

## Dedication and devotion: YPG marks 15 years since 9/11

By Mark Schauer

By turns somber and passionate, Yuma Proving Ground remembered the 15th anniversary of the September 11th terrorist attacks in a Patriot Day ceremony early this month.

Over 100 members of the workforce participated in commemorative events, from a five kilometer remembrance walk-run in the quiet early morning hours prior to the start of the work day to a formal mid-morning ceremony and 9/11 history seminar at YPG's Heritage Center Museum.

In remarks at the ceremony, Col. Randy Murray, YPG commander, reflected upon the bitter losses of that grim day.

"On September 11, 2001, our memories and consciences were seared by the sight of mighty buildings burning and collapsing, and the bitter knowledge that more than 3,000 of our fellow citizens, people like you and me going about their daily business, were cruelly murdered," he said.



YPG commander Col. Randy Murray delivers poignant and resolute remarks at YPG's commemoration of Patriot Day earlier this month. "Since 9/11, thousands of Soldiers, Sailors, Marines, and Airmen have made the ultimate sacrifice to defend our nation and values," he said. "But thousands—I repeat, thousands—more of our troops were saved from death and injury by the work performed by our dedicated employees at Yuma Proving Ground." (Photo by Chuck Wullenjohn)

Murray gave particular credit to the heroism displayed by the more than 400 police officers and fire fighters killed in a valiant effort to save others that day.

"We mourn their loss and honor their sacrifice, but also take comfort and pride in the knowledge that there are millions of other first responders who would, without hesitation, do the exact same thing," he said. "That includes the police officers and firefighters of YPG."

This sentiment was vigorously endorsed by Lt. Sean Underhill of the YPG Police Department, who served as part of the event color guard. On September 11, 2001, he was a college student in the Reserve Officers' Training Corps. An Army veteran today, he says he didn't imagine back then that 15 years later he would be serving the nation in another uniform.

"It's the same mentality in the military, law enforcement, and in fire-fighting: If we hear danger, we run toward it," he said. "Even if we knew a building was about to

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# I can see! Testing goggles in Alaska's frozen interior

By Mark Schauer

Soldiers depend on every piece of equipment issued to them so they can work anywhere in the world.

This holds especially true in extreme climates, and applies even to equipment that the ordinary person wouldn't think about, including goggles.

This past winter, five candidates participated in a trial in subzero temperatures to replace the current standard issue goggles at U.S. Army Cold Regions Test Center (CRTC), Alaska.

Eye protection is critically important in combat conditions, particularly in extreme cold weather, where ambient temperatures are usually far below that of the human body. Fogged-up lenses are an irritant in any situation, but could be deadly in combat.

"Once the lenses fog, if you lift the goggle away from your face, the introduction of the very cold temperatures freezes the fog into an ice," said Dan Coakley, test officer.

"Once they are iced up, they are a blurry mess and it's a real problem: You have to be able to see."

Aside from subjective things like comfort and fit, the test sought to discover facets of the goggles that could make them unsuitable for combat operations in extreme cold conditions. Are dual-pane goggles beneficial for an Arctic combat Soldier's unique needs? Do the goggles interfere with a Soldier's ability to properly sight a weapon, or impact visual acuity while driving a combat vehicle? How practical is a pair of heated goggles in field conditions where re-charging batteries might be difficult or impossible?

To answer these questions, CRTC personnel and Soldiers from Fort Wainwright's 25th Infantry Division in Alaska put the goggles through their paces over the course of several weeks. Rotating teams of 10 Soldiers participated in daily two multi-mile road marches while wearing the eyewear. The length of time it took



Eye protection is critically important in combat conditions. With the participation of Soldiers from Fort Wainwright's 25th Infantry Division, CRTC's multi-week test of five candidates to serve as the Army's new standard-issue goggles sought out facets of each that could make them unsuitable for combat operations in extreme cold conditions. (Photo by Sebastian Saarloos)

each Soldier to remove and put on a pair of goggles in temperatures well below zero was measured, as well as the length of time to remove and store them.

For their part, participating Soldiers appreciated the ability to

influence what could eventually become standard Army issue.

"It's interesting: I've never been involved in something like this before," said Spc. Michael Hernandez. "I think putting our input in will make an impact."

## THE OUTPOST

The Outpost is an unofficial publication authorized under provisions of AR 360-1. The Outpost is published every two weeks by the Public Affairs Office, Yuma Proving Ground. Views and opinions expressed are not necessarily those of the Army. This newspaper uses material credited to ATEC and ARNEWS. While contributions are solicited, the PAO reserves the right to edit all submitted materials and make corrections, changes or deletions to conform with the policy of this newspaper.



News may be submitted to:  
The Editor, Outpost, Yuma Proving Ground, Yuma, AZ, 85365.  
Phone: (928) 328-6149 or DSN 899.  
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# Public YPG presentations coming to Yuma libraries

By Chuck Wullenjohn

Though we in the Yuma area continue to stoically put up with the high heat of the desert that always comes this time of year, it won't be too long before the temperature cools and vacationers again flock to Southwest Arizona. After all, we locals know better than anyone that nothing can compare to the moderate weather of a Yuma winter!

Yuma Proving Ground engages in a wide variety of Yuma community events each year and we in the Public Affairs Office have been busy making arrangements for many weeks. Highlights include an Army band concert of holiday music on December 7th, parade entries in both the annual Veterans Day and Silver Spur Rodeo parades, ten public tours held in conjunction with the Yuma Visitors Bureau, and a great deal more.

A particular highlight of our winter outreach schedule deserves mention – the presentations by YPG speakers to take place at the Yuma County Main and Foothills libraries. These presentations feature experienced speakers using PowerPoint slides to illustrate the topics each has researched himself. All the presentations are free and you are invited to attend. Tickets are not needed. You're bound to find the experience educational, interesting and fun. Following are the presentations on tap for the 2016/2017 winter season:

**November 9, 2016;**

**Presenter: Chuck Wullenjohn, YPG Public Affairs Officer**

"The U.S. Flag and the U.S. Army – Two Destinies Intertwined." The U.S. Army won and then protected America's liberty throughout our history – essentially, there would be no United States without the Army. Learn the colorful history



Yuma Proving Ground engages in a wide variety of Yuma community events each year, including an annual series of presentations by YPG speakers that take place at the Yuma County Main and Foothills libraries. Here, a large audience listens to YPG public affairs officer Chuck Wullenjohn deliver a presentation at Yuma County's main library last year. (Photo by Mark Schauer)

of our national flag and interesting, important facts about Army life.

10 a.m. – Foothills Library

3 p.m. – Main Library

**November 30, 2016;**

**Presenter: Bill Heidner, Director, Heritage Center and Museum**

"From Patton to Victory – Dynamic Army Training in the Southwest Helps Bring About World War II Victory." Perhaps the most celebrated general officer of World War II, Gen. George S. Patton, established the Desert Training Center, with Yuma as its southern anchor. Over 1.5 million Army troops came to the Desert Southwest to train for battle. It was an amazing undertaking that helped shape the Army for victory.

10 a.m. – Main Library

3 p.m. – Foothills Library

**December 13, 2016;**

**Presenter: Mark Schauer, The Outpost Editor**

"UFOs? Cold War Frost in the Yuma Desert." In the 1950s, Yuma Test Station Soldiers reported seeing something in the night sky never definitively explained. Was it an intercontinental missile from the Soviet Union? Natural phenomenon?

Spacecraft from another planet?

10 a.m. – Foothills Library

3 p.m. – Main Library

**January 24, 2017;**

**Presenter: Bill Heidner, Director, Heritage Center and Museum**

"The Most Significant Explorer You Never Knew -- William Emory." The founding of the American West was possible largely to a group of Army officers who belonged to the Corps of Topographical Engineers. Among the most influential was Lt. William Emory. Never heard of him? Come learn about this great explorer who gave early American pioneers so much knowledge of the Southwest.

10 a.m. – Foothills Library

3 p.m. – Main Library

**February 2, 2017;**

**Presenter: Chuck Wullenjohn, YPG Public Affairs Officer**

"Help Never Came – The 75th anniversary of the early World War II Military Tragedy on Bataan and Corregidor." Early 1942 witnessed the largest surrender of U.S. forces in the history of our nation. At Bataan and Corregidor, upwards of 70,000 U.S. and Filipino troops held out for many months against overwhelming odds. The bitter and infamous Bataan Death March resulted, an event that became a battle cry for Americans throughout World War II. The story of what occurred is one of courage and tenacity that has been forgotten by many, but richly deserves remembering.

10 a.m. – Foothills Library

3 p.m. – Main Library

**February 15, 2017;**

**Presenter: Mark Schauer, The Outpost Editor**

"UFOs? Cold War Frost in the Yuma Desert." In the 1950's, Yuma Test Station Soldiers reported seeing something in the night sky never definitively explained. Was it an intercontinental missile from the Soviet Union? Natural phenomenon? Spacecraft from another planet?

10 a.m. -- Main Library

4:30 p.m. – Foothills Library

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## SHOOT'IN THE BREEZE

# Now, don't touch that dial...

By David J. Horn

Gooooo Morrrrning Y...P...G!! You are tuned in to WYPG Radio, the Voice...of Yuma Proving Ground...and northern...Dome...Valley. You are listening to the "Dave's Desert Rat Morning Show," keeping you up to the minute on all events that shape your day at Y...P...G.

As always, I'm going to start off the morning broadcast with the Highway 95 traffic report. Let's see here...once everyone gets past that new bridge construction site, there's agricultural and bicycle traffic moving northbound on the right shoulder about 15 mph. Traffic in the northbound lane is moving smoothly at about 55 mph. South bound traffic is weaving in and out of the southbound shoulder trying to avoid all the northbound traffic passing everybody in the southbound lane... Whoa!!!!

In news headlines this morning, I want to make sure everybody knows about the upcoming Cholla Cactus Festival, to take place up on Main Street, in Yuma's Historic North End. Just be sure to bring a pair of pliers with you in case you touch, accidentally bump into, or step on anything...but other than that, have a great time!

All right...today's weather report



is brought to you by the ACME Tank Corporation, currently in the middle of their 2016 model year end-of-summer clearance sale. Stop in and talk to one of their professional tech reps, and tell them Dave sent you. Current temperatures around the area include 77 degrees in the ROC cafeteria, minus 20 degrees up in the cold chamber, and 102 degrees in my next door neighbor's cubicle. Tomorrow's weather will be sunny and hotter! Yes, get out there and enjoy the last of these wonderful days where the water in your backyard pool is at a nice and warm 85 degrees. Just make sure you always carry lots of water in your vehicle in case you're out running around off-road somewhere and you really do discover that the only real difference between two-wheel drive

and four-wheel drive is how far you have to walk after you get stuck. Be sure to pass on this important safety tip to all the new folks in town who are sweating out their first...Yuma...summer.

Great news in regional sports today! We just received word that a major league baseball team may be relocating to Yuma! They would be setting up shop in our new

sports complex off 16th Street, and in a move similar to the Arizona Cardinals, they will keep their same team name. So, let's all get out there and give our support to the YUMA MARINERS!!!

Well, that brings me to the end of today's show. Have a great rest-of-the-day and be sure to tune in here again tomorrow...same Bat Time...same Bat Channel.

## Attentive service



James Knight (right), grocery manager at YPG's Defense Commissary Agency, helps a customer in the store recently. A 14-year veterans of the grocery business, Knight credits his father with instilling in him high standards of humility, kindness and the willingness to go the extra mile to help others, all of which help him in his chosen field. He enjoys giving back and interacting with people in his personal life, refereeing basketball games and spending time with his family. (Photo by Teri Womack)

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# PATRIOT DAY

FROM PAGE 1

collapse, we would go in and try to get out as many people as possible. Every day we put on the uniform we know we may not go back home, and we've accepted that risk."

Murray also asked the audience to remember the burden borne by our nation's Soldiers and the key role YPG played in saving countless others from death and injury.

"Since 9/11, thousands of Soldiers, Sailors, Marines, and Airmen have made the ultimate sacrifice to defend our nation and values," he said. "But thousands—I repeat, thousands-- more of our troops were saved from death and injury by the work performed by our dedicated employees at Yuma Proving Ground. Our workforce proved year after year that it will rise to any challenge if it involves protecting our nation and its troops."

Murray said this important work could not have been accomplished without the longstanding support of the Yuma community, which YPG has enjoyed for the past 65 years.

"The citizens of Yuma County are the most patriotic and supportive of the military that I have encountered in my more than 26 years in uniform. Local government organizations like



From left, color guard members Sgt. Joshua Martinez of YPG's Airborne Test Force, Firefighter Luis Lopez of the YPG Fire Department, and Lt. Sean Underhill of the YPG Police Department, prepare to raise the flag. (Photo by Mark Schauer)

Yuma County and the City of Yuma have always given their utmost to help us carry out our vital mission."

After the ceremony, attendees heard a presentation from Heritage Center Curator Bill Heidner that explored the complex, decades-long road to 9/11, hitting on historical flashpoints from the Iranian Hostage Crisis of 1980 to the assassination



The color guard reverently raises the flag. The members of the color guard represented both Soldiers and civilian first responders in honor of those lost on September 11, 2001. (Photo by Chuck Wullenjohn)



The flag flew at half-staff in honor for those who perished that tragic day 15 years ago. "Our nation's enemies have seen that nothing can ever break the will of the American people to live in freedom and security," said Col. Randy Murray. "Together, the American people will always remain vigilant and will never falter. Let this day always be a reminder of that." (Photo by Chuck Wullenjohn)





Audience members at the ceremony reflect on the 15th anniversary of the nation's deadliest attack. "I'm sure that everyone in this audience remembers exactly where they were and what they were doing when they first heard the terrible, unbelievable news," said YPG Commander Col. Randy Murray. "It was a grim watershed in our nation's history." (Photo by Chuck Wullenjohn)

of Egyptian President Anwar Sadat in 1981, among others. Heidner noted that eight emergency medical technicians from private ambulance companies were among the first responders killed in action that day, and that some of the valiant civilians killed saving others were Army veterans.

"There were other people responding that day—people I like to call 'Soldiers for life,'" said Heidner.

One example Heidner discussed was Rick Rescorla, a retired Army officer who was security chief for the financial company Morgan Stanley, the officers of which were located in the World Trade Center. Prior to

the first terrorist assault that building suffered—a truck bombing in 1993—Rescorla had accurately identified the vulnerability of the building, to no avail. After security upgrades were made after the 1993 attack, Rescorla and his staff predicted that a future strike would come by air, and instituted frequent employee evacuation drills and education campaigns. When the planes struck the towers that fateful day, Rescorla led an evacuation of Morgan Stanley employees while other building occupants were being told to shelter in place.

"On 9/11, he saved nearly all of Morgan Stanley's 2,687 people from

being killed," said Heidner. "He wanted full accountability of his people—he was ever the Soldier—and was last seen going back up the stairs. His remains were never found."

Murray vowed to continue to honor the sacrifices wrought by the September 11th attacks and urged others to live by the attack's important lesson.

"The effort to protect our country continues," said Murray. "If 9/11 taught us one thing, it is that we can never take for granted that the victories won on behalf of freedom will endure -- they must be vigorously defended by a new generation. Our nation's enemies have seen that nothing can ever break the will of the American people to live in freedom and security. Together, the American people will always remain vigilant and never falter."



YPG Heritage Center curator Bill Heidner speaks about the long, complex road to the tragic events of September 11th in a thoughtful post-ceremony presentation. He noted that many acts of heroism at the World Trade Center that day were performed by civilians with prior military service. (Photo by Mark Schauer)

## Donation helps keep swim team afloat



Members of the International Association of Machinists and Aerospace Workers Border Lodge #2282 recently donated \$1,500 to Yuma's Cibola High School Swim and Dive Team. "We're trying to help offset their costs and keep the kids active," said Rob Kimber. Here, heavy equipment mechanics (from left) Ben Bendele, Kimber, and Anthony Pegram, present the check to the team's booster club officials as the swimmers look on. (Loaned photo)



Many members of the workforce began the day participating in a vigorous five kilometer walk-run dedicated to the first responders of 9/11. A formation of primarily Soldiers led by YPG commander Col. Randy Murray added an extra lap around the post's Howard Cantonment Area before crossing the finish line. (Photo by Mark Schauer)





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## CHIEF'S CORNER School is in session

By D.L. Brown, YPG Chief of Police

Yuma County Area Schools reopened their doors to students in the last few weeks, and with the return of students comes traffic congestion around the schools.

Drivers are reminded to be more vigilant and more careful on the roads where students are present. To protect local kids, we recommend parents give themselves extra time in the morning to account for congested traffic around schools. Drivers are further reminded that speed limits in and around school zones drop down to 15 mph at the beginning and end of the school day.

In Arizona, when approaching a school bus that is picking up or dropping off passengers you must come to a complete stop before reaching the bus, regardless of your direction of travel. A school bus will have alternating flashing lights and a mechanical stop-sign arm extended while passengers are entering or leaving the bus. You must remain stopped until the school bus moves ahead or until the stop-sign arm and flashing lights are no longer shown. You are not required to stop for a school bus when traveling in the opposite direction on a divided highway: A divided roadway is one in which the road is separated by physical barriers such

as a fence, curbing or separation of the pavement. Roadway striping by itself does not constitute a physical separation of the roadway.

All drivers should put cell phones and other handheld devices away so they can't be reached while driving. National Highway Transportation Safety Administration statistics show crashes in school zones skyrocket in September when kids have returned to school, and that most of these accidents are caused by distracted driving.

YPG's police will be vigilant in and around school zones and crosswalks where children are present in an effort to deter unsafe driving in these areas and promote safe, patient and observant driving. Do your part to ensure the safety of our youth: Be patient, be observant and, most of all, be safe.

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# Abusive relationships: Know the warning signs

**Submitted by Paul J. Kilanski,  
Family Advocacy Program Manager**

Frequently, people who are in abusive relationships don't recognize the nature of their situation. It's easy to look past abusive tendencies when you love someone, but it is simply not safe or fair to anyone involved.

No one deserves to be abused, yet many people are. Statistics show that between 36 and 50 percent of American women will be in at least one abusive relationship during her life.

Fortunately, there is something you can do. Educate yourself on the signs and symptoms of abusive relationships and share this knowledge with your loved ones. Promise yourself never to accept abuse. You are worth more than that.

There are many signs to look out for in an abusive relationship. One of the principal indicators is the characteristic jealousy. Most people get jealous or possessive on occasion: sometimes it can even be seen as a sign of how much they care for you. But if your partner's jealousy is unfounded, persistent, or leads them to irrational and hurtful behaviors, you should re-evaluate the relationship.

Possessiveness and controlling behavior go along with jealousy and are often the next step down the path to abuse. Watch out for partners who are very bossy and who expect you to heed their demands. Also, if your partner tries to isolate you by insisting that you cut off social contacts and friendships, pay attention, for that is a clear warning sign.

Keep your eye out for other signs that your partner is abusive. Some of these include violent behavior (not necessarily against you), a short temper, drug or alcohol addiction, a history of bad relationships, and the tendency to pressure you to do things you are not comfortable with. An abusive person is also likely to blame you for his or her emotional state and to say that you deserve it when they hurt you.

While these signs are indicators that something is wrong, there are other behaviors that actually constitute abuse. If your partner abuses you, get out of the relationship. Nothing else matters—your life is on the line. Abusive people get more abusive as time passes. A partner that hits you today could kill you tomorrow.

There are many different types of abuse. Physical abuse includes pushing, hitting, slapping, kicking and cutting. Emotional abuse includes threats to hurt you or people you love, and constant criticism and belittlement. Sexual abuse includes when someone forces you to have sex or take part in sexual acts when you don't want to. Just because you have sex sometimes doesn't mean that your partner is entitled to have sex with you anytime he or she wants to.

If you feel that you might be in an abusive relationship, talk to someone immediately. Start with friends and family that you can trust and don't be afraid to see a counselor. There are also places you can call for help such as the National Domestic Violence Hotline at 1-800-799-7233.

## SAFETY CORNER

Sleep is essential for your child's health, performance, and well-being.

**FACT:** The amount and quality of sleep children get on a regular basis can directly influence school performance. Medical studies have shown that students with higher grades slept significantly longer, and went to bed earlier than those with lower grades.

**FACT:** Adequate sleep leads to better weight status in children and adolescents. Studies continue to emerge that link the relationship between length of sleep and being overweight or obese.

**FACT:** Physically active children are better sleepers. Recent studies have shown that less sedentary children not only fall asleep faster but sleep better throughout the night.

**FACT:** Establishing and enforcing a good sleep environment can help improve your children's sleep quality. The latest findings from the National Sleep Foundation's American sleep poll found when parents took action to establish a sleep-friendly environment for their children, their children slept better.

Establish a good sleep environment for your child: Make sure the room is quiet, dark, and at

a comfortable temperature.

Remove distractions from the room, such as a TV or computer.

Hours of sleep needed for healthy development:

Age	Hours per day
0 to 20 months	12 to 18 hours
3 to 11 months	14 to 15 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 10 years	10 to 11 hours
10 to 17 years	8.5 to 9.25 hours

Help your family develop better sleep habits using these tips:

- Maintain a regular sleep schedule with a consistent bed and wake-up time, including weekends.
  - Avoid watching TV within an hour of bedtime.
  - Place phones on silent before bed, and remove them from sleep areas.
  - Create a relaxing wind-down routine to cue sleepiness, such as taking a warm shower or reading a book.
  - Engage in regular physical activity each day, such as brisk walking or a bike ride.
  - Do not eat heavier meals, such as dinner, two to three hours before bedtime.
- Remember: "Nobody Gets Hurt."

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# YPG hosts Arizona Commanders Summit



YPG commander Col. Randy Murray (left photo) and Yuma Test Center commander Lt. Col. James DeBoer (right photo) brief their peers at the biannual Arizona Commanders Summit held at YPG in early September. Approximately 35 individuals from throughout the state attended. In addition to military installation commanders, attendees included state officials, representatives of communities from around the state, and local Yuma officials. Held primarily for base commanders, the meetings allow senior officers to share information about common problems and learn about upcoming matters. The summit meets at military installations throughout Arizona on a rotating basis. (Photos by Chuck Wullenjohn)



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