

THE OUTPOST

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

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New muscle pain treatment offered at YPG Health Clinic



Capt. Patrick DePriest, physician assistant at the YPG Health Clinic, administers dry needling to a Soldier. "I'm excited to have another tool in my bag to do something to help patients feel better right now," he said. (Photo by Mark Schauer)

By Mark Schauer

Testing virtually every piece of equipment in the ground combat

arsenal takes a lot of muscle.

From parachute jumpers to range workers, hundreds of YPG personnel have physically demanding missions that inevitably lead to muscle aches and injuries. These men and women are willing to work through the pain, but chronic muscle complaints can lead to

decreased range of motion and other bothersome effects that impair performance. Fortunately, the YPG Health Clinic is offering a new treatment option for those who suffer from muscle

pain.

Dry needling, also known as intramuscular stimulation, involves sticking extremely thin filament needles into areas of the body with muscular pain. The procedure usually involves very little discomfort and no bleeding.

"It increases blood flow to the muscle fibers that are having a chronic spasm or twitch," said Capt. Patrick DePriest, physician's assistant. "When your muscle fibers are in a contracted state, the blood flow is slowed to that area. An injured muscle has a lot of inflammatory chemicals that aren't getting moved and circulated like in neighboring fibers."

Dry needling stimulates the afflicted area, increasing blood flow that promotes natural healing of afflicted muscles from the body's circulatory processes. DePriest says folks suffering from arthritis may also experience positive benefits from the procedure.

"It's not going to fix the arthritis if there is an underlying bone or joint issue, but there is usually a significant amount of secondary pain and dysfunction that is muscular, and this can definitely make the muscular portion a lot better."

In a typical procedure, the

provider tests the patient's range of motion before disinfecting the area of discomfort and inserting several sterile needles into the muscles surrounding the afflicted area. Patients oftentimes feel nothing when the needle is inserted and a dull ache when the needle comes close to the offending muscle. This ache can last for several days, but usually produces a diminishment of the sharp, tight pain from the offending muscle injury. Another range of motion test following the procedure usually shows the patient has gained flexibility.

For those unwilling to submit to the insertion of multiple needles, the clinic also offers auricular acupuncture, in which a gold-plated harpoon smaller than an earring stud is stuck into one of several points near the ear. The minimally-invasive procedure takes seconds and can sometimes provide pain relief for several days, until the harpoon falls off as the body's dead skin falls away.

Both procedures are available by appointment at the YPG Health Clinic by calling 328-3864.

"I'm excited to have another tool in my bag to do something to help patients feel better right now," said DePriest. "It's another thing I can offer people that they don't have to go into town to get done."

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CHIEF'S CORNER

Speed limits on Imperial Dam Road

Submitted by Dennis Brown, YPG Chief of Police

The speed limit on any road should be appropriate to its design, condition and traffic density. Therefore, a good case can be made for increasing or decreasing the speed limit on roadways to adjust to current traffic flow.

In anticipation of the increased traffic flow on Imperial Dam Road, due to the construction and placement of the Yuma Proving Ground Visitor Control Center, Motorists can expect to see a change in the speed limits prior to its grand opening in late July.

Motorists traveling westbound will experience a change from 55mph to 40mph, starting at Highway 95 intersection and extending to the YPG Walker Gate entrance, and Motorists traveling eastbound on Imperial Dam Road will experience a change from 55mph to 40mph immediately west of the YPG Walker Gate entrance to just east of the Visitor Control Center entrance.

As always, Motorists are expected to obey all traffic laws in accordance with Army regulation and Arizona State statutes. Drive safe.

Farewell to Chaplain (Maj.) Douglas Thomison



Well-liked Chaplain (Maj.) Douglas Thomison retired at YPG last week after serving people at the proving ground and in the surrounding area for the past two years. He served in the Army for 26 years. It was a well-attended ceremony, by both members of the workforce and residents of the community. Thomison extends his best wishes to everyone at the proving ground. He plans to retire in the Pacific Northwest. (Photo by Mark Schauer)

THE OUTPOST

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Next Outpost deadline is noon *June 12th*

Sexual Assault Hotline: 920-3104
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Military spouses honored at special breakfast



Over 30 spouses of military personnel stationed at Yuma Proving Ground were recognized with certificates of appreciation and citations presented by Col. Randy Murray, commander, and Gordon Rogers, garrison manager, at a special breakfast at YPG's Cactus Cafe on May 27th. Leaders throughout the Army express gratitude to military spouses this month. (Photo by Yolie Canales)

By Yolie Canales

Military Spouse Appreciation Day, typically held the Friday before Mother's Day, provides an opportunity to honor and say "thank you" to the husbands and wives of service members. A recent breakfast ceremony at Yuma Proving Ground's Cactus Cafe honored 30 husbands and wives with either a special citation or a certificate of appreciation from Col. Randy Murray, commander.

"It's important to recognize all you do to support us, the Soldier and our nation," said Murray as he

spoke to breakfast attendees. "You are the ones behind the scenes caring for our children and homes. This gives us the ability to do our jobs as Soldiers."

Military Spouse Appreciation Day began in May 1984, when then-President Ronald Reagan made a proclamation recognizing the hard work performed by military spouses. The eventful day is now celebrated throughout the United States and on military installations worldwide. The celebration reaffirms the Army's commitment to supporting and honoring spouses of Soldiers,

wherever stationed.

Rosa Dayton of YPG's Army Community Services believes that Soldiers are the strength of our nation and families are the strength

of our Soldiers. "I coordinated with players throughout the community to make this worthwhile event a reality," said Dayton. "Without this support, the event could not have

SEE **SPOUSES** page 4

PROJECT MANAGER, Yuma Proving Grounds

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Fourth of July tips for families with autistic children

Submitted by Paul J. Kilanski

With crowds, barbecues and fireworks, the Fourth of July can be overwhelming for some individuals on the autism spectrum. We asked Cathy Pratt, Ph.D., of the Autism Society Panel of Professional Advisors, for her tips for how to have an enjoyable and comfortable holiday.

1. Use social stories or visuals to prepare him/her for a party. This is best done a few days in advance so he/she will be as comfortable as possible. It also helps to prepare a list of guests' names and faces beforehand, so that he/she can become familiar with who is coming to the event.

2. Bright and loud fireworks can be overwhelming for people with Autism. Provide him/her with a way to dampen the sound – headphones, for example. Note that not every person with Autism dislikes fireworks, but plan for the most difficult scenario.

3. A picnic or barbecue will present him/her with new sights, sounds and smells, so it may help if he/she is provided with familiar food and drink.

4. Make sure he/she has an item from home, such as a magazine or favorite toy, which can provide a distraction in stressful situations.

5. If the situation becomes too intense – during fireworks, for example – he/she may need to leave. Coordinate an escape route and make plans for possible contingencies.

6. Holding a small cookout the week before the real thing can be great practice for the Fourth.

7. Individuals with Autism can be fearless, and fire can be a hazard to them. Keep an eye on him/her in order to avoid accidents around grills, fireworks and campfires.

8. If he/she relies on sign language, typing or symbols to communicate, make sure he/she knows how to communicate about the food and events he/she may encounter.

Happy Fourth of July!

SPOUSES

FROM PAGE 3

happened.”

She explained that individual commanders nominated spouses who made a difference for their organization for citations or other awards. “There have been many noteworthy spouses in my tenure,” said Dayton.

In January of each year, Military Spouse Magazine and Armed Forces Insurance join together

to request nominations for the Military Spouse of the Year award. Military spouses can also self-nominate. The voting process leads to the selection of six spouses of the year: Army; Air Force, Coast Guard, Marines, Navy, and National Guard.

“The national winner is selected based on the highest combined score derived from both the popular vote and the judge’s panel,” said Dayton. “This is how it came about that Stacy Faris, family readiness

group leader for the Military Freefall School, was named 2014 Yuma Proving Ground Spouse of the Year by the magazine.”

YPG spouses recognized with certificates of appreciation at the breakfast were: Mary Brown, Kurt Cavalier, Christina Copley, Britney Crump, Diana DeMaso, Bethany Dederich, Kendall Edwards, Aimie Enke, Cristin Estevez, Stacey Faris, Joanna Fief, Isis Garcia, Candice Ham, Stacy Jantzi, Stephanie Hazelton, Stephanie Maxwell,

Jillian McGlynn, Deb Muschinski, Deborah Murray, Kate Pierson, Ashleigh Sisneros, Sara Steele, Holly Warner, Megan Weaver and Jennifer Davis. In addition, those receiving special citations were: Mary Brown, Christina Copley, Kim Crawford and Tanya Wright (not present), Cristin Estevez, Stacey Faris, Stephanie Hazelton and Deb Muschinski.

From the ATEC

Issue 15-18
26 May 2015

Civilian Contact Information

There are three different systems in which Federal civilian personnel must update and keep current their personal contact information. They are the Army Disaster Personnel Accountability and Assessment System (ADPAAS), MyBiz+ and MyPay.

1. ADPAAS provides a standardized method for the Army to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. ADPAAS provides valuable information to all levels of the Army chain of command, allowing commanders to make strategic decisions which facilitate a return to stability. ADPAAS allows employees to:

- 1) Update Contact Information,
- 2) Update Family Member Information,
- 3) In the event of a catastrophic event update their Accountability status,
- 4) Update their displaced (Safe Haven) location,
- 5) Submit a Needs Assessment Survey that, based on their answers, will provide service providers information to assess how best to address their disaster related needs, activate resources to meet those needs, and set a course for recovering from the disaster as soon as possible, and
- 6) View reference information.

ADPASS can be accessed at <https://adpaas.army.mil>.

2. MyBiz+ is an on-line service tool designed for employees, supervisors and managers to view and/or update their personal and human resource related information. The contact information provided will be viewable by the employee's supervisory chain and the Civilian Personnel Advisory Center, and will be used in the event of an emergency. It is suggested at least two contacts be identified, one should be local and readily accessible and the other someone who is not located within a 100 mile radius of their home or place of work. MyBiz+ may be accessed through the Defense Civilian Personnel Database System portal at <https://compo.dcpds.cpmc.osd.mil/>.

3. MyPay is the Department of Defense's online payroll and accounting system that allows an employee to view his or her pay account, view travel claims, make changes to withholding and allotments, and change Thrift Savings Plan (TSP) contributions. Home address information should be kept up-to-date to ensure Leave and Earning Statement and tax information, such as, W-2s, are received in a timely manner. Keeping addresses updated will alleviate the need for requesting documentation to be reissued after their original mailing. Home address can be updated on the MyPay Website at <https://mypay.dfas.mil/mypay.aspx?FLPS=LES-DCPS>.

Judy Tredway

VIEWPOINTS

By Mark Schauer

From daily duties that made all the difference to feats of skill and strength that filled our childhood selves with wonder, many of us have fond memories of our fathers. We asked members of the workforce to reminisce about their dads.



Jim Walk, Airfield Operations Manager

My dad was teaching me how to shoot with a .22 rifle when I was six or seven years old. He nailed up targets at the range, then shot his weapon four times and my target fell off: he hit each nail. When he was in his 70s, my dad used to hike mountains in New Hampshire. One trip I was visiting, we climbed up Mount Lafayette. The next day I could barely move, but my dad was getting around the same as usual.

Allan Watkins, Pilot

When I was eight years old my dad was stationed at Williams Air Force Base in Phoenix. We had a '56 Chevy Bel Air, and we used to go cruising across the desert shooting jackrabbits with a .22 rifle. We probably hit one out of 100, but it was fun. When I was 16, my dad had a '72 El Camino that I slung the fan blades off of racing when I shouldn't have been. I thought dad was going to freak out, but he didn't: my dad was pretty calm and laid back.



Ron Basolet, Supply Technician

My stepdad raised me from the time I was five or six years old. He took me to a lot of Knicks games and we did a lot of other things as a family. We ran and played a lot, and he always helped me with my homework. He was a superintendent for a big building in New York and I would help him do odd jobs. Later he owned a store, and I would help him stock shelves. Once when I was 13, I ran the store: he gave me a list of things to order from vendors, and I went around to other stores and priced our items a few pennies less than them but more than the price he told me. When he came back, I had made him over \$300 more.



'Strong Beginnings' 2015 graduates



Ten children advanced to Kindergarten recently as they marched onto the YPG Post Theater stage in their cap and gowns to receive their first diploma of their life. As the children received their diplomas, they also had the opportunity to thank their teacher, Ms. Gabby and bid a farewell. The Army's Strong Beginnings Pre-K is a program structured to prepare children to be successful in entering school. The curriculum focuses on the social, emotional, and physical development of children as well as introducing them to foundations of language, reading, mathematics, science, computers, social studies, and the arts. "We are very proud of our program," said Pat Frost, assistant director for the Child Development Center. "It really meets the needs of our children here at the CDC." (Photo by Mark Schauer)



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Four outstanding YPG employees recognized

By Yolie Canales

The Army Test and Evaluation Command has changed the civilian of the quarter program by creating two award categories: mission personnel and mission support personnel.

Mission personnel are best described as ‘testers, engineers, scientists’ or others in related skills fields. Mission support personnel are best described as “executive assistants, administrative staff, program specialists, or mechanics”-- employees that support mission personnel.

In an award ceremony late last month, four YPG employees were presented with Army Achievement Medals for Civilian Service: Juan Elizarraras, team lead for the Munitions and Weapons Division; Stephen M. Maurer, chemist for the Metrology and Simulation Division; Omar Silva, team leader for Ground Combat’s special projects team; and Herb Kiser, radar technician for the Electronic Division. Each medal was presented by YPG Commander Col. Randy Murray.

Elizarraras was presented the medal and was also selected as YPG’s Mission Civilian Employee of the Quarter. His effective leadership enabled Yuma Test Center to fire over 3,300 artillery rounds in the span of 11 days last December. He executed the test safely and efficiently and completed it two days ahead of schedule.

While serving as a chemist in



Col. Randy Murray, YPG commander, pins the Army Achievement Medal for Civilian Service to: Omar Silva (Top left photo), Juan Elizarraras (Top right), Stephen Maurer (bottom left) and Herb Kiser (bottom right). (Photos by Mark Schauer)



the Metrology and Simulation Division, Maurer’s forward thinking and tenacity led him to spearhead the construction of a new Material Analysis laboratory. The new facility provides a safer environment with much needed

capabilities. He was selected YPG’s Mission Support Civilian Employee of the Quarter.

Silva was selected YPG’s Employee of the Year for FY14. His selection is a testament to his hard work and dedication.

Kiser received his medal from Maj. Gen. Peter Utley, Commanding General of the U.S. Army Test and Evaluation Command for outstanding support of the Range Radar Replacement Program.

Fort Yuma and Quartermaster Depot mark first Army Presence in Yuma



It was difficult to supply the post during its early years. Food supplies and construction materials were shipped by water from San Diego to the mouth of the Colorado River in Mexico, but transferring the goods to wagons at that point and moving them to Yuma was backbreaking and time consuming.

By Chuck Wullenjohn

Fort Yuma was established Nov. 27, 1850, to protect the strategic Yuma Crossing of the Colorado River. Located on a promontory overlooking the river, the fort itself was nothing more than a ramshackle collection of huts and tents when it was founded. It wasn't until years later that the Army provided the funding necessary to make Fort Yuma into a proper military outpost.

It was difficult to supply the post during its early years. Food supplies and construction materials were shipped by water from San Diego to the mouth of the Colorado River in Mexico, but transferring the goods to wagons at that point and moving them to Yuma was backbreaking and time consuming. As a result, life at the post was hard and the military's resolve to maintain a garrison here vacillated. It was only two years later -- in August 1852 -- that temporary Camp Yuma became permanent Fort Yuma, and the Army resolved to stay for good.

Fort Yuma remained an active military post until 1883 -- 33 years after it's initial formation. During that time, soldiers at Fort Yuma maintained peace with the local Indians and kept watch over activity on the Colorado River.

Yuma was a significant Colorado River crossing point for wagon trains carrying settlers and gold prospectors to California, particularly after large deposits of gold were discovered in 1849. The Colorado River was an untamed river during those pre-dam years, with miles of the wide river virtually impassible due to vast areas of mud and quicksand. The narrow rock gorge through which the river passes in Yuma made the location an excellent, safe year round crossing point.

Over 60,000 people crossed the river by ferry at Yuma in 1850 under the protective guns of the fort. Most of these settlers followed the Gila River across Arizona to where it joined the Colorado above Yuma. They then moved south along the river toward the crossing.

As locals know, Yuma can be unbearably hot during the summer months. In 1858, a soldier stationed at the fort wrote home, "The houses and quarters are built of sun-dried bricks, with every effort and provision for making the summer's heat bearable. Still, the post is but seven years old and is garrisoned by only two companies. A well-filled graveyard gives mute testimony of a most unhealthful climate for other than natives."

The soldier went on to note that the summer months were so hot that soldiers had no duties. "Even the sentries pace up and down under a roof



Fort Yuma is now part of the Quechan Indian Reservation. Numerous buildings remain from the military period and can easily be seen today. The Quartermaster Depot is an Arizona State Park, with several buildings preserved or reconstructed.

built for that purpose," he wrote.

Fort Yuma was well known in Army circles as the hottest post in the country. The fort's surgeon once reported that his pocket watch "felt like a hot boiled egg in my pocket," and the parade ground was so hot that, though he could not personally vouch for the story, a dog would run "on three legs across it, barking with pain at every step."

During the American Civil War, the fort served as base for Union troops gathered in California, known as the California Column. These soldiers blocked a Confederate thrust through the southwest pointed at the California goldfields and stayed on the heels of the invading Confederate army as it retreated back to Texas. The most famous military action in Arizona occurred near Tucson at Picacho Peak, where scouting parties from the opposing armies ran across each other and exchanged shots. A few casualties resulted and the Confederates withdrew to Tucson, where they joined a larger body of troops. They evacuated Tucson and the force departed for New Mexico on a long retreat back to Texas. The California Column ended Confederate designs for control of the southwest.

Fort Yuma was closely associated with the Yuma Quartermaster Depot on the Arizona side of the river, which provided military supplies and personnel to posts throughout Arizona and New Mexico. The Quartermaster Depot operated between 1864 and 1891, though the Army terminated most operations there eight years earlier.

The depot was used by the Army to store and distribute supplies for all military posts in Arizona, Nevada, Utah, and New Mexico during the Indian War period. A six month supply of clothing, food, ammunition, and other goods was stored at the depot at all times. Supplies were brought from California by ocean vessels traveling around the Baja Peninsula to Port Isabel near the mouth of the Colorado River. There, cargos were transferred to river steamers and brought upstream to Yuma.

The supplies were unloaded at the depot and hauled up steel rails running from the dock to a storehouse. The depot quartered up to 900 mules and crews of teamsters to handle them. The Southern Pacific Railroad reached Yuma in 1877 and heralded the end of the Quartermaster Depot and Fort Yuma.

Fort Yuma is now part of the Quechan Indian Reservation. Numerous buildings remain from the military period and can easily be seen today. The Quartermaster Depot is an Arizona State Park, with several buildings preserved or reconstructed. U.S. Army Yuma Proving Ground is the lineal Army descendent of both these posts.

New military ambulance rumbles through YPG



Getting ready to move out from a forward operating base, a participating Soldier hands off a simulated weapon to a battle buddy. Ambushes from opposing forces were part of several scenarios the Soldiers used during the week-long test. (Photos by Mark Schauer)

By Mark Schauer

An armored vehicle escorted front and back by an all-terrain variant of the Mine Resistant Ambush Protected (MRAP) vehicles is racing across miles of steep, unimproved roads. The behemoths roar through the passes while throwing showers of pebbles and rocks in their wake.

A mechanical breakdown on these arid, isolated mountains could result in death from a variety of sources, from roadside bombs to unseen snipers amid the looming crags all around. Yet the Soldier

driving is just as concerned about the wounded Soldiers in the back of the vehicle, litter-bound and tended to by medics.

Fortunately, these men and women are not really in harm's way. All are participating in a limited user test of the latest update in armored ambulances at Yuma Proving Ground (YPG), the Department of Defense's premier facility for testing the durability of armored vehicles in realistic conditions.

MRAPs, high, heavily-armored vehicles with a unique V-shaped hull that funnels ground explosions

from roadside bombs out from the undercarriage, have saved countless of American Soldiers and was fielded overseas rapidly thanks in part to extensive durability testing conducted at YPG. The MaxxPro Ambulance variant is capable of venturing into live fire zones to extract and transport the wounded to safety and medical assistance, an improvement over the M997 Field Litter Ambulance (FLA).

"In my opinion, this is the best medical vehicle I've seen since I've been in the Army," said Sgt.

1st Class Michael Gist, the non-commissioned officer in charge of the test. "The FLAs were good and easy to load, but this is better."

In his three deployments to Iraq, Gist said he also used the Buffalo variant of the MRAP and the ambulance variant of the tracked M113 armored personnel carrier, but medivacs were the primary means of extracting the wounded.

"We used different vehicles as ambulances, but never one that was set up specifically for medics to use," said Gist.

Fast and protected, the MaxxPro

SEE **MRAP** page 9



Throughout the test, the all-terrain variant of the MRAP seen here was called upon to provide escort duty to the MaxxPro convoys for additional realism.



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MRAP

FROM PAGE 8



Soldiers load a simulated patient into the back of the MaxxPro ambulance during a casualty exchange. "In my opinion, this is the best medical vehicle I've seen since I've been in the Army," said Sgt. 1st Class Michael Gist, the non-commissioned officer in charge of the test. "You have all the treatment tools you need for en route care to sustain a patient until you get them to higher level treatment."

Ambulance's features include a hydraulic rear ramp to facilitate entry for the wounded, walking or litter-bound, as well as all ancillary materials necessary for ambulance duty.

"You can have two litter patients inside," said Gist. "You have all the treatment tools you need for enroute care to sustain a patient until you get them to higher level treatment."

The ride is surprisingly smooth traversing some of the most

punishing terrain imaginable.

"The ambulance has an electronic stability control (ESC) system on it," said Jimmy Myers, test officer. "A lot of the developmental testing of the ESC was performed here at YPG which involved trying to push the ambulance to the point of instability to assess the ESC's performance."

In seven days of operational testing at YPG, Soldiers from Fort Lewis, Wash, engaged in three different types of operational mission profiles across various terrains and traversed several hundred miles. The operations involved simulated casualty pick-ups and transfers to a mock field hospital, as well as ambushes from oppositional forces. Each participant wore electronic gear that emitted a signal whenever they were 'wounded' or 'killed,' and the test vehicles were similarly equipped. All of these operations were monitored by data collectors.

"The key point for us is safety," said Sherman Jennings, operations officer. "If we can get through all test events without any incidents or accidents, it is a successful test for us, however the vehicle performs."

The week of test activity with the Soldiers took significant pre-planning to accomplish.

"It takes six to eight months to plan this event, including coordination with the folks in Yuma to ensure we get the right terrain to test the vehicle on," said Jennings. "It's a good team effort between Operational Test Command, the Directorate of Operational Test and Evaluation, and the folks at YPG."

The participants felt the test went well, and credited YPG with facilitating the important test.

"The staff are phenomenal," said Maj. Mattii Minor, operational test officer. "The YPG personnel provided exceptional support. Brad Cox, Luis Arroyo, Tracy Haifley and their teams were flexible and



Soldiers prepare a stretcher for a casualty exchange exercise during the test. The Soldiers exchanged in three different types of operational mission profiles across various terrains that traversed several hundred miles.

adaptable in providing support to make this test a success."

"Every time we come out here, these guys bend over backwards to help us out," added Jennings. "Anything we need, they don't hesitate to meet our needs."

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Did you know?
This newspaper is made up of 75% recycled newsprint.

Snakes, all kinds, are out and about



Rattlesnakes are prevalent in the southwest desert and especially here on Yuma Proving Ground and its surrounding area, and on all locations in Southern California. The obvious ID is of course the rattle on the tail. Adults have very obvious rattles at the tip of the tail but the babies do not, and can't rattle

yet until they start to shed their skin. (Every time they shed, they get another link – up to six times a year.)

The young ones are no more dangerous than the adults. The venom is exactly the same but the young ones have much less. The danger lies in their small size and lack of noise; however, they are quite capable of delivering a bite as soon as they are born. Babies are born live at six to 9 inches long and a huge adult is very rarely more than four feet long. Despite stories of eight footers, they are in fact just that, stories. The venom of the Southern Pacific rattlesnake is highly toxic. The good news is that there is an anti-venom at most local hospitals and will be administered by a doctor.

If you should see a snake out and about or near your home, please follow the following:

Dos and Don'ts
Do wear good shoes/boots.
Do use a flashlight at night.
Do use common sense.

Be aware that snakes do not attack but will defend themselves if harassed.

Do not try to kill them, move them or try to catch them, keep in mind, no one has ever been bitten by leaving a snake alone! On YPG, call the Police Desk at 328-2seven20.

Do call for the snake catcher when entering long grass, scouting old buildings and rubbish piles etc... This is where the snakes like to hide.

Remember that your chance of survival is very good and that approximately 1seven percent of rattlesnake bites are "dry" meaning no venom was injected. It was a warning.

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Allergy causes in children:

What Causes Allergies?
Children get allergies from coming into contact with allergens. Allergens can be inhaled, eaten, or injected (from stings or medicine) or they can come into contact with the skin.

Some of the more common allergens are:

- Pollens from trees, grasses, and weeds
- Molds, both indoor and outdoor
- Dust mites that live in bedding, carpeting, and other items that hold moisture
- Animal dander from furred animals such as cats, dogs, horses, and rabbits
- Some foods and medicines
- Venom from insect stings
- Allergies tend to run in families.

If a parent has an allergy, there is a higher chance that his or her child also will have allergies. This risk

increases if both parents are allergic.
How Can I Help My Child?
Identifying and avoiding the things your child is allergic to is best.

If your child has an allergic condition, try the following:

- Keep windows closed during the pollen season, especially on dry, windy days when pollen counts are highest.
- Keep the house clean and dry to reduce mold and dust mites.
- Avoid having pets and indoor plants.
- Avoid those things that you know cause allergic reactions in your child.
- Prevent anyone from smoking anywhere near your child, especially in your home and car.
- See your pediatrician for safe and effective medicine that can be used to help alleviate or prevent allergy symptoms.

Common Allergic Conditions

Condition	Triggers	Symptoms
Anaphylaxis	Foods, medicines, insect stings, latex, and others	Skin, gut, and breathing symptoms that may get worse quickly. Severe symptoms could include trouble breathing and poor blood circulation.
Asthma	Cigarette smoke, viral infections, pollen, dust mites, furry animals, cold air, changing weather conditions exercise, airborne mold, spores, and stress	Coughing, wheezing, trouble breathing (especially during activities or exercise); chest tightness
Contact dermatitis	Skin contact with poison ivy or oak, latex, household detergents and cleansers, or chemicals in some cosmetics, shampoos, skin medicines, perfumes, and jewelry	Itchy, red, raised patches that may blister if severe. Most patches are found at the areas of direct contact with the allergen.
Eczema (atopic dermatitis)	Sometimes made worse by food allergies or coming in contact with allergens such as pollen, dust mites, and furry animals. May also be triggered by irritants, infections, or sweating	A patchy, dry, red, itchy rash in the creases of the arms, legs, and neck. In infants it often starts on the cheeks, behind the ears, and on the chest, arms, and legs.
Food allergies	Any foods, but the most common are eggs, peanuts, milk, nuts, soy, fish, wheat, peas, and shellfish	Vomiting, diarrhea, hives, eczema, trouble breathing, and possibly a drop in blood pressure (shock)
Hay fever	Pollen from trees, grasses, or weeds	Stuffy nose, sneezing, runny nose; breathing through the mouth because of stuffy nose; rubbing or wrinkling the nose and face to relieve nasal itch; watery, itchy eyes; redness or swelling in and under the eyes
Hives	Food allergies, viral infections, and medicines such as aspirin or penicillin. Sometimes the cause is unknown.	Itchy skin patches, bumps (large and small) commonly known as welts that are more red or pale than the surrounding skin. Hives may be found on different parts of the body and do not stay at the same spot for more than a few hours
Insect sting allergy	Primarily aggressive stinging insects such as yellow jackets, wasps, and fire ants	Anaphylaxis
Medication allergy	Various types of medicines or vaccines	Itchy skin rashes, anaphylaxis

You put your family's health first.
We do the same.



Pediatrician on-site during clinic hours

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