

# THE OUTPOST

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Published for the employees and families of Yuma Proving Ground, Yuma Test Center, U.S. Army Garrison — Yuma, Cold Regions Test Center and Tropic Regions Test Center

## Retiree simply himself, once again

Command Sgt. Maj. Keith West retires after 32 years

By Yolie Canales

After several months of trying to slow down the clock, Yuma Proving Ground's Command Sgt. Maj. Keith West's "retirement day" finally arrived April 26th. West, stationed at YPG since June 2012, put his uniform on one last time as he retired after serving 32 years and eight months during a retirement ceremony held at the YPG Fitness Center.

Accompanied by his family, West was presented his retirement certificate by Col. Reed Young, YPG's commander. "I have expressed over and over again throughout the three years I have been here, both publically and privately, my personal pride and high regard for the men and women who work at YPG. The proving ground workforce is replete with talent which has provided many past examples of people above and beyond to do a great job. Today, we are gathered here to honor one of these people," he said.

West enlisted in Baltimore, Md., in 1982 at the age of 17 years. He was trained as an artilleryman and served in that capacity throughout the world, including Southwest Asia.

Throughout his adult life he proudly wore the uniform, the one he is shortly to hang in the closet.

To us he is known as Command Sgt. Maj. West, but soon he will be simply, Keith West.



(PHOTOS BY PAO STAFF)

**Sgt. Chasidy Tenison of the YPG Health Clinic gave a rousing rendition of the National Anthem. The audience reaction was immediate and appreciative.**

"I will personally miss the sergeant major, for in the course of the past two years he became a personal friend. He was my right arm, my battle-buddy and my confidant," said Young. "The loyal service he rendered, the sound judgment and understanding he invariably displayed in handling the proving ground's complex problems, the wise counsel he provided in seeking solutions to those problems, the caring he showed to our military and civilian workforce, all combine

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**CSM West shared personal stories and anecdotes from his 32 years of service, some of which were humorous, some of which were bittersweet. It was a poignant moment for all.**

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glimpse of YPG  
with tours  
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Bone marrow gift  
may save  
young child's life/  
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Weapon's upgrades  
offer more 'bang'  
for buck  
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**Proud mother, Louise, wraps arms around her son, who gave so much to the American nation.**



## RETIREE

FROM PAGE 1

to make this somewhat of a sad occasion.”

Young also mentioned someone who has been at West’s side the past two years and made significant contributions to the proving ground of her own ---his wife, Kim. “She arrived as a college graduate who needed to complete her student teaching to receive her permanent teaching credential. She was hired as a teacher at YPG’s Price Elementary School where she instructed two grades. From my observations, she is an outstanding teacher,” said Young.

In his closing comments, Young spoke directly to West. “You are in every sense a leader of Soldiers, and an ideal manager and administrator. You represent the excellence, spirit and professional dedication of a model career Soldier. I thank you for your long service to the nation and your wise counsel and unwavering support. I wish you good health, happiness and success. You will be missed.”

In his own remarks, Command Sgt. Maj. West shared the following: “I would be remiss if I did not extend my personal thanks to each and every one of you for all you do every day ensuring YPG is successful in accomplishing its critical testing mission. During my tenure as YPG’s senior enlisted leader, not a day has gone by where I was not in awe of everything each of you brought to this organization. Your dedication and commitment to the performance of your duties are truly the foundation for YPG’s success and the reason why we are considered the premier test center



### **Col. Reed Young, Yuma Proving Ground commander, presents Command Sgt. Maj. Keith West with the Ancient Order of Saint Barbara early on the ceremony.**

within the Department of Defense. I salute and thank you for your professionalism and friendship. I wish you all continued success, much happiness and smooth roads as you pursue your life dreams and goals. I am a bit sad to see this day come up but at the same time, I’m happy to begin my life as ‘Keith West’ once again.”

During the ceremony, a U.S. flag, which was flown over YPG on this day, was presented to Command Sgt. Maj. Keith West in honor of his 32 years of honorable and faithful service. His commitment to duty, honor and country, exemplifies the very essence and heartbeat of what the U.S. Army represents and serves as a shining example for all uniformed men and women to emulate. Mrs. West received her flag to honor the service of her son, CSM West upon his retirement from the U.S. Army after 32 years of honorable and faithful service.

## Holocaust Days of Remembrance

April 27–May 4, 2014

The 2014 Days of Remembrance commemorate the anniversaries of two seminal events in Holocaust history: the refugee crisis in the spring of 1939 and the deportation of Hungarian Jews five years later. American responses to the persecution and murder of European Jews invite reflection on the role of individuals, organizations, and governments in confronting hatred and mass atrocities.

Questions raised during the Holocaust about if, when, and how the United States and its citizens should intervene arose again 20 years ago—when genocide occurred in Rwanda—and remain relevant today. Remembering the Holocaust obligates us not only to memorialize those who were killed but also to recognize the importance of taking action in the face of hatred and genocide.

## Confronting the Holocaust AMERICAN RESPONSES



Jewish refugees board the MS *St. Louis* in Hamburg, Germany, in May 1939, bound for safe haven in Cuba. Upon arrival, the passengers were not allowed to disembark, and the ship eventually returned to Europe after permission was denied to enter the United States. Collection of Walter Karlinen, Museum of Jewish Heritage—A Living Memorial to the Holocaust, New York

Days of Remembrance 2014 - YPG Observance  
29 April 2014

Heritage Center of YPG (Bldg S-2)  
0800, 1000, 1300, 1500

"Confronting the Holocaust - American Responses"  
Presentation by Bill Heidner, Museum Curator  
Time to explore the Exhibit titled;  
"When Humanity Fails"

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# THE OUTPOST

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# Public enjoys inside glimpse of YPG

By Mark Schauer

Maximum impact and minimal visibility.

That's the fact of life at Yuma Proving Ground, which tests virtually every piece of equipment in the ground combat arsenal.

YPG testing impacts the lives and safety of every Soldier, yet many folks have little understanding of the breadth of the proving ground's mission.

For more than 150 members of the public who had a unique opportunity to get an 'up close and personal' glimpse of YPG during winter tours of the proving ground offered through the Yuma Visitor's Bureau, however, the reality of YPG's impact has come into better focus.

"I think it's great," said David Estrada, integrated electronics technician.

"There's a lot of people in Yuma who don't know what goes on out here, they just drive by and see the big guns. Before I got hired at YPG, I never knew about the Kofa side."

After being greeted by YPG Commander Col. Reed Young and Garrison Manager Rick Martin, the visitors received an overview briefing from



(PHOTO BY MARK SCHAUER)

**David Estrada, integrated electronics technician (in orange shirt in center), shows a group numbering over 50 around YPG's tank automotive maintenance facility. One of three 2014 public tours offered through the Yuma Visitors Bureau.**

Public Affairs Officer Chuck Wullenjohn. Each action-packed day included visits to the vehicle yard of the Armored Systems Test Team and a look at a mission control room. The visitors then took an in-depth tour of the YPG Heritage Center and enjoyed lunch at the Cactus Café.

"I had heard about it a lot and kind of knew what went on here, but not really, so

it was interesting to see all the different activities they have going on," said Rolan Johnson, a Navy veteran who served in Vietnam. "It's more than just testing vehicles or ammunition."

The announcement of the tours at the end of last year drew intense interest from the local community.

"The three YPG tours sold out within 10 days of being

announced," said Linda Morgan, Yuma Visitors Bureau executive director. "We had calls every single day from people wanting to visit YPG."

The bureau hopes to arrange similar tours of YPG next year, too.

"It's a huge draw," said Morgan. "People are so interested and supportive of the military and want to know what is going on."

## Army issues personal appearance, tattoo regs

The number, size and placement of tattoos have been dialed back under revised Army Regulation 670-1, which tightens Army grooming standards and uniform policy.

The revised Regulation was published March 31, 2014, along with Department of the Army Pamphlet 670-1 outlining the new standards. Effective dates for the various changes can also be found in All Army Activity message or ALARACT 082-2014.

Sgt. Maj. of the Army Raymond F. Chandler III addressed why the changes were made:

"The Army is a profession, and one of the ways our leaders and the American public measure our professionalism is by our appearance," he said. "Wearing of the uniform, as well as our overall military appearance, should be a matter of personal pride for all Soldiers."

SEE **APPEARANCE** page 10

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# Marrow gift may save young child's life

By Yolie Canales

On April 27th, Brian Logan, an electronic technician from Yuma Test Center's Electronic Division, boarded a plane to Washington, D.C., to donate a precious "gift of life" -- bone marrow -- to a nine year old boy suffering from leukemia.

Logan, a Yuma Proving Ground employee since early 2007, first registered to be a bone marrow donor back in 2002 while in the Marine Corps. "I donated with my buddies," he said. "We wanted an extra day pass and this was an incentive at the time. I figured, 'why not?'" He registered both as a bone marrow donor as well as a blood donor, feeling it might help someone some day.

Until receiving a phone call this past March, Logan had never stepped foot in a bone marrow center. "I was surprised when they said I had come up as a match for someone in need of bone marrow. When I learned it was a young boy, I didn't hesitate for one moment." Logan has children of a similar age and said if he was in this same situation, he would be grateful if someone stepped up to the plate for one of his own kids.

Before he could be considered for the procedure, Logan had to go through a complete physical and associated blood work to assure he remained in good health, which he was.

Since the patient was a young child, he was informed that they would take a smaller amount of bone marrow than for an adult patient, which means his hospital stay will only be one day long. However, he must remain in the area for an extra day or two to



(PHOTO BY YOLIE CANALES)

**Brian Logan is happy to know that he was a match and hopes the transplant is a success for the sake of the young boy.**

assure no complications such as an infection arise.

Although doctors will not remove a large quantity of bone marrow, the procedure is somewhat painful. "As long as I can help this child, I will endure whatever it takes," said Logan. "I hope it all works out and he grows into a healthy adult." Logan's family will travel with him, which the bone marrow center encourages. As a small bonus, they left Yuma two days before the procedure to take in the Washington, D.C., museums and other attractions.

From Logan's knowledge, neither the boy nor his family knew of Logan being considered a match until he passed all the preliminary necessary blood tests and physicals. Once the match was finalized, they were informed.

"When all is said and done and the procedure is a success, I would love to meet the young boy," said Logan. "I'm a huge advocate of the donor program and if I can be of help again, I will do it as many times as needed. I'm just glad I was able to help this time."

Logan will be out of work for two weeks to allow his body to recuperate from the procedure and to allow the body to regenerate bone marrow on its own.

## = CHAPLAIN'S CORNER = A Positive Attitude

By Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. Last week I kept coming across signs as well as pictures with captions noting the word "attitude." This is not a new word or topic, and at the risk of being redundant, I believe this is an important word and way of life to consider, digest and to live out.

Now, there are reasons that so many books have been written on attitude. But before I get too far along remember that attitude can be either negative or positive. A recent study found researchers examined the association between "positive affect" — feelings like happiness, joy, contentment and enthusiasm — and the development of coronary heart disease over a decade. They found that for every one-point increase in positive affect on a five-point scale, the rate of heart disease dropped by 22 percent.

While the above study doesn't prove that increasing a positive attitude decreases cardiovascular risks, the researchers did recommend boosting your positive affect by making a little time for enjoyable activities and positive thinking every day. Per this study and suggestion, what do you have to lose by attempting to live out a positive life?

I truly accept as true a positive attitude is important for your overall well-being. I also believe that none of us gets it exactly right. That is why we need to revisit and reflect on this topic. Per my biased opinion (positive attitude) I have listed some optimist's quotes to consider:

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." — Abraham Lincoln

"Attitude is a little thing that makes a big difference." — Winston Churchill

"We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude. I am convinced that life is 10 percent what happens to me and 90 percent of how I react to it. And so it is with you... we are in charge of our Attitudes." — Charles R. Swindoll

"Whatever you do, work heartily, as for the Lord and not for me," (Colossians 3:23)

No matter what you are going through today, attempt to look at the "glass as being half full" as opposed to "being half empty." By striving to have a positive attitude, you will feel better as well as positively encourage those around you. Have a blessed day!

**Next Outpost deadline is noon May 1st**  
**Sexual Assault Hotline: 920-3104 or 328-3224**  
**Report Domestic Violence: 328-2720**



## Local historian recognized by YPG commander



(PHOTO BY CHUCK WULLENJOHN)

Longtime local historian Carol Brooks recently received the "Commander's Award for Public Service" from YPG Commander Col. Reed Young on a balmy afternoon on the patio of YPG's Cactus Cafe. Director of the Rio Colorado Chapter of the Arizona Historical Society for many years, Brooks today volunteers at YPG's Heritage Center where she helps preserve the proving ground's dramatic history.

## April Go-Getters



**Congratulations to Amaya Kelin and Payton Crawford from Miss Stein's kindergarten class for being selected Price Elementary School "Go-Getters" for the month of April.**

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# Upgrades offer more 'bang' for buck

By Mark Schauer

If the best defense is a spectacular offense, Marine Infantry Assault Men equipped with the Shoulder-launched Multipurpose Assault Weapon (SMAW) are well-protected.

The SMAW was created to breach walls, bunkers, and other fortified positions, though it also has an anti-armor missile that can be used against tanks. During the fierce battle for Fallujah in the early years of the Iraq war, a rapidly fielded thermobaric round for the weapon produced a concussion blast capable of collapsing a one-story masonry building.

A recently improved SMAW capable of accurately sighting a target without the use of spotting rounds makes the impressive weapon even more lethal to American adversaries. The new SMAW replaces the telescopic sight and spotting rifle with a thermal weapons sight and laser range finder. These technologies are integrated with firmware that computes a ballistic solution when employed together.

"It means significantly reduced time of exposure for the gunner," said Col. Mike Manning, program manager for Infantry Weapons Systems. "All he has to do now is laze the target and engage the target, so he's not sitting out there trying to fire and adjust his aim based on spotting rounds."

The updated SMAW was subjected to extreme variations of winter Arctic weather at U.S. Army Cold Regions Test Center this past winter. The testing was combined with training for 22 infantry assault Marines from Camp Pendleton, Calif. who fired the weapons as test personnel gathering data looked on.

"We're here to support the team logistically and to advise with all

the cold weather-related issues that happen," said Isaac Howell, test officer. "With thermal weapon sights and lasers, there are many cold weather-specific phenomena that could occur."

The Army has employed the thermal sight since the last decade with the Small Tactical Optical Rifle mounted (STORM) laser rangefinder used in the Stryker vehicle's remote weapons system.

"It's a system we know functions in the cold," said Howell. "What they're really testing is the Marines' ability to effectively employ the system under realistic environmental conditions and mission profiles."

Infantry assault men participating

in the test possessed a representative sample of different proficiencies and experience with the weapon. They were divided into six groups and given several days to become familiar with the upgraded weapon prior to testing. Running combat scenario drills, the gunners dismounted from their vehicle, tactically moved to their 'cold' position and prepared their weapon for firing. Their assigned target was a tank hull several hundred meters away. After tactically moving to their 'hot' position, the men fired. The report of the rocket blast and its impact with the tank hull were both robustly loud.

"It's nice for the Marines to have a real target rather than shooting at a

piece of plywood," said Howell. "A three dimensional target helps make it more real."

In addition to supplying data collectors and test infrastructure, making the test a success also required CRTC to support aspects like billeting and food service.

"CRTC has given us phenomenal support," said Capt. Derek McVay, operational test project officer. "We're testing in extreme cold weather and they are able to consider that in the execution of the test, plus they facilitate the collection of data appropriately in relation to the climate and environment in which we're operating. Their expertise is second to none."



(PHOTO BY MARK SCHAUER)

**Infantry assault Marines from Camp Pendleton, Calif., combined evaluation of updated Shoulder-launched Multipurpose Assault Weapon (SMAW) with training in the extreme Alaskan cold at Cold Regions Test Center this winter. Marines prepare the weapons for firing as CRTC data collectors look on.**



# YPG Soldiers remember military heroes

## Men honor service members who endured Bataan March in Philippine Islands

By Yolie Canales

The Bataan Memorial Death March is a challenging march through the high desert terrain of White Sands Missile Range, conducted in honor of the heroic Soldiers who defended the Philippine Islands during World War II, sacrificing their freedom, health and, many cases, their lives.

The march consists of two routes: The entire 26.2 mile march route (the distance traveled during the actual death march) and a shorter 14.2 mile route. Those marching the longer route, experienced, in part, what Soldiers endured during their long forced trek from the Bataan Peninsula to a prisoner of war camp.

Last month, seven Soldiers from Yuma Proving Ground's Airborne Test Force (ATF) Division, took the challenge as they participated in the 25th accomplishment that completing this challenge offered is what inspired us to take, "said Sgt. 1st was the first time for the Soldiers to participate in a Bataan March, it was quite a challenge, he said.

Prager said route consisted of miles of steep and rough terrain; dirt paths, hard roads, and even a sand path that was a foot deep. In addition, they carried 35 to 50

lbs. of canned goods to donate upon completing the march.

"I have to say, this was a huge challenge," said Prager with a smile. "In addition to conditions and the extra weight we carried, we dealt with temperatures ranging from 45 degrees in the morning to 85 degrees by the afternoon. Hands-down, this was an event requiring physical and annual march. "The history behind this event and sense of Class Matthew Prager of ATF. Although this mental toughness."

Prager said they had a great time and were glad to be part of a group that collected 21 thousand pounds of food, equating to 17,400 meals for those in need in Southern New Mexico. "We look forward to participating again in the future. However, I, personally, do not think it will ever get any easier, being that it is such a challenging course," said Prager.

Those participating in the event were: Staff Sgt. Franklyn Crump: team captain; Master Sgt. Brian Davis (Acting Command Sgt. Maj.); Sgt. 1st Class Matthew Prager; Sgt. Colin Alexander; Sgt. Aaron Ahn; Staff Sgt. Edward Veloz: military heavy individual; and Staff Sgt. Aaron Engelman, team driver.



Prepared to take on the 26.2 mile Bataan March route are (left to right:) Master Sgt. Brian Davis, Sgt. 1st Class Matthew Prager, Sgt. Aaron Ahn, Staff Sgt. Edward Veloz, Sgt. 1st Class Franklyn Crump and Sgt. Colin Alexander.



Several members of the Airborne Test Force team take on the challenge of the route's rough terrain.

(PHOTOS BY  
STAFF SGT.  
AARON ENGEL-  
MAN)



# More services available for veterans

By Yolie Canales

Did you know that the Housing for Heroes program is available to all veterans in the Yuma area? The program, funded by the Department of Veterans Affairs, provides services to low income veterans, homeless veterans and those at risk of homelessness, as well as their families.

Melissa Sheridan, case manager for the National Community Health Partners program, says there are important qualifications for those wishing to use the program. Individuals must have served in the active military with a discharge status other than dishonorable, be homeless or at risk of becoming homeless, and have an income of 50 percent or less than the area median income.

Sheridan says the program is geared toward getting veterans into sustainable housing. "In addition to helping with housing services, we also do full case management by signing them up with the Community Based Outpatient Center's Veteran Services in Yuma if they are eligible," she said. Many veterans are referred to help them find employment as well as financial assistance with their rent and utilities, security deposits, moving,

child care expenses, personal financial literacy and planning, health services, mental health referrals, education referrals and legal services, she said.

Many veterans see Sheridan on a frequent basis, such as those just coming out of the military. Many veterans were trained in a field but don't know how to transfer these skills into a civilian job. "We're here to help them," she explained. "The Goodwill and the Yuma Private Industry Council agencies have provided great help in this area."

She stresses that criteria exist veterans must meet before becoming qualified for services. Every veteran must provide the following documents: a DD214, Social Security card, and financial statements, to name a few. "The veteran need not be employed to qualify for services," said Sheridan.

This is a new program for the Yuma area and it is ready to help any veteran in good standing. For more information, veterans may visit the office, located at 255 W. 24th Street or call 928-726-6022 between the hours of 8 a.m. to 5 p.m., Monday through Friday. Walk-ins are welcome.



(PHOTO BY YOLIE CANALES)

**Ready to assist veterans with any questions regarding benefits or special services are Melissa Sheridan, case manager for the National Community Health Partners Supportive Services for Veteran Families program, and Milton Hawkins, Disabled Veteran Outreach Program Specialist from the Department of Security.**



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# BLM sets fire restrictions

To protect the public, natural resources, and reduce the risks of wildfires, the Bureau of Land Management (BLM) Colorado River District has announced fire restrictions on 5.4 million acres of public lands in western Arizona and southeastern California along the Colorado River.

Effective Friday, April 25, 2014, fire and smoking restrictions will be enforced on all public lands within the BLM Kingman, Lake Havasu, and Yuma Field Office jurisdictions. These restrictions are similar to those being implemented in other areas in Arizona.

The BLM is asking the public to use extreme caution when visiting public lands this summer.

Currently there are no plans to close any areas to public use. The public is reminded that the following acts are prohibited until further notice:

1. Building, maintaining, attending, or using a fire, campfire, charcoal, coal, or wood stove. Campfires and charcoal are permitted in developed recreation sites or improved sites where agency-built fire rings or grills are provided.

2. Smoking, except within an enclosed vehicle, within a developed or improved recreation site, or while stopped in an area at least six feet in diameter that is barren or cleared of all flammable materials.

3. Welding or the use of any torch or metal cutting or gridding implement.

“Due to the drought conditions throughout the State, we have very dry vegetation in the area that will become fuel for wildfires as temperatures continue to rise and humidity falls,” stated Fire Management Officer Mike Trent. “The restrictions will continue until conditions warrant the lifting of the restrictions.”

Fireworks and incendiary devices are prohibited on Arizona public lands year-round. Violations of these restrictions are punishable by a fine of not more than \$1,000 and/or imprisonment of not more than 12 months.

For fire restriction information in Arizona and New Mexico: Visit the website: [www.firerestrictions.us/](http://www.firerestrictions.us/) or call: 1-877-864-6985

## What are Special Needs?

Submitted by Paul J. Kilanski

Children with special needs may have mild learning disabilities or profound mental retardation; food allergies or terminal illnesses; developmental delays; occasional panic attacks or serious psychiatric problems. The designation, “special needs,” is useful for getting needed services, setting appropriate goals, and gaining understanding for a child and stressed family.

“Special needs” are commonly defined by what a child can’t do—by milestones unmet, foods banned, activities avoided, experiences denied. This can make “special needs” seem like a tragic designation. Some parents will always mourn their child’s lost potential while other families may find that their children’s challenges make triumphs sweeter and that weaknesses are often accompanied by amazing strengths.

Pick any two families with special needs and they may seem to have little in common. A family dealing with developmental delays will have different concerns than one dealing with a chronic illness, which will have different concerns than one dealing with mental illness or behavioral challenges.

Medical issues for children include serious conditions like cancer or heart defects, muscular dystrophy and cystic fibrosis; chronic conditions like asthma and diabetes; congenital conditions like cerebral palsy and dwarfism; and health threats like food allergies and obesity. Children with medical issues may require numerous tests, long hospital stays, expensive equipment and accommodations for disabilities.

Children with behavior issues don’t respond to traditional discipline. With diagnoses like ADHD, Fetal Alcohol Spectrum Disorder, and Tourette Syndrome, they require specialized strategies that are tailored to their specific abilities and disabilities. If those strategies are not developed and used, kids with behavior issues throw their families into chaos and are seriously at risk for school problems. Their parents need to be flexible and creative.

Developmental disabilities are some of the most devastating for a family to deal with, changing visions of the future and providing immediate difficulties in caring for and educating a child. Diagnoses like autism, Down syndrome and mental retardation often cause children to be removed from the mainstream and parents must be fierce advocates to assure their children receive the services, therapy, schooling and inclusion they require and deserve.

Children with learning disabilities like dyslexia and Central Auditory Processing Disorder, struggle with schoolwork regardless of their intellectual abilities. They require specialized learning strategies to meet their potential and avoid self-esteem problems and behavioral difficulties. Parents of learning-challenged kids need to be persistent both in working with their reluctant learners and with the schools that must provide help these children need.

Living with a child with mental health issues can put family members on a roller coaster of mood swings, crises and defiance. Parents have to find the right professionals to help, and make hard decisions about therapy, medications and hospitalization.

Although every special-needs child is different and every family unique, there are some common concerns that link parents of challenged kids, including getting appropriate care and accommodations; promoting acceptance in the extended family; planning for an uncertain future; and adjusting routines and expectations. Parents of children with special needs are often more flexible, compassionate, stubborn and resilient than other parents. They have to be.

## 2<sup>nd</sup> Annual Yuma VA2K Walk & Roll



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**May 21, 2014**

**Register at the Yuma Community Outpatient Clinic, 3111 S. 4th Avenue (Big Curve Shopping Center) starting at 6:30 a.m.**

**The group walk at 7:00 a.m.**

**RECOMMENDED DONATIONS:**

**Personal Hygiene Items and Toilet Paper**

Donations will be given to the Crossroads Mission to benefit homeless Veterans.

POC: Loren Feureisen at (520) 310-5316 or [Loren.Feureisen@va.gov](mailto:Loren.Feureisen@va.gov)



# APPEARANCE

FROM PAGE 3

"Every Soldier has the responsibility to understand and follow these standards," he continued. "Leaders at all levels also have a responsibility to interpret and enforce these standards, which begins by setting the example."

Some of the changes include:

## TATTOOS

Tattoos cannot be located anywhere above the lines of a T-shirt. They also cannot be located anywhere below the wrist bone.

Visible band tattoos cannot be longer than 2 inches wide. There can be no more than one visible band tattoo. Sleeve tattoos on arms or legs are not allowed.

Each visible tattoo below the elbow or knee must be smaller than the size of the wearer's extended hand. There cannot be more than four total tattoos below the elbows or knees.

Soldiers who currently violate these revisions can be grandfathered in as long as commanders validate their current tattoos. Also, each year, commanders must check



each Soldier for new tattoos that might be prohibited. The checks will be done when Soldiers are in their physical fitness uniform and do not include tattoos that might be hidden by the shorts or T-shirts.

Prohibited tattoos include those just mentioned as well as ones that could be deemed extremist, indecent, sexist or racist.

## UNIFORMS

Soldiers on official travel and traveling by commercial carrier are no longer allowed to wear the Army Combat Uniform. Instead, they must either wear civilian attire or the service uniform.

The only ACU exceptions are when Soldiers are deploying, on rest and recuperation leave to and from theater and when authorized to do so by commanders for emergency leave or casualty assistance duties.

Identification tags must be worn at all times while on duty in uniform unless otherwise directed.

Soldiers can carry plain, black umbrellas only during inclement weather when in service, dress and mess uniforms. However, umbrellas are not allowed in formations or when wearing field or utility uniforms.

Revisions also cover the wearing of badges and tabs, carrying of bags, sewing on of nametapes, U.S. Army tape and grade insignia; wearing of insignia representing regimental affiliation, windbreakers, all-weather coats and other garments.

## MALE GROOMING

Fancy-style haircuts, including the "tear drop," "landing strip" or "Mohawk," and "horseshoe" are no longer authorized.

Sideburns cannot extend below the bottom of the ear opening and cannot be flared or tapered to a point and the length of the sideburn hair cannot exceed one-eighth of an inch.

A mustache cannot extend past the corners

of the mouth and no portion can cover the upper lip line or go higher than the lowest portion of the nose.

Fingernails cannot extend past the tip of the finger and nail polish cannot be worn.

## FEMALE GROOMING

Hair must be neatly and inconspicuously fastened or pinned. Bangs are now authorized, as long as they don't fall below the eyebrows. "Bulk of hair," measured from the scalp up, as opposed to the length of hair, will not exceed 2 inches, except for a bun, which can protrude 3 inches from the scalp. The bun cannot be wider than the width of the head.

Also hair needs to be properly secured, cannot be unbalanced or lopsided and parting of hair must be in a straight line.

Hair extensions and wigs are now authorized as long as they have the same general appearance as the natural hair and conform to all other hair regulations.

During physical training, women can now wear the full length of their hair in one pony tail that's centered on the back of the head.

Fingernails cannot exceed 1/4 inch from the tip of the finger and only clear nail polish is authorized with all uniforms.

## OTHER

Soldiers cannot mutilate their bodies in any manner, such as tongue bifurcation.

Tooth caps or veneers of any

unnatural color, design, shape or texture cannot be worn.

Jewelry or objects cannot be attached to, through or under the skin or other body part. This applies to all Soldiers on or off duty. The only exception is that female Soldiers can wear authorized earrings.

Commanders can authorize the wearing of sunglasses in formations or field environments. Glasses of any type cannot be worn on top of the head.

Soldiers cannot walk in such a way as to interfere with saluting, giving salutations or in a manner that detracts from a professional image. Examples include walking while eating, using electronic devices and smoking. All restrictions that apply to cigarettes also apply to tobacco-free cigarettes.

Personnel in civilian clothing, whether on-duty or off-duty, on or off post, must dress in a way that does not detract from the profession.

The wearing of wireless and non-wireless devices such as earpieces while in uniform is prohibited. However, hands-free devices used in a vehicle or bicycle are allowed as long as they are not prohibited by policy or civilian law.

# "I sure do love my morning Sun!"



"I was born in Yuma 79 years ago. My parents had twelve children, and I'm number seven. I don't remember ever being without "the Sun". My dad would come home after work and he would sit in the living room and open up the newspaper before anything else. He would read the entire paper. I'm sure this is where we learned our love for the Sun.

After I married, I briefly left, came back to Yuma and subscribed to the Yuma Daily Sun. I haven't been without the Sun since!

To this day, I'm the same; I start at the beginning and read it all! I go to daily Mass and when I return home, I make a cup of coffee, a piece of toast and sit in my recliner and read my Sun. This is my morning ritual.

I have seen the many changes in the Sun through the years and I really think it gets better and better."

Elisa Ahurero

Thank you, Mrs. Ahuero for your loyalty to the Yuma Sun. We appreciate you!  
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**Army Strong**

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For more information contact: 928-328-2323/2167

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**THE CACTUS WILL BE SERVING A QUICK-SERVICE BUFFET AND SOUP & SALAD BAR FOR LUNCH THROUGHOUT THE WEEK OF 12-15 MAY**  
**THERE WILL BE NO MENU SERVICE DURING SAW**

**AVOID THE LINES – COME TO THE CACTUS!**

## VIEWPOINTS

The bulk of YPG personnel are civilians, but many of them have prior military service. We asked members of the CRTC workforce what their most memorable duty station was while in uniform.



**Athena Schroeder**  
 Videographer

I was a photojournalist in the Navy and spent several months at the Pentagon. It was pretty cool, but I always thought I was in a maze there. I knew where I had to be, but if I had to go elsewhere it was easy to get lost.



**Isaac Howell**  
 Test Officer

The most memorable duty station for me was probably Fort Benning, Ga. It was there when I received all my initial training in the Army as an Infantry officer.



**Dan Coakley**  
 Vehicle Test Track Manager

CRTC. I arrived in 1984 from Hunter Army Airfield. Unlike Hunter, it was immediately apparent that CRTC had many civilian leaders and I was absolutely stunned at the amount of cooperation between the military and civilian leadership. Everyone had similar goals and the workforce moved forward as one. After a few months I realized that I did not have to remain in uniform to be part of the "Be All That You Can Be Team."

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# New Name New Look More-Options



◀ **OCOTILLO** - 3bd - 2ba well cared for home. Large Open living area w/ lots of storage. In a cul-de-sac w/ little traffic. Covered patio, room on sides for RV or boat, pantry, large bedrooms & vaulted ceilings are just a few of the features. \$164,986

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



◀ **WILDFLOWER @ MESA DEL SOL** - 3bd - 2ba immaculate pool home w/ Den. Screened in AZ rooms, barbeque area, spa, manicured landscaping, pad to park your boat or RV, vaulted ceilings & much more. Super home for only \$199,888

➤ **MESA DEL SOL** - 4bd - 2½ba home on golf course. Tiled thru-out except bdrms, fireplace, & large open living area w/ oversized master ste. Outdoor kitchen, pool w/ spa, large covered patio & desert landscaping w/ mtn views. \$364,500



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

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



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