

THE OUTPOST

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

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In observance of Native American Month



Quechan Tribe brings cultural education to YPG workforce

By Yolie Canales

November is Native American Heritage Month, and what better way to celebrate it than to learn something about the history and cultures of some of the first Americans?

Yuma Proving Ground observed Native American Heritage Month with an ethnic luncheon, guest speaker and cultural entertainment brought to the workforce by YPG's Native American Indian committee members Robi

Duke and Kenrick Escalanti. Over 100 members of the workforce and invited guests learned the history, heritage and cultural foods of Yuma's local Quechan Tribe.

Those in attendance had the opportunity to enjoy (for some, the first time) the infamous "Indian Fry" bread, a favorite by many who are familiar with the Quechan Tribe's cultural meals!

After lunch, the program continued with guest speaker Honorable Judge Claudette White taking the floor. Judge



(PHOTO BY MARK SCHAUER)

YPG commander Col. Randy Murray presents a token of appreciation to guest speaker Chief Judge Claudette White of the Quechan Tribal Court as master of ceremonies Kenrick Escalanti looks on. ABOVE: Members of the San Pasqual Unified School District Tribal Royalty perform a traditional dance. The dancers were accompanied by San Pasqual High School teacher Faron Owl, not pictured.

White, who was appointed to the position of Chief Judge for the Quechan Tribal Court in May of 2006, and is one of the youngest Quechan Tribal Council members ever elected, is the first of her family to graduate from college. After completing her

studies at Arizona Western College and Northern Arizona University in Flagstaff, Ariz., she attended the Sandra Day O'Connor School of Law at Arizona State University in Tempe, Ariz., where she earned her Juris Doctorate and a Special Certificate in Indian

Law in 2005.

The Honorable Judge White, talked about why the Native American Indians have the needs and issues they do. Some of the issues are about early federal policies such as the Dawes Act and the

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QUECHAN

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Snyder Act of 1924 when Native Americans were not recognized as citizens of this country. She also talked about Native Americans given the right to vote as late as 1948, because American Indians were considered to be under federal guardianship, therefore, ineligible to vote.

She went on to say, "As you can see by the song and dances we shared with you today, even through what we have been through, we are still here and will be here for many, many years to come," said White. "The fact that we are still here, we are stronger, we are reviving, we are learning all the time better ways to cooperate and build better relationships and to build collaboration. It's not easy, because we have to find a very fine balance."

Following the inspirational and thought provoking speech, a song and dance performance by the tribal royalty and Lightning Singers were enjoyed by.

The program concluded with an award presentation made by YPG's commander Col. Randy Murray and Gordon Rogers, garrison manager.

Quechan brief history:

The Quechan (Quechan: Kwtsaan - "those who descended," pronounced "kwuh-tsan," also in English, Kwtsan, Kwtsaan)



(PHOTOS BY MARK SCHAUER)

YPG commander Col. Randy Murray (right) and visual information lead Alfred Hernandez unveil a collage honoring Native American veterans. More than 156,000 Native Americans have served in the Armed Forces, and 31 have received the Congressional Medal of Honor, the country's highest military honor.

are a Native American tribe who live on the Fort Yuma Indian Reservation on the lower Colorado River in Arizona and California just north of the Mexican border.

The term Patayan is used by archaeologists to describe the prehistoric Native American cultures who inhabited parts of modern day Arizona, California and Baja California. These

areas included territory near the Colorado River Valley, the nearby uplands, and north to the vicinity of the Grand Canyon. The prehistoric people may have been ancestral to the Quechan. They practiced floodplain agriculture where possible, but relied heavily on hunting and gathering. Subgroups include the River Yuman, Delta-Californian, and Upland Californian.



Attn: Commissary Patrons

Holiday Operating Hours for Yuma PG

Commissary Are:

Thanksgiving Week:

Open...1000-1900 Monday, Nov. 24

Closed...Nov. 27, Thanksgiving Day

Closed...Friday, Nov. 28 (day after Thanksgiving)

Christmas Week:

Open...1000-1900 Monday, Dec. 22

Open...1000-1600 Christmas Eve (early closure)

Closed...Dec. 25, Christmas Day

Closed...Friday, Dec. 26 (day after Christmas)

New Years Day:

Closed...January 01, 2015

(all other days are normal operating days/hours)

DECEMBER 2014 Holiday Hours of Operation

FMWR Administration

24 Dec - Close at 1300
25 Dec - Closed
1 Jan - Closed

ACS Administration

24 Dec - Close at 1300
25 Dec - Closed
1 Jan - Closed

Fitness Center

24 Dec - 0600-1530
25 Dec - Closed
31 Dec - 0600-1530
1 Jan - Closed

Library

24 Dec - 1000-1530
25 Dec - Closed
26 Dec - 1000-1830
31 Dec - 1000-1530
1 Jan - Closed

Auto Skills Center Normal Hours

24 Dec - Close at 1700
25 Dec - Closed
1 Jan - Closed

Coyote Lanes

24 Dec - 0900-1800
25 Dec - Closed
31 Dec - 0630-2200
1 Jan - 0900-2000

Child Dev. Center

25 Dec - Closed
1 Jan - Closed

KFR Roadrunner Cafe

22-23 Dec - Open
24-25 Dec - Closed
29 Dec - 1 Jan - Closed

Cactus Cafe & Cutaway Lounge

22-24 Dec - Closed
25-Dec - 1100-1400
(Christmas Dinner)
29 Dec-4 Jan - Closed

ROC Garden

22-25 Dec - Closed
29 Dec-1 Jan - Closed

Travel Camp/Outdoor Rec

24 Dec - 0830-1200
25 Dec - Closed
31 Dec - 0830-1200
1 Jan - Closed



THE OUTPOST

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(PHOTO BY TERI WOMACK)

From left, YPG test officers Jimmy Myers, Isaac Rodriguez, and Ross Gwynn discuss engineering with local students. The proving ground is aggressively pursuing local outreach with the Young Engineers and Scientists and Engineers in Elementary Schools programs that kicked off in the autumn of 2012.

YPG reaches out to engineers of the future

By Mark Schauer

Yuma Proving Ground has been Yuma County's premier high technology workplace for over 60 years and has long sought local talent to help accomplish its vital mission.

Whether sponsoring student visits or participating in local school career days, this outreach has reaped dividends for the proving ground over the decades.

"I remember a career day in junior high," said Steve Flores, a Somerton native who is now chief of YPG's Munitions and Weapons Branch. "The school brought in professionals from various fields and you went from classroom to classroom listening to them. I remember

someone from YPG showing video footage of a helicopter firing a missile."

Public affairs specialist Yolanda Canales recalls that day back in the 1980s.

"We took different people from throughout YPG," she said. "Everyone from photo optics to Soldiers from the Health Clinic talked about careers at YPG. We even had a pilot land a Huey helicopter on the school lawn."

The proving ground is pursuing local outreach even more aggressively today. Two programs, Young Engineers and Scientists and Engineers in Elementary Schools kicked off in the autumn of 2012

SEE **ENGINEERS** page 4



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it's about keeping safe the things we hold dear.*

Many YPG community activities coming up

By Chuck Wullenjohn

Another year is nearing its conclusion, having passed by at an unbelievably rapid pace. It seems like yesterday we were celebrating the dawn of another new year, but now comes the realization that 2014 is almost over. For another year, Yuma's long hot summer is over and everyone, visitors and residents alike, are enjoying Southwest Arizona's moderate winter weather.

Though Yuma Proving Ground's community outreach efforts take place on a year-round basis, the number always picks up during the winter months. This is due partly to the number of requests, but also because of the many events scheduled this time of year. Following are upcoming highlights:

2014 Veteran's Day parade, took place Nov. 11. YPG Commander Col. Randy Murray rode in an open-topped vehicle in the vanguard as the parade

made its way through Yuma. In addition, a YPG wheeled vehicle driven by YPG's Command Sgt. Maj. Sean Ward and a number of Soldiers were part of the procession.

At the Colorado River Balloon Festival, held Nov. 22nd and 23rd, YPG's Meteorological Team were on hand at the balloon launch site each morning to gather and share weather information. Riding in a balloon was YPG Commander Col. Randy Murray.

A YPG howitzer and a crew of trained Soldiers are slated to fire ceremonial artillery rounds at Gila Ridge High School at the El Toro Bowl football game to be held Dec. 6th. This will make the fourth consecutive year, since the bowl game first occurred, that fans have looked forward to the sight of howitzer gun smoke billowing over the stadium.

A real Christmas season highlight takes place two



(PHOTO BY CHUCK WULLENJOHN)

Col. Randy Murray and his wife, Deborah, enjoy riding in Yuma's Veterans Day Parade.

days later at the Historic Yuma Theatre at 254 Main Street in downtown Yuma as the 62nd Army Band returns to Yuma for TWO free public concerts, one at 2:30 and the other at 7 p.m. Although the band will perform a variety of live music, holiday numbers will be featured.

Five public tours of the proving ground are being offered over the winter months in cooperation with the Yuma Visitors Bureau, which is handling all ticket

distribution. Billed as "behind the big guns" tours, the first will occur Dec. 9th and others will follow in each of the first three months of the new year.

As the year turns and 2015 comes along, YPG will take part in an event called "Military Appreciation Day" in the Main Street of old downtown Yuma on Saturday, Jan. 10th. This event will feature exhibits from both local military installations, as well as numerous

other military-related organizations. Presentations will take place throughout the day in the Historic Yuma Theatre and additional displays will be presented within the Yuma Art Center. The event is free of charge to the public.

For up-to-date information on proving ground goings-on, see the YPG facebook site at: www.facebook.com/USAYPG Be sure to check back often!

ENGINEERS

FROM PAGE 3

to encourage local youngsters to pursue careers in science, technology, engineering, and mathematics (STEM).

"The idea was that folks from Yuma are more likely to stay in Yuma," said Iris Espinoza, civilian training and outreach program coordinator. "We went out to schools and started talking about STEM education, focusing mainly on

engineering applications."

Visits from YPG engineers typically occur on Fridays. The visits with younger students involve a presentation on engineering capped by a miniature engineering challenge, such as making a paper airplane capable of flying the entire length of the classroom or constructing the tallest tower possible out of strips of paper. Older students, meanwhile, get more specific discussions about engineering and guidance on how to pursue the occupation.

Recent outreach efforts have

included bringing students to the proving ground for specific purposes, too. A high school science class learning about weather spent two hours with members of YPG's meteorology team on post, getting up close and personal with the sophisticated gear used to gather specialized meteorological data used for testing in natural environments.

"They seemed to have fun and maybe learned something in the process," said Nick McColl, YPG's chief meteorologist.

To top it off, next spring, students

from all six local high schools and Arizona Western College will spend the day touring the proving ground. How many will eventually pursue careers at YPG is a matter of virtually limitless potential.

"We're very adamant that you don't have to be a genius, you don't have to be rich, you can come from any ethnicity, and it doesn't matter if you're a boy or girl," said Espinoza. "Anyone can be an engineer. The only catch is that you have to work really hard."

Girl Scouts beautify YPG

By Yolie Canales

The Girl Scout mission states: Scouting builds girls of courage, confidence and character who make the world a better place.

This is obviously true by virtue of the work YPG's Girl Scout Troop 179 has been doing to make the proving ground a better place. Individual scouts have been busy throughout this and last month on projects to enhance the housing area.

Together with their parents, they have planted flower gardens and a beautiful Royal Poinciana tree in an empty housing area space. They also buried a time capsule with trinkets, photos of themselves and other small objects.

"Included in the capsule is a note to future Girl Scouts," said Chrissy Copley, troop leader. "We didn't designate a day to open the capsule but we will pass on site information to future troops on YPG."

In addition to planting the tree and flowers, the troop built a picnic table. "My husband, John, came up with plans for the table and executed the table making which was done by the girls father's. Everything else just seemed to fall into place," she said.

Materials to build the table came from donations. "Once it was finished, we placed the table in an empty patch of grass and turned it into a beautiful



Girl Scouts stand by as Angel Medel, housing office facilities specialist, digs the hole where the Royal Poinciana tree is to be planted. Once the hole was dug, they all pitched in to fill it with dirt.

'friendship garden' for all community members to hang out and enjoy," said Copley.

As they worked, the troop kept in mind the importance of how to save money. Planter boxes for the flowers were built from recycled fence planks donated by the housing office and pots for the flowers were donated by one of the troops parent.

However, the most important part of this story is the pride

the troop gained by building confidence, character and courage, through knowing they contributed to helping make the proving ground a better world.

In Girl Scouts, girls discover the fun, friendship, and power of girls together. Through a myriad of enriching experiences, such as extraordinary field trips,

sports, skill-building clinics, community service projects, cultural exchanges, environmental stewardships, girls grow courageous and strong.



Girl Scout Troop 179 pauses for a photo with a few parents. Back row (l to r) are Nathan Ivey, Jason Hazelton, Anthony Alonzo, Ian McGlynn and John Peeler. Not available for the photo but playing a big role in the projects were: John Copley and Ryan Muschinski. (PHOTOS BY CHRISSEY COPLEY)

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Orion capsule to take first flight with YPG-tested parachutes

By Mark Schauer

Mars, asteroids, and other deep space destinations are about to get a little closer to humanity.

Sitting on a launch pad in Cape Canaveral, Fl, NASA's Orion space capsule is undergoing several weeks of final checks prior to its first launch into space on December 4. After ascending to an altitude of 3,600 miles above the earth, the Orion will leave orbit some four hours later and touch down safely in the ocean several hundred miles west of San Diego thanks to parachutes extensively tested at U.S. Army Yuma Proving Ground.

While the Orion capsule will fly approximately 20,000 miles per hour to escape the Earth, to return its occupants safely to the ground the same capsule needs to be decelerated to speeds slower than most people drive automobiles on residential streets. Creating a spacecraft that can endure these and other rigors of space travel is an engineering marvel, and the Capsule Parachute Assembly System (CPAS) parachute system that will bring it safely back to Earth is just as sophisticated. The rope that makes up the parachutes' cord is made of Kevlar, the strong synthetic fiber used in body armor. Each main parachute consists of 10,000 square feet of fabric: the CPAS system is designed to deploy sequentially and pass through two stages prior to being fully open: on re-

entry, two drogue parachutes deploy to slow the hurtling 10-ton capsule prior to three main parachutes taking it down to a languid landing speed of 17 miles per hour.

"Getting the crew home safely is one of our biggest challenges, and the parachute system is critical to accomplishing that, for there are many systems that have to function correctly," said William Hartwell, Deputy Program Executive for the Orion spacecraft. "We are very pleased to have the expertise of the Air Force, Army, and YPG to help us ensure this crucial system will bring our crews home safely."

But what if something unexpected requires the capsule to come back shortly after lifting off from the launch pad, or from altitudes and speeds lower and slower than what would occur from an ordinary mission? The CPAS was designed to compensate for a variety of failures in the hope that astronauts can still return to Earth safely if something goes wrong, and these abort scenarios were also put to the test at YPG.

"Every change that we do to the parachutes, we test here," said Chris Johnson, project manager for the CPAS system. "Testing in a full scale environment is very important to not only identify changes that need to be made, but test the implementation of those changes."

"Systems like this are especially hard to analyze and test on a sub-scale basis," added Paul Marshall, the Orion program's Assistant Program Manager for strategy integration. "The physical processes of a parachute are very dynamic and unpredictable. You can't model it, so testing is really important."

Tests of the CPAS at YPG will continue through at least next year. YPG has tested items for NASA dating back to the Mobility Test Article (MTA), the precursor to the lunar rover, in 1966.

"YPG has been part of our test portfolio forever," said Marshall. "It's a great partnership and we really appreciate the special services that they provide us. We have a great relationship with the Army."



(LOANED PHOTO)

After extensive testing with the mock capsule seen here, the real Orion capsule will return safely to Earth after its first test flight on December 4, thanks to the Capsule Parachute Assembly System (CPAS). The CPAS works in a variety of scenarios, including emergency ones, as proved by testing at YPG.

Commissary cards help spread 'gift of groceries'

By Kevin L. Robinson,
DeCA public affairs specialist

As the calendar flips toward the holidays, the Commissary Gift Card is always a viable option for anyone wishing to support their loved ones in the military community, said the Defense Commissary Agency's senior enlisted advisor to the director.

"The Commissary Gift Card is a wonderful way for anyone to help spread the gift of groceries – whether it's the holidays or any time of year," said Air Force Command Chief Master Sgt. Stuart M. Allison. "The gift card can be sent by anyone for any authorized patron conveniently and quickly."

Commissary Gift Cards come in denominations of \$25 and \$50. Anyone can purchase a card for an authorized patron either online through DeCA's website, <http://www.commissaries.com>, or at a commissary.

The gift card can be used to pay for all in-store purchases or customers can use multiple forms of payments and coupons along with the gift card. Gift cards cannot be redeemed for cash, and customers will not be able to receive change for any unused amount left on the card. With its declining balance, the gift card is used until it is "zeroed out."

Here are some Commissary Gift Card quick facts:

- Gift cards are available at all commissaries worldwide – on a rack at full service, front-end registers – as well as through the DeCA website, <http://www.commissaries.com>. Click on "Shopping," then "Gift Cards" and then the "Place your order" box.
- The cards expire five years from the date of purchase.
- Commissary Gift Cards purchased online incur a shipping and handling fee. These fees are not assessed, however, when the card is purchased in a store.
- There is no limit to the number of gifts cards that a purchaser can buy. However, DeCA officials recommend organizations and activities consider purchasing their gifts cards online if they plan to purchase more than 50 cards at a time.

Gated community comforts offered at YPG

By Staff Sgt. Tina Villalobos

Much like a gated neighborhood, Yuma Proving Ground's Desert Oasis Communities offers homes and fenced yards in clean, well-kept surroundings—but this private neighborhood of Soldiers, civilians and their families provides something more; an opportunity to feel a sense of pride among comrades, and the comforts of a caring place to call home.

"Our residents are our pride and main concern," said Meagan Hannon, Desert Oasis Communities Director. "If there's anything we can do, we welcome them to just come by or give us a call."

The Army has been working diligently to increase the resilience and performance of Soldiers, their Families and Army Civilians. Resiliency can begin with being comfortable in one's home and community. The definition of resilience is the mental, physical, emotional, and behavioral ability to face and cope with adversity, adapt to change, recover, learn and grow from setbacks. A resilient and holistically fit individual is better able to use the skills needed to think optimistically, face challenges and bounce back from adversity.

"I'm housing counselor," said Maggie Poffenroth, an Army wife herself for eight years. "I'm the one who puts everyone into their



(PHOTO BY STAFF SGT. TINA VILLALOBOS)

The well-lit 'great' room has the comforts of home as one can nestle into one a comfortable chairs, relax and enjoy a great book.

homes. I have an understanding of the full picture—meaning, I know what it is like to wait for a house." Poffenroth once had to wait 45 days for a house herself. "It helps to know there's light at the end of that tunnel."

The communities offer both duplex and stand-alone models that are clean, bright and airy.

It is a safe place where family members can thrive. Soldiers and others enjoy peace of mind, knowing all is well at home during their busy work day. Homes offer plenty of living space, and backyards are fenced to keep furry family members safe as well.

Pets are welcome—up to three

domesticated animals per family. They must be registered and have shot records. There is no pet fee or deposit.

Community members have a say through monthly informal meetings. These community meetings (among the many social opportunities available) allow for free and open discussion and include refreshments.

"Every month we have something called 'First Friday,'" said Hannon. "It is an opportunity for people to come in and talk things over with their fellow residents. They can talk about community concerns and everyday life. We're a cohesive community. Everybody talks, everybody gets to know each other; and I think it helps. There's no formal agenda."

Resident comforts and satisfaction go beyond the housing structures. Desert Oasis Communities provides a recreation center that includes amenities to suit the needs of the entire family. There is an indoor, temperature controlled recreation area with transparent walls that allow parents and staff to see children and teens. The indoor recreation area includes play items for small children, with billiards and fitness equipment for teens and adults. The center also includes a computer lab with a comfortable living room atmosphere. The main reception hall is amenable to reading or relaxation with natural ambient

light and comfortable seating.

Additionally, Desert Oasis Communities hosts special events throughout the year (to include an upcoming visit from old Saint Nick himself.)

"More than anything, we want residents to know they're appreciated," said Hannon. Desert Oasis Communities offers frequent resident events, and provides information through the facebook page, as well as monthly emailed newsletters. Regular "housing grams," explain what is going on in the community today, next week or even later.

Residents can book the well-appointed kitchen and meeting space for special events. For outdoor fun, families can play on the Splash Pad, located just outside the meeting space and kitchen area.

With no stone left unturned; the YPG Housing Office plans to open a brand new fenced dog park for furry family members this January.

"We're taking a vacant playground and turning it into a centrally located dog park," said Hannon. "It is going to have pet water fountain areas, people water fountains, and seating and shaded areas."

The Army needs its Soldiers, Family members and Army civilians to be resilient. YPG Housing is proud to be the place that Soldiers, civilians, and their family members call "home."

SAFETY CORNER

Home for the holidays

Author: USACR/Safety Center
Knowledge Editor

Released in 1987, the movie "Planes, Trains and Automobiles" illustrates the extreme lengths people will go through to get home during the holiday season.

In reality, most people aren't as ambitious as the characters portrayed in the movie. But the unexpected could still await the thousands of

Soldiers and Family members who will soon trek home to celebrate the holidays.

No matter the mode of transportation, prior planning and preparation will make for a safer trip.

"Many of us will be traveling home for the holidays, and safety might be the furthest thing from our minds," said Lt. Col. Joseph Harvey, director, U.S. Army Combat Readiness/Safety Center Training Directorate.

"However, safety is a state of mind that we

all need to embrace constantly, especially while driving." Road conditions can drastically change during winter, with sunny days quickly giving way to an impromptu snowstorm.

However, if individuals plan their trip beforehand and check the weather forecast, they should be prepared for Mother Nature. "The Travel Risk Planning System is a great tool for leaders because it lets them know where their Soldiers are going and how they're planning to get there." In addition to filling out a TRIPS assessment, it's crucial that Soldiers conduct preventive maintenance checks and services on their vehicles

Winterizing a vehicle is often an afterthought. If Soldiers are proactive and ensure their vehicles are ready for frigid temperatures, snow, ice and other inclement weather conditions, they're setting themselves up for success.

Soldiers should also be mindful of the hazards of impaired and distracted driving. We reiterate don't drink and drive.

Drivers have their hands full with driving safely and responsibly. With distractions like texting, manipulating a GPS or anything that diverts a driver's attention from the road and other motorists, the chance of a crash happening greatly increases.

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VIEWPOINTS

The Desert Southwest is kind to cars, which makes memories of the first ones we ever owned even sweeter. We asked members of the workforce about their first vehicle.



Manny Elizarraras
Test engineer

It was a white 1985 Ford F-150 with a blue stripe. It was purchased by my father, he handed it over to my older brother before he went into the military, and I got it when I turned 16. I drove it up until my oldest daughter was born and ended up getting a four-door vehicle. The truck was eventually sold, and I bought it back about two years ago. I have to restore it now... maybe one day my son will drive it.

Ashley Slater
Engineer technician

My first car was a white 1997 Chevy pick-up truck that I shared with my sister. I was only allowed to drive it back and forth from school and driving my younger brothers and sisters back and forth to their various activities.



Jimmy Gill
Groundskeeper

An '82 Cadillac Sedan DeVille. It was tan with blacked-out tint windows. It rolled like you were riding on a cloud. I never got pulled over in it—they always thought an old man was driving it because I never rolled the windows all the way down. It ran good until the motor died.





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Kelly Englert from Civilian Personnel Advisory Center takes an angel from the "Angel Christmas Tree" located in the ROC bldg. There are still angels left. If anyone wishes to pick one, all you have to do is buy a gift, wrap it and return it to one of the Angel Trees, no later than December 11.

(PHOTO BY MARK SCHAUER)

—CHAPLAIN'S CORNER— Thanksgiving

Submitted by Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. This Thursday is Thanksgiving Day, and what a wonderful holiday to enjoy! This special day gives us cause to think of what and who we are thankful for. For instance, friends of a mother with four young children were surprised when they received the following thank you note: "Many thanks for the play pen. It is being used each and every day from 2 to 3 p.m. when I get in it to read, and the children can't get near me." Seriously, here at Yuma Proving Ground and in the United States of America, we do have many things to be thankful for.

With Thanksgiving Day and being thankful in mind, you may want to try the following activities: First, make a "blessing box." Ask those gathered with you on Thanksgiving to write on slips of paper things for which they are thankful for. Pass the blessing box around the dinner table and pull out blessings, then read them aloud.

You may be pleasantly surprised what comes out of the box (is conveyed). Another way to express your blessings is to ask each person gathered to share one thing that happened to him or her during the past year for which they are thankful for. Whatever activity you chose, do embrace an "attitude of gratitude" on this special day.

Now sometimes holidays are emotionally challenging due to losing a loved one over the last year. If you have experienced loss, try lighting a candle of remembrance and call out the name(s) of your loved one(s) who are no longer physically present. This will provide you an opportunity to rekindle fond memories. Yuma Proving Ground on Thanksgiving Day and always, may "The LORD bless you and keep you; The LORD make His face shine upon you, And be gracious to you; The LORD lift up His countenance upon you, And give you peace." (Numbers 6:24-26)

Make Christmas a little brighter for a deserving YPG military child by making the Angel Tree part of your Holiday Tradition.

5 NOVEMBER - 11 DECEMBER 2014

ANGEL TREE LOCATIONS:
YPG Exchange, Shoppette
The ROC Garden Cafe

Visit one of the Angel Tree locations and select a tag with a child's gender and age marked on it. Purchase and wrap an age appropriate gift and return it to one of the Angel Trees no later than 11 December 2014.

Questions? Call Army Community Service at (928) 328-2532.



Next Outpost deadline is noon December 1st
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Report Domestic Violence: 328-2720

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RESILIENCY

Submitted by Paul J. Kilanski

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Eating a nutritious diet promotes health and reduces the risk of death or disability from chronic disease. However, there is often a gap between the dietary recommendations and what we eat on a daily basis.

So, what should we eat to stay healthy? No single food can supply all the required nutrients so we must eat a variety of foods. Lots of fruits, vegetables and grains provide our bodies with essential vitamins, minerals and fiber. Foods low in trans fat, saturated fat and cholesterol can reduce the risk of heart disease and some forms of cancer. Limiting the amounts of salt, sugar, caffeine and alcohol may reduce the risk

of hypertension, diabetes and other associated diseases. Non-nutritional snack foods generally are high in calories and low in nutrients.

There is an ever-increasing number of diets available. There are short-lived fad diets as well as those that have been around for a while, such as the Zone Diet or the Atkins Diet. Although some individuals find success with these plans, the percentage of truly successful practitioners of these diets is very low. A diet is not what you don't eat; a diet is what you do eat.

You have to be able to live well with your diet and it should serve your needs relative to nutrition, disease prevention and required energy levels. Your diet should not hold you captive- it should support you.

Variety is the spice of life. We all like different foods and different preparation methods. Family

background, ethnic heritage, culture, religion, allergy and food intolerance, food cost, regional availability and life experience are all factors in the food choices we make. As a starting point, shape your eating patterns by doing the following: Eat a variety of foods, become more aware of serving sizes vs. recommendations, change your eating habits one food group at a time, before you buy, read the food labels and educate yourself on the content of your food choices, make changes as a family; healthy eating habits should be built at an early age and reinforced by adults through example, obtain a majority of your nutritional content from consumed foods; supplement with vitamins and minerals only if required for specific needs. It's fine to enjoy sweets and fats occasionally. Make better choices throughout the rest of the day and take a walk after your treat.

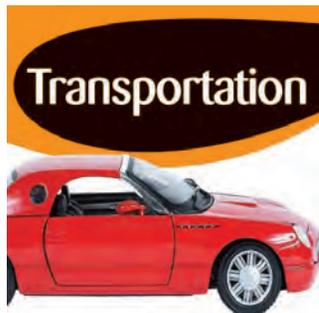
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YPG Veterinary advice for pet ownership

Editor's Note: Part 2 of the Veterinary article published in the November 10th issue of the Outpost

Finding and keeping a pet: Every year, 3 million pets are euthanized in the US. That is unacceptable. Among the most important preventative things you can do, is to spay and neuter your pets. Consider adopting adult animals and rescues at the Humane Society, or animal rescues (for certain breed types or purebreds), on petfinder.com.

Owning an animal is a long-term commitment. Plan to keep an animal for its entire life. Many dogs live 12-15 years or more. People sometimes dump off older dogs at the shelter or Humane Society; those dogs have very little chance of being adopted and will likely be euthanized.

If you must move, choose someplace that will allow your animal. Or, perhaps have someone foster or adopt her or him. Make arrangements ahead of time for your pet's care. Electing to kill your healthy animal is wrong.

Hot weather tips: Animals can suffer heat stroke, heat exhaustion, and other heat-related injuries.

Paw burns: Touch the cement—if it is too hot for your hand, it can burn your dog's paws.

Heat injuries in cars: Unless it is cool outside, never leave your dog in the car. Cracking the windows isn't enough. Inside the car, temperatures can reach 120 degrees or more. Your dog can die within minutes. It is a very agonizing death. Don't leave them in the car or hot pickup bed, not even for a few

minutes.

Outdoor heat safety: Don't leave your dog outside unless they've been acclimated to the heat. Outside, dogs must have constant access to water and shade; without it, your dog can die.

Vet exams and home checks: Ensure your pets have wellness exams at least once per year.

Pet Dental Care: Dog and cat dental health is very important.

Cats can get a disease called feline resorptive lesions; where something starts breaking down their teeth. It is extremely painful. It can cause cats to have to get full mouth extractions.

When a dog or cat has dental problems--they are in pain. Dental pain can cause them to have trouble eating.

Visible dental issues indicate worse conditions underneath the gum line. Inspect your dog's back teeth. If it doesn't look nice, then you need to take them in to have some professional cleaning done.

Do not take your pets to sedation dentistry. Sedation pet dentistry is malpractice, because although the animal is sedated, it is still feeling all of the pain, but is just unable to react to it. If you find dental care for your dog that costs \$40, don't do it. It is not right and it is not the correct dental procedure.

Special instruments must be used underneath the gums to remove plaque, etc. Animals must have a full anesthetic dental procedure. The animal is totally unconscious the entire time--and that's how it has to be.

Spay and Neuter: Aside from cutting down on homeless pets, stray animals, and animals

being needlessly euthanized—spaying and neutering helps to prevent some medical conditions as well.

Females: Females can be spayed before their first or second heat. Spay at about 6th months old (younger can cause issues such as incontinence). Spaying substantially decreases the chances of mammary tumors; which is basically dog breast cancer. It also prevents something called pyometra—which will kill a dog quickly.

Males: Neutering also offers certain health benefits. It decreases instances of prostate cysts, hypertrophy (enlarged prostate), urinary problems, defecation problems, etc. along with other potential benefits.

Pest Check & Prevention: Check your dog thoroughly for ticks—between the toes, in the ears and other crevices as well as the body 3 times per week (minimum).

Ticks can cause dogs to become anemic; deficient of blood and oxygen, or become paralyzed. Removing ticks can prevent and cure tick paralysis. Rocky Mountain Spotted Fever, babesiosis and ehrlichiosis, are all tick diseases that can cause your dog to have urinary problems, paralysis, and weakness—and could kill your dog. When ticks get on people they can cause diseases such as Lyme disease. Use monthly topical solutions on your dog.

Parasites—prevention is key: Parasitic disease can become extremely expensive--and the treatment required when an animal has been diagnosed with heartworm can be excruciatingly painful. Left untreated, heartworms fill the cat or dog's heart with worms, diminishing blood flow until they die.



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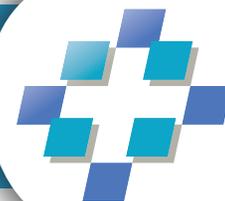
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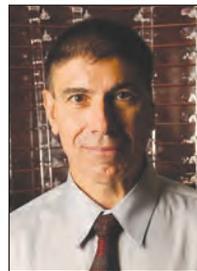
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