

THE OUTPOST

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

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Water worthy

By Mark Schauer

Lazy home handypersons the world over can attest to the versatility of duct tape, cardboard, and string. But how many can build a water-worthy boat out of nothing but these materials?

That was the question posed in a recent competition sponsored by the YPG Fitness Center, an idea of longtime employee Steve Ward, who had seen similar contests in other communities. Brave participants made watercraft out of the thin list of humble materials, and then subjected the results to a race in front of spectators at YPG's outdoor swimming pool.

"We have some of the best engineers in the Army here, so why not put some of their skills to the test?" asked Ward.

The challenge was accepted by Quang Ho, Corey Milligan, Sarah Mitson, Robert Fletcher, and Noe Caro of the sensor test branch. Inspired by the Vikings, fierce Nordic mariners who pillaged and looted coastal Europe for several centuries and Steampunk, a science fiction genre fascinated with stylized depictions of steam power in the 19th century, the team called themselves the Steampunk Vikings. They set to work



constructing a vessel worthy of both traditions, including hand-cranked paddle wheels for power.

"We chose that design because it was an interesting challenge and we wanted to do something a little more difficult than a typical row paddle," said Milligan. "It was an interesting design to make out of cardboard. We had a lot of nonbelievers."

Undeterred, the team took advantage of the extra free time this summer's furlough provided to design and build a champion cardboard boat. After four weeks of

planning, with a few rolls of duct tape and string donated by a local hardware store, and scavenged honeycomb cardboard discarded from a parachute test, construction commenced. The final boat was christened Utlaeager, and boasted duct tape scales and a compartment in the dragon-faced snout at the bow for a chunk of smoldering dry ice, giving the boat a fierce and smoke-breathing visage. More impressive—and potentially troublesome—was the weight of the vessel's two paddles.

SEE **WATER WORTHY** PAGE 2

Quang Ho and Sarah Mitson (top) maneuver their boat put together with duct tape, cardboard and string during the adult competition. Everyone involved enjoyed the opportunity to showcase their creative skills. (LOANED PHOTO)

Don't let the flu
get you down
this season

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Counter Rocket
Artillery Mortar
System protecting
troops/Page 6



YPG spotlight on
Beverly Williams,
legal assistant

/Page 9



(PHOTO BY JIM WALK)

At right, Bradford Walk and Natalie Heller created and built their cardboard boat with teammates Dorian and Nadia Noriega (not in photo). Unfortunately, by the end of the race, not much was left of their boat, but they had a ball participating.

WATER WORTHY

FROM PAGE 1

“Each paddle weighed about 15 pounds, and the boat weighed 20 pounds,” said Milligan. “Robert overdesigned it: He had planned for 250 to 300 pounds total weight and buoyancy, and we got a little higher than that.”

A large crowd at the YPG pool the day of the event-- including students from YPG’s Price Elementary School—meant the potential for public humiliation was high. The crew was undeterred, however, and Ho and Mitson bravely climbed aboard for Utlaeager’s maiden voyage. In a flash of bravado, Ho even brought his smart phone along for the ride, and had a conversation with someone for several minutes as he and Mitson paddled around the pool. “He was obviously very trusting of the boat,” said Ross Gwynn, test officer.

Though the hand crank broke during the voyage, Utlaeager safely carried the crew in circles around the pool for many minutes, even as their lone competition’s craft sank in a matter of seconds. The boat

stayed aloft well after the sailing was finished, until it was finally capsized by the concerted efforts of the school children.

Had he plied the seas a thousand years ago, Utlaeager may well have gone out ablaze in a traditional Viking funeral. As it was, his remains were reverently placed in a dumpster by fitness center staff.

“It was all in good fun,” said Ho. “We did it for pure enjoyment. It was a good team-building exercise.”

Ward guarantees the competition will return next summer, and hopes there will be a more robust turnout from YPG engineers, school children, and tinkerers of all ages.

“This particular team did awesome,” said Ward. “If there are others who think they can best it, bring it on, those guys are ready.”

Utlaeager’s creators already have ideas for a new vessel with greater stability and an improved paddlewheel crank, and look forward to more competition next time.

“I know we inspired at least one 4th grade class to want to compete next year,” said Milligan.

Hunting season begins at proving ground

Hunting on Yuma Proving Ground is allowed in designated areas starting on the first day of early dove season, September 1, and continues through the last day of quail season, February 6, 2014. Legal game on the installation includes: quail, dove, deer, bighorn sheep as well as several predatory and fur-bearing mammals listed in the 2013-2014

Arizona Hunting Regulations.

To hunt on YPG, you must obtain a YPG Hunting Access Permit by completing a hunting access permit application, a hold harmless agreement acknowledging that you have viewed the range safety briefing. No applications will be processed without verification of

SEE HUNTING PAGE 3



THE OUTPOST

The Outpost is an unofficial publication authorized under provisions of AR 360-1. The Outpost is published every two weeks by the Public Affairs Office, Yuma Proving Ground. Views and opinions expressed are not necessarily those of the Army. This newspaper uses material credited to ATEC and ARNEWS. While contributions are solicited, the PAO reserves the right to edit all submitted materials and make corrections, changes or deletions to conform with the policy of this newspaper.

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CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

#1 Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the viruses that research suggests will be most common.
- Everyone 6 months of age and older should get a flu vaccine as soon as this season's vaccines are available.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

#2 Take everyday preventive actions to stop the spread of germs.

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

#3 Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They can also prevent serious flu complications, like pneumonia.
- It's very important that antiviral drugs be used early to treat people who are very sick with the flu (for example, people who are in the hospital) and people who are sick with the flu and have a greater chance of getting serious flu complications, either because of their age or because they have a high risk medical condition. Other people also may be treated with antiviral drugs by their doctor this season. Most otherwise-healthy people who get the flu, however, do not need to be treated with antiviral drugs.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.





U.S. ARMY YUMA PROVING GROUND

Proudly Presents:

National Hispanic Heritage Month

Hispanics Serving and Leading Our Nation With Pride and Honor!
September 15- October 15, 2013

Schedule of Events

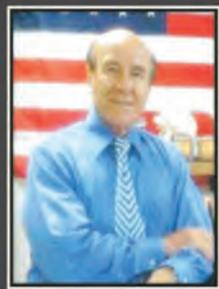
Sunday, 29 Sept 13: Proceeding Religious Services at the YPG Chapel: Traditional Mexican Pastries for both Services.

Tuesday, 1 Oct 13: Salsa Making & Tasting Contest - Time: 11am-1pm. Locations: ROC Atrium & Desert Oasis Community Center (Main Post)

Thursday, 3 Oct 13: Hispanic Heritage Month Luncheon 11am - 1pm.

Friday, 4 Oct 13: Price School Poster Contest Presentation 1145am - 1200pm.

For additional information contact Hispanic Heritage Committee Chair Juanita Saez 328-2470 or EEO Office Joeann Bailey 328-2736



Guest Speaker: Mr. Marci Rios

Hispanic Heritage Month Luncheon

Thursday, 3 October 2013
11am to 1pm
YPG Travel Camp Bldg. \$6
\$10.00 per person

For tickets: Gabby (ROC) 328- 6110
Yolie, (Bldg. 2100) 328- 6143
Esmeralda (KOFA) 328-6499
EEO Office (Main Post) 328- 2736
Rocio (KOFA) 328-7332, Bldg. 3294

HUNTING

FROM PAGE 2

viewing the YPG Range Safety Briefing. The briefing is available at the hunting program office.

The hunting access permits are issued for the current calendar year. To obtain one, you may call toll-free 1-877-788-HUNT (4868) or (928) 328-2630 or stop by the hunting program office on the Main Administrative Area at bldg. 105, north of the Heritage Center. Hours of operation are 6:30 a.m. to 5 p.m., Monday through Thursday. There is a \$10 fee for the access permit, with exceptions for hunters under 14, Arizona Pioneer license holders and Arizona disabled veteran's license

holders.

The hunting program office has a brochure available, which provides information on YPG rules, regulations, procedures and hunting safety as well as a map of YPG showing the designated hunting areas. You may request a hunting program brochure and application by mail or e-mail. Hunters must be in compliance with all Arizona Game and Fish Regulations and possess appropriate state licenses and/or tags.

For information on State hunting license requirements, please call the Arizona Game and Fish Region IV at 342-0091 or for YPG's hunting program, call 328-2630.

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Next Outpost deadline is noon September 19th
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Report Domestic Violence: 328-2720 or 328-3224

First Visit



(PHOTO BY CHUCK WULLENJOHN)

Maj. Gen. Tetsuro Yamanoue, Director of Education and Training for the Japanese Ground Self Defense Forces, visited with Col. Reed Young, commander, for a command briefing and to exchange small gifts early this month. On his first visit to the proving ground, Yamanoue asked questions through an interpreter several times during the briefing and seemed impressed with both the size of the proving ground and the broad impact of its mission.

VIEWPOINTS

Baseball season is winding down, but it is still anybody's guess which team will advance to the playoffs and beyond. We asked members of the workforce, "Who do you think will win this year's World Series?"



Mark Schauer

Public affairs specialist

I like a Cinderella story, so I'll say the Pittsburgh Pirates. This is their first winning season since 1992, and its good to see a small market team with a low payroll outplaying the rich guys. Their long-suffering fans deserve a championship season. I'm a Cubs fan, so hopefully they'll be contenders again soon!

Amanda Quintero

Environmental compliance specialist

I'm an Arizona girl, so I'll have to say the Diamondbacks. I know it will be an uphill climb at this point, but they are tough and I have faith in them.



Christopher Kelly

Fuel accountant

It would be real nice to see Boston win again. They've been beaten up a lot over the years, and a third one after 2004 and 2007 will prove it wasn't a fluke. I'm a Diamondbacks fan, though.

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September is Army's Suicide Prevention Month

The theme for 2013 is
"SHOULDER TO SHOULDER:
STANDING READY AND
RESILIENT."

The YPG Suicide Prevention Program is pleased to announce Andrew O'Brien as a guest speaker for the 2013 Suicide Prevention Month Campaign.

O'Brien is a veteran deployed during Operation Iraqi Freedom in 2008 - 2009. Just over a year after returning from Iraq, he attempted suicide and survived. Since then he has turned his life around and is dedicated to reaching out to Soldiers and their family members. He will be at YPG; Palm Garden at 9 a.m. and

then again at 1 p.m., to share his experience, strengths and insights with the workforce.

In addition, he will be presenting at the ROC Large Conference room at 11 a.m.

Any one attending one of his presentations will be provided credit for the Mandatory Annual Suicide Prevention Training.

As the fiscal year comes to a close, please be sure to complete the mandatory training. For questions about these events, or the Suicide Prevention Program, please contact Christopher Lee, at 328-2249 or christopher.a.lee24.civ@mail.mil.



U.S. Army Yuma Proving Ground
Suicide Prevention Program



Presents

Andrew O'Brien

OIF Veteran, Author, Founder,
Suicide Survivor and Educator
www.WYSHProject.org

September 16, 2013

Palm Garden: 0900 - 1000

ROC Large Conference Room: 1100 - 1200

Palm Garden: 1300 - 1400

Family members are encouraged to attend.
Please sign up by contacting Christopher Lee, 328-2249, or
christopher.a.lee24.civ@mail.mil

Attendance fulfills requirement for Mandatory Annual Training for Active Duty and DA Civilian personnel



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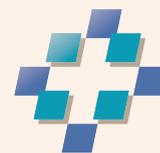
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(LOANED PHOTO)

During the month-long limited user test of the C-RAM system at YPG, Soldiers resided in the proving ground's Forward Operating Base and commuted back and forth to the gun position that hosted testing, which was set up to represent a forward operating base troops would use in theater.



To ensure accurate and valid test results, the Soldiers who were firing the system also set it up in the same manner they would in theater, as seen here, a painstaking and time-consuming task.

(PHOTO BY MARK SCHAUER)

Protecting

By Mark Schauer

In the earliest days of the insurgency in Iraq, American forces came under frequent attacks that utilized the humble, easily transported mortar.

To defend against this threat, the Army assembled the Counter Rocket Artillery Mortar system consisting of the Lightweight Counter Mortar Radar and the AN/MPQ-64 Sentinel radar to detect incoming rounds, and the Land-based Phalanx Weapon System that spits out bursts of fire at hostile projectiles. Thanks to rapid testing at YPG in the early days of the Iraq War, the system was deployed to Iraq in 2005, dramatically reducing mortar and other indirect fire attacks.

Though their use has diminished, insurgents continue to attack Soldiers and civilians alike with mortars, and C-RAM testing continues. For a recent Limited User Test (LUT) at YPG, Soldiers from Joint Base Lewis-McChord, Wash., used the C-RAM system in an environment that closely simulated that found in theater. During the month-long test, the Soldiers, fresh

from training on the system at Fort Sill, Okla., resided in the proving ground's Forward Operating Base, commuting back and forth to the gun position that hosted testing. Meanwhile, YPG weapons operators had the daily task of firing rounds that the C-RAM intercepted.

"It took a great deal of planning," said Ana Soto, counterfire team lead. "We had to make sure the test matrix was correct and worked very closely with the Operational Test Command folks to ensure everything was planned properly and safely. We've never tested these systems with Soldiers operating them, so there were a lot of things to consider."

There was also the major challenge of supporting the test during the eight hour per week furlough imposed this summer on all Department of Defense civilian employees as a result of budget sequestration. Four YPG test officers were assigned to the LUT to accommodate the one furlough day per week each had to take. As evidence of its high importance, personnel supporting the test were



(PHOTO BY MARK SCHAUER)

Amid the heat and hardships of the realistic test conditions, the Soldiers adapted well to test personnel scrutinizing every aspect of their operations.

troops from deadly fire

given an exceptionally rare waiver that permitted them to work overtime.

“We were authorized to work overtime on non-furlough days,” said Jonny Clark, test officer. “This testing could not be accomplished in 32 hours per week. There is no way we could give them the support they needed otherwise: the test would never get done.”

To ensure accurate and valid test results, the Soldiers who were firing the system also set it up in the same manner they would in theater, a

painstaking and time-consuming task.

“It depends on whether the gun gods like us or not,” said Spec. Tim Hove, one of the Soldiers participating in the LUT. “Sometimes it can be real fast, other times it can take forever. It depends on any number of things.”

As it was, the Soldiers and test personnel were subjected to an arid, triple-digit-temperature southwestern desert summer.

“It’s pretty hot out here,” said Hove. “Yesterday I was out here and thought, ‘why?’”

Despite the heat and hardships, testers felt the Soldiers adapted well to the deviation from their normal chain of command and dozens of test personnel scrutinizing their operations.

“The Soldiers have really stepped up,” said Maj. Matthew Jacobs, deputy test officer for the Operational Test Command. “They know their mission is to show the big Army how this system will work and that Soldiers can operate it in a field environment. They understand that in order to accomplish that mission, they have to work in

conjunction with the data collectors and test team personnel.”

C-RAM testing should continue at YPG into the foreseeable future, particularly given the proving ground’s lengthy experience with testing the item.

“YPG is a great place to test,” said Jacobs. “The environment is right, the infrastructure is here, and the support from the YPG staff is top notch. From a testing standpoint, this is a great place to come do it.”



(LOANED PHOTO)

The C-RAM’s Land-based Phalanx Weapon System spits out bursts of fire at hostile projectiles, bringing them down before they can hurt Soldiers. YPG’s vast ranges have plenty of room to accommodate this type of testing without endangering the general public.

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—CHAPLAIN'S CORNER— Praise

Submitted by Chaplain (Maj.)
Douglas Thomison

"Praise the Lord all you nations, praise Him all you people..." (Psalm 117) Praise, meaning to pay tribute to, commend, congratulate or applaud is in short supply in our world today. People near and far hunger and thirst for praise as much as you do yourself. But one secret that not everyone knows is that we each have an abundance of praise that we can give. Having an endless supply of something good is a pretty wonderful commodity. You may run out of money, but you do not have to run out of praise.

Giving praise is one of the few simple things you can do in life to make the world of another person brighter and more rewarding. All praise takes is a little thought and some practice. Truly good praise, the type that people remember

and appreciate, is very specific. Hopefully, you have had some experiences in life where you received praise that positively impacted you for years to come. I recall a teacher who consistently applauded my classmates and I for our accomplishments. He would say, "Wow, what a fantastic job in reciting today's assignment. You made a perfect score." Sincere and enthusiastic praise from my teacher truly stuck a cord with me at the time and for years to come.

At home and at work, we can make a daily and a lasting difference with simple words of encouragement. Be it a member of your household or someone at work that you supervise, a peer or your supervisor (yes, leader's need encouragement too), let's praise someone today. "My mouth is filled with Your praise and with Your glory all day long ..." (Psalm 71:8) Have a blessed day!

September Go-Getters



Congratulations to Leah Thomison and Demarcus Stokes (right), from Mrs. Stoermers 3rd grade class for being selected Price Elementary School "Go-Getters" for the month of September.

Yuma Community Job Fair

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—SAFETY CORNER—

Depression can happen to anyone

Submitted by Paul J.
Kilanski
Family Advocacy Program Specialist

Depression can happen to anyone. It is an illness that can be brought on by stressful life events. Deployment, injuries and long separation from family may contribute to depression for military members and military families.

Being unhappy now

and then is normal. But feeling sad and unhappy for more than two weeks could mean that you are depressed. You are not alone! Many people experience depression at some point in their life. Depression is not a sign of weakness and cannot be "willed" away. The trauma of war, living far from family or the stress of holidays can

trigger depression. Depression is one of the most common mental illnesses in the U.S. and is also the most treatable.

Depression is a medical illness like diabetes or heart disease. It can be treated. In many cases, you can be treated for depression and still be on active duty. See a doctor or health care

provider. They can help find a treatment plan that works for you. Talk to your chaplain, trusted friend or commanding officer. Contact your military family service or support center. The most important thing is to get help. With the right treatment, most people who seek help get better. Remember, if you are not at your best your job performance may suffer.

Help yourself feel better. Eat a healthy diet. Avoid alcohol and other

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SEE **DEPRESSION**
PAGE 11

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Hispanic Heritage
Month Observance

Salsa Making/Tasting Contest! (at two locations!)

Join us in celebration of Hispanic Heritage Month by participating in our Salsa Tasting Contest! Make your best tasting salsa to share or stop by to enhance your taste buds and vote for your favorite salsa! We will now have our contest at two locations; **ROC Atrium and Main Post!**

Date: 1 October 2013

Time: 11:00 to 1:00 p.m.

Locations: **ROC Atrium, Bldg. 2105 and Desert Oasis Community Center on Main Post**

POC for ROC:
Gabby x6819, Rocio x7332,
Martha x2841

POC for Main Post:
Esmeralda x6499,
Yvonne x5233



DEPRESSION

FROM PAGE 10

drugs. Make a point to exercise, even if you don't feel like it. Get enough sleep.

Some symptoms of depression are: feeling sad or hopeless, being tired or having trouble concentrating, not eating enough or eating too much, trouble sleeping or sleeping too much, feeling bad about yourself, feeling irritable or crying a lot, having headaches and body pain, not enjoying things that used to be fun, and thoughts or attempts of suicide. If you have several of these symptoms

most days and they last for more than a few weeks, you may be suffering from depression.

Depression after loss is common. Being in and around military may mean having to cope with death or serious injury. This can be one of life's most traumatic experiences. Remember it is healthy to grieve. Try to express your emotions. It's OK to cry or talk about how you feel. Don't ignore or deny your feelings. Avoiding the pain now can lead to emotional problems like depression in the future. If you feel depressed be sure to get help. Most people treated for depression will improve, even those with serious depression.

Bring a Friend

SEPTEMBER 1 - 30

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