

The Outpost

U.S. ARMY YUMA PROVING GROUND, YUMA, ARIZONA 85365

VOLUME 72 NO. 20 OCTOBER 09, 2023

ATEC supports historic out-of-this world visitor at Dugway Proving Ground

By Mark Schauer

Test centers within the U.S. Army Test and Evaluation Command (ATEC) have supported the American space mission since its inception.

Yuma Proving Ground (YPG) in Yuma, Ariz. conducted developmental testing of the lunar rover in the 1960s, and in most recent times conducted extensive testing of the parachute system for the Orion Space Capsule.

On Sept. 24, Dugway Proving Ground (DPG) in Utah hosted humanity's latest superlative in space exploration, serving as the recovery site for a sample collected from the asteroid Bennu by the Origins, Spectral Interpretation, Resource Identification, and Security--



U.S. Army Dugway Proving Ground commander Col. James Harwell (right) appears on a live broadcast of the NASA Channel with hosts Lauren Ward and NASA Chief Scientist Jim Garvin minutes after the landing of a sample of the asteroid Bennu at the Utah Test and Training Range on Sept. 24, 2023. The sample was collected by the OSIRIS-REx spacecraft in 2020 and is the first such sample return collected by a United States space mission. (Photo by Mark Schauer)

Regolith Explorer (OSIRIS REx) space capsule.

The landing attracted intense national and international media attention, with more than 60 outlets present on post from the predawn hours to cover the landing and recovery of the sample.

The feat was nearly 20 years in the making. First conceived of by OSIRIS REx mission leader Dr. Dante Lauretta, a professor of planetary science at the University of Arizona, in 2004, NASA launched the probe in 2016. After orbiting in the vicinity of Bennu for nearly two years, the craft landed and collected a sample in 2020.

"Our primary science goal is understanding the delivery of

SEE **VISITOR** page 6

**YPG welcomes
new Medical Clinic
Officer in Charge**
/ Page 2



**YPG firefighters
receive Swiftwater
Rescue Certification**
/ Page 5



**Wildlife
enjoying new
water tank**
/ Page 8



Local Federal Retirement Consultant

**Helping all Government
employees retire with
confidence.**

Adrian Elder FRC™, AIF®, PPC®

Managing Partner & Wealth Advisor

YUMA INVESTMENT GROUP
— WEALTH MANAGEMENT —

182 East 16th St. Suite D Yuma, AZ 85364
928.329.1700

Investment advisory services offered through CWM, LLC, an SEC Registered Investment Advisor. Carson Partners, a division of CWM, LLC, is a nationwide partnership of advisors.

YPG welcomes new Medical Clinic Officer in Charge



Yuma Proving Ground Medical Clinic's Officer in Charge 1st Lt. Stephanie Birge enjoys working in a small community and clinic. (Left to right) Denise Scheller, Frank Smalls, Sgt. Matthew Romero, Spc. Jason Yang, Spc. Jose Zepeda, Sgt. Bryant Hernandez, Spc. Nathan Britenfeld, Spc. Anahi Salas, (back) Spc. Jonathan Martinez, Spc. Jaylan Jenkins and Staff Sgt. Joshua Chamberlain (Photo by Ana Henderson)

By Ana Henderson

The Yuma Proving Ground (YPG) Medical Clinic recently welcomed 1st Lt. Stephanie Birge as the Officer in Charge.

Birge has served in the U.S. Army for 13 years and started her medical career as a combat medic before attending nursing school. Prior to being stationed at YPG, Birge served at Landstuhl Regional Medical

Center in Germany.

"I got to learn quite a bit. I got to spend time on the inpatient medical surgical ward, the Emergency Room and patient safety which taught me about nursing and leadership, so I appreciated it."

Now, she plans to bring that experience for patient care to YPG's community.

"With my knowledge, especially

working with patient safety, and being placed in a leadership position in patient safety there, that it will help me here leading the Soldiers and making sure our patients are always safe."

Birge is enjoying the quaint YPG community saying, "It's a small community and I really enjoy the small community feeling. I have worked in small clinics before, and I really enjoyed them. I like being

closer to the Soldiers and getting to know our patients more."

She also hopes to continue the momentum her team has with connecting with their patients. Birge says she plans to, "continue to get involved in the community as much as possible and work with the YPG leadership to ensure that we are doing everything for our community and meeting all the needs that they have."

Civilian Aide to the Secretary of the Army visits YPG



Civilian Aide to the Secretary of the Army Mario Diaz visited U.S. Army Yuma Proving Ground (YPG) Oct. 2, getting a comprehensive brief from YPG senior leaders, and taking an extensive tour of the post's test capabilities. After his day touring YPG from the ground and air Diaz remarked, "I am honored to be here with the women and men who are the backbone to our military. Sometimes we just think about the end process, but there's a beginning process and that is, 'how do we keep our Soldiers safe with the equipment the government and our tax dollars pay for.' And that's what the women and men do here at YPG." (Photos by Mark Schauer and Ana Henderson)

The Outpost

This Department of Defense newspaper is an authorized publication for members of the Department of Defense. Contents of The Outpost are not necessarily the official views, or endorsed by, the U.S. Government, the DoD, or the Department of the Army.

Published by RISN Inc., a private firm in no way connected with the U.S. Army, under exclusive written contract. The editorial content of this publication is the responsibility of the U.S. Army Yuma Proving Ground Public Affairs Office.

This newspaper uses material credited to ATEC and ARNEWS. While contributions are solicited, U.S. Army Yuma Proving Ground Public Affairs Office reserves the right to edit all submitted materials and 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

or email to: ana.c.henderson.civ@army.mil

Commander: Col. John Nelson

Public Affairs Officer: Mark Schauer

Public Affairs Specialist/Outpost Editor: Ana Henderson

Public Affairs Specialist: James Gilbert

Visual Information Manager: Eugene Garcia

Cold Regions Test Center Photographer: Sebastian Saarloos

To advertise in **THE OUTPOST** call (928) 539-5800
or go to advertising@yumasun.com

Fire Prevention: Cooking safety starts with you, pay attention to fire prevention

Fire Prevention Week October 8 -14

The YPG Fire Department is hosting a series of events in support of this year's Fire Prevention Week campaign. Here's three options to learn more about fire safety.

10 October 2023

Location: Fire Station 2 Building 608

Time: 8:30-10:30 AM

Event: Open House/James D. Price Elementary School Visit

11 October 2023

Location: Fire Station 2 Building 608

Time: 7-8 AM

Event: Pancake Breakfast open to the YPG Community

12 October 2023

Location: Fire Station 2 Building 608

Time: 8:30-10:30

Event: Open House/Price School & Child Development Center visit



"COOK WITH CAUTION"

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while you are frying, boiling, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.

If you have a small (grease) cooking fire and decide to fight the fire...

- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner. Leave the pan covered until it is completely cooled.
- For an oven fire, turn off the heat and keep the door closed.

If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



Have a "kid-free zone" of at least 3 feet (1 metre) around the stove and areas where hot food or drink is prepared or carried.

FACTS

- ❗ The leading cause of fires in the kitchen is unattended cooking.
- ❗ Most cooking fires in the home involve the kitchen stove.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards

United States Army
Yuma Proving Ground Fire Department

Suicide Prevention and Awareness month wraps up



Suicide Prevention month may have come to an end, but suicide prevention never ends. At Yuma Proving Ground a team dedicated themselves in the month of September to providing information about resources and how to help a suicidal person. The team set up information booths across the installation and reminded people about the 988 24-hour hotline and on how to use the steps of— ask, care, escort, for those in need of help. (Photos by James Gilbert)



Military Equal Opportunity (MEO)
Commander's 24/7 Hotline
(443)-910-1680

YPG attends Data Summit to share ideas on data management

By Ana Henderson

Whether it's test mission data or business operations data for administrative functions, Yuma Proving Ground (YPG) and its subordinate organizations Cold Regions, Tropic Regions and Yuma Test Centers have a lot of data.

Data falls into two categories – business operations data which can include accounting data managed on excel spreadsheets and test mission data collected during a test event. Both types are used to make decisions for the future of the test centers or a test program.

In mid-September more than a dozen YPG employees attended the second annual Army Test and Evaluation Command (ATEC) Data summit. During those three days the sister-organizations of Aberdeen Test Center, Redstone Test Center (RTC) and YPG convened to share ideas and solutions for managing and sharing data securely and timely. ATEC's Chief Data Officer shared the command's objectives and milestones for data management.

YPG's Chief Data Officer Richard Hernandez who attended and presented at the summit explained, "The objective of the data summit was to talk about some of these technologies, how people are approaching it within their test center, how we can collaborate with them."

The attendees discussed the efforts the test centers have made to modernize the workforce providing education on new data analysis programs. One prime example is YPG enacting the Employee Modernization Effort for Relevant Growth and Enrichment better known as the EMERGE program to provide funding for these technical courses.

Hernandez used the Aviation Directorate as an example naming Ross Gwynn and Ryan Taden who

got ahead of the machine learning curve saying, "They invested in this ahead of their time and the fruits of their labor are showing."

Following the summit, Hernandez made a visit to RTC to see the projects that have been developing over the past year.

"We want to apply their lessons learned, understand what technologies and resources they are using, and see if we can replicate areas they had success at YPG," said Hernandez.

Hernandez says the goal of all the test centers is to make data readily available, minimize the downtime and need for manual computing.

"Data availability covers the reduction, analysis and the reporting," he adds, "Doing that

YPG attends U of A career fair



The University of Arizona (U of A) hosted the All Majors Day Career Fair on Sept. 14. More than 400 students and alumni of all majors attended to learn about employment opportunities offered. Members from Yuma Proving Ground's S1 team and Cesar Ramirez, an engineer who serves as a mentor and is a U of A alumnus, attended the event and spoke with students and alumni about careers and internship opportunities. (Left to right) Rachel Maccallum Sanchez, Patricia Conley, Iris Espinoza, and Cesar Ramirez. (Loaned photo)

entire process and making it available to the consumer, that's what you are trying to minimize and trying to make that efficient."

For the customer Hernandez says, "Bottom line is you have more accuracy in the reporting, and quicker turnaround of data."

Opportunities with the U.S. Army


DoD COLLEGE ACQUISITION INTERNSHIP PROGRAM



Paid Summer Internships

Gain Experience

"My team was working on the gut microbiome of Soldiers, trying to better understand how changes in diet can impact Soldiers' effectiveness in the field."

-Noah, Student at Boston University

Get Training/Mentoring

"I really enjoyed my supervisor and co-workers. I also appreciated the fair workload and balance the internship offered."

-Jack, Student at Michigan State University

Get Hired!

"The most valuable aspect was seeing the connections between what I have learned in school and what I experienced during my internship."

-Sydney, Graduate of Old Dominion University, now a full-time permanent Civilian with the U.S. Army



www.dcaipintern.com



LEFT: A trainer from the Swiftwater Safety Institute (center) gives firefighters from the U.S. Army Garrison, Yuma Proving Ground Fire & Emergency Services, the City of Yuma Fire Department, the Martinez Lake Fire District and Marine Corps Air Station Yuma Crash Fire Rescue, final instructions before they participated in several scenarios along the Colorado River on Sept. 21 in which they learned safe and effective water rescue techniques. CENTER: A group of firefighters practice using ropes to hold an inflatable rescue boat in place on the Colorado River during a training exercise to receive their certifications to become Swift Water Rescue Technicians. RIGHT: A group of firefighters swim across the Colorado River during a recent Swiftwater Rescue Certification training course to tie off ropes that are being used to hold an inflatable rescue boat in place. (Photos by Ana Henderson)

YPG firefighters receive Swiftwater Rescue Certification

By James Gilbert

The U.S. Army Garrison, Yuma Proving Ground (YPG) Fire & Emergency Services (F&ES), have historically responded to incidents in which people have been trapped or stranded by swift water without having been properly trained to safely conduct operations during those types of rescues.

That is until now.

Over a two-week period in late September, 26 firefighters from the YPG fire department completed a three-day training program and received their certification to become Swiftwater Rescue Technicians and respond to future flash flooding that creates emergency situations.

“Our firefighters have never had the type of training that would provide for the safe rescue of people trapped by swift water,” said Asst. Chief of Training Christopher Cape, of the YPG F&ES. “We had a water rescue course of some type approximately 20 years ago, but it wasn’t swift water specific. If you don’t get recertified or

trained by a professional agency you lose the credentials and proficiency in the skills it takes.”

Last month’s training course, which was taught by the Swiftwater Safety Institute and broken into two group sessions, included classroom instruction and plenty of time in the Colorado River at a site southwest of the installation.

During that water portion of the training the firefighters participated in several scenarios in which they learned safe and effective rescue techniques, as well as how to properly use some of the special equipment needed, including a rescue rope system, hand signals, reaching devices, float bags and how to use ropes to hold a rescue raft in place.

“Being a technician in the fire service means that you have the ability to actually perform the tasks,” said Cape, who also organized the training. “And the way you work toward becoming a technician is to have hands-on experience in the mitigation of the incident.”

He added that YPG F&ES had identified a need to have its personnel trained and certified to perform specialized rescue techniques during swift water incidents and with department support from the Garrison, funding was set aside for it.

Also, due to last minute cancellations from some of the participants, several openings became available that were offered to other area agencies that YPG F&ES has mutual aid agreements in place with.

This led to a total of 12 firefighters from Marine Corps Air Station (MCAS) Yuma F&ES, active-duty Marines from MCAS Crash Fire Rescue, the City of Yuma Fire Department, and Martinez Lake Fire District, also receiving their certifications.

Deputy Fire Chief Matthew Kelly went on to explain that, despite being in a desert environment, there are several year-round water ways and lakes in the vicinity of YPG.

In addition, YPG is faced with flash flooding in washes during monsoon

storms and that it typically results in firefighters responding to one or two incidents every year.

“In this area we often get rainstorms that will drop heavy precipitation in one location in a short period of time,” said Kelly. “The rains, due to our terrain, create deadly risks of flash flooding that historically have trapped or stranded people and washed vehicles from roadways.”

Those types of emergency situations have also led to incidents in past in which firefighters were unable to do anything until the water receded.

One such incident occurred last year in which an employee got his vehicle stuck in a wash and all YPG firefighters could do was stand by at the scene because they did not have the training or tools to do anything else.

There have been other times over the years that YPG firefighters have also had to call for help from other fire departments to provide guidance and assistance in rescuing a stranded or trapped employee.

Come And Join Us... Your Friends At

Red's Bird Cage

Saloon

Located in the heart of Historic Downtown Yuma

231 Main St. • 928-783-1050

Mon-Fri 10:00am - 2:30am • Sat & Sun 8:00am - 2:30am

BUILD IT. TEST IT. FLY IT.

THE DEFENSE CONTRACTOR COMPLEX
AT YUMA INTERNATIONAL AIRPORT

- Support Hangars / Infrastructure
- Million Air FBO with DESC fueling contract

(928) 726-5882 | www.defensetesting.com

VISITOR

FROM PAGE 1

organic molecules to the early Earth and maybe even gaining insight into the origin of life,” said Lauretta.

It was the first United States mission to collect a sample from an asteroid. Bennu is currently the smallest object ever orbited by a spacecraft, and OSIRIS-REx achieved the tightest orbit around a celestial body in human history during its lengthy mission. In all, OSIRIS-Rex traveled nearly 4 billion miles to deliver what scientists expect will be a ‘time capsule’ of the early universe. The mission leaders chose Bennu as a sample site due to a variety of complex factors.

“We didn’t want to get too close to the sun because the spacecraft would overheat or need a very expensive thermal control system,” said Lauretta. “We didn’t want to get too far away because we were using solar power and wanted to maintain relatively small solar arrays.”

Further, accomplishing a sample return necessitated an asteroid at a similar angle to the Earth to protect the sample’s heat shield on reentry to Earth’s atmosphere. This narrowed the field to a few hundred asteroids, and Bennu was relatively large—about 1600 feet across—and very dark, reflecting only about 4% of the



U.S. Army Dugway Proving Ground Command Sgt. Maj. David Henderson (right) is interviewed by Fox 13 reporter Spencer Joseph in the early hours prior to the landing of a sample of the asteroid Bennu at the Utah Test and Training Range on Sept. 24, 2023. The sample was collected by NASA’s OSIRIS-REx spacecraft in 2020 and is the first such sample return collected by a United States space mission. (Photos by Mark Schauer)

sunlight that hits its surface, which scientists believed meant the asteroid was rich in carbon, the building block of life.

NASA chose DPG and the Utah Test and Training Range for its

isolation and infrastructure to handle the painstaking recovery of the sample.

“It’s not just what support Dugway is giving, it’s what support Army Test and Evaluation Command is

giving,” said Col. James Harwell, DPG Commander. “We have folks from White Sands Missile Range and Yuma Proving Ground, as well as the support of our sister site the Utah Test and Training Range,



NASA’s lead recovery helicopter takes off from U.S. Army Dugway Proving Ground’s Michael Army Airfield prior to the landing of a sample of the asteroid. The landing attracted intense national and international media attention, with more than 60 outlets present on post from the predawn hours to cover the landing and recovery of the sample.



NASA's lead recovery helicopter takes off from U.S. Army Dugway Proving Ground's Michael Army Airfield prior to the landing of a sample of the asteroid Benu at the Utah Test and Training Range on Sept. 24, 2023. The sample was collected by NASA's OSIRIS-REx spacecraft in 2020 and is the first such sample return collected by a United States space mission.

run by the Air Force, that are supporting this event. This is a huge undertaking for Dugway Proving Ground, but it is a team effort that goes well beyond Dugway's borders."

DPG personnel had been planning for the big day for months, but the extensive support they provided was not a detriment to the post's ordinary mission on behalf of the nation's chemical and biological defense testing mission.

"Surprisingly it has been under the radar, so to speak," said Damon Nicholson, a DPG program manager. "From a Dugway point of view, we're just in the hangar and not doing a lot of outdoor testing and using a lot of resources that would otherwise be using out on the field."

Once the sample was returned to Dugway's Michael Army Airfield, the recovery crew took the capsule to a mobile clean room that allowed the team to use nitrogen to carefully clean any debris the capsule picked up in the atmosphere prior to opening it, ensuring the sample from the asteroid would not be adulterated prior to undergoing intense study at NASA's Johnson Space Center.

Other support DPG provided included weather forecasting by DPG meteorologists in the days leading up to the landing, which was critically important to the call to allow the mission to proceed and to arm the recovery team with the maximum



Dugway Proving Ground meteorologists provided weather forecasting in the days leading up to the landing, which was critically important to the call to allow the mission to proceed. The meteorology team launched radiosondes attached to weather balloons to double check upper-level winds that could influence the trajectory of the craft as it came in.

amount of information prior to their carefully choreographed and rehearsed recovery operation. The meteorology team launched radiosondes attached to weather balloons to double check upper-level winds that could influence the trajectory of the craft as it came in. Gusty winds at ground level could also move the parachute along the ground once it landed. Three days before landing Dugway experienced uncharacteristic rainfall that caused some concern of delays in recovering the capsule due to muddy ground conditions, but favorable weather in the proceeding days dried the saturated ground sufficiently.

"It gets pretty slippery out there," said Dan Ruth, DPG's lead meteorologist. "When it's wet the mud takes on the consistency of modeling clay, so it sticks to the treads of tires and your feet."

The Regolith Explorer will continue its journey through the cosmos in a daring encore as OSIRIS-Apex, and by 2029 will enter the orbit of the asteroid Apophis for study.

"We are satisfied with all of the support we've received at Dugway and Utah Test and Training Range," said Lauretta. "One of the things we always strived with was that we were one team, whether military, government, industry, or academia, and our military partners embraced that."

Wildlife enjoying new water tank



Several deer and pronghorn sheep have been using the Xamool water tank, which was built in January in a valley on the Palomas Plains, which is on the east arm of Yuma Proving Ground (YPG) north of the Tank Mountains. A pronghorn doe can even be seen in one of the pictures sporting a stylish GPS collar and ear tag. According to YPG Wildlife Biologist Daniel Steward she will be the fashion sensation of the season until more pronghorns are released this winter wearing the same outfit. (Photos by John Kulberg, Arizona Game and Fish Department volunteer)



**we
believe**
your time is best spent together



**We've expanded our hours to
work around your morning,
evening and weekend schedule.**

A short trip can make the biggest difference. That's why we are adding additional locations, expanding our hours and recruiting more providers right here in Yuma County. We're closing the gap and distance to accessing high-quality care because we believe always improving means delivering better care today than yesterday, and even better care tomorrow.



YUMA REGIONAL MEDICAL CENTER

yumaregional.org/WeBelieve

CLASSIFIEDS

To place your ad call 928-783-4433

RVs - Motorhomes



I will buy your RV, Travel Trailer or 5th Wheel.
I Will Pay Top Dollar!
Fast and Easy, No hassles, Guaranteed.
(818) 879-3764

Air Cond - Heating



AIR SOLUTIONS
A/C & HEAT PUMP
TUNE UP SPECIAL \$65
HEAT PUMPS ON SALE
• Park Models • Mobile Home Sales, Repairs, & New Installations
Free Estimates Res & Comm
928-919-1717
-Insured- ROC# 271605

AIRO LLC.
Air Conditioning
Install, Repairs & Maintenance

- Park Model Experts
- Heat Pumps and A/C's
- Swamp Coolers
- AZ room Duct Additions
- Gas & Electric Furnace

Same Day Serv. & Repairs 24/7
Licensed, Bonded & Insured
Call **928-488-1518**
AZ ROC #311358 CR-39

Carpet - Rug Cleaners



Sams
CARPET CLEANING

Tile & Carpet Cleaning | Upholstery Cleaning
Window Cleaning
Licensed - Insured - Commercial - Residential
24/7 Emergency Flood / Water Extraction
(928)550-2028

Reach More Customers!
Call
928-783-4433
Today



Services in Yuma.com

To place your ad, call (928) 783-4433 • Monday-Friday 8-5
or log on anytime to ClassifiedsInYuma.com



Cleaning Services

Alabaster Cleaning
HOMES * OFFICES * YARDS
Carpet Cleaning
Construction Cleaning
Yard Cleaning & Hauling
Windows & Blinds
Strip & Wax Floors

928-782-6624
Lic., Bonded, Insured
www.AlabasterCleaning.com

Concrete



2019
• Stamped or Gray
• Epoxy Floors • Grinding
• Polishing • Resurfacing
• Complete Excavation
28 Years Exp.
www.concreteconceptsllc.com
Duane (928) 580-5626
ROC#302888



Custom & Regular Concrete
Residential & Commercial
• Stamped Concrete
• Colored Concrete
• Foundation • Block Walls
• Sidewalks & Driveways
Retaining Wall & Mexican Brick

FREE ESTIMATES
928-259-6502
928-246-3947
ROC# 290917

T&J Block, Brick & Concrete Work

- Masonry Block Walls
- Mexican brick
- Concrete Patios
- Sidewalks
- Driveways
- Pavers

For Free Estimates
Call (Antonio Gamez) (928) 550-1883
(Not a contractor License)

Construction



LUIS RODRIGUEZ (928) **750-8887**
DAVID RODRIGUEZ (928) **276-2144**
LIC # ROC 326087
Luis7coastbuilders@gmail.com
Working to Meet Your Budget and Deadline!

New Construction,
Residential & Commercial.
Additions • Remodels • Concrete
Paint • Patios • All Flooring
The Pros For All Of Your Construction Needs!

CONSTRUCTION INC.
GENERAL CONTRACTOR

- New Home Build
- Specializing in Masonry
- Additions • Concrete
- Patios • Block • Tile
- Stucco • Pavers • Stone
- Remodel • Fences/Gates
- Roof Repairs

(928) 344-4865 • (928) 246-8668
ROC #243756B & #257047

Victor's 1 STOP
Remodeling Shop
(In Business since 1986)

- New Residential Homes
- Complete Home Renovations
- Kitchen and Bathroom Remodel
- Showers
- Room Additions
- Patios

Office: 2573 EAST 24th St.
(928) 726-4430
ROC#B.103948 B-1232324

Electricians



ELECTRICAL UNLIMITED

- Residential & Commercial Electrical
- Wiring Service for Remodel / New Construction
- Repair Services
- 24hr Service & Free Estimates

(928) 920-2311
License#379734 & Insured

Flooring



DBG FLOORING
Reliable. Dependable.
Trustworthy.

WE ARE THE FLOORING SPECIALIST
Carpet | Laminate | Tile
Vinyl Planks | Vinyl Sheet

201 West 17th St Unit #4
ROC #328670 • Licensed
Bonded • Insured
928-294-5898
dustbgoneaz@gmail.com | www.DBGFlooring.com

Garage Doors



Arizona Overhead Doors
Sales • Repair • Installation

Call for Special! Free Estimates
New doors and openers
Rick-(928)446-7480
Commercial & Residential
Bonded & Insured. ROC#231526

Handyman

A & M HANDYMAN

A&M HANDYMAN
Masonry, Carpentry,
Cement, Remodeling
Painting, Plumbing
Roofing & More Just Ask!
No job too small because
I do them all.
Allen Ainsworth
Cell 928-257-9077
or Call 928-783-0306

Handyman

ROGER'S HOME IMPROVEMENT & HANDYMAN SERVICES

Extended Experience in all Phases of Home Improvement & Repairs

- Drywall • Electrical • Plumbing
- Tile • Framing • Roof Repairs
- Painting • Sub Floors/Floors
- Honey-Do's Call Roger:

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

Landscaping

Arturo's Artistic Landscaping
Installation and Repairs

- Sprinklers
- Spread Rock
- Lighting
- Design
- Edging • Brick
- Concrete Curbing

Call Today **928.580.8666**
ROC#214701

Painters

Commercial & Residential
Yuma Painting

Interior & Exterior
Paint, Stains, and Varnish
Elasto / Meric • Roof Coating
Drywall & Stucco Repair
Wall Paper & Acoustic Removal
Jesse • 928-920-0827
Lic. • Bonded & Ins. ROC#133364

Painters



2019
Epoxy Floors
Resurfacing & Floor Prep

Duane at
928-580-5626
ROC # 302888
www.concreteconceptsllc.com

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

EMPIRE PAINTING OF YUMA, LLC

Painting Comm. & Resid.
Interior, Exterior, Texture,
Stucco, Drywall, Power Wash,
Roof Coating, Repairs
Call Today!
928-257-6804
928-271-9580
Lic./Bonded/Insured
ROC# 250971


GR Stamps Painting Service

Painting Interior / Exterior

928-329-4441 or
Call Gary **928-271-9968**
Licensed & Bonded for your Protection
ROC 145570

**Advertise Your Business
or Service Here!**
Call 928-783-4433 Today!

Services in Yuma.com

To place your ad, call (928) 783-4433 • Monday-Friday 8-5
or log on anytime to ClassifiedsInYuma.com 

Painters

SIERRA COATINGS LLC
Commercial & Residential
Custom Painting
30 years of quality service
Stucco & Drywall Repair • Stains
Varnish • Epoxy Floors • Roof Coatings
Licensed • Bonded • Insured
928-257-2555 
4842 W. 28th PL (Yuma, AZ. 85364)
Free Estimates ROC# 261629

Roofers

Mike's Roof Repair
Shingles,
Mobile Homes,
Clay Tile and Flat Roofs
Military and Senior
Discounts
(Veteran Owned)
(760) 595-5550
(not a licensed contractor)

Plumbing

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

 Polyurethane
Foam is the only
true seamless,
NO LEAK, roofing
system and the
single most
ENERGY EFFICIENT thing
you can do for your home.
We also do all types of
ROOF COATINGS.
928-782-2814
SERVING ALL OF ARIZONA
LICENSED, BONDED, INSURED • ROC#162010
www.MrFoamYuma.com

Roofers

 **LINES & 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

Adult Care

Prileo 
Home Care
• Light Housekeeping
• Meal Preparation
• Assist with Bathing/Dressing
• Laundry
• Transferring Assistance
• Errands *Referrals: Care with a Personal Touch!*
928-317-9220 Office
1025 W. 24th St, Suite 21, Yuma AZ 85364

YUMA PROVING GROUND
SEXUAL ASSAULT
24-HOUR
HOTLINE
928.920.3104

988 SUICIDE & CRISIS
LIFELINE
1.800.273.TALK

Chaplain's Corner

Rule No. 8, be truthful

**Chaplain's
Corner**
Chaplain Capt.
Ryan Pearse



Rule No. 8 in Dr. Jordan Peterson's book, "12 Rules for Life: An Antidote to Chaos" is "Tell the truth, or at least don't lie."

Through his clinical experience, Peterson has had many paranoid individuals as his patients. He observed that paranoid people are hyper-alert and hyper-focused. They may make mistakes in interpretation (that's the paranoia) but they are uncanny in their ability to detect

mixed motives, judgment, and falsehood.

You must listen very close and always tell the truth if you are going to get a paranoid person to open up to you. Don't lie to a paranoid person or anyone else for that matter! Don't lie? Where have I heard that one before? The Bible tells us not to lie. It's so important that it's one of the Ten Commandments.

Peterson doesn't suggest always saying what's on our mind. In fact, it's not wise to always say what we are thinking. However, we should never lie. An untruth, however well-intentioned, can produce unintended consequences.

Only the most cynical, hopeless philosophy insists that reality could be improved through falsification. If you lie and get caught, that's bad (for you). But if you lie and get away with it, that's even worse because you start to alter your reality and believe since you fooled someone you can get away with whatever you want.

It is the voice of authenticity when you're honest and it is the voice of inauthenticity when you're dishonest. Dishonestly goes against order and lunges you into chaos. As Mark Twain said, "If you always tell the truth, you don't have to remember anything."

YPG hosts Selfcare and Wellness Expo



A total of 10 agencies took part in a Selfcare and Wellness Expo held from 10 a.m. to 1 p.m. on Sept. 28 at the U.S. Army Yuma Proving Ground (YPG) Library. The event was hosted by the Army Community Service Family Advocacy Program's New Parent Support Group in partnership with Military Family Life Counselor with the participating agencies providing resources and information on topics ranging from substance abuse, mental health, parental support, financial readiness and more. It was open to active-duty members and their families, reservists and YPG civilian employees. (Photos by James Gilbert)

YPG youth enjoy Bingo night



The Yuma Proving Ground's Middle School and Teen Program hosted a Bingo Night at Youth Services. The youth enjoyed Bingo, snacks, drinks, music and had the chance to win prizes. (Loaned photos)

Kids enjoy The Outpost too



Kids are never too young to grab a copy of The Outpost. Students who are part of the Child and Youth Services after school program eagerly grabbed a copy of the latest issue of the Outpost after it was placed on the newsstands. They too like to be in know of what's happening in the YPG community. (Photo by Ana Henderson)



**SHOP SUPPORT
VOLUNTEER**
TUE-FRI 9AM-5PM
SAT 9AM-1PM
812 S AVE A
329-2989



**YUMA
CLINICAL
TRIALS**

***Paid Clinical Trials For
Obesity, Diabetes,
Hypertension, Knee
Pain! Learn More!***



ALL THE FUN, UNDER THE SUN.™

On the sunniest corner of the sunniest place on the planet
is where you'll find Cocopah Casino & Resort. Over 500
slot machines. Blackjack. Bingo. Delicious food and drinks.
Nearby, you'll also find 24 lanes of bowling. Laser tag.
A full arcade. Even a USGA rated golf course.



South Highway 95 in Somerton | CocopahResort.com

