

Volunteers maintain crosses

By Yolie Canales

A group of young, compassionate and energetic girls were recently busy painting and applying names on new crosses to replace old, deteriorated ones on remembrance sites along Imperial Dam Road.

The wooden crosses memorialize three members of Yuma Proving Ground's workforce killed in automobile accidents between 1988 and 1995. These crosses are not official YPG memorials but were originally erected by families and friends after the accidents occurred.

Nearly 30 memorial/remembrance sites are located throughout Yuma Proving Ground, however, these three are easily viewable by the public. Over time, they deteriorated due to weather conditions. Thanks to the Girl Scout troop that volunteered to take this as one of its many projects, the crosses have been beautifully redone.

The old crosses were replaced with the newly refurbished ones by scouts

with the help of their parents. One of those was Lt. Kilipaki Harris of YPG's Directorate of Emergency Services.

"Harris, one of our outstanding parent volunteers, spent his personal time cutting wood and building the crosses for the girls to paint," said Juanita Saez, troop leader. "Although the troop funded all materials, which included wood, decorative rocks and artificial flowers, his work was critical."

Harris said working on this project was the least he could do in appreciation of past fallen individuals. "This is a small token of appreciation for the sacrifice they gave to our nation," he said. "I'm sure their families appreciate what the Girl Scout troop has done and know their loved ones are not forgotten."

Once the crosses were built, individual girls did the painting. "They spent two hours painting the crosses and applying names to them," said Saez. "Once they were ready to be installed, we gathered our tools and

SEE **CROSSES** page 2



(PHOTO BY YOLIE CANALES)

Two Girl Scouts remove a deteriorated cross and replace it with a new one.

Col. Young: Honor veterans with safe and responsible behavior /Page 2

Women and Safety: Tips on how not to be a victim /Page 5



YPG on the forefront of ground combat test advances /Page 8





(LOANED PHOTO)

Senator Lynn Pancrazi takes time out for a group photo with the Girl Scout Troop during her speaking engagement at YPG's Women's History Luncheon.

CROSSES

FROM PAGE 1

headed out. Two girls and a parent went to each location and removed the old crosses and replaced them with the new ones, along with beautiful white decorative rocks and artificial flowers. The girls were quiet proud of their work."

Saez said her troop consists of 23 scouts. The Girl Scout mission is to build girls of courage, confidence, and character, who will make the world a better place. "This is my second year as a leader," she said. "The troop takes on a variety of projects each year. In 2013 we focused on a variety of enriching activities such as stargazing, a 9/11 day of remembrance, solar cooking and renewable energy activities, a Hawaiian luau, and more. We have lots more planned for the new year."

Saez said Girl Scout membership allows girls to discover fun, friendship, and the power of working together. A wide variety of enriching experiences helps them grow courageous and strong, and develop values to guide their actions and provide the foundation for sound future decision-making, as well as, contribute to the improvement of society.

For the Holidays the Troop will be making



(PHOTO BY YOLIE CANALES)

As seen, the new crosses truly honor the deceased YPG individuals.

holiday cards for Soldiers through the American Red Cross. The Brownies and Juniors will learn about Amelia Earhart who became the first person to fly solo from Hawaii to California on January 11, 1935.

REPLY TO
ATTENTION OF

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15 October 2013

MEMORANDUM FOR ALL YPG PERSONNEL

SUBJECT: Veteran's Day Holiday Safety Message

1. On 11 November 2013, we will celebrate Veteran's Day, a national holiday first observed in 1926 as Armistice Day in recognition of the end of World War I. In 1954, in order that a grateful nation might pay appropriate homage of all Veterans, the name of the holiday was changed to Veterans Day. For 238 years, our Veterans have assured us freedom, democracy, and the life style we enjoy today. Veterans have epitomized our military's respect and economic influence of the entire world. It is the selfless service of Veterans that has defended America and assured the survival and success of liberty.

2. Many of us will be traveling over the long 4-day weekend; this will intensify the potential for accidents and injuries of our Service Members, Civilians, Contractors, and their Families. We must be cognizant of safety. Many may choose to do local traveling, and be involved in activities close to home, versus venturing out for a long weekend. I ask that you be safe. Plan your activities wisely, and don't take any unnecessary risks.

3. Every year, senseless injuries occur as the result of speeding, unsafe vehicles, and over indulgence in alcohol. Please remember to be well rested, buckle up, drive defensively, and of course don't drink and drive.

4. I challenge you to honor our Veterans with responsible and safe behavior. Please remember those we have lost, along with those who are serving and are awaiting their safe return home. Let's celebrate this holiday by also bringing all of our employees safely back to Yuma Proving Ground. Enjoy the Veterans Day holiday and thanks for all you do every day. Please remember, "MISSION FIRST, PEOPLE ALWAYS" and "NOBODY GETS HURT."

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REED F. YOUNG, Ph.D.
COL, LG
Commanding

THE OUTPOST

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Commissaries honor Vietnam veterans with special events

By Sallie Cauthers

During the Veterans Day holiday weekend, commissaries worldwide will honor all veterans, particularly those who served during the Vietnam War, with commemorative events, special sales promotions, giveaways and food demos.

The tribute to Vietnam-era veterans is linked to the introduction of the 50th Anniversary Vietnam War Commemoration Flag, said Rogers E. Campbell, DeCA's executive director of Sales, Marketing and Policy.

"The flag recognizes the service, valor and sacrifice of our military members who made it possible for America to remain strong and safe as a defender of democracy worldwide," Campbell said. "We hope that every time a Vietnam War veteran and their family sees this flag, they will know that a grateful nation remembers, thanks and honors them."

In addition to commemorative events in the stores, commissary customers will find discounts on name-brand items thanks to special promotions that run from Oct. 24 to Nov. 13. Throughout this promotional period, DeCA's industry partners –

vendors, suppliers and brokers – are collaborating with commissaries to offer discounts beyond everyday savings.

Companies participating in this super sale include: Lipton, Bertolli, Hellman's, Breyers, Dove, AXE, Country Crock, Kraft Foods, Healthy Choice Frozen Foods, Marie Callenders, Hunts, Gatorade, Quaker Oats, Tropicana, Aunt Jemima, Smuckers', Martha White, Kellogg's, General Mills, Mid-Valley Produce, Ocean Spray, Hormel, Campbell Soup and Del Monte.

"It is with great honor that your local commissary serves our nation's veterans with dignity and gratitude for everything they have done to keep our country safe," Campbell said. "We cannot thank the Vietnam War veterans and all war veterans enough for what they have done for our country, our Constitution and our families."

Customers are asked to check their local commissary for dates and times for the commemorative events and for the specific sales events offered at their store.



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YPG infrastructure maintained during partial shutdown

By Chuck Wullenjohn

Yuma Proving Ground's mission of testing weapon systems and munitions for America's armed forces came to a halt October 1st when federal government operations partially shut down. Nearly 2,000 people went home to await the call to return.

When the shutdown came to an end and the majority of YPG's government civilian and contractor employees were back at work, 91 test programs were actively taking place by the third week of the month. These tests were in a variety of areas ranging from unmanned aircraft and armored vehicles to the firing of artillery

pieces.

One area of YPG that never fully shut down, however, were operations provided by Garrison Yuma Proving Ground. Garrison personnel provide vital year-round services such as public work services to the some 600 people who live at the proving ground, as well as basic functions like YPG security and the fire department.

According to Garrison Manager Rick Martin, the duties performed by the people in YPG's garrison are similar to those provided in any town or city. "I do the same sort of things that any city administrator or manager does, such as maintaining public works and emergency services,



(PHOTOS BY MARK SCHAUER)

Anne Ruby reads a story to three year old children at the Child Development Center (CDC). The CDC was one of the facilities that remained open for business during the recent shutdown.

plus other duties such as providing religious programs, providing base security and operating child care centers and food facilities."

The mission of YPG's garrison is twofold – (1) support the families who call the proving ground home and (2) provide infrastructure and a variety of services to support the proving ground's test mission. Over 300 government civilians and contractors perform garrison functions throughout the year. Many were furloughed during the partial government shutdown but a large number remained.

Yuma Proving Ground spreads over 1300 square miles, one of the largest military installations in the nation, with hundreds of miles of paved and unpaved roads, nearly 1000 buildings and structures, and hundreds of miles of power lines. One of the major challenges faced by Martin's public works crews is to get things up and running again quickly when storms strike. And 2013 presented a number of storm challenges, with YPG clobbered several times, particularly

the northern portion of the test range.

"We know YPG will be hit by storms each year, but I've heard some people say this year featured the 'storms of the century,' he said. "Some of our range facilities lost power for up to a full week due to dozens of poles knocked down and power substations going down." Repair crews responded both to restore electrical power and clear roads. Additional funding to restore the extensive damage was provided by the Department of the Army.

A fundamental mission of U.S. Army Garrison Yuma Proving Ground is to take care of people. Martin's organization provides facilities and a level of services to those residing at the proving ground that afford them a quality of life commensurate with the quality of their service.

As an essential national defense resource, garrison personnel perform a vital role in making sure Yuma Proving Ground's infrastructure remains up to snuff and ready to go, come rain or shine.



Myra Hamilton supervises children at the CDC during a daily outing for two year olds.

Women and Safety

Submitted by Paul J. Kilanski, Sexual Assault Response Coordinator

You can help protect yourself from violent crimes. The best protection is prevention. An attack, however, can happen despite your best efforts to prevent it. But, you can learn how best to respond during and after an attack.

There are a lot of things you can do to reduce your risks of being attacked. Stay out of isolated areas. Avoid little-used stairwells, parking lots and roads. Don't get into an empty elevator with a stranger. Trust your instincts. If you sense trouble, get away as soon as possible. Walk at a steady pace with your head up. Show confidence. Avoid carrying lots of packages; it can make you look defenseless. Practice street smarts. Plan the safest route before you leave. Dress comfortably so you can move quickly if you have to.

Don't wear headphones. It is important to stay alert! Vary your jogging or biking route and bring a friend with you. If you feel you are being followed, change course and head toward other people. Stand back from the car when giving motorist directions.

Always pay attention to your surroundings and the people in them.

To help protect yourself and have a safe trip every time, always park in a well lit spot close to your destination. Never park next to a van. It's easy for attackers to hide inside.

When returning to your vehicle, have your keys out. From a distance, check underneath your car. Check your back seat before getting in. Keep doors and windows locked. Be sure you have plenty of fuel. Keep your car in good repair so it is less likely to break down. Don't hitchhike or pick up hitchhikers.

When using public transportation, wait at busy, well-lit stops. Sit close to the driver or conductor. Speak loudly or yell if you feel threatened. For extra security, carry a cell phone or take a self-defense course.

Be safe at home. Keep doors and



windows locked. Use deadbolt locks on outside entrances. Never hide keys outside your home. Keep at least one inside light on while you are away. Keep outside entrances well lit. Get to know your neighbors.

Be wary of strangers. Install a peephole in your front door—and use it. Ask to see the ID of any repair or delivery person before opening your door. Call the company to verify, if you weren't expecting anyone. Never let a stranger into your home, and never let him or her know you're alone. If someone wants to use your phone, offer to make the call for them. If you think someone is in your home, don't go in! Call the police from a nearby phone.

Use caution on dates and in relationships. Beware of alcohol or other drugs. They affect judgment. Watch how much your date uses them too. Don't leave your drink alone. And don't drink anything you didn't get, open or pour yourself. "Date rape drugs" mixed in drinks can leave you at risk. Make your sexual limits firm and clear. Be independent!

Don't let your date make all

the decisions. Provide your own transportation. Avoid secluded places.

Know the warning signs of abuse. Watch the behavior and attitudes in your date, partner or friend that signal trouble. Do they show a lack of respect for your feelings and ideas?

Do they want to make all your decisions? Do they frequently display anger, mistrust or jealousy? Do they misuse alcohol or use other drugs?

If an attack occurs, only you can decide how to respond. No one strategy will work every time but always size up the situation first. Some options are to scream for help or yell "Fire!" You can run away or fight back. If you think resisting would put you in more danger, cooperate. Remember that your survival is most important—do whatever you think is best. Whatever you choose to do, do it quickly. Never feel guilty about how

you did or did not respond.

If you've been attacked or raped get to a safe place. Contact a friend, relative or the local rape crisis center. Go to the hospital. Don't shower, brush your teeth, douche, comb or clean any part of your body, or change your clothes. This might destroy medical evidence. Ask about treatment to help prevent pregnancy or STDs (sexually transmitted diseases).

Report the attack to the police. If you have concerns, get information and support first—from a rape crisis center for example. See a counselor or call a rape hotline such as the Rape, Abuse and Incest National Network at 1-800-656-4673.

Remember—an attack is never your fault! Don't blame yourself.

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Domestic Violence Awareness Month

October has been designated as Domestic Violence Awareness Month. In keeping with that theme, the Family Advocacy Program at Army Community Service is promoting Domestic Violence prevention to the Yuma Proving Ground Family. In addition to classes on Domestic Violence Awareness, Stress Management and Anger Management, displays of both promotional and educational materials are set up at various facilities at YPG. Books and pamphlets providing information in such areas as stress management, anger management, parenting, relationships, depression and numerous other topics are offered free of charge to members of the YPG workforce. For more information on available materials and classes, please contact Paul Kilanski, FAP Specialist at 328-3224.

VIEWPOINTS

Dressing up for Halloween is fun for all ages! We asked members of the workforce about the last Halloween they dressed in a costume.



Charles Frost
Test Officer

I was Mr. T for Halloween last year. I cut the sleeves off of an old corduroy shirt and bought chains at Lowe's, then spray-painted them gold. I was going for the full-fledged Mr. T look, and had a fake beard and Mohawk, too. I watched "The A-Team" growing up, so it was fun.



Malia Paloian
Test Officer

When I was going to NAU, I dressed up as Carmen Sandiego. I found a red leather jacket at Ross for \$5 and thought it would be perfect for a Halloween party.



Scott Hill
Weapons Operator

The last time I remember dressing up was when I was in 5th grade, and I was a pirate. I took my kids trick-or-treating every year when they were young, and now, I take my grandkids, and like watching them as they go through all their goodies.



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FDA: Stop using OxyElite Pro

Please take the time to read through the entire message below from the Surgeon General and inform your family members of the warning.

As you may be aware, the Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) published guidance last week for the public to stop using any dietary supplement labeled as OxyElite Pro. This was done in response to over two dozen cases of acute hepatitis in Hawaii that are linked with this product since April of this year.

We have posted this warning to the Army Public Health Command's website, Facebook page, Twitter feed and provided it to the ACOM Surgeons. We're currently working with the Navy, Air Force and DOD to implement a broader warning as our Soldiers may not have seen these warnings.

We will also be participating in an investigation with the CDC, FDA and Hawaii Department of Health and

other Services on the acute hepatitis and liver failure of individuals who may have taken OxyElite Pro.

As a precaution, the DOD has ordered the removal of any OxyElite Pro products from bases, typically the GNC concessions.

We have not identified any Soldiers or Army family members who may have been injured by this product to date, but continue to evaluate health outcome data. There have been two anecdotal reports (one USAF and one USMC) of Service Members who suffered acute hepatitis linked with this product.

Soldiers and their families who have been using this product should stop immediately. If they believe they have been harmed by the use of this product they should contact their health care provider.

FDA Guidance: <http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm370857.htm>

Next Outpost deadline is noon
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YPG on the forefront of ground combat test advances

by Mark Schauer

On any given day, scores of tests of military equipment vital to the success of American Soldiers take place at U.S. Army Yuma Proving Ground to ensure quality and reliability. In testing the latest in smart weapons and smart vehicles, YPG has constantly improved its state-of-the-art tools for collecting vital performance data.

In the 1970s, YPG testers utilized then-state of the art laser trackers coupled with room-sized computers and specialized software engineered at the proving ground to test global positioning technology, a groundbreaking advance taken for granted in today's world, where the use of GPS technology is common. Nowadays, YPG test engineers use much more sophisticated optical tracking and telemetry systems to gather hundreds of different types of data in real time while engineers view a projectile or parachute in flight on television screens in mission control rooms many miles away from the item under test.

"Probably the most significant improvements in artillery testing are represented by the smaller, more portable radars and projectile trackers we use today as well as our data integration and analysis systems," said Julio Dominguez, YPG technical director. "They are much more capable

In the world of automotive testing, evaluators collect hundreds of different data channels using the Advanced Distributed Modular Acquisition System (ADMAS), small, lightweight, modular instrumentation suites that are being further miniaturized. YPG automotive testers have also begun using an in-vehicle robot that can control steering, braking, and acceleration remotely from a Windows-equipped laptop computer.

(PHOTO BY MARK SCHAUER)



(LOANED PHOTO)

YPG test engineers use sophisticated optical tracking and telemetry systems to gather hundreds of different types of data in real time while engineers view a projectile or parachute in flight on television screens in mission control rooms many miles away from the item under test.

than those we had as recently as a decade ago."

One artillery test in the 1970s utilized 57 film cameras set up at different points along the projectile's projected path of flight. The then state of the art cameras shot 250 frames per second and used expensive rolls of film. While the typical test utilized fewer cameras, the film cameras continued in use into the 1990s.

"When I started working here, if you wanted to photograph a projectile as it exited the muzzle flash, you had to match your film speed to the speed of the projectile," recalled Dominguez. "You'd fire a round and get the velocity, then set the camera speed to that velocity. The silver-based film with quick exposure gave you a snapshot, so hopefully nothing worth photographing occurred before or after the smear image was

taken. And the film had to be developed first, which made the process even more cumbersome. Today's projectile trackers give you instant, high-quality images"

Today's trajectory trackers allow you to follow the projectile with a rapidly turning mirrors which project the image to a stationary camera.

"We tell it how far away and at what angle it is from the gun," said Paul Sears, equipment specialist in YPG's Optics Division. "You can't lose track. It's constantly updating itself through the flight." The ability to review a guided artillery round in flight in thousandths of a second is crucial to ensure stabilizing fins and other crucial components of a projectile are working as they should.

The latest incarnation of the Flight Follower, called Trajectory Tracker II, costs half as much as the original Flight

Follower, and can shoot 14,000 frames per second at full resolution. It can capture 30,000 frames per second at the reduced vertical resolution commonly used by testers.

YPG testers hope to have an infrared laser illuminator in use later this year, an upgrade that would allow for the same impressive capture of a round in flight even in nighttime test fires.

"We won't have to depend on sunlight to light a bullet," said Sears. "We can shoot after dark if we need to."

Sears adds that this feature can probably be added to the existing Trajectory Tracker.

Examining projectiles is only half of the artillery-testing world, however. YPG scrutinizes artillery systems and mortar tubes after putting them through

see **ADVANCES** page 13

und combat test advances



(LOANED PHOTO)

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see **ADVANCES** page 13



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Spanking—Even the experts can't agree

Submitted by Paul J. Kilanski, Family Advocacy Program Manager

Hitting children in America as a child-rearing practice is deeply rooted in our historical, cultural and personal past. But, spanking doesn't stop misbehavior. If it worked, we'd only have to spank our children one time.

There are other forms of punishment besides spanking. Punishment, when used with rewards for good behavior, is effective and necessary when teaching right from wrong.

Violence teaches violence! Call it spanking, slapping, beating or whatever, an act of violence by a parent will teach children to practice the same behavior. Spanking causes children to become a victim. A

child who has been victimized develops a perception of himself as someone who "deserves" pain and suffering.

Instead of spanking, use positive ways of discipline. For example:

Loss of privilege: Homework not done? No TV.

Restitution: You got it dirty-you clean it up.

Being grounded: If you don't check in with your parents- you must stay home.

Parental disappointment: That behavior makes me feel disappointed in you.

Time out: If you can't get along with others, you have to stay by yourself for awhile.

SAFETY CORNER

Ten easy ways to reduce workplace injuries

Submitted by Safety Office

Increasingly, computer-related health injuries are a leading cause of workplace occupational hazards. Computer usage is common by a substantial part of the working environment all over the world.

There are ways to reduce computer-related health trauma, by observing safety measures to counter injuries caused by the office environment. Occupational safety measures recommend healthy use of computers so as to lessen the negative impact on human health.

Safety professionals are now advocating precautions in the use of computers that have become virtual standalone offices. Health problems caused by exposure to computers occur through cumulative trauma disorders connected with prolonged interaction on machines.

Common fatigue may be more than just physical stress. Stay on guard if symptoms persist after a night of rest or interfere significantly with work-related activities. If the problem is indeed work-related then you need to look for ways to adjust to your work environment and work towards alleviating workplace health problems.

Here are 10 easy steps to do ensure a healthy work environment:

1. Counter the effect of carpal tunnel syndrome of the wrist and hand by relieving yourself of the mouse and keyboard from time to time. Take breaks to let your fingers relax and enjoy hand rubs in between.

2. You need to adjust the location of work and the angle of the machine in such a way that your body continuously maintains an unstrained

and comfortable position. Your arms, forearms and shoulders should be fully relaxed.

3. More often it is the continuous exposure to the computer monitor that may be the cause of eyestrain. In this case, you should always have a quality glare filter fixed on your monitor screen.

4. Work with a light screen background (dark type or images on white or pale background). You'll find it is easier on your eyes.

5. Place the monitor and source documents so that they are about the same distance from your eyes. Use a document holder immediately next to the monitor.

6. Rest the muscles of your eyes by focusing on a distant object occasionally.

7. Change your body position periodically throughout the day.

8. The position of the keyboard should be at a proper level in front of you. It is important to ensure proper elbow height that enables you to type with straight wrists.

9. Its important to be completely relaxed while working on the computer. Injuries and pain can be a problem if you remain constantly tensed as that affects the muscles of the neck and shoulders.

10. A good chair significantly reduces the risk of lower back pain or injury. An ergonomic chair provides comfortable lumbar support and allows for a variety of seated postures.

Please contact the YPG Safety Office for more information.

Remember: "NOBODY GETS HURT."



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City of Yuma gives assistance to YPG's water testing

Submitted by Kim Maloney, Program Manager, North Wind Resource Consulting

The Environmental Protection Agency (EPA) has established National Primary Drinking Water Regulations (NPDWRs or primary standards) to protect public health by limiting the levels of contaminants in drinking water.

These standards apply to public water systems and are legally enforceable by the EPA and the State of Arizona.

There are three public water systems that serve the YPG work force and residents.

These water systems are located in the Main Administrative Area, Yuma Test Center, and Kofa Firing Range. YPG monitors these systems for regulated contaminants on a regulated schedule

and is required to monitor for Total Coliform on a monthly basis.

Coliforms are bacteria that are naturally present in the environment and Not a health threat in itself, but is used as an indicator that other, potentially harmful, bacteria may be present.

Samples are typically collected and analyzed by the YPG Materials Analysis Laboratory contractor (Amaratek); however, without a continuing resolution from Congress YPG is currently without contract lab services to collect and analyze the required samples.

To overcome this problem the, the DPW Environmental Sciences Division contacted Jay Simonton, Director of the City of Yuma Utilities Department for lab



(PHOTO BY TERI WOMACK)

Leah Dennis, City of Yuma lab technician, performs required microbiological water sampling at the ROC Cafeteria.

assistance. The city lab is certified to perform the microbiological testing. Simonton asked Betsey Boeman, City of Yuma Laboratory Director, to help YPG out during the CR issue and she kindly arranged for two city lab technicians (Ranell Caiuzzio and Leah Dennis) to travel to YPG and perform the required microbiological sampling.

Staff from North Wind Resource Consulting, YPG's onsite environmental

support services contractor escorted the technicians to 10 locations throughout Yuma Proving Ground to collect microbiological samples. This is the first time that YPG has needed to call for assistance from an outside non-federal agency to assist with drinking water sampling. Once the continuing resolution passes, Amaratek, YPG's local lab contractor, will again mobilize and perform the required testing.

—CHAPLAIN'S CORNER—

Don't Neglect Your Faith

Submitted by Chaplain (Maj.) Douglas Thomison

When examining ones overall wellbeing, it has been recommended that people look at their mental, physical and spiritual health. With the onset of Comprehensive Soldier Fitness the Army has added the areas of family and social. In a military environment we have some good checks and balances in place in enhancing and maintaining these five (mind, body, spirit, family, social) areas. The one that is closest to my heart is spiritual. However, I often believe it gets neglected. Think of this following story.

It was discovered that a St. Louis, Mo., hospital firefighting sprinkler system, which had been relied on for the last 35 years for the safety of its patients in case of fire, had never been connected with the city's main water main. The pipe that led from the firefighting system extended four feet underground and

stopped there, going nowhere. Once this was discovered, work was immediately conducted in connecting the hospital's system to the city water pipes.

In a similar way there are many who stay disconnected or loosely connected to God. In other words, their faith is being neglected. Many people indeed stay disconnected from their spiritual source. The irony is, as with the St. Louis hospital, that the connection is always close at hand, it must simply be made.

To have and maintain a healthy life we need balance. We need to incorporate mind, body, spirit, family and social awareness and balance into our life journey. Today, think about your personal faith and your overall spiritual wellbeing. You may want to consider attending a place of worship or opportunities for spiritual enhancement. Do seek a balanced life, and do not neglect your faith. Have a blessed day!



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LOANED PHOTOS

The ability to review a guided artillery or mortar round in flight in thousandths of a second is crucial to ensure stabilizing fins and other crucial components of a projectile are working as they should. From left, high speed photographer Randy Smith and equipment specialist Paul Sears listen as YPG Technical Director Julio Dominguez discusses the flight follower range camera. The latest incarnation of the Flight Follower, called Trajectory Tracker II, can shoot 14,000 frames per second at full resolution and 30,000 frames per second at the reduced resolution commonly used by testers. YPG testers hope to have an infrared laser illuminator in use later this year, an upgrade that would allow for the same impressive capture of a round in flight even in nighttime test fires.

ADVANCES

FROM PAGE 9

punishing firing cycles by using the largest laser bore mapping system in the nation, which produces three dimension models of a tube and its potential imperfections down to the thousandths of an inch.

Gathering, reducing, and modeling this data would not be possible without a robust fiber optic system across YPG's vast ranges.

"Another big advancement is the computing power we bring to bear now," said Dominguez. "There are hundreds of channels we can monitor with all kinds of parameters. When I was a project engineer years ago, collecting 50 channels of data took herculean effort."

The instrumentation used to collect these data channels is constantly improving. In the world of automotive testing, evaluators use the Advanced Distributed Modular Acquisition System (ADMAS), which was developed by the Aberdeen Test Center. ADMAS are small, lightweight,

modular instrumentation suites that are being further miniaturized. Whereas the Magma ADMAS is slightly bigger than the size of a large shoe box, the GiG variant is slimmer than the average reference book. Two other variants, called Macro and Micro, are currently in development and promise to deliver even more data collecting power in smaller packages.

This year, YPG automotive testers began using an in-vehicle robot that can control steering, braking, and acceleration remotely from a Windows-equipped laptop computer. Though sometimes used with a human driver at the ready to take the controls of the vehicle, the in-vehicle robot conducts standard performance tests like lane change and steady state cornering studies with controlled precision that can be duplicated repeatedly. This system is also handy for tests gathering data for the probable addition of the Electronic Stability Control currently standard on all new passenger vehicles in the United States to military vehicles, which need to operate under far more severe conditions than the average civilian vehicle.

"We're doing a great deal of testing to ensure Electronic Stability Control doesn't interfere with a normal off-road situation," said Danny Smalley, test engineer. "When you're operating on side slopes, a system could inadvertently add to an instability."

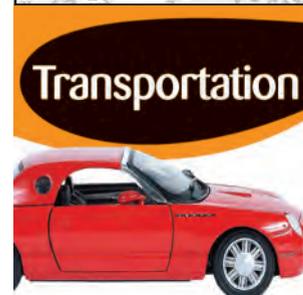
YPG counts on high technology to obtain and quantify current conditions on its natural environment ranges, profiling the proving ground's more than 200 miles of rugged automotive test courses on a monthly basis using the Terrain Severity Measurement System --five lasers attached to the front bumper of a Humvee.

YPG Commander Col. Reed Young is determined to see that YPG remains on the cutting edge of technology and test science far into the future.

"It could be instrumentation, algorithms, test methodologies and procedures, or how you construct evaluation for testing," he said. "We want to use our scientific and technological wherewithal to address future test challenges proactively instead of waiting for a high-priority system to arrive and grapple with it then."

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Flu is a **serious contagious** disease that can lead to **hospitalization** and even **death**.

Flu-like symptoms include:

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches

- headache
- chills
- fatigue

Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

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.



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