

# THE OUTPOST

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

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Published for the employees and families of Yuma Proving Ground, Yuma Test Center, U.S. Army Garrison — Yuma, Cold Regions Test Center and Tropic Regions Test Center

## YPG's flag to be displayed 24 hours a day

By Yolie Canales

As citizens, seeing the U.S. flag flying in the blue sky brings pride and a sense of security. The flag is a key symbol of the nation and, as stated in U.S. Code, "The flag represents a 'living country' and is itself considered a 'living thing.'" These concepts are clear: the flag is to be respected, treated with utmost care and honored.

Effective April 1st, our national flag will be displayed around-the-clock with proper illumination at Yuma Proving Ground's headquarters at the Range Operations Center, and in front of the Heritage Center (the previous headquarters) on the Main Administrative Area (MAA).

Col. Reed Young, YPG commander, has directed the flying of the U.S. flag,

at both locations, around the clock, each day of the week. "The flagpole is a distinguished centerpiece," said Young. "By flying our flags on a 24 hour basis, it emphasizes the round-the-clock security the Department of Defense offers our nation and the round-the-clock mission accomplishment we achieve here at YPG." He also pointed out that YPG now has the opportunity to fly larger flags from each pole on special occasions again amplifying the visual importance our flag has.

We will still sound Reveille and To the Colors over our speaker system, meaning it will remain necessary to pay appropriate respect to the U.S. Flag at those times.

### Flag Etiquette

The following are frequently asked questions that offer



(LOANED PHOTO)

Effective April 1, the U.S. flag at YPG's headquarters at the Range Operations Center, and in front of the Heritage Center in the MAA, will be flown on a 24-hour basis as directed by Col. Reed Young, YPG commander.

information on proper procedures during the playing of Reveille and To the Colors:

**1. What do I do when "Reveille" is played at 6 am?** Civilians should, at the first sound of "Reveille," stop where they are and turn to face the flag. When the flag is not visible, turn in the general direction of the flag or the sound and stand at the position of attention. People are to remain at the position until the last note of

"Reveille" is complete.

**2. Will the cannon fire during Reveille or To the Colors?** No, the firing of the cannon signifies that the flag is about to be raised or lowered for the day. This is no longer a requirement with the flag being flown 24/7.

**3. What do I do when "To the Colors" is played?** People are to take the same action as when Reveille is played.

**4. What do I do if I'm**

**driving a privately owned vehicle or military vehicle at the time Reveille or the "To the Colors" is playing on post?**

Some installations dictate that vehicle occupants get out of the car and stand at attention during the playing. However, with consideration to personnel safety, here at YPG, at first note of "Reveille" and "To the Colors," you should bring your moving vehicle

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Safety Week a long anticipated event for YPG/Page 11



# Portable Post Exchange deploys at YPG for first time

By Mark Schauer

YPG's primary mission is testing equipment for troops, but, in recent years, over 100 units have used YPG for training purposes, including multi-week stays in the proving ground's elaborate Forward Operating Base (FOB). Training under real-world conditions, troops usually spend their days at YPG's firing ranges and undergoing simulated missions, and then are FOB bound by night, making YPG's array of services and restaurants unavailable to them.

To make life a little easier for the troops, the post's Army Air Force Exchange Service (AAFES) is now on site for hundreds of Marines currently using the FOB for the twice-annual Weapons Tactics Instructor (WTI) course.

"It's kind of a trial run since this is the first time we've ever had this operational," said Christina Puma, AAFES manager. "I'm excited about it. Whether it does well or not, our main reason for being here is to support the troops."

The 53-foot long trailer, known as a Tactical Exchange Unit, is a portable post exchange that offers such common items as toiletries, breakfast food, candy, beef jerky, and cigarettes. While they might be familiar to troops who have deployed to remote locations overseas, the TEU's presence is a first for those undergoing training at YPG.



Christina Puma, AAFES manager, fills the shelves with items for visiting units to purchase while out on field duty. The new unit is a portable post exchange that offers such common items as toiletries, breakfast food, candy, beef jerky, and cigarettes.

(PHOTO BY MARK SCHAUER)

"We'll be open Tuesday through Saturday from 1000 to 1700, but we'll stay open later if they need us," said Puma.

"This is how we take care of our troops," added Luis Arroyo, Training and Exercise Management Office chief. "It was the right thing to do."

The YPG barbershop will also be on site at the FOB for this year's training exercises, with two personnel working.



(PHOTO BY LUIS ARROYO)

Marines line up to pay for items they are purchasing from the new mobile exchange unit situated near YPG's Forward Operating Base.

## THE OUTPOST

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# Panoramic views from Easter Hill again available

By Chuck Wullenjohn

Easter Hill, located less than one mile behind the Main Administrative Area and accessed by YPG's Legacy Nature Trail, was a popular gathering point in past years. Besides featuring a large white cross visible a long distance away, the promontory offers a fine view of nature at its finest.

Access to the hill, as well as the nature trail leading to it, was closed for much of the last two years due to unexploded ordnance from many decades ago discovered in the area. Experts fenced it off and performed a careful removal operation that proceeded faster than planners dared to hope. The nature trail and the area around it recently reopened and people are again able to enjoy both the trail and the hill.

Many residents were quite emotional in 2011 when the trail was closed, some maintaining the explosive risk was small and one they were willing to accept. The interest of safety, however, was decisive.

"Closing the trail deeply impacted people and I received an outpouring of phone calls," said Rick Martin, garrison manager. "We were all surprised when the unexploded ordnance was discovered, but one must take no chances with this sort of thing. You cannot assume risk. I'm glad to see the trail back and available, many months ahead of schedule."

Col. Reed Young, commander, expressed similar feelings. "This was a great job," he said. "Nobody was hurt and a thorough cleanup was performed. The community can now continue to enjoy one more gem at the proving

ground."

About 30 people gathered at the trail to take part in the grand re-opening ceremony, including physical exercise enthusiasts from YPG's wellness program and five adult members of the Boy Scouts of America. The legacy nature trail was created many years ago as part of an Eagle Scout project, so it was particularly appropriate that they take part. "They are members of the YPG team," said Martin.

Boy Scout District Commissioner Rick Rademacher initially became involved with the scouts when his children were young and has stayed with it, feeling the program is valuable for growing boys. He first walked on the trail several years ago as part of an adult training program and remembers it well.

"We're here because we want to thank YPG for cleaning the area so people can enjoy the trail again," he said. "This is a nice hike amid beautiful desert."

After opening remarks, everyone hiked to the top of Easter Hill to enjoy the view. Maj. Loren Hutsell, chaplain, formally dedicated the site by sharing a few thoughts and a brief prayer.

"Let this be a place where our hearts and minds find inspiration and rest," he intoned softly. "Let this park be a place of respite and safety. May it give us a vision of the world suffused with God's peace?" He added that he hikes to the crest of Easter Hill many mornings for prayer and reflection.

The legacy nature trail leading to Easter Hill is located behind Price School near the Barranca Road gate. It is open to residents, all members of the YPG workforce and visitors to the proving ground.



(PHOTO BY MARK SCHAUER)

At the top of Easter Hill, (top right) Maj. Loren Hutsell, YPG Chaplain, leads participants in prayer.

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# Become a part of history

Submitted by Lorra Green

Join the Cancer Prevention Study-3 (CPS-3) Research Study and become a part in history. If you've ever known someone with cancer, you know that birthdays are a very significant milestone.

There are nearly 13.7 million people in America who have survived cancer and countless more who have avoided it - who will be celebrating birthdays this year. You can join the movement for more birthdays and fight back against cancer by enrolling in a new research study called the Cancer Prevention Study-3 (CPS-3).

The American Cancer Society's Epidemiology Research Program is inviting men and women between the ages of 30 and 65 years who have no personal history of cancer to join this historic research study. The ultimate goal is to enroll at least 300,000 adults from various racial and ethnic backgrounds from across the U.S, 224 people from Yuma and the surrounding areas are needed.

By joining CPS-3, you can help researchers understand how to prevent cancer, which will save lives and give people more of their most precious resource - time. More time with their families and friends, more

memories, more celebrations and more birthdays.

CPS-3 is a grassroots effort where local communities from across the country can support cancer research by participating actively in this historic research study.

During enrollment study, participants will be asked to: read and sign a consent form, complete a survey, provide some physical measurements (such as waist size, weight, height, blood pressure, and heart rate), and give a small blood sample (similar to a doctor's visit). At home, participants will receive periodic follow-up surveys and research updates through annual newsletters. Participants will be followed for at least 20 years. This means that once you are enrolled they will be contacting you every two years with mailed questionnaires for you to answer.

CPS-3 participant enrollment opportunities will take place at: Relay for Life of Yuma, April 27, at Desert Sun Stadium, 1280 Desert Sun Drive. Enrollment hours are from 5 p.m. to 9 p.m.

For more information about the CPS-3 study, go to the following website <http://www.cancer.org/research/index>

## SAFETY CORNER

# Did you know?

Seat belt use continues to increase to an average of 88 percent nationally. However, there are still groups less likely to wear their seatbelts, including teens, commercial drivers, males in rural areas, pickup truck drivers, people driving at night and people who have been drinking.

Seat belts are the single most effective traffic safety device for preventing death and injury, according to the National Highway Traffic Safety Administration (NHTSA). Wearing a seat belt can reduce the risk of crash injuries by 50 percent.

### What's more:

Seat belts saved more than 75,000 lives from 2004 to 2008.

Forty-two percent of passenger vehicle occupants killed in 2007 were unbelted. A 2009 NHTSA study, estimates more than 1,600 lives could be saved and 22,000 injuries prevented; if seat belt use was 90 percent in every state.

Remember: 'NOBODY GETS HURT'

## Next Outpost deadline is noon April 4th

**Sexual Assault Hotline: 920-3104 or 328-3224**  
**Report Domestic Violence: 328-2720 or 328-3224**



### US Army Yuma Proving Ground Community Resources

*Emergency Resource and Support Services*



| <u>YPG Contact Numbers</u>   | <u>Yuma Behavioral Health Numbers</u>        |
|------------------------------|--|
| DES Police/Fire : 911        | Military Family Life Consultant 928-821-4702 |
| ACS/FAP/: 328-2513/3224      | NurseWise Crisis Mobile Team: 1-866-495-6735 |
| SHARP: 328-2324              | County Sheriff's Office: 928-783-5794        |
| AER: 328-3350                | Crossroads Mission: 928-783-9362             |
| Chaplain's Office: 328-3465  | Community Intervention Assoc. 928-376-0026   |
| CPAC : 328-3831/2211         | Horizons Human Services: 928-783-3986        |
| DHR: 328-2470                | Oasis Counseling Services: 928-341-0011      |
| DPTMS:/EOC: 328-7336/2336    | Arizona Counseling & Treatment: 928-376-0220 |
| EAP/ADCO: 328-2249           | Mountain Health & Wellness: 928-344-9490     |
| EEO: 328-2736                | The Vet Center: 928-271-8700                 |
| Health Clinic: 328-2502/2666 | Yuma Community VA Clinic 928-317-9973        |
| Safety Office: 328-2660      |  |
|                              | <b><u>24 Hour Hotlines:</u></b>              |
| Suicide Prevention:          | 1-800-273-8255 (TALK)                        |
| Domestic Violence:           | 1-800-799-7233                               |
| Sexual Assault:              | 1-800-656-4673                               |
| DoD Safe Helpline (SAPR):    | 1-877-995-5247                               |
| Child Abuse:                 | 1-800-422-4453                               |
| Teen Crisis:                 | 1-800-448-3000                               |
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| Military OneSource           | 1-800-342-9647                               |






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## March Go-Getters



(LOANED PHOTOS)

Congratulations to Destiny Kelln (left), 5th grader from Mrs. Green's class and Katrina Policar (right), 3rd grader from Miss Nixon's class for being selected Price Elementary School "Go-Getters" for the month of March.

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# Petroleum analysis lab focuses on developmental testing

By Yolie Canales

Yuma Proving Ground's Material Analysis Laboratory Services (also known as the PET lab) goes back to the mid 1950's, when it began work analyzing petroleum and various chemical compounds. Nestled in a old building near the Yuma Test Center's headquarters area, the lab is somewhat isolated, but it plays just as important a role in the mission of the proving ground today as it did back in the early days.

Stephen Maurer, chemist and the contracting representative for contractor AMARATEK, which

provides the manpower for the PET lab, began working at the facility as a contractor back in 1992 and continued through 1999. He then took a job in Oregon as a civil servant before returning to YPG as chemist of the facility several years ago.

The lab provides administrative, management and operational support services to the mission of the installation. This includes research on materials such as petroleum, oil and lubricants, environmental (hazardous waste, waste water, drinking water, air, toxic fumes), military munitions and weapons, military ground vehicles and aircraft, and general



(PHOTOS BY YOLIE CANALES)

**Dwain Frazer, technician, prepares to operate the Anton-Paar Density meter, another of the many high tech pieces of equipment the lab works with on a daily basis.**

equipment.

Maurer explained that his job is to assure that the seven employees of the facility are trained in all aspects of the job in order to provide the support the garrison and test center requires. "We support our customers in a number of ways," said Maurer. "In supporting the test mission, our job is to focus on the developmental testing mission in many different ways -- petroleum analysis, fuels and lubricants, have historically been the bread and butter of the laboratory. However, more and more, there are

other areas growing in importance."

Maurer said the laboratory has the capability to test for toxic fumes for personnel safety, primarily in a vehicle or a weapon system that is mounted on a vehicle. He said they test to assure the environment inside the vehicle is safe for breathing. With some of their new and sophisticated equipment, testing can be performed right outside their facility if the vehicle is mobile and convenient for the test officers or at a gun position where they are firing. "We have all the necessary equipment mounted on

a trailer that we take out to the site," he explained. "On average, we have one of these tests every quarter."

Although the work varies as the workload changes, lab personnel have certain responsibilities that remain the same. For example, the laboratory consistently tests drinking water and YPG's sewage lagoons for compliance.

The laboratory's goal is to provide the best and most accurate results from their testing. This is why they have some of the most sophisticated



equipment and instruments there are in the field. "The most sophisticated instrument our lab works with is the Inductively Coupled Plasma spectrometer (ICP)," he said. The ICP spectrometer has a unique optical system that is the most powerful, flexible, and fastest ICP the world has ever seen. "This instrument is used to analyze environmental radiation," said Maurer. "It's perfect for the job we do because it can distinguish between different isotopes."

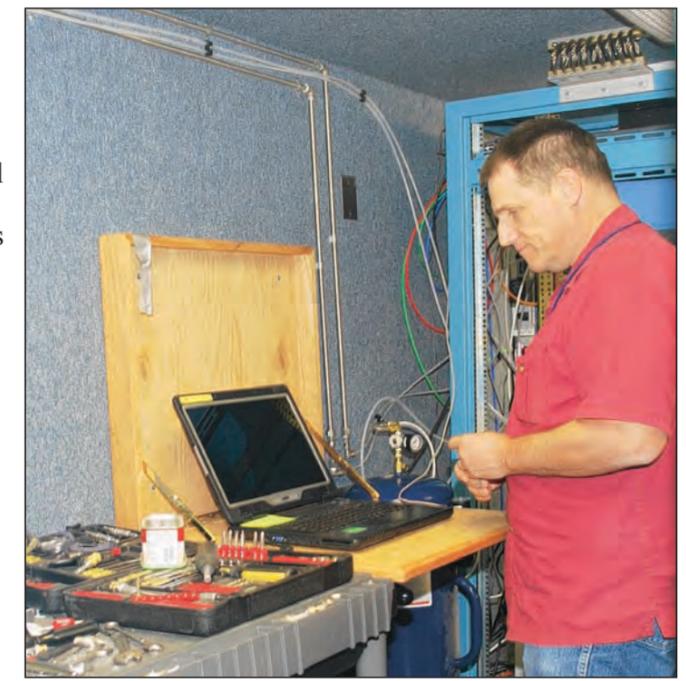
Challenges are a matter of course at the lab. "Like every other facility on the proving ground, challenges will always be present," he said. "In our case, scheduling is one of the most constant challenges, but they are overcome with simple communication among the test officers and our facility."



**Above Right: Larry Nelson, technician and one of the seven employees at the lab, is busy working on weighing lubricants (oil). Above Left: Stephen Maurer explains the equipment mounted on the van that they take out to the site to accommodate customer's needs whenever necessary. Left: Maurer explains the type of equipment and high tech instruments the toxic fumes van is equipped with to support the test mission at the proving ground.**



**Stephen Maurer, chemist at the facility and also COR, reads instruction manual for the Inductively Coupled Plasma spectrometer also known as the ICP and one of the most sophisticated instruments utilized at the lab.**



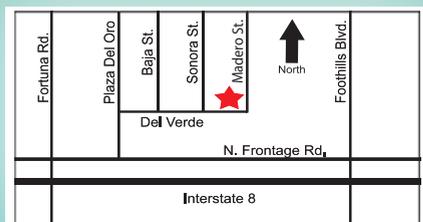
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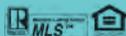
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FROM PAGE 1

safely to a complete stop as you would if an emergency vehicle were approaching; put the car in park and turn off the radio. Everyone inside the vehicle, including the driver, should remain still and seated. Once the last note of the music is complete, the driver will safely resume driving the vehicle.

### Did you know?

There are eight places in the U.S. the flag is never taken down. Of course, there are many more to include private homes, business, etc., however, by Presidential proclamations and Public law authorization, the following eight flag displays are flown around-the-clock:

- \*\* Fort McHenry National Monument and Historic Shrine, Baltimore, Md., (Presidential Proclamation No. 2795, July 2, 1948);
- \*\* Flag House Square, Albemarle and Pratt Streets, Baltimore Md., (Public Law 83-319, approved March 26, 1954);
- \*\* U.S. Marine Corp Memorial (Iowa

Jima), Arlington, Va., (Presidential Proclamation No. 3418, June 12, 1961);

\*\* On the Green of the Town of Lexington, Ma., (Public Law 89-335, approved November 8, 1965);

\*\* The White House, Washington, D.C., (Presidential Proclamation No. 4000, September 4, 1970);

\*\* Washington Monument, Washington, D.C., (Presidential Proclamation No. 4064, July 6, 1971, effective July 4, 1971);

\*\* United States Customs Ports of Entry which are continually open. These are border crossings at the Canadian and Mexican borders: (Presidential Proclamation No. 4131, May 5, 1972);

\*\* Grounds of the National Memorial Arch in Valley Forge State Park, Valley Forge, Penn., (Public Law 94-53, approved July 4, 1975).

While it is true that there is at least one flag flying always on the moon, there was no official proclamation or law authorizing it, according to the Federal Citizen Information Center at [www.pueblo.gsa.gov/cic\\_text/misc/](http://www.pueblo.gsa.gov/cic_text/misc/)

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# One suicide is one too many

The Army conducted a suicide prevention stand down worldwide on September 27, 2012, to focus on promoting good health, teammate involvement, risk reduction and resilience training.

Army Vice Chief of Staff Gen. Lloyd J. Austin III ordered the Sept. 27 stand down following the release of July's suicide figures, which confirmed two suicides and another 36 potential suicides.

"Suicide is the toughest enemy I have faced in my 37 years in the Army," he said, adding that he believes it is preventable through solutions aimed at helping individuals build resiliency to help strengthen their life-coping skills. Austin said the Army must continue to address the stigma associated with asking for help.

"Ultimately, we want the mindset across our force and society at large to be that behavioral health is a routine part of what we do and who we are

as we strive to maintain our own physical and mental wellness," Austin said.

"The last suicide prevention stand down the Army had was in 2009 and followed the train-the-trainer concept and how to recognize potential suicides, but last year's program brings a more holistic approach to beating the epidemic," said Walter O. Morales, chief of the Army Suicide Prevention Program. Morales said Army suicides have more than doubled since 2004.

"I think the big difference between 2009 and 2012 is this time we've focused all across the Army, even here at the Pentagon we're going to stand down with the Army chief of staff leading a personal session by talking with the general officers and senior executives," said Lt. Gen. Howard Bromberg, Army G-1.

"This is absolutely a battle that we have to engage in every single

day," Bromberg added. "I'm asking all Soldiers and moving forward to just to think about that as military members, family members, teammates, civilians, neighbors and friends to look out for each other in our community."

"We're looking at health promotion -- establishment of good eating and sleeping habits, different ways of exercising and that leadership must be involved and accountable, so we'll be looking at many resources and not just those resources specifically for suicide prevention," said Morales. "Our goal is to let Soldiers, leaders, family members and Army civilians know we have resources to help them remain risk-free."

Several of those resources include Army Strong Bonds, a program led by the Chaplain Corps which seeks to build resiliency by offering individual Soldiers and families relationship

education and skills training, explained Col. George A. Glaze, chief of the Health Promotion Risk Reduction Division of G-1.

"We have Comprehensive Soldier and Family Fitness which is about building resiliency and learning coping life skills that you need to handle with some of the challenges we have," Glaze added. "We have the Army substance abuse program that gets after the dependencies on alcohol and drug abuse and we have for those Soldiers who are geographically dispersed the National Suicide Prevention Lifeline, 1-800-273-TALK."

Morales said programs like ACE -- Ask, Care, Escort -- teaches skills on how to intervene, and what questions to ask to get Soldiers the help they need. Key he says is to have the courage to intervene by stepping in with alternative solutions.

"There can be no bystanders in

this battlefield," Glaze said. "The stand down is an opportunity to heighten awareness by offering a menu to commanders, those leaders down to the unit to figure out what is specific to their communities and populations -- relationship challenges or financial challenges -- then making sure the assets are available to them."

In the end, he said, the solution to Army suicides rests with Soldiers asking for help and recognizing that it's okay to come forward and ask for help without repercussion.

"Seeking help when needed is a sign of strength, help is out there, it's available and it works," Glaze said. "The quicker you get help, the quicker you get back into the fight." (ARNEWS)

*Editor's Note: The information on page 4 has been provided by the YPG Employee Assistance Program.*

## New to Yuma?

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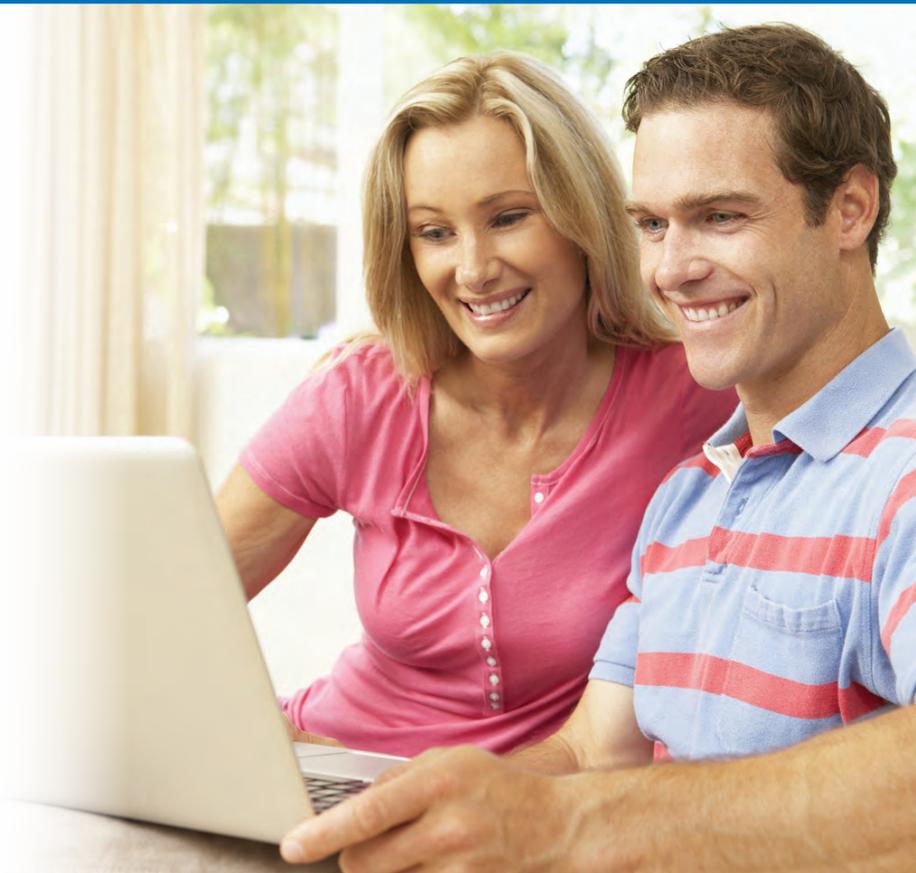
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## VIEWPOINTS

A car is usually the second-most expensive thing a person ever buys, so why not make it last for as long as possible? We asked members of the workforce, "What is the highest-mileage car you've ever owned?"



**Paul Sears**  
equipment specialist

My 1994 Camaro and my Chevy truck are right around 200,000 miles, and there is nothing wrong with them. I bought the truck new in 1992, and most of the miles are from driving to work. I bought the Camaro in 2005 with quite a few miles on it, but I've put about 70,000 on it. The only major things I've repaired on the truck are the clutch and the intake manifold.

A 1983 Toyota Corolla. I drove that thing for 17 years and had almost half a million miles on it. I had to replace the head gasket at 77,000 miles and replaced a wheel bearing and igniter, but otherwise it was just routine maintenance. By the time I got rid of it, it didn't have an interior anymore, but that car was almost indestructible: you could drive it anywhere and it would go. It drove away when I gave it to a buddy of mine for his youngest daughter to commute to school in.

**Christina Puma**  
Post exchange  
manager

My 2008 Chevy Suburban just hit 70,000 miles. My husband doesn't like keeping high mileage cars, but I don't want to give it up yet.



**John Barczynski**  
test officer

A 2000 Chevy Impala. It has nearly 260,000 miles, and I'm still truckin'. It has the original engine and transmission. I always use synthetic oil and do all the routine maintenance. My goal is half a million miles, but I want to get at least 300,000 miles out of it.



**Bill Aynes**  
test officer



Naval ROTC-Air Force Academy-Army ROTC-Merchant Marine Academy

# 4TH ANNUAL MILITARY ACADEMY AND ROTC SCHOLARSHIP CAREER NIGHT

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# Safety Week a long anticipated event for YPG

Yuma Proving Ground's Safety Week not only provided safety courses for members of the workforce but also a variety of seminars on retirement benefits to include Social Security and Medicare, Investments and Annuities' as well. In addition, a Wellness Expo was held at the YPG Fitness Center where a variety of vendors and exhibitors displayed an array of items from health and welfare handouts to safety gear.

Right: Col. Reed Young, YPG commander, took advantage of the location to announce the winner of the "Biggest Loser" competition. Young presented a certificate of achievement to Zack El-Ansari, director of Combat Automotive Systems Division, for losing the most pounds. El-Ansari lost a total of 33 lbs in 12 weeks which is 16 percent of body mass index! Congratulations to Zack and everyone who competed in this event! (Photos by Mark Schauer)



A representative from LeHigh Outfitters.com explains to a visitor the numerous selections of fine quality safety shoes available through the company's catalog.

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# We care about eye care... you'll see!



**D**r. Aiello received his MD degree from the University of Michigan. After completing both an Internship and Residency in Internal Medicine at the University of North Carolina, he finished a Residency in Ophthalmology at the world renowned Mayo Clinic in Rochester, Minnesota. He is board certified in both Internal Medicine and Ophthalmology.

In addition to caring for his patients at the Aiello Eye Institute, he is an examiner for the American Board of Ophthalmology, and a clinical instructor for the Midwestern School of Osteopathic Medicine in Phoenix. He is a Retired Air Force Senior Flight Surgeon and State Air Surgeon for the Arizona National Guard with 27 years of military service.

Having performed more than 15,000 surgeries, he is regarded as one of the state's leading eye surgeons.

Dr. Aiello is the only Ophthalmologist doing Lasik and PRK in Yuma, Arizona.

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