2nd Place, Kalani Castro and 3rd Place, Noilani Kavalier.

This year's theme, "Hispanics: A legacy of history, a present of action, and a future of success," is particularly fitting. Hispanic Americans have enriched our nation through contributions in many professions and fields ranging from law to government to business.



**Dressed in her Mariachi attire, vocalist Lorena Navarro sings with her heart and soul at the recent Hispanic Heritage observance.**

They have served as leaders, working at the highest levels of our government and serving on the highest court in the land. Through their devotion, commitment to family, and dedication to community, democracy and our nation, Hispanic



**TOP: YPG's Folklore dancers perform in their colorful folkloric dresses. Facing camera: Martha Wright, Mireya Rodriguez and Michelle Dominguez. Backs to camera are Vanessa Cuevas and Rocio Fernandez. Workers enjoy the salsa (left).**



Americans continue to serve as shining examples for us all.

Throughout history, Hispanic Americans have faithfully served and made sacrifices in the Army. They have served in every major American conflict to defend liberty and advance the principles of freedom for which our nation stands. In peacetime, as well as in times of conflict, generations of Hispanic Americans have not hesitated to show their allegiance to this Nation, evident in their military service.

## THE OUTPOST

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# Judge Advocate Office welcomes new attorney

By Yolie Canales

After several months without an attorney advisor, the Yuma Proving Ground (YPG) Judge Advocate Office welcomed Gary Jones with open arms as he joined the staff of four.

Jones, a native of Arizona, hails to YPG from Vilseck, Germany after spending 18 years as a legal assistance attorney there. A 1988 graduate of Arizona State University, Jones joined the U.S. Army's JAG Corps and served seven active years, all of them in Germany. Afterwards, he joined the civilian workforce as a legal assistance attorney until his recent transfer to Yuma Proving Ground.

As an attorney advisor, Jones' duties and responsibilities are to provide legal assistance, file claims and serve as an ethics counselor to active duty personnel and their families as well as military retirees and family members. In the ethics counseling capacity, Jones can be an advisor to the command, who may need legal information and guidance. Some of the advice he provides includes information on divorces and estate planning. Jones is also responsible for supervising the income tax program.

In some limited circumstances, DoD civilian employees and contractors may be eligible for legal assistance, as when being deployed or assigned overseas in support of U.S. Armed Forces. The Command Judge Advocate's Office also offers notary services, and YPG civilian employees not otherwise eligible for legal assistance may also take advantage of this service.

In addition, Jones renders advice to individuals who will be transitioning out of the military so they don't



(PHOTO BY YOLIE CANALES)

**Arizona native Gary Jones, legal attorney for the JAG Office is happy to be at YPG and ready to provide legal advice to individuals who may be in need of his expertise.**

engage in conflicts of interest in post-departure employment.

In general, eligible legal assistance patrons include active duty military, military dependents and military retirees. Reserve component members are also eligible for legal assistance on a limited basis, generally immediately before and after mobilization.

Jones said that legal problems don't get better with age. "I suggest that people should call me so I can guide them with the proper legal advice through any issue they may be encountering," said Jones. "I'm available by appointment. You can call me at 328-2608 to help you do it right, the first time."

Outside the realm of work, Jones is an outdoors type of man. He enjoys riding his motorcycle, bicycling and doing anything that keeps him moving. He plans to do more of this now that the weather is cooling down.




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UNITED STATES DEPARTMENT OF LABOR

[www.dol.gov/odep](http://www.dol.gov/odep)

U.S. Army, Yuma Proving Ground participates in National Disability Employment Awareness Month, an annual awareness campaign that takes place each October. The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

The history of National Disability Employment Awareness Month traces back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.

"We all have a role to play in — and benefit to gain from — increasing opportunities for meaningful employment for people with disabilities. This year's theme encapsulates this in three powerful words. It conveys that advancing disability employment is about much more than just hiring. It's about creating a continuum of inclusion. And the first step on this continuum is expectation," said Kathy Martinez, assistant secretary of labor for disability employment policy when announcing this year's National Disability Employment Awareness Month theme, which is "Expect. Employ. Empower."

Participate in National Disability Employment Awareness Month and be aware of ways you can promote its messages — during October and throughout the year — by visiting the ODEP website at [www.dol.gov/odep/](http://www.dol.gov/odep/).



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# San Luis students get peek at West Point

By Staff Sgt. Tina Villalobos

Approximately 300 students and several parents filled the San Luis High School auditorium last week, for their first glimpse into military college and career opportunities, including renowned military academies, such as West Point.

Lt. Col. James DeBoer, Yuma Proving Ground Test Center Commander, and West Point graduate, was well prepared to address the crowd and provide first-hand information and insight.

“Mainly, I wanted the students to understand that there is an amazing educational opportunity for them out there—but they need to prepare for it by studying in school, being a leader in some sort of activity, and also staying in shape through athletics or some kind of competition,” said DeBoer.

Among the things that differentiate West Point from civilian colleges, according to DeBoer, is that students at West Point have dedicated themselves to the defense of our nation and taking care of the United States.

DeBoer gave students insight into the high expectations at West Point, including standards of rigorous study, leadership development, a code of conduct, honesty, community service, and well-rounded capabilities beyond



(PHOTOS BY STAFF SGT. TINA VILLALOBOS)

**Over 300 students, predominantly, Latinos, and parents, filled the auditorium at San Luis High School in San Luis, Arizona to listen to a presentation on military colleges and academies.**

one’s chosen course of study. DeBoer valued the opportunity to inform local students of avenues for furthering their education and serving the nation. It was an assembly at his own high school that helped DeBoer decide to go to West Point.

“I recommend that students in high school, or even towards the end of junior high, start looking,” said DeBoer. “There are a lot of scholarship opportunities through the military; whether through ROTC or through the academies—if you stop and look into those, you can get your college paid for, and then make a transition to a very good job afterward.”

San Luis High School officials expressed their appreciation for the representatives of each military branch in attendance at the inaugural event.

“This is actually the first year we have done this event,” said Tom Safranek, Assistant Principal at San Luis High School. “Our counselor, Ms. Dillard, has been working and planning it for over a month. She has put quite a bit of time and effort into it. Because the event was usually

in Yuma, it prevented a lot of our students from being able to attend and find out about the opportunities they have through the military academies and military services and scholarships. So this is great! It will be the first time they’re exposed to it, and a lot of them will be hearing about opportunities that they might not otherwise get to hear about.”

The purpose of the event, according to Maria Dillard, San Luis High School guidance counselor, is to provide information to students on programs and scholarships that they may not have been aware of, and to motivate students to understand that a plethora of possibilities are available to them.

“It opens up a lot of doors,” said Dillard, “especially in the border town of San Luis, Arizona. For the first time, we have the opportunity to have this event brought here to our school. Usually parents and students are not exposed to these types of opportunities. We are excited to have Lt. Col. DeBoer here, since YPG is such a big base and there are a lot of careers on that base. We’re very excited that he took time from his

For more information on West Point, contact your local West Point representative, or visit the West Point website for admission criteria.

Richard Ireland, Field Force Rep for Yuma, Arizona, rick.ireland@cox.net.

Maj. Andy Yang, West Point South West Regional Commander, 845-938-5717, Andrew.k.yang.mil@mail.mil.

West Point, United States Military Academy website: <http://www.usma.edu/admissions/SitePages/Home.aspx>

busy schedule. I feel very blessed that there is a lot of support from the various branches of the military here,” said Dillard.

Although acceptance into West Point is very competitive, and graduation from any military academy requires a depth of fortitude—being among the alumnae has its perks.

“You’re not going to have that problem where a lot of people come out of college, and they can’t find a job,” said DeBoer. “You’re going to have those life experiences that will allow you to continue to grow as a person—or, you can stay with the military, which is a great way to make a living.”

## —SOCIAL SECURITY CORNER—

# Let's talk about Medicare prescriptions

By Wilma Carrasquillo-Facio  
Social Security Manager, Yuma AZ

October is "Talk About Prescriptions Month" and marks the beginning of this year's Medicare open enrollment period. It's the perfect time to talk about Medicare prescriptions and the extra help available from Social Security. Newly eligible Medicare beneficiaries and current beneficiaries who are considering changes to their Medicare Part D (prescription drug coverage) plan, should act now. The Medicare open enrollment period runs from October 15 to December 7.

The Medicare Part D prescription drug plan is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the prescription drug coverage.

While all Medicare beneficiaries can participate in the Medicare Part D prescription drug plan, some people with limited income and resources may be eligible for extra help to pay for monthly premiums, annual deductibles, and prescription co-payments. The extra help is estimated to be worth about \$4,000 per year. Many Medicare beneficiaries qualify

for these big savings and don't even know it.

To figure out whether you are eligible for the extra help, Social Security needs to know your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and have:

- Income limited to \$17,235 for an individual or \$23,265 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:

- Support other family members who live with you;
- Have earnings from work; or
- Live in Alaska or Hawaii; and have resources limited to \$13,440 for an individual or \$26,860 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application or get more information by visiting [www.socialsecurity.gov/medicare](http://www.socialsecurity.gov/medicare). To

Effective October 20, the Yuma Social Security Office will be moving to a new location. The new address will be: 325 W 19th St, Yuma AZ 85364. The phone number is (866) 613-2970.

apply for the extra help by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for extra help with Medicare Prescription Drug Plan Costs (SSA-1020).

And if you would like more information about the Medicare Part D Prescription Drug Program, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

While we're on the subject of open seasons, the open enrollment period for qualified health plans under the Affordable Care Act is November 15 to February 15. Learn more about it at [www.healthcare.gov](http://www.healthcare.gov).

This Medicare open enrollment season, while you search for the Medicare prescription drug plan that best meets your needs—see if you qualify for the extra help through Social Security. That's a winning prescription worth talking about.

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# Protecting pilots from danger

By Mark Schauer

Takeoff and landing are the two most dangerous periods for any aircraft, a danger that is particularly intense for a helicopter caught in a brownout.

Caused by rapidly blowing sand and dirt thrown into a vortex by the rotor blades of a helicopter, a brownout's swirling dust gives pilots the illusion they are moving even if they are hovering stationary. Hazardous in any situation, it is particularly risky when landing in a combat zone. Death could result.



**Caused by rapidly blowing sand and dirt thrown into a vortex by the rotor blades of a helicopter, a brownout's swirling dust gives pilots the illusion they are moving even if they are hovering stationary. Hazardous in any situation, it is particularly risky when landing in a combat zone, a situation the 3DLZ technology under test at YPG could help mitigate.**

if it's not performed precisely you can hit the ground too hard and cause aircraft damage."

Currently an Office of the Secretary of Defense program is testing a Laser Detection And Ranging (LADAR) based system called the Three-Dimensional Landing Zone (3D-LZ) at YPG to give pilots a reliable pair of electronic eyes that can see throughout even the most degraded visibility conditions. Of particular importance to this testing was YPG's construction of the Degraded Visual Environment (DVE) LZ, an isolated landing zone with tilled lanes meant to maximize the grit and dirt kicked up by a helicopter's rotor wash.

"It was custom-designed to test these technologies in brownout conditions," said James Savage, the Joint Capability Technology Demonstration's technical manager from Air Force Research Laboratory. "The sand and dirt is particularly powdery and silty, so you get massive plumes of dust that mimic the environments the pilots have been experiencing in theater."

Throughout the 27-month long program, experimental test pilots from the

"Flying in a brownout is very disorienting because you lose the visual cues that a pilot normally relies on to maintain a rate of closure and maintain aircraft altitude next to the ground," said Maj. Joe Minor, Chief of the Flight Projects Branch and Experimental Test Pilot at the Aeroflightdynamics Directorate (AFDD) located at Moffett Field, California, who has flown multiple missions in Afghanistan. "Traditional techniques involve trying to stay ahead of the brownout cloud to maintain visual contact until about 10 feet or so off the ground when the dust cloud envelops the aircraft. At that point you are committed to come down and forward until you hit the ground:

# pilots from danger



**A landing helicopter is about to be enveloped by a brownout dust cloud during testing. "The brownout cloud has a disorienting effect," said James Savage, technical manager. "A lot of pilots say the swirling dust makes them feel as if they are moving backwards even when they are hovering stationary."**

U.S. Army and Air Force fly tactically realistic scenarios across the proving ground's vast ranges, utilizing the DVE LZ and various mountain ranges along the way from Laguna Army Airfield. Both during the scenarios and in the training leading up to them, the pilots rely on LADAR information from the 3D-LZ's sensor projected onto an eight-inch screen that shows high-resolution 3D imagery of the terrain while highlighting obstacles in the path of the aircraft. In addition to giving reports on their experiences using the system, the pilots are accompanied by a test observer and a chase helicopter that gathers data during each flight. The effort commonly requires the support of between 20 and 25 personnel.

In addition to such efforts as coordinating helicopter re-fueling at the isolated DVE LZ to maximize the testers' range time, YPG test officers ensure that the wide-ranging missions can take place without interference from other test programs in progress on the range.

"We work with other test officers to make sure that it is a seamless effort for our test team to share the range and YPG assets while, at the same time, allowing everyone to accomplish their mission," said Hi-Sing Silen Soto, test officer. "The task of scheduling and de-conflicting happens in the background: we try to keep ahead of the curve. This is a dynamic test with many moving parts, but that's what we do."

Testers hope 3D-LZ technologies will be fielded within several years, and they emphasize that YPG testing is an essential part of making it happen.

"It's been really good over the years," said Savage. "We get access to the range and all the people we need. Among all the places I test, this is first class."

"I enjoy testing here," added Minor. "YPG is a great place because a lot of smaller issues that normally occupy a test director are taken care of by the test officers here. You're allowed to focus on your test and getting your data without having to worry about minutiae."



**Safety is of paramount importance in all testing at YPG, and flight testing in intentionally bad visibility is challenging. "The brownout situation itself is the major hazard that we have to overcome to perform a safe test on this sensor," said Hi-Sing Silen Soto, test officer. "If for any reason the instruments show there is something wrong, the safety pilot and everybody on the range has the power to say 'abort' or 'go around.'"**



**Testers want to maximize time on the range while at YPG, and the proving ground's test officers are pleased to help. "We provide refueling downrange," said Silen. "That saves them about 20 minutes per flight." Here, an early flight takes off on a simulated mission.**

**Though the focus of testing is on brownouts now, the technology could help pilots in degraded visual environments like rain, snow, or smoke. Testers hope the technology will be fielded in the next several years.**



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## October Go-Getters



Congratulations to **Bradford Walk** and **Vanesa Lopez** from **Mrs. Alonzo's 4th and 5th grade class** for being selected **Price Elementary School "Go-Getters"** for the month of October.

### —VIEWPOINTS—

Any time of year is good for family time. We asked members of the workforce what their favorite family time activities are.



**Jorge Cardona**  
Budget analyst

We like spending time at the lakes, going to the park, and travelling. Sometimes we go to Las Vegas. Barbecuing at home is nice, too.



**Robert Rodriguez**  
Armaments system supervisor

My favorite things are going to church and spending a lot of quality time as a family outdoors. It doesn't matter whether it is at the park playing baseball or fishing, but we spend a lot of time outdoors all year long. I think it is important to balance the time between work and spending time with my family.



**Chris Scott**  
Electronics systems integrated mechanic

Fishing, definitely. My girls love fishing. I have a son and two daughters, and they love to go to Mitty Lake. We fish mainly for crappie or catfish. We haven't been out lately, but the weather is getting nice now, so we're going to start going.

# YPG Child Safety, Home Alone Policy

Submitted by Paul Kilanski

As we begin a new fiscal year, it is important that we be reminded of an important issue: Child Safety. We, as parents, are responsible for the health, welfare and safety of our children at all times. As a valuable resource for making decisions about our children's safety we have been provided with guidance in the form of the Commander's Policy on Supervision of Children and Curfew. This policy can be found on the YPG SharePoint under Commander's Policies, in the YPG Housing Resident Packet and in the Parent's Guide from the Child Development Center and Youth and School Services. You can also receive a copy by contacting the YPG family Advocacy Program at 328-3224.

The policy states that the age that a child may be left unattended is determined by the environmental conditions, age, and abilities of the child. An age matrix is provided for minimum standards for use in making decisions involving safety and the proper supervision of children. These guidelines are applicable only if the child has no physical or mental disabilities and if the environment is safe.

Preschool age children require close supervision and should be kept under direct visual or auditory contact. Do not leave children in this age group alone at any time. Elementary school age children (1st through 4th grade) also will not be left alone at any time. When allowed outside to play, a responsible adult must provide direct supervision.

Elementary children (5th through 6th grade) can play outside alone but must have access to adult supervision. That means that they must be able to contact an adult in case of an emergency, and the parent must know the location of the child at all times.

A vehicle is always considered an unsafe environment and young children should never be left unattended in a vehicle. Playgrounds, parks, basketball courts and similar locations are unsafe to preschool and elementary school age children and parental supervision is necessary. Children under the age of 10, may not be left home alone and children under 12 years of age are not allowed to babysit siblings.

Police consider an infant found unattended to be in imminent danger and will take the infant into protective custody. Also, when a child is found unattended outside the established policy, the police will contact a parent and request immediate care for the child. If police cannot locate a parent or a parent is unable or unwilling to provide care for the child, the police will take the child into protective custody.

Parents are responsible for the supervision and care of their children. Failure to meet their responsibilities to attend to a child's basic need for safety may constitute child abuse, child neglect or child endangerment as defined by the Army Family Advocacy Program guidelines or state and local law. Let's keep our kids safe!



## FY14 ICE ROLL CALL

Customers thought so much of the exceptional custom service that the following employees provided, they submitted ICE comment cards to convey how well they did in FY14. If you would like to comment on our Service Providers go to <http://ice.disa.mil>

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Bailey, Joeann	Gebhart, Terry	Ornelas, Mike
Baker, Brian	Gordon, Joyce	Overstreet, Raquel
Baker, Jineane	Goyette, Heather	Parker, Kevin
Bedwell, Ashley	Graef, Larry	Perkins, Amanda
Bellman, Richard	Hall, Thomas	Pollard, Matt
Benedict, Justin	Hannon, Meagan	Poradek, Nyana
Bernard, Michael	Harris, Kilipaki	Ramirez, Gilbert
Bourque, Pierre	Hernandez, Alfred	Rau SGT, Michael
Boyer, Deanna	Jacobsen, Cameron	Reid, Michael
Braun, Monique	James, Gus	Saez, Juanita
Campbell, Debbie	Kervotz, Clifford	Sanchez, Antonio
Campbell, Mike	Labossiere, George	Santochi, Gail
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**Next Outpost deadline is noon October 16th**  
**Sexual Assault Hotline: 920-3104 a 24/7 Hotline**  
**Report Domestic Violence: 328-2720**

# Voluntary Leave Program update

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

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

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

- Essary, Gail, MICC, Care of spouse with serious respiratory condition
- Freeman, Brett, Mission YTC, Constant

respiratory infections and sleeping disorder

- Heatwole, Amanda, MICC, Maternity/childbirth
- Holbrook, David, Mission JAG, Hernia surgery and recovery complicated by Parkinson's syndrome

• Lindner, Kim, Mission YTC, Wife has been diagnosed with metastatic non-small carcinoma likely of lung origin

- Moore, Adrienne, MICC, Birth of child
- Ogaz, Sonja, CPAC, Emergency gallbladder surgery and recovery
- Trujillo, Robert, Mission YTC, Major surgery to remove left leg above the knee. Surgery due to infection in metal implants from accident in 2009.

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

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

If you are interested in donating

annual leave to your co-worker, just complete Optional Form 630-A and forward it back to the CPAC. We'll see the donation gets to the appropriate recipient. Please note, we can only accept donations that indicate to whom the hours are to be given - please indicate who should be given your hours. You can split the donations, as long as donations are in full-hour increments.

Just to recap: the recipients must use all available sick and annual leave before they receive donations - donors aren't funding a new vacation plan for recipients. Donors can only donate annual leave; sick leave is not eligible to be donated. If the recipient doesn't use all leave donated, that leftover leave is divided up among donors and returned to them.

## CHAPLAIN'S CORNER

### Why Worry?

Submitted by Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. Do you worry much? I think most people worry, but too much worrying can make one grow weary. Worry can take strength and positive energy from us. It can even rob you of having a great day, week and month.

I recall attending a meeting where the senior leader was providing opening remarks. He conveyed that things were going well for him, but he knew he should be worried about something, but didn't know exactly what. In other words, he was so accustomed to worrying, that for him not to be worried was odd.

The Bible gives guidance on worrying saying, *25 Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life?* (Matthew 6:25-27) The last verse truly sums up the lack of benefits by worrying.

So how do we lessen worry? You may start by making each day a "clean slate" day. Try starting each morning off fresh. The Bible says, *22 Because of the LORD's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness.* (Lamentations 3:22-23) Each day is indeed a brand new day. Put this mindset into practice. When you get up each morning, take a walk or run. While doing so, look up at the blue Arizona sky, and think about the new mornings possibilities. What happens physically connects to our emotional well being. As your day continues, keep focused on the good that lies ahead, and give God thanks. By the end of the day, you will be amazed how few worries you actually have. Have a blessed day, Yuma Proving Ground, and don't worry about a thing.

## Resilience Tips

Submitted by Paul J. Kilanski, ACS, Master Resilience Trainer

**Physical** - Mindfulness meditation can help you lose weight. Meditation strengthens the brain networks for inhibiting decisions to eat the foods that contribute to weight gain. These same networks help regulate stress, which can also lead to impulsive eating patterns.

**Social** - Surround yourself with like-minded individuals: A strong, positive attitude is contagious and energizing! Building a support system of people who think like you can promote emotional strength especially when faced with obstacles or setbacks along the way.

**Spiritual** - The individual with a clear professional identity will be strong of spirit and more resilient in challenging circumstances.

**Emotional** - Control the controllables; record and recognize the things in your life that shape the way you feel. Although you cannot control all events in your life, you can control the way you think about them.

**Family** - Teach your family to be adaptable by staying optimistic, keeping the family lines of communication open, and maintaining a positive attitude. These skills will enable your family to adapt to the changes inherent in the military lifestyle.

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[www.perssoncristobal.org](http://www.perssoncristobal.org)

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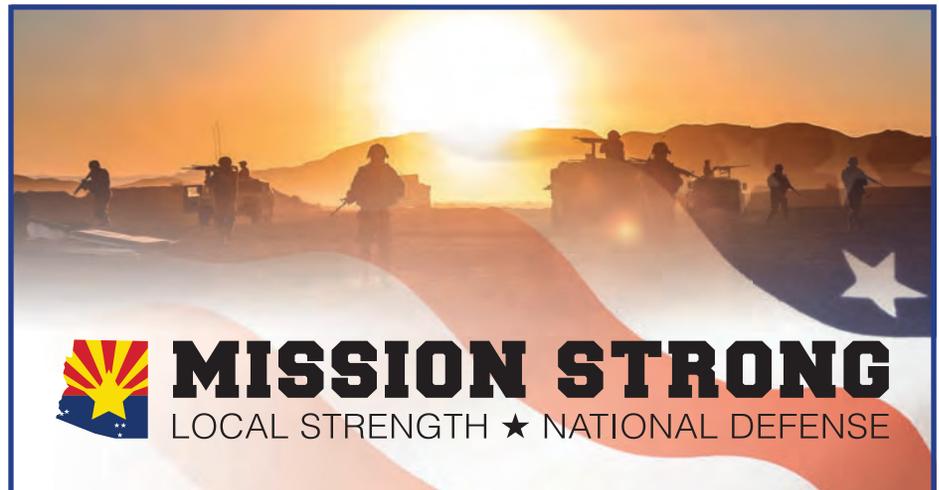


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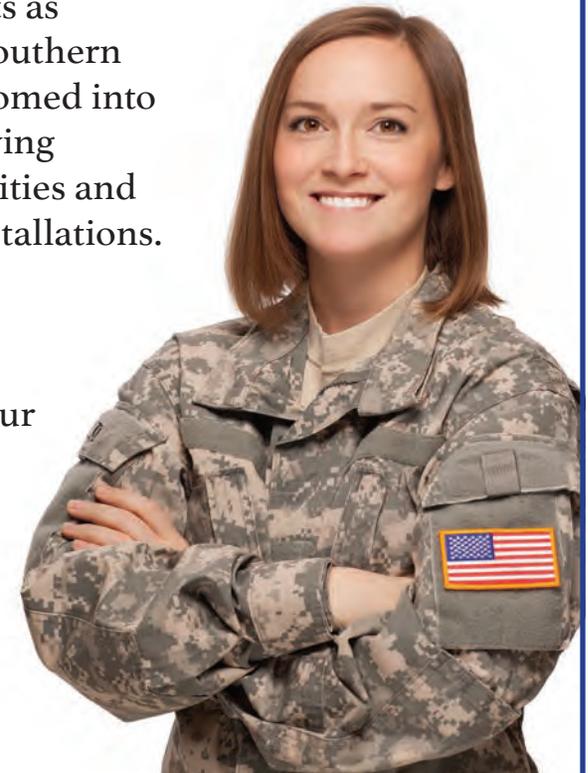
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