

THE OUTPOST

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Home on the range – even for tortoises

By Mark Schauer

As October winds down, the proving ground's population of Sonoran Desert Tortoises are preparing for brumation, the reptilian equivalent to hibernation. Humans responsible for their stewardship, however, are celebrating a year of discovery about the desert creatures.

"We learned more this season about tortoises in this region than has ever been known," said Daniel Steward, YPG wildlife biologist.

To facilitate YPG's important mission while at the same time conserving the proving ground's wildlife population, wildlife biologists have actively sought to determine where populations of desert tortoises live, searching for the creatures in plots of land most likely to have them present. Steward says that, unlike the Mojave Tortoise, which isn't found at YPG, Sonoran Tortoises prefer rocky areas with lots of shelter sites.

"Most of the tortoise activity is up on the mountains where YPG conducts less activity," said Steward. "That reduces a great deal of conflict with our mission because most activities are down in the flats."

Sonoran Desert Tortoises spend most of their lives in underground burrows. They can survive for more than one year without water, getting most of their liquids from the plants they eat. They are most active in the periods that immediately follow monsoons.

"Tortoises have a slow metabolism and are well adapted to this environment, so they only have to drink a few times a year," said Steward. "They can store water in their bladder. One of the risks of people handling tortoises is that they will urinate,

SEE **TORTOISES** page 6



(PHOTO BY MARK SCHAUER)

To facilitate YPG's important mission, while at the same time conserving the proving ground's wildlife population, wildlife biologists have actively sought to determine where populations of Sonoran tortoises live."Most of the tortoise activity is up on the mountains where YPG conducts less activity," said Steward. "That reduces a great deal of conflict with our mission because most activities are down in the flats."

**New YTC commander
hits the ground
running
/Page 2**



**National Disability
Employment
Awareness Month
/Page 4**



**GET INVOLVED: Join
the fight against
breast cancer
/Page 5**



YTC commander hits ground running

By Mark Schauer

As an experimental test pilot, Lt. Col. James DeBoer served on tests of the Block III Apache attack helicopter at YPG, and liked it so much he wanted to return.

Earlier this year, he did so—as commander of Yuma Test Center.

“This was my first choice for command because I had a good experience testing out here,” he said. “Plus, it was a test mission, which I definitely wanted. This is more enjoyable and much more meaningful: You see the end result of your efforts here.”

The son of an Army dentist, DeBoer spent his childhood at various posts throughout North and Central America. He successfully competed for a slot at West Point after graduating high school in El Paso, Texas, earning a degree in electrical engineering before encountering flying.



PHOTO BY MARK SCHAUER

Lt. Col. James DeBoer returned earlier this year as commander of Yuma Test Center.

“When I was in jump school, I had a chance to fly a helicopter, which was unique. That’s when I decided flying was the way I wanted to go. Jumping is great, but flying is a lot more fun.”

He spent a decade as a pilot on the Apache helicopter, and ultimately he earned a Master’s Degree in aeronautical engineering from the University of Washington.

“The Apache is an amazing helicopter that will take a huge amount of damage in flight,” said DeBoer. “In my two tours flying Apaches, all of the aircraft came back safely. No matter how much damage they took, they got you back safely.”

Following his last deployment, DeBoer was tapped to be an experimental test pilot, his entry into the world of Army acquisition. Today’s busy schedule as YTC commander means less flying, but he finds his command rewarding. He is particularly impressed by the Soldiers and civilians that comprise the test center workforce.

“It’s a good group of people where everyone is honestly trying to do the right thing,” he said. “You can see people like being here, which helps a

great deal in day to day activities.”

Coming into command at a time when future budgets and workloads are matters of intense speculation, DeBoer is quick to assure that the proving ground will continue its mission.

“We have some challenges with the budget coming up in the next few years, but we’re going to do the best we can and keep everyone informed as we get more information,” he said. “We’ll be open and talk about it because it is the right thing to do.”

DeBoer appreciates the proving ground’s venerable history and is confident that YPG will remain vital to the nation’s defense far into the future.

“The Army will always have the need to check equipment in the desert environment,” he said. “But we at YPG must be a ‘learning’ organization, which means we must continue to adapt to new technology to maintain our relevancy.”

Flu season is almost here -- get your shots

Submitted by Maj. Leilani R. Davis

It is that time again. Flu season is between October through May with increased activity in the months of November and December. The peak of the season occurs at the end of December. According to the Centers for Disease Control and Prevention (June 2014), last season in the United States, there were 96 lab-confirmed influenza-related pediatric deaths and 9,635 reported influenza type specific associated hospitalizations. Every year, new types of flu vaccines are manufactured according to what the experts predict will be the most common during the upcoming season. That is why it is very important to get vaccinated every season once it becomes available. Even with recent vaccination, you may not be protected for this season.

Unlike the common cold virus, influenza may come on suddenly. Flu-like symptoms include fever, fatigue, body aches, sore throat, nasal congestion, etc. It is a

highly contagious disease that attacks the respiratory system (nose, throat, and lungs) and spread through physical contact (person-to-person or object-to-person). It may take up to a day before any symptoms are felt and can continue to be infectious for up to seven days. So without knowing it, you may be passing it on even if you don’t have any symptoms.

Vaccines prevent an individual from contracting the illness by introducing the virus (dead or weakened) into the body. The body creates antibodies specific to the newly introduced vaccine which will protect the individual from the disease. Those with chronic respiratory illness may develop complications from the flu. Therefore, consider receiving the pneumonia vaccine concurrently with the flu vaccine to include those 65 years or older.

The foremost way to prevent the flu is proper hand washing to prevent the spread of the virus and annual vaccination. It is always encouraged to check with your primary care manager to be better

informed of the contraindications of the flu vaccine and any precautions that should be taken before receiving it. Vaccines are now available at your local Military Treatment Facility (MTF), community pharmacy, or provider clinics.

****HIGH RISK POPULATION**

- Children ages 6-59 months
- Adults >49 years
- Pregnant women
- Chronic medical conditions (i.e. pulmonary, cardiovascular, diabetes, etc)

CONTRAINDICATIONS/ PRECAUTIONS

- Life threatening reaction to previous dose of vaccine
- Severe allergic reaction to eggs, egg protein, egg-containing foods
- Aspirin therapy for children
- History of Guillain Barre Syndrome (GBS)
- Administered LIVE vaccines within 28 days

THE OUTPOST

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October was a busy month for Sparky from the YPG Fire Department as he visited offices on the installation spreading the word on fire safety. **AT RIGHT:** Sparky takes a moment for a group photo with Garrison's Resource Management personnel. **BELOW:** Sparky talks to children at the Child Development Center on how to prevent fires and what to do in case there is a fire in the building. Firefighters in the background assisted Sparky by passing out fire safety information.

(PHOTOS BY MARK SCHAUER)



Sparky spreads the word on Fire Prevention Awareness Month



MISSION STRONG

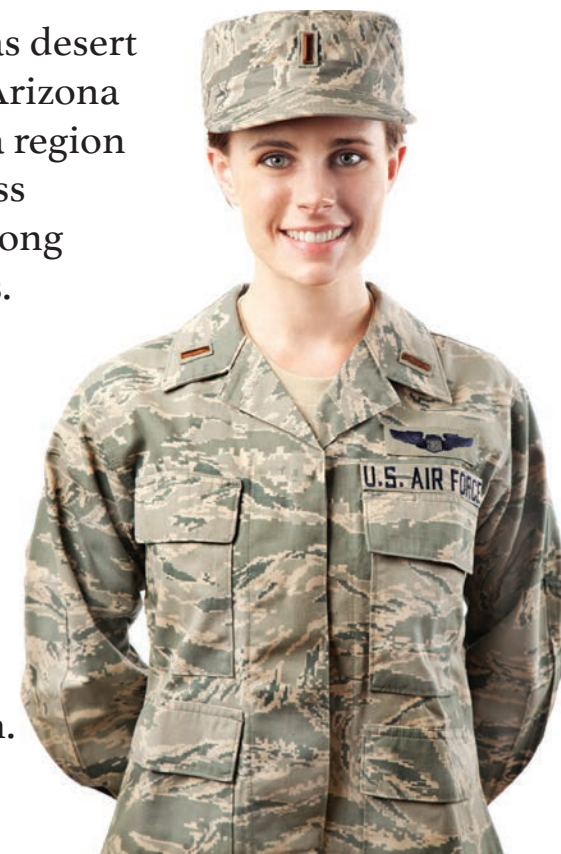
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National Disability Employment Awareness Month

Expect, employ and empower the disabled

By Yolie Canales

The Army's observance of National Disability Employment Awareness Month (NDEAM) is important to communities throughout the nation as the countless contributions Americans with disabilities are recognized. It is everyone's responsibility to acknowledge and honor these individuals by implementing policies and practices that increase their employment

opportunities.

NDEAM is a national campaign that raises awareness about disability employment issues and celebrates the many and varied contributions of America's workers with disabilities. The theme for 2014 is "Expect. Employ. Empower."

NDEAM's roots go back to 1945, when Congress enacted a law declaring the first week in October as "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. Twenty-six years later Congress expanded the week to a month and changed the name to "National Disability Employment Awareness Month." Upon its establishment in 2001, the Office of Disability Employment Policy assumed responsibility for NDEAM and has worked to expand its

reach and scope.

Today, individuals with numerous types of disabilities are in the working world both in the private sector and throughout government agencies. Yuma Proving Ground employs a total of 334 individuals with disabilities.

Achieve Human Services, which provides custodial services at the proving ground, employs many individuals with disabilities while at the same time empowering them to live their lives to their highest potential.

The Outpost is highlighting the contributions these individuals have made and continue to make at YPG.

James Kramer has been working for Achieve for the past four months. His hearing loss does not and has never restrained him from being in the workforce.

"I never allowed my disability to hold me back from working," said Kramer. "I'm grateful that I have been afforded the opportunity to work at YPG and learn something new. I enjoy my job and enjoy coming to work every day." He said that his agency treats all of them well, as do the employees of YPG.



(PHOTOS BY MARK SCHAUER)

Linda Bobadilla has been working at YPG for over 10 months.

Linda Bobadilla, who is deaf impaired and communicates through sign language, started working in the custodial services field three years ago at Davis-Monthan Air Force Base in Tucson. "I really enjoy my YPG job," she said. "It makes me happy to see the smiling faces of the people's offices we clean."

Even though she has

lived all her life with a hearing disability, Bobadilla is grateful that she is treated equally. "I like to have fun and do my work to the best of my ability without feeling sorry for myself because I was born with a disability," she said. "I love my job; they pay me well and I'm very grateful to be working here."

Jesus Gage also

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Join the fight vs. breast cancer

Submitted by Yolie Canales

Breast cancer is the most common cancer among women in the United States (other than skin cancer). But millions of women are surviving the disease thanks in part to early detection and improvements in treatment.

The American Cancer Society is actively fighting breast cancer by helping women get tested to find breast cancer earlier, and helping them understand their treatment options and cope with the physical and emotional side effects. We also fund research to help prevent, find, and treat breast cancer.

Whether you're trying to reduce

your risk of breast cancer, increase the chance of finding it early, or coping with a diagnosis, the American Cancer Society has comprehensive information to help you understand your options.

The American Cancer Society has played a role in nearly every breast cancer breakthrough in recent history. Our staff of full-time researchers produce detailed analyses of breast cancer trends and investigate the links between lifestyle and breast cancer. We also fund external researchers dedicated to finding better ways to prevent, detect, and treat the disease, and improve the quality of life of breast cancer patients and survivors.

GET INVOLVED



(PHOTO BY YOLIE CANALES)

In support of Breast Cancer Awareness Month, Yuma Proving Ground's firefighters have joined in. YPG firefighters have been wearing pink logo shirts in support of breast cancer awareness. Taking a photo recently, are left to right: Assistant Chief John Staggs, Captain Ray Haile, Lt. Rodney Borgerding; firefighters, Joshua Onyan, Barry Wise, William Session, Carlos Teran, Brad Gray and Lt. David Conway.

Holiday spirit is around the corner!



The 62nd Army Band will be presenting **TWO** free public concerts featuring holiday music at the Historic Yuma Theater in downtown Yuma on Monday, December 8th. Concerts will take place at 2:30 p.m. and 7 p.m. Tickets are not yet available but will be distributed sometime next month, both downtown and at YPG. These concerts will definitely fill you with holiday spirit, so plan to attend!

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TORTOISE

FROM PAGE 1

and when they urinate they are giving up vital water resources.”

To track the tortoises and study their habits, biologists attach small VHF transmitters and GPS data loggers to the shell of each tortoise they find. They also paint a unique number on the tortoise’s shell, and file a small notch through one of the keratin scutes at the thin rear edge of the shell, which has a consistency similar to a human fingernail. All this is done after an examination of the tortoise’s health and weight.

Coaxing one of the creatures out of their shelters can be a challenge: if they feel threatened, they oftentimes wedge themselves against the rear wall and ceiling of their miniature caves, which can be yards deep.

“They’re shockingly strong,” said Hillary Hoffman, a herpetologist with the Arizona Game and Fish Department who has been coming to YPG since 2009. “If they don’t want to come out, they’re not coming out.”

Once the data loggers are attached, biologists seek the tortoises out with an antenna to track the transmitters. To reduce the weight of each data logger to avoid hurting the tortoise, batteries must be changed on a monthly basis, at which time the biologists retrieve stored data.

“That data can then be used to look at how far these tortoises travel from their shelter sites,” said Steward. “Plus, a lot of times when you are following a tortoise in a good area with lots of



(PHOTOS BY MARK SCHAUER)

YPG wildlife biologist Daniel Steward (right) looks on as Hillary Hoffman measures a previously untracked tortoise. “A lot of times when you are following a tortoise in a good area with lots of shelter sites, it will lead you to others,” said Steward.



Arizona Game and Fish Department herpetologist Hillary Hoffman weighs a tortoise as part of the standard examination. “We’ve had two that are too big for our scales out here,” she said.

shelter sites, it will guide you to other tortoises.”

So far this season, the biologists have found 20 tortoises, a dramatic and unexpected increase over the two they found in the last study three years ago. Steward thinks the selection of study plots helped the effort.

“It’s always been thought that overall population densities out here were low,” said Hoffman. “Perhaps there are pockets of high density, but range-wide the habitat is just not appropriate. It’s a dry, dry, dry part of the state.”

There have been persistent rumors in recent years that the Sonoran Tortoise could be added to the federal government’s Endangered Species List. According to Steward, this possibility should not interfere with YPG’s longstanding mission if it occurred.

“The Endangered Species Act is a process-driven law,” said Steward. “It wouldn’t affect what we do; it would affect our planning process. In any wildlife conservation activity, first you want to avoid impact, then minimize impact, lastly you mitigate



YPG wildlife biologist Daniel Steward (center) leads Arizona Game and Fish Department herpetologists Dan Leavitt (left) and Hillary Hoffman (right) across an isolated stretch of YPG's vast range in search of Sonoran tortoises. "We learned more this season about tortoises in this region than has ever been known," said Steward.



Coaxing one of the creatures out of their sometimes yards-deep shelters can be a challenge, as seen. "They're shockingly strong," said Hoffman. "If they don't want to come out, they're not coming out."

impact. This research gives us the information we need to be able to assess future impacts on this species and allows us to better support YPG's mission

while ensuring tortoise conservation."

With YPG's efforts to conserve tortoise and the interagency cooperation, Steward is hopeful the



If a previously identified tortoise is found, the wildlife biologists switch out the battery-powered GPS loggers attached with epoxy to its shell. The batteries used in these loggers can power the device for a month.

tortoise will not be federally listed. In the meantime, the search and tracking effort continues.

"Everything is bigger

out West -- Yuma Proving Ground is a monstrous range that is bigger than the state of Rhode Island," said Steward with a smile. "We

have a crew of people trying to determine the population, size and location of a small, subterranean reptile. That's a pretty big feat."

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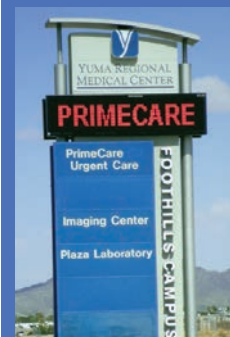
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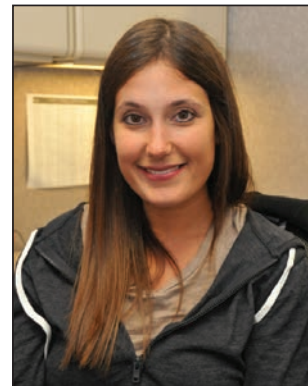


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VIEWPOINTS

Trick-or-treating is the highlight of Halloween for most kids, but how many of us can remember what costumes we wore? We asked members of the workforce what costume they used the last time they went trick-or-treating



Tracy Beloskur
Test officer

I was a pumpkin when I was 12 years old. I grew up in Michigan, and it was cold and rained the last time I went. I went with my older brother, and we had a plan to go to the well-known neighborhoods where you could get whole candy bars.

Tim Shreve
Test officer



I was a gangster when I was 13 or so. I had temporary tattoos of dragons, a black sleeveless shirt, a bandanna on my head, and a chain of some type around my neck. I was kind of confused whether I wanted to be a street gangster or a biker gangster, so I combined the two. I think I had gloves on that were more biker gangster. I think I threw it together at the last minute.



John King
Heavy equipment mechanic

I was Batman, and my twin brother was Robin. We were about 11 and my mom made the entire costume: she made me a cape, a mask. We didn't have a lot of money, but we made do. Being that you were a twin you always had your sidekick with you, but we always had to do something in pairs. It was fun.

**Next Outpost deadline
is noon October 16th**
Sexual Assault Hotline: 920-3104 a
24/7 Hotline
Report Domestic Violence: 328-2720

CHAPLAIN'S CORNER

Hooah!

Submitted by Chaplain (Maj.)
Douglas Thomison

Good day Yuma Proving Ground. Are you feeling Hooah today? If you are not aware, Hooah is a term used in the United States Army (Navy Hooyah, Marine Corps Oorah) that means "everything but no." More specifically it means an affirming YES! With Hooah defined, are you there? I think checking our Hooah gauge is essential.

Now the rudder of a ship is small, but it guides the entire ship. I believe one's Hooah gauge, good or bad, guides us in how we perceive and live life. Take King David from the Bible (2 Samuel 6:1-5, 12-15). He was leading his men in bringing the ark of God, the important symbol of spiritual renewal, to the City of David. He became scared and was not willing to take the ark into the city. Out of fear, he took his eyes off the Lord, and out of this fear was un-Hooah. King David missed out on rich blessings from the Lord because he wasn't willing to bring the ark of God into the city.

Due to unwillingness, have we missed opportunities to meet our potential? Maybe here at Yuma Proving Ground, our unwillingness or lack of Hooah has caused us not to do our best or even be distressed, or

turn away from God and miss his rich blessings in our lives.

Now back to King David.

After three months, David became aware of the blessings that another man received from God; this man's name was Obed-Edom.

Obed-Edom took care of the ark; he had a willingness or strong Hooah in caring for the ark. The news of Obed-Edom's blessing came to David, who after three months had time to readjust his Hooah in turning his eyes back to the Lord. With a Hooah adjustment, David brought the ark of God into the city. This change of mind and heart touched David deeply, and he felt wonderful.

The Bible says, David entered the city "with rejoicing... [and he] danced before the Lord with all his might." King David was able to change his Hooah and lead his people to renewal with God. David turning back to God not only affected him, but also those around him.

Have you conducted a Hooah check? Possibly family, work and personal issues need review. With the autumn full in swing and the holidays fast approaching what a great time to perform a Hooah check. Hopefully, you will take the time to check your gauge, improve your perception of life and share Hooah to those around you. Have a blessed day!

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FREE

8th Annual YPG Health Clinic 1/2 Marathon & 3K Fun Run

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

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

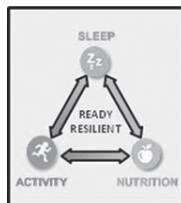
WHEN? December 12, 2014 - Registration starts @ 0500; 1/2 Marathon @ 0700; Fun Run @ 0800.

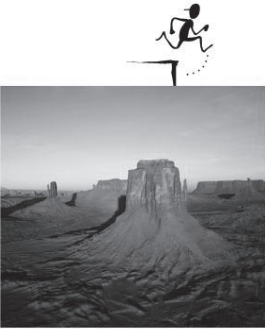
WHERE? Starting point is at the Yuma Proving Ground Health Clinic BLDG 990.

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

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

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





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

PLEASE TURN IN YOUR REGISTRATION AND CASH PAYMENT TO:
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What you need to know about Ebola Virus Disease

Ebola hemorrhagic fever (Ebola HF) is one of numerous Viral Hemorrhagic Fevers. It is a severe, often fatal disease in humans and nonhuman primates (such as monkeys, gorillas, and chimpanzees).

Ebola HF is caused by infection with a virus suspected to be transmitted from infected bats, rodents, or monkeys. The first Ebolavirus species was discovered in 1976 in what is now the Democratic Republic of the Congo near the Ebola River. Since then, outbreaks have appeared sporadically. It may be transmitted by direct contact with an individual who is experiencing symptoms of Ebola infection. It may also be transmitted through blood or secretions of an infected person or exposure to objects (such as needles) that have been contaminated with infected secretions. It is not transmitted through the air or from contaminated food or water sources.

When infection occurs, symptoms usually begin abruptly. Symptoms include: fever (101.5), headache, joint and muscle aches, weakness, diarrhea, vomiting, stomach pain, lack of appetite, and abnormal bleeding. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola virus though 8-10

days is most common. Fatality rates range from 40-90 percent.

Treatment is supportive with fluids, oxygen, and maintaining stable blood pressures. Prevention includes protective garments (masks, gloves, gowns, and goggles), good hand washing and isolation of Ebola infected patients to avoid contact with infected blood and secretions.

Centers for Disease Control and Prevention (CDC) is working with the World Health Organization (WHO), the ministries of health of Guinea, Liberia, and Sierra Leone, and other international organizations in response to an outbreak of Ebola virus disease in West Africa. On the remote possibility that an ill passenger enters the US, CDC has protocols in place to protect against further spread of disease. The CDC has issued a Travel Alert that recommends defer unnecessary travel to Guinea, Liberia, and Sierra Leone over concerns of lack of medical care access should travelers need them.

If public health officials have a patient that is suspected of having Ebola HF or has potentially been exposed and intends to travel, please contact CDC's Emergency Operations Center 1 (770) 488-7100.

EMPOWER

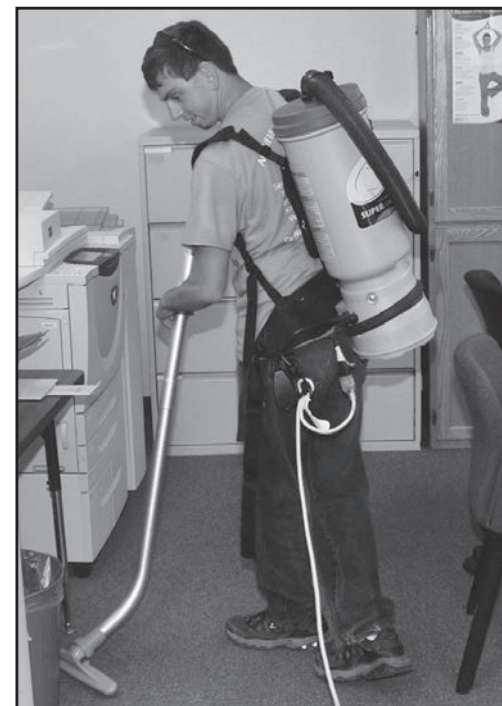
FROM PAGE 4

has a hearing impairment but communicates with sign language. He said he is thankful the people he works with are polite and treat all of them with respect.

"When doing my job, I make sure I always smile to customers and make sure their offices are cleaned well," he said. "I'm grateful to have a job, which is why I do my best."

The entire Army wishes to express its deepest gratitude toward Americans with disabilities, from the disabled veteran serving in the civilian workforce and Soldiers returning home as wounded warriors, to individuals like the three in this story -- courageous men and women who have overcome physical and emotional difficulties with strength and resiliency.

Americans with disabilities successfully serve in a spectrum of occupations and provide a talent pool with the depth of experience needed for sustaining an effective nation. This month, everyone is invited to join in offering special




James Kramer says he likes coming to work every day because he learns something different and gains more experience in his line of work.

recognition for the past and present contributions that Americans with disabilities have made and continue to make to the building of our great nation.

Jesus Gage is grateful and happy to be performing custodial work for YPG.

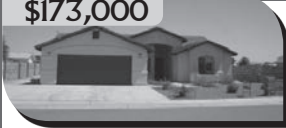
PHOTOS BY MARK SCHAUER






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