

THE OUTPOST

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Vertical wind tunnel rapidly going up

By Daniel J. Calderón

The U.S. Army Corps of Engineers Los Angeles District is building what is being described as the “largest freefall simulator facility in the world” at Yuma Proving Ground.

During the week of July 22, the District erected 1.6 million pounds of concrete in the form of 16 tilt wall panels for the Special Operations Forces Freefall Simulator Facility. The contractor poured the tilt walls horizontally to the proper scale then lifted each section over the course of several days. It was like a barn raising on a more massive scale.

“I’m excited about this project,” said Leo Pilkington, President of Pilkington Commercial Co., Inc. and contractor on the project. “We have a tremendous facility being built by a great group of people from right here in Yuma.”

Pilkington said the construction crews are all from the Yuma area. The full project includes a Vertical Wind Tunnel (VWT) and associated facilities including an administrative office, flight chamber with control room, and staging and training areas (open instruction), observation area and training equipment storage utility. In addition, there will be a small parking area for 16 privately owned vehicles, parking for two buses used to transport trainees, and other site improvements and utilities.

Maj. Gregory Povenski, commander for the U.S. Army Military Free Fall School B Company 2nd Battalion 1st Special Warfare Training Group (Airborne), said the facility will be a great asset to his command’s mission.

“The freefall simulator will allow us to be self contained here at YPG to teach all of our courses,” Povenski said. “As of right now, due to the

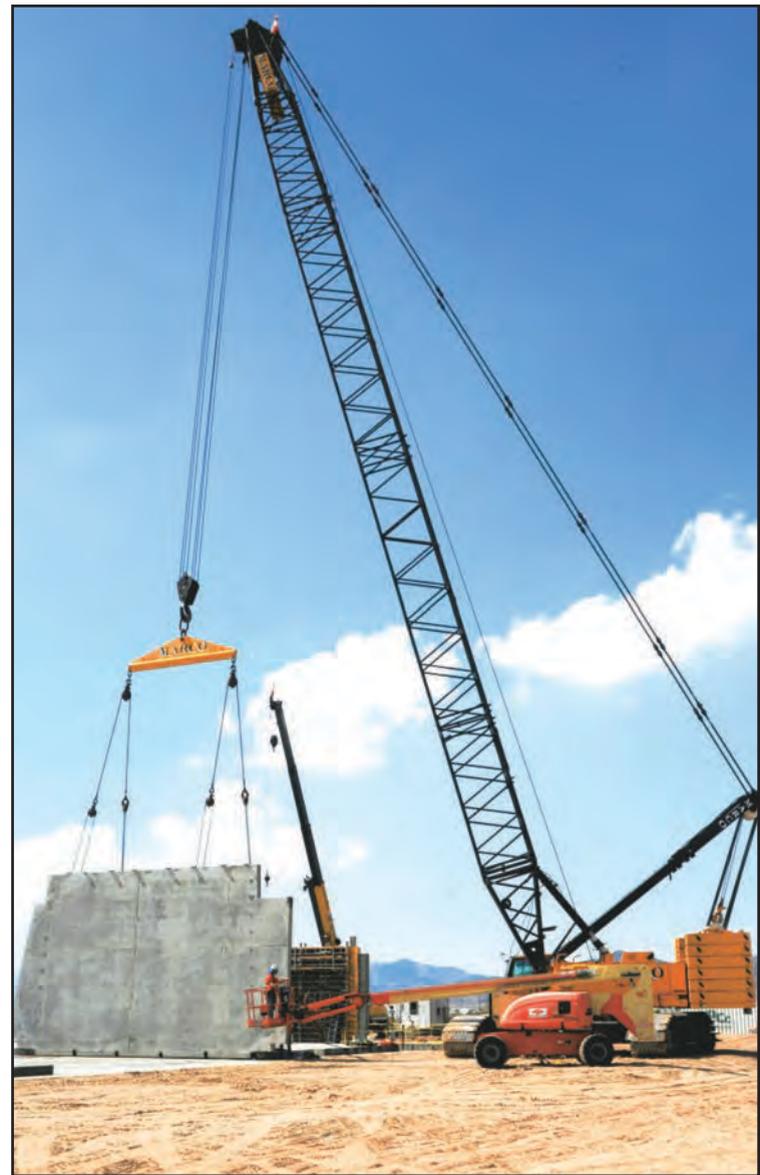
lack of a simulator here, we must split our courses over various locations that have these facilities available. Having it here will save time and money due to the removal of our travel requirements to get to and stay at off site locations.”

According to Ernesto Elias, the Corps of Engineers project engineer, the facility should be ready to turn over to YPG in January of next year. He said one of the main challenges was the raising of the concrete panels. In order to accomplish that task, a 300-ton crane was brought in to move each of the concrete panels into place.

“With these panels up, they’ll form the structure of the vertical wind tunnel,” Elias said. “Once they’re up, we’ll put in the rest of the internal structure like water, power, sewage and everything else.”

The facility will house wind turbines capable of

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(PHOTO BY CHUCK WULLENJOHN)

A giant 300 ton crane was brought in from San Diego to position huge concrete panels weighing dozens of tons that form the basic structure of the tunnel. Slated to be finished late this year, the vertical tunnel will be used to train parachutists and ultimately save the Army a lot of money.

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Munitions and Weapons Test Officer has big heart

By Mark Schauer

The Special Olympics is the world's largest sports organization for children and adults with intellectual disabilities, giving more than four million athletes the opportunity to test their physical and emotional stamina and have fun while doing so. The organization's good works depend on caring volunteers who serve

as coaches, including YPG Munitions and Weapons test officer Adam Rinne.

Though Rinne has been an active volunteer in a variety of things since childhood, his association with Special Olympics is more recent.

"One of my friends from college started doing it a few years ago," said Rinne. "I saw that he was doing it and found out that Yuma

had a chapter, and I didn't realize it was this big. There is a desperate need for coaches and volunteers because of all the athletes involved."

Rinne's interest in helping out came at a perfect time for the local chapter, said Cathy Reeves, head of delegation, as it has grown enormously since its humble beginnings at Yuma High School four decades ago. Whereas the original competition was only modest track events like the long jump, today's Special Olympics covers sports from basketball to golf.

Though Special Olympic athletes are of all ages, Reeves said the group has made a special effort at attracting preschoolers and elementary students, which has increased turnout. Except for a single regional director, all of Yuma's Special Olympics personnel volunteer their time, and the group needs more coaches.

"Some people like to come out for one day or two days, but the ones we really need to get a hold of are the folks who want to come out for a season, which can run anywhere from eight to 12 weeks with one or two practices per week," said

Reeves. "It's a big commitment."

Rinne just began his second season coaching athletes in bocce ball and swimming two days per week. To be eligible for the state Special Olympic games, athletes must participate in at least three-fourths of the practices and compete in the local competition. They depend on reliable, caring coaches to help them achieve their goal.

"We have volunteers like Adam who come out for swimming and bocce, and other people come out for bowling or basketball," said Reeves. "It just depends on what the individual likes to do and how much time they

have to commit to it. There are some sports where we try to have two or three coaches so someone can cover if one goes on vacation or something."

Rinne adds that prospective coaches shouldn't let their own inexperience in a given sport prevent them from participating in the program.

"You help the athletes learn the basics of the game, so you don't have to be a pro at anything," he said. "A lot of people who've never played before come and coach just because it's the good heart the athletes need. They don't need Bill Belichick, they just need somebody who cares."



(PHOTO BY MARK SCHAUER)

Adam Rinne, volunteers as a coach as a young Special Olympics participant, prepares to throw the ball at one of the events held at Yuma's Carver Park.

THE OUTPOST

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Another successful year for 'Teen Summit'



(PHOTO BY MARK SCHAUER)

The second annual "Teen Summit" went off very well. A total of 18 teens participated in the two day summit that covered a variety of leadership and group building exercises. This year's theme was "Dare To Be...." This program was a coordinated effort between, CYSS, ACS and ASAP. On the first day there was a seminar on the seven habits of highly effective teens a Stephen Covey Program. The second day had a variety of presenters to include the Immigration Customs Enforcement discussed Cyberbullying and how that can affect youth, The Military Family Life Consultant discussed the importance of communication strategies, and a synergistics exercise was done to show the youth that the whole is greater than the sum of its parts. The summit ended with a trip to Waylon's Water World. We are working on next years Summit and utilizing the evaluations by this years participants to improve the program.

Lead-based paint, asbestos: How aware are you?

By Kurt D. Miers, Environmental Protection Specialist

One of the most common problems I have come across as a building inspector for asbestos and risk assessor for lead-based paint is that people in general are not aware that lead and asbestos are still present in many buildings built prior to 1990, or even later. In most cases, lead and asbestos do not pose a threat to health in buildings that contain these materials if maintained properly. The problem arises when material within

the buildings becomes degraded or when disturbed by simple or complex renovations.

Federal law has banned the use of lead-based paints since 1978 above the .06 percent limit (a limit which is considered safe for application). Lead is a potent poison that can affect individuals at any age. Children with developing bodies are especially vulnerable because their rapidly developing nervous systems are particularly sensitive to the effects of lead. Lead-based paint and lead

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WIND

FROM PAGE 1

generating up to 2,000 HP. This translates into wind speeds of up to 170 mph when the facility is running on full. The "fly chamber" for the simulator facility will rise 48 feet above the ground and will allow up to eight fully-loaded Soldiers, Sailors, Marines or Airmen to practice their skydiving techniques.

"The biggest thing it means for our mission is to be able to train all students here," Povenski said; "and we can also utilize the simulator to maintain instructor currency when aircraft are not available. The ability to conduct that training here is invaluable to us at the school and makes us truly the best military free fall facility in the world."

Povenski said more than 1,500 students will use the facility every year once it is up and running.

ASBESTOS

FROM PAGE 3

contaminated dust are the main sources of exposure for lead in U.S. children. Lead can also be found in glass used for drinking, pottery, ceramic cookware (especially if it is imported from China or Mexico), produce from Mexico (which is known for using a lead acetate for insecticide), older water pipes, and hobbies involving antiquing.

The United States stopped production of asbestos in 1978 but was permitted to deplete the remaining stock which found its way into many homes and commercial buildings through 1986. The dangers of being subjected to asbestos fibers come from degraded materials containing asbestos and renovations that disturb asbestos containing material. Asbestosis, Mesothelioma and other cancers have been connected

with prolonged exposure to asbestos. Most cases of these diseases have been linked to workers that directly deal with asbestos. However, asbestos can be dangerous when exposure is detected above permissible exposure limits for any amount of time.

Public law requires surveys to detect for lead-based paint and dust before any renovations in child occupied buildings are conducted and also requires asbestos surveys prior to any renovation. The Occupational Safety and Health Administrations (OSHA) regulate procedures for renovation practices dealing with lead and asbestos. You can go to EPA.gov for more

information on lead-based paints and asbestos or contact Yuma Proving Ground's Environmental Sciences division.

The Directorate of Public Works and Environmental Sciences is working hard to ensure that all Federal, state and local laws are followed with the goal of protecting

human health and our environment. The privatized family housing at YPG follows procedures ensuring proper safeguards are established and information/notifications to residents are conducted prior to assignment to quarters or when work is needed that would require remediation efforts.



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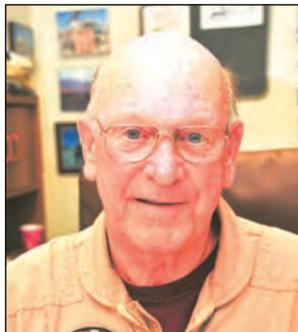
Football season has begun. For this viewpoint, we asked members of the workforce to put on their prognosticator's hat and predict who will win the Super Bowl.



Rigo Garcia

Warehouse specialist

I'm a Chargers fan, but looking at all the teams, I think the Seahawks will take it. Their team looks stacked with great players, both with starters and second stringers. Marshawn Lynch is a good running back, and their young quarterback is versatile.



John Moskol

Program manager

My two picks for the Super Bowl are the Seattle Seahawks for the NFC and the Houston Texans for the AFC. I think the Texans will win the Super Bowl: they're a good team in a weak division. I took the Texans last year, but they got beat in the playoffs.



Annie Soto

Counterfire team lead

I'm going with the Bears. They looked good in their preseason game against the Chargers, and they still have a great defense.

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YPG viewed as a hotbed of sensor testing

By Chuck Wullenjohn

Sensors are all around us and have been a part of nature since the dawn of living organisms.

Plant and animal life of all types recognize and measure light, motion, temperature, vibration, sound, and many other things.

People over the centuries have developed numerous mechanical and electronic sensors that recognize and measure many of these same things. Think of thermometers used to measure temperature, motion detectors that turn on house lights or touch-sensitive lamps that dim or brighten by touching the base.

For military forces, sensors have been critical for hundreds of years, though, for most of that time, sensing devices were crude. In today's world, the development and use of electronic sensors has exploded – they are now small, reliable and feature pinpoint accuracy. The smart deployment and use of sensor-provided information

has become critical to ensuring battlefield success.

We often think of sensors as being primarily visual in nature, but the sensor world is much broader. Today's military sensors monitor a myriad of things, from acoustic sensors that measure sound, detectors that measure infrared transmissions and many more. Sensors have grown in sophistication to the point that unmanned aircraft and unmanned ground vehicles of multiple sizes are being designed specifically as sensor platforms.

In early August, Col. Fernando Torrent, deputy director of the Army's Night Vision and Electronic Sensors Directorate, visited YPG to personally view the proving ground's broad test capabilities and get a close-up glimpse of its extensive sensor testing ability. The night vision lab's work is centered on electro-optical infrared devices, such as payloads for unmanned aircraft, night vision goggles, and targeting

sights for guns. The mission also includes airborne intelligence, surveillance and reconnaissance, and mine-countermeasure operations.

Grant Ware, director of YPG's Air Combat Test Directorate, says Torrent boasts an extensive background in the sensor testing arena and is a potential partner. "Sensor work at YPG has been growing for years and now makes up 15 to 20 percent of the Air Combat workload," he said. "People in my directorate have developed quite an expertise in this area."

Many sensors are tremendously susceptible to extreme natural climates. For instance, a night vision device may work well in the open desert of Arizona, but maybe not so well amid frigid arctic tundra or under a dense triple canopy jungle. Do sensor performance characteristics change as they move from one extreme environment to another? Testers and equipment developers need to know and understand these changes.

Col. Reed Young, YPG commander, says this is especially significant as the Department of Defense shifts its military strategic focus from Southwest Asia to the Pacific. This could have a particularly important impact on YPG's Tropic Regions Test Center, which conducts testing operations in some of the most challenging tropical environments on the globe.

"Col. Torrent has a history of assignments to Central and South America, so he has a real understanding



(PHOTOS BY MARK SCHAUER)

Col. Fernando Torrent points at a high speed camera as Bert Evans (center) and Rocky Hyatt (right) explain that these cameras are one of the hallmarks of YPG artillery testing, cameras capable of freezing a projectile in mid air, though that projectile might be flying close to the speed of sound.

and sensitivity toward how systems operate or don't operate in tropic environments," said Young.

Ernie Hugh, Director of the Tropic Regions Test Center, was impressed by Torrent's interest in natural environment testing, for many developers feel natural environment testing can be bypassed by chamber testing.

"Engineers and other developers design, or even over-design, equipment to be as reliable as possible," explained Hugh, "but when you combine all the factors of an extreme environment into one test at a single time, results that were never predicted can come up."

He pointed out that communications and other electronic transmissions are severely impacted by thick jungle canopies and provided several more examples. The XM8 rifle went through testing at TRTC that saw it fired day after day for weeks. The rifle was cleaned each afternoon before being stored overnight inside a building. The combination of rain and pervasive humidity, however,

caused corrosion to be visible each morning.

The Joint Chemical Agent Detector (JCAD) is a handheld sensor intended to automatically detect, identify, quantify, and warn users of the presence of nerve, blister, and blood chemical agents. During a recent two week TRTC test, natural gaseous substances created by decomposing matter on the jungle floor caused JCAD indicators to register danger, though no lethal substances were about.

"As good as we make equipment, the last thing the Soldier wants is for that item to let him or her down on the battlefield," said Hugh.

A firm believer in the value of natural environment testing, Hugh boils his feelings down to a simple statement. "If we as a nation decide to place our men and women in combat in a jungle environment, we must make sure our equipment is up to par," he said. "It behooves us to know that materiel works in all the extreme YPG environments."



Col. Fernando Torrent (right), deputy director of the Army's Night Vision and Electronic Sensors Directorate, views an exhibit of explosive mines from nations around the world, some large and some small, with Lt. Col. Chad Harris, YTC commander, at his side to answer questions.

Shattering the Glass Ceiling

By Jeanette Cajide

I never thought being a woman in business was a disadvantage. I grew up in a household where my mother was the primary breadwinner. My father also worked full-time and took on the role as my main caregiver as my mother worked longer hours, went to college at night, and later became an executive for a major international bank. I listened in on accounting classes and as a young kid I spent the weekends at the bank with her. I learned to use my imagination and kept myself busy while she worked. There was no indication from my caregivers that a dream or goal would be unachievable due to life's circumstances or because I was a woman.

When I joined Wall Street, my learning curve was steep with a background in professional ballet and journalism. I became so preoccupied with trying to figure out what a high yield bond was that I did not have time to think about the fact that I was one of the few women on Wall Street. In the late 1990s, there were no "women's circles" or "diversity groups" or "power lunches with other women" like there are now. It never once entered my mind "I cannot do this because I am a woman" and no one at my bank said, "Well, as a woman you should think about changing careers."

In 2006, while I was visiting business schools, an adviser to the private equity group at the University of Texas at Austin said to me after I expressed an interest in private equity that "Private equity firms do not hire women because women leave to go have babies and the life cycle of an investment is anywhere from three to five years." He

then told me I should think about majoring in marketing and that I should really consider working at RadioShack corporate because they have a real marketing problem that is waiting to be solved. I was in a state of shock. I usually have something witty to say in times like these but I said nothing. I marched out of New Admit Weekend at the University of Texas and submitted my deposit to attend Northwestern University. At Northwestern, I majored in Finance, became a co-chair of the Private Equity Club and landed what was at that time my dream job.

Post MBA, I started to notice a few changes in the industry. I was liked enough by management to be coached but I was also being trained to act a certain way because I was viewed as "too passionate for middle-aged white men" (their words, not mine) and that moment is when something started to die within me. I am Cuban-American and I am also not a man. My career was smooth sailing when I was just one of the minions whose job was to work like a horse. Top management would prove to be more about office politics and I did not want to play the game.

At Harvard, when I was working on my second master's degree, I was bombarded with statistics of inequality from lower wages to the dire number of women executives in corporate America. While I appreciated the information, I did not understand why we spent so much time talking about inequality and not enough time putting together a plan of attack to overcome it. The issues other women faced in their careers like not being direct enough, or not speaking their mind, or not leaning in,

or not being assertive, were not my issues. I had the opposite problem. I was too direct and I did not just lean in, I would barge in. My coping strategy to "soften my image" was using humor as a way to defuse difficult situations, which had its own unique set of challenges.

Rather than continuing to feel like a square peg in the round hole, I changed careers driven primarily by my values system. I knew I wanted to be creatively free and I wanted to be in control of my own life. I think people with my personality type, which is ENTJ according to Myers-Briggs, are probably going to be happiest as an entrepreneur or working in an entrepreneurial environment where one can take part in shaping the company's core values. I knew I was never destined to be just another cog in the wheel and I did not want to play by anyone else's rules. I would set my own rules. Startups are not utopia, we have our own set of challenges particularly if you require funding but it's a game I am at least willing to play because there is a purpose. There is no purpose behind office politics other than ego and power.

I used to be obsessed with every article about women in the workplace. They would depress me or fire me up. I attended women's circles and networking events. But I stopped doing all that this past year. Once I found my tribe, all they demand of me is excellence and as Mark, one of the founders of the company I work for says to me when I want to complain about how life can be unfair sometimes, "If you want to overcome sexism and racism, be the best!" Sounds simple enough.

Follow Jeanette Cajide on Twitter:
www.twitter.com/jeanettec007

**Women's Equality Day guest speaker:
Focus on the need to empower women!**

(PHOTOS BY MARK SCHAUER)



Arizona State Senator Lynn Pancrazi, addresses the audience at the recent Yuma Proving Ground's Women's Equality Day Luncheon. The event was held at the Cactus Café with over 100 people in attendance. Women's Equality Day commemorates not just the passage and ratification of the 19th Amendment but also focuses attention on the ongoing efforts of women to achieve the kind of equality they deserve. Women have come a long way since 1920 and more work needs to be performed to achieve that goal. Pancrazi focused on the need to empower women to continue working toward true equality and to not allow themselves to be hamstrung by the notion that something isn't attainable because it's traditionally been a male-dominated arena. She especially asked those present to continue to nurture the young ladies in their lives to continue to push for equal standing.



Col. Reed Young, YPG commander, presents keynote speaker Lynn Pancrazi with a polished and engraved brass howitzer casing in appreciation for her participation.



Students from Price Elementary School take an important part of the observance, which was well appreciated by all the luncheon attendees.

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Before giving your personal computer away, consider your sensitive data

Submitted by Bob Hallhan

When you decide to upgrade and get a new computer, odds are you won't throw your old computer away, but may decide to give it away. Your choices to consider may be giving your old PC to a family member, school, church or perhaps to someone who can't afford a new computer.

No matter what you decide, you must think about the huge amount of personal data residing on the hard drive such as, family photographs, bank records and other sensitive information before you give it away. For this reason, as a minimum precaution to safeguard your sensitive information you should remove the hard drive. This might be the easiest way to protect your sensitive information from getting into the wrong hands.

Now, I know it might be hard for the person who receives your computer without a hard drive, but you must consider the risk if you decide not to take any actions or use the right tools to delete your information. There are many tools on the market to help you delete your information, just find the one that work best for you. Remember, the bad guy is trying to obtain your information, don't make it easy!

ATM AND CREDIT CARD SKIMMING

As OPSEC practitioners, we are, of course, always aware of our surroundings and careful with our ATM and credit cards... aren't we?

Next time you walk up to your favorite ATM, or any credit card reader, take a closer look at it. One customer was getting ready to make a withdrawal when he noticed a slight gap behind the metal faceplate of the ATM. Looking more closely, he noticed double-sided tape was all that was holding the faceplate in place. After a small yank, the entire faceplate fell off.

WELCOME TO ATM SKIMMING

What the customer had found was a skimming device. If he had slid his ATM card into the machine, the skimmer would have read the black magnetic strip. This strip electronically holds information including an enciphered personal identification number (PIN), country code, currency units, amount authorized, subsidiary account information, and other restricted data.

A skimming device can either store information electronically, like a thumb-drive, or allow thieves to download it wirelessly from a short distance away. A crime ring installed more than 20 skimmers on ATMs in New York and compromised over 26,000 transactions and thousands of

cards from more than 1,400 people. The associated losses were over \$3.5 million.

Skimmer thieves also use small wireless pinhole cameras to steal information. They place them in ATMs deposit envelope holders, aimed at the keypad. As you type in your PIN, they record the information. While identity thieves and skimmer thieves are getting more high-tech these days, they still shoulder-surf (steal information by looking over a victim's shoulder) because it still works.

These steps will help you protect your ATM cards and information:

- Always protect your PIN.
- Don't write it down, memorize it
- Cover the keypad while you enter your PIN
- Don't give your PIN to anyone
- Be aware of your surroundings and be wary of anyone who offers to help you, tries to look over your shoulder, or is taking pictures in the area.
- Be suspicious of an ATM that has different signs than you are used to seeing or if there is a sign indicating you should use a specific machine.
- Use a different machine if you feel uncomfortable about the ATM instructions.
- Report anything that seems

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—YPG SPOTLIGHTS—

Garnette Brunett-Dean



Editor's Note: Beginning with this edition of the Outpost, we are featuring a member of the Yuma Proving Ground workforce highlighting his or her job, duties and briefly peeking into their hobbies, adventures and more.

Garnette Brunett-Dean, The Logistics Company, Inc., quality control/safety officer, is not a new kid on the block. Prior to holding this position, Brunette was the "mileage person" with YPG's Equipment Pool where she served as dispatcher, licensing, accident/incident reporting and the monthly 'mileage queen.' "Actually, I'm sure some thought differently about the queen part when they wouldn't report mileage in a timely manner, however, I had to report directly to the Director of Logistics (at the time) so it was a big deal to me," explained Brunette.

A native of Yuma, Brunette said, upon graduating from Yuma High School, she set sights for the big city of Phoenix, Ariz. "I spent 23 years in Phoenix but returned to Yuma to be closer to my family," she said. Brunette settled in Yuma and attended Arizona Western College where she received her Associates of Applied Science Degree in 2008.

In her spare time, her passion is motorcycling through the hills of Julian, Calif., and wherever else the road may take her and her husband. "You've got only one life to live; do what you love and love what you do (safely)."

Resilience

Submitted by Paul Kilansky

Resilience- What is it? Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity. It is achieved by developing skills that enable mental toughness, peak performance, strong leadership and goal achievement. A resilient individual is one who is willing to take calculated, necessary risks and seize opportunities.

The skills that contribute to resilience are: Self-awareness, Self-regulation, Optimism, Mental Agility, Strengths of Character and Connection. One of the

misconceptions about resilience is that some people are born with it and others are not. This is a myth! Everyone has the potential to develop these skills and the ability to become resilient.

So, what exactly is required to develop these skills?

1 Self-awareness: When faced with a situation, either positive or negative, we all have individual thoughts about that situation which create emotions that lead to behaviors. For example: When someone says something rude to us, our first thought might be "How dare you!" This may produce an angry

emotion which can lead to a negative behavior in retaliation. We need to be able to identify our personal patterns of thinking and behaviors, particularly counterproductive patterns. We must be open to new ideas and curious about the reasons for our behaviors.

2 Self-regulation: We must learn and practice controlling impulses, emotions and behaviors that can lead to undesired results. Learn how to express emotions appropriately and stop counterproductive thinking.

3 Optimism: Look for something good every day. Be able to identify what you can and cannot control and be realistic in that identification. Have confidence in yourself. Optimists as compared to Pessimists are happier and have less depression. They are healthier, have fewer illnesses, recover faster and live longer. They are seen as better leaders, have stronger relationships, do better in sports, perform better under pressure and are more successful at work and in school. With all these positive aspects, who would not want to strive to be more optimistic? They focus on solutions when change is possible and acceptance when it is not. Optimists

are more realistic about how much control they have, take better care of themselves, are more likely to try new strategies when current ones aren't working and learn from failure.

4 Mental Agility: Be flexible and accurate in your thinking. Consider other perspectives.

Learn to identify and understand problems and be willing to try new strategies.

5 Strengths of Character: Know your strengths and how to use them to overcome challenges and meet goals. Have faith in your strengths, talents and abilities and maintain an "I am strong" attitude.

6 Connection: Maintain strong relationships with family and friends. Practice positive and effective communication. Be willing to ask for help, have empathy for and provide support to others.

Developing and utilizing these skills will increase your ability to cope with stress, overcome setbacks, solve problems, remain task focused, perform under pressure, increase your confidence, decrease helplessness, depression and anxiety.

Resilient people BOUNCE when faced with an adversity or challenge. THEY DO NOT BREAK!

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DATA

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suspicious or strange about the ATM to your financial institution.

- Call your financial institution right away if a machine holds your ATM card.

- Be on the lookout for fraudulent withdrawals on your monthly statement.

CREDIT CARD SKIMMING

How often have you handed your

credit card to your server at a restaurant? He runs your credit card through the restaurant's card machine and brings you your receipt to sign. Does he have a pocket skimmer in his apron? Or one close at hand? Did he scan your card for your meal and one more time for his personal use?

This type of skimmer can be purchased on-line for just over \$250 (2006 dollars). There are many

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CHAPLAIN'S CORNER

Take a Timeout

By Chaplain (Maj.) Douglas Thomison

Do you ever feel like you have so much "on your plate" that you do not know how you will get everything accomplished? Possibly you feel like you want to simply get away from the daily grind. In the song "Fly like an Eagle" Steve Miller writes,

I want to fly like an eagle
To the sea
Fly like an eagle
Let my spirit carry me
I want to fly like an eagle
Till I'm free

Oh, Lord, through the revolution
To "fly like an eagle" away from our daily stresses seems more than inviting. However, we know that we do not have the luxury of flying away from our responsibilities at work and at home.

I have found that when our load is heavy, instead of continuing on "full speed ahead" a good approach is to pause and rethink all that is going on in our life. There are reasons why coaches call for timeouts in football games. It is to rest players, regroup and come back in the game refreshed with a new game-plan.

The Bible says, "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and



not be weary; they shall walk, and not faint." (Isaiah 40:31) It is often said, "waiting is the hardest part." In a football game, it is tempting to keep on going even if we are not making progress. We may feel that we will lose our momentum by taking a timeout.

In our daily lives, why not take the time to wait on God and let God assist you in renewing your strength/game-plan. If you will simply take a timeout (stop) and turn to God, seeking to renew your emotional, physical and spiritual strength, you will be more energized. Maybe we can "fly like an eagle" after all. Have a blessed day.

tips they made.

The most effective way to prevent skimming is never to let your credit card out of your sight. When that's not possible, pay with cash.

SUMMARY

While these are two methods being used to gather your personal credit card or ATM information, there are many, many more being used. Use OPSEC to protect yourself whether at work, home, shopping, or just out for a bite to eat.



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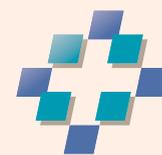
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DATA

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Internet sites where you can download plans to build mini-skimmers.

Two restaurant servers were accused of skimming over 650 credit cards from restaurant patrons and selling the information for \$25 a card. If it took approximately 2 seconds to scan each card, they made about \$32,500 for close to 222 minutes of work. Sure beats the

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