

THE OUTPOST

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Local Engineer: A Natural Leader

By Yolie Canales

Juan Elizarraras, team lead for the artillery folks at the Munitions and Weapons Division, had a strong desire while a student in high school to become an engineer. He was particularly passionate about nuclear power.

These interests led him to the Navy, where he could be assigned to a field promoting higher education. The Navy would even help pay for college.

"I joined right out of high school in 1993 and was immediately selected for the BOOST Program," said Elizarraras. "BOOST stands for 'Broadened Opportunity for Officer Selection and Training.'"

When the program was complete, he was awarded a scholarship to any university he wanted to attend. He chose the University of San Diego where he received a bachelor's degree in electrical engineering.

"Once I got my degree, I went back into the Navy as a submarine officer and served 8 years. It was the greatest experience of my life," said Elizarraras. He was put into a leadership position which he took seriously, for he possessed the qualities to lead others.

He separated from the Navy in 2007 as a lieutenant and began work at YPG immediately thereafter.



PHOTO BY YOLIE CANALES

Juan Elizarraras's long term goal is to become branch chief and thereafter, director of test. "I'm shooting for the stars, definitely," he said.

Though he had entered the Navy Reserve, due to the proving ground's heavy workload and long hours, he made the decision to resign.

Team lead duties:

As team lead, Elizarraras supervises five engineers. His job is to ensure budgeting for the programs is carried out and assures that customers are satisfied. He also provides guidance and support to the people who work under him. Leading test programs is another aspect of his job.

One particular test he recently oversaw was the M284 cannon tube evaluation project that ran for two consecutive weeks this past December. This was a Department of the Army project that required YPG's Munitions and Weapons Division to fire approximately 3000 rounds of ammunition around the clock.

"Being the main person in charge, it was my responsibility to order the ammunition, assure testing got scheduled, personnel were assigned work schedules based on a 24-7

timeframe, as well as ensuring the test was completed by the deadline and most importantly in a safe manner," said Elizarraras. "Every evening, before my shift was over, it was my responsibility to brief the commander on how the test was going and any discrepancies that needed to be addressed."

What prepared you to be a leader?

Being a leader comes second nature for Elizarraras. "When I became a submarine officer, I got thrown into leadership positions as soon as I got on deck," he said. Within two weeks, he had 15 people working for him, from senior personnel that had 18-plus years in the Navy right down to junior enlisted personnel who just came on board. "In leadership positions, you have to learn quickly and you learn to look for guidance not only from your seniors but from the actual personnel doing the work. With their aid, you gather the knowledge and tools you need to become an effective leader and be able to provide the same guidance for new guys coming in," he explained.

Challenges that occur on a daily basis -- How do you overcome them?

In a leadership position, there

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cost-effective, built
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are challenges that come with the job. For Elizarraras, it's personnel. He said every person is different. Some people have an inner drive and require minimal guidance, some have self-initiative they run with. Others require a great deal more guidance. "As a leader, I need to stay on top of personnel who require more guidance," said Elizarraras. "I need to ensure they produce the quality of work expected." Getting to know subordinates and understanding what approach to take is probably the most challenging aspect of his job. He also says, however, that letting them know they're doing a great job is as important as letting people know where they're falling short. "Feedback gives them the opportunity to improve, and feedback from them makes me a better leader" he said.

In your opinion, what makes a good leader?

A good leader is someone who knows their people and looks after them, he said. That leader makes sure his or her personnel have the

right tools, but, most importantly, get the right feedback. "Your people need to improve, do their job, but be happy at the same time," said Elizarraras. "A positive atmosphere plays an important role."

What are your goals for the future?

"I am currently working on my master's degree in engineering management," he said. "Within the next five years, I look forward to becoming branch chief, and 10 years from now, a director. I'm shooting for the stars, definitely," said Elizarraras with a smile.

What are you most proud of in your career thus far?

"I'm proud of the work we do here," he said. "I truly believe in what we do." Having been an officer in the military and serving a tour in Afghanistan, he has learned the job performed at YPG is to provide the best possible weapon systems for troops. "This feeling is great because it makes me feel that I'm still part of the military,

just as I was in the Navy, and the brotherhood and camaraderie is still part of me," he explained."

In a nut shell, how do you feel about your job?

"I love it. I love the camaraderie and the fact that I'm providing a service to my country by providing Soldiers the best product we can," he said.

Elizarraras, a native of Baja California, moved to Yuma at the age of four with his parents. He was raised in Yuma and attended local schools until he joined the Navy. In his spare time, he enjoys off-roading, deep sea fishing with his father in San Diego, but most of all, loves spending time with his eight and nine year old daughters, (Cecilia and Beatriz), and looks forward to when his oldest daughter, (Vanessa), a third year student at Arizona State University, comes home on weekends.

THE OUTPOST

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YPG hotel manager honored as one of the best

By Yolie Canales

InterContinental Hotels Group recently named Jody Sessions, general manager of the IHG Army Hotels at Yuma Proving Ground, among the winners of the 2014 Presidents Circle Award.

The award is presented to managers in IHG's company-managed hotels who achieved a perfect score in their annual performance metrics.

Sessions, who has been general manager for the hotel for four years for the Army and over five years for IHG, said this award is based on 10 metrics. "These metrics or goals, all revolve around guest and employee satisfaction, IHG Rewards Club recognition/enrollments and financials," said Sessions with a smile. "We achieved all 10 metrics in 2014."

The news came to Sessions in an unexpected way. "Though I kept a close eye on the objectives during the year to ensure that we were doing everything possible, the award itself took me by surprise," she said.

In the hotel business, everything revolves around guests.

"I'm fortunate to have a team dedicated to every guest that comes through our doors," she said. "They have the desire to go that extra mile, think about what they can do better and make our guests more comfortable." Many guests at the YPG hotel spend an immense time away from home, so there is a great deal of pride in serving



Jody Sessions, general manager and Nick Okada, guest service representative, take time out for a photo.

them, she went on to say. The hotel serves between 150 and 255 guests each month.

IHG Army Hotel at YPG, offers complimentary breakfast, free guest Internet, and weekly social activities. In addition, the hotel offers studio rooms and suites with fully equipped kitchens, and features a swimming pool, business center and fitness center.

For more information or to learn about career opportunities with IHG Army Hotels, visit IHGpal.com or IHG-veterans.jobs. To book a stay, visit www.IHGAmyHotels.com.

Voluntary Leave Transfer Program needs donations

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

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

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

- Essary, Gail, MICC, Care of spouse

with serious respiratory condition

- Heatwole, Amanda, MICC, Maternity/childbirth

- Hernandez, Lorraine, Mission, NEC

- Lindner, Kim, Mission YTC,

Wife has been diagnosed with metastatic nonsmall carcinoma likely of lung origin

* - Maytum, Michael, Mission YTC, Treatment of cancer

- Rios, Anthony, Garrison Fire Department, Caring for father during severe illness

- Trujillo, Robert, Mission YTC, Major surgery to remove left leg above the knee. Surgery due to infection in metal implants from accident in 2009.

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US ARMY GARRISON YPG - DIRECTORATE OF HUMAN RESOURCES

ATTENTION!



Official Mail and Distribution Center Update

Please note the following changes beginning

1 July 2015!

- ❖ The Contract Postal Unit window will no longer be operated.
- ❖ All outgoing mail that is not Official Government mail will go through the Post Office drop box located across from the Official Mail and Distribution Center. Oversized items will have to be sent from the nearest Post Office or Post Office Annex.
- ❖ Stamps are available at the AAFES Exchange.
- ❖ Additional lockers for oversize packages will be installed to accommodate delivery of personal mail.
- ❖ For more information regarding postal operations for personal mail please contact the Postmaster at 928-343-9416.



Restructuring leads to changes in postal services

Due to recent restructuring of the Logistics Readiness Center, the US Army Garrison Yuma Proving Ground Directorate of Human Resources will take operational control of the Official Mail and Distribution Center (OMDC) on July 1.

The process began when the Directorate of Logistics was relocated to the Army Material Command. The Directorate of Human Resources (DHR) has already accepted the financial responsibility of metered mail and oversight of the OMDC.

This process will result in changes in service. While every effort has been made to reduce the impact of the transition on the community, there will be two significant modifications to the OMDC.

The Contract Postal Unit (CPU) will no longer be supported and the delivery of official mail throughout the installation will cease.

Services previously obtained from the window on the private mail distribution side of the building, such as money orders, package shipping, and package pickup,

will not be available any longer. Stamps are currently available at the AAFES Exchange. Mail will still be collected by the Post Office from the drop box across from the OMDC. Private mail delivery will continue to the private mail boxes issued by Army Family Housing. Packages that will not fit in the lockers, due to size or availability, must be picked up at the Main Post Office in Yuma. Additional storage space is being procured and for oversize packages and is on track to be installed and available prior to July 1.

The other significant change will be the cessation of mail delivery to locations outside of the OMDC at 301 C. Street. Locations previously serviced by the mail courier will need to arrange to pick up mail from the OMDC. The DHR will be working with supervisors to ensure that appropriate authorization is on file for designated employees to retrieve mail received by the OMDC for transportation to their respective spaces.

For more information, contact Chris Lee at 328-2249.

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Vietnam War hero visits proving ground

By Mark Schauer

The first Congressional Medal of Honor winner to visit the proving ground in at least 30 years, retired Command Sgt. Maj. Bennie Adkins, spent a day at YPG late last month.

During his stay, he visited the operations of the Military Freefall School and met local dignitaries.

“From what I’ve seen of the personnel here and people from the community, they are quality folks, highly patriotic Americans,” he said.

Typically, a Medal of Honor must be conferred upon a Soldier within three years of the valorous event for which he or she is being recognized. In Adkins’ case, a special exception was made due to the tireless crusading of his superior officers over decades, along with new information about his valor from those who served alongside him during those four days in 1966. He received a phone call from the president in June of last year informing him of his award: it was presented at a White House ceremony in September.

“Since that period of time, my life has changed. To be honest with you, I’m not sure whether it is good or bad, but hopefully it is for the good,” said Adkins.

These days, he travels the country, speaking about patriotism and the military to audiences of all sizes and ages. He says he is delighted by the reception wherever he goes.

“I knew that the Medal of Honor was certainly held in high esteem by the military, but I didn’t know it was held super high among the civilian population, also.”

Adkins, who originally entered the Army in 1956 as a conscripted clerk, served three tours in Vietnam as part of Army Special Forces, spanning the days prior to the deployment of combat troops to the waning days when American withdrawal was

in progress. He recalls arriving for the first time as an advisor in 1963, dressed in civilian clothes and being told to get an international driver’s license. By the end of his last tour in 1971, his driver’s license photo was receiving far more attention than he ever imagined.

had just been removed from a Special Forces camp in the A Shau Valley, close to the Laotian border, and Adkins was tapped to replace him. The region was a significant entry point for men and materiel travelling along the so-called Ho Chi Minh trail, and the isolated camp

and the other men of Camp A Shau frantically engaged in the fight of their lives. A company of South Vietnamese soldiers associated with the camp defected to the North Vietnamese during the attack, creating a gaping hole in their defense. Adkins took an 81 mm mortar pit as a fighting position, and continued his counter-barrage even after sustaining intense enemy fire, going so far as to use ammo boxes to make a makeshift bipod when the weapon’s bipod was damaged. At one point, adversary forces began lobbing hand grenades into his pit: a South Vietnamese soldier took the brunt of one blast, losing a leg, and Adkins miraculously caught another in mid-air and threw it back.

“They lost interest in hand grenade fighting for a little while after that.”

The battle continued, however. At one point, Adkins and a South Vietnamese soldier had to run into a mine field to retrieve an errant re-supply drop. His comrade was wounded by gunfire, then shot dead while Adkins struggled to carry him back to safety. Exhausted and battered, the men of Camp A Shau were eventually favored with a break in the weather and an order to totally evacuate the post. Marine Corps helicopters were dispatched to facilitate the exit.

“They put 18 helicopters in the air, but only eight made it,” he said with a grimace.

There wasn’t enough room on the helicopters for everyone. With the executive officer, four South Vietnamese soldiers, and a mortally wounded American Soldier, the exhausted Adkins took to the surrounding jungle. They had little in the way of gear except for a then-state of the art FM radio.

“The antenna was shot off of it, but I was able to take that radio, use



PHOTO BY MARK SCHAUER

Yuma Proving Ground Commander Col. Randy Murray greets the first Congressional Medal of Honor winner to visit the proving ground in at least 30 years, retired Command Sgt. Maj. Bennie Adkins.

“They had a poster, ‘wanted, dead or alive,’ for me, and my photograph from that international driver’s license showed up on those posters.”

When his second tour began in late 1965, Adkins thought he would be an intelligence sergeant in the rear echelon.

“I said, ‘I can handle that. They even get beds to sleep in.’”

There was a change of plans when he arrived, though. The wounded A Company intelligence sergeant

was only accessible by air. In early March 1966, the camp was attacked by waves of Viet Cong and North Vietnamese forces.

“We were being mortared. They were hitting us heavy with rocket propelled grenades, they were using machine guns and individual weapons, even hand grenades,” he said.

Blindsided by the attack and immobilized by bad weather that made air travel impossible, Adkins

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my weapon for an antenna, standing in water, and communicate with an aircraft.”

Their luck still hadn't turned, though: enemy forces shot the helicopter down. Night was falling, and they were completely surrounded. The men finally caught an unexpected break from a four-legged inhabitant of the jungle.

“We started hearing a noise, and then started seeing an eye. We were so bloody and smelled so bad that a tiger stalked us. The North Vietnamese were more afraid of the tiger than they were of us - they backed off, and we were gone again. Fortunately, we were picked up the next day,” he explained.

It is reckoned that Adkins killed in excess of 100 adversary troops through the grueling four-day ordeal, and saved at least a dozen of his own men. He sustained 18 different

wounds, from shrapnel to gunshots. Through it all, he maintained an unshakeable will to survive.

“It was not my day to go,” he said. “I didn't have any fear or any doubt in my mind that I would make it out, even if I had to walk. That would have been about 40 miles.”

Adkins retired from the Army a dozen years after his harrowing experience in the A Shau Valley. His last post was as Command Sergeant Major at Fort Sherman, Panama, which these days is sometimes used by YPG's Tropic Regions Test Center to test equipment in a realistic jungle environment. Despite his substantial heroics, Adkins is humble about the extremely rare honor he possesses.

“A person does not attempt to earn any type of medal,” he said quietly. “That's something bestowed upon you by your command and other individuals in battle with you.”

FROM PAGE 3

TRANSFER

- Turner, Mitchell, Mission, NEC, Cervical Neck surgery

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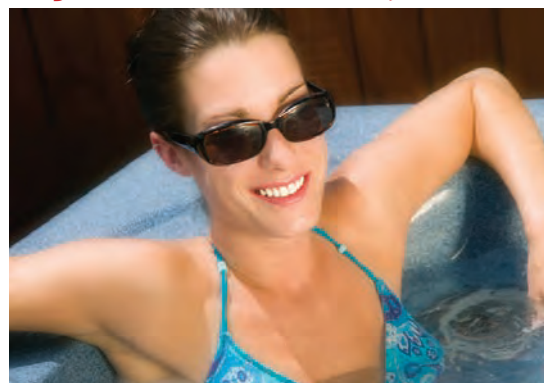
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New gun mounts cost-effective, built to last

By Mark Schauer

As the busiest test center in the Army, YPG evaluates virtually every piece of equipment a Soldier is likely to put his or her hands on.

Since items under test are often inherently dangerous, the safety of evaluators is a key factor. Many of the fixtures and components to support this vigorous testing are not available on the commercial market, or need to be extensively modified for the proving ground's needs.

YPG boasts a developmental engineering team and skilled machinists who frequently conceive of and build elaborate test fixtures, but some projects are just too big for the proving ground's capabilities. It is then that YPG relies on its strong relationships with sister installations to meet the mission.

Recently, the item in question was an approximately 15,000-pound steel gun mount used to hold cannons of all sizes, from 25mm up to 155mm. YPG's current fleet of these fixtures are approximately 40 to 50 years old, half of which are worn beyond usability and repair.

"We use the fixtures for a significant portion of our ammunition testing," said Pierre Bourque, team lead. "It is a critical piece of test infrastructure and the hardware we've got predates the experience of almost everybody currently working at YPG."

Worse, some of the mounts

came to the proving ground in the late 1980s from the now-defunct Jefferson Proving Ground, Indiana, and all schematics and plans for them were lost. Other mounts in the inventory had rudimentary plans from the 1970s or earlier that once got the job done, but are inadequate for modern manufacturing techniques.

The mounts aren't much to look at, except perhaps to those with a highly keen appreciation of abstract art. So what was so complex

engineering went into converting the drawings and the actual manufacturing."

Since YPG doesn't have the capability to manufacture the mounts, test planners turned to sister installation Aberdeen Proving Ground (APG), which boasts a modern 70,000 square foot welding shop, a large offset mill, and institutional expertise in the artillery-testing mission in general and these exact gun mounts in particular.

"We refined the drawings,

project on how to build the mount. There were a great many practices and procedures we had to review to find the most efficient way of building these."

The mounts themselves are brutal hunks of extremely high quality steel, but with delicate sub-assemblies that need to accommodate the extreme repeated concussion of cannon fire on virtually a daily basis, for decades, without fail. Precision became the watchword.

"Tolerances were tight

the final assembly was put on another sub-assembly."

The new mounts have a host of upgrades over their predecessors. Significant advances in metallurgy and welding techniques in past decades mean a more robust fixture, and an extensive analysis of the various elements in the mount provides an exact idea of which parts of the item are most prone to metal stress.

"One of the biggest threats to the longevity of the item is stress cracks that usually occur in the weld area," said Borzatti. "The model we have now has shown us where those high-stress areas are."

In the end, the first mount was trucked to YPG and recently saw action in the first of what will be many tests. Though the previous mounts provided decades of useful service, testers believe the new ones will do likewise with fewer costly maintenance inspections and repairs than in years past. As it stands now, the most conservative estimate of the cost savings achieved by producing these mounts within the command is on the order of \$1 million.

"We know they last a long time because the last generation served the better part of 50 years," said Bourque. "The next generation should last that long, but now that we have engineering background on stresses and fatigue areas, we can tailor our sustainment methodologies to be much more efficient."



YPG Commander Col. Randy Murray (far left) and Technical Director Julio Dominguez (far right) gather to present medals to engineers James Borzatti (center left) and Bruce Rose to recognize their contributions in making the new gun mounts a reality. Manufacturing the mounts within the Army Test and Evaluation Command saves the American taxpayer over \$1 million.

about replacing a large hunk of metal?

"It has extremely tight mechanical tolerances because it needs to be able to hold a cannon in position to within fractions of a millimeter," said Bourque. "A great deal of clever

putting them in a computer-aided design format and adding additional details and comments," said James Borzatti, mechanical engineer in the engineering design and development branch at APG. "It turned into a grand methodology

and strict," said Bruce Rose, experimental fabrication division chief at APG. "Many of the larger components required that the various faces machined on them would take place in multiple steps. Some of these had 13 or 14 iterations before

March is National Nutrition Month, so start making good food choices

By Karla Dumas, Registered Dietitian Nutritionist

While balancing your schedule between classes, studying, friends, work and maybe even sleep, you may not give much thought to what your next meal will be. But before you grab that cheeseburger or pepperoni pizza, remember: what you put into your body today can set the stage for the rest of your life.

With March being National Nutrition Month, now is a good time to focus on making informed food choices.

Recently, the nation's top health and nutrition experts made recommendations for the country's upcoming 2015 dietary guidelines.

That advisory committee's recommendations highlighted our country's "suboptimal" dietary patterns. Our eating behaviors have

contributed to more than two-thirds of adults and one-third of children becoming overweight or obese.

Diet recommendations can be misrepresented to the public thanks to the work of certain food-interest groups that are more focused on selling their product than furthering

SEE **FOOD** page 8



Women's History Month: What's the theme of this year's Women's History Month?



Every year there's a different theme for the month-long celebration in March of Women's History Month. The 2015 theme is Weaving the Stories of Women's Lives. According to the National Women's History Month organizers, this theme "presents the opportunity to weave women's stories - individually and collectively - into the essential fabric our nation's history."

Accounts of the lives individual women are critically important because they reveal exceptionally strong role models who share a more expansive vision of what a woman can do. The stories of women's lives, and the choices they made, encourage girls and young women to think larger and

bolder, and give boys and men a fuller understanding of the female experience. Knowing women's achievements challenges stereotypes and upends social assumptions about who women are and what women can accomplish today

There is a real power in hearing women's stories, both personally and in a larger context. Remembering and recounting tales of our ancestors' talents, sacrifices, and commitments inspires today's generations and opens the way to the future.

2015 is also the 35th anniversary of the Women's History Movement and the National Women's History Project.

VIEWPOINTS

By Mark Schauer

March is Women's Equality Month. We asked members of the workforce to reflect on some of their favorite women in history.



Kim Alford

Civilian personnel office chief

There are a lot of strong females I admire who paved the way for women in the United States. One is Condoleezza Rice, not just for the fact that she was in the political realm, but as a strong African-American female. Supreme Court Justice Sonia Sotomayor is another that I really admire, as is Pat Summitt, the Tennessee lady volunteers basketball coach who never had a losing season and is third all-time in NCAA basketball championships.

Stefanie Jacobs

Operations research analyst

Mother Theresa. She sacrificed a lot of herself to do things for everybody else. She went out wherever she could to help others in need. Even with all of her fame, she lived in poverty and used it all to help everybody else.



Chuck Crawford

Range control specialist

I like Rosa Parks. She was someone who stood up for equal rights, which took a strong person in that time and place. She was an ordinary person who said, 'I've had enough of this. I'm like you, like anyone else, I have a right to ride here.'

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FROM PAGE 7

FOOD

public health. We've been told to follow low-fat diets, high-protein diets and everything in between. Despite the flood of products catering to these types of diets in the grocery store aisles and restaurants, research indicates more Americans are becoming overweight or obese and getting sicker each year.

However, the 2015 Dietary Guidelines Advisory Committee made strong, clear recommendations that show the least amount of political influence that we've seen in decades. Their advice? Adopt a plant-strong diet, meaning more fruits and veggies and fewer animal products.

We need to put the emphasis back on whole, minimally processed foods, the best type of fuel to look and feel great now, while protecting you for years to come.

And you can start making small, impactful changes right now.

While the Academy of Nutrition and Dietetics encourages us to "bite into a healthy lifestyle," the first bite could be to join the global meatless movement. Choosing to take a weekly holiday from meat is an easy way to enjoy more plant-strong meals.

As college dining services are offering more meatless options every day, some are dedicating entire dining halls to meatless meals. The University of North Texas, for example, was first in the nation to offer a meat-free dining hall with the majority of dinners not vegetarian or vegan, but simply wanting delicious,

satisfying, healthier meals. Choosing meatless meals is easy on our time and wallets. At home, these meals can be prepared using a microwave, can opener, blender and stove or hot plate. Fill up on protein-rich foods like a zesty bean and rice bowl, Mediterranean flatbread with hummus and olives, potato and chickpea curry, white bean chili or vegetable lo mein. The benefits of a plant-strong diet reach even beyond our own personal health. The Dietary Guidelines Advisory Committee reported that a diet higher in animal-based foods leads to increased greenhouse gas emissions, land use, water use and energy use. That's right — choosing more meatless meals helps protect the environment as well as your own health.

Reducing meat consumption also reduces the number of animals exposed to inhumane factory farms practices. This is why the Humane Society of the United States embraces the Three Rs of eating: "reducing" or "replacing" consumption of animal products and "refining" our diets by choosing products from sources that adhere to higher animal welfare standards.

Improving our health — and the health of the planet — can be overwhelming. But in this case, we have the potential to make a significant difference one bite at a time.

Karla Dumas is a Registered Dietitian Nutritionist with The Humane Society of the United States.

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Ammo plant worker returns with prosthesis leg

By Mark Schauer

After a five year ordeal, ammunition plant worker Robert "Smokee" Trujillo has finally caught a break.

Seriously injured in a highway accident on his way to work in 2009, Trujillo captivated YPG's attention with his valiant effort to save his shattered left leg.

Through surgeries, rehabilitation efforts and multiple infections, he returned to work and seemingly beat the odds. Unfortunately, a particularly serious infection made further attempts to save his leg futile. Giving in to the inevitable, doctors amputated Trujillo's leg last October. He consented to the procedure in part thanks to advances in prosthetic limbs that made continuing in his physically demanding job feasible.

"It took five years for technology to catch up so I could have a new leg and come back to work and do my job," said Trujillo.

Waterproof and dustproof, the prosthetic is built tough, with a carbon fiber shield covering everything except a titanium piston. The foot is made of a composite material used in helicopter blades, and utilizes four electronic sensors to help mimic the natural movement of a human foot. Everyone agreed that it was the most suitable prosthetic available for Trujillo's needs, but there was still much to be done.

"After the surgery, all the muscles in my leg became like pudding. They were soft and there

was no controlling the leg muscle."

Though back at work on light duty since January, Trujillo still has a great deal of physical therapy in front of him.

"Learning how to walk again is one of the hardest things I've ever done. You don't use the same set of muscles you did before. All the muscles have to be retrained to do something different."

Yet he has made significant progress in a short time. More importantly, he hurts far less than he did prior to the amputation, though he still has phantom twinges of pain that he hopes will eventually subside.

"Now I can walk fairly well, but I have to be careful stepping down from a curb. If I'm not paying attention, I'll lose my balance since this leg doesn't support my weight like before."

Trujillo credits a positive attitude with sustaining him through the grueling saga.

"A positive attitude means a lot. If you think you're not going to be able to do it, give it a shot anyway: you may be able to pull it off. If you fail, oh well, pick yourself up and try again a different way."

He is also grateful for the scores of hours of leave that fellow workers donated throughout his recovery by way of the Voluntary Leave Transfer Program. Without this help, he said, he would have been ruined financially.

"YPG people came through like gangbusters and saved the day. They're the ones I'm proud of."

PHOTO BY MARK SCHAUER



Robert 'Smokee' Trujillo is grateful for the scores of hours of leave that fellow workers donated throughout his recovery by way of the Voluntary Leave Transfer Program. "Without this help. I would have been ruined financially."



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PHOTO BY MARK SCHAUER

YPG participates in Arizona Archeology Expo

Yuma's Quartermaster Depot State Historic Park hosted this year's annual Arizona Archaeology Expo, and YPG's display was popular with kids and adults alike. Here, YPG archaeologist K.D. Tyree shows visitors a variety of genuine and reproduction artifacts from Camp Laguna, the only one of 14 World War II-era desert training centers within the boundaries of an active Army post.

Apply today for AWC Scholarships

It is scholarship season at Arizona Western College and students can apply for scholarships right now. The deadline to apply for scholarships is Wednesday, March 18th. Scholarship opportunities are available to both incoming new students and continuing AWC students. To apply, please visit the AWC Foundation at <http://foundation.azwestern.edu/scholarships.html>. In addition to the scholarship application, all

students must complete and submit the 2015-2016 FAFSA (Free Application for Federal Student Aid) to be considered for scholarships. Please contact the AWC Financial Aid Department with any questions regarding FAFSA. Click on the "Application Process" button for helpful information and detailed instructions on the application process.

Since 1963, the Arizona Western College Foundation has been dedicated to empowering people to reach their educational and career aspirations by enhancing access to learning opportunities. As part of this mission, the AWC Foundation provides scholarships to students attending Arizona Western College. All available scholarship opportunities are posted on our website at www.foundation.azwestern.edu under the scholarship tab. For more information, contact:

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- 1) Your garage sale ad is listed in the Yuma Sun on **Friday and Saturday** (March 20, 21) and is included in a map with addresses. Your sale is also promoted **online on YumaSun.com**. Your ad will include up to 20 lines to list items available at your sale.
- 2) A garage sale kit with signs and stickers is included in your package.
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Feeling weak or tired: You may be iron deficient

Submitted by Paul J. Kilanski, ACS Master Resilience Trainer

Feeling weak, tired, dizzy, or having trouble concentrating? Your body may not have enough iron (in other words: you may be iron deficient).

Iron deficiency occurs more frequently in women than men and impacts the amount of oxygen that can travel to your major organs and brain.

Adding iron to your diet can help boost your performance, mood, and readiness.

1. You Should Get About 18 Milligrams of Iron a Day
Female Soldiers, ages 18 to 50 years old, need about 18 milligrams (mg) of iron each day to avoid iron deficiency.

How can you squeeze in 18 mg? Lean red meat, fish, or poultry are good sources of iron.

As a general rule of thumb, the iron from meat and seafood is the easiest for your body to use and absorb.

You can also get iron from plant sources like vegetables and beans — just make sure to add a source of Vitamin C to help your body better absorb the iron.

2. Foods That Contain Iron Include Cereals, Spinach, Lean Red Meats, and Beans.

SEE **WEAK** page 11

CHAPLAIN'S CORNER

Springtime

By Chaplain Douglas (Maj.) Thomison

Good day Yuma Proving Ground. This edition of the Outpost arrives to you near St. Patrick's Day, which means that spring is imminent. Some places in America are surely awaiting this change in season. Adrienne Cook once said, "St. Patrick's Day is an enchanted time – a day to begin transforming winter's dreams into summer's magic." Thus, if you or loved ones afar have had a challenging winter, indeed spring is on its way. If your winter wasn't too harsh, still embrace this wonderful time of the year.

Still thinking of March 17th and St. Patrick's Day, which honors the patron saint of Ireland and is a traditional day for spiritual renewal, it comes at not only a transitioning period of the calendar year, but points to hope for tomorrow. To assist us in pondering the wonderful possibilities

of life, here are a few longstanding thoughts equated with this special day:

"May your troubles be less, your blessings be more, and nothing but happiness come through your door."

"Wishin' you a pot o' gold, and all the joy your heart can hold."

"A good friend is like a four leaf clover: hard to find and lucky to have."

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

Ladies and gentlemen I hope and pray you have a wonderful transition to spring. Remember, today is a great day, to have a great day. So have a great day! I will close with the following blessing: May the strength of God pilot us, may the wisdom of God instruct us, may the hand of God protect us, may the word of God direct us. Be always ours this day and for evermore. (St. Patrick)

FROM PAGE 10

WEAK

Trying to get in your iron today? All it takes is chowing down on one of the following:

- Try a fist-sized portion of lean red meat, fish, or poultry.

- Have a bowl of fortified cereal, such as Total or Product 19, in the morning. Drink a glass of orange juice to help absorb the iron.

- Eat a spinach salad or two slices of whole-grain bread. Pair each option with foods high in Vitamin C (try red and green peppers, kale, broccoli, or mango).

- Dig into a cup of beans topped with veggies. Add tomatoes and onions for a boost of Vitamin C.

Female Soldiers who know they're at risk for anemia or who struggle to meet the recommended amount of iron in their diet (vegetarians, we're talking to you) should ask their health care provider about taking

an iron supplement.

3. Intense Physical Exercises May Decrease Your Iron Levels (READ: Basic Training or the APFT)

Ladies, do you have the Army Physical Fitness Test or an endurance event coming up? If the iron-rich foods mentioned above are not a normal part of your diet, consider fueling up before and after the event. In one study, one in three female Soldiers showed low levels of iron in their blood after basic combat training (BCT).

4. Low Iron Levels May Impact Your Performance

Iron levels are an important factor in a female Soldier's physical and mental performance.

In another study, after BCT, women with tapped-out iron stores ran slower and performed worse on cognitive tests compared to women with iron-rich blood.

To maximize your performance, make sure to eat iron-rich foods daily.



Side By Sides



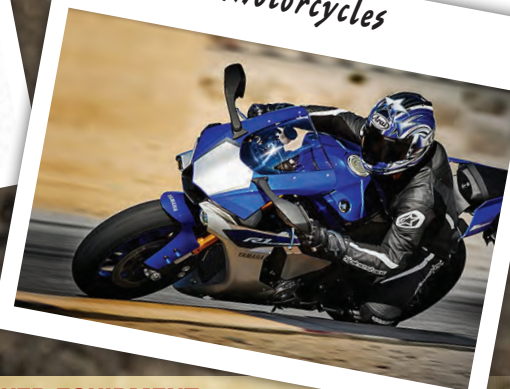
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