

ATEC commander makes first visit to CRTC

By Clara Zachgo

Just a couple short months after taking command of the US Army Test and Evaluation Command, Maj. Gen. John Charlton traveled to the heart of Alaska's rugged interior to visit the US Army Cold Regions Test Center (CRTC).

It was a short trip, with only one full day in Alaska, but Charlton was able to meet many of CRTC's employees and tour the facilities and ranges. The morning started with a walking tour of the maintenance,

supply, instrumentation, Allied Trades, and headquarters buildings talking to the employees of CRTC. It ended with a Small Unit Support Vehicle ride touring the Mobility Test Complex and some of the cross-country trails.

During the afternoon range tour, three test sites were visited, giving Charlton an idea of what cold weather testing is all about. The tour started with a stop at the Joint Light Tactical Vehicle (JLTV) test, where Charlton was given



Maj. Gen. John Charlton (left), commander of the Army Test and Evaluation Command (ATEC), tours CRTC's Allied Trades shop with machinist Sam Porter (right) as CRTC technical director Jeff Lipscomb looks on. The visit was Charlton's first to CRTC since assuming command of ATEC in December.
(Photo by Sebastian Saarloos)

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Terrorism – YPG does its part to stop it

By Mark Schauer

A common theme in successful counterterrorism operations is people reporting and following-up on suspicious activity.

This is the primary message of the

Army's Antiterrorism Month, and for the past two years YPG personnel, with an assist from the Military Freefall School (MFFS), went the extra mile to raise awareness as creatively as possible.

To open the Army's August 2016 Antiterrorism Month, members of the MFFS parachuted-in a YPG-designed anti-terrorism flag sporting the griffin-in-a-shield logo of the Army's antiterrorism effort with the four

tenets of antiterrorism awareness to one of YPG's drop zones as members of the workforce and local media watched.

The flag was noticed by the Army

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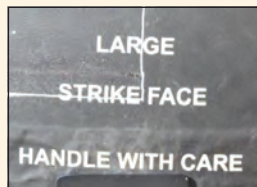
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ANTITERRORISM

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Test and Evaluation Command, where today every installation in the

command utilizes the flag.

Now, Yuma Proving Ground's antiterrorism program has received another recognition – the Department of the Army presented its 2016 best unit nod to the proving ground as part

of the Army Antiterrorism Awards program. YPG Commander Col. Randy Murray and lead program analyst Gary Simpler, who designed the flag, accepted the award at the Army Antiterrorism Conference in early February.

"We have an awesome team," said Murray. "It takes everybody to be vigilant. We are very much appreciative of the award, but we are still focused on what needs to be done every day to ensure safety."

"It was our pleasure to facilitate the flag jump for that directorate to highlight the work they are doing to keep YPG Families and personnel safe," added Maj. Alan Enke, MFFS commander. "I'm happy their efforts were recognized."

FBI reports indicate more than 50 terrorist plots have been successfully prevented in the past 15 years, often because ordinary people who observed suspicious activity promptly reported it to law enforcement authorities.

"The important thing is to get people to pay attention to their surroundings and report suspicious activity," said Simpler. "It's really raising the level of awareness and working together as a team to defeat the terrorists."

For his part, Simpler is already looking forward to next August.

"I realize that if we want to try to win again, we'll have to up our presentation. I would like to try to get more people involved this year."



Maj. Gen. Mark Inch (left), Provost Marshal General, presents Col. Randy Murray, YPG commander, with the best unit award in the 2016 Army Antiterrorism Awards. "We are very much appreciative of the award, but we are still focused on what needs to be done every day to ensure safety," Murray said. (Loaned photo)

THE OUTPOST

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For the past two years, Military Freefall School instructor Jose Reyes has parachuted-in a YPG-designed antiterrorism flag to one of YPG's drop zones to kick off Army Antiterrorism Month. (Photo by Mark Schauer)



ATEC commander Maj. Gen. John Charlton (center) meets with United States Army Alaska Soldiers participating in testing at CRTC. Charlton concluded his Alaska visit by meeting with Col. Shawn Reed, deputy commander of U.S. Army Alaska. (Photo by Sebastian Saarloos)

COMMANDER

FROM PAGE 1

on overview of the testing taking place. The overview included the heating systems, cold start abilities, ride quality, tire chain testing, and overall operations. Charlton was also able to meet the United States Army Alaska (USARAK) Soldiers participating in the test and discuss their involvement and input in operating the JLTV in an arctic environment.

Next, Charlton observed the human factors user assessment of the Torso and Extremity Protection

system and was briefed on its current and future status. He also spent time speaking with the USARAK Soldiers participating in the event, soliciting their input on the system.

The last test site visited was the Joint Effects Targeting System (JETS) test where Charlton was briefed on the system's capabilities and the innovative data collection methods being used on the test in an effort to streamline data collection.

After visiting the test sites, Charlton and CRTC leadership boarded an Alaska National Guard helicopter. From the air, he was able to get a broad overview of the 670,000-acre Donnelly Training

Area on which CRTC operates. The helicopter tour ended at Fort Wainwright in Fairbanks to discuss

cold weather specifications and requirements with Col. Shawn Reed, deputy commander of USARAK.

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Shoot'in the Breeze

Just weight...

By David J. Horn

It all started with one guy in the office complaining about being overweight, about his sore knees, and about the loss of his youthful fit appearance. One thing led to another, which led to "Let's have an office weight loss contest! First guy to lose 20 pounds gets the bragging rights!"

The eager contestants included two older single guys who were connoisseurs of fine junk foods, one guy continually going on and off the divorce diet, and two younger married guys with lots of young kids creating table scraps that can never go to waste, but, as they say, did go to waist.

August. Somebody brings a bathroom scale to the office, the chutes open, and everyone heads out! Three guys quickly lose five pounds. One guy gets dumped by his girlfriend and loses 10. Another guy tries to get a leg up on the competition by bringing in plates of doughnuts and salted peanuts to leave around the office. One of the family guys with kids gains three pounds.

September. All guys but one loose a couple of more pounds, now approaching the

7-8 pounds down. One family guy is about five pounds heavier. Daily weigh-ins take more time as the contestants leave no stone unturned while jettisoning everything they can before stepping up on the scale.

October. Several guys are hitting the wall of being 10 pounds down, discovering that the weight is coming off a lot harder. People discover both the limits of their will-power, and that an entire week of effort can be wiped out by one trip to the YPG Cactus Café ("all you can eat"

buffet) on those days they serve that wonderful, delicious, mouthwatering Chicken Cordon Bleu.

November. Just before Thanksgiving, the group (except for the one

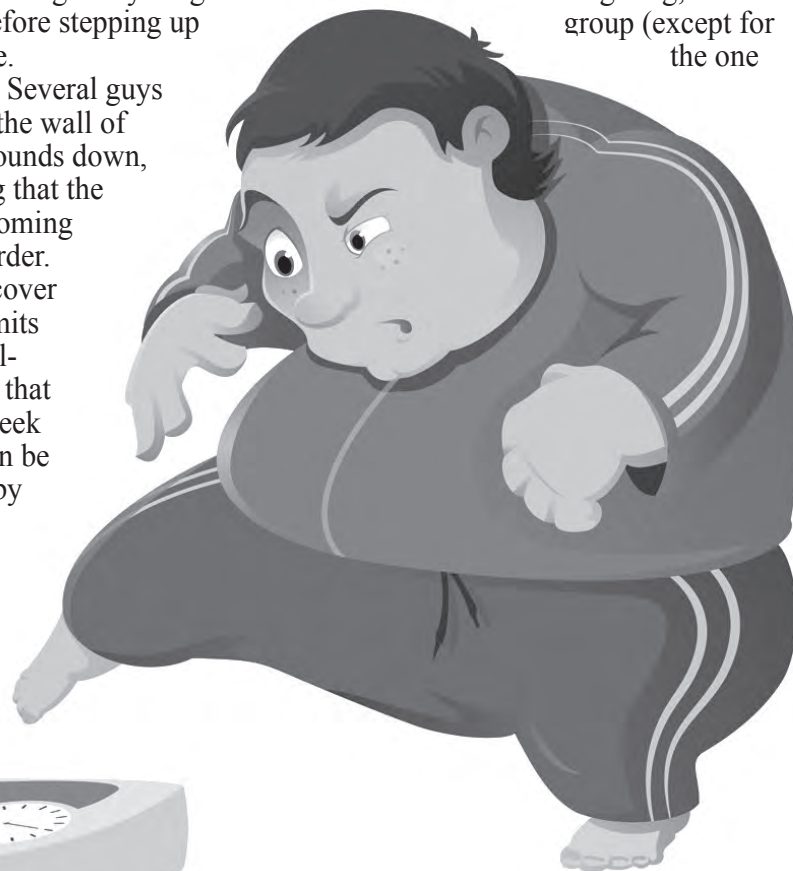
knowing that one good case of the flu is good for at least three pounds. The one family guy, who by this time is seven pounds heavier than when he started, finally exclaims, "What!? This contest was all about LOSING weight!?"

December. The holidays hit with a vengeance, where all the festive parties with food for the taking, are taking their toll. Everyone gains three to five pounds. The guy who had been without a girlfriend since August finds another one, and with all the romantic dinners gains 10.

January. With the holidays behind them, everyone starts losing weight again. The pack is all between 10 and 15 down again. Then, one guy has his house invaded by visiting friends from up north, who drag him off his treadmill to take him out to eat every night, and he starts gaining a half a pound a day. Another guy figures that there'll never be a better time to schedule that colonoscopy.

February. The month simply started out with the "BANG!" No one knows if the scale was sabotaged, or it simply collapsed under the weight of it all. After a few silent seconds, someone declared, "The contest is over!" Another guy added, "Hey...they're serving cordon bleu at the Cactus Café today!"

family guy) is 10-15 pounds down. Instead of avoiding the guy in the office who comes to work with the flu, all the contestants pull up a chair in front of their sick coworker,



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YPG reaches out to local media



Command Sgt. Maj. Christopher Prosser (right) was interviewed for nearly one hour on Yuma's KBLU Radio by host Russ Clark (foreground) in late February. Discussing his many years in the Army and the important national defense role of activities at the proving ground, he looks forward to again visiting the station later in the year. Former YPG employee Mel Melchionne joined him in the studio. (Photo by Chuck Wullenjohn)

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New cutting edge equipment expands Met Team capabilities

By Mark Schauer

Extreme environment testing cannot be accomplished without meteorologists.

The extensive variety of YPG's test activities means the proving ground's meteorology team members must collect a wide range of data. This includes precise data about wind speeds, critical to ensuring the safe conduct of aviation tests.

"Low-level helicopter and a great deal of unmanned aircraft work are dependent on lower echelon, upper level winds," said Mark Hendrickson, meteorologist.

The latest equipment to help the Met Team collect this data is a man-portable Light Imaging, Detection and Ranging (LIDAR) system that uses a laser to measure wind speeds as high as 600 feet in the air.

The team intends to use systems like this to replace the imposing,

aging meteorology towers that rise 300 feet above the range to mount data gathering equipment at the appropriate height.

"They're getting old," said Hendrickson. "They require Federal Aviation Administration regulation painting and strobes on the top. It's a lot of money for maintenance for something we're hoping the ground-based system will replace."

The LIDAR system, on the other hand, is a mobile system that can be moved anywhere on the range by two people. The size of a small refrigerator, the device hums almost imperceptibly when running. In addition to being able to simultaneously measure wind speeds at 10 different elevations within its 600 foot operating window, it also sports a small sonic anemometer that measures surface winds, temperature, dew point, relative humidity, and

barometric pressure. The data the device captures is updated every minute, and, unlike the anemometers atop the towers, the different channels of data can be easily changed as needed.

"We can't adjust the Met Tower—once they are positioned, that's it," said Nicholas McColl, chief meteorologist. "With this system, we get double the height and the ability to select 10 different levels within that height. It definitely gives us a lot more flexibility."

When the first LIDAR arrived late last year, the team programmed it in a matter of hours and built a power cable to run it, along with various interfaces necessary to integrate it with current equipment. Once the team acquires the necessary clearances to operate the device's laser, they plan to place it at one of the existing met towers and conduct a direct comparison test of the LIDAR's weather data with that of the exiting apparatus. If it passes the test, the team plans to ultimately acquire three more LIDAR systems.

Despite the increased capabilities the system brings, the team will continue to depend on the data collected by the 10 to 15 balloon-launched radiosondes sent into the upper atmosphere on a daily basis.

"There is ultraviolet radar technology out there that might eventually replace balloons, but that is cutting edge stuff that would be significantly more expensive in the near term," said Hendrickson. "Balloons are generally the way to go for anything above 3,000 feet."

"LIDARs are definitely going to be the future of meteorology," added McColl. "The effort to completely



Despite the increased capabilities the new LIDAR system brings, the met team will continue to depend on the data collected by the 10 to 15 balloon-launched radiosondes sent into the upper atmosphere on a daily basis. "LIDARs are definitely going to be the future of meteorology," said Nicholas McColl, chief meteorologist. "The effort to completely replace balloons is still many years out."



Mark Hendrickson, YPG meteorologist, readies the met team's new man-portable Light Imaging, Detection and Ranging (LIDAR) system that uses a laser to measure wind speeds as high as 600 feet in the air. Once successfully tested, the system will replace anemometers attached to aging towers downrange. (Photos by Mark Schauer)

replace balloons is still many years out, but there are prototypes that can sample the atmosphere up to 20,000 feet."

In the meantime, the team looks forward to deploying the LIDAR systems.

"They're cheaper in the long run than maintaining our towers," said McColl. "We'll save the government money and get a better product for our customers."

A decade after being shot, Soldier gets lifesaving armor back

By Sean Kimmons

As the Army sergeant led a night mission into a hostile Iraq compound in March 2007, a barrage of bullets rang out and hit the Soldier's body armor and weapon, causing him to fall down.

About 10 feet away, an insurgent hidden in a room continued to shoot his AK-47 rifle, sending lethal rounds over the sergeant's head. A bit disoriented after also having his night vision goggles fall off, the sergeant picked up his damaged M4 carbine and killed the shooter.

"It knocked me completely on the ground like a sledgehammer hit me in the chest," the Soldier said about being shot in his protective plate.

Only suffering a bruised chest and some shrapnel in his neck, he said the small arms protective insert (SAPI) saved his life after it stopped two 7.62 mm rounds and thrust him to the ground, helping him to avoid being shot again.

Almost a decade later, the Soldier was given back the plate on a plaque Friday after it was analyzed by Program Executive Office Soldier, which works to improve equipment and capabilities for Soldiers.

"It was a crazy couple of minutes," he said of the mission in Iraq, which also earned him a Silver Star medal. "When the medics got down [to me], they basically told me, 'You're one lucky [guy].'"



A damaged small arms protective insert is seen here mounted on a plaque presented to a Soldier during a ceremony in late February, almost a decade after he was shot twice while on a mission in Iraq. (Photo by Ron Lee)

The Soldier's name, unit and location of the ceremony are being withheld due to security concerns at the request of U.S. Army Special Operations Command.

The NCO had originally kept the plate until recently when Col. Dean Hoffman, project manager of Soldier protection and individual equipment for PEO Soldier, first heard of the damaged plate and requested to have it looked at by his team.

"The fact that this was the original SAPI and it stopped [AK-47 rounds] just shows you the kind of equipment we have out there, especially at that close of range," Hoffman said.

The Army has since rolled out two other types of plates, and this

year expects a full production of the new Soldier Protection System's vital torso protection plates, which are lighter than the predecessors, according to the colonel.

"We're making sure that we still stop existing threats but also do it with a much lighter plate," he said.

With each weighing about 2 to 5 pounds, the vital torso protection plates are up to 14 percent lighter than the current plates, according to PEO Soldier.

Lighter plates are important, he said, since personal protective equipment tends to be the heaviest burden for a Soldier to carry into combat.

"It says a lot about industry and

the engineers and testers doing all they can to not only make sure that Soldiers have the best equipment when they go into harm's way, but are able to be faster ... to execute their mission as quickly as possible," he said.

Even being shot twice in the first version of the SAPI, the NCO said his plate still held up and he continued that day's mission of clearing structures within the enemy stronghold.

Soon after his close call, one of his best friends in his unit was shot in the buttocks and head. If his friend wasn't wearing his Kevlar helmet, the NCO said, the bullet would have likely killed him.

Instead, the helmet deflected the path of the bullet and he survived.

"The equipment that they're putting on Soldiers isn't just a bunch of fluff," he said. "The stuff actually works."

Despite the timing, Hoffman and his staff still wanted to present the plaque to the NCO during a low-key ceremony. Most people, the colonel said, would be deterred to stay in the Army after almost being killed -- but this Soldier is different.

"He didn't want any formal ceremony," Hoffman said. "He's truly a quiet professional, so it's an honor for us to be able to recognize him and provide him back a token that he can appreciate."



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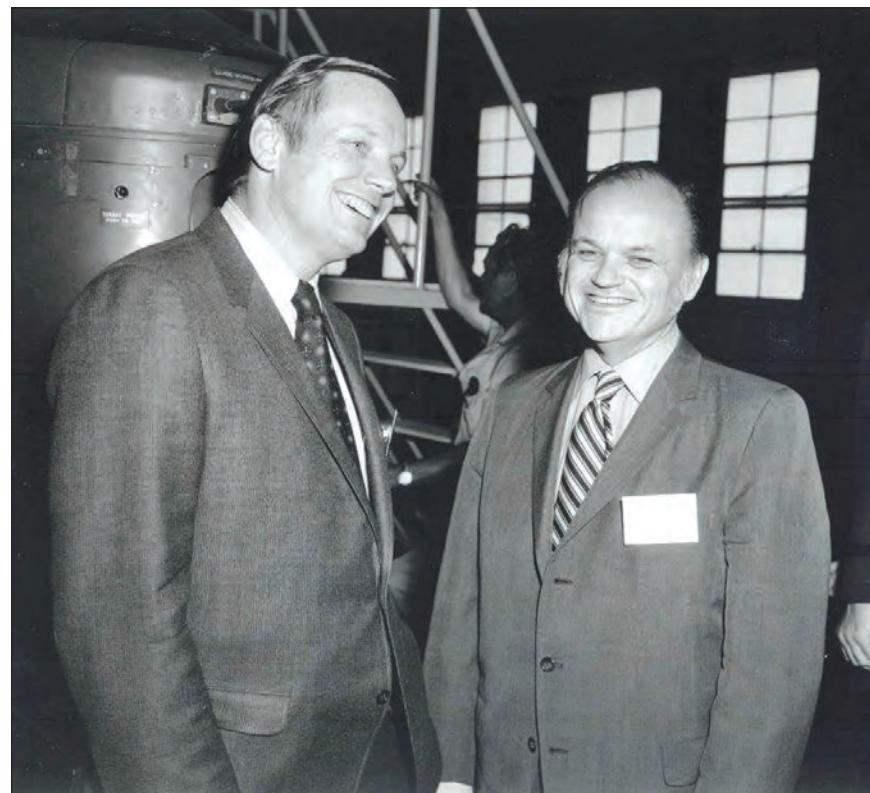


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YPG history corner



Top photo: Yuma Proving Ground has had many distinguished visitors over the decades, but none as out-of-this-world as astronaut Neil Armstrong (left), the first man to walk on the moon. Nineteen months after taking his giant leap for mankind, in February 1971 the Apollo 11 commander visited YPG to witness testing of the AH-56 Cheyenne attack helicopter (bottom photo). The photo of Armstrong, taken at Castle Dome Heliport, includes then-congressman Lucien Nedzi (right) of Michigan. Though the AH-56 was cancelled by the Army the following year, the program was a boon to aviation testing at YPG, as it brought about the construction of a substantial amount of infrastructure like laser and optical tracking sites. YPG has done testing for the National Aeronautics and Space Administration (NASA) since 1966, when the mobility test article (MTA), a precursor to the lunar rover, came here for engineer design evaluations. (US Army photos)



Person-first language: Guidelines for discussing people with disabilities

Submitted by Paul J. Kilanski
Exceptional Family Member
Program Manager

If you saw a person in a wheelchair unable to get up the stairs into a building, would you say "there is a handicapped person unable to find a ramp?" Or would you say "there is a person with a disability who is handicapped by an inaccessible building? What is the proper way to speak to or about someone who has a disability?

Consider how you would introduce someone-Jane Doe- who doesn't have a disability.

You would give her name, where she lives, what she does or what she is interested in-she likes swimming, or eating Mexican food, or watching Science Fiction movies. Why say it differently for a person with disabilities? Every person is made

up of many characteristics-mental as well as physical-few want to be identified only by their ability to play tennis or by their love for fried onions or by the mole that's on their face. Those are just parts of us.

In speaking or writing, remember that children or adults with disabilities are like everyone else-except they happen to have a disability. Therefore, here are a few tips for improving your language related to disabilities and handicaps.

1. Speak of the person first, then the disability.
2. Emphasize abilities, not limitations.
3. Do not label a person as a part of a disability group- don't say "disabled", say "people with disabilities."
4. Don't give excess praise or attention to a person with a disability;

don't patronize them.

5. Choice and independence are important; let the person do or speak for him or herself as much as possible; if addressing an adult, say "Bill" instead of "Billy."

6. A disability is a functional limitation that interferes with a person's ability to walk, talk, learn, etc. Use handicap to describe a situation or barrier imposed by society, the environment, or oneself.



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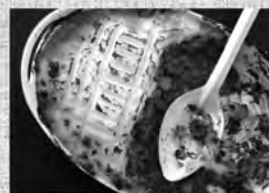
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Finding a good nursing home

By Greg Dill, Medicare Regional Administrator

One recent Sunday morning, I woke up to a message from a coworker saying she'd been up all night with her mother in the emergency room.

Her mom had fallen, broken her hip, and was getting admitted to the hospital for surgery. As you can imagine, my colleague was exhausted, worried, and facing some important decisions. Even as her mom was being prepped for surgery, the hospital's care coordinator was asking which rehabilitation facility she should be sent to afterwards.

As a fellow official of the U.S. Centers for Medicare & Medicaid Services (CMS), my associate has a better-than-average understanding of the healthcare system. But she'd never had to find a rehabilitation facility for a loved one. So she turned to an online tool to help people find a suitable nursing home when they need one.

The tool is called Nursing Home Compare and you can find it on the www.medicare.gov website. Just click on the button that says "Find nursing homes."

Nursing Home Compare assigns from one to five stars to every nursing facility that participates in Medicare or Medicaid, with five stars being the highest rating. These star ratings give you and your family an easy-to-understand summary of three important dimensions of nursing home quality: health inspection results, staffing information, and quality-of-care.

The goal of the rating system is to help people distinguish between higher- and lower-performing nursing homes. Nursing facilities receive an overall star rating based on three types of performance indicators, each of which has its own star rating:



- **Health inspections:** Nursing homes that participate in Medicare or Medicaid undergo unannounced, comprehensive inspections about once a year. CMS bases health inspection ratings on the number, scope, and severity of deficiencies found during the three most recent inspections, as well as on results of complaint investigations during the most recent 36 months.

- **Staffing levels:** CMS bases staffing ratings on two components: 1) Registered nurse hours per resident day; and 2) total staffing hours (registered nurse plus licensed practical nurse plus nurse aide hours) per resident day. The staffing measures are adjusted for different levels of resident care needs.

- **Quality measures:** These ratings are based on how a nursing home performs on 16 of the 24 quality-of-care measures currently posted on Nursing Home Compare. The measures reflect whether residents got flu shots, are in pain, or are losing weight. We also look at how well the facility controls pressure ulcers (bed sores), whether it overuses antipsychotic medications, and other indicators of how residents are treated.

You can compare multiple facilities

on Nursing Home Compare. But keep in mind that star ratings are intended to be combined with other sources of information (such as a doctor's recommendation) and shouldn't substitute for visiting the nursing

home in person. Indeed, after my coworker identified two possible facilities, she visited the one that had an available room and was pleased to learn it had high ratings for food service, something very important to her mother.

Choosing a nursing home is a complex, personal, and often emotionally draining decision. With that in mind, Medicare developed a detailed brochure, "Your Guide to Choosing a Nursing Home or Other Long-Term Care," which you can find online. Among other things, the brochure provides a checklist of questions to ask nursing home managers, alternatives to nursing home care, and the legal rights and protections of nursing home residents.

I'm glad to report my colleague's mother is on the mend!

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