

THE OUTPOST

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

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New victim advocate feels he's in the best career field

By Yolie Canales

Olon Wafer, new Sexual Harassment/Assault Response Program (SHARP) Victim Advocate for YPG's Garrison, has been on board for four weeks and has set a goal for the SHARP program at YPG---make it one of the best programs on this side of the country.

A four year Army veteran, Wafer hails from Camp Parks in Dublin, Calif., where he served in the same capacity.

One of the main reasons he applied for this job is because he loves Arizona. "Though California is nice and cool and my job was perfect there, I've always yearned to make my way back to Arizona," said Wafer. "My first job after leaving the Army began in Northern Arizona where I received my Criminal Justice degree and all of my children and grandchildren live in that area. So coming back is perfect."

His career began as a probation officer in Mohave County, later he moved to the state level and became a parole officer. From there, he lateraled to a position with Child Protective Services, a job he found rewarding, however, he decided to join the civil service field and take a job with the Veterans Administration. During this time, he went back to school to pursue his Master's degree in Organization Management.

At YPG, Wafer's duties are to assist the Sexual Assault Coordinator. "Our goal is to further the thought of sexual

harassment and assault by putting this in the forefront of everyone's mind," he said. "By doing this, we can make YPG a better work environment."

"I want everyone to know I am here to provide training, process victim's reports and provide victim advocate services, this, however, does not mean we do investigations, this is the CID's responsibility," said Wafer. "I provide support to the victim and get them the services they need with accurate information and feedback."

In his job, one has to have a sympathetic ear. "If someone has a problem and doesn't want to talk to just anyone, they can come to me," he said. "Our program has a confidentiality similar to that of the chaplain. We cannot be ordered to divulge information, only through a court order. What is said in my office, stays in this office."

Looking back at the various jobs he's held in his work life, Wafer says this is the one he enjoys most. "I love helping people," he said. "I enjoy the interaction, but most of all, I have been blessed to have a sympathetic ear that victims look for." He also feels that the more life skills one has, the better a person becomes at it. "Sometimes, all people need is someone to listen. To me, this field is a 'social' responsibility."

Wafer has definite ideas about what makes a successful person in the workforce. "Never stop training, never stop learning, open yourself to anything that



Olon Wafer's door is open for business and he welcomes anyone that needs to talk, to come on by. He is located in the Army Community Services building on Main Post. or call him at 328-2324. (Photo by Yolie Canales)

will enhance your skills, and continue being a positive person," he said.

Wafer's personal role model is George Washington Carver, who was self-taught in many ways. Carver found many ways to use that knowledge to help mankind. He overcame great adversity and showed strong character and strength.

"This is something I need to do, not because I'm an African American, but because I'm an American citizen," he explained.

A world traveler in his spare time, he enjoys reading, watching movies and listening to good music.

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mental resiliency
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Captain returns to YPG after 50 years

By Mark Schauer

It's said that the past is prologue, and seven decades of history have made U.S. Army Yuma Proving Ground the Army's busiest test center.

For many who served at YPG in uniform, the distant past doesn't seem all that distant. Memories of life here are preserved more surely than the detritus of camp life scattered by General Patton's men during World War II, rusty but still plainly recognizable on YPG's vast ranges.

When Larry Edens left YPG in 1965, "The Sound of Music" was a popular movie, Lyndon Johnson was president, and the United States' troop strength in Vietnam was escalating dramatically. After wanting to return for many years, Edens and his wife recently took a detour from a southwestern vacation to see what had become of the place he had served at so many years before.

A graduate of the Georgia Institute of Technology, Edens served in the Reserve Officers Training Corps during his college years while earning his chemical engineering degree and received a commission as a second lieutenant upon graduation. He underwent basic officer training at Fort McLellan in Alabama, and then awaited his permanent duty

station.

"I asked to come out West because I had grown up in the Southeast and really wanted to see this part of the country. I asked for places like Fort Ord: I hadn't heard of Yuma before I got my orders."

Many of the buildings of the era still stand today, albeit remodeled and with different uses. The house he lived in with his then-wife and infant son is still here, as is the building his office was in. The atrium in the Range Operations Center features studio portraits of all of YPG's past commanders: during Edens' time it was Col. James D. Taylor, and he recalls him as a figure held in high esteem by uniformed personnel.

"He had been to Vietnam: That's what impressed us, because in the early '60s, almost no one in the military had been to Vietnam. People who wanted to make a career in the Army were very interested in what Taylor had to say."

While here, Edens was a test officer dealing primarily with wheeled vehicles. YPG's demographics were considerably different at that time, with uniformed and civilian personnel represented in roughly equal numbers.

"In the mobility group there might have been slightly more military than civilian, but not a whole lot," he said. "There were a number of recent ROTC



During his visit, Larry Edens shared historical stories of YPG with Julio Dominguez, YPG's Technical Director. (Photo by Mark Schauer)

graduates coming out here."

Likewise, there were drafted privates with engineering degrees who were serving as test officers.

"They were the hardest people a young officer had to supervise. Up until being commissioned, they had the same background you had. It took a little more diplomacy."

Edens recalls durability tests of M151 Jeeps and other wheeled vehicles, as well as the occasional tracked armored personnel carrier in the blazing summer heat. Like modern day testers, Edens wrote copious reports and sometimes worked extremely long days if a given

vehicle was falling behind schedule during mileage tests. In his second year at YPG he led 15 men to what was then called Artic Test Center at Fort Greely, Alaska, for a nearly five month test that saw temperatures that dipped below -70 degrees Fahrenheit. He was promoted to first lieutenant upon his return.

Back in Yuma, post life was languid. Edens recalls playing center in intramural flag football on Cox Field in the evenings. Hail and farewells were held on a monthly basis at the officer's club. There were few television stations, and reception on post was poor despite a receiver on a hill near main post.

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THE OUTPOST

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Team ATEC welcomes new command sergeant major



U.S. Army Test and Evaluation Command Commanding General Maj. Gen. Peter D. Utley passes the ATEC colors to Command Sgt. Maj. Andrew B. Connette as he assumes the responsibilities of command sergeant major at ATEC during a ceremony June 4 at Aberdeen Proving Ground in Maryland. (Photo by Lindsey Monger)

By: Lindsey Monger, ATEC

The U.S. Army Test and Evaluation Command officially welcomed Command Sgt. Maj. Andrew B. Connette, during an Assumption of Responsibility ceremony, June 4, at ATEC Headquarters.

During the ceremony, ATEC's Commanding General, Maj. Gen. Peter D. Utley, passed the ATEC unit colors to signify his trust and confidence in Connette in executing the duties as ATEC's senior enlisted leader. Connette's predecessor, Command Sgt. Maj. Ronald E. Orosz, departed in March to become the command sergeant major for the U.S. Army North.

"Command Sgt. Maj. Connette is an extremely competent, intelligent and articulate leader who, without a doubt, is the right person for this job," Utley said during his remarks.

Utley said Connette's technical expertise and strategic perspective will be an asset as he continues to build upon the exceptional work his predecessors have accomplished.

Connette brings years of experience

with him, and most recently, from his last assignment at the U.S. Army Sergeants Major Academy at Fort Bliss, Texas, where he served as a chief instructor for the Sergeants Major Resident Course.

"It's my great honor to be a part of this great team of Soldiers and Army civilians and I will do my best to serve you all and our Army, every day," Connette said.

He's served in multiple overseas assignments including Friedberg and Büdingen, Germany, where he served in 3rd Armored Divisions; and Camp Gary Owen in Korea where he was assigned to the 2nd Infantry Division.

A Wilmington, North Carolina native, Connette enlisted in the Army in August 1985. Since then, he's earned awards including the Legion of Merit, the Bronze Star Medal, the Meritorious Service Medal, the Army Commendation Medal and the Army Achievement Medal during his military career.

For the first time in his official capacity as ATEC's command sergeant major, Connette ended his remarks with "Truth in Testing! Army Strong!"

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RETURN

FROM PAGE 2



Following a five month test at Artic Test Center, Larry Edens was promoted to first lieutenant in March 1965. (Loaned photo)

"The station that came in best was from Mexicali. I remember watching bull fights."

Like the rest of the country, YPG was stunned by the assassination of President Kennedy. Edens recalls driving down Barranca Road on November 22, 1963.

"I was on that road when I heard President Kennedy had been shot. For some reason, that day I was running home during lunch in my '62 Corvair and heard the announcement on the radio."

YPG was Edens' only permanent duty station during his time in uniform.

After two years of active duty and three years in the reserves, Edens spent three years in the Tennessee National Guard and was promoted to captain on his last day. He returned to his job at DuPont in Tennessee, and later worked for his alma mater, Georgia Tech, for a number of years before retiring. Through it all, he considered his time at YPG as a formative experience, personally and professionally.

"I was around a lot of older, seasoned engineers, so it was a really great experience for me to be thrown among them. I learned a lot."

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Chaplain Corner

I'm Not Lost

Submitted by Chaplain (Lt. Col.) Michael Allen

My first assignment as a Chaplain was with a Light Infantry Battalion. As we were reviewing our most recent field problem; a young Lieutenant was confronted with his actions. His response was "I wasn't lost; I was just temporarily disoriented." Heaven forbid that an Infantry officer admit that he is lost!

My father's last duty station was Wheelus Air Force Base, Tripoli, Libya. At the base of the flagpole was a propeller from the "Lady Be Good," a B-24 that had crashed during World War II. Investigators believe that during a severe sandstorm, the crew became disoriented. It is believed that once they were able to receive a homing signal that the limited technology of that time couldn't discern if the beacon was ahead of them or behind them. Thinking they were over the Mediterranean Sea, they flew deeper into the desert and away from their home base rather than towards it. Eventually all of the crew parachuted into the middle of the Sahara desert thinking they were still over water.

I remember my first open water SCUBA dive with great clarity. The water was perfectly clear and the visibility was off the charts. I had become overwhelmed by my surroundings and lost focus. I quickly panicked because I lost my reference points or

orientation. Fortunately, my instructor identified what was going on and was able to calm me down. Gradually, I got my breathing under control and we were able to enjoy the dive. I was so frustrated and disappointed. I had been snorkeling most of my life and felt very comfortable in the open water. I had found most of the preliminary "pool work" to be boring and could hardly wait for the open water dives. At the time, little did I realize that the confines of the surface of the water from snorkeling and the walls of the pool provided the orientation that I needed to not panic. Without them, I was disoriented or lost.

At that same Air Force Base in Libya, was a Coast Guard station that provided a LORAN signal. (This was way before navigations satellites and GPS). That LORAN signal provided orientation for ships and aircraft of the time. What provides orientation for you?

From time to time, just living life is going to provide enough distraction for any of us to become temporarily disoriented. When that happens, it is our Spiritual life that provides the orientation necessary to navigate through life's storms. I encourage you to examine your own situation and "continue to work out your faith with fear and trembling" as Paul encouraged the early believers in Phillippi.

= Chief's Corner

Distracted Driving is a safety risk



Submitted by Dennis Brown, Chief of Police

The popularity of mobile devices has had some unintended and even dangerous consequences. Statistics show that mobile communications are linked to a significant increase in distracted driving, resulting in injury and loss of life. At the end of 2012, The National Highway Traffic Safety Administration reported that driver distraction was the cause of 18 percent of all fatal crashes with 3,328 people killed, and over 421,000 people injured. With today's current trend toward increased use of technology, like smart phones; it can only get worse.

Regarding distracted driving, all personnel operating vehicles at Yuma Proving Ground are required to comply with Federal mandates and Department of Defense instructions, which are summarized in the following:

Federal employees are not permitted to text message when they are driving government vehicles based on Executive Order 13513. This order further mandates employees will not be allowed to use a government-issued phone to text message if they are driving their personal vehicles and are banned from texting in personal vehicles when on official business. The order effectively bans an official from texting while driving

using any manner of federal property.

The Department of Defense requires that vehicle operators on DoD installations shall not use cell phones while the vehicle is in operation, except when using a hands-free device or hands-free operating mode. When possible, vehicle operators should pull over and place the vehicle in park before using any cell phone.

Do your part to keep all roadways, not just those on the proving ground, safe, avoid distracted driving and pull over to text or utilize a handheld device not equipped with hands free applications. Make a difference, save a life, for it could be yours.

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A cutting edge radar unit proves its mettle



A Soldier emplaces a Transportable Multipurpose Radar. The dynamic operational test missions at YPG involved multiple moves throughout each day, from short survivability scoots to much longer tactical treks. (Photos by Mark Schauer)

By Mark Schauer

The element of surprise can be a critical weapon, and nothing removes it from the playbook of adversary forces quite like radar.

Radar units send out pulses of high-frequency electromagnetic waves that reflect off objects, and modern radar systems are sophisticated enough to track even small, rapidly moving objects like rockets and mortar and artillery shells.

The truck-based Army-Navy Transportable Multipurpose Radar (AN/TPQ-53) system detects incoming rounds surrounding its location, both warning Soldiers of the imminent barrage and allowing them to pinpoint return fire. The system can differentiate between different types of shells, and

Soldiers are able to operate the rapidly swiveling radar dish from inside the cab of its prime mover or remotely. The large radar dish is powered by a towed generator and is accompanied by a single support vehicle, making it easier to transport and emplace than its predecessor, the AN/TPQ-36.

"It's very operator friendly," said Sgt. Colin Coffey, section chief. "I don't think there are any disadvantages to this radar system at all."

U.S. Army Yuma Proving Ground (YPG) conducted extensive developmental testing on the radar and recently hosted a multi-week operational test where Soldiers of the Army's 82nd Airborne Division from Fort Bragg, North Carolina used it in real world conditions.

"YPG has a large range with the

space necessary to operate this radar at the tactical distance required by the user," said Ray Segarra, operational test officer.

During the test, each radar's crew lived in tents as they would while deployed in a combat zone, engaging in five distinct mission scenarios that each lasted for 72 hours. The dynamic missions involved multiple moves throughout each day, from short survivability scoots to much longer tactical treks across YPG's vast ranges.

"For developmental tests, the radar tends to be in one spot with the gun crews changing position a lot," said Jonny Clark, test officer. "In an operational test, we have the radar and the gun crew in motion."

Each move meant the Soldiers had

Sgt. Colin Coffey stakes down a Transportable Multipurpose Radar during a recent operational test at YPG. During the test, each radar's crew lived in tents as they would while deployed in a combat zone, engaging in five distinct mission scenarios that each lasted for 72 hours.

to stake and emplace the radar in the new location, always with YPG data collectors observing and timing them.

"It's not a race," said Clark. "We need to know how long it takes Soldiers to emplace it in real-world conditions."

Likewise, weapons operation crews supporting the test moved frequently throughout a typical day to test the radar from different locations, requiring careful coordination. The diverse expertise of YPG's weapons operators means the system can be readily put through its paces against all types of indirect fire. In several of the test scenarios, the system was exposed to all of these simultaneously or in rapid

RADAR

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succession from multiple locations over the course of the day.

“The radar needs to be able to see the whole battlefield, not just one round at a time,” said Clark.

Further, it needs to reliably do so even in radiofrequency environments cluttered by cell phones and other electronic devices. Conversely, testers at YPG have access to the proving ground’s nearly 500 permanent radiofrequencies and as many as 2,000 temporary ones available in a given month, allowing them to test emitting devices without interfering with civilian electronics in the region.

With decades of experience and highly instrumented ranges, radar testing is poised to remain an important part of YPG’s mission for the foreseeable future.

“YPG has been very supportive,” said Segarra. “I can’t say any bad words about the proving ground.”



YPG was an ideal location to conduct the operational test, both for its size and radiofrequency environment. “YPG has a large range with the space necessary to operate this radar at the tactical distance required by the user,” said Ray Segarra, operational test officer.



YPG conducted extensive developmental testing on the AN/TPQ53 radar and recently hosted a multi-week operational test where Soldiers of the Army’s 82nd Airborne Division from Fort Bragg, North Carolina, seen here, used it in real world conditions.



Soldiers are able to operate the rapidly swiveling radar dish from inside the cab of its prime mover or remotely. The large radar dish is powered by a towed generator and is accompanied by a single support vehicle, making it easier to transport and emplace than its predecessor, the AN/TPQ53.



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VIEWPOINTS

By Mark Schauer

Summer is prime time for extreme weather testing at Yuma Proving Ground, a far cry from the lazy summer days of childhood. We asked members of the workforce to reminisce about their childhood summer breaks from school.



Cesar Reta, Contracting Officer Representative:

I remember visiting family in Los Angeles and going to Universal Studios and Magic Mountain. In Yuma, way back then, there wasn't a lot to do, but I remember going to the river, playing kickball, riding my bike with friends, and skateboarding so much my ankles almost fell off. With my kids, we go to Minnesota to visit my in-laws and to Mexico.

Mireya Rodriguez, Range Controller

We would go to El Golfo. My aunt had a store there that had everything, from car parts and clothes to groceries. We spent a lot of time there and at the beach.



Rocky Duran, MET Team:

I would work during summer break. I worked in the lettuce fields, cutting and packing boxes from the time I was nine or 10, and then harder work as I got older. I would use the money to buy my clothes and things for the next school year. My family went everywhere in California, and on the weekends we would take off for Los Angeles or San Francisco, beaches, the mountains. It was a working vacation.



Childhood Obesity: Common Misconceptions

Everyone, it seems, has an opinion about obesity. Some may insist that they know what causes it. Or they might have a dozen or more suggestions on how to conquer it. Yet even though it seems that our culture is obsessed with diets and a belief that you can never be too thin, there are more than enough myths and misunderstandings about childhood weight to go around. Unfortunately, some of this misinformation can get in the way of your child succeeding in his own weight-loss efforts.

To help you and your youngster get on the right path toward normalizing his weight, let's separate fiction from facts. See if you believe in any of the following misconceptions, and then read what the truth about them really is:

“My child and I deserve the blame for his weight problem.”

Not true. Thanks to the media and many high-profile diet gurus, many overweight children and adults believe that obesity occurs in people who are self-indulgent or weak-willed. With those kinds of attitudes so prevalent, no wonder that there's so little empathy and support for individuals who need to lose weight. However, the facts are that no one is to blame for your child's obesity. Children gain excess weight for a variety of reasons. Some have a tendency to be obese because it runs in their families. Others may not make

the best selections of foods or portion sizes, often because healthier choices aren't available or perhaps because their parents or grandparents put too much food on their plates. Throughout you'll find descriptions of other culprits and contributors to your child's weight problem that should remove self-blame. Once you understand the causes of obesity a little better, you and your child will be able to manage his obesity more effectively and realistically.

“My child's weight problem needs a quick fix.”

Yes, you and your youngster may wish for an instantaneous solution for losing his excess pounds, and there are plenty of diets in bookstores that promise fast results. But let's face it—there are no easy answers to weight problems (or to most other things in life). Obesity is not a problem that can be resolved overnight or even in a few weeks. (If you've ever tried to lose weight yourself and keep it off, you know that's the case.) In fact, some of the most popular quick fixes, from diet pills to herbal teas, may be hazardous to your child's health. Many of the “natural” supplements that teenagers might be attracted to, as well as the near-starvation diets that are promoted in newspaper ads and popular magazine articles, are risky and in some cases, even potentially deadly. Where should you turn instead?

Working with your child's pediatrician and using plans and programs that are based on credible, scientific evidence offers the best chance for safe and long-term weight-loss success.

“My overweight child will ‘grow into’ the excess pounds that he has.”

Youngsters normally gain weight throughout childhood. It's a necessary part of the growth process. But some parents tell their pediatricians that their overweight children will outgrow their weight problems. However, that's not something you can count on. In fact, depending on your child's eating habits and activity level, he is just as likely to continue to gain weight, not lose it, as he grows. Don't depend on routine growth spurts to compensate for his weight problem.

“My child may seem overweight according to the growth charts, but our entire family is ‘big boned.’ So I don't think he has a weight problem at all.”

Pediatricians often hear parents say, “We're not worried about our child's weight. Everyone in our family is big, and we've always been like this.” In truth, you need to keep your focus on the growth and body mass index charts. If your child's weight exceeds the normal range for his age and height, he meets the definition of being overweight or obese. It's not something that you can rationalize

away. There are certain metabolic or hormonal (endocrine) imbalances that often get blamed for weight problems. However, they are responsible for less than 1% of the cases of childhood obesity. Yes, hypothyroidism (a deficit in thyroid secretion) and other rarer and more severe genetic and metabolic disorders (eg, Prader-Willi syndrome, Turner syndrome, Cushing syndrome) can cause weight gain (and in some cases, other severe problems such as hearing and vision impairments). You should certainly speak to your child's pediatrician about these concerns and have a complete medical evaluation performed. But because these syndromes are uncommon, they account for very few cases of obesity. More likely, your child's excess weight is associated with poor eating and activity habits, as well as certain other issues.

“Because my child is heavy, he actually needs to eat more food to stay healthy.”

Based on this belief, many families may give bigger portions to the heavier children because of their size. Nothing could be more counterproductive. You need to rely on the growth charts and your pediatrician's advice and make sure that your child is consuming portion sizes that allow him to maintain an average weight.

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Relaxation Techniques

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

Diaphragmatic Breathing:

Also known as “deep” or “belly” breathing, this simple technique involves breathing from the bottom-up instead of top-down. Most of us tend to breathe in a way that inflates the chest and results in rather shallow respiration. Diaphragmatic breathing focuses on breathing in a way that inflates and extends the diaphragm (belly area) before the chest area. The result is a deeper, far more controlled breath that helps minimize the body’s fight-or-flight response, tension and anxiety.

To learn how to correctly breathe diaphragmatically, place one hand on your chest and the other hand on your stomach. Breathe in through your nose, inhale to the count of six, feel your stomach area expand and rise before the chest area, hold for the count of two, exhale for the count of six, hold for two, then repeat the process. Diaphragmatic breathing is an effective way to regulate your body when you’re in an intense situation or when your body is overly stressed. As is the case for any new skill, regular practice in a variety of situations will ensure that you can use this technique effectively when you truly need to.

Progressive Muscle Relaxation:

In progressive muscle relaxation, muscle groups are tensed for a few seconds and then relaxed. The tension fools the brain by signaling a t00-tense condition, and relaxation chemicals are released by the body to counteract

the tension. To do Progressive Relaxation, slowly flex one muscle group (e.g., clench your hand into a tight fist. Repeat with the opposite hand and other muscle groups). Flex to a point of maximum tension, never to a point of pain. Keep the muscle flexed for 10-15 seconds. Notice the feeling and location of the tension. Slowly and gradually let go of the tension in the muscle. Notice how the muscle feels as you release the tension. Look for signs of increased lightness or heaviness, warmth or coolness, and tingling.

Visual Imagery:

Find a quiet place that is free of distractions. Choose a comfortable position. Close your eyes. Let your body relax and remain quiet. Let your mind imagine a pleasant place. Mentally put yourself in that place. Imagine doing something relaxing and enjoyable (walking in the woods, skiing, resting on a beach, etc.). Add sights, colors, sounds, sensations (warmth or a breeze on your skin), smells and tastes to your images. Make a special scene come alive in your mind. Do not let your mind focus on worries or distressing thoughts. Let your imagination go to enhance your peaceful and relaxed state. Keep your body still and let go of all muscle tension. Spend about 10 minutes relaxing in this way before resuming your activities.

Satisfying Self-expression

Personal interests and activities can enhance your daily life and help relieve stress. Some examples include: wood working, reading, creative writing, painting, music.



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