

## YPG impresses new ATEC commander

By Chuck Wullenjohn

After spending a full day at YPG, listening to briefings and visiting a variety of test sites, Army Test and Evaluation Command (ATEC) Commander Maj. Gen. Joel Tyler met over dinner with a group of Yuma elected officials and business leaders. A friendly man, he had a good time meeting with everyone and exchanging ideas.

When it came time to make formal remarks, Yuma Mayor Doug Nicholls introduced him. What he said brought about lighthearted laughter from the crowd.

"Major General Tyler graduated from the U of A," he said, "but

not the U of A you are thinking of. He's a graduate of the University of Arkansas."

Tyler, who has commanded ATEC for less than two months, spent two busy days at the proving ground in late July, mostly downrange at test sites. He witnessed artillery being fired, unmanned aircraft flying, personal parachutes being packed and cargo pallets being prepared for air drops, examined instrumentation, and much more. He went out of his way to meet with individual Soldiers and members of test crews, asking questions and shaking hands.

SEE **COMMANDER** page 2

## Popular western sport instills teamwork, camaraderie

By Mark Schauer

If you blink a few times, you'll miss it.

In an arena somewhere in the Western United States, distant mountains on the horizon beyond the metal fencing, a steer bolts out of a

chute and bounds through tawny dirt.

On either side of the now-open chute are men on horses twirling lassos and sending their steeds pounding after the animal. When its

SEE **TEAMWORK** page 5



Maj. Gen. Joel Tyler (left) discusses YPG's Airborne Test Force mission with test jumper Sgt. Steven Lehoux. "I was astounded at the large variety and types of tests that take place at YPG," Tyler said. "Being here on the ground results in a much different view from what you get far away in a headquarters building. The YPG workload is amazing." (Photo by Mark Schauer)

It's never too late  
to get in shape  
/Page 3



German Army tests  
assault rifle at YPG  
/Page 6



MICC-YPG vital  
to mission  
/Page 8





# COMMANDER

FROM PAGE 1

They were busy, fulfilling days, but also two of the hottest this year, with the outside temperature climbing above 116 degrees.

Over 70 individual test programs were taking place at the time, so he got a real taste of YPG's complexity.

"I was astounded at the large variety and types of tests that take place at YPG," he said. "Being here on the ground results in a much different view from what you get far away in a headquarters building. The YPG workload is amazing."

To reduce the number of PowerPoint presentations to allow him to spend more time downrange, formal overview briefings took place the morning of his first day. Since the bulk of his military experience has been in the operational rather than acquisition world, he brought along a unique, objective view based on his experience leading Soldiers in armored units. One of the points he emphasized was the importance of sharing detailed information with him and his staff.

"I will be your advocate to my dying breath," he said, "so help me help you. I need to know details of work coming down the road so I can position resources properly."

Given his operational background, as well as his broad range of skills and abilities, Tyler is very much aware of, and focused on, the importance of thoughtfully developed, rugged, reliable weapons systems and other equipment used by Soldiers in the field.

Although the details of YPG's operation was the focus of his visit, he was impressed by the community support he witnessed downtown at a welcome dinner arranged by the Yuma 50 military support organization. About 30 people attended the dinner.

"When there is a call to action in the Yuma community to support the military, we are always there," said John Courtis, director of the Yuma County Chamber of Commerce. "When a major general comes to town, we want to show him how much we support our military. This isn't just words, its action."

Yuma Mayor Nicholls said the many members of the community who attended the dinner showed its support and unit for our nation's armed forces and, specifically, the mission of proving ground.

"Talking only goes so far," he said. "It was important for him to see over 30 people actively participating in the event." The two also took time to discuss the

importance of widening Highway 95, the main artery serving the proving ground, and the establishment of a higher university

campus within the city.

"I look forward to working with Maj. Gen. Tyler in the years to come," said Nicholls.



Armament equipment repair lead John Bacon (left) gives ATEC Commander Maj. Gen. Joel Tyler a tour of one of YPG's maintenance facilities. "I will be your advocate to my dying breath," Tyler said, "so help me help you. I need to know details of work coming down the road so I can position resources properly." (Photo by Mark Schauer)



Although the details of YPG's operation was the focus of Tyler's visit, he was impressed by the community support he witnessed downtown at a welcome dinner arranged by the Yuma 50 military support organization. Here, Tyler speaks with Yuma Deputy Mayor Gary Knight, Yuma Mayor Doug Nicholls, and State Senator Sine Kerr. "I look forward to working with Maj. Gen. Tyler in the years to come," said Nicholls. (Photo by Chuck Wullenjohn)

## 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.

News may be submitted to:

The Editor, Outpost, Yuma Proving Ground, Yuma, AZ, 85365.

Phone: (928) 328-6149 or DSN 899.

Visit our website at: [www.yuma.army.mil](http://www.yuma.army.mil)

or email to: [mark.a.schauer.civ@mail.mil](mailto:mark.a.schauer.civ@mail.mil)

**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





# It's never too late to get in shape

By Chuck Wullenjohn

Everyone knows that being in good physical condition is critical to the human body.

In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain cardiovascular fitness and body weight. But understanding a concept is quite a bit different from actually achieving it.

The hardest part of establishing a physical fitness regimen could very well be the simple act of getting started.

"Anything we as a proving ground can do to get people from behind their desks and outside is good," said Command Sgt. Maj. Jamathon Nelson.

"The team assembled to take part in the recent wellness activity provided a very welcoming and encouraging atmosphere."

The YPG Wellness Program is administered by Michelle Dominguez, a staff auditor most of the time. A five-year YPG veteran, she oversaw last month's "Good Vibes" event that offered participants the opportunity to participate in one of three activities --



The YPG Wellness Program is administered by Michelle Dominguez, staff auditor. A five-year YPG veteran, she oversaw last month's "Good Vibes" event that offered participants the opportunity to participate in one of three activities -- walking, running or bicycling. Dominguez says the goal of the wellness program is to promote healthy lifestyle behaviors to increase organizational wellness and mission productivity. (Photo by Chuck Wullenjohn)

walking, running or bicycling.

"We marked off each of the three courses with balloons, well over 100," remarked Dominguez with a smile.

The courses were designed to offer 30 minutes of physical activity. That meant that the bicycle course was 5.5 miles long, the running course was shorter at 3.2 miles, and the walking course was shortest of all, two miles in length.

All participants signed-up in advance, in teams of two. About 40 total took part, with eight being newcomers.

"These people had been at YPG for 15 years and had never taken part in a wellness event before," she said. "I was really happy to see them."

Dominguez received encouraging feedback from people who took part, with several saying they felt better after working out and many saying they just had a good time.

Command Sgt. Maj. Nelson made it a family affair, which brought an interesting response from his kids. They found it surprisingly enjoyable.

"They told me they had more

energy throughout the day," he said, "and asked if they could do it again the next day!"

Dominguez says the goal of the wellness program is to promote healthy lifestyle behaviors to increase organizational wellness and mission productivity. Regular exercise maintains lung and heart performance to most efficiently burn off excess calories and keep weight under control. Exercise also enhances muscle strength, increases joint flexibility and improves endurance.

The YPG Wellness Program sponsors monthly activities throughout the year, with an emphasis on fun and innovation.

The next, which occurs Wednesday August 22nd, will be a challenge that encompasses a number of activities at a number of stations: jump rope, performing jumping jacks, etc. The event will occur at three locations simultaneously -- the physical fitness center in the Howard Cantonment Area, the ROC in the Walker Area, and a yet-to-be identified location on the Kofa Firing Range.

She is on the lookout for other activity ideas, too, and is very willing to consider suggestions. Dominguez is working with Blue Cross/Blue Shield to provide a speaker and with a local podiatrist to make a presentation about foot problems. Anyone in the workforce is encouraged to contact her at x4090.

*Burgerlicious!*

Bite into our selection of gourmet burgers.

join us at the  
**cactus café**  
U.S. ARMY YUMA PROVING GROUND

**Come And Join Us!**

*Red's Bird Cage Saloon*

Located in the heart of Historic Downtown Yuma  
**231 Main St. • 928-783-1050**  
Mon-Fri 9:30am - 2:30am • Open Sat & Sun 6am

## Shootin' the Breeze

# Lasting impressions (part one)

By David J. Horn

It was March 1983. I was the low man on the totem pole at my engineering office in Minneapolis. The company built parts for the M-60 Tank, and somebody had to go to this place called Yuma Proving Ground to replace some test components.

My boss comes up to me and asks, "Have you ever heard of Yuma, Arizona?" I replied, "No." My boss continued, "I'm sending you to Yuma, to visit a place called U.S. Army Yuma Proving Ground, to fix a tank that is out at some place called the Muggins Mesa Dust Course. It really sounds like a nasty place. Because the conditions are going to be so bad, you'll be getting hazard pay from the company. The trip out to that proving ground and that dust course doesn't sound like much fun either."

So, I packed a bag and got on a flight to Phoenix. Once in Phoenix, three other people and I were supposed to catch this connecting flight on an airline called "Sun Aire", but the flight was cancelled due to some unspecified mechanical issue with the plane. I noticed there was another flight about three hours later, so I waited. Later, now with six people waiting, that flight was cancelled too, due to some unspecified mechanical issue. So, I waited three hours. Finally, nine of us caught the last



flight into Yuma, flying in this little bumpy cigar-shaped 19-passenger turboprop called a Metroliner. There were amusing, almost quirky looking "Wyatt Earp" barf bags in every seat pocket.

Finally arriving in Yuma, I grabbed my bag, picked up my rental car, a little red Ford Escort, then headed into town. I picked up some supplies at a Kmart and a Safeway store on the Big Curve. I remember driving by the Mesa Drive-In Theater, and a little place called the Camera Casa on my way to a motel called the Stardust, located at 4th Avenue and 24th Street. It was right across the street from the big car lot of Cunard Cadillac and Subaru. I had a late night treat at Swensen's Ice Cream Parlor. I was totally stunned by the weather. I had left behind snowbanks in Minnesota, and here I was, getting hazard pay for roughing it under a palm tree on a beautiful March evening where it was still around 70°.

at how many small trees and bushes there were in the Yuma desert, as I was expecting something more along the lines of the Sahara.

The plan was, I was supposed to meet a tech rep from the tank company, for breakfast at this little restaurant along the highway called the "Miner's Camp." Things were going pretty well, until the waitress came out of the kitchen screaming at the top of her lungs to get some help removing a rattlesnake from the kitchen. An old farmer went and got a snake stick out of his truck, and carried it outside.

(To be continued...)

**Next Outpost deadline is noon, August 9th**

**Sexual Assault Hotline: 920-3104**

**Report Domestic Violence: 287-3361**

### FY18 – 3<sup>rd</sup> Quarter ICE Customer Service Roll Call

Congratulations to the following personnel who are recognized for their great customer service at Yuma Proving Ground. YPG customers were so impressed with their service, they submitted ICE comments.

If you would like to comment on our Service Providers go to <http://ice.disa.mil>

Andona, Stacey

Arias, Jose

Castro, Ever

Cather, Bill

Clark, Mardy

Correa, Eric

Crump, Susan

Dayton, Rosa

Ellis, Marc

Engler, Tracy

Gutierrez, Franky

Hollis, Richard

Howden-Berry, Angie

Ivey, Angelica

Koretz, Quentin

Luna, SGT Jamie

Luzanilla, Gus

McKee, Denys

Moreno, B

Obregon, Clara

Orgeron, Cheryl

Martin, Vickie

Rico, Chris

Steib, Kristel

Villalobos, Chino

Villalobos, Willy

Ward, Steve

FSI - Donnie, Jim, Sandy, Matt & Rickey

YPG Cactus Club Staff

YPG Coyote Lanes - Tina, JC & Brandon

YPG Chapel - Margarita, Angelica, Amanda,

Selena & Volunteers

YPG - Fire Department

## TLC MANAGEMENT

• RESPONSIVE • CONCERNED • RELIABLE • HERE FOR YOU!  
**"Find the Rental Home YOU Deserve"**



AS A VETERAN, PAUL UNDERSTANDS THE NEEDS OF RELOCATING MILITARY FAMILIES AND IS DEDICATED TO ASSISTING ALL FAMILIES IN LOCATING THEIR NEXT RENTAL HOME. HE IS ALSO A RETIRED PEACE OFFICER WHO IS VERY SENSITIVE TO THE PARTICULAR NEEDS OF PLACING LAW ENFORCEMENT AND THEIR FAMILIES.

WWW.TLCMANAGEMENT.NET

**928.726.5557**

Themis & Paul **Cavanagh** 670 E 32<sup>nd</sup> St, Ste 9



# TEAMWORK

FROM PAGE 1

done with speed and precision, the rider on the outside of the steer—the header—casts their lasso around the animal's horns, head, or neck and guides it with authority into a hard left turn, giving his teammate—the heeler—a clear shot to lasso the animal's rear legs as they leave the ground in a mighty gallop, immobilizing it.

The best roping teams accomplish it in mere seconds in front of cheering spectators, and a number of YPG personnel, among them Augie Olaiz, Reed Rider, and Everett Castro, engage in the sport as a hobby—and a way of life.

“It's fun and you're in the moment,” said Rider of YPG's Plans and Ops Division, who has won many competitions over the years. “A run might last for seven to 10 seconds on average, and there's a lot of focus and energy put into those few seconds and getting it right.”



YPG Commander Col. Ross Poppenberger, shown here before the 2018 Silver Spurs Rodeo Parade, has been around horses since early childhood, and recently resumed the sport of team roping in earnest after a more than ten year hiatus. “You can tell he loves it,” said Everett Castro. “When he's there, that's all he talks about. He is very competitive.” (Photo by Mark Schauer)

YPG Commander Col. Ross Poppenberger is another devotee of the sport.

“It's teamwork,” he said. “You have to have a good working relationship with your partner.”

Team roping's unique handicapping system allows individuals of all skill levels to participate—headers are rated on a three through nine scale, and heelers on a three through 10 scale.

“Unlike golf, we're handicapped up,” explained Rider. “The higher you are, the better you are, with nines and 10s being professionals.”

It seems the bulk of the sport's most devoted participants have been around horses and steers for most of their lives, and those here at YPG are no different.

“My grandfather raised quarter horses and I grew up riding, but I didn't really start roping until I was 15 or 16,” recalled Rider. “I wasn't very serious or into it until then.”

Poppenberger, who spent his childhood on a farm in Minnesota, also took up riding early, starting with a pony when he was very young. Earlier in his Army career he was a contacting officer at Fort Carson, Colorado, and was sought out by that post's mounted color guard for advice on horse purchases and equestrian gear and services.

“I've been around it pretty much all my life, in one aspect or another,” he said.

Prior to being active in the sport, a college-age Poppenberger purchased a practice dummy poured over books and instructional videos on the subject to perfect his roping technique.

“When I came into the Army, I could afford it and bought some horses. I started team roping while I was at Fort Hood in 1995. I got very involved and serious with it.”

He was an avid roper for more than a decade before a deployment to Iraq and subsequent permanent change of station to Washington DC prevented him from keeping active in the sport.



Everett Castro of FSI (left) prepares to heel a steer in the 2015 World Series tournament that netted him a cool \$80,000. Castro has roped in small local tournaments since he was 12 years old, and aspires to rope professionally. (Loaned photo)

Shortly after taking command at YPG in the summer of 2017, he casually checked out local arenas without discussing his years of experience. He felt that, given his new position, the time wasn't right to purchase horses and re-enter the roping world in earnest. It was a chance encounter with Rider while representing YPG at Yuma's annual Silver Spurs Rodeo Parade earlier this year that finally prompted him to devote more time to his longstanding passion.

“Reconnecting with Reed and these guys, I feel alive again,” said Poppenberger. “For me, it's not about money, it's about the camaraderie and the community. It's yet another aspect that I love about being in Arizona.”

Castro has seen a great deal of success as an amateur and still dreams of being able to rope professionally.

“I started roping here in town in a little backyard arena with my dad and his buddies and just got hooked,” the Yuma native explained. “Everyone starts doing it for fun, but you have to do it every day to get good. We're the crazy guys who rope year-round, even when it is 120 degrees outside.”

Castro has won as much as \$80,000 in a single competition, competing against 600 teams from all over the world, and in excess of \$100,000 in a single year. His fastest time ever was under five seconds. So why hasn't he quit his day job to pursue roping on the professional circuit?

“You can't win all the time,” he said with a smile. “That's the hard part.”

Also, he adds, it takes a lot of overhead to be able to sustain the hobby—hay alone for his 10 horses runs \$100 a week, unless he is able to barter work for hay. Shodding the animals averaged out to another \$100 a week until he learned how to do the job himself.

There is also the risk of injury—several years ago Castro broke his foot when a horse fell on him and was laid up for months.

Regardless of the skill level, number of competition wins, or amount of money won, the sport's true believers can't imagine themselves not participating.

“Some people are crazy about fishing or golf or some other activity that drives them,” said Poppenberger. “For me, it's team roping. I could do that over almost anything.”



# German Army tests assault rifle at YPG

By Mark Schauer

For soldiers of any nation deployed in a war zone, the natural environment can be as formidable an enemy as their armed human adversaries.

U.S. Army Yuma Proving Ground conducts testing in three of the world's most punishing extreme climates, and testers from friendly foreign nations have long utilized the installation to subject their military equipment to rigorous environmental testing.

One of the latest of these is the German Ministry of Defense, which brought the G95K assault rifle here for intense scrutiny in real-world conditions.

Like the currently fielded G36, the G95K is a NATO-compatible 5.56 x 45 mm rifle with a high rate of fire. The G95K, however, boasts a lighter weight and improved safety lever, as well as a higher resistance to corrosion and abrasion. The German Special Commando Forces are interested in adopting the new, more-versatile weapon, but first wanted

to subject it to rigorous operational testing in realistic natural environments.

"This rifle has already gone through all the technical tests," said Luis Arroyo, chief of YPG's Training and Exercise Management Office (TEMO). "This portion is the user input into the piece of equipment—these soldiers will use the rifle in a way soldiers typically use a rifle."

Simultaneously, soldiers participating in the test also tested a new night vision goggle. This symbiosis was fruitful not only in that ensuring that both systems can work in harmony in real-world conditions, but also since the majority of the realistic tactical scenarios the participants ran during their time here took place at night.

"There is a fusion here between using a new night vision goggle and rifle," said Arroyo. "They are closing the gap between tests of different equipment."

Among other things, the soldiers drove across portions of YPG's vast

ranges while utilizing the goggles, measuring how quickly they could see imperfections in roads and terrain they were unfamiliar with.

Germany's temperate environment lacks the extreme conditions German soldiers have faced in recent years in places like Afghanistan, which makes YPG a coveted spot for testing.

"They are very interested in testing at the hottest time of the year—they really want to challenge their equipment," said Arroyo.

Prior to fielding the new weapon, the testing was conducted to answer a number of questions: How well can the weapon be handled by infantrymen whose hands are slippery with gritty sweat? Is the weapon's optical sight compatible with infantrymen wearing sunglasses or night vision goggles? Will it still function in dust and dirt, even when it isn't cleaned for several days? American Army testers ask similar questions when testing their own equipment.

For this test, participants started by calibrating the sights of their

weapons and conducting simple drills and maneuvers against a wide variety of paper and reactive targets on one of YPG's rifle ranges.

"Every target is emplaced an exact distance," said Arroyo. "When a customer gives us a measurement, that measurement is met with precision."

During this phase of the testing, a 120-watt radar dish was employed to measure the fired weapon's muzzle velocity and verify a round's trajectory in the extreme weather. This equipment is typically used to track much-larger artillery rounds, but YPG's operators were up to the task.

"The operator has to be on their game and ensure everything is set up correctly to trace this rapidly-moving object the size of a pencil eraser," said Arroyo. "A horsefly is bigger than this bullet, and doesn't fly as fast."

Following this, the soldiers performed realistic team and squad maneuvers across a wider portion of the range. The use of live ammunition



Prior to fielding the new weapon, the testing was conducted to answer a number of questions: How well can the weapon be handled by infantrymen whose hands are slippery with gritty sweat? Will it still function in dust and dirt, even when it isn't cleaned for several days? American Army testers ask similar questions when testing their own equipment. (Photos by Mark Schauer)



Germany's temperate environment lacks the extreme conditions German soldiers have faced in places like Afghanistan, which makes YPG a coveted spot for testing. "At the Yuma Proving Ground we have special conditions of sand and dust," said Dr. Karl-Heinz Rippert, chief of optronics in the lasers and acoustics branch of the German Ministry of Defense.





For the test, utilized a wide variety of targets, from paper and reactive ones to the hulks of combat vehicles. "Every target is emplaced an exact distance," said Arroyo. "When a customer gives us a measurement, that measurement is met with precision."

tion and the fact that much of the operations were conducted at night meant ensuring safe operations was particularly important for the TEMO

staff.

"You learn quickly your customer, just like learning your squad, platoon, and company," said Ar-

royo. "You see where the strengths and weaknesses are, and what the tendencies are. You have to learn the people to observe where the

risks lay, and address them as they become known."

For their part, test executives from the German forces were pleased with the support they received from YPG personnel during their testing, as well as the natural desert laboratory the installation provides.

"We did some testing elsewhere, too, but here at the Yuma Proving Ground we have special conditions of sand and dust," said Dr. Karl-Heinz Rippert, chief of optronics in the lasers and acoustics branch of the German Ministry of Defense. "Also, the landscape profile is similar to Afghanistan. The result we achieve should have some relevance to our missions, and the main mission in recent years was in Afghanistan."

Personnel with the German Ministry of Defense expect to continue to perform testing at YPG in the future.

"We have a good relationship with the US Army," said Rippert. "For that reason, there is already a framework that can be enabled to conduct testing easily."



YPG conducts testing in three of the world's most punishing extreme climates, and testers from friendly foreign nations have long utilized the installation to subject their military equipment to rigorous environmental testing. Among these is the German Ministry of Defense, which recently brought the G95K assault rifle here for intense scrutiny in real-world conditions.



# MICC-YPG vital to mission readiness

By Ryan Mattox

Soldiers and civilians working at the Mission and Installation Contracting Command-Yuma Proving Ground contracting office support Army readiness through the use of extensive market research, communication and providing contract administration to its warfighter customers in Arizona.

Readiness requires a total Army force effort, and MICC-Yuma Proving Ground acquisition personnel play their part by working closely with the Army Test and Evaluation Command and other Yuma Proving Ground activities to provide supplies and services to perform their mission of testing and evaluating equipment and systems used by the Army warfighter.

“We build proactive relationships with our customers to ensure that our actions are executed timely to meet their mission requirements,” said Tejae Craig, director. “We assist requiring activities with the development of their actions through face-to-face meetings.”

The Yuma Proving Ground conducts a wide variety of military tests throughout the year, consisting of nearly every commodity in the Army’s ground combat arsenal. As part of the ATEC, the primary mission is to conduct tests on medium- and long-range artillery, aircraft armament and fire control systems,



Melissa Saenz works on a contract at the Mission and Installation Contracting Command-Yuma Proving Ground contracting office. The staff provides contracting solutions and oversight for YPG units in support of testing and evaluating equipment, vehicles, and weapon systems being deployed to the field. (Photo by Teri Womack)

cargo and personnel airdrop systems, unmanned aerial systems, armored vehicles and automotive equipment, and technologies for defeating roadside bombs.

On a typical day, the contracting staff procures supplies and services to ensure major test programs such as the Joint Light Tactical Vehicle Test, Counter Rocket Artillery and Mortar System Demo-Test, Excalibur, Precision Guidance Kit, Ad-

vanced Scout Helicopter, Accelerated Precision Mortar Initiative, Stryker, and Paladin Integrated Management are supported timely.

“There are several different tasks performed to support the mission, which involve extensive market research, acquisition planning and communication,” said Maribel Sanchez, a contracting officer. “For example, meetings are set up with accounting, resource management, and sometimes representatives from the manpower office to ensure all work is accounted for as well as to assist each other in processing the requirements. There are also contracting officer’s representative meetings, where the commander is briefed on certain contracting actions and any major problems are discussed to create an effective resolution.

Each year, the MICC-YPG staff works diligently to meet end-of-the-fiscal year deadlines by completing 80 percent of ATEC and garrison

obligations by the end of the third quarter, and all other obligations that will expire by the end of a typical fiscal year.

“We assist our customers with contract administration, which involves us being business advisors for several different actions, which includes processing new requirements and administering our existing contracts,” Sanchez said. “A lot of sole source requirements come through our office since our base’s primary focus is on test and evaluation of a variety of military systems in three extreme natural environments, which are the desert, the extreme cold, and the tropic areas.”

To ensure critical testing is conducted as planned for major ATEC test programs, the MICC-YPG staff provides contracting solutions and oversight for ATEC and garrison units in support of test and evaluation that results in equipment, vehicles, and weapon systems being deployed to the operating force, which accounts for the majority of the MICC-YPG workload.

“We use face-to-face meetings assist customers with new requirements as well as for contract administration to resolve any issues or concerns,” Sanchez said. “A face-to-face meeting allows us to build a relationship with our customer to ensure there is effective communication. The objective is to support the mission by ensuring contracting meets the customer’s requirements in the most effective, economical and timely manner, and represents our staffs’ determination to provide successful contracting support and the performance of their awarded contract.”

During fiscal 2017, the staff awarded 355 actions valued at \$130 million in support of garrison and operational requirements for Soldiers, their families and DOD civilians.



**TO ADVERTISE IN  
THE OUTPOST**  
PLEASE CONTACT  
**DARLENE FIRESTONE**  
AT (928) 539-6829  
NATIONALS@YUMASUN.COM  
YUMA SUN, INC.  
2055 S. ARIZONA AVE.,  
YUMA, AZ 85364



# CLASSIFIEDS

To place your ad call 928-783-4433

## Real Estate

## Agricultural & Land

**NORTH OF PRESCOTT, 40 ACRE FORESTED RANCHES.** Magnificent Trees and Views with Deer and Elk roaming on them. 6200' Elevation. Perfect retreat for recreational solitude! Affordable Terms - no HOA. To Receive Information Packet Call (602)957-7132, hillcrestranches@gmail.com Visit hillcrestranches.com

## Condominiums - Townhomes

**3bdrm, 2bath Condo for rent.** Avail now, \$950/mo. Close to shopping and schools. Call (928)920-4317

## Announcements

## Special Notices



**Nancy's Pizza of Chicago** now shipping stuffed pizzas directly to you. Go to [www.nancyspizza.com](http://www.nancyspizza.com)

**3am and you want to place your classified ad?** Just go online! [www.ClassifiedsInYuma.com](http://www.ClassifiedsInYuma.com)

## Home Services Directory

## Air Conditioning - Heating

**FRANK'S**  
Air Conditioning & Heating  
RESIDENTIAL • PARK MODELS  
MOBILE HOMES

Heat Pumps on Sale Now!  
Call for Free Estimate  
**928-783-3648**  
Licensed • Bonded • Insured  
Roc# 194591

**AIR SOLUTIONS**  
AIR CONDITIONING & HEATING  
A/C & HEAT PUMP  
TUNE UP SPECIAL \$55  
HEAT PUMPS ON SALE

- Park Models • Mobile Home Sales, Repairs, & New Installations

Free Estimates Res & Comm  
**928-919-1717**  
-Insured- ROC# 271605

**AIR SOLUTIONS**  
AIR CONDITIONING & HEATING  
A/C & HEAT PUMP  
TUNE UP SPECIAL \$55  
HEAT PUMPS ON SALE

- Park Models • Mobile Home Sales, Repairs, & New Installations

Free Estimates Res & Comm  
**928-919-1717**  
-Insured- ROC# 271605

## Your Wife Is Hot!

**Better get the air conditioner fixed!**

Call an air conditioning professional from the Yuma Sun Classifieds Services Directory.

## Air Conditioning - Heating

**ARMANDO'S A/C**  
Heating & Cooling  
Repairs, Installations  
and Services  
Best Prices in Town!  
Work Guaranteed  
TUNE UP SPECIAL \$45  
Call 24/7 928-919-4826  
Se Habla Español  
(not a licensed contractor)

**POLAR COOLING**

COMMERCIAL • RESIDENTIAL  
REFRIGERATION • ICE MACHINES  
(928) **344-2632**  
Call Today For Free Estimate!  
ROC#262294 • ROC#262295

**PENGUIN A/C**  
Prepárese con Tiempo

Venta, Reparación, Instalación & Servicio.  
Presupuestos Gratis y Bajos Precios.  
Somos Especialistas Trabajos Garantizados.  
Mantenimiento Sólo \$40  
928-783-9028 24 hrs  
We Speak English!  
Not a licensed contractor

## Carpet - Rug Cleaner

**Alabaster Cleaning**  
Carpet & Upholstery Cleaning

- Strip & Wax Floors
- Saltillo Tile Care • Blinds
- Fans • Windows In & Out
- Home and Office Cleaning

**928-782-6624**  
Lic., Bonded, Insured  
[www.AlabasterCleaning.com](http://www.AlabasterCleaning.com)

Ask about our Classified Merchandise Special!  
(928) 783-4433

## Ceramic Tile

**Victor's 1 STOP Remodeling Shop**

- Showers
- Tub Splash
- Bathroom & Kitchen Remodel
- Handicap Bath Specialist
- Complete Home Renovations

We Do It All  
(928) 726-4430  
Licensed • Bonded • Insured  
ROC#B.103948-R/B-1.232324  
Residential & Commercial

**Victor's 1 STOP Remodeling Shop**

- Showers
- Tub Splash
- Bathroom & Kitchen Remodel
- Handicap Bath Specialist
- Complete Home Renovations

We Do It All  
(928) 726-4430  
Licensed • Bonded • Insured  
ROC#B.103948-R/B-1.232324  
Residential & Commercial

## Cleaning Services

**Alabaster Cleaning**  
HOMES • OFFICES • YARDS

General Clean & Top to Bottom  
Move in & Move Outs  
Construction & Organizing  
Strip & Wax Floors, Blinds  
Carpet Cleaning  
Hauling Items & Trash

**928-782-6624**  
Lic., Bonded, Insured  
[www.AlabasterCleaning.com](http://www.AlabasterCleaning.com)

## Concrete

**Ernie's Concrete**  
Driveways • Sidewalks  
Patios • Demolition of  
Old Concrete & More!  
FREE ESTIMATES  
For Fast & Reliable Service  
Call Today!  
**928-210-1152**  
**928-726-3514**  
Not a license contractor

## Concrete

**AMERICAN MASONRY**  
High Quality Work

- Brick • Block
- Stone • Concrete
- Custom tile • Gravel
- Iron gates & Landscaping.

No job too small.  
Over 30 years experience  
Free Estimates  
**928-257-8584**  
Not a Licensed Contractor

**CONCRETE+ Plus LLC**  
QUALITY CONSTRUCTION SERVICES

Specialized in Concrete, & Block walls

- New Foundations
- Regular Concrete
- Stamp Concrete
- Patios, Driveways, Sidewalks
- & Block walls

Also Bobcat & Dump Truck service  
Call Frank for a FREE Estimate  
(928) 919-6653  
ROC LIC # 319933  
Insured & Bonded

## Construction

**928-782-1212**  
**M & M GENERAL CONTRACTING, INC**  
Residential & Commercial  
Remodels, Kitchens, Baths,  
Tile Work, Stucco, Concrete  
and Framing  
Mention ad for a discount  
We'll beat our competitors  
prices. Free Estimates  
Roc#274239

## Good Job.

If you are out of work, looking to make a move up the corporate ladder or need extra spending money that a part time job can supply, the Yuma Sun Employment section is the place to look.

Looking for a new ride? Check out [www.RevUpSouthwest.com](http://www.RevUpSouthwest.com)

## Excavation

**ERNIE'S BOBCAT SERVICE, INC.**  
Excavation, Grading,  
Hauling, Pool  
Excavation, Lot Prep,  
Cleaning and more!  
FREE ESTIMATES  
**928-210-1152**  
**928-726-3514**  
ROC #237678

## Garage Doors

**Arizona Overhead Doors**  
Sales • Repair • Installation

Free Estimates  
New doors and openers  
Call for Specials  
**Rick 928-446-7480**  
Commercial & Residential  
Bonded & Ins. ROC#231526

## Handyman

**ROGER'S HANDYMAN SERVICES**  
Extended Experience in all  
Phases of Home Improvement

- Drywall • Electrical
- Plumbing • Tile • Framing
- Ceiling Fan Installs • Painting
- Roof Repair • All aspects of Repair & Maintenance
- Honey-do's & much more!

Call Roger 928-345-8391  
(not a licensed contractor)

IT IS ALWAYS HOT IN YUMA!

Make sure your air conditioner is up and running. Look in the Yuma Sun Service Directory for A/C repair!





## Landscaping Services

## LANDSCAPE SERVICES

- Landscape Installation
- Drip Systems
- Sprinkler Systems & Repair
- Grass • Gravel • Pavers
- Flagstone • Brick Borders
- Yard Lighting & Clean-Ups
- Tree Trimming

928-920-2672

(not a licensed contractor)

## Movers

**MOVERS**  
2 Men Will Move You! Up to 300 miles. Retired Fire Fighter & Vet Exp'd, Reliable, Dependable Multi-task Family Owned & Operated for 36+ yrs.  
928-344-0346  
928-246-0628  
City Lic. & BBB Certified (Not a licensed Contractor)

## Painters

**SIERRA COATINGS LLC**  
Commercial & Residential Custom Painting  
25 years of quality service  
• Stucco & Drywall Repair  
• Stains • Varnish  
• Epoxy floors • Roof Coatings  
Licensed • Bonded • Insured  
928-257-2555  
5865 E. View Parkway, Yuma  
Free Estimates ROC# 261629

## Desert Best Painting LLC

Specializing in Commercial & Residential  
• Interior • Exterior  
• Drywall • Stucco Repair  
• Roof Coating • Epoxy Floors  
Licensed-Bonded-Insured - ROC# 200112  
RODRIGO RAMIREZ (Owner)  
desertbestpainting1@yahoo.com  
928-446-9519

LIKE and SHARE  
the Yuma Sun Classifieds  
Facebook Page.

www.facebook.com/  
ClassifiedsInYuma



www.facebook.com/  
ClassifiedsInYuma

## Plumbing

## MISSION PLUMBING

Licensed • Bonded • Insured  
**All Plumbing Repairs & Installs**  
Residential and Commercial  
New Construction  
FREE ESTIMATES  
Foothills 928-580-5330  
Yuma 928-722-5800  
ROC# 214245

## Remodel - Repair

**Victor's 1 STOP Remodeling Shop**  
• Bathroom & Kitchen Remodel  
• Complete Home Renovations  
• Room Additions • Patios  
• Garages • Concrete Work  
• Tenant Improvements  
We Do It All  
(928) 726-4430  
Licensed | Bonded | Insured  
ROC#B.103948-R/B-1.232324  
Residential and Commercial

**Victor's 1 STOP Remodeling Shop**  
• Bathroom & Kitchen Remodel  
• Complete Home Renovations  
• Room Additions • Patios  
• Garages • Concrete Work  
• Tenant Improvements  
We Do It All  
(928) 726-4430  
Licensed | Bonded | Insured  
ROC#B.103948-R/B-1.232324  
Residential and Commercial

## Roofers

**ROOFING SERVICE**  
**ALMODOVA ROOFING & INSULATION**  
• Certified Tile Installer •  
Call Frankie Almodova  
928-782-3002 / 928-257-0180  
14797 S. Ave B  
Serving Yuma since 1962  
AlmodovaRoofing.com  
ROC#268120 K-42

**COOL DOWN WITH POLYURETHANE FOAM ON YOUR ROOF!**  
The single most energy efficient thing you can do for your home. We also do all types of coatings.  
**Free Estimates**  
Call 928-782-2814  
Licensed, Bonded, Insured  
Roc#162010

## Roofers

**ROOFING EXPERTS INC.**  
All types of Roofs  
• Elastomeric systems •  
• Concrete Decking •  
• Repairs & Inspections •  
Ask about our discounts  
928-627-8366  
ROC20110 lic., bonded & ins.

**LINE'S & LUNDGREEN**  
**ROOFING & INSULATION, INC.**  
Tile, flat, foam or shingle roofs.  
Small repairs to complete new roof systems. All 100% guaranteed.  
linesandlundgreen.com  
ROC#069354C42. 070448L42.  
928-783-9084

## Window Cleaning

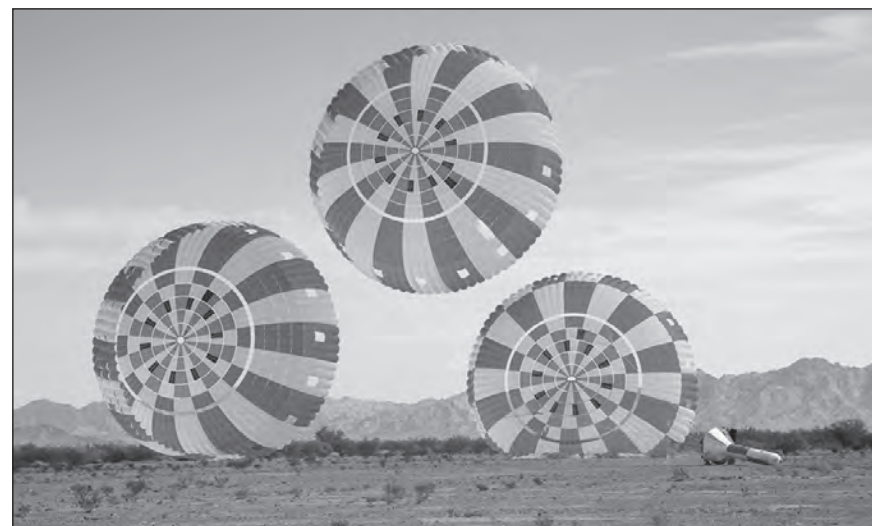
**Alabaster Cleaning**  
**We do Windows!**  
• Windows In & Out  
• Blind & Fan Cleaning  
• Interior & Exterior Light Cleaning  
928-782-6624  
Licensed, Bonded, & Insured  
www.AlabasterCleaning.com

Looking for  
your new home?

**Yuma Sun**  
**Marketplace**  
**Rent in Yuma**  
**RE**  
**Classifieds in Yuma**  
**MyYumaHome**  
**Bajo El Sol**

The Yuma Sun is located at  
2055 S. Arizona Avenue

## Approaching the final frontier



The second-to-last qualification test of the Capsule Parachute Assembly System for NASA's Orion spacecraft took place at YPG in mid-July. The CPAS system is designed to deploy sequentially and pass through two stages prior to being fully open: after hurtling back into Earth's atmosphere, two drogue parachutes deploy to slow the 10-ton capsule prior to main parachutes decelerating the capsule to less than 20 miles per hour. Meanwhile, the extreme friction of the capsule hurtling back into Earth's atmosphere at such a tremendous speed means its exterior heats to more than 4,000 degrees Fahrenheit. The system is designed with redundancies meant to protect the safe landing of astronauts even in extreme scenarios such as two parachutes failing, or a catastrophic mishap shortly after takeoff, all of which have been tested at YPG. (US Army photo)

## RIGHT ARM NIGHT



JOIN US FOR  
**RIGHT ARM NIGHT**  
**THURSDAYS**  
1630-2000

ENJOY  
SPECIALLY PRICED  
DRINKS & APPETIZERS!

A time-honored Army tradition, for Soldiers and civilians, promoting camaraderie and esprit de corps as leaders come together to bring their right-hand man or woman out to celebrate the end of the work week.



Please drink responsibly. Be safe - use a designated driver.



# Eight things you should know about depression

By Melissa Gomez,  
YPG FAP manager

While every person with depression experiences it differently, there are a few universal truths that can help us better understand depression. Here are a few things everyone should know about this mental health condition:

1. Everyone experiences depression differently. Science shows that depression affects people in different ways. It is important that as we realize those around us are not quite themselves, we let them know we are present and willing to assist should they need it. Symptoms of depression can include:

- Persistent sad, anxious, or “empty” mood
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Thoughts of death or suicide

2. Your fears about depression are normal. You are not alone if you fear asking for help. Science shows that most of us fear the unknown but it is better to ask for help than to suffer in silence. Many are surprised to find that family, friends and loved ones are often more than willing to help.

3. Depression is common. Depression affects millions of people worldwide. It is also one of the leading causes of disability worldwide. You are not alone and there is help available.

4. Depression doesn't only happen after trauma. Many believe that depression only takes place after a trauma such as losing a loved one, battling cancer, or being abused.

While depression is associated with trauma, this is not the only time depression appears. Depression can be triggered by many events or no event at all.

5. Depression can seriously affect a person's work. One of the hallmark symptoms of depression is a lack of



motivation, which can make a mark on a person's professional life. Track your productivity if you feel depression may be taking a toll on your work. If you feel your productivity is low, this can help you realize that it may be time to take action. Learn about resources available to you even if you feel you do not need them right now. You never know, you may be able to help someone else in need.

6. Practice self-compassion. Often-times, we can be incredibly judgmental and critical of ourselves and how we feel. You may catch yourself engaging in negative self-talk. If someone you love came to you and shared that he or she was struggling with depression, what would you say to him or her? See if you can offer yourself that same level of self-compassion. You may want to come up with a phrase that you can repeat when you catch your mind filled with negative self-talk such as: “This is a difficult moment. I can be kind to myself.”

7. Practice self-care. Self-care can truly help anyone feel better about themselves, physically, mentally and emotionally. Here are some suggestions that you may find helpful:

- Make a schedule to eat, sleep and exercise. A schedule helps ensure

that you are taking care of yourself with the basics. Proper eating, sleeping and exercise is proven to boost us up physically, mentally and emotionally.

- Get help. Psychotherapy with

the right therapist can be immensely helpful. There are many resources available such as the Chaplain, Military & Family Life Counselor and the Employee Assistance Program or through Tricare/health insurance provider.

8. Depression doesn't define you as a person. If you suffered from a broken leg, you wouldn't say “I am a broken leg.” In the same way, if you suffer from depression, it's a temporary state. With the proper treatment depression is manageable and many people live a happy, healthy and fulfilling lives.

If you have questions or would like more information please contact the YPG Family Advocacy Program Office at (928) 328-3224. Additional resources: Veteran's Crisis Line 1-800-273-8255, YPG Employee Assistance Program Counselor (928) 328-2249.

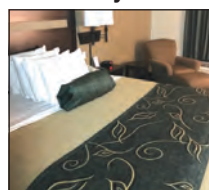
## Our 50's Style Diner has the Best Shakes in Town!



1731 S Sunridge Dr  
**928-539-9000**

**10% Off For Our Military Every Day**  
Staff Wears Red On Fridays To Show Support For Our Troops

Newly Remodeled Rooms



**BAYMONT**  
INN & SUITES

Baymont Inn & Suites Guests  
Receive A Hot, Cooked To Order  
Breakfast At Penny's Diner



**25<sup>th</sup>**  
ANNIVERSARY

**HOT SEATS**

**FRIDAYS & SATURDAYS**

**AUGUST 3RD - 31ST • 5PM - 9PM**

**1 Winner each hour from 5PM - 8PM takes home \$250 Rewards Play. 1 Winner at 9PM takes home \$500 Cash!**

**2X PRIZES**

**Saturday, August 18th!**

Qualify when you play Slots or Table Games with your Rewards Card.

**Free GIFT**



**SATURDAY, AUGUST 18TH**

**Come into Cocopah and celebrate our Anniversary with us from 1PM - 7PM and receive a FREE slice of cake and a FREE logoed mug!**

While supplies last. Gifts may vary. See Rewards Club for details.

**COCOPAH**  
**CASINO & RESORT**  
**Fun is just around the corner!**

15318 S Avenue B, Somerton, AZ 85350 • 1.800.23.SLOTS • COCOPAHRESORT.COM

See Rewards Club for details. You must be at least 21 years old. Knowing your limit is your best bet-get help at (800) 547-6133.