

## Annual antiterrorism awareness month highlights dangers



PHOTO BY MARK SCHAUER

YPG Commander Col. Ross Poppenberger (front) and Command Sgt. Maj. Christopher Prosser (rear background) tandem jump with instructors from the Military Freefall School to help raise awareness for the Army's Antiterrorism Awareness Month. "Today's event is important to spread the word and increase awareness about antiterrorism vigilance," said Poppenberger. "The takeaway I want everybody to understand is, 'see something, say something,' and to be vigilant."

By Mark Schauer

Terrorism didn't end after 9/11.

In the first seven months of this year, the world endured 772 terrorist attacks that claimed nearly 5,000 lives—almost 2,000 more people than perished in the attacks of September 11, 2001.

Thanks in part to an immense counterterrorism capability that costs upwards of \$15 billion per year, the United States has not experienced a horrific act to match that fateful day nearly 16 years ago. However, the threat remains and complacency is not an option.

"Many people don't realize there have been eight terrorist attacks in the United States as of July 31st," said Gary Simpler, operations division chief. "13 people have been killed in the U.S. this year due to terrorist

attacks. It's very important to raise awareness of an unpleasant topic—together, the civilian community and military community can work to prevent terrorism."

Successful counterterrorism operations rely on people reporting and following-up on suspicious activity, be they law enforcement or ordinary civilians. This is the message of the Army's eighth annual anti-terrorism month, and YPG personnel continued their award-winning efforts to raise awareness as creatively as possible.

To kick off the month, YPG Commander Col. Ross Poppenberger and Command Sgt. Maj. Christopher Prosser tandem jumped with instructors from the Military Freefall

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## Windows 10 comes to YPG

By Mark Schauer

After many months of preparation, YPG's Network Enterprise Center (NEC) has started the process to switch every computer on the YPG network to the Microsoft Windows 10 operating system.

With thousands of computers

at Yuma County's most highly technical workplace, the switch will take months to accomplish to ensure minimal disruption to YPG's important test mission.

Though Windows 10 has a variety of new features that users

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Army band to perform free public concert in Yuma

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YPG commander visits with the Yuma community

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Annual training is time-consuming, but necessary

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# Filching apples; water skiing on canals; avoiding mandatory meetings: Soldier recalls Yuma Test Station of 1955

By Chuck Wullenjohn

It took five decades, but Ronald E. Bell, a private in the Yuma Test Station Finance Office of 1955, eventually returned to the site of “the

best decision I ever made.”

As a high school student in Baltimore, Md., Bell set his sights on attending college to become a certified public accountant. However, with a draft on, he would be eligible

for military service after graduation. He gave the situation a great deal of thought and decided to volunteer to serve in a field that interested him – finance. After graduating, he enlisted and attended the Army’s finance

only four years.

“Since I couldn’t be close to home, I decided to go far away, which I had never done before,” said Bell when he visited U.S. Army Yuma Proving Ground in early September, 2006. “The west had always appealed to me and it proved to be a great decision.”

## Life at Yuma Test Station

Bell arrived in Yuma in the spring of 1955, after a long, frustrating train ride. Not being advised by a travel expert, he had booked passage on a “milk” train that stopped every few miles along the way. “It must have taken me a week to get to Yuma,” he said. Bell even remembers one passenger who boarded with a wooden crate of chickens and another that brought a hairy goat along. “It was just like one of the trains you see in western movies, with wicker chairs and all,” he said with a laugh.

The train pulled into Yuma about 2:00 a.m. on a Sunday. Bell stepped down onto the concrete depot platform and looked around. “It was pitch black,” he said, “with only light bulbs around the station building and along the platform holding back the darkness.” He spotted the Del Sol Hotel across the street and was able to take a bus from there to the test station later that morning. He slept in one of the hotel’s rooms until it arrived.

Yuma Test Station was a relatively small post in 1955, consisting of several hundred soldiers and civilians with the mission of testing a wide variety of military equipment for use in battle. The atmosphere was more relaxed than larger posts, said Bell. The finance office was located on the ground floor of a two story wood barracks and consisted of two rows of wooden desks. Most of the workers were military, supplemented by a few civilians. Cooling was provided by



PHOTO BY CHUCK WULLENJOHN

Even after 50 years, Ronald Bell could find his old barracks on an aerial photo of Yuma Test Station taken during the time he was stationed here. “I credit the Army and Yuma Test Station for making me the type of person I became,” he said. “I’m a take charge kind of guy who can’t be intimidated. I stand up for what I believe. That’s how I led my life and accomplished what I did.”

school at Fort Benjamin Harrison (it has since relocated to Fort Meade, Md.) and, upon finishing, faced a choice. Where to serve?

Finance school graduates were ranked in order of how well they performed. Bell finished second and hoped to be stationed at Fort Meade, close to his home in Baltimore. The first place finisher selected it, however, forcing Bell to expand his horizons. He chose Yuma Test Station, which had been in existence

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The Editor, Outpost, Yuma Proving Ground, Yuma, AZ, 85365.  
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**Commander:** Col. Ross Poppenberger  
**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





evaporative (swamp) coolers. Bell's job was to process travel vouchers and work with the payroll.

"It was almost like a civilian job back home, for we worked Monday through Friday," he said. "We only had to wear uniforms while working, so I wore civilian clothes each night and on weekends." Bell lived in a nearby barracks building that still stands.

"I liked the test station right from the start," he remarked. "People were friendly and everyone knew their job and did it. It seemed like a

big family sometimes."

One of the persons assigned to the office was a Lt. Rodriguez, who Bell considered "a really nice guy." Rodriguez liked to socialize with the enlisted men in the

finance office after hours, which was frowned upon by other officers on post. "Officers aren't supposed to fraternize with enlisted Soldiers, but Lt. Rodriguez said they were a bunch of 'stuffed shirts' and did it anyway," said Bell.

Col. Walter Abbey, test station commander, held a cocktail hour each Friday afternoon he made mandatory for all officers to attend. According to Bell, Rodriguez used every opportunity to avoid taking part. He was warned by other officers and even Abbey to change his attitude, but he replied that what he did during off duty hours was none of their business. "Lt. Rodriguez wound up being transferred," said Bell with a shrug of his head.

## Having fun in the desert

Bell spent his off duty hours

in many ways. Row boats on the Colorado River were available for fishing and exploring. For a time, he operated the movie projector at the test station's outdoor theater, which showed films after dark.

One of the Soldiers he befriended was a rock collector and the two spent many hours hiking through the desert searching for semi-precious stones. He developed a close friendship with a civilian test station photographer who owned a hobby store downtown. He spent many hours helping out in

the store and rejuvenated his own interest in gasoline powered model airplanes, which he flew at the test station. The plane he constructed had a

wingspan of over three feet and was flown with sixty foot long control cables. He helped form a model airplane club in Yuma.

It was at a small restaurant near downtown Yuma that Bell developed a lifelong taste for Mexican food, which he had never eaten before. What became his favorite place to eat was a house in a residential area at which meals were served on four tables located in the living room. The wife prepared the food and the husband served.

"I wish I could remember the name of that restaurant, but I can't," Bell said with a grimace. "I made a point of eating there every weekend."

He remembers the first time he ate Mexican food, for it was so spicy hot that he could hardly handle it. "But by the time I left Yuma I was pouring on extra hot sauce and adding salsa," he laughed.

Bell recalls one of his fellow Soldiers who enjoyed water skiing on the Colorado River. "We decided to



LOANED PHOTO

With everything spic-and-span, two story wood barracks housed Soldiers assigned to the test station throughout the 1950's. Having undergone extensive renovation, the buildings still serve the military today.

do something different one day," he said. "We towed him by car and he water skied down one of the narrow canals around here. It's a good thing nobody saw us."

He also remembers filching apples late one night from a farmer's orchard near the test station. Three Soldiers, all in civilian dress, were involved. One acted as guard on the road while one of the others piled apples into Bell's outstretched shirt.

"Our lookout yelled that a vehicle was approaching, so I ran to our car and tossed the apples inside through the window," explained Bell. "The only problem was that the window was closed and the apples bounced all over the road. Luckily, the passing car turned out to be civilian, but we

thought we were going to be locked up."

## Life after Yuma

Bell left Yuma Test Station for his next assignment at Fort Clayton, Panama, after one year and later left the Army and returned to Baltimore, where he attended college. He got married and retired from Bethlehem Steel as a senior program analyst in the late 1980's.

"I credit the Army and Yuma Test Station for making me the type of person I became," said Bell. "I'm a take charge kind of guy who can't be intimidated. I stand up for what I believe. That's how I led my life and accomplished what I did. I thank the Army for giving me this ability."



LOANED PHOTO

Soldiers enjoy dinner in the mess hall on Thanksgiving, 1955. Military dining facilities throughout the world have made a point for many decades to provide fresh baked turkey dinners every Thanksgiving.

## Shoot'in the Breeze

# Coffee, tea, or another fee?

By David J. Horn

I still remember the first big airplane I ever flew on, a Northwest Orient Airlines Boeing 727. It was back in the golden age of flying, when the planes weren't all overbooked, there was lots of legroom, and you got snacks plus real meals with real silverware. If there were any extra meals left over (you usually had a choice between a chicken or beef entree), the flight attendants would ask if anyone wanted a second. Some airlines even provided a small, free bottle of wine to go with your meal.

I think the only downside to flying in those days, was that as soon as the plane reached altitude, the "No Smoking" light went out, and there was this big "woof" sound created by half the people on the plane simultaneously lighting up a cigarette. Putting the smokers in the rear seats didn't help the situation for us non-smokers.

Anyway, I bet lots of the younger readers out there are thinking, "No way, he just made all that stuff up." But yes...except for the smoking passengers, there actually was a time long, long ago, when flying was



glamorous and fun.

Hold those thoughts for a moment. I grew up on a dairy farm. Since we had a lot of cattle, we employed several methods to get the cows to go where we wanted them to go, and do what we wanted them to do. These systems including fences, identification systems, chutes, gates, holding pens, and stanchions. When

the cows came into the barn to be milked, they were restrained in individual stanchions, which kept them from moving around or getting into trouble while we were tending to business. We had no cattle prods. We actually played country music for the cows while we were milking them.

Back to flying. Flying is simply not fun anymore. Long lines weave through fences leading up to the ticket counter. When there's no counter, there's confused people lined up behind kiosks. Hours waiting behind more fences to get through the security gates, where you have to take off your shoes and lots of other stuff to get past all the inspectors and detectors, where you then sit in a holding pen until you can board the plane. Then there's more time spent waiting in the chute leading to the plane's door because people are carrying everything onto the airplane, including the kitchen sink, to avoid paying the steep baggage fees.

One of the more stressful parts of all of this is where people on standby lists on these overbooked flights fight over any remaining available seats. By the way, not once back on the farm did we have to drag a screaming cow by its front legs down the aisle and out of the barn due to a fight over a stanchion. Anyway, once you finally get to your seat, you discover it's now been redesigned to nicely fit a 5-foot tall, 90-lb, passenger. And while every stanchion in the barn had restroom facilities, I never move around during my flights to visit the plane's restroom, because it's too big a hassle for everyone to let me out of my cheap, "no-extra-\$40-fee" window seat.

Oh well, I hope nobody from the travel industry reads this and gets any ideas as a result of my comments about the stanchions or cattle prods. Oh, did I mention that while we were milking our cows, they were fed a meal?

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is noon August 24th**

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PHOTO BY MARK SCHAUER

The Frontier Army Brass will perform a free evening concert at the Historic Yuma Theater in downtown Yuma on Friday, Sep. 15th, at 7 p.m. Ticket distribution will begin August 30th-- get your free tickets early to guarantee a good seat!

# Army band to perform free public concert in Yuma

By Chuck Wullenjohn

An autumn highlight takes place next month at the Historic Yuma Theater in downtown Yuma as the Frontier Army Brass will perform a free evening concert on Friday, Sep. 15th, at 7 p.m. The band, known for its energy and ingenuity, will perform a variety of specially arranged live musical numbers during the performance.

Ticket distribution will begin August 30th, and everyone is advised to get their tickets early to guarantee good seats. Tickets are available to the public at the Yuma Art Center, 254 Main Street, and tickets for the YPG workforce are available in the Public Affairs Office, located

in building 2100. Tickets are available free of charge.

Fort Huachuca's Army band is being merged into another Army band at a different installation, so the Frontier Brass may be soon going away. The band may be returning to Yuma later this year for a Christmas performance, but that is unknown at this time. Take advantage of some great entertainment by attending the September concert!



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# WINDOWS 10

FROM PAGE 1

will find useful, a primary motive for making the switch is to increase security on the Army's networks, which are prime targets for American adversaries.

"We have a mandated timeline to be done by the end of January," said Mike Davis, NEC chief. "For all the changes you see on the surface from a user perspective, there are a lot of things going on underneath that the NEC needs to understand address."

To accommodate YPG computers that cannot support the new operating system—typically those more than four years old-- more than 400 new systems have been ordered in recent months.

"Microsoft is saying Windows 10 is the last operating system they will ever make," said Davis. "Their idea is that they will roll out updates and security patches on a nine-month cycle."

Davis is aiming for project completion by the end of the calendar year.

"Typically, with any project, you have a Bell Curve where it is slow at the beginning, then you hit your stride and do things at a pretty good pace, then you get to the end and have a few systems that are troublesome and you need to spend more time on," said Davis. "It's not unusual—we've done this before when we updated to Windows 7."

For this update, however,



(US ARMY PHOTO)

With thousands of computers at Yuma County's most highly technical workplace, the current effort to switch to the Windows 10 operating system will take months to accomplish to ensure minimal disruption to YPG's important test mission. "There's a great deal of hard work going on," said Mike Davis, NEC chief. "If we can make it as transparent to the user as possible, by the end of the day we'll have done what we're trying to do."

additional steps have been taken to make the rollout as smooth as possible. Administrative tasks such as the 'build sheet' regarding what specialized software and applications a particular user needs on their system to accomplish their mission have been simplified. Further, some YPG Help Desk employees will switch to overnight swing shifts for the duration of the rollout to enable them to update computers overnight

when the majority of YPG personnel are not at work.

"The idea is to minimize the downtime that people experience," said Davis. "The only thing worse than going through a change with new software is not having your computer at all. We know how important computers are, so we are really trying to structure the process so that the impact to the user is as minimal as possible."

The system entails scheduling appointments ahead of time. If users turn in their computer to the Help Desk by 3:00 p.m., they will likely get their updated computer back no later than 10:00 a.m. the following morning.

"There will be bumps in the road, especially with some people using special applications that are mission-specific," said Davis. "We're prepared for that. We have a great group of dedicated people who will do whatever is needed to overcome

the challenge."

Before turning in a computer, however, individual users will have to back up existing files, then transfer them back once their updated system has been returned. A Windows 10 migration page on the YPG intranet is a valuable resource for accomplishing this task.

"We have a frequently asked questions page and known issues page on the intranet," explained Jacki Dumas, Information Technology specialist. "It's kind of a self-help guide to refer to before the user calls the Help Desk."

The typical YPG user will coordinate these activities with their office's Information Assurance Security Officer, who can also be an information resource for the process.

"There's a great deal of hard work going on," said Davis. "If we can make it as transparent to the user as possible, by the end of the day we'll have done what we're trying to do."



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# YPG Commander visits with the Yuma community



PHOTO BY CHUCK WULLENJOHN

YPG Commander Col. Ross Poppenberger took time from his busy schedule to be interviewed for one hour on a local radio program and meet with a variety of community officials early this month. The wide-ranging interview with radio host Cody Beeson covered a variety of topics from his various military career experiences to Poppenberger's thoughts on the future of YPG. After the broadcast he visited the Yuma County Chamber of Commerce, the Greater Yuma Economic Development Corporation, and the Yuma County Administration Building, meeting with key officials at each organization.



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# ANTITERRORISM

FROM PAGE 1

School as instructor Jose Reyes jumped with the YPG-designed anti-terrorism flag sporting the griffin-in-a-shield official logo of the Army's antiterrorism efforts billowing behind. On the ground as spectators were a variety of local and state officials, including Marine Corps Air Station Yuma Commander Col. David Suggs, Yuma County Supervisors Lynne Pancrazi and Darren Simmons, and Greater Yuma Economic Development Council CEO Julie Engle, who is also the chairwoman of the Yuma 50 military support group.

"I think its epic," said Engle of Poppenberger's jump. "His involvement in the community since day one has been so impressive. The Yuma 50 wants to support everything that is happening and be aware of the base's efforts to help the surrounding area."

PHOTOS BY MARK SCHAUER

Members of the workforce entering the Walker Cantonment Area one morning in mid-August were surprised to find YPG Commander Col. Ross Poppenberger accompanying YPG Police Officer Robert Garcia (foreground) and antiterrorism officer Alfonzo Brown (background) at the gate. Poppenberger scanned identification badges as Brown passed out antiterrorism awareness information.

"YPG is an important part of our community," added Pancrazi. "Knowing that our law enforcement officers and military personnel at both bases are preparing and prepared to take on any issue that might present itself is wonderful. I want to make sure I'm involved in it. I'm thankful every day that YPG exists."

Poppenberger feels antiterrorism awareness activities are particularly important on military installations with large civilian workforces, and should be tailored accordingly.

"Today's event is important to spread the word and increase awareness about antiterrorism vigilance," he said. "The takeaway I want everybody to understand is, 'see



something, say something,' and to be vigilant."

As for the jump, Poppenberger called it, "One of the coolest things I've done in my military career. It was exhilarating. I'm glad I did it and hope this helped

bring about good awareness of antiterrorism month."

Later in the morning, local officials and members of the workforce gathered at the Palm Garden Conference Center to hear several presentations concerning antiterrorism efforts. Speakers from the Arizona Counter Terrorism Information Center and the Federal



Carrie Stubblefield of the Arizona Counter Terrorism Information Center briefs an audience of YPG personnel and community leaders at the Palm garden Conference Center about the importance of terrorism liaison officers to counter terrorism efforts. "We've probably thwarted more terrorist attacks than we know," she said.



Military Freefall School instructor Jose Reyes comes in for a landing trailing the YPG-designed antiterrorism flag used throughout the Army Test and Evaluation Command.



Bureau of Investigation presented to the audience, as did Ricky Rounds, the chief of operations of the Department of Plans, Training, Mobilization, and Security at Fort Hood, Tx. during the tragic mass shooting that occurred there in 2009. Rounds shared his experiences as the initial scene commander, offering insights such as topographical features distorting sound, which led ear witnesses to believe simultaneous gunfire was occurring in a different location

on post: their unwittingly erroneous reports caused first responders to be diverted from where they were needed most. He also counselled keeping an open mind about threat indicators.

"The impetus for an active shooter does not have to be ideological," he said.

The presentations were well-received by the audience.

"I thought it was very interesting and informative," said Simmons. "I'd like to do this every year."

Antiterrorism Awareness Month efforts didn't end with all of this, however. In addition to an antiterrorism expo in the YPG Fitness Center with multiple vendors and exercising random antiterrorism



YPG employees benefitted from an all-day anti-terrorism expo at the YPG Fitness Center. Here, Maj. Sean Underhill and Sgt. Steven Houll of the YPG Police Department share antiterrorism information with members of the workforce.

measures, members of the workforce entering the Walker Cantonment Area one morning in mid-August were surprised to find Poppenberger and Prosser manning the gate along with members of the YPG Police Department and Directorate of Plans, Training, Mobilization and Security, who handed out anti-terrorism awareness refrigerator magnets and pens.

"We want people to be thinking about it because training and awareness can mitigate or prevent bad things from happening," said Poppenberger. "There is a threat out there, and we need to respond accordingly."



Community leaders and YPG personnel joined YPG Commander Col. Ross Poppenberger, Yuma Test Center Commander Lt. Col. Timothy Matthews, Command Sgt. Maj. Christopher Prosser, and Garrison Manager Gordon Rogers in hoisting the YPG-designed antiterrorism flag following Poppenberger and Prosser's tandem jump.

# Virginia Tech shooting survivor to speak at AWC

On Monday, September 11, U.S. Army Yuma Proving Ground and Arizona Western College will partner on a public safety event. Kristina Anderson, professional speaker, survivor of the 2007 Virginia Tech shooting, and director of Koshka Foundation for Safe Schools, will offer a 90-minute public presentation and take questions from the audience.

The 3:00 p.m. event will be held in the Schoening

Conference Center on the Yuma campus of AWC, in the College Community Center (3C).

The goal of the event is to educate and build awareness of school and workplace safety locally and regionally for interested members of the public.

Attendees are asked to pre-register for this free event online here - [https://awc\\_kristinaanderson\\_guestspeaker.eventbrite.com](https://awc_kristinaanderson_guestspeaker.eventbrite.com).







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If you need help, telephone extension 3005 for removing a snake from your area. Experts there are trained to safely handle these creatures. After duty hours, contact the Directorate of Emergency Services at extension 2720. They will make arrangements for removal.

Always keep away from snakes and let an experienced professional take care of it.

PHOTO BY STAFF SGT. TINA VILLOBO

### FY17 – 3<sup>rd</sup> Quarter ICE Customer Service Roll Call

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## Chaplain's Corner

By Maj. Ronald Beltz

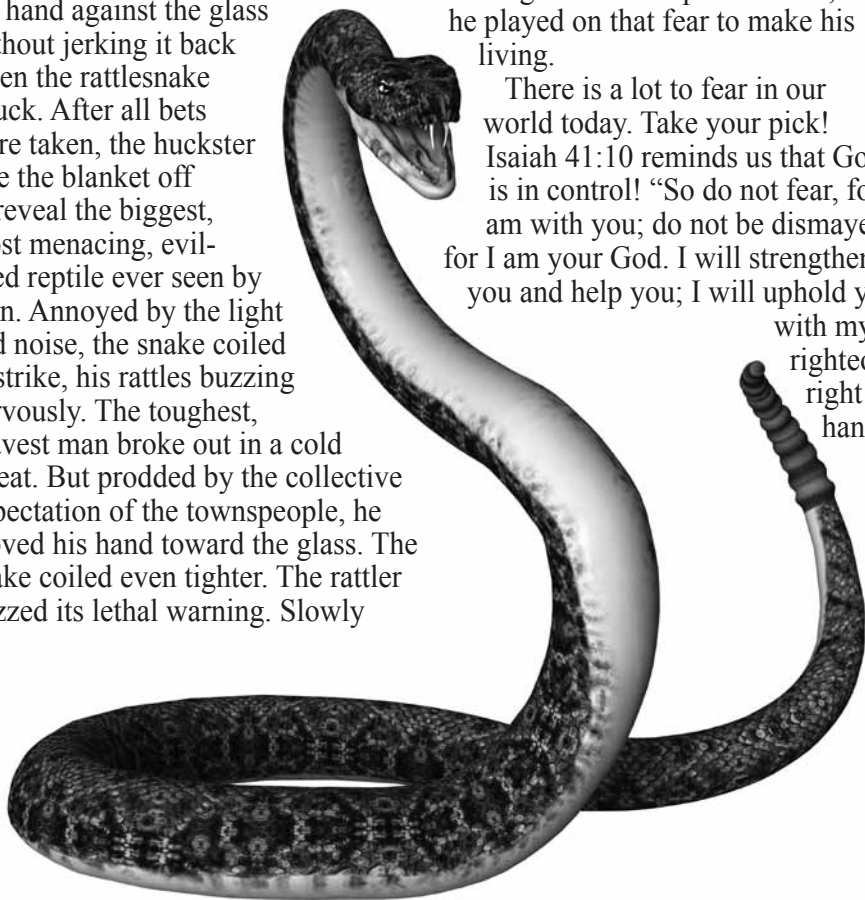
Max Anders in his book "The Good Life" tells about watching a television program when he was a kid in which a huckster went from town to town with a huge rattlesnake in a glass cage. The man would cover the glass with a blanket and take it into a saloon. There he would tell the people what was under the blanket in the cage and would bet that the toughest, bravest man in town would not be able to hold his hand against the glass without jerking it back when the rattlesnake struck. Well, the townspeople went wild with excitement. After deciding who they thought was the bravest, toughest man in town, they went to tell him about the bet. Of course, having everyone choose him as the toughest, bravest man in town made it impossible for the guy to resist the challenge.

So he went to the saloon where all the folks bet that he could hold his hand against the glass without jerking it back when the rattlesnake struck. After all bets were taken, the huckster tore the blanket off to reveal the biggest, most menacing, evil-eyed reptile ever seen by man. Annoyed by the light and noise, the snake coiled to strike, his rattles buzzing nervously. The toughest, bravest man broke out in a cold sweat. But prodded by the collective expectation of the townspeople, he moved his hand toward the glass. The snake coiled even tighter. The rattler buzzed its lethal warning. Slowly

the man inched his hand toward the glass and finally touched it. As he did, the snake struck with fury. And reflexively, the toughest, bravest man jerked his hand away.

A stunned silence fell over the saloon. No one could believe it. The man looked around in anguish and humiliation, then stormed from the saloon. The huckster collected his money and left town before the defeated man had a chance to collect his courage and come after him. Then the huckster moved on to the next town to repeat the scene and, once again, win the bet. He almost always won. Why? Because no matter how big and brave and tough the frontiersmen were, the threat of that striking reptile through the invisible glass was a fearsome thing. The only thing between them and certain death was a thin pane of glass. The huckster knew it would hold; they did not trust it. The huckster knew there was nothing to fear except fear itself, and he played on that fear to make his living.

There is a lot to fear in our world today. Take your pick! Isaiah 41:10 reminds us that God is in control! "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."



## Safety Corner

# Seeing for the future is your job

Nearly one million Americans have lost some degree of their eye sight due to injuries, and more than 700,000 Americans injure their eyes at work each year.

In 2012, the U.S. Bureau of Labor Statistics reported 40% of all non-fatal workplace eye injuries happen in manufacturing, construction, and mining. Workplace eye injuries send 300,000 people to the emergency room nationwide, according to the Centers for Disease Control. 20,300 workers had on-the-job eye injuries that forced them to take time off work in 2012, which cost an estimated \$300 million in medical treatment, worker's compensation and loss of productivity.

Yet 90 percent of all workplace eye injuries are preventable with proper use of protective eye wear.

The typical eye injuries were caused by such things as flying metal chips, dirt particles, and splinters, or by striking the eye. Chemical burns were second.

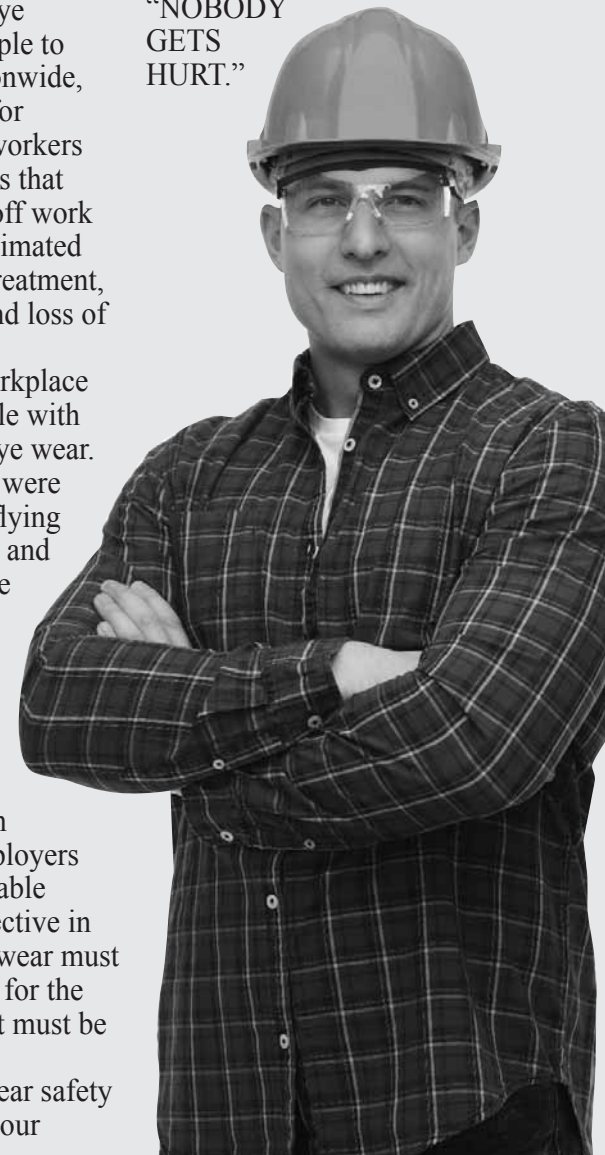
Potential eye hazards can be found in nearly every industry. Occupational Safety and Health Administration standards require that employers provide workers with suitable eye protection. To be effective in preventing injury, the eyewear must be of the appropriate type for the hazard encountered, and it must be properly fitted.

If you are required to wear safety glasses, please do so for your

own protection. Eye glasses and contacts are not a substitute for safety glasses, splash goggles, or face shields.

You only have two eyes: don't give one to the workplace.

For more information on eye safety, call the YPG Safety Office at extension 2660. Remember, "NOBODY GETS HURT."





# Yuma Community Job & Education Fair coming soon

Several workforce development agencies will be hosting a Job & Education Fair on September 6th at the Yuma Civic Center at 1440 West Desert Hills Drive from 9:00 am to 1:00 pm.

Local workforce development agencies have once again joined forces and will sponsor a unified Job & Education Fair to serve the Yuma community. Last year, over 120 employers, schools and resource agencies participated in this event. Registration is now open for employers to secure a spot at this event. We recommend that employers register early as there is limited space and registration fills up fast. There is no cost to register.

Achieve Human Services and partnering agencies will also simultaneously

host their 7th Annual DREAM Job Fair for people with disabilities in conjunction with the Job & Education Fair. D.R.E.A.M. (Disability & Rehabilitation

Employment Awareness Month) is celebrated annually and this will be the fourth time that they have been able to partner together to make this a meaningful event.

Many of the companies hiring at the Job Fair require on-line applications. A Resource Center will be available on site with computers for job seekers to use so applicants can apply on-line. In addition, space will be provided for employers to conduct interviews at the job fair as well. The partnering organizations are thrilled that they can make these connections and

meet the needs of both the employers and job seekers.

In addition to the Job & Education Fair, Employment Preparation Workshops will be held at the University of Phoenix 899 East Plaza Circle, Yuma, AZ on August 30th from 10:00 am to 1:00 pm. Job seekers planning to attend the job fair are encouraged to attend the workshops so that they are totally prepared to meet with the employers. Job seekers attending the workshops will have a chance to win two computers that will be given away in a drawing by Achieve Human Services.

Job seekers with questions concerning the job fair, can contact one of the below participating organizations for additional information.

- Achieve Human Services 928-341-0335
- Adult Literacy Plus (ALPS) 928-343-9363
- Arizona Western College, Career Services, 928-344-7605
- ARIZONA@WORK (Employment Service/Veteran Services), 928-247-8740
- ARIZONA@WORK (RSA/Vocational Rehabilitation), 928-247-8880

- ARIZONA@WORK (YPIC) 928-329-0990
- Housing Authority of the City of Yuma (HACY), 928-782-3823 X 130
- Goodwill of Central & Northern Arizona, 928-343-7600
- Greater Yuma Economic Development Corp. (GYEDC), 928-782-7774
- Linkages, 520-209-2603
- Marine Corps Air Station (MCAS), Career Resource Center, 928-269-5181
- Portable Practical Education Preparation (PPEP), 928-627-3203
- Quechan Workforce Development, 760-572-2314
- Southwest Technical Education District of Yuma (S.T.E.D.Y.), 928-366-5903
- U.S. Army Garrison, Yuma Proving Ground, Workforce Development, 928-328-2167

Job seekers wishing to attend the Job & Education Fair can pre-register at <https://goo.gl/uCbTkk>. Job seekers that are pre-registered will be able to use the express line for quicker access to this event.

Employers that would like to register and attend the Job & Education Fair can contact Grace Wehrle, 928-329-0990 X 147 [gwehrle@azdes.gov](mailto:gwehrle@azdes.gov).

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# 10 things everyone should know about post-traumatic stress disorder

Living through a frightening or disturbing experience can cause people to develop a condition called post-traumatic stress disorder (PTSD). In fact, in any given year, more than 5 million people in the U.S. suffer from PTSD. This condition can be very difficult, but treatment can help.

**1.** PTSD is a medical condition. It can develop after a person experiences or witnesses a traumatic event. Some things that may lead to PTSD include violent crime like rape or assault, military combat, accidents and natural disasters. Anyone can develop PTSD.

Men, women and children of all ages can be affected.

**2.** Recognize the symptoms of PTSD. People with PTSD may have recurring nightmares or thoughts about the trauma. These may be so vivid that it feels like they are reliving the event. They may have sudden outbursts of anger or feelings of mistrust or guilt.

PTSD can cause depression, anxiety and problems sleeping. People with PTSD may be unable to feel their emotions at all.

**3.** PTSD may cause physical symptoms. People with PTSD may get headaches, have stomach problems or feel dizzy. They may have chest pain, discomfort in other areas of the body or immune system problems. If you are having any of these symptoms following a traumatic event, ask your health care provider if PTSD could be the reason.

**4.** PTSD often starts within 3 months of the event. But for some people, symptoms do not begin until years later.

**5.** Previous trauma can increase a person's risk. Studies show that people who have been through a traumatic event before, either recently or as a child, are at a higher risk for PTSD.

**6.** PTSD can be treated. Talking with a doctor or counselor who is familiar with PTSD helps many

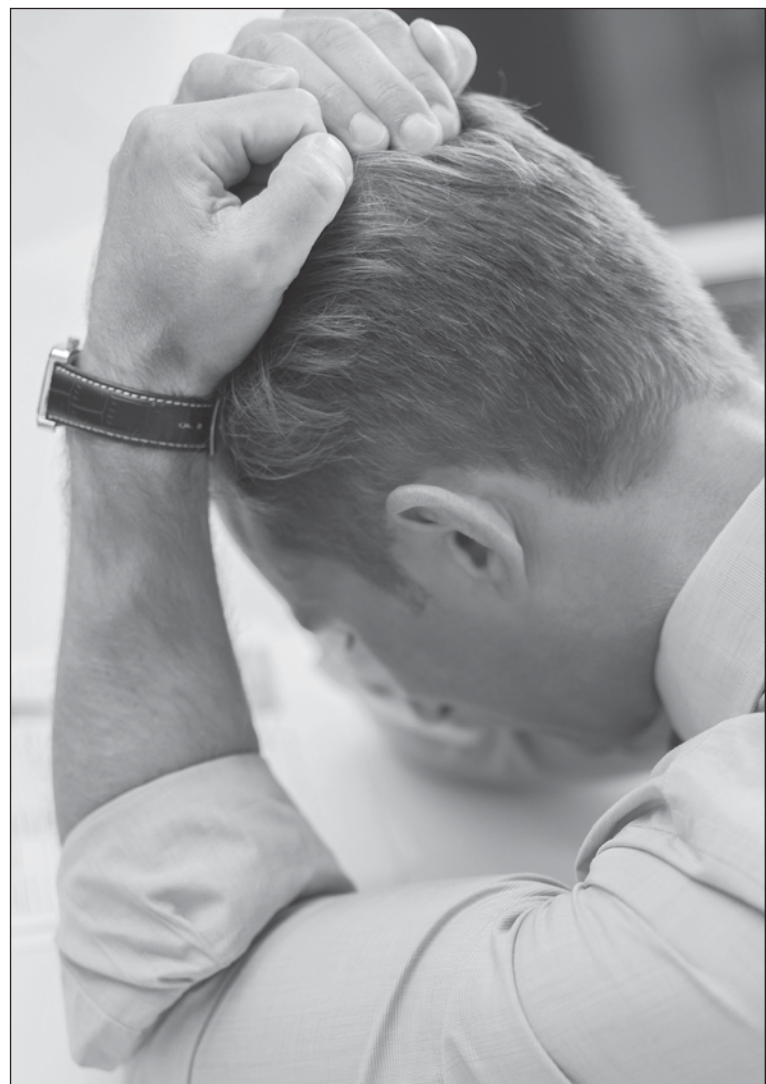
people recover. Medication may ease symptoms like fear, anxiety or depression. Joining a support group with others who have PTSD can also help.

**7.** Recovery takes time. With treatment, some people are able to recover within six months. For others it can take longer. Treatment helps most people.

**8.** Positive actions can help the healing process. Learn and use relaxation techniques. Avoid alcohol and illegal drugs eat a healthy diet and get plenty of rest and exercise.

**9.** Friends and family members can help. Learn about PTSD. Join a support group for friends and family. Be patient and supportive.

**10.** For more information talk to your health care provider or contact your local mental health services. Visit these websites: National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov), National Alliance on Mental Illness [www.nami.org](http://www.nami.org), Mental Health America [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). If you are in crisis or afraid you may hurt yourself, call 1-800-273-TALK (1-800-273-8255).



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# Annual training is time-consuming, but necessary



PHOTO BY MARK SCHAUER

**By Mark Schauer**

Army civilians are required to take 12 annual trainings in a variety of content areas, from operational security and computer information assurance to prevention of sexual harassment and substance abuse.

YPG's command is aware of the irritation this can cause to civilian personnel with a hectic work schedule at the Army's busiest proving ground, but also of how important these training courses are in achieving the overall mission of both the proving ground and the Army.

YPG's test officers have all endured a year of mentally intense specialized training and mentoring before being allowed to take the reins on inherently dangerous weapons-testing projects. Compared to the immediacy of a gun position, sitting in front of a computer watching training videos and clicking through multiple choice

tests seems rote, dull, and pointless.

Yet many civilians in YPG's workforce can recall a time before most annual trainings were online, necessitating a trip to the post theater that disrupted swaths of the workday for hundreds of employees. Thanks to technology, the trainings can now be accomplished any time throughout the year, and even busy YPG employees have breaks once in a while.

While employees may see the wisdom of basic courses that teach anti-terrorism and threat reporting principles or suicide prevention information, they sometimes feel dubious about more esoteric subject matter like combating human trafficking, which seems to have little direct impact on their lives. Further, most YPG employees can recall antiterrorism training modules that ask them to imagine being in situations that seem more plausible

for James Bond than someone with their job duties.

Yet a real and persistent terror threat exists at any military installation in the United States, even ones with relatively small soldier populations. Further, several dozen employees from diverse mission areas in the Yuma and Cold Regions Test Centers have had temporary duty assignments in the nations of Panama and Suriname. YPG personnel have also had recent TDY trips to nations as diverse as Ireland and Sweden, and in most cases had no long-term notice of these trips. Though government civilians who travel off of the continental United States must undergo additional training prior to departure, having all members of the workforce with a basic competency in these areas is sensible.

Some employees feel that training in areas like suicide prevention is too touchy-feely, more appropriate

It may not be as exciting as the FGM-148 Javelin missile training these Soldiers are conducting at a YPG range, but annual training mandatory annual training undergone by YPG civilians is a small, but vital aspect of serving the mission well.

for a social worker than an engineer or a combat veteran. But all civilian members of the YPG workforce are dedicated to the mission and feel pride in the role they play in ensuring Soldiers have equipment that works wherever in the world they serve, allowing them to do their jobs and come home safe. Who would object to training in suicide prevention that could help a troubled soldier stay safe once home, or even a civilian colleague engaged in the same vital work you are?

Undergoing mandatory annual training is a small, but vital aspect of serving the mission well. So get those trainings accomplished, and do it knowing that they are necessary and useful.





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