

A gala day: CRTC commander promoted to colonel

By Jennifer Lawless

Family, friends, and co-workers were all smiles at the recent ceremony promoting Charles H. May, CRTC commander, to the rank of colonel. The event took place at the Fort Greely Community Activity Center late last month and was attended by his wife, Delinda, sons Gareth and Ethan, and mother Joanne. Also attending were May's brother, a niece, family friends, YPG commander Col. Reed Young, and Command Sgt. Maj. Keith West.

The promotion to the rank of colonel is a reflection of the good things May accomplished and all that he has achieved in his military career. His awards and decorations include the Meritorious Service Medal with five Oak Leaf Clusters, Joint Services Commendation Medal, the Air Assault badge, and the Diving Officer insignia.

"You just do all the jobs that are given to you and do the best you can do," said May at the ceremony. "Good things will happen."

The support and pride for May was evident in the smiles on the faces of his friends and family. His brother read the promotion letter aloud, while the honor of pinning the new rank insignia to his uniform was taken on by his wife, their two sons and his mother.

The event concluded with a catered meal, with a tasty beef brisket as the main course. For dessert, two cakes were made for the event by CRTC Technical Director Jeff Lipscomb's wife, Tina. One cake was done in traditional style, with the CRTC emblem emblazoned upon the frosting, and the other was a humorous design of haphazard dotted lines, with instructions to cut along the marks.



Col. Reed Young (left), Yuma Proving Ground, commander, congratulates newly promoted Col. Charles May, Cold Regions Test Center (CRTC) commander during a promotion ceremony at CRTC. See page 2 for more photos. (U.S. ARMY PHOTO)

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Col. Charles May's recent promotion ceremony, was a 'genuine family affair' at the Cold Regions Test Center. Top photo: Joining in on the celebration were numerous family members. Left to right, Charles Sweeny, Michael May, Joanne May (mother); Emily May, Ethan May, Delinda May (wife), Gareth May, Col. May, Paul Wieneke and Fely Wieneke. Bottom photo, Delinda (wife), had the honor of pinning the promotion on her husband's uniform.

(U.S. Army photo)



Delinda (wife), had the honor of pinning the promotion on her husband's uniform.

(U.S. ARMY PHOTO)

THE OUTPOST

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Arizona Secretary of State makes official visit

By Mark Schauer

YPG observed the 238th Army birthday with special guest Arizona Secretary of State Ken Bennett, accompanied by several staffers from the Arizona Capitol Museum, which is managed by the secretary of state's office.

After attending YPG's Army Birthday observance luncheon, Bennett's staff visited YPG's Heritage Center in connection with their work on Arizona's new World War II memorial, to be dedicated in Phoenix's Wesley Bolin Memorial Plaza on December 7 of this year. The memorial will consist of gun tubes from the battleships USS Arizona, which was infamously sunk at Pearl Harbor in 1941, and the USS Missouri, upon which Imperial Japan's formal surrender was received in 1945. In between the two tubes will be nine steel pillars,

representing the nine minutes it took the USS Arizona to sink, upon which will be affixed nameplates for each of the more than 2,000 Arizonans killed in combat during the war.

The staffers joined Bennett for a briefing by YPG commander Col. Reed Young later that afternoon and an overflight of the proving ground's ranges. Following the overflight, they capped their eventful day by joining Young in watching students and instructors from YPG's Military Freefall School jumping into Phillips Drop Zone.

"I'm a native Arizonan and heard of YPG all my life, but had never been here before," said Bennett. "It was fascinating: I never dreamed that there was such a vast array of assets that the Army and other branches of the military use here. What an asset for Arizona!"

Bennett may be a gubernatorial candidate next year.



YPG commander Reed Young (left) and Arizona Secretary of State Ken Bennett (center), listen as pilot Gerald Fijalka gives a safety brief prior to their overflight of YPG's ranges. The visit was Bennett's first to the proving ground.

(PHOTOS BY MARK SCHAUER)



YPG Heritage Center volunteer Vince Lacey (right) shows staffers from the Arizona Capitol Museum the former YPG commander's office as it looked in the late 1950s. The staffers visited the Heritage Center in connection with their work on Arizona's new World War II memorial, which will be dedicated in December.

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Civilian of Quarter recognized in ceremony

By Yolie Canales

Yuma Proving Ground recently held a Civilian of the Quarter ceremony highlighting Ammunition/Explosive Program Manager Durred Francher for his exemplary performance.

Francher serves as the Ammunition/Explosive Program Manager for the installation and its three test centers. His responsibilities are to develop, evaluate, and review procedures for the explosive safety program. In addition, he monitors the program in order to determine compliance with established policies and regulations, determine the need for corrective action, and identifies areas for improvement.

Job accomplishments for Francher have been numerous. He was able

to conduct a 100 percent inspection of the installation's ammunition/explosive infrastructure. Because of his vast experience and keen knowledge, he was able to accomplish this most important requirement in less than three months. This was a monumental achievement, especially when it is just one of the major requirements of a command ammunition and explosive safety manager. Other requirements include range safety, explosive mishap investigations, and job hazard analyses for all work sites.

Francher, who has been at YPG for over 14 years, is a person of high energy, integrity, courage, and selfless service but above of all, reliable.

In his spare time, he enjoys reading and sewing.



(PHOTO BY MARK SCHAUER)

Lt. Col. Chad Harris, Yuma Test Center commander (left), congratulates Durred Francher for being selected YPG's Civilian of the Quarter. Looking on is Julio Dominguez, YPG technical director.

End the Stigma: Learn signs of PTSD

Submitted by Chris Lee

June is Post Traumatic Stress Disorder (PTSD) Awareness Month and June 27th is National PTSD Awareness Day. The YPG Employee Assistance Program (EAP) is encouraging service members, veterans, and their families to take advantage of the free, anonymous PTSD screenings at www.MindBodyStrength.org. On June 25th, from 11 a.m. to 1 p.m., the YPG Employee Assistance Program will have a display in the ROC Atrium. People can stop by and pick up information about PTSD and a free tee-shirt and tote bag, while supplies last.

Did you know that service members who suffer physical injuries in war get immediate attention on the battlefield. Depending on their needs, many come home to further physical therapy and treatment in state-of-the-art facilities. However, many service

Some Facts about PTSD

- Symptoms of PTSD can appear days, weeks, months or even years after a traumatic event.
- PTSD symptoms include flashbacks, anger, emotional numbness, and nightmares.
- Some service members with PTSD do not seek treatment because they fear it will hurt their careers, people will lose respect for them, or they are concerned about the cost of treatment, among other things. PTSD is a treatable condition, and it is important for everyone, especially those in the military community, to be aware of its prevalence, signs and symptoms. For more information about PTSD, visit <http://militarymentalhealth.org/militaryptsd/>.

members hesitate to seek help for the invisible wounds of war such as PTSD.

The self-assessment asks users to answer a set of four questions. After completing the assessment, respondents receive feedback as to whether their symptoms are consistent with PTSD as well as a

list of resources on how and where to get further evaluation and help. The screenings are not diagnostic, but let users know if their symptoms are consistent with PTSD and if they should seek further diagnosis.

Will Terry, a veteran who served in Operation Enduring Freedom (OEF) and Operation Iraqi Freedom recalls his own experience with PTSD. "When I came home, I couldn't sit near a window, be near loud traffic or stand people to walk up behind me," Terry says. He finally got help for his PTSD in 2007 and now feels much better. He was able to visit the grave site of a good friend who was killed in OEF and his nightmares have gone away. He just graduated from college where he served as the president of the student veterans' association. "I want people to know that they don't have to suffer from PTSD. There is treatment out there and they can live a better life once they access it," says Terry.

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Sequestration and your TSP account

If you have been furloughed as a result of sequestration, you may be wondering how to deal with the financial impact. This fact sheet addresses some of the questions you may have about your TSP contributions. It also details alternatives for accessing your TSP funds should you face financial hardship as a result of being furloughed.

How will a furlough affect my TSP contributions?

As you know, your TSP employee contributions are deducted from your pay. If you are currently making contributions based on a percentage of your basic pay, here's what happens: If you earn \$1,000 of basic pay every two-week pay period and you contribute 10% of it to the TSP, you'd have a \$100 TSP contribution every pay period. If you are furloughed for 2 days per pay period, then your basic pay would decrease to \$800 and as a result, your TSP contribution would decrease by an equal percentage so that your contribution would be \$80 per pay period. Simply stated, your TSP contribution decreases in direct proportion to the reduction in your basic pay. Therefore, you may find that lowering your contribution percentage is not necessary. But if you are currently making TSP contributions based on a dollar amount of your pay, that dollar amount will not automatically decrease with your reduction in pay. You may want to revisit whether that amount is still appropriate given the expected impact of your furlough. If you are a FERS1 participant, also keep in mind that any reduction in your basic pay will impact your agency contributions. Whether you are contributing a percentage of your pay or a specific dollar amount, your Agency Automatic (1%) and Agency Matching Contributions will decrease proportionally. If you then choose to decrease the amount of your TSP contributions, be sure you understand how it will affect your agency contributions.

For more information, visit Types of Contributions.

Should I terminate my TSP contributions?

If you are making traditional contributions, remember that those contributions are subtracted from your pay before tax. Be aware that stopping this type of contribution could potentially increase your adjusted gross income and, as a result, your income tax liability.

Also, think carefully about terminating your contributions. One of the great things about your TSP contributions, no matter how small, is that the earnings compound over time. If you stop your contributions, even for a short time, you'll miss this opportunity altogether.

And, if you are a FERS participant, you are leaving free money on the table because if you stop your contributions, your matching contributions stop as well.

Should I consider a financial

hardship withdrawal?

For some, sequestration and the resulting furloughs will cause a significant financial hardship. But before you consider a TSP hardship withdrawal, keep in mind a few things:

- If you take a hardship withdrawal, you will not be able to make any TSP contributions for 6 months after having received your funds.
- You may withdraw only your contributions and the earnings associated with them, and the total amount cannot exceed your financial hardship.
- You must pay income tax on the taxable portion of any withdrawal, and you may also be subject to a 10% early withdrawal penalty tax.
- If you are a FERS participant, you will not receive Agency Matching Contributions.
- A hardship withdrawal cannot be repaid so your TSP account is permanently reduced by the amount of your withdrawal.
- Taking a loan may be a better option (see below).

For more information, visit Financial Hardship In-Service Withdrawals.

Should I take a loan?

Taking a TSP loan allows you to borrow money from your account while you are still actively employed by the Federal Government. You repay your own TSP account for the amount of the loan (plus interest) and therefore continue to accrue earnings on the money you borrowed after you pay it back. Before you request a loan, you should know the following:

- If you expect to be furloughed on a continuous basis, you can only take a loan if your furlough is expected to last 30 days or less.
- If you expect to be furloughed on a periodic basis (for example, one or two days per pay period), you can take a loan.
- Loan payments are made by payroll deduction. If, because of a furlough, you don't earn enough per pay period for your agency to deduct the required loan payment, you will be responsible for keeping your loan payments up-to-date so that you don't risk a taxable distribution. (Properly repaid TSP loans are not subject to income taxes or penalties.)
- You can continue to contribute to your TSP account and, if eligible, receive Agency Matching Contributions.
- If you already have an outstanding loan when you get furloughed, you need to make sure that you stay up-to-date on your loan payments

If already have a TSP loan. Can

I adjust the length of time I have to pay off my loan (reamortize)?

If you currently have a TSP loan, you may be able to reamortize, or adjust, the length of time you have to pay off your loan. You may do so if your loan is not already at the maximum term limit — 5 years for a general purpose loan and 15 years for a residential loan. If you reamortize to lengthen the term of your loan, your payments will be lower each pay period and your overall repayment period will be longer. So if you think reamortizing your TSP loan might be the right choice, you should be aware of the following:

- If you originally requested and received a general purpose TSP loan with a 5-year term, you will not be able to extend the repayment period for longer than 5 years because 5 years is the maximum term allowed for general purpose loans. However, if your original general purpose loan has a 2-year term, and you've already made 1 year of payments, you can spread the remaining

balance over 4 more years. • If you originally requested and received a residential TSP loan with a 15-year term, you will not be able to extend the repayment period because 15 years is the maximum term allowed for residential loans. However, if your original residential loan has a 10-year term, and you've already made 4 years of payments, you can spread the remaining balance over 11 more years. You do not have to resubmit any loan documentation forms when you reamortize your residential loan. If you lengthen the term of your loan and later find that your financial situation improves, you can reamortize your loan again to shorten its term. Shortening the term of your loan will increase your payment amount each pay period.

You may reamortize your loan by visiting tsp.gov and logging into My Account, or by calling the ThriftLine (1-TSP-YOU-FRST) and speaking to a Participant Service Representative. For more information, visit TSP Loans.

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The price of cutting corners

Most of us know that cutting corners is a means of bypassing a prescribed process. Unfortunately, in our Army, some Soldiers mistakenly view procedural tasks as cumbersome, with steps that can be circumvented with no repercussions. Many times, procedures are written in blood – that is, they're emplaced after an accident.

The Army Readiness Assessment Program is a web-based tool that provides candid data to battalion and higher-level commanders regarding their formation's readiness posture. The online ARAP survey compiles Soldier, civilian and contractor perceptions of their organization's command climate and safety, with an emphasis on safety concerns. Since its inception, more than 1.26 million Soldiers, civilians and contractors have completed the ARAP survey. Survey item No. 23 asks respondents to rate whether unit leaders allow cutting corners to get a job done. Surprisingly, 47 percent of respondents who provided measured responses don't perceive full compliance with procedures within their units! Statistics show that Soldiers and organizations both cut corners. When individuals

and organizations cut corners, reasons may include:

- Poor attitude
- Lack of skill or experience
- Rushing to complete a job
- Belief that:

**Corners can be cut without compromising safety
** Standard operating procedures are out of date
** There's too much "red tape" to do it by the book

- Organizational climate condones cutting corners
- "Deadlines" cannot be met without cutting corners
- Over-tasked

Most procedures include practical and necessary steps designed for the completion of a task without incident or injury. If some procedures appear questionable, it's incorrect to assume they're unnecessary. Instead, individuals or units should seek clarification for the procedures from competent authorities then submit recommended changes if the procedural steps are incorrect or can be simplified. Unfortunately, an incident or mishap can occur when only one person fails to follow procedures.

Remember: "NOBODY GETS HURT"

Recognitions and Promotions

Lt. Col. Kary Reed (left), recognizes paralegal Lisa Miller of the Judge Advocate's office with the Achievement Medal for Civilian Service during a recent ceremony. Miller, a former YPG Civilian of the Quarter, was praised for outstanding customer service and for single-handedly preparing more than 400 federal tax returns for YPG Soldiers and retirees during tax season.

(PHOTOS BY MARK SCHAUER)



Yuma Test Center Commander Chad Harris (left) congratulates Staff Sgt. Brian Brown of YPG's Airborne Test Force on his promotion as wife Candice Brown looks on. The promotion ceremony was attended by several dozen Soldiers and members of YPG's workforce.



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YPG celebrates Army's 238th birthday

By Yolie Canales

Traditionally, the Army celebrates its birthday with an array of activities throughout the Department of Defense.

Yuma Proving Ground celebrated the 238th Army birthday in style Thursday, June 13, though it took place one day in advance of the actual date, which is the same day as Flag Day (June 14).

Lt. Col. Michelle Stoleson (Ret.) presented a keynote speech highlighting the many contributions the YPG workforce has made in ensuring the high quality of American military systems. The event's climax occurred when the youngest and oldest Soldiers stationed at the proving ground gathered with others to slice the layer cake commemorating the event, which attendees enjoyed afterward.

The ceremony celebrated the continued strength, professionalism and bravery of today's Soldiers in today's all-volunteer force. This 238th birthday commemorated America's Army, Soldiers, families and civilians, who are achieving a level of excellence that is truly Army Strong. The men and women of the Army live the slogan each day for this year's birthday celebration - "Ready and Resilient, the Army Profession and Soldier for Life."

In addition to the guest speaker and the cake cutting ceremony, vocalist Desiree Dilworth, a graduate of Gila Ridge High School, performed two songs, God Bless America and the National Anthem for the audience's enjoyment.

Representing the youngest Soldier at YPG was Spec. Christian Moreno, radiology specialist at the health clinic and the oldest was Lt. Col. Kary Reed, judge advocate for the installation.



(PHOTOS BY MARK SCHAUER)

Col. Reed Young, (back to camera) YPG commander, recognizes Yuma Proving Ground's Non-commissioned officer and Soldier of the Year during the ceremonies. The Army Achievement Medal was awarded to both Sgt. Michael Miller, health care sergeant and Spec. Justin Tovar, health care specialist. Both Soldiers are from the health clinic.



Michelle Stoleson, Trax operations manager, speaks of the Army's 238th birthday theme: America's Army: "Service to the Nation, Strength for the Future."

Desiree Dilworth performs two patriotic songs at the 238th Army's Birthday celebration held at the Cactus Cafe. Over 100 people attended this gala event.



Spec. Christian Moreno, youngest Soldier of YPG, prepares to cut the first slice of the ceremonial cake as Lt. Col. Kary Reed, oldest Soldier, looks on.





Unlike conventional cargo parachute drop systems that use gravity to slowly drop bundles from the back of an aircraft, the High Speed Container Delivery System (HSCDS) uses an extraction parachute to rapidly drop bundles at higher speed, as seen here. When used in theater, this reduces an aircraft's exposure time to enemy fire.

(LOANED PHOTOS)



High speed parachute drops improve battlefield efficiency

By Mark Schauer

Afghanistan is a landlocked nation that suffers from limited road infrastructure across its extremely rugged terrain. As a result, troops on the ground have depended on air drops as a vital means of receiving supplies, particularly in winter months when mountainous roads are rendered impassable by snow. In 2011 alone, more than 75 million pounds of cargo, a record amount, was parachuted to troops in theater, a feat made possible by increasingly accurate cargo parachutes.

Yuma Proving Ground has been on the cutting edge of developmental and operational testing of new airdrop capabilities, including the High Speed Container Delivery System (HSCDS), which the Army and Air Force hope will be available for use later this year. Unlike conventional cargo parachute drop systems that use gravity to slowly drop bundles from the back of an aircraft at airspeeds

of up to 150 knots, HSCDS uses an extraction parachute to rapidly drop bundles at airspeeds of up to 230 knots, keeping them in a tighter pattern and reducing the aircraft's exposure time over the drop zone.

"If you're dropping into a forward operating base, drop zone space is often limited," said Ryan Tiaden, air delivery test officer. "If you are doing a conventional drop you won't be able to drop as much payload, while HSCDS will be able to get more payload into a smaller drop zone."

While this method means a slower and tighter-patterned drop once the materials are out of the plane, there is a dramatically greater force exerted on the bundles when first extracted.

"It's not just doubling the forces on the parachute, it is velocity squared," said Tiaden.

YPG testers have been gathering data on the effects of this extraction force on bundles of meals ready to eat (MRE) and water bottles, as well as

SEE EFFICIENCY/11

Wanna get a safety issue resolved? Submit a SafetyGram!

Wanna Get A Safety Issue Resolved? Submit a SafetyGram!

Barb Gardner did, and she got results.

When Gardner noticed there was no telephone in the Building 2015 exercise room, she recognized that someone experiencing an emergency while working out might not be able to call for help. She submitted a SafetyGram to the Safety Office, and Safety investigated the situation. After the issue was brought to the attention of Senior Leadership, a telephone was installed later that week.

Do you know of a safety concern that needs to be addressed? Do what Gardner did...submit a SafetyGram and get results! SafetyGrams may be submitted by going to the YPG Safety Office website on the YPG Intranet, or by filling out a paper SafetyGram form and either placing it in a drop box or sending it directly to the Safety Office via interoffice mail.

WHY SUBMIT A SAFETYGRAM?

- **Report unsafe acts or conditions anonymously**
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- **Immediate feedback from management**

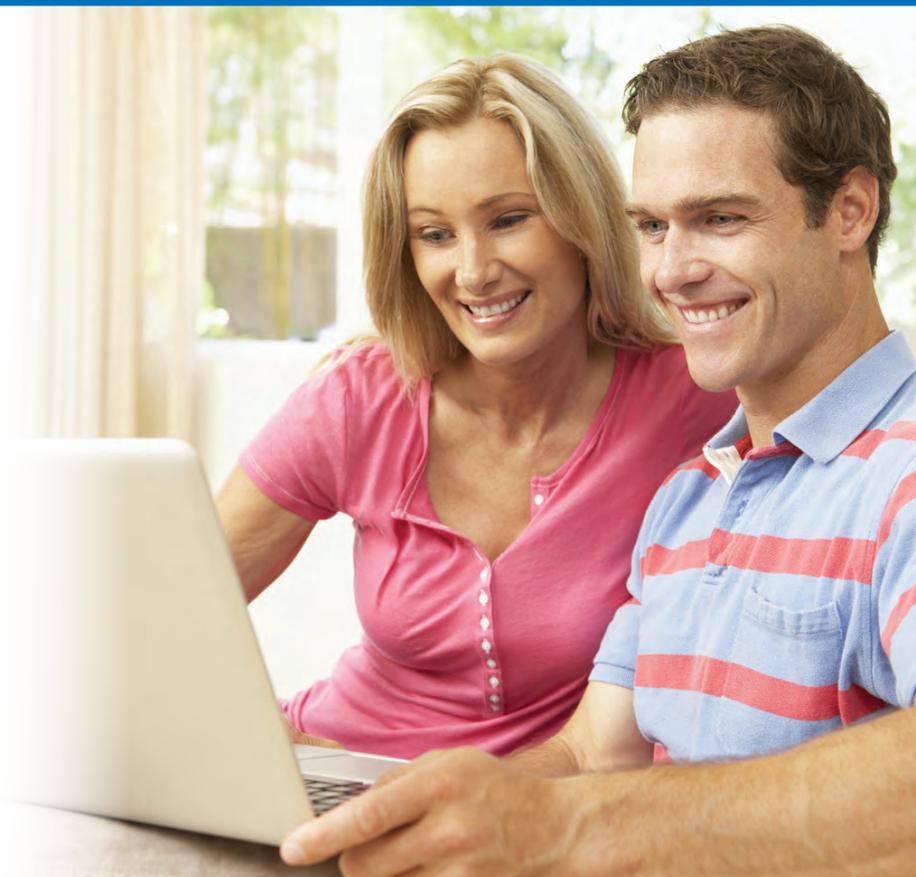
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Unlike conventional cargo parachute drop systems that use gravity to slowly drop bundles from the back of an aircraft, the High Speed Container Delivery System (HSCDS) uses an extraction parachute to rapidly drop bundles at higher speed, as seen here. When used in theater, this reduces an aircraft's exposure time to enemy fire.

EFFICIENCY

FROM PAGE 9

simulated loads of ammunition cans and fuel barrels, to ensure they reach Soldiers on the ground in serviceable shape.

"If you drop loads that become unusable, what use is it, really?" said Tiaden. "We're testing survivability issues, too."

Ensuring these vital cargo loads come in safely means new, complex rigging procedures for bundles prior to loading, as well as new containers built of stronger material to cope with the higher speeds and opening shocks of the extraction.

"For the most part, the project manager worked to extensively use standard equipment so it isn't too out of the ordinary for riggers," said Tiaden. "The packing is similar to other parachutes."

In addition to this, an aircraft dropping HSCDS bundles flies in much faster and at a lower altitude

than in typical airdrops. This means fewer overhead passes for cargo planes, making it easier for drops to be conducted and safely recovered before an enemy can respond. Yet accommodating this also means additional safety challenges that have to be considered prior to drops. The HSCDS can be used in either the C-17 or C-130J cargo aircrafts.

When under test at YPG, the parachutes and containers are recovered as they are after the typical parachute test, with workers carefully inspecting items for damage. The testers and recovery crew then fold and pack the parachutes into kit bags, which are loaded with the drop items onto the backs of large trucks and transported back to the proving ground's air delivery complex for further inspection.

YPG is home to all manner of parachute testing, with spacious and instrumented ranges large enough to accommodate even the world's largest cargo parachutes.



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VIEWPOINTS

America is the land of the free because of the brave, and Independence Day epitomizes our love of liberty. For this Viewpoint, we asked members of the workforce what they are doing for Independence Day this year.

John Delgado

Weapons operator

My family lives in Reseda, Calif., and I usually visit them on long weekends. This year we're driving down to Anaheim to go to Disneyland. It'll be my boys' first visit.

Sonia May

Waitress

I know I'm going to some barbecues and taking the kids swimming. I might work, but that's OK — I do everything afterwards. It will be a nice time with family and friends.

Brent Totty

Weapons operator

I'm going to Las Vegas to watch Ultimate Fighting Championship 162 with my pops and a couple of friends from work. Anderson Silva is fighting Chris Weidman for the title, so it should be a good fight. We're going to the UFC expo, too, to meet and greet and get autographs from some of the fighters. I think Anderson is going to take it. If he loses it will be a huge upset, but we'll be there for it.



Summer Traffic Safety

Watch for kids on streets and driveways!

Submitted by **Paul J. Kilanski Family Advocacy Program Manager**

It is difficult to think of anything more tragic than the needless preventable death of a child. Each one of these deaths is a tragedy, especially to family and friends, and each one serves as a powerful warning that other children are at risk. Summer weather brings the volatile mix of children playing in driveways and streets, and drivers unaccustomed to looking for them outside following the end of the school year.

• **Backing out of Driveways:** Cars backing out of their driveways result in the largest number of child deaths over being struck by a vehicle or being left in a hot vehicle. Some estimates even place driveway backover deaths ahead of accidental child drowning accidents.

• **Driveway tips:** Notice if there are toys in or near the driveway. Walk around the car before you get in, and obviously when you get in, check your mirrors and turn around so you can see the blind spots the mirror doesn't show you. If you're not absolutely sure, get out and check again. And above all, back out slowly. Safety products are available such as a small remote camera that can be installed on the rear of the vehicle or a sensor that detects objects behind the rear bumper. It tells you how many feet you are from hitting something behind you that you cannot see. Both lifesaving qadgets cost less than many

insurance collision deductibles.

• **Children alone in a car:** In the time it takes to purchase a gallon of milk and lottery tickets, a hot car can turn into a death trap for a small child. Every summer children and infants die that way. There is no safe length of time to leave a child alone in a car, not even for a minute. In 2003, 42 children across the country, most 3 or younger, died after being neglected in closed cars. Temperatures inside a closed car, especially in sun-drenched Arizona, can climb 20 degrees in 10 minutes and 40 to 50 degrees in one to two hours. Tips: Look...then lock! Look in the backseat of your vehicle before you lock the car.

• **Children playing in or near the street:** Every year 450-600 children, ages 3-5 are killed nationwide in pedestrian-traffic accidents. Accidents happen when children run into the street, darting out between parked cars. Many children, ages 3-5, do not know that cars can be dangerous and that cars can hurt them. Preschoolers should be taught to cross the street only with someone much older who knows how to cross safely. Preschoolers should not be in or near the street. Driveways and parking lots are dangerous to small pedestrians because they are not seen as easily as adults. Tips: Parents should designate safe play areas away from the street and driveway for all children.

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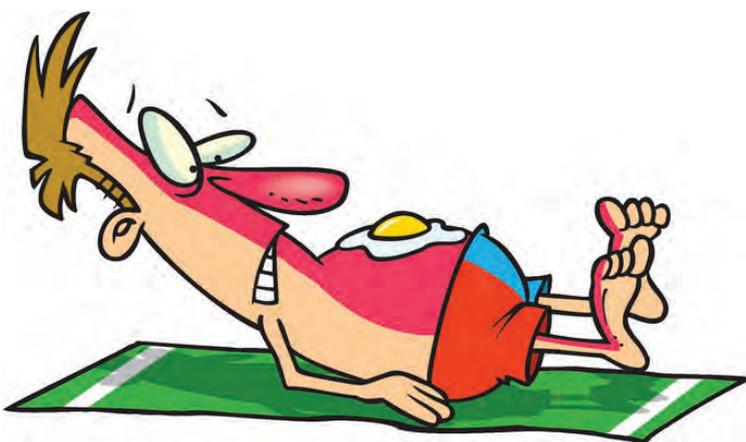
 A cartoon illustration of a bird character with large eyes and a long beak, wearing a dark suit and holding a large, frothy beer mug. The bird is standing on a small patch of ground.

Prevent heat-related illnesses

The following tips may help prevent a heat-related illness. Be aware of the symptoms of heat-related illnesses and the warning signs of dehydration.

- Practice heat safety measures when you are physically active in hot weather. This is especially important for outdoor workers and military personnel. Avoid strenuous activity in hot, humid weather or during the hottest part of the day (between 10 a.m. and 4 p.m.). Use caution during your physical activity in the heat if you have health risks.

- Drink plenty of water before, during, and after you are active. This is very important when it's hot out and when you do intense exercise.



Fluids such as rehydration drinks, juices, or water help replace lost fluids, especially if you sweat a lot.

- Drink on schedule.

Two hours before exercising, drink 24 fl oz (750 mL) of fluid. Drink 16 fl oz (500 mL) of fluid 15 minutes before exercising. Continue drinking 8 fl oz (250 mL) of fluid every 15 minutes while exercising.

- Drink rehydration drinks, which are absorbed as quickly as water but also replace sugar, sodium, and other nutrients. Eat fruits and vegetables to replace nutrients.

- Check your urine. Urine should be clear to pale yellow, and there should be a large amount if you are drinking adequately. You should urinate every 2 to 4 hours during an activity when you are staying properly hydrated. If your urine output decreases, drink more fluids.

- Do not spend much time in the sun. If possible, exercise or work outside during the cooler times of the day. Wear lightweight, light-colored, loose-fitting clothing in hot weather, so your skin can cool through evaporation. Wear a wide-brimmed hat or use an umbrella for shade.

- Stay cool as much as possible. Take frequent breaks in the shade, by a fan, or in air-conditioning. Cool your skin by spraying water over your body. Take a cool bath or shower 1 or 2 times a day in hot weather.

- If you have to stand for any length of time in a hot environment, flex your leg muscles often while standing. This prevents blood from pooling in your lower legs, which can lead to fainting. To prevent swelling (heat edema), wear support hose to stimulate circulation while standing for long periods of time.

- Do not drink caffeine or alcohol. They increase blood flow to the skin and increase your risk of dehydration.

Staying physically fit can help you acclimate a hot environment.

Before you travel to or work in a hotter environment, use gradual physical conditioning. This takes about 8 to 14 days for adults. Children require 10 to 14 days for their bodies to acclimate to the heat. If you travel to a hot environment and are not accustomed to the heat, cut your usual outside physical activities in half for the first 4 to 5 days. Gradually increase your activities after your body adjusts to the heat and level of activity.

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Announcements

Special Notices

LEGAL NOTICE

Under the provisions of 40 CFR 300.415(b)(2)(vi), the United States Army is establishing land use controls (LUCs) at installations within the Military Munitions Response Program (MMRP) to protect human health from potential hazards at Munitions Response Sites (MRS). These LUCs are interim or non-time critical removal actions (NTCRA) implemented at MMRP sites until such time as these sites have been investigated and remediated, if required. Yuma Proving Ground has one MRS which is eligible for LUCs as an interim action while the Comprehensive Environmental Response Compensation and Liability Act (CERCLA) process continues. Before a LUC can be finalized and implemented an Engineering Evaluation/Cost Analysis (EE/CA) must be completed and presented to the public for review and comment. The EE/CA for Yuma Proving Ground will be available for review from 17 June 2013 to 24 July 2013 at the Post Library (U.S.A. Garrison Yuma Proving Ground, Attn: Post Library, Deanna Boyer, 301 C Street Bldg 530, Yuma, AZ 85365). Comments regarding the EE/CA should be submitted in writing to the attention of Donnett Brown, United States Army Garrison Yuma Proving Ground, IMYM-PWE, 301 C Street Bldg 307, Yuma, AZ 85365-9498.

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Beware: Snakes are out and about!



A former YPG employee saw this rattle snake while walking his dog along the Fortuna Wash in the early hours of the morning. This is a reminder to anyone who is out and about the southwest desert of Arizona, that rattlesnakes are around. As seen in this photo, they blend easily amongst debris and landscapes. Be cautious and don't try to remove them. It is recommended that you call the police desk at 328-2720 for removal. If seen about your yards or when you are out walking or jogging, avoid and report them if possible. (Photo by Gary Womack)

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Dr. 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.

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