

YPG hosts ATEC Commander's Conference

By Mark Schauer

Effective communication is a vital commodity, something of which one can never have too much.

With the purpose of sharing information and building relationships, test center commanders and senior leaders from throughout the nation gathered for two days of intense discussions at Yuma Proving Ground's Palm Gardens Conference Center in late May. Led by Maj. Gen. John Charlton, commander of the Army Test and Evaluation Command (ATEC), over 50 participants took part in a schedule that kept them busy each day from morning until well into the evening.

"We're very dispersed, so we have to plan opportunities to get everyone together," said Charlton. "One of the things I want to accomplish when we do that is for each of the commanders to talk about the things they are



Led by Maj. Gen. John Charlton, commander of the Army Test and Evaluation Command (ATEC), over 50 test center commanders and senior leaders gathered for two days of intense discussions at Yuma Proving Ground in late May. Charlton and senior leaders also took an extensive tour of YPG's vast ranges, visiting a variety of test sites, including a rugged vehicle course seen here and an isolated artillery firing position. (Photo by Mark Schauer)

doing and share best practices and good ideas. We spent a lot of time doing that."

Charlton said another part of the conference's value is to relay information from the highest levels of the Army. This enables each test center commander to configure local operations in accordance with budget realities, testing objectives, and initiatives of senior Army leaders.

Charlton and senior leaders also took an extensive tour of YPG's vast ranges, visiting a variety of test sites, including a rugged vehicle course and an isolated artillery firing position. Charlton said he was impressed with the YPG workforce he interacted with at each stop.

"The first thing I took notice of is the outstanding workforce, both military and civilian," he said. "They

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Outgoing commander shares parting thoughts

By Mark Schauer

As he prepares to relinquish command on June 20th, YPG commander Col. Randy Murray took a few minutes to discuss the proving ground, its future, and his

impressions of the Yuma community.

As you leave YPG, what are your impressions of the proving ground?

My impressions are very similar to what they were when I first got here. I think we have some of the most

professional people in the Army. Our personnel are very smart, dedicated, and customer-focused and always take care of the mission. That was my impression when I first got here and it's still the same now.

What was your biggest challenge in command?

I think one of the biggest challenges was ensuring that we had proper communication throughout

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all of the organization. It was never a question of whether we accomplished the mission- we did- but making sure we communicated everything: the commander's intent, the true purpose of what we were doing and how we were doing it, and making sure we all worked together.

How did YPG change during your command?

One of my intentions was to make sure the mission and garrison together became more of a cohesive team. I think the philosophy of 'One Team, One YPG' is being driven home more in that respect. In my opinion, the IMCOM and ATEC mission side have gotten closer to each other, and are now more responsive and integrated as they should have been.



YPG Commander Col. Randy Murray talks with Robert Rodriguez, maintenance branch chief, during his tenure at the proving ground. Murray departs command on June 20th and says he will miss the proving ground. "I think this is the best job I've ever had in my Army career," he said. (Photo by Mark Schauer)



YPG Commander Col. Randy Murray speaks to children and parents at a Veterans Day ceremony held at Yuma's Castle Dome Middle School. Murray said he appreciated the local community's patriotism and support for the military. "I love the small town atmosphere that the city has—it has a very down home type of feel to it." (Photo by PAO staff)

What is your impression of the Yuma community?

I think they are very, very patriotic people who are very supportive of the military. I love the small town atmosphere that the city has—it has a very down home type of feel to it, not like a big city.

How do you think YPG is positioned for the future?

I think YPG is positioned very well for the future. Our workload is steadily increasing. I think over the years, by virtue of getting the right people here to see what we do, DoD has seen the great value of the support we bring to the Warfighter. The ground combat test mission is strong, and the air combat side seems to be growing, especially in the cargo delivery area.

If you could bring the entire workforce together in one room, what would you tell them?

First of all, I would thank them for all that they've done. The way they

have treated me and my family these past three years has been great. The key point I would make is to keep the dedication and focus they have on the Soldiers: Our workforce is a very, very valuable asset for the Department of Defense and what they do is absolutely essential to ensuring the security of our nation. I can't emphasize that enough.

What advice would you give to the new commander?

Every commander is different, and he's going to have to come in with his own philosophy. I can tell him that he will be surrounded by a great workforce of people that are really, truly going to take care of the mission itself. The biggest thing I would tell him is to trust his people.

Do you have any final thoughts?

I'm really going to miss being at Yuma Proving Ground. I really love the people, the community, and the job. I think this is the best job I've ever had in my Army career.

THE OUTPOST

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News may be submitted to:
The Editor, Outpost, Yuma Proving Ground, Yuma, AZ, 85365.
Phone: (928) 328-6149 or DSN 899.
Visit our website at: www.yuma.army.mil
or email to: mark.a.schauer.civ@mail.mil

Commander: Col. Randy Murray
Public Affairs Officer: Chuck Wullenjohn
Public Affairs Specialist/Editor: Mark Schauer
Technical Editor, Cold Regions Test Center: Clara Zachgo
Marketing Specialist: Teri Womack
Visual Information Manager: Riley Williams



Army band to entertain at Post Theater

By Chuck Wullenjohn

There have been few, if any, occasions held at the Yuma Proving Ground Post Theater in the last 30 years that were purely entertaining in intent. Though motion pictures were once shown there for large crowds, audience counts had seriously diminished by the time the theater closed up shop as a movie house.

But the theater will come back to life the evening of Monday, June 19, as 12 members of the 62nd Army Band fill the venerable facility with the sweet sound of music.

Everybody at YPG, including spouses and children, are invited to enjoy a mix of traditional New Orleans brass band and pop/rock/jazz tunes beginning at 6 p.m. The musical program has been specially arranged by the band and tickets are free of charge. Snacks will be available for purchase within the theater. The concert will last no more than 90 minutes.



Members of the 62nd Army Band will entertain YPG personnel and residents in a free concert at the Post Theater on Monday, June 19 at 6:00 p.m. Tickets are available at various points around the proving ground. The musical program has been specially arranged by the band and tickets are free of charge. Snacks will be available for purchase within the theater. The concert will last no more than 90 minutes. (Photos by PAO staff)

Free tickets are available at five locations located throughout the proving ground:

Howard Cantonment Area:
Bldg. 309, Rosa Dayton

Walker Cantonment Area: ROC
Bldg. 2105, Command Group,
Gabby Rios

Walker Cantonment Area: Bldg.
2100, Public Affairs Office

Laguna Army Airfield: Bldg.
3021: Staci Hammond

Kofa Firing Range: AOC Bldg.
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Shoot'in the Breeze

If it's green, it grows

By David J. Horn

As a city in the Sonoran desert, Yuma has been blessed with an abundance of native plants including cacti, ocotillos, ironwood and paloverde trees. Oh, okaaaay... and a creosote bush or two. And for thousands of years, life was good.

Then somewhere along the way, somebody got the bright idea that we also really needed to start greening up the place, so they started importing eucalyptus trees, ficus trees, and olive trees to plant all over town. Those trees really thrive here, like a lot of our imported flora, all the way out to the end of the garden hose. As an unaware out-of-towner looking for a house with shade, when I bought my first house back in the mid-80s I hit the jackpot...I



ended up with all three varieties around my house.

Now with most northern trees, they keep their leaves attached to the tree for about five months out of the

year, then drop them in mid-October in one big dump where they all blow over into your neighbor's garage where they're not your problem anymore. Then, the trees are giant, dead-looking stick figures for the next seven months during winter. My apologies to any northerners who never looked at it that way before. Anyway, for most of the trees in Yuma, while they stay green all year long, they also continually dribble leaves all year long.

I didn't mind it too much that I had to spend my weekends sweeping up fallen eucalyptus leaves, seeds, and bark pieces, but it was unnerving when after wind storms, I'd find some pretty big branches laying up on the flat roof of my Pueblo style house from the 80-foot tall eucalyptus trees that grew alongside it. When big eucalyptus branches usually fall from the tree, they sag

down and gracefully descend leafy-end first without causing too much damage. But if they come down thick-end first impacting on your flat roof, it's like a fin-stabilized KE round that can punch all the way through into your living room. Been there, done that.

And then, there are those sneaky ficus trees. When the trees are little and innocent looking, all you have to do is spend your weekends sweeping up their leaves and seeds in the shade of that nice green canopy. It's only later that you discover that lurking underground for about 30-feet in all directions from that tree is more concrete destroying power than a bunker-busting bomb, including more than enough power to bust up the concrete foundation of your bunker. Been there, done that, too.

And then, the pollen factories like the olive trees. You get to sweep up fallen leaves and inedible olives, while you sneeze with watery eyes. What were they thinking? What was I thinking?

Anyway, after years of removing problem trees, there isn't much left in my now really bright and sunny front yard, except for tree stumps surrounded by areas paved with those colorful adobe bricks. Now, if there was only something I could do about having to continually sweep out all the bougainvillea leaves from my neighbor's bushes...out of my garage.

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Safety Corner

Am I a good driver?



Unfortunately, most of us can answer "yes" to at least a few of the following questions dealing with things we do while driving: Do I text or use a cell phone? Do I play with the radio? Do I fish around in the glove compartment? Do I comb my hair or apply make-up? Do I eat, light a cigarette, read maps, or work with my GPS? Stare?

According to www.smartmotorst.com, four factors contribute to accidents:

- Equipment failure
- Roadway design
- Poor vehicle maintenance
- Driver behavior

More than 95 percent of motor vehicle accidents involve some degree of driver behavior combined with one of the other three factors. When the facts are truthfully presented, however, driver behavior is usually the primary case. Many accidents are caused by driving distracted, excessive speed or aggressive behavior. So what can each of us do to stay safe?

Make sure you use cell phones safely. Be aware that using a hands-free device can distract you. If you are driving down range, stop before checking maps about where you expect to be going.

Set a good example and consider how your children might be observing your unsafe habits.

Don't allow arguments or stressful conversations with passengers to divert your attention from the road.

Fatigue, stress and strong emotions, such as anger, can impair the ability to drive safely – as can being under the influence of alcohol and drugs.

So, how do you rate yourself now? Are you as great a driver as you first thought or are there some areas where you need to improve? The good news is if you are reading this article, there is time to change your driving habits and stay out of the statistics column.

The responsibility is yours. Please remember, **NOBODY GETS HURT!!**

ARMY BIRTHDAY 5K

YPG Celebrates the 242nd Army Birthday

June 14, 2017



POC: Tina Manns 928.328.3274

➤ Start/Finish: YPG Heritage Museum, Bldg S2, Main Post YPG



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Run Start:	0615
Awards:	0700
Course Closes:	0730



- Run will start immediately following flag raising ceremony
- 5K Route is out and back (All on YPG)
- Water station at turnaround point
- Water and Fruit provided at Start/Finish
- Those entering the official 5K run will be timed and eligible for Awards (and will wear a race bib); Or
- Participants can register to leisurely walk/run the 5K or opt to walk/run for 30 min wellness participation



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<https://www.yuma.army.mil/Visiting>

Versatile new cargo parachute system improves battlefield efficiency

By Mark Schauer

U.S. Army Yuma Proving Ground (YPG) is home to all manner of parachute testing, with spacious and instrumented ranges large enough to accommodate even the world's largest cargo parachutes.

YPG has long been on the cutting edge of developmental and operational testing of new airdrop capabilities, including the Extracted High-Low Speed Container Delivery System (EHLSCDS) currently undergoing testing here.

Unlike conventional cargo parachute drop systems that use gravity to slowly drop bundles from the back of an aircraft at airspeeds of up to 150 knots, EHLSCDS uses a developmental G-15 cargo parachute along with an extraction parachute to have the capability of rapidly dropping bundles at airspeeds of up to 230 knots, keeping them in a tighter pattern and greatly reducing the aircraft's exposure time over a

drop zone.

"In order to get a tighter grouping they use an extraction chute to get the payload out a lot quicker," said Andrew Colunga, test officer. "This is particularly for low-level air drops."

The benefits of such a parachute system are significant. Troops on the ground have depended on air drops as a vital means of receiving supplies, particularly in harsh terrain that lacks ground transport infrastructure or where snowy winter months make mountainous roads impassable. Earlier this decade, more than 75 million pounds of cargo, a record amount, was parachuted to troops in Afghanistan. Improved accuracy ensures these vital supplies reach their intended recipients intact and on target. An aircraft dropping EHLSCDS bundles flies in much faster and at a lower altitude than in typical airdrops. In theater, that means less time that cargo planes are in the threat zone-- and less



An aircraft dropping EHLSCDS bundles flies in much faster and at a lower altitude than in typical airdrops. In theater, that means cargo planes are in a threat zone for a much shorter period of time and less dispersion which makes it easier for the dropped supplies to be safely recovered before an enemy can respond.



While the EHLSCDS means a tighter-patterned drop once the materials are out of the plane, dramatically greater force is exerted on the bundles when first extracted. YPG testers have been gathering data on the effects of this extraction force on bundles of water bottles, as well as simulated loads of ammunition cans filled with sand and filled water barrels. (US Army photos)

dispersion for the dropped cargo, which makes it easier for them to be safely recovered before an enemy can respond.

Ensuring these vital cargo loads come in safely means new rigging procedures for bundles prior to loading, as well as tests on new designs for the rigged bundles' tie-downs and the parachute's deployment bag.

While the EHLSCDS means a tighter-patterned drop once the materials are out of the plane, dramatically greater force is exerted on the bundles when first extracted. YPG testers have been gathering data on the effects of this extraction force on bundles of water bottles,

filled water barrels, and ammunition cans filled with sand to ensure they reach Soldiers on the ground in serviceable shape. Once back on the ground, these items are easily inspected for dents or leaks. The testers and recovery crew then fold and pack the parachutes into kit bags, which are loaded with the drop items onto the backs of large trucks and transported back to the proving ground's air delivery complex for further inspection.

"We do full inspection and maintenance, and time how long each of these things takes," said Colunga. "We give this data to the product manager for use in the item's training manual."

YPG Color Guard represents all military services

By Chuck Wullenjohn

A touching Memorial Day ceremony that involves the dropping of a wreath of flowers into the placid waters of the Colorado River from the Ocean-to-Ocean Highway Bridge has taken place each year in Yuma since the 1940's.

In recent years, multiple color guards from local organizations have participated by standing in formation along the banks of the river in Gateway Park as the flowers fall to the water and float away. One color guard is selected as the "lead"

detail each year and, in 2017, that lead color guard was provided by U.S. Army Yuma Proving Ground. Over 200 members of the public attended.

As the sole active duty color guard, YPG represented all U.S. military services that day. It was quite an honor and the members of the color guard, spit-shined, well-groomed and well-practiced, did the proving ground proud.

The members of the color guard gave up part of their holiday to participate, while most other YPGers

were eating breakfast, sleeping-in or readying their grills for barbecues later in the day. The members of the color guard were: Sgt. Sean Gilchrist, Staff Sgt. Aaron Ahn, Staff Sgt. Cliff Warner, Sgt. Avram Collins, and Sgt. Kyle Dunwiddie

"This is a meaningful ceremony," said Linden Jungen, ceremony chairman, "and we want to ensure it is done right. Our sole intention is to honor those who fell in defense of our nation and protected our liberties."

He thanked YPG for providing the color guard and will strive to fully include the proving ground in future ceremonies of this type.



RIGHT: YPG's Color Guard represented all U.S. military services at the Memorial Day Colorado River wreath-laying ceremony that took place at Yuma's Riverfront Park early the morning of Memorial Day 2017. Wearing spit-shined boots and looking sharp, the members of the color guard gave up personal time to take part in the ceremony.



Over 100 members of the public attended the Memorial Day ceremony at the base of Yuma's Ocean to Ocean Bridge. The members of the YPG color guard were Sgt. Sean Gilchrist, Staff Sgt. Aaron Ahn, Staff Sgt. Cliff Warner, Sgt. Avram Collins, and Sgt. Kyle Dunwiddie. (Photos by Chuck Wullenjohn)

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CONFERENCE

FROM PAGE 1

are tremendous professionals, very dedicated to and committed to doing their best every day and providing our Army with the best capabilities possible.”

The visit to YPG was his first since taking command of ATEC last December, and Charlton received a

comprehensive briefing about YPG’s test infrastructure at every site he visited.

“The capabilities of the test range itself- all the instrumentation, the facilities, and the geography—is really amazing. It allows you to do incredible testing, whether it is airborne systems, lethality systems, counter-IED. It really makes a difference in terms of what we’re able to do as an Army to have a



The ATEC Commander's Summit featured two full days of discussions between Maj. Gen. John Charlton and the commanders and senior leaders of subordinate installations. “We’re very dispersed, so we have to plan opportunities to get everyone together,” said Charlton. “One of the things I want to accomplish when we do that is for each of the commanders to talk about the things they are doing and share best practices and good ideas.” (Photos by Mark Schauer)



Chief Warrant Officer 3 Brian Perinon, Airborne Test Force Chief, takes Maj. Gen. John Charlton on a tour of the test force's facility at YPG.



ABOVE: Aviation Systems Branch Chief Robyn Tiaden explains YPG's unmanned aircraft test capabilities to Maj. Gen. John Charlton, ATEC commander, during his visit to the proving ground. The visit was his first since taking command of ATEC in December. BELOW: Charlton took a ride in an M1A2 tank and a M-ATV across YPG's rugged road courses.



facility and people like this to allow us to develop new capabilities and maintain the best Army in the world.”

Charlton also noted the support the proving ground enjoys from the greater Yuma community, and hopes area citizens are aware of the important role YPG plays in ensuring our nation's defense.

“It is absolutely a national asset. If we didn't have these capabilities and workforce here, we wouldn't have an Army as capable as we do. None of that can happen without the strong support of the community.”

RIGHT: Charlton pulls the lanyard for a test fire from a M109A6 Paladin self-propelled howitzer at a remote gun position far out on YPG's firing range.





Maj. Gen. John Charlton greets personnel at YPG's Mine Countermeasure Facility during his visit. Charlton was extensively briefed about YPG's test capabilities by multiple personnel.



During his visit, Charlton presented a number of awards to YPG personnel. Here, Staff Sgt. Cliff Warner of the Airborne Test Force receives the Army Achievement Medal during Charlton's town hall with the YPG workforce.

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A fond farewell



Well-liked Yuma Test Center Commander Lt. Col. James DeBoer is in his final week of command, and a farewell luncheon took place at the proving ground's Cactus Café in late May. DeBoer oversaw a great number of testing projects during his time at the test center, identifying and solving problems, changing things when necessary and planning for the future. A graduate of the Army's Military Academy at West Point, he leaves YPG to undertake training preparing him for future challenges. (Photos by Chuck Wullenjohn)



Finding a good nursing home

By Greg Dill

One recent Sunday morning, I woke up to a text 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 CMS developed 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 our <http://www.medicare.gov> website. Just click on the button that says "Find nursing homes." Enter your zip code or city and you can begin your search.

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 our Five-Star Quality Rating System is to help people distinguish between higher- and lower-performing nursing homes. CMS also wants to help nursing homes identify problem areas and to improve their quality.



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.

A facility's overall star rating is a composite of the ratings on the measures above. The core of the overall rating is the health inspection rating, which is adjusted up if the facility receives high staffing or quality-of-care ratings, or down if those ratings are low.

You can compare multiple facilities on Nursing Home Compare, as my colleague did when looking for the

best spot for her mother. 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.

At www.Medicare.gov you'll also find "compare" websites for hospitals, home health services, dialysis facilities, medical equipment suppliers, and Medicare-approved health and prescription drug plans.

Choosing a nursing home for yourself or a loved one is a complex, personal, and often emotionally draining decision. With that in mind, we developed a detailed brochure, "Your Guide to Choosing a Nursing Home or Other Long-Term Care," which you can find online at <https://www.medicare.gov/Pubs/pdf/02174.pdf>.

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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Picatinny Arsenal engineers double range with modified M777A2 Extended Range howitzer

By Lauren Poindexter, Picatinny Arsenal Public Affairs

Picatinny Arsenal engineers have fired the newly modified M777A2 howitzer at Yuma Proving Ground, completing the next step towards expanding the system's current firing range.

"We put together an integration test bed for the M777A2 Extended

Range (M777ER) howitzer program, incorporating a 55-caliber cannon tube on the M777A2 towed howitzer," said Andrew McFadzean a Special Project Officer at the U.S. Army Armament Research, Development and Engineering Center (ARDEC).

The modification added six feet to the cannon while limiting the

increase in overall system weight to less than 1,000 pounds.

The total length of the tube increased the chamber volume as well as the rifling length. That, in combination with the additional increment of legacy propellant, resulted in an increase in range of several kilometers.

"We were able to push the round harder for longer, so it goes faster and further," said David Bound, M777ER team lead.

"Think of it like a guy with a really long arm," explained Bound. "He can hold a ball longer and throw it faster than a guy with a really short arm. So we just integrated that longer 'arm' onto the howitzer so that the same bullet could get acted on longer and quicker. That in turn means more range."

Project Manager Towed Artillery Systems and ARDEC are using an incremental approach to increasing the range of the M777A2 howitzer. The ultimate goal of the program is to demonstrate a maximum range of 70 kilometers while minimizing the cost and modifications to the weapon platform.

The Army's Extended Range Cannon Artillery (ERCA) program is investigating and developing technology to extend the range of the Army's 155mm self-propelled howitzer. The M777ER program is integrating the ERCA technology onto the towed howitzer platform.

Initially, a non-firing, mobility platform was developed with an extended range cannon tube. The mobility trials successfully demonstrated that an M777ER howitzer could be towed behind its current prime mover with little modification.

Upon successful completion of

mobility trials, a firing demonstrator was created using the current 39-caliber cannon without a muzzle brake. The 39-caliber demonstrator put similar stress on the systems structures as a 55-caliber cannon with a muzzle brake. The test results of the 39-caliber demonstrator were used to validate engineering design models for the objective extended range weapon.

The latest configuration of the M777ER weapon integrated a 55-caliber cannon tube onto the weapon platform. The cannon tube was manufactured at the Army's Watervliet Arsenal. The firings at Yuma marked the latest success in the M777ER program.

The engineers have planned additional incremental improvements with several demonstrations over the next few years.

"The latest test at Yuma was one of those steps," said Bound. "Several marines and soldiers were at Yuma in November to witness the firings. I think they are all very happy and impressed with the fact that the M777ER did what it did so quickly and they are definitely excited to see the next step."

"We are taking a crawl, walk, run approach to keep the user involved through the whole process," added McFadzean.

The engineers thought weight would be a limiting factor, but it was not.

"It actually looks like the strength of the gun will be our limiting factor, which means we can design the M777ER to its engineering limit," said Bound. "Knowing the engineering limits of the system coupled with input from the user will allow designers to optimize the objective system."



Project Manager Towed Artillery Systems and the U.S. Army Armament Research, Development and Engineering Center are increasing the range of the M777A2 howitzer. The ultimate goal of the program is to demonstrate a maximum range of 70 kilometers while minimizing the cost and modifications to the weapon platform. (Photo by Chuck Wullenjohn)

How to deal with anger

Submitted by Paul J. Kilanski

Everyone feels angry sometimes. You may feel additional pressures from combat, moving, deployment and other situations unique to military life. These events may make you frustrated and angry. But, it's okay to get angry!

Anger is a normal and healthy emotion. It can help you defend yourself in an unfair situation. Sometimes it motivates people or creates change. But if anger is too intense or happens too often, you might need to take steps to deal with your emotions in healthier ways.

You may have a problem with your anger if it gets in the way of ordinary life, alienates people or damages relationships, turns into rage or explosive outbreaks or is held in and not expressed. Anger can be caused by combat situations or memories of traumatic or life threatening events. Having a friend or relative die can cause anger as well as grief. Anger can be caused by internal struggles or worrying about personal problems. Even simple things like a rude person or a traffic jam can sometimes make us angry.

We need to find health ways to express anger. Talk to the person you are angry with or talk with a supportive person about your



feelings. Writing can help you vent your anger. You do not need to show it to anyone. Exercising

can help diffuse intense emotions. Avoid reacting with yelling, hitting or other out-of-control behaviors.

Avoid drinking or taking drugs to deal with your feelings.

You usually can't control the person or event that made you angry but you can control your reaction. Control violent reactions (such as wanting to yell at or hit someone). Walk away from the situation until you feel calmer. Treat others in a way you want to be treated. Agree to disagree and leave it at that.

Ignoring angry feelings is unhealthy too. Hiding or holding in emotions can lead to increased blood pressure, depression or a bitter or hostile attitude. Do you sometimes feel so mad you think you will explode? Do you feel like hurting yourself or someone else? If so, get help now! Talk about what is going on with a trusted friend, family member or commanding officer. Contact your medical provider, therapist or chaplain. You may be able to get help from a military family service or support center. Try counseling or an anger management program.

Anger can be a healthy expression of strong feelings. But if you have frequent outbursts, you can get help and you can learn to cope in a more positive way. Learn to control your anger before it creates problems in your personal or professional relationships.

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YPG recognizes volunteers



In keeping with the theme "Army volunteers, service for life," YPG recognized on-post volunteers with a special luncheon at the Cactus Café in early June. Last year volunteers devoted over 3,200 hours to activities like youth sports and the Heritage Center museum, constituting over one year of man hours. "They don't get paid anything for it," said Gordon Rogers, garrison manager. "They do it because they think it is important to the community, and it is." Laura DePriest was recognized as Volunteer of the Year with 1,235 hours spent coaching youth soccer and volunteering at Price School. "I do it to make the place better for kids, to give them opportunities they otherwise wouldn't have," she said. Former Volunteer of the Year Vince Lacey devoted over 1,100 hours at the YPG Heritage Center, and 50 other folks volunteered various amounts of time. "No hours are too small or too great," said Col. Randy Murray, YPG commander. "We appreciate every hour of our volunteers' time. This community is better because of all of them." (Photo by Mark Schauer)

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