

Flying Puma enhances YPG capabilities

By Mark Schauer

YPG's vast size includes nearly 2000 square miles of restricted airspace, a vast holding used for extensive testing of a variety of unmanned aerial system (UAS) platforms.

The proving ground seems as close to an ideal venue for UAS testing as can possibly exist, boasting clear, stable air and an extremely dry climate where inclement weather is rare.

As UAS proliferate in use, a RQ-20A Puma UAS system has joined YPG's aviation fleet to support testing. With an eight-foot wingspan and weighing about 15 pounds, the craft carries a day-night camera with thermal capability and a laser illuminator. In theater, Army



Heavy combat team lead Cesar Ramirez launches a RQ-20A Puma unmanned aircraft system at YPG during a recent training session. The Puma will be used to support a variety of test missions at the proving ground. (Photo by Mark Schauer)

convoys use it for spotting, but at YPG it will be used to support a variety of test missions. Ultimately, the platform's day/night camera with thermal capability and a laser illuminator may be used for scoring targets and other applications.

"Search and rescue is another application of this vehicle," said Scott Myers, pilot. "If you set up a search pattern, the aircraft will orbit and keep following that search pattern on its own, and you can focus on controlling the camera without having to worry about flying the aircraft."

Personnel from the airfield and test officers in relevant commodity areas have been training on the system

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Former military police officer visits YPG after 46 years

By Mark Schauer

It was exactly the same, yet totally different.

The key landmarks from then-Sgt. Thomas Zielinski's tenure at YPG were still mostly present, though occasionally with different uses and cosmetic changes.

The hotel and fitness center weren't here then, but the theater and school were, and the street they lived on is still called Hardy, even if it has new houses on it. Today, the former post headquarters is YPG's Heritage Center, and in early May former Sgt. Thomas Zielinski, accompanied by

wife Joan and their friend from YPG days Mary Donnelly, visited the post, getting special tours of the Heritage Center and YPG's police station.

"This has really been an incredible experience," he said. "Many people don't appreciate how important this is. I'm proud of it."

What a difference nearly half a century makes.

When Zielinski first reported for duty at Yuma Proving Ground in the late spring of 1969, nearly half a million of his countrymen

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VCC employees
make visitors
feel welcome

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Once prominent,
now forgotten: In
the desert they sleep

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Encountering
what made us
what we are

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PUMA

FROM PAGE 1

since shortly after its arrival at the proving ground. The craft is hand-launched, and before a flight the users set up a communications mast to maintain contact with the airborne system. Though it can be launched by one individual, a flight crew consists of two: a mission operator who follows the airframe's flight on a laptop computer, and a vehicle operator who flies the craft using a controller.

Though lightweight, the airframe's Kevlar composite fuselage is tough.

The carbon-fiber propeller spins at about 5,000 revolutions per minute, and powers the aircraft to up to 50 miles per hour. The craft has no landing wheels: Snap screws hold the eight-foot-spanning wings to the fuselage, and are designed to detach them when the aircraft lands belly-first, which can be accomplished either manually or automatically. Additionally, the propeller blades and tail pull back when the engine stalls to prevent damage to these components. So far, the fuselage sports only a few superficial dings, despite landing in the rugged desert of YPG's ranges multiple times.

"It's a tough airframe," said



Tipping the scales at under 15 pounds, the RQ-20A can be assembled and hand-launched by a single individual.



The carbon-fiber propeller spins at about 5,000 revolutions per minute, but, lacking landing gears, the Puma needs an assist from a strong arm to get airborne.



The RQ-20A sprints at over 50 miles per hour, but normally operates at half that speed. Its lithium ion battery, the heaviest component aboard the airframe, powers it for about two hours of flight.

THE OUTPOST

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



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ABOVE LEFT: Cesar Ramirez serves as mission operator as mechanical engineer Justin Crouch operates the Puma with a controller.

ABOVE RIGHT: The lightweight Puma has no landing wheels: when it lands belly-first, the wings are designed to detach, and the propeller blades and tail partially retract to escape damage. "It lands in full stall mode," said Myers. "When you see it hit the first time, you expect a lot more damage."

Myers. "When you see it hit the first time, you expect a lot more damage."

Once airborne, the craft can stay up for about two hours, and ranges miles away from its controllers.

"You can optical-designate targets and it will track those targets automatically, which frees you up to do other mission-related tasks," said Myers.

After members of the initial cohort to train on the aircraft amass 20 hours of flight time, they are eligible to attend a master trainer course that will enable them to teach others how to fly the airframe.

Multiple individuals involved with the airframe predict it will have a sustained and growing importance to YPG's capabilities.

"Our impression so far is that they're very capable for a small aircraft," said Myers.



FY17 – 2nd Quarter ICE Customer Service Roll Call

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ICE

Shoot'in the Breeze

Our wonderful western suburb

By David J. Horn

Well, as we've all noticed, summer is coming back. And so we're back...to our summer survival lifestyles. But while enduring hot desert summers is part of working here at YPG, so is visiting on the weekends, just a convenient drive over the hill, Yuma's wonderful western suburb...San Diego! With my apologies to all the real San Diego experts out there, here are a couple of my recommendations on things to do over there while you enjoy those 80° summer afternoons:



Balboa Park

Arrive early so you can park near the Natural History Museum. After touring the museum, take a romantic stroll past all the old buildings on the way to the Air and Space Museum at the south end of the park. On your way back, take the pedestrian bridge to the arboretum east across the street, where you can see what that 2-foot Spanish Dagger plant in front of your Yuma house

just might look like after 100 years.

So your kid...the one who lives in your back bedroom that's filled with so much stuff and is so messy that you can't remember what the color of the carpeting is...is thinking about joining the Navy. Take them on a tour of the USS Midway! Just don't show them the enlisted sailor's sleeping quarters.

And on a related note, just up the street from the USS Midway is the San Diego Maritime Museum. Along with all the displays below the deck of the ship "Star of India", make sure you check out the crew amenities aboard that old Soviet submarine.



Sea Port Village

Hey, if you have to shop, shop where you can stroll along the harbor. Along with visiting the specialty shops, set aside an hour or two to take a harbor cruise on one of those "Seal Boats" (part boat, part

open bus) that are based there. You get a fun, narrated driving tour on the way to Shelter Island, where the vehicle slides into the water to take you on a harbor tour where you can see everything from dolphin pens to submarine pens, as it takes you to a place where you can get some real close up pictures of lots of sea lions.



Old Town State Park

A great place to eat and shop, among some of the original buildings of old San Diego. Speaking of eating, at the east end of the park, walk a block south on Twiggs Street, and at the end of the street you'll find a great "Baja" style seafood restaurant. On the times I've driven to the restaurant, during those times when they are busy and have valet parking, I always remind the valet parking guys to not take my 1993 Ford Ranger out and race the Ferraris on nearby Interstate 5 while I'm dining.



Coronado Island

Get to the island by crossing over on the big blue bridge, and park on a side street a couple blocks north of the Del Coronado Hotel (don't try to park at the Del). Stroll on over to the Del, walking in the front door acting as if you are actually staying there. Find that hallway with the pictures of all the famous guests including Presidents that have stayed there over the years, then head out the back door to one of America's best beaches. Before you leave the Del, check out that tree out in front of the hotel that was in one of Marilyn Monroe's movies.

And last, but not least, be a respectful visitor.

Arizona folks have ruffled a few feathers over there over the years, resulted in all of us getting the nickname "Zonies." In other words, drive in such a manner that you're not a hazard on their freeways, and if you do find yourself in a conversation with one of the locals, it's probably best to avoid any discussions about the Chargers. Have a great trip!

Visitor center employees make visiting test personnel feel welcome

By Mark Schauer

YPG hosts thousands of test engineers and other support personnel every year, both military and civilian, all of whom must check in at the range pass desk inside the post's Visitor Control Center (VCC) before conducting their vital work.

Inevitably, these folks are helped by the duo of Bobbye Dorris and Janet Hamby.

"We're the first face they see at YPG," said Dorris. "We should be friendly and make them feel welcome here."

According to dozens of customer feedback slips left by customers every week, the courteous and efficient staff of the VCC does just that, day in and day out.

"They're natural at customer service," said Barb Gardner, chief of range planning and safety. "They have made this visitor's center a pleasant place and very efficient. I've seen them have 30 or 40 visitors at a time and zip right through them."

Both of the longtime YPG employees love their jobs, for where else do so many different people come to see you?

"I love to meet people from all over," said Dorris. "We don't get people from just the United States, we literally meet people from all over the world."

The security requirements of visiting a test site at YPG are strict and can be cumbersome to those who aren't experienced in filling

out the appropriate visit request documentation.

"We know everybody has come here for a reason, and we're not going to be the roadblock," said Hamby. "We will do what we can to help them get on here."

There are multiple stories of the VCC personnel going to great lengths to obtain missing documents or information on the fly as a prospective test visitor waits. Nonetheless, the VCC personnel remind folks that these sorts of delays can be prevented with a proactive phone call to them prior to your arrival.

"Call before you get here to make sure we have everything," said Dorris. "If we don't, they can call their people before they come. If we have the appropriate requests and documents, I would say 90% of everything is done before they get here."

Hamby has worked in the same position for nine years. Dorris has worked at YPG for seven years all told, three of them in the VCC. Her familiarity with the installation goes back decades before this, however: her father, Jim Williams, was part of the original HALO project at the then Yuma Test Station in the late 1950s, ultimately staying on as a test officer after he retired from uniform.

The VCC issues range passes from 6:00 a.m. to 5:00 p.m. Monday through Thursday. The phone number is (928) 328-7335.



Bobbye Dorris (left) and Janet Hamby check in the thousands of YPG visitors who visit the proving ground annually to conduct testing. "They have made this visitor's center a pleasant place and very efficient," said Barb Gardner, chief of range planning and safety. "They are naturals at customer service." (Photo by Mark Schauer)

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VISIT

FROM PAGE 1

were fighting half a world away in Vietnam as a deeply polarized American public watched the war on television.

"When I came here, I was told point blank, 'in three months you're going to Vietnam,'" said Zielinski. "So, every month we'd wait for the levy from Washington. The hardest part about it was the waiting and anxiety: that year we lost 6,000 or 7,000 people, and the year before that we had 16,000 or 17,000 casualties."

Shortly after he arrived, Joan gave birth to their eldest son at what was then called Parkview Baptist Hospital in Yuma, and was hospitalized with complications for several days.

"I was awaiting orders, I had a wife and child, and was unsure of what was going to happen day to day," he said.

It was conscription that had made Zielinski, a South Bend, Ind. native recently graduated from Indiana State University with an accounting degree, a Soldier. He was sent to basic training at Fort Bragg, which was a culture shock in terms of its

sheer size, but not for its military discipline.

"I was raised by Catholic nuns and a policeman father, so I was ready for the discipline," he said with a laugh.

He completed basic training and was assigned his military occupational specialty.

"I called my dad and told him I was going to be a 95-Bravo, and he said 'what's that?' I told him, 'military policeman,' and there was silence. My dad didn't want me to be a policeman, and growing up with a policeman I understand why he didn't want me to be one."

He felt like an unlikely candidate for service as a military policeman, but at YPG found that many of his colleagues were in similar circumstances.

"One of the guys I was stationed with had a PhD in history, and they made him an MP," he said.

Another MP, Daniel Donnelly, was a teacher who, along with wife Mary, would become lifelong friends with the Zielinskis.

"He was on duty one day and he and his partner in the truck got a call on somebody in a conflict carrying a rifle," Zielinski recalled. "Dan's first comment was, 'you'd better call the



From left, former Sgt. Thomas Zielinski, his wife Joan, and their friend Mary Donnelly show Heritage Center curator Bill Heidner the former locations of their post housing when they were stationed at YPG from 1969 to 1971. Their recent visit to the proving ground was their first in 46 years. (Photos by Mark Schauer)

police!"

Yet such calls were rare at YPG. Zielinski recalls his primary duties as patrolling downrange and monitoring Imperial Dam Road for speeders. The YPG MP shop had 15 to 20 men on duty at a given time, and as each month passed without Zielinski or Donnelly getting deployed to Vietnam, the friendly couples settled in to life at a small, relatively informal Army post with an important mission. Joan got a job in the post nursery, and Mary, recently graduated as a registered nurse, worked at Parkview Baptist Hospital.

"I learned obstetrics here," she said. "The doctors took you under their wing and showed you what was acceptable."

After duty hours, Tom moonlighted as a bartender in the officer's club. Never paid much, the young couples strived to survive on their \$100 a month in BAQ and food money they received.

"We all had little red clickers with white knobs and we'd go to the store and make sure we didn't go over \$25 a week," said Joan. "Even our

older son remembers the little red clickers."

As a treat, sometimes the young couples splurged for dinner at longtime Yuma icon Chretien's, still the best Mexican restaurant they have ever eaten at.

"We palled around with other people in the same situation and fed off each other," said Joan. "We had a good time."

When his enlistment was up in 1971, Tom and Joan returned to Indiana. They had another son, and Tom worked for various companies as an accountant and chief financial officer. Retired now, he wanted to visit YPG again and have a sense of closure from the hard feelings many former Soldiers experienced from their civilian fellow citizens in the tail end of the Vietnam era.

"In retrospect, it was a real education," he said of his time in uniform. "I think meeting so many people of different backgrounds—different educations, different cultures, different races—was probably one of the biggest things I got out of the service."



Capt. David Woods, YPG police supervisor, shows Zielinski YPG police memorabilia on display at the station. "This has really been an incredible experience," Zielinski said of his visit. "Many people don't appreciate how important this is. I'm proud of it."

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Once prominent, now forgotten: In the desert they sleep

By Chuck Wullenjohn

The bright Arizona sun relentlessly beats down on the ruins of adobe and stone buildings that once bustled with life, attracting visitors from around the nation to the healthful waters of a bountiful hot spring.

Agua Caliente, Spanish, for “hot water,” lies barely outside the Yuma County line, 12 miles north of isolated Sentinel on Interstate 8, forgotten by most but boasting a rich historical legacy that began hundreds of years ago when the natural spring was discovered by local Native Americans. Emitting hundreds of gallons of heated mineral-rich water each day, Agua Caliente’s springs were savored by Indians who found the waters soothing and healing.

Later, when people of European stock came to call Arizona their own, they took notice and made a point of venturing there.

The area was undeveloped during these early years, with visitors soaking in pools of water and sleeping in tents or buckboard wagons. In 1897, a 22 room adobe hotel was built

to cater to travelers, many of whom arrived by train from nearby Hyder, which was served by several daily eastbound and westbound trains. The outflow of water from the springs was harnessed around this time, with pipes leading to a large outdoor pool where people could easily enjoy the therapeutic liquid.

The resort remained a popular destination for many years and Agua Caliente was prominently listed on road maps and in visitor guides. It is said that President Franklin Roosevelt visited the resort, as did numerous Hollywood movie stars. Transcontinental passenger trains operated by the Southern Pacific Railroad stopped in Hyder each day, with the railroad’s nationally distributed timetables pointing out that Agua Caliente was located nearby. Railroad passenger service continued serving Hyder until the late 1950’s.

An upsurge of activity came with World War II, as the Army established two training camps in the bare hills outside Hyder at which thousands of



During World War II, over 13,000 Soldiers trained at Camp Hyder and Camp Horn, sprawling tent and cinder block encampments that covered several miles on either side of the town. Farmland has long since reclaimed most of the land. (Loaned photo)

soldiers prepared for duty overseas. Purposely situated in a rough environment to prepare soldiers for the unforgiving conditions of combat, the camps featured no electricity, refrigeration or running water. Everyone lived in tents.

Camps Hyder and Horn were established in the fall of 1943. They were two of 15 desert camps built to harden and train troops in what became known as the California-Arizona Maneuver Area. The desert training center was a simulated theater of operations that included portions of California, Arizona, and Nevada. A total of 13 infantry and seven armored divisions plus numerous smaller units trained in the harsh environment. Major units stationed at Camps Hyder and Horn were the 77th, 81st and 104th Infantry Divisions.

Troops assigned to Camps Hyder and Horn arrived mostly by train either in Hyder or nearby Sentinel,

which consisted of a yellow clapboard railroad station, a few adobe and board structures, and a corral clustered around spindly trees and other desert growth. The first arrivals went into action to establish the camps shortly after their arrival in April 1943, clearing vegetation, blading roads, erecting tents, digging latrines, and much more.

Engineers laid out firing ranges and other training courses. They drilled a well near the Hyder railroad siding that had a flow rate exceeding 120,000 gallons of fresh water per day. A huge shower facility went up nearby. Eventually, over 13,000 men came to call Camps Hyder and Horn their temporary home, though summer temperatures rose far higher than most were accustomed to. The camps spread over several miles on either side of town.

Large-scale maneuvers, foot marches, night patrols, and rugged individual training took place amid



As World War II wound to a close, Camps Hyder and Horn were abandoned. The 1897 hotel in Agua Caliente went out of business in the 1950s. Nearby guest quarters constructed from stone and adobe have crumbled into ruins, though some walls and foundations remain.



Little more than one-half mile away on a raised mound along the side of the main road is the old town's cemetery. A brief stroll among the 46 gravesites, all of which are ringed with desert stones, causes somber visitors to think of the lives of the brave people who once lived in this remote portion of Arizona.

the out-of-the-way landscape. Soldiers found the standard Army ration of one quart of water per day far too little in the harsh conditions and quickly learned to take advantage of whatever shade they could find beneath any desert cliff face or shrub.

One of the problems in the early months was the woeful scarcity of recreational activities. Urban destinations were miles away and many became discouraged during the long weeks of high heat they were forced to endure. An outdoor theater featuring first run movies went up to show films after dark and athletic programs featuring baseball and boxing were formed. Post exchanges stocked beer and soft drinks, along with limited amounts of ice to cool them. A newspaper went into operation in mid-1943 and officers constructed clubs out of adobe bricks for their own use. And the relaxing hot spring waters at Agua Caliente, used for hundreds of years, were visited and enjoyed by all.

As the war wound to a close, Camp Hyder and Camp Horn were abandoned. Little remains today, as active farming has reclaimed the land. The 1897 hotel in Agua Caliente went out of business in the 1950s after the hot spring waters bubbling to the

surface diminished and reappeared only intermittently. Some say it resulted from dozens of wells drilled by farmers to irrigate agricultural fields that disturbed the underground plumbing system, while others claim it was the ill use of dynamite blasting.

Agua Caliente's whitewashed hotel remains today, baking in the sun. A caretaker lives in back and the windows have been carefully closed, as if someday to reopen. Nearby guest quarters constructed from stone and adobe have crumbled into ruins, though some walls and foundations remain. A busy farm directly across the road hosts various animals and expansive fields, as it has for many years.

Little more than one-half mile away on a raised mound along the side of the main road is the old town's cemetery. A brief stroll among the 46 gravesites, all of which are ringed with desert stones, causes somber visitors to think of the lives of the brave people who once lived in this remote portion of Arizona, as well as contemplate their own personal mortality.

Here are the graves of infants who lived only months, as well as fathers and mothers who passed away between 1900 and the mid-1980's.



Here are the graves of infants who lived only months, as well as fathers and mothers who passed away between 1900 and the mid-1980's. Most of the individual crosses and markers have vanished or deteriorated over the years, such that most graves are marked only by a sun-baked ring of stones.

Most of the individual crosses and markers have vanished or deteriorated over the years, such that most graves are marked only by a sun-baked ring of stones. One granite marker from 1974 reads, "Came to Hyder in '65, but didn't leave alive." Another grave is the final resting place of a miner named "Placer Mike" who was killed at Yuma County's King of Arizona mine.

Agua Caliente today is haunted by desert winds that blow through from the many miles of deserted terrain

around it. Hyder is a community hanging on for existence, on the verge of becoming a ghost town itself.

But it is well to remember the past – of those who came before and those who helped win the biggest war in human history and save the world from fascist rule. If you ever visit the ruins of Agua Caliente or any other ghost town, treat it reverently. The people who once walked there were just like you and me. What you witness is what their dreams have become.



In 1897, a 22 room adobe hotel was built to cater to travelers, many of whom arrived by train from nearby Hyder, which was served by several daily eastbound and westbound trains. The outflow of water from the springs was harnessed around this time, with pipes leading to a large outdoor pool where people could easily enjoy the therapeutic liquid. (Photos by Chuck Wullenjohn)



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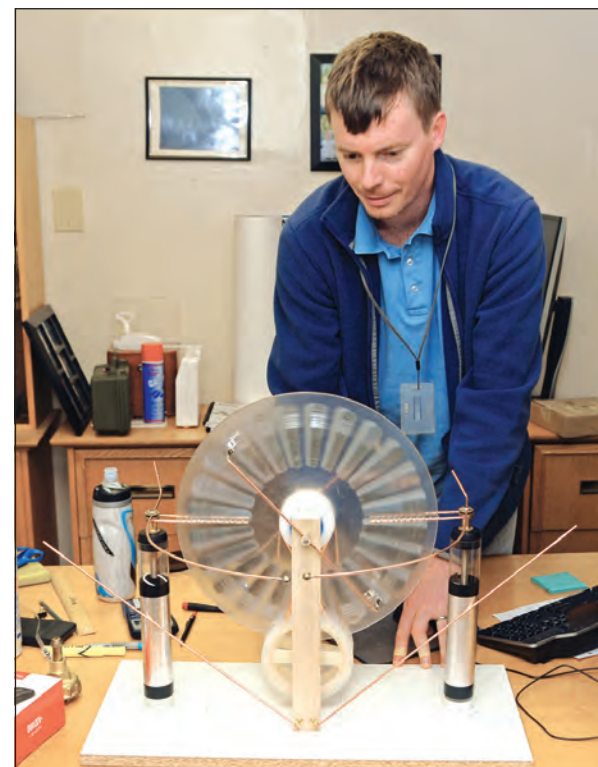
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Mr. Wizard of YPG

Nick McColl, YPG chief meteorologist, is happy to share his love of science with children as part of YPG's Science, Technology, Engineering, and Math outreach program, but won't go before kids empty-handed. An electrostatic generator struck him as the most crowd-pleasing for the youngsters: "I always like having demos," he explained. "Last year I took some Styrofoam and charged it up and held a metal pie plate on top of it. It wasn't reliable and didn't work out as well as I had hoped." Hoping for a big spark to show the students his next time around, McColl went back to the drawing board and spent two weeks of his spare time to construct the Wimshurst Machine seen here out of Plexiglas, leaves of aluminum foil, metal rods, and some heavy-duty rubber bands recycled from bunches of asparagus. Turning the crank rapidly, the capacitors generate a visible spark and a piercing zap that so far has delighted six school groups. (Photo by Mark Schauer)



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- 1 Track gratitude and achievement with a journal - include 3 things you were grateful for and 3 things you were able to accomplish each day.
- 2 Check up on your mental health. Take a screen at www.screening.org. It's free, anonymous, and confidential.
- 3 Set up a summer get away. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
- 4 Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!
- 5 Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° F.
- 6 "You don't have to see the whole staircase, just take the first step." -Martin Luther King Jr.
Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
- 7 Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.
- 8 Show some love to someone in your life who you hold dear. Close, quality relationships are key for a happy, healthy life.
- 9 Boost brainpower by treating yourself to a couple pieces of dark chocolate every few days. The flavanols, caffeine, and theobromine in chocolate are thought to work together to improve alertness and mental skills.
- 10 If you are living with a mental illness or in the recovery process, visit www.mentalhealthamerica.net/feelslike. Remember - you're not alone!
- 11 Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
- 12 Feeling anxious? Channel your inner child and do some coloring for about 20 minutes to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
- 13 Take time to laugh. Hang out with a funny friend, watch a comedy or check out goofy videos online. Laughter helps reduce anxiety.
- 14 Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.
- 15 Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).
- 16 Feeling tired? Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
- 17 Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
- 18 Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
- 19 Spend some time with a furry friend. Time with animals lowers the stress hormone - cortisol, and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
- 20 "What lies before us and what lies behind us are small matters compared to what lies within us. And when you bring what is within out into the world, miracles happen." - Henry David Thoreau
- 21 Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.
- 22 Try prepping your meals or picking out your clothes for the work week. You'll save some time in the mornings and have a sense of control about the week ahead.
- 23 Work some omega-3 fatty acids into your diet-they are linked to decreased rates of depression and schizophrenia among their many benefits. Fish oil supplements work, but eating your omega-3s in foods like wild salmon, flaxseeds or walnuts also helps build healthy gut bacteria.
- 24 Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.
- 25 "What appear to be calamities are often the sources of fortune." - Disraeli
Try to find the silver lining in something kind of cruddy that happened recently.
- 26 Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.
- 27 Send a thank you note - not for a material item, but to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
- 28 Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends or family.
- 29 Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.
- 30 Make sure to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
- 31 "Anyone who has never made a mistake has never tried anything new." -Albert Einstein
Try something outside of your comfort zone to make room for adventure and excitement in your life.

Walk-run concludes Sexual Assault Awareness and Prevention month



The concluding event of Sexual Assault Awareness and Prevention month, a "fun run," took place in late April during the early morning hours and attracted a large crowd of runners and walkers. Kicked off by an address on the importance of preventing sexual assault, YPG commander Col. Randy Murray and Command Sgt. Maj. Christopher Prosser then led participants through a gauntlet of cheering color-throwers stationed at strategic points along the race route, having fun while raising awareness for an important cause. (Photos by Teri Womack)



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Encountering what made us what we are

By Chuck Wullenjohn

I am sitting in front of a silent artillery piece at the apex of what was once a formidable Union defensive line on Gettysburg's Cemetery Ridge, near a clump of tall trees.

On one of our nation's most fateful days, July 3, 1863, over 12,000 Confederate soldiers directed a massive attack at this point.

Around me are dozens of concrete and bronze monuments, low gray rock walls and more 12-pound Napoleon field pieces than I've ever seen gathered in one place.

On that sultry afternoon, 154 years ago, the Confederacy reached its high water mark and began to recede. It was here, on the ground on which I sit today and tap away on a laptop computer, that a Confederate

assault, now known as Picket's Charge, was bloodily and violently hurled backwards.

It was here that General Robert E. Lee, commander of the Confederate Army of Northern Virginia, discovered, to his horror, that his men, who had emerged victorious from nearly every previous engagement, were not invincible. It was behind these low stone walls that Union artillery roared and soldiers fired their muskets at Confederate troops advancing in neatly dressed lines across nearly a full mile of gently rolling, sloping terrain. The result was a true killing field.

As I drove into Gettysburg, Pa., this morning, I noticed a peculiar mix of tawdry tourism and serious history. Much of Gettysburg's

present economy is wrapped-up in the great battle. One of the first things I saw on the outskirts of town was a miniature golf course catering to tourists who crowd the area on weekends and in summer. Souvenir shops abound.

After driving a bit further, I was struck by the numerous artillery pieces, protective stone walls and dozens of monuments that mark the area. And when I walked along the crest of Cemetery Ridge, near the clump of trees upon which the Confederate assault converged, I could truly feel the eerie presence of many valiant men who suffered and died.

Despite great courage that day, the attackers were moved down by devastating Union musket and artillery fire that dropped men in heaps. It became a bloody and savage affair, one which left the slopes of this ridge writhing with wounded men laying amidst those who would never rise again. It was on these slopes that the Confederacy's hope of independence was sealed forever. Amid the swirling smoke, the anguished human cries and the hellish thunder of artillery, our nation was saved. Our union of states – the United States of America – was to be preserved for all time.

Over 50,000 Americans became casualties during this epic three day struggle. The Confederate army that staggered back to Virginia was physically and spiritually exhausted. Never again would it attempt an offensive operation of this magnitude.

Cemetery Ridge, as is all Gettysburg National Military Park, is now quiet. A parklike quality prevails. Children play on the artillery pieces and picnickers spread their lunches and relax beneath lush shade trees.

But the memories remain. If we



The sacrifice that took place at Gettysburg is symbolic of what men and women in uniform have freely given throughout our history to stand up for American values and interests. As we get ready to commemorate Memorial Day, Flag Day, and Independence Day, all of us should sit back, reflect and give thanks.



Cemetery Ridge at Gettysburg, Pennsylvania. It was on these slopes in 1863 amid swirling smoke, anguished cries, and the hellish thunder of artillery that our nation was saved. Our union of states – the United States of America – was to be preserved for all time. (Photos by Chuck Wullenjohn)

are foolhardy enough to overlook or forget the past sacrifices of our countrymen, we would be willingly surrendering a vital part of ourselves.

The American deeds that took place throughout our history, which are so palpable on this ridge, must be reverently remembered and honored. It was they who gave of themselves so that we could enjoy the blessings of the present.

The sacrifice that took place at Gettysburg is symbolic of what men and women in uniform have freely given throughout our history to stand up for American values and interests. We're about to commemorate Memorial Day and will soon be celebrating our nation's flag (June 14) and our independence on July 4th. During this time, all of us should sit back, reflect and give thanks.

Enjoy your baby

Submitted by Paul J. Kilanski, Family Advocacy Program Manager

Listening to a crying baby can be very frustrating, but it is comforting to know that infant crying patterns are predictable and do eventually come to an end. Common infant crying patterns include:

- Crying that tends to increase and peak around two-three months of age
- Crying that occurs more often in the evenings
- Crying that can continue for long periods of time, 30-40 minutes, for no apparent reason
- Crying that is intense, but does not necessarily mean that your infant is in pain. Although it looks the same, babies often cry when they're not in pain
- Crying that continues despite the soothing efforts of caregivers
- Intense crying periods that come and go

REMEMBER: If your otherwise healthy baby cries often, it doesn't mean there is something wrong with the baby or you.

Even the most kind and loving caregiver can feel frustrated by a crying baby. These feelings don't make you a bad parent or caregiver. Feeling frustrated is very normal. If you feel yourself losing control, put the baby in a safe place and take a moment to take care of yourself.



- Take a break from the sound
- Call a good friend
- Take a warm, soothing bath
- Listen to music
- Exercise

REMEMBER: No healthy baby has ever died from crying, but they have died from being shaken.

Caring for a baby can be a wonderful experience, but it can also be very frustrating when a baby won't stop crying. The following tips can be used to comfort your crying

baby.

- Give the baby a warm bath
- Have the baby listen to and watch running water
- Turn up the volume slightly on a radio or CD player
- Take the baby outside or for a walk in the fresh air
- Take the baby for a ride in the car
- Dance with the baby

REMEMBER: These tips won't work every time. Find other ideas and ask help if you need it.

Babies are resilient, but infants and young children have certain qualities that can make shaking particularly damaging. Some of these characteristics include:

- Larger head compared to body
- Fragile, undeveloped brain
- Drastic size and strength difference between victim and perpetrator

Violently shaking a baby forces the head to whip back and forth, causing blood vessels in the brain and eyes to tear and bleed.

Possible consequences of shaking a baby or young child include:

- Blindness
- Seizures
- Learning disabilities
- Physical disabilities
- Death

The injuries of Shaken Baby Syndrome occur when a child is violently shaken. Everyday handling of a child, playful acts, or minor household accidents do not cause the forces necessary to create these injuries. Shaking injuries are NOT caused by:

- Bouncing a baby on your knee
- Tossing a baby in the air
- Jogging or bicycling with a baby
- Falls off furniture
- Sudden stops in a car or driving over bumps

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