

UFO mystery at Yuma Test Station: Early 1950's sighting never explained

By Mark Schauer

From its inception as Yuma Test Station in 1951, Yuma Proving Ground has been a natural desert laboratory for testing equipment destined for use by Soldiers.

It is a place where the scientific method trumps superstition and wild speculation, where unexplained phenomenon are methodically identified and fixed. Yet, at least once in the proving ground's distant past, personnel viewed something in the sky that was never definitively explained.

It was a bit after 3 p.m. on Thursday, April 17, 1952, and 13 Soldiers were in the midst of a field familiarization hike three miles south of Yuma Test Station, near what today is a vehicle mud course.

We can't say with certainty what the temperature was that afternoon—YPG's weather records only go back to 1956—but presumably it was warm enough for the men to enjoy resting beneath a shade tree in between a canal bank and the Colorado River. Suddenly, they saw almost directly overhead a flat-white circular object heading toward the mountain-lined southeastern horizon, emitting an intermittent vapor trail.

About a quarter inch wide when judged at arm's length from the ground, the object disappeared within seven seconds.

Official records of the U.S. Air Force from the 1950s and 1960s are replete with such sightings. Often, the objects were weather balloons or extremely high altitude aircraft like the U2



In two separate sightings in April 1952, Yuma Test Station Soldiers attached to the post's meteorological team observed a flat-white circular object emitting a vapor trail streak across the sky. Reports of the sighting exist in long-declassified Air Force files, but no official speculation of what the object was remains. Did the unidentified object originate within the boundaries of Yuma Test Station, or from elsewhere in the universe? (Loaned photo)

reconnaissance plane. A scattering of military observers in the early 1950s speculated that such sightings could be unarmed intercontinental ballistic missiles being test fired from Russia, and duly shared their concerns with agencies like the FBI.

Yet the first flight of the U2 wasn't until August 1, 1955. Historical accounts of missile development show neither the US nor the USSR had intercontinental missile capability until later in the 1950s. And all 13 Soldiers who saw the object at Yuma Test Station that day in 1952 were part of the post's meteorology team, men who knew full well the look and flight characteristics of weather balloons.

"I have 11 years military duty in meteorology, with a substantial portion employed on weather equipment development and upper air observations entailing the use of many sizes and types of meteorological balloons," wrote 2nd Lt. Bernard Gudenkauf in his report on the incident. "I have never observed any other object with which this object could be identified."

Standing under the shade tree looking at the horizon where it had disappeared, Gudenkauf told his men they should attempt to take a bearing on it from at least two theodolite positions if they ever saw the object again. The following day, two of the men, both of

whom had engineering degrees, had just that opportunity, and this time they had a theodolite within their reach. Yet the object's flight pattern was so fast and erratic they were unable to take a reading. It left no vapor trail this time, and vanished across the horizon within 10 seconds.

At the time, the Yuma Test Station headquarters staff relayed information of the sighting to their superior command, the Sixth Army, who in turn forwarded it to Wright-Patterson Air Force Base. Beyond a request for a written report about the sighting from the officer who witnessed it, there is no further documentation regarding the sighting or speculation as to its origin within the long-since declassified files.

Modern day members of YPG's meteorology team doubt that the object had extraterrestrial origin. In fact, they are skeptical it originated from anywhere outside the boundaries of Yuma Test Station.

"It stands to reason that if you're on an Army test base and you see something unexplained, it's probably the Army testing," said Gabe Langbauer, meteorologist.

"I hope they fully understood the behavior of weather balloons," said Nick McColl, the present-day chief of YPG's meteorology team. "This thing was moving awfully fast for a weather balloon, even if it were in a low-level jet stream."

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Gracious lady leads Garrison Human Resource team

By Yolie Canales

Some people see their job as nothing more than a 9 to 5 thing. They do their job and go home. But not for Chrissy Randle, director of Human Resources for YPG's Garrison. You can see it in her sparkling eyes, her friendly, welcoming smile and kind, caring voice. When she speaks, the words come from the heart. Truly, she is the epitome of a gracious lady and understanding boss.

In her new position, Randle's duties are to oversee the entire military personnel program, the Army Substance Abuse Prevention Program, the multi-use Education

Center, the Suicide Prevention Program, the Soldiers for Life Transition Assistance Program, Garrison Awards Program and the Workforce Development Program. She relies heavily on Jose Arguelles for the military programs because of his extensive military background and knowledge of every aspect of the program. "He gets the job done because he is an expert in this field," she said. She relies just as heavily on Hernel Aitken, Connie Everly, Christopher Lee, Carolyn Lauzon, Phillip Duhart and Natallia Yesaulenka to run their assigned programs because of their expertise.

Randle strongly believes that a supervisor is only effective when the people who make up the teams do good jobs. In her case at YPG, she raves about the people under her. "Building positive relationships with the team and people in general are of the upmost importance," said Randle. "An affective supervisor, reaches out, communicates and has that face-to-face contact with others and especially the team around you."

This is why, when she saw this position advertised, she felt it would be a 'natural' fit for her. She has an extensive background with military programs and training, both in her military and civilian careers. As a four year veteran of the Air Force and, today, a Major

in the Washington Air National Guard with a total of 23 years of military service, she oversees the issue of Common Access Cards (CAC), Operations, Readiness and a wide variety of other military programs. In addition, while working for TRAX for the last eight years in Human Resources, she gained experience recruiting engineers and working with training programs.

One faces many challenges as they began new responsibilities. So far, it's been smooth sailing for Randle. "To be honest, I've faced no challenging situations during my three months here," she said. "My team is knowledgeable, professional, and ready for any challenges you hand to them. They make my job easy."

She feels moving into this position was one of the best things that ever happened to her. "There is a great team here at YPG and the leaders above me are great to work with," she said.

In any career, something has to inspire a person to do well and be successful. For Randle, it's the people. "People inspire me. Seeing people grow and being able to have a positive impact on that growth is a great inspiration," she said. She believes people are here not to serve themselves, but to serve others. You cannot be successful unless you're serving others," she said.

She also credits her parents for inspiring her, as well as her faith. Randle points out that being kind to others is of utmost importance. "I learn something from everyone I come in contact with," she said. "A little bit here and there helps me to be a good person and treat people with respect and kindness."

In her spare time, Randle enjoys spending family time with her husband David, a retired Air Force Combat Controller and now a civilian Military Freefall Instructor, and her children, David, 13 and Skyler, 11.



Chrissy Randle says her new position at Garrison's Human Resources, is a "natural" fit for her and looks forward to making a positive impact on her team and others.
(Photo by Mark Schauer)

THE OUTPOST

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Reflections on the day I died (Exercise, Exercise)

By Teri Womack

I was shot and killed at approximately 8 a.m. on Wednesday, March 18, 2015, at Yuma Proving Ground. Thankfully I'm still alive to tell the tale.

The Public Affairs Office was informed of the active shooter exercise occurring that day well in advance because our participation was crucial. We were aware of the what, when, and where, and even the approximate time it would happen. I personally knew the exercise was coming, but walked right into the middle of it anyway.

Minutes before the exercise was to begin, I saw the man simulating an active shooter outside of our building getting ready. He was dressed in camouflage and held a gun in his hand. Although there was a red tip of the gun barrel alerting me to the fact that it wasn't real, it was still frightening.

I returned to the office and notified my colleagues that the simulated attack was imminent. I then turned my attention to the itinerary for the Yuma Visitor's Bureau tour I was to escort later that morning, mentally reviewing details that would ensure the tour ran smoothly. I figured I had enough time to go to the building located right next door to sign out the key for the Palm Garden Conference Center, an important tour stop. As it was handed to me, I made a comment that I had to hurry back to my office to avoid getting wrapped up in the exercise.

Preoccupied by thoughts of the tour, I opened the door to our building and saw a man running towards me dressed in camouflage clothing, shouting in a loud, threatening tone, pointing a gun right at me. I froze. Then he shot me.

I hurried to my office and passed a YPG employee working the exercise who looked at me and said, "You're

dead." (I can't repeat what I said when he told me that).

All the individual office doors were closed and locked, so I did the same. I knew I was supposedly dead, but on the off chance that I was only wounded, I wanted to give myself a fighting chance to survive. Behind my closed and locked door, I could hear the gunman in the hallway yelling and pounding on office doors. Even though I knew it wasn't real, it still felt isolating and scary to not have any awareness of what was happening on the other side of that door.

Later that night, thinking back on the event, I realized how easy it was for me to get immersed in the events of the day which led me to not pay attention to what was happening right now, in that moment, right in front of me. I also reflected upon my initial reaction. Instead of rushing out of the building when I spotted the threat, I ran

INTO the building toward my office. I can only hope that my subconscious was aware this was an exercise and that in real life, my survival instincts would kick in and I would react more intelligently.

Lucky for me, this was only a simulation that enabled me to reflect upon these events and the reason we have exercises. One day, it just may save my life.

As for not surviving the event, I referred to myself as "Dead Woman Walking" for the rest of the day. When I arrived at home, my first comment to my husband was "Talk about a bad day at work, I got shot and killed this morning."

In case you are wondering, getting killed during a simulated exercise does not in any way entitle you to simulated leave. I escorted the tour and completed a full day of work.

Lead and asbestos testing taking place

By Yolie Canales

For the next two to three years, nearly 175 buildings at Yuma Proving Ground will go through extensive testing for lead and asbestos. The sampling entails collecting a small portion of building material and sending it to a laboratory for analysis.

Carlos Hernandez, field manager for Eco & Associates, the contractor conducting the sampling, says the sampling will require little or no workforce disruption. "The only thing they will need from the building managers is coordination for access to the various buildings."

The sampling starts by wetting the area to be sampled (when needed) so that no dust is created. A small portion of the material is collected and stored in a sealable plastic bag prior to transportation to the laboratory. "The minimally destructive sampling is performed in a discreet area, and patched

if needed," said Hernandez. "In fact, sampling that may create a functional or cosmetic issue is first approved by the building manager or the sample is not collected at all."

The Environmental Protection Act requires that buildings are surveyed for asbestos and lead every five years throughout government agencies. Once sampling is completed and evaluated, the results are used for subsequent construction or renovation activities.

Project Engineer and Construction Officer Representative Ernesto Elias for the Yuma Project Office, said, "This type of sampling is a typical and periodic operation for buildings on other installations like YPG. We need to conduct the study to determine the levels of lead and asbestos in order for us to safely proceed with construction or renovation decisions."

He summed up the sampling effort with a simple message. "The main message to the workforce is that we need to get the contractor in to perform its sampling as efficiently as possible without any negative work interruptions." He summed up the sampling effort with a simple message.



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SAFETY CORNER

Living with venomous reptiles

Editor's Note: The increase of reported snake sightings is directly related to the increase in current temperatures. During the start of our Southwest Arizona high temperature season, snakes are extremely active. Young snakes will be seeking protection from predators and may be found in backyards, utility sheds and in buildings. As the temperature reaches its peak, all snakes will be seeking shade cover during the daylight hours. In general, it is normal to see an increase in reporting of snakes during this time of year. Please caution your staff and residents.

Most reptiles are harmless. Of the venomous reptiles of our region, only the rattlesnake is truly a safety concern around your home. The Gila Monster is a venomous lizard that rarely bites humans unless handled. The Sonoran Coralsnake is a small, shy snake usually less than 17 inches in length and not much bigger around than a pencil, - much smaller than the dangerous Coralsnakes of the southeastern US and tropical Mexico. Though venomous, the Sonoran Coralsnake has a very small head and mouth and is only prone to defending itself when handled. Most other snakes and lizards are also likely to bite in defense if handled but are considered non-venomous and therefore harmless to humans. Wild animals should never be handled; it puts the handler at risk and is extremely stressful to the animal.

RATTLESNAKES

There are fifteen species of rattlesnakes in our area. Those most often encountered are the Western Diamond-backed, Western, Mojave,

An encounter with a rattlesnake is a potentially dangerous situation; your knowledge about reptiles and how to avoid rattlesnakes could be invaluable.

Black-tailed, and Sidewinder. All of these snakes have rattles on their tails, and though many snakes vibrate their tails when nervous, only rattlesnakes can produce the characteristic buzzing noise so often heard in movies. In the warm deserts, rattlesnakes are most active from March through October. In the spring, they are active during daylight hours. As days become increasingly hot around early May, rattlesnakes become more active at night and spend the day in a spot of shade or a cool shelter. In addition to these periods of activity, rattlesnakes can be seen "basking" (lying out in the sun) during any month of the year.

Rattlesnakes do not dig their own holes: they utilize preexisting shelters. Shelter sites might be abandoned burrows of other animals, brush or woodpiles, rock crevices, or any tight place where a snake can feel safe. Rattlesnakes may have several shelter sites within the range of their hunting grounds, and sometimes they will sleep in the open. All snakes are carnivorous (they eat animals). Rattlesnakes are effective predators, eating rabbits, rodents, lizards, and birds. Snakes do not eat every day, and sometimes many months pass between meals.

Rattlesnakes are born alive, rather than hatching from eggs. At birth they are fully equipped with fangs and venom; miniature copies of their parents requiring no parental care. A baby rattlesnake is not born with a rattle on its tail; instead it has one little knob called a prebutton. Within days, the newborn sheds its skin, and as it grows, it generates a new segment of its rattle with each shed. The single button on a newborn's tail does not produce a sound when rattled, but in

about 3 weeks it will be fully capable of producing a warning rattle.

Newborn rattlesnakes are very small. They have no home territory and are low on the food chain (a lot of animals eat them). This makes for a very nervous little snake! In searching for something to eat and a place to live, newborn rattlesnakes turn up in the strangest places - swimming pools, potted plants, even in houses.

GILA MONSTERS

Because they are brightly colored, slow moving and rarely encountered, Gila Monsters can hardly be considered dangerous to humans. They are, however, capable of defending themselves with a surprisingly swift venomous bite.

The Gila Monster primarily inhabits the deserts and foothills of the Southwest, ranging from southern Sonora, Mexico, north through the deserts of Arizona, barely entering New Mexico, California, Nevada, and Utah.

The Gila Monster is the largest lizard in the United States, weighing up to 2 pounds and reaching a total length of 20 inches, including the large tail which is used for fat storage. They feed on animals that cannot easily escape, like newborn rodents, and on the eggs of reptiles and ground-nesting birds.

Gila Monsters spend most of their time underground. They emerge in the spring, their most active season, to search for food and mates. With the onset of hot weather in late May or early June, they return to underground burrows. During the rainy season of



late July and August, they become active again but are less frequently seen.

What to do if a venomous bite occurs:

- Remain calm and reassure the victim.
- Remove all jewelry, watches, etc. from affected area.
- Immobilize extremity and keep at level below the heart.
- Decrease total body activity as is feasible
- Move victim to medical facility without delay.

What NOT to do if a venomous bite occurs:

- Do NOT apply ice to bite area.
- Do NOT use incision of any kind.
- Do NOT use a constriction band or tourniquet.
- Do NOT administer alcohol or drugs.
- Do NOT use electric shock treatment.

Air Force tests howitzer fuze at YPG

By Mark Schauer

The C-130 Hercules cargo aircraft is a familiar sight at YPG, ferrying cargo and personnel for parachute tests.

Less familiar to the workforce, however, may be the AC-130, the C-130's awesomely-armed variant, which, among other weapons, boasts a 105mm howitzer fired in combat at ground targets by a two-person crew.

As with any howitzer round, fuzes are vitally important. They not only trigger the round's detonation, but also have safety features to prevent a shell from exploding while being handled prior to firing, or from detonating too soon. There are fuzes that can be set to detonate a shell at a preset time in flight, when it detects a certain distance from the ground or a structure, when it hits a target, or after it hits a target.



In this test, a fuzed round is shot through a specially constructed plate steel target. Air Force fuzes have thicker shells to protect their intricate internal workings during a pulverizing high speed impact with a hardened target. (Loaned photo)

YPG has decades of experience testing fuzes for the Army and Marine Corps, and in some special cases for the Air

Force as well.

"This is an Air Force fuze, but it is mechanically identical to one of the Army fuzes," said Steve Flores, artillery and mine branch chief. "The rounds for the Air Force are based on Army rounds, but there are some subtle differences."

Most important of these differences is the Air Force fuze's thicker shell, necessary both to keep it attached to the round and protect its intricate internal workings during a pulverizing high speed impact with a hardened target. Another key difference is the arm distance which has been increased to maintain a safe minimum functioning

distance from the aircraft.

"They're trying to bust a bunker or go through the concrete wall of a fortress," said Tyler Heagney, test officer. "These fuzes are a lot heavier and designed to take the brunt of the impact so the projectile itself can penetrate easily."

"It's amazing how a fuze even survives going through something like this, and then still functions," added Flores. "The fuze must survive, otherwise you're just punching a hole through the target."

Testers can't evaluate the performance of the fuze firing from an aircraft, thus it is done on the ground at YPG. Since the fuze is the item under evaluation, testers fire the rounds off of a 105mm gun tube mounted on an 8-inch howitzer's carriage to aid in the stability of the weapon platform. The stability of the carriage provides means a quicker and more efficient test, as re-aiming takes less time. The fuzed rounds are shot through specially constructed targets of both plate steel and reinforced concrete. The first shot in a series is done with a spotter round prior to firing the test fuzes.

"We don't want to waste our test rounds because we only have a finite amount of them," said Heagney.

The tests have a relatively small footprint, with the rounds fired at close

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A properly functioning fuze triggers an explosion only after the round has punched through the target. In this photo, the burst is beginning. (Loaned photo)

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MYSTERY

FROM PAGE 1

By 1952, meteorology had come a long way since the invention of the radiosonde in the 1920s and the advent of radar during World War II, but was still far less sophisticated than today. The first meteorological satellite, for example, was nearly a decade in the future from that long-ago spring day. It is unlikely that any of the enlisted men who witnessed the object had meteorology backgrounds prior to their time in the military. Likewise, on-post communication was far less integrated in the early days of Yuma Test Station. According to Heritage Center curator Bill Heidner, when the test station was re-opened in 1951, six different test activities reported back to separate home stations across the United States. They didn't share range space, and rarely discussed aspects of their respective test missions with one another.

Intriguingly, the truck-mounted MGR-1 'Honest John', the United States' first surface-to-surface nuclear-capable missile, was developed at Redstone Arsenal in 1951, and thus could theoretically have been

what the Soldiers saw. But Heidner says the system didn't come to Yuma for testing until 1958, the year after the Soviet Union proved it possessed intercontinental missile capability by launching Sputnik, the world's first artificial satellite.

"White Sands Missile Range was really busy in a post-Sputnik spasm, so some of the hiccups with Little John and Honest John were tested here," said Heidner. "It resulted in many upgrades like telemetry and cinetheodolites and a lot of range improvements. We didn't really have the instrumentation to accommodate missile testing prior to that: Yuma Test Station was mainly a tube-launched projectile kind of place."

So, what did the Met team Soldiers of 1952 see in the skies all those Aprils ago? Meteorites? Artillery shells? Missiles? Airplanes? Was it a case of bored Soldiers far from the frontlines of raging combat in Korea inventing a good story? Or a sighting of a high-performance spacecraft from beyond our planet piloted by intelligent beings?

Any of these are possible, but the last is certainly the least likely.

HOWITZER

FROM PAGE 5

range as high speed cameras track every moment of a round's flight, from firing to impact, with a properly functioning fuze triggering an explosion only after the round has punched through the target. Setting up the test's steel plate targets is less time consuming than the multi-layered plywood targets used for Army fuze tests, but efficiency is always pursued with safety foremost in mind.

"Above all else we want everyone to be safe and go home at the end of the day," said Heagney. "If it takes more time, that's fine."



A munition won't explode without a properly functioning fuze. The test fuze shown here has proven effective. (Loaned photo)



The fuzed rounds are shot through specially constructed targets of both plate steel and reinforced concrete. "They're trying to bust a bunker or go through the concrete wall of a fortress," said Tyler Heagney, test officer. "These fuzes are a lot heavier and designed to take the brunt of the impact so the projectile itself can penetrate easily." (Photo by Mark Schauer)

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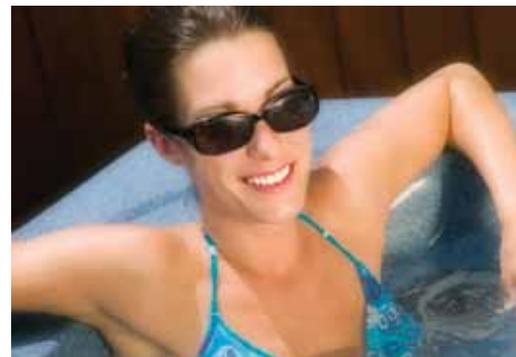
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Yuma students examine advanced careers at YPG

By Chuck Wullenjohn

Career success in today's world involves grit and determination, as in past decades, but many modern careers require education and skill achievements never before necessary. In an effort to expose Yuma's young people to careers in the technical fields of science, technology, engineering, and mathematics, local high school, college and elementary school students today made a five hour visit to U.S. Army Yuma Proving Ground.

A detailed proving ground tour took them to multiple work places to meet with technical workers in a variety of skill fields, from engineers and scientists to electricians and meteorologists. Students were able to see and touch a wide variety of things, from releasing weather balloons and sitting at the controls of helicopters,

to examining inert models of rockets and viewing video taken with multi-million dollar high speed cameras. They witnessed the scientific set-up of an Army mortar test project, from positioning data gathering equipment to preparing the weapon system (though no firing took place.)

"I love interacting with the community," said YPG Meteorologist Nicholas McColl as he supervised a group of students launching a weather balloon. "The kids are enjoying this, for we've focused on providing them hands-on opportunities."

"THE KIDS ARE ENJOYING THIS, FOR WE'VE FOCUSED ON PROVIDING THEM HANDS-ON OPPORTUNITIES."

About 4000 weather balloons are launched each year at the proving ground, making it one of the top weather balloon launch sites in the world. Proving ground personnel recently launched the huge total of 225 balloons in a single week. By comparison, the National Weather

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A group of students gather around a 120mm mortar at a proving ground firing position - a must-see attraction for just about everyone. A M119 howitzer and a M109A6 Abrams main battle tank stood nearby.



Col. Randy Murray, YPG commander, observes students trying out a parachute pack as Soldiers from YPG's Airborne Test Force describe careers in the field of air delivery.



Students enjoyed the opportunity of sitting in a OH-58D Kiowa helicopter as Abe Delgado, test officer, walks them through various cockpit controls.

STUDENTS

FROM PAGE 8



Particularly for young students, a highlight of the day was launching a weather balloon. Yuma Proving Ground meteorologists launch 4000 weather balloons each year, making it one of the busiest weather balloon launch sites in the world. (Photos by PAO Staff)

Service in Phoenix launches about 50 balloons per month.

McColl firmly believes in the value of working with young people, for the effort could directly impact someone's future. "By planting the seeds now, we're actually helping ourselves down the road. Today's activities might be the trigger that causes someone to formally enter the field of science, and maybe even work at Yuma Proving Ground."

A teacher from Yuma's Cibola High School, Steven Fritz, said the outstanding value of the event was the opportunity it gave students to view engineers at work in a wide variety of fields. "Being here to see the day-to-

day job of an engineer is fantastic," he said. "From A to Z, it felt like we saw it."

As Cibola High School student Austin Change shaded his eyes and watched a just-launched weather balloon climb into the sky, he said, "I never considered meteorology as a career possibility before, but it's interesting. Many doors are now open and seeing all of this has been invaluable."

The national defense mission of Yuma Proving Ground is to test weapon systems and munitions to ensure that they work reliably, without fail, all the time. The Army's busiest test organization, YPG testers apply

the scientific method each day of the year when conducting this workload, whether it be testing the reliability of an M1 Abrams main battle tank on a rugged road course, the reconnaissance capabilities of the newest unmanned aircraft or the development of new artillery projectiles more accurate than anything before. Between 60 and 100 test projects take place each day at the proving ground.

A young female student gets a 'hands-on' experience on how a land surveyor's equipment operates.



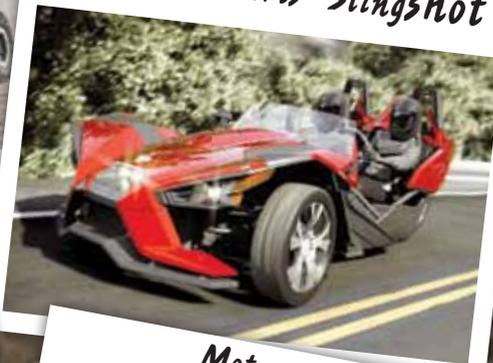
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April 2015: Alcohol Awareness Month

NCADD has chosen a theme designed to highlight the pervasive impact that alcohol, alcohol-related problems and alcoholism have on individuals, on families and children, in the workplace and in our communities:

NCADD Alcohol Awareness Month 2015, "For the Health of It: Early Education on Alcoholism and Addiction."

FAST FACTS: The Scope of the Problem

- 22.6 million people (9.2 percent of the U.S. population ages 12 and older) have an alcohol or drug problem. (National Survey on Drug Use and Health--NSDUH)
- 2.4 million adolescents have an alcohol or drug problem. (NSDUH)
- 50 percent of adults have a family member with alcoholism. (NSDUH)
- Approximately 1 in 4 children under 18, live in a family with alcoholism, and many more live in a family with drug addiction. (NSDUH)
- Alcoholism is the third leading lifestyle-related cause of death in the nation. (Centers for Disease Control and Prevention)

Alcoholism and drug dependence cost the nation over \$276 billion a year, resulting principally from lost productivity and increased health care spending. (NAAA)

Question: What is alcohol?

Answer: Alcohol that is consumed is ethyl alcohol (ethanol) and is produced by the fermentation of yeast, sugars and starches. Alcohol is a central nervous system depressant drug and ethanol is the intoxicating ingredient found in beer, wine, and liquor.

Question: What is a "standard drink" of alcohol?

Answer: A standard alcohol drink contains about 14 grams of pure alcohol (0.6 ounces):

- 12-ounces of beer or cooler
- 8-ounces of malt liquor
- 5-ounces of wine
- 1.5-ounces or "shot" of distilled spirits/liquor (e.g., rum, gin, vodka, or whiskey).

Note: These are approximate, as different brands and types of alcoholic beverages vary in their actual alcohol content.

Question: Isn't beer or wine safer to drink than liquor?

Answer: No. One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine, or 1.5-ounce shot of liquor. What matters is the amount of alcohol consumed, not the type of alcoholic drink.

Question: How does alcohol affect a person?

Answer: As a central nervous system depressant drug, alcohol is rapidly absorbed by the stomach and small intestine into the bloodstream, and then circulated to every organ in the body (including the brain).

Question: How does alcohol leave the body?

Answer: Once absorbed into the bloodstream, the kidneys eliminate

AWARENESS

FROM PAGE 10

5 percent of alcohol in the urine, the lungs exhale 5 percent of alcohol (detectable by breathalyzer) and the liver breaks down the remaining 90 percent of alcohol. Alcohol is broken down (metabolized) by the liver at the average rate of one standard drink per hour and nothing can speed this up, including drinking coffee.

Question: Why do people react differently to alcohol?

Answer: A variety of factors affect how people react to alcohol:

- Age, gender, race or ethnicity.
- Physical condition (weight, fitness level, etc.).
- Amount of food eaten before drinking alcohol.
- How quickly they drink the alcohol.
- Use of other drugs, legal (prescription medicines) or illegal (marijuana etc.)
- Family history of alcohol problems.

Question: What does "getting drunk" mean?

Answer: "Getting drunk" or becoming intoxicated results from drinking more alcohol than the body can break down, leaving the alcohol to circulate throughout the body. Alcohol intoxication can be harmful or risky for a variety of reasons:

- Impaired brain function resulting in poor judgment, reduced reaction time, loss of balance, coordination, motor skills, or slurred speech.
- Alcohol causes dilation of blood vessels producing a feeling of warmth but results in rapid loss of body heat.
- Increased risk of certain cancers, stroke, and liver diseases (e.g., cirrhosis).
- Damage to a developing fetus if consumed by a pregnant women.
- Increased risk of motor-vehicle traffic crashes, violence, and other injuries.

Question: How do I know if it's okay to drink alcohol or how much?

Answer: The Dietary Guidelines for Americans, published by the U.S. Department of Health and Human Services recommend that if you choose to drink alcohol, do not exceed 1 drink per day for women or 2 drinks per day for men.

According to the Dietary Guidelines, the following people should not drink alcohol:

- Children and adolescents under the age of 21.
- Individuals of any age who cannot limit their drinking.
- Women who are pregnant or may become pregnant.
- Individuals who plan to drive a car, operate machinery, or take part in other activities that require attention, skill, or coordination.
- Individuals taking prescription or over-the-counter medications that can interact with alcohol.
- Individuals with certain medical conditions.
- Persons recovering from alcoholism.

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Safety laws for children, pets, vehicles

Submitted by Paul J. Kilanski,
Family Advocacy Program
Manager

Many states now have safety laws against leaving children and pets unattended in a vehicle. Depending on the state and circumstances, the guilty can be issued a traffic ticket and fined, or, in extreme cases, charged with manslaughter and sentenced to a lengthy jail term.

Safety Laws Against Leaving a Child Unattended in a car since 1998, 529 children have died in the United States from hyperthermia (heat stroke) after being left inside unattended vehicles. These numbers have prompted 19 states to legislate or propose safety laws against this

neglect.

Law specifics vary with each state, but in most instances are geared towards kids six years old and younger (Kentucky's law protects kids eight and younger). The length of time a child can be left alone depends on state. Florida makes it illegal to leave a child inside a car unattended



Traffic Laws Against Leaving a Pet Unattended in a Car

It only takes a few minutes for an unattended car's interior to jump from comfortable to dangerous for dogs and cats. On especially hot and sunny days, cracked windows provide no relief,

for more than 15 minutes, while Tennessee's makes it a crime after five minutes.

Penalties are based on harm to the child. Michigan, for example, charges the following:

- No injury to child: A misdemeanor punishable by imprisonment for not more than 93 days and/or a fine of up to \$500.
- Serious physical harm to child: A felony punishable by imprisonment for not more than 10 years and/or a fine of up to \$5,000.
- Death of the child: A felony punishable by imprisonment for not more than 15 years and/or a fine of up to \$10,000.

Most state laws give authorities the legal right to use any means possible to free an unattended child deemed to be in danger.

causing unattended pets to die from heatstroke and suffocation.

The fact that this occurs all too often has spurred 14 states and many state jurisdictions to impose laws against leaving pets unattended in running or parked vehicles.

To learn about your state's laws regarding unattended pets in vehicles, you can:

- Check your state's vehicle code.
- Contact your local DMV.
- Contact any local law enforcement agency.

Take Action Against Safety Law Violations

Call 911 if you sense that a child or pet left unattended in a vehicle is in grave danger. Don't hesitate. Don't go in search of the car owner. Dial 911 and let authorities handle the situation.

Have you ever found a child or pet left unattended in a vehicle? How did you handle the situation?

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Why the color blue?

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

During the last several years, the blue ribbon has been widely recognized as a national symbol of child abuse awareness. This movement began in the spring of 1989 when a concerned grandmother, Bonnie Finney, of Norfolk, VA took a stand against child abuse after experiencing the death of her grandson. She tied a symbolic blue ribbon to her van as a signal to her community of her personal commitment to involve everyone in the battle to stop child abuse. Bonnie's own grandson, Michael Wayne "Bubba" Dickenson, was a tragic young victim and his death gave her the strength to encourage others to help in the fight against child abuse and neglect. The spirit of her blue ribbon grew and it inspired a statewide community based effort to join forces in this tragic battle.

In her own words: "It's been so long since I sat by Michael's side in the hospital. Of course I knew something was wrong as I sat there. I saw fear on his face, the bruises on his body, and the healing cigarette burns on his hands. His doctor did not believe my daughter's story..." he fell in

slippery water in "the bathtub"...I felt sick...I didn't understand...Are my granddaughters all right, was all I thought. Where are they? I had only one child. She was a beautiful little girl. She was the light of our eyes. We knew she had entered into a stormy marriage, for we brought her home several times in the five years the marriage lasted.

We suspected heavy use of drugs...BUT...in those five years, three beautiful, healthy children were born. I loved them dearly and they loved me. The children were 16 months, three years and four years old. After the ordeal at the hospital, my grandson was placed in a foster home for three weeks. He cried when they came to take him back to his mother. He told his foster mother, "my momma doesn't love me," and he begged to stay. I ached for his dilemma. I was not physically able to care for him. The courts seemed to believe that home was the best place for him...but I knew better and I told...no, begged them not to return him to his mother. But I was overruled. My instinct as a grandmother did not count.

I never saw Michael again. My 16 month old granddaughter was hospitalized after being beaten severely...her leg was broken in four places. and her hand burned

from the tip of her little fingers to her wrist. It was only then that the "search was on" for Michael.

We learned that he had been killed, wrapped in a sheet, stuffed in a tool box and dumped into a dismal swamp three months earlier. My grandchildren had suffered and battled so much throughout their young lives that it sickened me. My life was turned into physical and mental chaos. My efforts to understand became a plea to stop abusing children. I tied a blue ribbon on my van antenna to make people wonder. It caught on locally with restaurants, businesses, the police department and radio and television stations. They all started supporting me in my efforts to make a real awareness campaign.

Why the color blue? I never intend to forget the battered, bruised bodies of my grandchildren. Bruises are black then eventually turn blue. Therefore, blue serves as a constant reminder to me to fight for our children. Join with me...we must protect

our most precious gift of all... our children. Please wear a blue ribbon...put one on your car...give one to your friends...tell them what it means...you may be saving a child's life! If you suspect anything is happening to your children... your grandchildren...the child next door...PLEASE ACT! If you don't get any results or a response, please try again. You may not hear their screams...you may not see their bruises...so check for the pain and screams in their eyes.

Bonnie Finney, Norfolk, VA



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CHAPLAIN'S CORNER

Go out and Play

By Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. I hope you are enjoying springtime in Southwest Arizona. Say, have you heard the recent motivational pitch aimed at kids to “get out and play?”

The underlying thought is for kids to go outside and play for at least an hour per day to get and stay in good physical shape. It is hard for some of us to imagine that kids

need motivation to go out and play, but I guess they do. I also read a recent report that said for all (kids and adults) people it is best to workout/exercise with others rather than doing it alone. With these thoughts rolling around in my head, it caused me to think of staying active with friends and family.

Now, sometimes on a Saturday morning you want some “me” time. You are perfectly happy with watching television or the like. In fact, sometimes it is real easy to say “no” to any extracurricular activities. However, sometimes a little prodding from your

children, spouse or friends causes you to think twice about simply staying in.

For example, the other day my family and I went to Martinez Lake and rented two paddle boats. On the lake we spent time together, got some good “peddle power” exercise, and made memories. It was truly time well spent.

Staying active, and especially with others, really is a “win-win” proposition. You see, you get to be

“THEREFORE ENCOURAGE ONE ANOTHER AND BUILD EACH OTHER UP, JUST AS IN FACT YOU ARE DOING.”
1 THESSALONIANS 5:11.

active and fit and at the same time spend quality time with others, and time with others can be uplifting. It’s interesting that when we want to lay around the

house to recharge our batteries we typically don’t maximize our time and gain energy. Rather, try spending time with others which I believe will do much more to replenish your reserves. The Bible says, “Therefore encourage one another and build each other up, just as in fact you are doing.” 1 Thessalonians 5:11.

Yuma Proving Ground, let’s try encouraging each other in productive ways. Do enjoy the mild mornings and gentle evenings of spring. Finally, please don’t forget to go out and play with others. Have a blessed day!

VIEWPOINTS

By Mark Schauer

The silver screen permeates our society, inspiring many. We asked members of the workforce about their favorite movie.

John Devine

Weapons Operator:

The Man From Snowy River It is a western set in the 1880s with Kirk Douglas playing two brothers. It was filmed in Australia, and has a lot of good scenery and classical music in it. There is a great scene where the wild horses go over a cliff to escape being chased by riders, and the main character is the only one brave enough to follow. I’ve seen it 90 or 100 times.



Ariel Melchor

Test Officer:

Tombstone The one in the ‘90s with Kurt Russell and Val Kilmer. The experiences and attitudes aren’t what you would expect from an outlaw: it showed that they still have a heart. It really got to me how a lawman and an outlaw worked together like brothers.



Natalia Yesaulenka

Education Center Coordinator:

Erin Brockovich As the original movie poster said, “she brought a small town to its feet and a huge company to its knees.” This movie depicts a strong woman who never stopped believing. She displays a type of confidence that is inspiring to many women.



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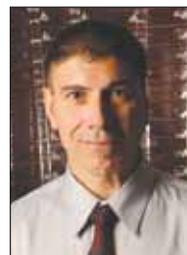
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