



THE OUTPOST

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Yuma Test Center commander honored with prestigious award

By Mark Schauer

Lt. Col. James DeBoer, Yuma Test Center commander, was inducted into the Honorable Order of St. Michael at a ceremony at YPG in mid March.

With over 20 years of experience in Army aviation, DeBoer joins nine other individuals at the proving ground who have received the coveted award presented by the Army Aviation Association of America.

“Induction into the Order of St. Michael is intended to recognize individuals who have contributed significantly to the promotion of Army aviation in ways that stand out in the eyes of the recipient’s seniors, subordinates, and peers,” said Patrick Franklin, pilot.

“I think he is what the award is



YPG Commander Col. Randy Murray inducts Yuma Test Center Commander Lt. Col. James DeBoer into the Order of Saint Michael in a ceremony in mid May. The Order recognizes those who have had significant and long-lasting achievement in the field of Army aviation. (Photo by Mark Schauer)

meant to represent,” added Michael Diehl, aviation systems chief. “He’s definitely passionate about Army aviation: you can just see it. He’s been involved in a lot of efforts to improve Army aviation over the course of his career, and then serving as commander of Yuma Test Center really makes it worthwhile.”

DeBoer earned a degree in electrical engineering at the United States Army Academy before encountering flying.

“When I was in jump school, I had a chance to fly a helicopter, which was unique,” he recalled. “That’s when I decided flying was the way I wanted to go. Jumping is great, but flying is a lot more fun.”

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Health Clinic NCOIC serves all of proving ground

By Mark Schauer

He’s ebullient and ubiquitous at YPG.

If you haven’t seen him at his regular place of duty, you probably

have at one of the post’s monthly walk-runs, or teaching a class during Safety Week, or in one of countless other less visible examples of service to the post and its residents.

He is Sgt. 1st Class Michael Woolley, Non-Commissioned Officer in Charge of the YPG Health Clinic and soon to become a Master Sgt.

What is his philosophy of patient care? One that is both simple and profound.

“I’m here to provide world class

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AWARD

FROM PAGE 1

He spent a decade as a pilot on the Apache helicopter, and ultimately he earned a Master's Degree in aeronautical engineering from the University of Washington. Following two decorated combat tours in Iraq and Afghanistan, DeBoer was tapped to be an experimental test pilot, his initial entry into the world of Army acquisition. As a Master Army Aviator qualified in multiple rotary and fixed wing aircraft.

While his busy schedule as YTC commander meant less flying, he still participated in various helicopter flights, whether supporting tests

or giving command overflights to visiting dignitaries.

"Even while he was in command here, in addition to his command duties he made it a point to fly as much as he could," said Ralph Arnold, chief pilot.

Arnold and Diehl are both past inductees into the Order and say it is an extremely prestigious honor within the Army aviation community.

"It's my favorite award," Diehl said. "I felt the most honored to get that award because I knew quite a few of the people who have gotten them before. To be part of that group is pretty special to me."

"It's one of the best recognitions I could have gotten for my years of service," agreed Arnold. "It's nice



A number of YPG personnel in the Order of St. Michael joined new inductee DeBoer (third from right) in a group photo. They are, from left, Grant Ware, Bert Evans, Robert Clark, Steve Stone, Col. Randy Murray, DeBoer, Ralph Arnold, and Patrick Franklin. Not pictured are Michael Diehl and Eugene Walters.



Yuma Test Center Commander Lt. Col. James DeBoer addresses the audience after his induction into the Order of Saint Michael. DeBoer had been unaware that his colleagues had nominated him for the prestigious award. "It completely caught me by surprise," he said. "I came here expecting to do an award ceremony, but it was the other way around. They obviously put a lot of effort into it." (Photos by Mark Schauer)

to know someone recognizes how you've done over your career."

Col. Randy Murray, YPG commander and also a member of the Order, discussed his thoughts on the award during DeBoer's ceremony.

"When we first start as lieutenants, nobody gets in an aircraft and says, 'One day I'm going to be in the Order of St. Michael.' This is a culmination of all of the hard work and dedication that Lt. Col. DeBoer has demonstrated and a well-deserved recognition."

Murray discussed the unique dangers of flying both in combat and as a test pilot in experimental aircraft, and reflected on how many American military aviators depend on the diligence and courage of test pilots. He concluded with especially high praise for DeBoer.

"He is probably the best officer I

have ever served with," Murray said. "I'm not saying 'best Lt.Col.', I'm saying best officer."

DeBoer was unaware that his colleagues had nominated him for the award. His first inkling that the event held in a hangar at Laguna Army Airfield was for him was seeing his wife and children in the front row of seating.

"It completely caught me by surprise," he said. "I came here expecting to do an award ceremony, but it was the other way around. They obviously put a lot of effort into it."

With his command of YTC nearly complete, induction into the Order was a fitting capstone for DeBoer.

"It's neat," he said. "I've been fortunate to be able to keep flying as long as I have. Not many people get to do that, so I've been pretty happy about that."

THE OUTPOST

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Marines test shower water reuse system at YPG

By Bob Reinert,
Natick Public Affairs

If someone suggested that you reuse the water that someone had just used to shower, you might hesitate, but some 850 Marines did just that recently in the Arizona desert.

As part of a field exercise at U.S. Army Yuma Proving Ground, members of Marine Aviation Weapons and Tactics Squadron One tested the Shower Water Reuse System (SWRS), part of the Army's "Force Provider" shelter system, over a five-week period. Personnel from Product Manager Force Sustainment Systems, or PM FSS, spent three days at the beginning of the exercise showing members of Marine Wing Support Squadron 271 how to operate the system.

The SWRS captures and reuses 75 percent of gray water, reducing the number of risky resupply convoys necessary to forward operating bases. That saves Soldiers' lives and millions of dollars.

"The 75-percent recovery rate, that's huge," said Capt. Matt Porter, Force Provider assistant product manager. "That's the intent of this system, to reduce those resupply rates, and then the second- and third-order effects of that is pulling people off the roads.

"We've had it in the field ... since like 2007, 2008. It's been part of the Army Force Provider inventory, but now ... we're reaching out to

different organizations to utilize it a little more."

Enter the Marines, who currently use the Tactical Water Purification System, or TWPS. This was the Corps' first experience with the SWRS.

"They're used to the TWPS, which is already out in the field," said Ryan Eckert of Force Provider. "A lot of components are the same for each of them. Now it's just tied in with the computer. They've gone from a lot of manual operation with it to a computer now that does everything ... pretty much for them.

"So far, they like it. They just basically push a button and walk away."

At Yuma, PM FSS hooked up the SWRS to a 12-head battlefield shower.

"That's what they use," said Eckert of the Marines. "It's not the standard Force Provider shower. (The SWRS connected) to a standard 3,000-gallon water bag, and then the configuration from there was the same."

As Porter pointed out, the system doesn't need to be connected directly to a shower.

"It just needs to be hooked up to a source," Porter said. "You could feasibly pull (water) from any shower source. There are a lot of applications for it. It's just a matter of putting them out into the field."

New to the system in recent



As part of a field exercise at U.S. Army Yuma Proving Ground, members of Marine Aviation Weapons and Tactics Squadron One tested the Shower Water Reuse System (SWRS), part of the Army's "Force Provider" shelter system, over a five-week period. The SWRS captures and reuses 75 percent of gray water, reducing the number of risky resupply convoys necessary to forward operating bases. (Photo by Ryan Eckert)

months is the ability to process and reuse laundry gray water. According to Porter, software upgrades and changes to rate flow allow the system to handle the lint accumulation typical with laundry.

"It's the same system, same configuration, transparent to the user," Porter said. "There's been no changes to it -- just internally, it operates in a little different manner."

Might there be a future for SWRS with other services, as well?

"We'll discuss it at the Joint Base Expeditionary Working Group," Porter said. "That's kind of the forum to share ideas in contingency basing across the services, obviously. The Army and the Air Force do a lot of the same things with (Basic Expeditionary Airfield Resources) and Force Provider."

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A view without a point

Color run tips from a master blaster

By Teri Womack

I had heard about Color Run events, but never participated or witnessed one in person.

So when I heard that YPG was hosting one to raise awareness about a serious and important issue—sexual harassment and assault—I volunteered, even though it took place even earlier in the morning than our normal work hours. Mornings are hard!

Did the 3K race wear me out?

Nope.

I took photos before and at the start of the race at one location, then jumped in my car with my camera and DROVE to my assigned spot to take more photos and begin my volunteer duties as a Color Blaster, which included cheering, offering water, and tossing color at people as they ran by. The event was a learning experience in more ways than one!

Note to Self #1: Do NOT throw color into the wind. It will definitely blow back and completely cover you. It will also coat your camera lens ensuring that every ensuing photo will be blurry. Seriously, REALLY blurry!

Note to Self #2: NEVER fill a red Solo cup with color powder to toss at runners because you could get thirsty and mistakenly think it is a red Solo

cup of water and put it to your face to drink it.

Note to Self #3: Keep a close eye on your fellow Color Blasters. They are sneaky and you can't trust 'em. They could turn on you in the blink of an eye and blast you with color for no reason at all! (OK, maybe I gave them a reason.)

Anyway, in my own defense, in my mind being a Color Blaster was just a quick step away from being a Storm Trooper on Star Wars, so that could explain why I was very tired at the end of duty hours that day. I went home and crashed on the couch early.

The next morning, I woke up and had one tiny, measly cup of coffee because we were out of milk. I ran a brush through my hair, put a barrette in it to keep it back and out of my face and loaded my dog Saydee in the car for a ride. I stopped at the convenience store that I go to nearly every single day. We always seem to be out of something, so like



Norm from *Cheers*, everybody knows my name (although this is not always a good thing for me).

I grabbed the milk, cheerfully said "good morning" to everyone I passed and noticed that folks were looking at me strangely. I browsed down the candy aisle to check out if there was any chocolate on sale-- not that it really mattered, since I'm perfectly willing to pay full price.

Anyway, I came upon a young man about seven or eight years old with his back to me picking up and putting back different kinds of candy bars, obviously indecisive and conflicted about which one to choose.

I immediately went into Chocolate Expert Mode and began trying to impress this young man with my chocolate-choosing skills. To my surprise, he was not one bit impressed. When he turned around, he looked at me and busted out laughing.

Somewhat offended, I decided to

take my amazing and unrequested chocolate-choosing skills elsewhere to someone who would appreciate my unique expertise.

At the register, the three cashiers smiled at me and started laughing. What the heck is wrong with everybody today?

Ah, it must be my multi-colored hair. I forgot about that!

Nope...

One of the cashiers leaned over the counter and spoke to me in such a low voice that I had to lean in and turn my ear to her to hear.

"Teri, your hair colors look awesome on you..."

I smiled and said, "thank you very much!"

But then she continued, "but your entire ear is full of and covered in blue dye!"

When the young man who laughed at me in the chocolate aisle came up to the counter behind me, I couldn't get him to believe that I was part Smurf.

But I may have convinced his dad, who was paying for his candy bar, that I work in Vegas as the only female member of the Blue Man Group.

Note to self #4: ALWAYS check yourself in a mirror after volunteering as a Color Blaster!

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YPG employee teaches art of blacksmithing to refugees

By Mark Schauer

Many people volunteer their time and money for good causes.

But doing so multiple times at significant personal sacrifice is far less common for an individual of modest means.

James Schremp, a former Marine who has worked in YPG's aircraft armaments section for over a quarter of a century, is in the second group.

Inspired at church by a missionary's harrowing stories of the situation in the nation of Jordan, overwhelmed by refugees from a long civil war in neighboring Syria, Schremp volunteered to help.

The first time he made the trip to Jordan, in 2016, was purely as a pair of strong hands and a willing heart, helping his church colleagues deliver humanitarian supplies to Syrian refugees staying in rudimentary living conditions in the town of Marfaq. It was a step up from a refugee camp, but the people he spoke with were still traumatized by the horrors of civil war and legally unable to seek employment in their host country.

Schremp, an avid amateur blacksmith, also saw vacant lots strewn with abandoned nails, lengths of rebar, and other small pieces of metal that a blacksmith like him could re-forg into something useful. Further, he knew the canisters of propane he was helping to deliver could also be used to power a small forge. Could the venerable art of blacksmithing give useful diversion and hope to despairing people half a world away?

Inspired, Schremp was determined to make and donate two anvils and a forge for just this purpose. He did so, shipping them to Chicago at his own expense after building plywood boxes to hold them. Weighing well

over 100 pounds, the items were included in a shipping container of donated playground equipment making the journey to Jordan.

Not satisfied with merely donating blacksmithing supplies, he packed his smith tools and readied himself for another 12 hour flight to Jordan. His arrival in country wasn't seamless.

"Both times I flew over, my luggage didn't show up on the carousel at the airport, so I had to go to security," he laughed. "'Your luggage has a lot of metal in it,' they said, but they were pretty cool about it once they learned what it was for."

He stayed in the same rudimentary church building he did on his first trip, sleeping in a bunk bed in dormitory-style quarters that slept seven to eight people. But his purpose was different this time.

"The last time I went, I was basically a worker. This time I was there to teach blacksmith classes. I had a translator, and he was also interested in learning how to become a blacksmith."

Each of his two classes had eight students and both were three hours long: one early in the afternoon, and one after a break for dinner. There was plenty for Schremp and his interpreter to do prior to the arrival of the students, too, from cleaning the workshop to building wooden stands to hold a commercial anvil and vice that others had donated.

Since Schremp intended his students to both keep occupied and earn some pocket money using their new skill, he reasoned jewelry would be a saleable product. Under his tutelage they forged elaborately delicate earrings and bracelets in addition to tools.

Schremp plans to make his third trip to Jordan later this year, and



James Schremp (right), a former Marine who has worked in YPG's aircraft armaments section for over 25 years, recently travelled to the nation of Jordan as a church volunteer. He spent two weeks teaching the art of blacksmithing to Syrian refugees using equipment he had made and donated. (Loaned photo)

hopes his visits have helped alleviate suffering and promote a positive image of Americans.

"You're taking scrap metal that everybody steps over and doesn't

pay attention to and using it to make something that's useful and beautiful. It kind of gives you hope that if you can do that to metal, you can do that to someone's life."

Rob Turner

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CLINIC

FROM PAGE 1

healthcare to you as if you were my own kid. That is my whole approach to patient care.”

It’s a sweeping assertion backed up by years of experience, and his impact during his tenure at YPG has gone far beyond his duties at the Health Clinic. From teaching Soldiers from tenant units how to swim in his off-duty hours to conducting more than 60 in-depth first aid classes to Soldiers and civilians, Woolley has gone above and beyond in serving the post community. In his classes, the tips are ingenious and potentially lifesaving: you can improvise a tourniquet using a severed car seat

belt; a trash bag and duct tape can seal a gaping wound until medics arrive.

Woolley sees the classes as training for himself, as well.

“Every class I give is one more repetition for me,” he explains. “It takes up to 5,000 repetitions for anything to become autonomic, whether it is shooting a free throw, assembling a weapon, or putting on a tourniquet.”

In his years as a combat medic he has seen the gruesome consequences of war more than most people could imagine. Yet despite his considerable experience, he always asks questions of fellow medical personnel in a quest for new ideas and insights: what is your favorite piece of medical equipment? What is the hardest thing you’ve ever had



Sgt. 1st Class Michael Woolley, Non-Commissioned Officer in Charge of the YPG Health Clinic, demonstrates a 405 pound lift in the small, but popular collection of work-out equipment open to all Soldiers he created. “I’m here to provide world class healthcare to you as if you were my own kid,” he said. “That is my whole approach to patient care.”



Woolley has conducted more than 60 in-depth first aid classes to Soldiers and civilians at YPG, offering a series of tips that are ingenious and potentially lifesaving, from using a severed seat belt as an improvised tourniquet to using a trash bag and duct tape to seal a gaping wound until medics arrive.

to do in the field?

“I’ve learned more from asking questions of seasoned medics, physician assistants, and rangers than I did in the schoolhouse.”

An Indiana native, Woolley originally served as infantryman in the Marine Corps. After that, he

went to school, then worked as a security guard and a corrections officer at a sheriff’s department. The latter job, he said, taught him the value of tact.

“You can drastically influence your interactions with people by how you talk to them.”

After nine years out of uniform, he enlisted in the Army after the attacks of September 11, 2001.

“I always wanted to be a medic,” he said. “9/11 happened right after my youngest son was born and I started thinking.”

During the fiercest periods of the wars in Iraq and Afghanistan he provided tactical field care to wounded Soldiers still under fire, and learned things like how to fashion a tourniquet for a shattered pelvis out of a poncho, all while constantly reminding himself ordinary things like spiking an IV bag prior to spiking a patient’s arm.

“It sounds like common sense, but under stress in low-light conditions and covered with blood, your brain doesn’t work like that. They’re not going to stop a firefight to help you.”

He saved lives in combat, and stays in touch with some of these Soldiers on social media to this day.

The pace of the work environment is more sedate in Yuma, but Woolley has earned high plaudits for his efforts to expand the Health Clinic’s services. He intuits his patients’ health needs beyond check-ups and prescriptions, too. He spearheaded a small, but popular collection of work-out equipment open to all Soldiers at all hours, particularly useful to those whose duty hours are irregular, as a “social experiment.”

Much of the equipment is his, many of the items are conventional, and all have a story. A log from near Fort Lewis, Wash. and a huge discarded tractor tire have found new lives as part of the impromptu gym. The tire, for example, makes a great striking block for a sledgehammer.

“It’s cardio for your upper body,” he explains. “You feel it from your navel up.”

By now it is hard to imagine YPG—or the Army—without him. He’ll eventually PCS, but he has no plans to retire any time soon.

“I’ll stay in until my wheels fall off,” he said with a smile.

YPG Health Clinic offers palliative care to civilian employees on case-by-case basis

By Mark Schauer

It can happen to the best of us, and usually at the most inopportune time.

When minor illnesses or health concerns strike civilian employees at YPG, the post’s isolated location means an employee who makes a trip to the doctor will likely miss hours of work even in the most favorable circumstances.

Though YPG’s Health Clinic is primarily meant to serve those in uniform, Army regulations allow limited instances where clinic personnel can provide minor palliative care for civilian workers.

“We want employees to be able

to do their job without having to drive an hour into town, waiting to be seen there, and then driving an hour back,” explained Maj. Jimmy Udchachon, Officer In Charge. “The purpose of palliative care is to get you through the day.”

Do you have a pounding headache and no analgesics? Perhaps you have a chronic, but common and manageable health condition and accidentally left your medication at home. The YPG Health Clinic may be able to help.

“If you have diabetes or high blood pressure, we will on a case-by-case basis give you what you need to get

through the day,” said Udchachon. “We are a small enough installation that we can know if someone is abusing the availability of this palliative care.”

The professionals at the YPG Health Clinic say they are happy to lend a hand to the civilian workforce whenever Army regulations permit them to do so.

“Why not?” asked Sgt. 1st Class Michael Woolley, Non Commissioned Officer In Charge. “We’re capable of doing it. It’s conserving the fighting force, and civilian employees have the same Army values I have.”



Though YPG’s Health Clinic is primarily meant to serve those in uniform, Army regulations allow limited instances where clinic personnel can provide minor palliative care for civilian workers on a case-by-case basis. “We want employees to be able to do their job without having to drive an hour into town, waiting to be seen there, and then driving an hour back,” explained Maj. Jimmy Udchachon, Officer In Charge. (Photo by Mark Schauer)



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YPG thanks Army Spouses



YPG held an appreciation breakfast for military spouses in early May. More than 75 people attended as Jessica Campbell was recognized as YPG Spouse of the Year. "As Soldiers we know what we sign up for, but the Spouses don't," said Col. Randy Murray, YPG commander. "I consider you the backbone of what we do in the Army. The truth is that when Spouses and Families are unhappy, it affects the Soldiers." Garrison Manager Gordon Rogers also praised the sacrifices of Army Families: "Spouses and Families have weathered hardships the average American has no idea about," he said. "Long periods of separation, regularly fearing for the safety of their loved one, and often uprooting their lives to move around to different duty stations." (Photos by Mark Schauer)



PTSD-Tips for Military Members and Families

Submitted by Paul J. Kilanski

Military members and veterans who have seen horrific events and survived life-threatening situations may be haunted by the experience. Those who have strong reactions for long periods of time may have post-traumatic stress disorder (PTSD).

PTSD is a medical condition. It is the body and brain's response to overwhelming stress and can be a reaction to combat or other traumatic events. Things that can lead to PTSD include:

being attacked, ambushed or shot at; knowing someone who has been badly injured or killed, seeing dead bodies or remains, being sexually assaulted or being wounded.

PTSD can disrupt a person's life. It can make it hard to sleep at night and get through the day. Symptoms can last for weeks, months or years.

Sometimes the symptoms take months or years to surface. Or they may come and go through the years.

Symptoms vary, but may include: flashbacks or reliving the event over and over, nightmares and trouble sleeping, feeling on edge or feeling nothing, intense guilt, trying to avoid the things that remind the person of the trauma, angry outbursts, change in appetite, panic attacks, depression or suicidal thoughts, substance abuse.

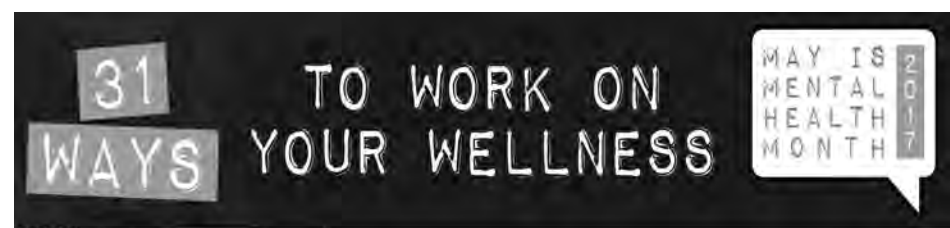
PTSD is different from combat stress reaction. Combat stress reaction, like PTSD, comes after a traumatic event but the symptoms are not long term. Combat stress reaction can last for days or weeks,

but usually goes away on its own.

PTSD can be treated. It is OK to ask for help. PTSD is not something you can fix on your own. Talk with a trauma therapist. Join a support group. Talking with others who served in similar situations may help. Contact the department of Veterans Affairs for PTSD treatment programs (www.vetcenter.va.gov). Medication may help with anxiety, depression and sleeplessness. Talk with your health care provider.

PTSD can be hard on families. Veterans with PTSD may have trouble adjusting to family life. Loved ones may not know how to help. If your spouse or partner has PTSD, get counseling so you can learn how to cope. Find out about treatment options. Group therapy is a good way to meet others who share similar experiences. Consider couples and family therapy. Help is available through veteran's centers, VA medical clinics and many community outpatient clinics.

PTSD is an injury. Although you can't see or touch it, PTSD needs to be treated with the same intensity you treat a physical injury. Many military members and veterans experience mild or chronic PTSD. If you or someone you love is suffering, get treatment. The right treatment can help you feel better. To find a PTSD treatment program near you, visit the Department of Veteran Affairs' website at www.vetcenter.va.gov.



- 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.



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New exhibit opening soon at Heritage Center



Heritage Center curator Bill Heidner puts the finishing touches on part of a new 500 square foot gallery opening soon. The gallery's exhibits will highlight the history of military working dog training at YPG and the proving ground's key role in the testing of the Global Positioning System in its earliest days. The gallery will also include a replica of an 1874 Sharps .50 caliber buffalo rifle used in a 1992 test at YPG that verified Wild West legend Billy Dixon's famed "shot of the century" at the Second Battle of Adobe Walls in 1874. "I think it will be a very popular exhibit with visitors," said Heidner. (Photo by Mark Schauer)

YPG outreach to community leaders



Public affairs specialist Mark Schauer gives a YPG overview briefing at Yuma International Airport to professionals involved in the Hispanic Leadership Institute in late May. The Hispanic Leadership Institute-Yuma County is a 10-week program of weekly classes conducted in the evening and designed to educate and assist individuals in developing and expanding their leadership skills to take an active role in the community. (Loaned photo)



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