

# THE OUTPOST

U.S. Army Yuma Proving Ground, Yuma, Arizona 85365

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## Civil Rights In America

By Col. Randy Murray  
YPG commander

February marks the month we celebrate the history of Black Americans throughout the nation. Many people think civil rights pertain only to the struggle of African-Americans to eliminate segregation and discrimination, achieve voting rights, and win the

blessings of American equality they had been due for generations. But the subject of “civil rights” is something that pertains to everyone – all Americans.

The phrase “civil rights” first came into use during ancient Roman times and is the translation of a Latin word meaning “Rights of a Citizen.” Civil rights are meant to

protect each individual’s freedom from infringement by government or any other organization. Here in the United States, our Declaration of Independence and Constitution were based on the preservation of the inalienable civil rights possessed by each individual.

Throughout our history, we as a people have

generally retained our civil rights, but there have been missteps, sometimes grievous. Basic civil rights were unjustly denied to people of color in the United States for far too long. But there have been other offenses directed at different ethnic minorities, some here in Arizona.

When Arizona became a state in 1912, laws excluded

major segments of the population from voting, including women. The infamous “literacy test” was enacted to restrict the ability of Hispanics, African-Americans and Native Americans to register to vote. The literacy test wasn’t abolished in our state until the Voting Rights Act of 1965.

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Margaret Curry, contract specialist at YPG's Mission and Installation Contracting Command, shares a poem with the audience by Maya Angelou.

PHOTOS BY YOLIE CANALES



Acting Chief Odden welcomes attendees to the 2015 Black History Month's luncheon.

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# Taking wing: YPG engineer volunteers with budding pilots

By Mark Schauer

After a career in the armed forces with eight overseas deployments, including two to Iraq, some veterans might feel they have served their country enough.

For U.S. Army Yuma Proving Ground electronics engineer Scott Myers, however, retirement from active duty merely doing marked a different phase of service.

The former Marine Corps and Navy pilot, who has worked at YPG for nearly five years, wasn't satisfied with merely doing his demanding job and earning two graduate degrees to add to the two he already had. Looking for a chance to volunteer his talents, he heard about the Civil Air Patrol (CAP).

"When I retired from active duty, a buddy of mine told me about a squadron he joined in Phoenix," said Myers. "I said, 'yeah, that's right up my alley,' so I checked it out here and really liked it."

The official civilian auxiliary of the United States Air Force, CAP serves as a supplement to search and rescue and drug interdiction missions, and provides aerospace education and cadet programs for youth ages 12 through 20. Each individual squadron relies on experienced volunteers to teach cadets about aviation and ferry them along on flights for real-world air experience. Though a civilian auxiliary, CAP and its cadet programs are organized along military lines.

"Anybody who is willing to come

and help is awesome," said Lt. Col. Merilee Taylor, unit commander. "We need experienced pilots like Scott to get the cadets up there and show them the ropes."

In addition to regular flights with cadets on weekends, Myers has served as safety officer of Yuma's CAP squadron for nearly two years.

"He does a great job with our safety program and tunes into things for the cadets as well as the senior members," said Taylor.

On a typical weekly evening meeting recently, Myers stood in front of 13 cadets and several fellow adult volunteers in the CAP's modest conference room and cued up a video clip.

"This is an example of what not to do in an aircraft," he told the group, before dashboard footage of

an air strip surrounded by mountains and hemmed in by tall alpine trees appeared on the whiteboard behind him. There was audio of pilot and co-pilot chatter, followed by a take-off attempt by a small plane. For a terrifying several seconds it seemed the plane wouldn't clear the tree line, and the pilots' dialogue assumed a frantic edge before the nose rose-- barely-- above the treetops.

"That is an example of bad planning," Myers said, then led the group through the reasons why the near-mishap occurred: the group's consensus was that it was an overloaded aircraft on a runway that was too short.

Myers then segued into a discussion about things a pilot always should do to prepare for

SEE **ENGINEER** page 4

## THE OUTPOST

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(PHOTO BY MARK SCHAUER)

**Scott Myers, electronics engineer, talks to cadets about things a pilot always should do to prepare for a safe trip.**

FROM PAGE 1

## CIVIL RIGHTS

For those who don't know, what was the literacy test? These were tests administered by officials in charge of voter registration. If a registrar wanted a person to vote, he or she would ask a simple question to prove literacy – "Who is the President of the United States." If he or she didn't want a person to vote, the question was much more difficult. The final decision was completely the prerogative of the registrar and resulted in few ethnic minorities voting.

At the time Arizona became a state, federal law did not regard Indians on reservations as United States citizens. This meant they were ineligible to participate in federal, state and local elections. Congress changed the law in 1924 to recognize Native-Americans as citizens, but Arizona still refused to allow them to vote. State officials ruled Indians as "guardians of the federal government" and were thus not eligible to vote. These decisions were not overturned until 1948, though the literacy test was still applied.

In April 1942, four months after the Japanese raid on Pearl Harbor, the civil rights of another large ethnic group were violated – Japanese-Americans.

Some viewed Japanese-Americans living on the West Coast as a threat to the nation – that they would aid enemy forces in an invasion of the

United States. Others said it was pure racism, which had existed on the West Coast for decades. In April 1942, President Roosevelt ordered all Japanese-Americans, about 140,000, to be relocated to inland internment camps.

The two largest were established in Arizona. One was located in Yuma County, the largest of all internment camps in the nation. It held 18,000 people in wood and tar paper barracks living behind barbed wire. During the years it operated, this camp was the third largest population center in the state, behind Phoenix and Tucson.

Segregation was once allowed by law in Arizona, just like in the South. Here in Yuma, the Historic Yuma Theater located on Main Street in the old downtown, was constructed in 1913 as a segregated theater – African-Americans were only allowed in the balcony. When George Washington Carver School was built in the late 1940's, it was to be the place where all black children in Yuma were to go for their elementary education.

As an American and a career Army officer, I am grateful for those who came before me to blaze the trail of fairness and equality. These include Lieutenant Henry Flipper, the first African-American to graduate from the United States Military Academy at West Point and General Colin Powell, the first African-American



**At the recent Black History Month Luncheon hosted by the Yuma Border Patrol Sector, Acting Chief Border Patrol Agent Eric Odden presents Col. Randy Murray, YPG commander, a token of appreciation for his informative presentation on Civil Rights in America.**

Chairman of the Joint Chiefs of Staff. Closer to home I'd like to recognize Col. Oliver Stokes, the first African-American commander of Yuma Proving Ground. I represent the second African American to command YPG in almost 30 years.

The subject of civil rights is fundamental to our way of life -- to Americans, this is almost as important as the air we breathe. It has been a rough road, but we are making tremendous progress as

evidenced by the election of our nation's first African-American President, Barack Obama.

We in America are proud of our diversity. Regardless of our roots, however, we remain first, last and always, Americans.



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# Secretary Hagel Carter's message to DoD personnel

I am honored to become your Secretary of Defense. I am proud to lead men and women who devote their lives to the highest calling the defense of our nation. And I am grateful to follow in the footsteps of Secretary Hagel, one of our nation's most honorable and conscientious public servants.

We live in challenging times, times that demand leadership and focus. And starting today, I will be calling on each and every one of you to help carry out three top priorities.

Our first priority is helping the President make the best possible national security decisions for protecting our country and then implementing those decisions with our department's long-admired excellence.

We confront a turbulent and dangerous world: continuing turmoil in the Middle East and North Africa, and the malignant and savage terrorism emanating from it; an ongoing conflict in Afghanistan; a reversion to archaic security thinking in parts of Europe; tensions in the Asia-Pacific; the proliferation of weapons of mass destruction; and intensifying threats in cyberspace.

In addressing these challenges, I have pledged to provide the President my most candid strategic advice. I will count on your experience and expertise as I formulate that advice. I will also ensure the President receives candid professional military advice.

But as we tackle the many threats to our national security, we must never lose sight of our nation's enduring strengths or of the opportunities to make a brighter future and better world for our children. The United States remains the strongest and most resilient nation on earth. Because of you, we have the finest fighting force the world has ever known. We have friends and allies in every corner of the world, while our adversaries have few. We have long possessed the world's most dynamic and innovative economy. And our values, principles, and leadership continue to inspire hope and progress around the world.

Safeguarding America's security and global leadership will depend on another of my main priorities: ensuring the strength and health of you who make up the greatest

fighting force the world has ever known our soldiers, sailors, airmen, Marines, civilians, and contractors all around the world.

I will do that by focusing on the well-being, safety, and dignity of each of you and your families. I will ensure your training and equipment are as superb as you are. And I pledge to make decisions about sending you into harm's way with the greatest reflection and utmost care because this is my highest responsibility as Secretary of Defense.

Honoring all these commitments also requires us to focus on building the force of the future, which is my third priority. We must steer through the turmoil of sequestration, which imposes wasteful uncertainty and risk to our nation's defense. We must balance all parts of our defense budget so that we continue to attract the best people people like you; so that there are enough of you to defend our interests around the world; and so that you are always well-equipped and well-trained to execute your critical mission.

To win support from our fellow citizens for the resources we need,

we must show that we can make better use of every taxpayer dollar. That means a leaner organization, less overhead, and reforming our business and acquisition practices.

It also means embracing the future and embracing change. We must be open to change in order to operate effectively in an increasingly dynamic world; to keep pace with advances in technology; and to attract new generations of talented and dedicated Americans to our calling.

I first arrived at the Pentagon more than three decades ago, and have had the privilege of serving 11 Secretaries of Defense in Democratic and Republican administrations. I took the oath of office this morning because I love our country and am devoted to you who defend it. And I am committed to our fundamental mission: the defense of our nation.

I look forward to leading and serving alongside you at this extraordinary moment in our nation's history.

FROM PAGE 2

## ENGINEER

a safe trip: file a flight plan, carry an emergency kit, and consider the terrain and weather conditions you will fly over in addition to the airspace you will fly through.

"There is no such thing as a routine flight," he reminded the group.

Myers says he has great admiration for cadets he has mentored.

"This is probably the top one percent of the kids," he said.

"They're full time students in high school or college, so it takes a lot of dedication to have a limited amount of time and apply it to something like this."

He is particularly proud of those

who choose to proceed into military careers.

"One of the guys is in aviation rescue swimmer school right now for the Navy," said Myers. "Another is applying for the Air Force academy."

Myers has plenty of other activities in his non-work hours. In addition to spending time with his wife and young son, he is looking forward to running in the annual Bataan Memorial Death March at New Mexico's White Sands Missile Range, and may also soon pursue a fifth Master's degree. Regardless, he plans to continue his volunteer work with CAP.

"It's fun to keep flying and help out," he said.



PHOTO BY CHUCK WULLENJOHN

**Jered Ford rides in an armored vehicle for the first time even though he has worked as a test officer at Yuma Proving Ground for nearly 10 years. Jered Ford's business is conducting artillery tests -- mostly dealing with the M777 155mm howitzer, the newest piece of artillery in the Army's arsenal. Since his specialty is artillery testing, he had never had the opportunity to ride inside an armored vehicle. This opportunity finally arrived on Feb 25 when he was offered a spare seat when a group of Congressional staffers came by for a visit. He was happy -- and the photo shows it!**

# VIEWPOINTS

By Mark Schauer

Team sports are fun and games when you are growing up, but the lessons and memories last a lifetime. We asked members of the workforce to reminisce about their experiences with team sports while growing up.



### Robyn Tiaden

Aviation systems chief

I played mostly soccer in middle school and beyond, but did swimming in the summer and a little bit of volleyball and tennis. I played defense in soccer, and all the games were pretty cool. My kid is playing soccer now, so I'm excited: I waited forever to be a soccer mom.

### Jimmy Myers

Test officer

My parents were always trying to tire us out, so I played soccer, karate, t-ball, basketball, diving, swimming and gymnastics. My favorite was soccer. I played midfield, and I loved being out there. There's definitely good life lessons in sports: working together as a team, the social interaction, learning how to follow instructions.



### Rob Kimber

Lead heavy equipment mechanic

Growing up in Ottawa, Illinois, I played every sport that was available to keep me busy. My fondest memory is playing little league in Grand Ridge, Illinois. After all the games were done, a movie was shown by the volunteer fire department on the side of a bank across the railroad tracks from the fire department. When the first reel was done, we'd have to wait for a train to pass through before seeing the second reel. It was a small town, and after the games everyone was family, no matter who you were, and we all barbecued and watched the movie.



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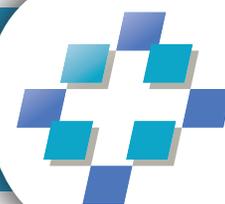
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# IMCOM human capital plan shapes 2025 workforce, builds legacy

By Amanda Kraus Rodriguez

The newly developed U.S. Army Installation Management Command Strategic Human Capital Plan lays groundwork for re-shaping its workforce and culture to answer the future needs of the Army, provide premier installation management and become one of the premier federal workplaces by the year 2025.

Lt. Gen. David Halverson, commander of the U.S. Army Installation Management Command, approved the SHCP, the first plan of its kind, Jan. 29 with eyes on both today's challenges and tomorrow's installation workforce needs.

"We have to adapt ourselves," Halverson said. "The old ways of doing business no longer apply."

The plan is a critical first step in the "IMCOM 2025 and Beyond" strategic design and its development was complex. IMCOM's workforce includes over 54,916 civilian

employees, in 329 different occupational series, spanning 31 Army career programs global-wide. A new approach was required to include everyone - appropriated fund, local national, and non-appropriated fund employees, according to Brian Gormley, SHCP project lead.

"We formed a tiger team of your peers," Gormley said, "a multi-disciplined team that represented all of IMCOM's functional responsibilities, from all regions and garrisons, to develop and publish IMCOM's first ever Strategic Human Capital Plan."

The team started with an assessment of the command, identifying opportunities for improvement using standards published by the Office of Personnel Management and the Government Accountability Office, along with employee feedback.

"We want employees to know

that meaningful cultural change is coming," said Lois Keith, Civilian Personnel Chief of IMCOM. "It's important that the workforce knows that this is a group effort - a transparent data driven, fact based process. Through the Federal Employee View Point Survey, employees have a voice. They spoke and we listened."

Included in the assessment are annual Federal Employee Viewpoint Survey results, the Partnership for Public Service "Best Places to Work" rankings, historical data and demographics, as well employee and supervisor interviews (from headquarters, region and garrison levels) that guided development of IMCOM's Strategic Human Capital Plan.

"You're making history, and it's a good history," IMCOM Deputy Commanding General for Support, Brig. Gen. Jason Evans told the working group.

Dana Davis, a financial management specialist at IMCOM Europe, region headquarters, and a member of the SHCP working group cited communication as the key to successful implementation

"I'm very hopeful that this effort will be sustained," Davis said. "With General Halverson getting out there and telling everyone that this is important, other leaders and the regional directors repeating it, the message - people are our focus - is going to filter out to the entire workforce."

The plan is scheduled for publication in February and includes specific action items to improve IMCOM practices and develop a people-centric focus. Employees can expect to see transparent, leader-led actions to achieve premiere workplace status and published results of progress.

## Preventing shaken baby syndrome

Submitted by Paul J. Kilanski,  
Family Advocacy Program Specialist

Crying is normal. All babies cry, some more than others. It can be irritating and frustrating to listen to a baby cry. However, crying is a baby's way to communicate needs and wants. Some common reasons for crying are hunger, soiled diaper, need to suck, pain/illness or discomfort, over tired/over stimulated, reaction to stress or colic. If you're ever unsure about why a baby is crying, take the baby to the doctor. There may be a medical reason.

Keep a checklist around the house of what to look for and what might work to soothe a

crying baby. This way, during stressful times you'll have a quick reference guide to count on. Be sure to include ideas for taking charge of your own feelings and how to meet your own needs!

If your baby is crying, do the following: check for illness, care for the baby's physical needs (hunger, diaper change, dressed too warm or too cold), feed baby slowly-burp baby often, massage baby's back, offer a pacifier, hold baby close to you and rock the baby, take baby for a car or stroller ride, wrap baby in a soft blanket, put on soft



SEE **PREVENTING** page 7

# New tent tested in tropics and desert

By Mark Schauer

For Soldiers deployed in a war zone, the natural environment can be as remorseless an enemy as their human adversaries.

For example, the Arabian Peninsula, surrounded by a vast sea of sand, is frequently stricken by haboobs, massive tidal waves of intensely blowing sand that rise quickly, engulf miles of territory in dust, and mute sunlight into a hazy orange for as long as they last. In isolated areas, Soldiers' tents may be the only shelter available.

Additionally, if the theater Soldiers are operating in is contaminated by biological or chemical weapons, the integrity of their tents could be a matter of life or death.

The Joint Expeditionary Collective Protection (JECPC) is a 32-foot long tent that can support command

and control as well as rest and recuperation and takes six people 90 minutes to set up in its' operating configuration. All of the tents have liners that protect against toxic agents, and also come with air purification units to provide filtered air within the protective area. JECPC is currently being tested at Yuma Test Center (YTC) and the Tropic Regions Test Center (TRTC), undergoing a multi-month evaluation that will test their mettle in a desert and tropical environment.

"Testing in the tropics is a continuous fight against environmental elements," said Carlos Mora, test engineer. "We encounter rain, fungi and fauna, lightning storms, and humidity, and the combination of some at the same time."

The high humidity and precipitation of tropical regions

aren't the only factors that need to be considered when designing things for troops. High heat and a salt-rich atmosphere also contribute to rapidly-growing jungle molds and fungi. How will an item fare in acidic jungle mud, surrounded by insects that eat anything organic and seek warm areas to nest?

"As in any other test, it is our responsibility to address any issue that could affect the performance of the item during a mission or threaten a Soldier's safety," said Mora.

In a tropical environment, even a tiny failure of a seam can allow moisture in to the tent, something the testers keenly look for.

"We are taking measurements of all the equipment inside and outside the tent," said Mora. "It is supposed to be a tent that doesn't let anything in."

For the test, six personnel erected

the two tents as a data collector observed the process, carefully noting any problems, from a lack of information in the tents' manual to potential safety hazards unique to a jungle environment, such as rapid dehydration of personnel from the relentless humidity as they exert themselves. One difference noticed between the test in the tropics and those at YTC was the ease of staking the tents: whereas the process took a concerted effort amidst rocky desert pavement, moist jungle soils yielded easily.

The tents will remain erected for six months without the system pressurized and one month fully pressurized at all hours, necessitating an electrical generator that is also subject to the harsh tropical environment.



**For Soldiers operating in areas contaminated by biological or chemical weapons, the integrity of their tents could be a matter of life or death. The Joint Expeditionary Collective Protection (JECPC) tent is currently undergoing rigorous testing at both Yuma Test Center and Tropic Regions Test Center.**



**For the test, six personnel erected the tents as a data collector observed the process, carefully noting any problems, from a lack of information in the tents' manual to potential safety hazards such as rapid dehydration of personnel from the relentless tropical humidity as they exert themselves.**

FROM PAGE 6

## PREVENTING

music-sing to the baby, run a vacuum within hearing range, put baby in a safe place and go into another room for 5 or 10 minutes, ask another parent what they would do, ask someone for help, if breast-feeding-avoid strong foods (onions, beans, coffee, tea, cola), have patience-it will get better, congratulate yourself on

getting through this difficult time.

What can be done to prevent Shaken Baby Syndrome? Remember, never shake a baby! Always provide support for the baby's head. Educate other caregivers about the dangers of shaking the baby. Learn about positive ways to soothe a crying baby. Take a break or ask for help when you are stressed.

Potential hazards of shaking a baby can be numerous. Because

the brain controls the entire body, damage to the brain may affect any function. Shaking a baby can result in death, brain damage, paralysis, seizures, blindness, deafness, mental retardation, severe motor dysfunction, attention deficit disorder, learning and developmental disorders. If shaking occurs, take the child to the hospital immediately! Tell the doctor the baby has been shaken to ensure proper treatment. Early treatment can prevent

future problems. It may save the baby's life.

Babies have large heads, immature brains and weak neck muscles. When a child is shaken the head whips back and forth. This sudden whiplashing motion causes the brain to slam against the skull, potentially causing permanent damage, and even death. No matter how frustrated you feel DO NOT SHAKE A BABY!!

# Non-history buff gets immersed in history

By Teri Womack, marketing specialist

I have never been much of a history buff. In my job of developing detailed command overviews and test briefings, my goal is to provide the most current, up to date information about the proving ground. I focus on marketing YPG by including current events, recent test programs and new mission capabilities.

So, I was less than enthusiastic when my boss asked me to provide support at three local libraries for his presentations of the history of the U.S. Army in the desert southwest describing activities occurring from the early 1800's to the present. I was to ensure that the projection equipment was available, set up and operated properly to ensure each briefing ran smoothly. I learned the hard way that presenting a briefing off post can be

tricky as you can't always depend on software and equipment being compatible, as was the case at one of the locations.

I was prepared to spend the day listening to the same briefing over and over and expecting to stifle yawns while being bored to tears.

I couldn't have been more wrong.

My first surprise was how popular the subject was to so many people of all ages and walks of life. At our first stop, the Foothills Library, in the large crowd, I saw a variety of faces from young, eager students to older, experienced military veterans.

Usually when viewing a briefing I've developed, I generally focus on examining the content, style and format. I scrutinize it and almost always find something that could have been designed or presented better on the slide. Most often, I am the only one who notices, but even after all

these years, it still makes me squirm in my seat. Actresses who say that they never watch their own movies make a good point, because we are definitely our own worst critics!

Viewing a presentation that takes place in a large forum looks and feels very different from seeing it on the small computer screen in my office. One of the differences I noted was observing the audience's reaction and interaction. When the presenter gives the words and photos a voice, they come to life and the narrative becomes a story that transports the audience back to that time and place in history

When the briefing was complete and the audience asked questions or made comments, I realized that this wasn't just a culmination of a bunch of random events that happened a long time ago. These were "their" stories, some of them very personal. The Army's history in Yuma is comprised

of events that affected and shaped their lives, or the lives of families and friends and it continues to do that today. I felt proud and honored to be part of it.

The history of the U.S. Army in the desert southwest includes the story of the establishment and evolution of Yuma Proving Ground. It describes the journey of many people, civilians and Soldiers alike, who built on that foundation and shaped the proving ground into what it has evolved to now. Their legacy led us to the relevant mission we perform currently – a mission that makes a real difference in the life of Soldiers who fight to protect our freedom.

As for this briefing, I wouldn't alter anything on the layout and design. The only thing I would change is to make sure that before the next presentation, my boss finds a new opening joke!

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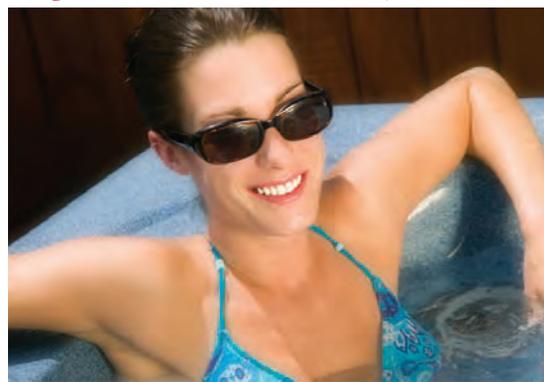
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# This month in Resiliency...Energy Management

By Diana Reeves, ATEC

The U.S. Army Test and Evaluation Command's Resiliency Team kicked off the New Year by sharing tips on how ATEC personnel can better manage energy at ATEC's January Resiliency session at the Aberdeen Proving Ground Recreation Center.

Energy management can mean a variety of things, from saving energy in businesses, government organizations, and even homes. However, what about your body?

"Energy is a crucial component to ensure our body operates at its best," said Master Sgt. Linwood Parker, ATEC resiliency instructor and master resiliency trainer. "Many don't realize we have the ability to self-regulate our energy levels in a very deliberate way using a variety of strategies."

Parker led the class comprised of both military and civilian personnel, making the comparison of our body's ability to manage its energy, to that of a cell phone.

"Just like our batteries in our personal devices, we can't leave home without it," said Parker. "In today's resiliency class, we addressed energy management and how it allows you to be in control of your physical state, thoughts, and emotions in stressful situations and how to help build skills for self-regulation."

The seminar addressed energy as it relates to one achieving their optimal performance. To do this, participants have to be aware of the various ways in which they perform to have your "head in the game."

"I think all of us, at one time or another, feels pressure to perform well, and most of us, at our jobs or even at home with our families, are evaluated and/or measured on our performance, and may even

face consequences should our performance not be as optimal as it should be. We want to be good workers, spouses, parents and friends to the people in our lives," said Parker.

The class addressed how personnel can change their energy levels most by controlling their thoughts, emotions, and responses to the stress faced in everyday life.

"Our thoughts drive our consequences and our consequences influence how well we perform. Your thoughts drive your physical reactions. It is a vicious cycle if you let it. We must change our thoughts and engage in more positive self-talk," said Parker. He said First Responders serve as a good example of how to exercise good energy management skills.

Soldiers are trained, over and over, on how to react in stressful situations. "When we face those

situations, we have moments of anticipation and can engage in proactive thoughts about the very fact that we are in fact ready to deal with said situation. This positive 'mental conversation' with yourself can lead us to be more confident in our ability navigate through challenges and, in turn, react or respond in a calm and centered fashion," Parker explained.

Class participants were both Soldiers and Civilians, both of whom say they stood something to gain from attending.

"The points covered today were relatively important to me, actions versus consequences, focusing on your thinking and what you do, working on your physical style and thinking about the breathing techniques when you are under pressure," said Tom Mikolinis, ATEC's Army Evaluation Center.

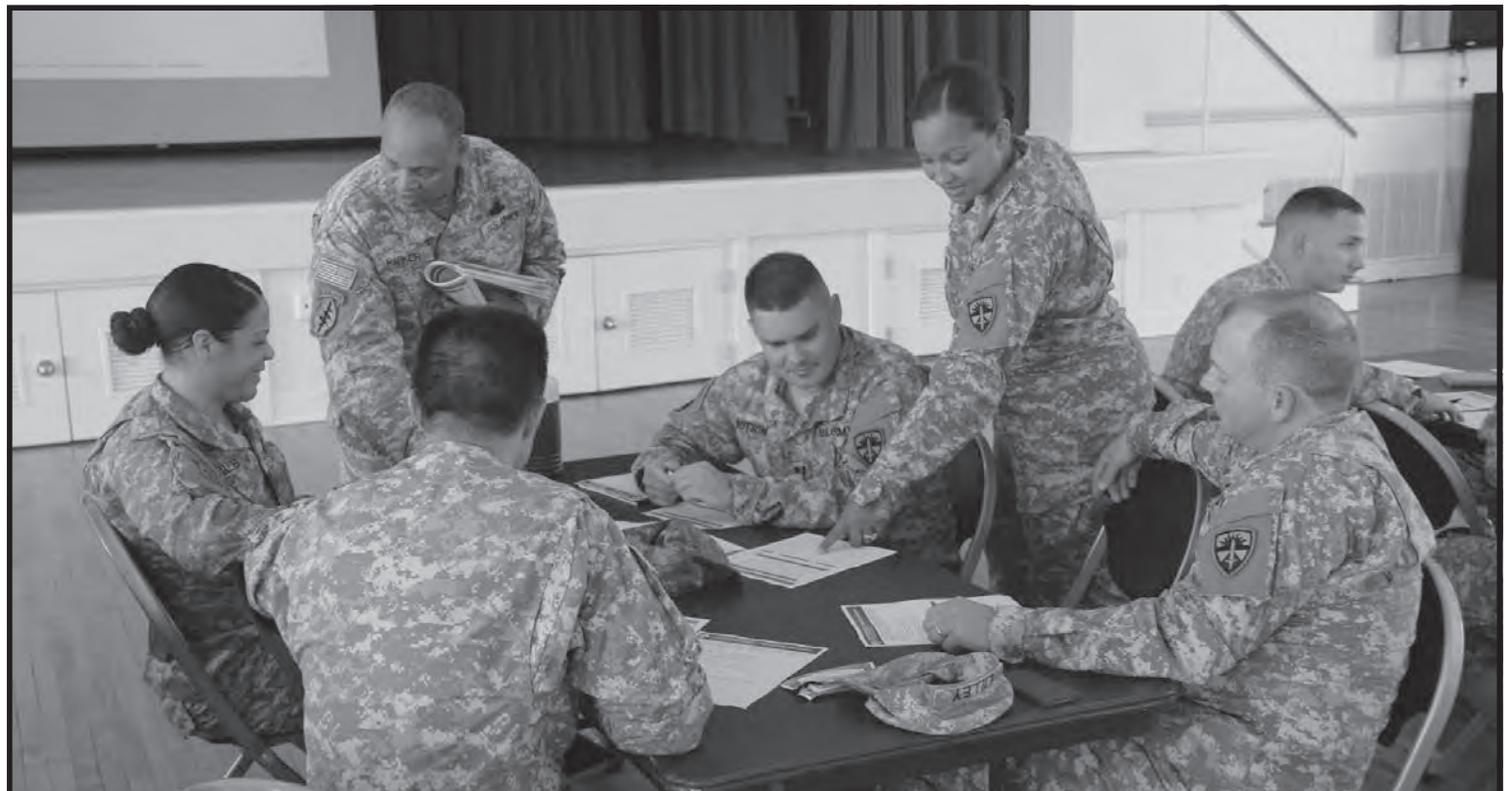
Parker offered the following example during his resiliency

session...

"Let's say a Soldier preparing to present at a promotion board. He, or she, continues to tell himself that his career depends on this... feeling the pressure mounting, they will become worried. This worry may trigger some uncomfortable physical reactions, like a pounding heart, sweating, or even feeling sick to the stomach. Then, the negative thoughts can come into play. 'I must not be prepared enough because I'm nervous, or sweating.' This person may even start panicking, or pacing. This person is unlikely to perform well at the task at hand because they are allowing their negativity to take over."

"Our thoughts and consequences have real-life impacts on our performances at work or at home. If we find ourselves about to perform

SEE **RESILIENCY** page 10



**Soldiers are trained on how to react in stressful situations during this group Resiliency session at Aberdeen Proving Ground.**

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FROM PAGE 9

## RESILIENCY

and our physical state is not where it needs to be, we must change our thoughts in order to influence our physical state to increase the likelihood of performing well,” Parker explained.

To gain control of emotions and reactions, “deliberate breathing,” in a rhythmic manner is one tool to self-regulate your energy in times of stress.

“When practiced on a regular basis, deliberate breathing allows us to create balance so we can have an energy level that’s appropriate for whatever performance event we’re

facing, conserve valuable energy, and quiet our minds to bring our focus to the present moment. All of these techniques can enable a more optimal performance,” said Parker.

Class attendees participated in a series of breathing exercises to practice how to take control of their body’s reactions to stressful situations.

“I realize that I am not alone, everyone experiences these issues. For me, the biggest take away from today’s class is to acknowledge who you are in these areas and

do something about it to improve your performance,” said Capt. William Viegas, AEC.

“I learned that I should try to use positive thought more. Get out of the cycle of negativity and roll positive thought into it. Class was very informative,” said Guy Matricciani, AEC.

The February’s resiliency session, covering how to identify and correct counterproductive thinking patterns, is scheduled for February 26 at the APG-North Recreation Center.

## DID YOU KNOW...

When used in performance moments (i.e., taking 2-3 breaths immediately prior to or while engaging in a performance situation), deliberate breathing causes your mind to have fewer thoughts and brings your attention to the present moment, allowing increased Precision, Accuracy, Motor Control, Memory and Recall, Composure, Poise, Self-Control, Concentration, Mental Agility, and Reaction Time.

Deliberate breathing is a rejuvenation strategy:

**1. Increases energy efficiency:** Deliberate breathing helps the body to slow down and restore energy so it’s got more energy in the long run.

**2. Speeds healing:** Using Deliberate breathing regularly allows your immune system to function optimally and your body to heal faster.

**3. Helps manage pain:** Because pain is experienced in the brain, managing your physical and mental state can reduce the experience of pain.

**4. Reduces insomnia:** Engaging in Deliberate Breathing can help you fall asleep more easily

Energy Management and Deliberate Breathing gives you control of your Thoughts and Consequences including Emotions and Reactions. Using Deliberate Breathing on a regular basis causes your body to work more efficiently, which means you’ll have a more energy consistently. Deliberate Breathing is a skill and will take practice in order to become proficient in it and reap the full benefits. Energy Management helps to build the MRT competency of Self-regulation.

## Medal of Honor awardee visits YPG

Congressional Medal of Honor awardee Command Sgt. Maj. Bennie Adkins spent the day at Yuma Proving Ground on Feb. 18th, visiting Soldiers and meeting people from the community. He won the medal for extremely courageous actions in the Vietnam War that resulted in saving his comrades and killing up to 175 enemies. He received 18 wounds from enemy fire, endured 38 straight hours of intense combat and evaded North Vietnamese troops in the bush in the A Shau Valley in 1966. He received the award from President Barack Obama last year. In these photo he is greeted by Yuma 50 director Ken Rosevear (left). Also on hand to greet him but not in photo were: YPG Commander Col. Randy Murray and Yuma Test Center Commander Lt. Col. James DeBoer.



(PHOTO BY MARK SCHAUER)

## Get your replacement SSA-1099 online

By Wilma Carrasquillo-Facio,  
Social Security Manager

Soon, you may be joining the millions of taxpayers who will be gathering the forms they need to file their federal, state, and local tax returns. If you receive Social Security benefits, one of the forms you may need is your Social Security Benefit Statement, SSA-1099/1042S.

Social Security mails these forms to all beneficiaries on or before January 31. When February 2 arrives, if you have not received yours—or if you cannot find the one that was mailed to you—there’s a new way to get instant access to a printable SSA-1099/1042S to help you complete your tax return: with an online my Social

Security account.

You will need to pay federal taxes on some of your benefits if your total income, including Social Security and all of your other taxable income, is \$25,000 or more, and you file federal taxes as an individual. Married couples filing joint returns need to pay federal taxes on income of \$32,000 or more.

If you didn’t receive the SSA-1099/1042S for tax year 2014 by January 31, 2015, or if you misplaced yours, don’t fret. You can get an instant replacement

SSA-1099/1042S by going online to my Social Security at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) and selecting “Replacement Documents.” You can view, print, and save

the forms immediately!

If you don’t already have a Social Security account, opening one is quick, safe and easy. It only takes a few minutes. In addition to getting an instant replacement SSA-1099/1042S, you can get a benefit verification letter, change your address, telephone number, start or change direct deposit information, and get your Social Security earnings record from the convenience of your home. Simply go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

# CHAPLAIN'S CORNER

## Taking Stock

Submitted by Chaplain Douglas  
(Maj.) Thomison

Good day Yuma Proving Ground. It seems like yesterday that we welcomed in the New Year. However, "time waits for no man," and we are entering the month of March.

In my Christian faith tradition we are now in the Season of Lent. If you are not familiar with Lent, it is the forty day (plus Sunday) period from Ash Wednesday to Easter Sunday. During Lent, people have the opportunity to reflect on their life and faith journey. As one takes stock of self, they find out where they stand spiritually. They may ask God to "Create in me a pure heart, O God, and renew a steadfast spirit within me." (Psalm 51:10)

Throughout the season of Lent

people often give something up (chocolate, alcohol, shopping, etc.) The point of giving something up is not foremost to lose weight or save money (not that those are bad motives), but rather to make more time for God in their life. They spend the time they would have spent eating chocolate or shopping, with spending time with God.

Lent is indeed a wonderful time of the year to reflect on our respective faith traditions. Below are some ideas to help you revive your faith: read the Bible each day; forgive someone (maybe even yourself); pray for others; live out an attitude of gratitude; be kind to someone each day or volunteer in your community. I think self-examination is healthy. Do spend some time on examining where you would like to be in your faith tradition. Have a blessed day YPG!

**NEXT OUTPOST DEADLINE IS  
NOON MARCH 5TH**

**Sexual Assault Hotline: 920-3104  
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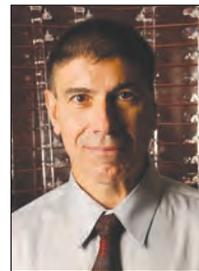
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