



THE OUTPOST

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Cold Regions Test Center welcomes new commander

By Clara Zachgo

The reins of the United States Army Cold Regions Test Center (CRTC) were entrusted to a new leader during a change of command ceremony held at the Bolio Lake Test Complex on May 19, 2016. The men and women of CRTC, along with numerous friends and colleagues welcomed incoming commander Lt. Col. Gina E. Adam, and said farewell to outgoing commander, Lt. Col. Michael J. Kovacs. Adam accepted the colors during the ceremony from Col. Randy Murray, United States Army

Yuma Proving Ground (YPG) Commander.

During this time-honored tradition that formally transfers total responsibility, authority and accountability from one leader to the next, Murray spoke to the audience describing Kovacs as “focused on ensuring the organizations across the Department of Defense not only understood CRTC’s mission, but understood the importance of extreme natural environmental testing.” Murray praised his accomplishments of the past two years, saying Kovacs

had done a stellar job as Commander of CRTC.

Murray then welcomed Adam, who he described as, “a tremendous leader” to the Yuma Proving Ground and the Cold Regions Test Center Family, highlighting her accomplishments saying, “there is no doubt that we are placing the CRTC organization in competent and capable hands. I expect nothing short of continued excellence from this team.”

Kovacs described his time

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Lt. Col. Gina Adam (right) accepts the Cold Regions Test Center guidon from YPG commander Col. Randy Murray at a change of command ceremony on May 19th. Adam previously served as command psychologist and assistant professor at the National Defense University, and has an extensive background in research psychology. (PHOTO BY SEBASTIAN SAARLOOS)

Positive outlook creates quality workplace

By Teri Womack

Walking into YPG’s tank automotive maintenance facility, you immediately realize that it is a very loud and busy place.

Under all the noise of tools and equipment, however, you are still able to hear the voices of happy, productive employees. A big reason

behind it is Robert Rodriguez, Chief of the Weapons Maintenance Branch.

What you won’t hear is him taking any credit for it, because he believes that the recognition should go to his team.

When you show respect and kindness to people in your life, most of the time they will return the favor two-fold. Rodriguez has

proved this by making it not only his management style, but also his own personal philosophy. Whether on the job, working as a pastor at his church or sharing time with friends and family, he’s seen the proof of it time and time again.

Born in El Paso, Texas, and raised in Grants, New Mexico, Rodriguez followed in the footsteps of his

father who ran a maintenance shop for more than 40 years. Spanning over fifteen years in his career field, he loves working with people with different personalities and from different walks of life. “It is rewarding watching people grow and seeing what we do affect the

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Who You Gonna Call?

YPG police officers portray Ghostbusters for local charities

By Mark Schauer

No event is too big, no charity is too small.

So say the Arizona Ghostbusters, whose Yuma contingent consists of Sean Underhill and Kilipaki Harris.

The men are lieutenants with the YPG Police Department during the workweek, but in their off-duty hours bring smiles to children of all ages and raise money for local charities while donning the jumpsuits and gear of everybody's favorite movie battlers of the supernatural.



YPG Police Lt. Sean Underhill (right) and Lt. Kilipaki Harris (right, foreground) interact with patrons at the Yuma County Library Comic Convention in early May. The duo has been raising money for local charities by donning Ghostbusters gear in their off-duty hours for over two years. (PHOTOS BY MARK SCHAUER)

Even small children who attend YPG's Child Development Center remember the duo from their

participation in on-post events like the annual Halloween costume parade.

"At the CDC, I'm known as Ghostbuster Sean," Underhill said with a smile. "The last PT test I ran was around the CDC, and all the kids were cheering 'Ghostbuster Sean.' That was kind of cool."

If you weren't a child of the 1980s, you may not realize the cultural phenomenon the Ghostbusters was. With two hit movies, a relentlessly catchy theme song with a memorable call-and-response chorus that made #1 on the Billboard chart, a Saturday morning cartoon spinoff that aired into the 1990s, and a slew of action figures, lunch boxes, and video games, the Ghostbusters were a ubiquitous part of American childhood. Blasting ghosts with

nuclear powered proton packs they detected with Egon's handheld psychokinetic energy reader, the Ghostbusters were indelibly etched into the minds of millions.

"I grew up with them," said Underhill. "I had my own toy proton pack and all the gear. I was a big fan."

Today, as part of the Arizona Ghostbusters Underhill and Harris have appeared at local

comic conventions and community events, raising money for charities like the safe house Amberley's Place and the Friends of the Yuma County Library.

"We draw attention," said Underhill. "We raise money through raffles or just by our presence at the events. It helps them out and its fun."

As a college student, Underhill and two friends donned jump suits he affixed Ghostbusters-style patches to and made some rudimentary accessories as a Halloween costume. It was good enough to win a costume contest, but Underhill put it aside as life intervened. After a decade, recently separated from the Army and married with a son on the way, Underhill entertained the notion of participating with the Arizona

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Ghostbusters, an organized fan group based in Phoenix.

"I wanted to get into it because I knew about the group for a while, but being in the military I didn't have time for it," Underhill recalled. "As a commander in the Army, you have to keep up certain appearances."

Underhill was particularly enthused to find a vibrant community of likeminded individuals across the state who donned the Ghostbusters gear for charity events rather than pure whimsy.

"Arizona Ghostbusters was one of the first to do it for that purpose," said Underhill. "I sent them an email and told them I was interested, made my own pack and uniform, and started putting the car together. People liked it."

Underhill sought as much accuracy as possible with the Ghostbusters franchise universe, and ingeniously bought and repurposed a variety of articles. The most important piece of ghostbusting gear, the proton pack, was constructed with parts from his brother's battery business when his now-two year old son was a newborn. Underhill's pack lights up and has charging and de-charging sound effects similar to that in the movies and cartoons, and is always a hit with fans.

"There were extra-long sleepless nights putting my first pack together," Underhill said with a smile.

With the gear ready to go, he needed a friend to make the group complete.

"He got me involved," said Harris. "He asked me one weekend if I wanted to do something with him and I said 'yeah.' It took off from there."

To get to their events, the Yuma Ghostbusters currently repurpose



their ordinary vehicles—a Subaru Crosstrek and a Ford F-150—into something resembling the movie Ghostbusters' ride, with a Ghostbusters logo, mock flashing lights, antennas, and tanks scavenged from a burned out water softener.

"It takes at least an hour to set up," said Underhill. "It's mostly twisting metal ties and magnets."

The dual-purposed vehicles won't be necessary for much longer,

though: Underhill recently purchased a vintage 1962 Cadillac ambulance that with a little work will more closely resemble the 'Ecto 1' vehicle in the original movies.

Given their growing investment in it, both men expect they will continue reprising the ghostbusting role into the foreseeable future, with participation from their families.

"Both my girls love it," said Harris. "They've seen both of the movies so far, and most of the cartoons."

With a reboot movie heavily anticipated for the summer blockbuster season, the Ghostbusters stand poised to regain cultural currency, too.

"We spend so many hours between getting the stuff ready and actually going to the events and talking with people," said Harris. "For me, the best reward is when you see one of the kids going crazy, loving it. That, to me, is awesome."

The Arizona Ghostbusters are looking for new participants, too.

"You don't need to believe in spooks, specters, or ghosts, just believe in making a difference and putting smiles on people's faces," Underhill said.

'Ghostbuster Sean' Underhill lets a young Ghostbusters fan try on a pint-size proton pack as Kilipaki Harris (left, background) mans the display table at the Yuma County Library Comic Convention. "For me, the best reward is when you see one of the kids going crazy, loving it," said Harris. "That, to me, is awesome."

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Summer reading program for all ages in progress

By Teri Womack

There are a lot of ways to immerse yourself in reading this summer.

You can pick up a book, audiobook, magazine or newspaper, or even download them to an electronic device from the many databases offered on the YPG library's website.

But when you add in some awesome activities, a little healthy competition, and a bunch of great prizes, you've got the 2016 YPG Post Library summer reading program called Read for the Win.

The program begins on May 29th and runs through July 30th. Don't worry if you miss the exact sign up date, you won't be left out! All ages from pre-school to adults can join in the fun anytime throughout the competition.

The Read for the Win program includes more than just reading, too. Activities are offered for each specific age group, some of which include participating in a scavenger hunt, trying your hand at crafts, competing in a book cart obstacle race, playing some miniature golf, or going head to head in a two hour marathon of board games.

It's easy to join! You can register online at <http://usarmy.evanced.info/Yuma/sr/homepage.as> for any of the four age groups - pre-school/ kindergarten, children, teens and adults or contact Deanna Boyer or Malissa Donato at the library at 328-2558.

Don't forget to stop by the post library for your summer reading bag, program rules, prize charts and reading logs and begin your race to Read for the Win.



YPG History Corner



On April 2, 1962, the LeTourneau Overland Train seen here arrived at Yuma Test Station for evaluation. With a crew of six, the 572-foot long, 13 unit land train could haul 150 tons of cargo: if you look closely, you can see the full complement of cargo cars loaded with an M113 armored personnel carrier, a bulldozer, a Jeep, and multiple cargo containers. At the time, the 54-wheel drive welded aluminum beast was the longest rubber tired vehicle in the world. The result of logistical support problems encountered in World War II in areas without adequate highway and rail networks, the land train performed well, but was rendered obsolete by heavy lift helicopters like the S-64 Skycrane before it could be fielded. The test vehicle and cars were sold for scrap metal in the late 1960s, and for many years the prime mover had a second career as a unique billboard for a local RV dealership. Today, the prime mover is a crowd-pleasing display item outside YPG's Heritage Center, which is open to the public Tuesday through Friday from 10:00 a.m. to 4:00 p.m. (US ARMY PHOTOS)

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OUTLOOK

FROM PAGE 1

Warfighter and his or her mission.”

His management style is reflected in the value he sees in employees. “Each person brings a different set of talents and qualities and I use those qualities to define where each individual fits to complete the big picture”.

For Rodriguez, his supervisory position provides him the ability to believe in people by holding them to a higher standard, knowing that what you get back is what you put into them. He has learned a great deal about people in their worst and greatest moments and sees these challenges as great opportunities to make an investment in tomorrow’s leaders.

Looking back at his younger self, his advice to young people reflects his strong personal and professional values. “In all areas of life, be quick to listen, slow to speak, and don’t get angry about insignificant things. Stay positive and make sure to count your blessings even when things don’t go as planned”.

He believes that everyone should apply themselves professionally, be an effective follower, which will make them an effective leader, be diligent, and always be ready for what everyday life throws your way. “My policy is that you cannot do the



Robert Rodriguez, chief of the Weapons Maintenance Branch, loves working with people from different walks of life to ensure Soldiers have the best equipment possible. “It is rewarding watching people grow and seeing what we do affect the Warfighter and his or her mission,” he said. (PHOTO BY TERI WOMACK)

mission without people and people will affect the mission by the way you conduct yourself towards them. People with the biggest hearts, and sound judgement, are usually looking out for the best welfare of the mission and people’s lives.”

During his off work hours he enjoys fishing, running, spending endless fun hours with his family and performing as a pastor at his church. “I’m proud to see obvious changes in people’s lives and what that brings to their families and their surroundings.”

With Rodriguez’ outlook on life, he may very well be one of the reasons for those positive changes.

VIEWPOINTS

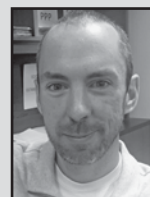
Most of us long to see the world beyond the confines of our own daily lives. For this viewpoint, we asked members of the workforce what part of the world they would most like to visit.



Kim Alford, Civilian Personnel Advisory Center director:

It has always been a desire of mine to visit Jerusalem. I’ve always dreamed of travelling to the Holy Land and visiting all of the spiritual sites and exploring the historical areas. I have been looking into making that dream a reality and am hoping that I will have the opportunity to travel there in the near future.

Dustin, Angoco, Human Resource Specialist: I’ve always wanted to visit Scotland. When I was young, my older sister watched a lot of ‘80s music videos on MTV. They were something new and highlighted singers from all over the world, including England, Ireland and Scotland. The videos opened my eyes to a whole different culture, dialect and way of life, and because I grew up in San Diego, I was fascinated by how green the countryside was.



Thomas Fredette, Human Resource Specialist: I have always wanted to visit the country of Ireland. I grew up in an Irish neighborhood in South Boston, Massachusetts. My grandparents on my mother’s side were born in a small village in Ireland and I would like to visit where they grew up. I would like to see the green countryside and visit the local pubs and breweries to taste some great beer. I would like to taste some of the staple foods that I grew up with like corned beef, cabbage and potatoes and shepherd’s pie and taste how they are made in Ireland. Ireland also has some beautiful castles that would be great to see.

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SAFETY CORNER

Why am I so fatigued?

So, who has driven in to YPG at o-dark-thirty and felt like you wished you had had one more cup of coffee or an energy drink? Remember those yellow signs along Highway 95 warning of “Animals on the Road”? Have you ever seen the carcass of a dead burro or horse, and a car pulled off the road with a stunned driver scratching his head?

As most of us know, fatigued workers don't perform as well, are less productive, and are more likely to have accidents and injuries. Fatigue affects our ability to think clearly. People who are fatigued are not good at recognizing their own level of impairment and are often unaware that they are not functioning at their best.

Shift work is particularly

hazardous when you are required to drive at night, at a time when your body is programmed to be asleep. Shift workers are six times more likely to be involved in a fatigue-related road crash than any other employees.

Why am I always tired in the morning?

Many life and work factors can contribute to fatigue. These include:

- inadequate sleep (most adults need seven to eight hours of quality sleep)
- not enough time to sleep due to extended or irregular working hours, shift work, or having more than one job)
- poor quality sleep due to workplace stress, sleep disorders, family matters

• aging (teenagers tend to get to bed later, and older workers sleep less).

How can I recognize the signs of fatigue?

Common signs and symptoms are:

- sleepiness; slower thinking; reduced short-term memory, forgetfulness
- irritability (more than usual)
- reduced attention span, more easily distracted, increased risk-taking
- slower reaction time, poor hand-eye coordination, reduced manual skills
- inability to handle large amounts of information under time pressure, losing ‘the big picture’; cutting corners to get the job finished
- uncontrolled sleep (micro-sleeps).

How can I help myself?

We all have a responsibility to arrive fit for work and behave safely in the workplace. This includes arriving at work well-rested and understanding and managing fatigue-

related risks in our lives and the workplace. To help, try a few of these tips:

- manage your sleep time by having a regular bed time; make sure your bedroom is comfortable; avoid caffeine for five hours before bedtime
- manage your home life: make getting enough sleep a priority; take power naps
- manage your work life: vary or rotate work tasks so you stay alert; take a break if you're tired; go outside and take a short walk (after checking with your supervisor!)
- eat and drink properly – stay hydrated: eat light nutritious meals (heavy meals make you drowsy); watch your caffeine intake
- avoid medications that make you sleepy, such as antihistamines, travel sickness tablets, sleeping pills, and some cold medicines and pain killers.

For more information, contact your YPG Safety Office. Remember, “NOBODY GETS HURT.”

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Automotive test track benefits both military and civilian customers

By Mark Schauer

U.S. Army Cold Regions Test Center is the Department of Defense's only extreme natural cold weather test facility.

Tasked with testing virtually everything in the ground combat arsenal in a natural environment where winter lows drop far below zero, CRTC has just experienced its busiest test season in several years.

Among other things, the test center completed two rigorous tests of a new variant of the Stryker combat vehicle and M109A7 Paladin self-propelled howitzer, both of which utilized CRTC's Mobility Test Complex as part of their testing. At the same time, however, the track accommodated multiple customers from private industry, something it has done since its inception in 2004. Prior to 2004, private industry tests were completed on the Ft. Greely Airfield.

"When we have low military workload, being able to do commercial testing allows us to maintain equipment capabilities and the expertise needed for doing those things," said Jeff Lipscomb, technical director. "That way, whenever a military test comes, we're not scrambling to figure out how to support it. To me, the biggest benefit of the commercial automotive workload is that it keeps us on the cutting edge of automotive testing."

In addition to keeping CRTC's cold-weather automotive testing knowledge razor sharp, hosting commercial testing means the test center's mobile snow-making machines and other specialized track grooming equipment not



A Small Unit Support Vehicle drives at CRTC's Mobility Test Track this winter. The track, three and a quarter miles long, can accommodate as many as 35 vehicles simultaneously, though typically there are no more than 20-25 at a given time. (PHOTO BY MARK SCHAUER)

found elsewhere in the Department of Defense keeps moving, which saves maintenance costs in the long run. Further, continuous use means the skill the test center's equipment operators have gained operating the esoteric machines doesn't degrade: for instance, in unskilled hands a mobile track dryer could ruin the track's asphalt while melting snow and ice.

Both military and commercial customers have access to a desirable

facility that boasts a 1000 foot by 800 foot lateral acceleration pad, a 200 foot by 1200 foot skid pad, and grades ranging in steepness from 5% to 60%, a dramatic difference from the 6% or less grades an American motorist finds on an interstate highway in the lower 48. No taxpayer money is used to subsidize commercial testing, however.

"We make sure we are meeting their requirements without doing something with government money

for private industry," said Lipscomb. "Commercial customers pay the whole bill for everything they use and do here."

The track, three and a quarter miles long, can accommodate as many as 35 vehicles simultaneously, though typically there are no more than 20-25 at a given time. Last winter was the track's busiest season ever, hosting testing of both military and commercial vehicles simultaneously. Though military customers take



Though military customers take priority in track time, there has never been a scheduling conflict for private industry customers in more than a decade of operation. "There are tracks in the lower 48 that offer more than we do, but they don't offer the low temperatures and snow in the early and late parts of the season," said Dan Coakley, test track manager. (PHOTO BY SEBASTIAN SAARLOOS)

priority, there has never been a scheduling conflict in more than a decade of operation.

"There are tracks in the lower 48 that offer more than we do, but they don't offer the low temperatures and snow in the early and late parts of the season," said Dan Coakley, test track manager. "By the latter part of February, there is nowhere else to go except a foreign country, which is a logistical nightmare and horribly expensive."

Most major commercial automotive manufacturers known to the American motorist have conducted testing at CRTC's automotive track, though usually with specialized testing that doesn't require running laps.

"They've done all of the distance stuff by the time they get here," said Coakley. "They're looking at short

runs of 2,000 feet or less, braking, handling, traction control, emergency stops, cornering. The only time they'll use the entire oval over and over again is if they are breaking in the tires: prior to testing a tire, they have to put 200 miles on it, which is



ABOVE:
CRTC's Mobility Test Track boasts grades of up to 60%, as seen here. The steepest grade found on an interstate highway in the United States is 6%. (PHOTO BY MARK SCHAUER)



The Mobility Test Track boasts mobile snow-making machines and other specialized track grooming equipment not found elsewhere in the Department of Defense. (PHOTO BY MARK SCHAUER)

the industry standard."

Commercial car companies are eager to maintain trade secrecy with their competitors, and CRTC is happy to accommodate this desire, going so far as to set up opaque screens and 20-foot tall privacy curtains alongside vehicles and equipment if it becomes necessary to walk past another company's activities. Scheduling time at the track is relatively simple, too.

"Generally, on our end we can be done in two to three weeks for

all planning and contracting, then another 10 days for construction of the ice and snow covered courses. Often the manufacturers have a long legal and budget process on their end," said Coakley.

Though summertime maintenance following CRTC's extreme winters can be rigorous, the track itself was constructed with care to prevent frost heaves, a ruinous road condition caused by thawing permafrost under a road surface causing the ground to soften and sink.

"The track was built to a standard of far deeper compaction than a highway," said Lipscomb. "We wanted to make sure we didn't get a frost heave. It was dug far down and re-filled with gravel to ensure there was no permafrost that would affect the track."



LEFT:
Though the test center completed rigorous tests of a new variant of the Stryker combat vehicle and M109A7 Paladin self-propelled howitzer this winter, the track also accommodated multiple customers from private industry, something it has done since its inception in 2004. (PHOTO BY SEBASTIAN SAARLOOS)

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A VIEW WITHOUT A POINT

The Big Retirement Question

By Teri Womack

I have reached the "How much longer do you have?" stage of life. I didn't even know it was a stage, yet here I am. This question has been posed to me multiple times in the past year while sitting at my desk by many coworkers and longtime YPG employees who stopped in to say good-bye as they take their long-awaited leap into retirement.

This same question has been asked and been asked by me to others who are close to retirement. When we meet up, sooner or later, this topic always seems to come up. It seems that we all are able to provide the exact date to answer the question without even blinking an eye, because those same eyes are focused on one specific date in the very near future.

The conversations I have had with folks retiring or getting ready to retire certainly varies. Some YPG employees seemingly began planning for retirement on the very day they began their civil service career. They took steps to prepare for it and are the most comfortable departing a 30-plus year career with no hesitation at all.

Many

others realized about halfway through their career that they needed to start planning, took action to get their finances in order and seem comfortable, though just a little apprehensive that they hadn't planned early enough.

Then, there are the few folks in the minority, like me, who woke up one morning, counted the years until retirement on one hand instead of two, and wondered how the years had passed so quickly. It's a wake-up call that gets your heart pumping and your body moving to implement a plan as soon as possible!

The one thing that everyone seems to have in common is that no matter how prepared they are or hope they are, their outlook is positive and they are excited about the next step in their life journey. I sometimes run into them at various places and I swear they look younger and happier than I ever saw them before.

It always makes me smile when I am asked "How much longer do you have left?" It brings back memories of the last time I was asked that very same question long ago and for a very different

reason. At that time, I was sitting in a chair at a doctor's office as a very expectant and very excited mother-to-be.





From left, outgoing CRTC commander Lt. Col. Michael Kovacs, YPG commander Col. Randy Murray, and incoming CRTC commander Lt. Col. Gina Adam stand at attention during the change of command ceremony. "It has been a great honor being a part of such a creative and dynamic workforce that continually improves to get results," Kovacs said at the ceremony.

TEST CENTER

FROM PAGE 1

at CRTC saying, "It has been a great honor being a part of such a creative and dynamic workforce that continually improves to get results." He told the CRTC workforce, "you are relied on for cold weather expertise, to ensure equipment works where and when Soldiers need it, so remember to act as if you do make a difference, because it does."

Kovacs will transition to his next assignment as a member of the Army Secretariat Staff, with oversight of the obligation and execution of the

acquisition current year budget.

Adam comes to CRTC from the National Defense University, where she served as the command psychologist and assistant professor, teaching strategic leadership and industry analytics. She has an extensive background in research psychology and has researched a number of topics from cognitive performance of pilots to the performance of Warfighters in extreme environmental and operational conditions and post traumatic stress disorder and traumatic brain injury. Adam was also instrumental in the development



Robyn O'Halloran (left), resource manager, greets CRTC commander Lt. Col. Gina Adam after the change of command ceremony as test operations chief Greg Netardus looks on. "I am looking forward to getting to know every member of the CRTC family," Adam said in remarks at the ceremony. "I am so honored to be joining you." (PHOTOS BY SEBASTIAN SAARLOOS)



In command: Lt. Col. Gina Adam (left), CRTC commander, holds a Ph.D. in cognitive neuroscience from the University of New Mexico, has an extensive background in research psychology, and played an instrumental role in the creation of the Pelvic Protection System which is issued to all deploying Soldiers.

and fielding of the pelvic protection system as a result of her work when deployed with the US Army Medical Research and Materiel Command Field Assistance in Science and Technology Team.

After taking command of CRTC, Adam spoke to the workforce for the first time saying, "to the rugged professionals of the Cold Regions Test Center, your work here is truly significant, your efforts make Servicemembers' jobs easier and their lives better, you make the world a better place. I am so honored to be

joining you."

CRTC is a subordinate command of YPG and the winter test element of the Army Test and Evaluation Command. Its mission is to plan, conduct, and report on instrumented developmental and operational tests in the extreme cold weather natural environment to provide actionable data that enables informed acquisition decisions. CRTC provides quality testing by experienced cold weather experts and is the Department of Defense's only natural cold environment test center.

—CHAPLAIN'S CORNER— After Pentecost, now what?

By Maj. Steven D. Smith

The meaning of Pentecost is God's equipping His church with the power of His Spirit so that He will be glorified among the nations. Pentecost was the birth of the church and if we properly understand this great historic event, our hearts will be enflamed and enlightened seeing someone from every tribe and tongue and nation bowing before the exalted Lord Jesus Christ. That is exactly what happened in the book of Acts. Pentecost signals the birth of the age of the Holy Spirit, and the completeness of the Spirit in God's people is to empower them for witness to all the people of every nation.

The initial outpouring of the Holy Ghost at Pentecost was marked by three parts: First, there was the sound of a mighty rushing wind that filled the house. Then, there was the visible sign of tongues of fire resting on each person. Finally, there was the miraculous speaking in foreign languages which none had previously learned.

From that experience, the church

was birthed. What can we learn from this, you ask? We as the church are called to be the light in this world; read 1 Thessalonians 5:5. In addition, we are also to have revival fires burning in our hearts for the lost. Are you living the before-Pentecost experience or the after-Pentecost experience? The difference is in the power that you can have through Jesus Christ. The after experience is boldness, passion, and the consecration a believer can have.

What experience do you want to have? The fire still burns in the church: Are you part of the church that isn't ashamed to be called a Christian? The early church wasn't ashamed; they had a message to share, and so do you. Yuma Proving Ground's Post chapel is an empowered chapel where revival fires are burning and the light is shining. Please come and worship with us, it is a shorter drive and you will experience Christ in a new way.

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CHIEF'S CORNER

Summertime curfew

By D. L. Brown, YPG Chief of Police

Summer break is almost here for all Yuma County Schools. This time of year attracts younger people to want to stay out in the nighttime hours past the designated curfew hours, which is a violation of Yuma Proving Ground Command Policy and Yuma County Ordinance.

The YPG Police Services Division is committed to ensuring the safety of our community. A large part of this community encompasses our youth and the need for watching out for our younger members of society. As a result of this safety concern for the youth on YPG, a command policy on curfew exists that mirrors Yuma County's Curfew Ordinance. These policies and ordinances are seen as a step to keep our youth out of harm's way.

For those residing on YPG, the Commander's Policy on Curfew is listed under Command Policy Statement 9S, which states: "parents will ensure that all children in grades 12 and below will be at their homes, when not accompanied by an adult or in a responsible adult's home, during the hours of 2200 and 0600 of the following day". It further provides exceptions to the policy, such as: a teenager returning from work, returning from school or MWR activity, involved in an emergency or in another type of legitimate activity. All teenagers and parents should be aware of

this curfew and further aware that violations of this curfew policy will be strictly enforced by members of the YPG Police Services Division.

Violators of this policy will be required to provide relevant personal information to law enforcement officers and told to return home immediately. An incident report will be completed by the officer, and violator and sponsor information will be forwarded to the Garrison Manager and Senior Mission Commander for their review.

Yuma county curfew ordinance 96-02, Curfew Hours For Minors states: It is unlawful for any minor under the age of eighteen years to be or remain in, about, or upon any place in the County away from the dwelling house or usual place of abode of said minor between the hours of 10:00 p.m. and 6:00 a.m. of the following day. It also provides for exceptions to the policy and violator information, which can be read in its entirety at: <http://www.yumacountyaz.gov/home/showdocument?id=3374>.

Parents are requested to do their part in support of these policies and ordinances by ensuring your children and young adults are aware of the requirements and by ensuring through adherence to these policies and ordinances that our communities continue to be a safe place for everyone to live and work.

Exercise and Stress

If you are stressed out, you probably know it. But did you know that exercise is one of the best ways to deal with stress? Exercise helps your mind and body. Stress produces chemicals in your body that make you feel edgy and tense. Your heart beats faster. Your muscles tighten. You breathe harder and your blood pressure goes up. Exercise reduces stress-related chemicals in the body. It can reduce muscle tension and take your mind off problems.

Choose activities you'll enjoy. The type of activity that will best relieve your stress depends on your personality and lifestyle. If you usually do quiet activities, vigorous exercise may be best. If you are active, calming exercise may be better. Remember, one of the stress-reducing benefits of exercise is that it's fun.

Use aerobic exercise to relieve

stress and help you feel energized. For most of us, aerobic exercise (the kind that raises your heart rate) is the best all-around stress reliever. Try adding aerobic exercise into your daily life. Take regular walks. Swim, jog or ride a bike. Turn household chores like mopping or raking into a workout. To get the stress-reducing benefits of aerobic exercise, work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while you are exercising.

If you're the type of person who is always on the go, calming exercise may be a good stress reducer for you. Calming exercises reverse the body's stress response. Your breathing and heart rate slow and your muscles relax. Add calming exercise to your daily routine. Take breaks to stretch. Stroll around the neighborhood after

Submitted by Paul J. Kilanski,
Family Advocacy Program Specialist

dinner. Relax with a yoga video. Enroll in a tai chi class.

Some people find competitive sports like softball or basketball great for relieving stress. Doing these activities not only offers you a chance to exercise and socialize, but may also help take your mind off problems. If you find competition stressful, however, skip the team sports and consider a non-competitive activity.

Take exercise breaks when you are feeling stressed. Having a tough day at work? Take a walk on your break. Feeling hot under the collar? Go for a swim. Do you like music? Dance, dance, dance your stress away. Don't have enough time for your family? Take a bike ride with your kids. Try for 30 to 60 minutes of physical activity on most days. (Add up 10 minutes here and 10



minutes there to make your total.) If you can't exercise that much, don't stress out! Do what you can. Even a little exercise can help! Make stress-reducing exercise part of your routine.

Stress causes many health problems. It contributes to heart disease, high blood pressure, accidents, depression and back pain. Some scientists think it's the underlying cause of as many as 70 percent of all visits to family doctors. Exercise is one good way to reduce stress.



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