

THE OUTPOST

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Published for the employees and families of Yuma Proving Ground, Yuma Test Center, U.S. Army Garrison – Yuma, Cold Regions Test Center and Tropic Regions Test Center

COL Murray's Christmas Message

The months have passed by quickly since I assumed command of U.S. Army Yuma Proving Ground last June. This time has been personally rewarding and I know 2015 will be even better.

As the year comes to an end, my family and I wish every member of the YPG team a safe and happy holiday season. As the Army's busiest test organization, we have done our job well and will undoubtedly continue to excel next year.

This is a busy time of year and I urge you to be safe in all you do. Please don't drink and drive. Get appropriate rest during long trips, and remember to think "safety" during any holiday activity.

My wife, Deborah, and my sons, Jonathon and Michael, join with me in wishing all of you a happy holiday season. Thank you for a wonderful year and I look forward to seeing you all back in 2015.

Lots going on in December

By Chuck Wullenjohn

December is a busy month at Yuma Proving Ground for a number of reasons. Though testing slows during the Christmas-New Years Day period, the winter schedule always seems to keep the workforce busy.

An important thing to realize about YPG is that, even though the proving ground is the Army's center of excellence for testing equipment and munitions in extreme hot weather, a great deal of the testing workload is directed here because of YPG's facilities, ranges and excellent reputation. YPG's testers are busy conducting test projects throughout the year – not just during the hot weather months.

The test workload varies each week, but typically numbers 80 to

90 individual tests. Most don't make headlines and others are sensitive for one reason or another. Some test projects, however, are more public in nature. One event that occurred Dec. 4, occurred partly due to critical testing that took place at YPG for a particularly interesting customer; NASA.

Early this month, NASA conducted its first launch of a new spacecraft developed with the goal of flying astronauts into deep space, including missions to an asteroid and, eventually, Mars. The launch saw an uncrewed Orion space capsule soar 3,600 miles into space after its launch from Cape Canaveral, Florida.

What does this have to do with YPG? Numerous tests of the parachutes deployed during the final descent of the spacecraft took place

at the proving ground for many years, the last occurring this past August. These parachutes slow the Orion capsule flying at over 20,000 miles per hour when it enters the upper levels of the atmosphere to a speed of 17 miles per hour when it achieves a water landing. Numerous "failure" scenarios were studied during this time, with many replicated in detail during test drops. When last week's mission took place, a YPG meteorologist was even on board the ocean vessel that recovered the capsule.

The Christmas season has begun and the end of the year will arrive before we know it. Since this past Sunday was Dec. 7, however, it behooves us to remember the importance of this date. President Franklin Roosevelt said it is a day "that will live in infamy," for on

that date Japanese forces attacked American ground and naval forces at Pearl Harbor, killing well over 2000 military personnel and destroying much of the Pacific fleet.

What took place was a tragic shock to all Americans. We also need, however, to remember other United States military personnel located at installations throughout the Pacific who also underwent Japanese attacks that day. These included forces at Wake Island, Guam and in the Philippines. British forces were attacked in Singapore and Hong Kong, as well as, Dutch forces in Java. Many individuals became casualties during these well-orchestrated air onslaughts.

Many Americans who were around on Dec. 7, 1941, remember with

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NASA launches spacecraft with YPG-tested parachutes



PHOTO BY CHUCK WULLENJOHN

About 150 people gathered at Yuma International Airport on Dec. 4, to witness on video monitor the first launch of NASA's Orion Space Capsule. Though weather concerns delayed the launch, attendees were treated to hands-on exhibits by both NASA and Yuma Proving Ground, which extensively tested the sophisticated parachutes that will safely return the Orion capsule to Earth. Here, YPG meteorology Chief Nickolas McCall, shows a spectator a radiosonde used by the MET team to gather weather conditions in the upper atmosphere.

THE OUTPOST

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From The ATEC G-1

Director's Office Retirement (Part 1 of 3)

Issue 15-02
20 October 2014

Retirement is an important and individualized topic. If you have a specific question or concern, you should contact the Army Benefit Center – Civilian (ABC-C) for advice and assistance. The following information may be of interest to those considering retirement:

(1) Request a retirement estimate! If you are within five years of retirement eligibility, you may request an estimate from the ABC-C. Your estimate will allow you to determine if all of your service

is in your Official Personnel Folder, if all your service is creditable for retirement, or if you need to make deposits for periods of service. You will also see how reductions and deductions will impact your annuity. This is ONLY an estimate; the Office of Personnel Management (OPM) is the final adjudicator of your annuity.

(2) For CSRS employees, your annuity will begin to accrue the day following your retirement if you retire on the first, second, third, or last day of the month. For FERS employees, you annuity will begin to accrue the day following your retirement if you retire on the last day of a month. If you retire on any other date, your annuity will not

begin to accrue until the following month. (The date on your retirement application for "Date of Final Separation" is the day you retire, which is your last working day as a Federal employee.)

(3) Ensure all documentation to support relevant periods of service is included with your retirement application. This includes all DD214s for military service (must show actual dates for all service) and statements of deposit payments for both military and civilian service. Military deposits must be paid in full prior to retirement.

(4) The address which shows on your retirement application is where you will receive all correspondence from OPM.

(5) Your annuity payments will be deposited into the bank account you list on your retirement application. If you plan to change banks with your retirement, you should put the new direct deposit information on your retirement application.

(6) All allotments currently coming out of your pay will cease upon retirement.

Links: ABC-C: <https://www.abc.army.mil/>

myPay: <https://mypay.dfas.mil/mypay.aspx>

Judy Tredway
G-1, Human Resources Director

Dining facility satisfies demanding winter appetites

By Chuck Wullenjohn

Tucked away in the Cold Regions Test Center's (CRTC) Bolio Lake Test Complex is a small dining facility that operates about six months each year, the Army Test and Evaluation Command's only such facility. Though it is small, the facility performs a big role in supporting test operations conducted amid the coldest conditions in the continental United States, with temperatures that routinely dip below minus 40 degrees. Wind chills of minus 100 -- 132 degrees below freezing are frequent occurrences.

"When you talk about winter weather at CRTC, you're not talking about 'chilly,'" explained Toni Johnson, who manages the dining facility, with a smile.

CRTC testing takes place amid some of the most formidable weather conditions imaginable. The extreme cold crystallizes water in mid-air, almost instantaneously solidifies hot

coffee and freezes rubber tires to the ground. Engine lubricants thicken and turn to jelly. The properties of rubbers, plastics and many other compounds change. Thermos bottles aren't much good, for if not wrapped in warmth or stored indoors, the owner will be lucky if liquids stay hot for one hour.

CRTC testing means extreme cold weather testing, and CRTC test crews spend many hours downrange each day, sometimes hours away from a hot meal. Additionally, Soldiers are frequently brought in to support testing and the Bolio Test Complex contains 74 billets. CRTC's dining facility focuses on serving the many test and training customers.

"If a test doesn't allow the crew to come to the dining facility, we deliver hot food to them," said Johnson, who explained the dining facility maintains specialized equipment that keeps food hot. "We

SEE **APPETITES** page 4

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(PHOTO BY CHUCK WULLENJOHN)

Toni Johnson conducts an inventory of the kitchen equipment and supplies at the Bolio Lake Test Complex dining facility which operates six months each year.

APPETITES

FROM PAGE 3

deliver hot coffee, soup and pastry to test sites each morning and will do so again in the afternoon if needed.”

Cold weather activities require that humans take in twice the normal quantity of calories, plus, more carbohydrates. Also, the human brain seems to slow down after hours in extreme cold and hot food serves to alleviate it.

Four cooks are employed at the facility, one a baker who prepares fresh pastry, some type of bread each day and a dessert for lunch and dinner. They are on the payroll as permanent-seasonal employees who work about half each year.

The normal season is between 1 November and 31 March, but exact dates are dictated by the test schedule. The 2013/14 winter meant the dining facility didn't close until late April.

Johnson and all the cooks take great pride in the quality of the food. “We pretty much do our cooking from scratch,” she said, “including using real potatoes and fresh vegetables, whenever possible, rather than the dehydrated, frozen or canned ones. That’s unusual for an Army dining facility and the quality is much better.” They roast their own meats and bake their own pies. Hamburgers are grilled from one-third pound patties of beef.

Diners pay the standard Army

rate for meals. Currently that price is \$2.60 for breakfast and \$4.65 for lunch and dinner.

She feels the dining facility has become the “heart” of Bolio. “People congregate at our tables throughout the day to discuss test programs or take breaks,” she said. “The coffee pot is always on during the winter months.”

“I watch people while they eat,” said Johnson with a smile. “I like to see people take a bite and get that ‘wow’ look. I love this facial expression.”

Johnson has been involved with the food world much of her life.

She began working at her father’s restaurant in Tucson, Az., at 12 years of age, later majored in culinary arts at school and has worked at CRTC for 12 years. “Food is my favorite thing,” she said, though she also functions on a year-round basis as CRTC’s administration officer.

The history of armed conflict is littered with the debris of military equipment that worked just fine in fair weather, but failed when the going got rough. CRTC’s dining facility does an exemplary job at playing its role in taking the edge off the challenges of extreme winter testing conditions.



(PHOTO BY ATHENA SCHROEDER)

Soldiers at Cold Regions Test Center’s dining facility wait patiently for lunch as the cook prepares their hamburgers.

DECEMBER

FROM PAGE 2

accuracy where they were and what they were doing at the time, just like contemporary Americans recall where they were on Sept. 11, 2001, when the World Trade Center and the Pentagon were attacked. Dec. 7th is a date that truly has lived in infamy – I, for one, think of it vividly each year, though I wasn’t even born at the time.

As a military installation, everyone

at YPG is proud of our record of service in contributing to the national defense, ensuring the safety of America’s men and women in uniform and helping make Yuma into the wonderful community it is today. On behalf of the entire Public Affairs Office – Yolanda Canales, Mark Schauer, Teri Womack, Riley Williams, Tina Villalobos and myself – have a great Christmas season!

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VIEWPOINTS

Asked at the Cold Regions Test Center

How do you plan to spend Christmas day amid the freezing cold of Alaska's interior?



Julie Brennan, CRTC Admin Support Assistant

I will spend it with my daughters and sons here in Delta Junction. We alternate whose house we gather at. Because it is so cold you really can't do anything outside, so we'll stay inside and enjoy one another, opening presents and playing games. Santa Claus shows up in person in full regalia each year.

1st Sgt Edward Balboa, CRTC

Having been in the military for more than 20 years, my family has grown to interlock with the families of fellow Soldiers. Our Christmas is usually spent with the families of Soldiers that surround me. This year, I will be with Sergeant's 1st Class Foday Turay and Nathan Torelo and their families. We normally do Thanksgiving at my home and Christmas at the home of Torello.



Gordon Plute, Security Manager

My in-laws live in the property bordering mine and my daughter and her family live beyond them, so I look forward to all three families gathering to share the holiday. We'll meet at my house. The inside will be decorated – I found in my first year up here while decorating the house in -40 degree temperatures that the plastic insulation of the holiday lights becomes very brittle. When you put in a staple, you break it and ruin the light set.



Kyle Anderson, Chief, Test Support Division

I definitely will be spending it at home in front of a roaring fire with my family. I'll have a nice steak dinner and there will be snow outside, but it will all be good. Most Christmases are below 40 degrees here. I have a three-year-old son who we will bring to the town of North Pole to see Santa Claus. We've used an artificial tree the last four years because it takes a lot of looking to find a nice one. This year I plan to throw that tree away and go out into the woods for a real one. An artificial tree just doesn't feel the same.



Athena Schroeder, Videographer

I plan to spend the Christmas season in Hawaii. I try to do this at least every-other-year to get out of the brutal wind and extreme cold. We still have a Christmas tree and my child puts up pictures that he draws at school. Hawaii is warm this time of year and we look forward to it.



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YPG airfield significantly

BY MARK SCHAUER

An essential part of YPG's test activities occur in the skies far above the proving ground's vast ranges. From helicopters to unmanned aircraft, the cutting edge airframes military aviators depend on are tested and weaponized from the proving ground's six airfields, of which the largest and busiest is Laguna Army Airfield (LAAF).

Dating from the years after World War II, the venerable airfield has seen a great deal of history, from hosting flights that supported initial testing of the Global Positioning

Satellite (GPS) in the 1970s to serving as the takeoff point for the largest-ever payload extracted from a C-17 aircraft in support of a NASA test in 2009. The airfield's pilots each fly hundreds of hours per year in support of YPG's mission, and most are former military officers. Likewise, the airfield's air traffic operators boast similar military experience.

"Our average flight time for pilots is about 8,000 hours," said Ralph Arnold, LAAF chief. "Most are dual rated to fly airplanes and helicopters, and we fly whatever mission comes up. We can perform a wide variety of missions, from being radar targets to



The airfield's pilots each fly hundreds of hours per year in support of YPG's mission, and most are former military officers.



(PHOTOS BY MARK SCHAUER)

Miranda Weaver, air traffic controller, directs an incoming aircraft as Tom Sandoval, air traffic controller looks on.

supporting a NASA drop."

Due to an increase in diversity of aircraft landing and departing from LAAF, YPG re-commissioned the air traffic control tower last month. While this designation means little to passengers passing through, it is a major step forward for the airfield in both safety and future expansion.

"In the past, the flight operations people were advisors," explained Jim Walk, airfield manager. "They could ask a pilot to do something, but they couldn't command it. The whole idea of this is to make operations more efficient and safer."

Among other things, Class D airspace prohibits aircraft from entering an airport's airspace without first making contact with the airfield's control tower. It also mandates pilots to follow instructions from air traffic controllers in the airfield's tower.

"Class D airspace also allows us to accept unmanned aircraft under certain conditions, which is another big customer," said Miranda Weaver,

air traffic controller. "Becoming a class D means better safety and it also attracts more customers."

This latter aspect is particularly important to an airfield such as LAAF, which hosts a variety of aircraft.

"I have fixed wing mixed with helicopters mixed with people who don't operate here on a daily basis," said Weaver. "Each week we get a new crew of pilots that have to be briefed on our operations."

LAAF hosts regular flights that ferry members of the recently-expanded military freefall school to their test jumps, another factor that makes Class D air traffic control a must. Class D status also means additional standards for maintenance of flight tower equipment and physical fitness for the air traffic controllers.

"We have to maintain our radios and tower equipment to a certain standard," said Walk. "We have a dedicated air traffic controller equipment maintenance mechanic

boosts air control regimen

that inspects items every week.”

Air traffic control is inherently stressful and serious, but the LAAF team has long experience coping with the rigors of the job.

“We have a dedicated air traffic controller equipment maintenance mechanic that inspects items every week.”

“Now that we’re a Class D, we have to pass the same annual physical examination as an aviator,” said Tom Sandoval, air traffic controller.

“It’s an intense job, but, if you work

cohesively as a unit, things tend to go smoothly,” added Weaver. “In the types of operations we do, there is so much opportunity for something to go wrong. Our really good safety record is a result of everyone working cohesively as a team.”

For their part, LAAF’s pilots are pleased with the transition.

“It’s another added layer of safety,” said Gerald Fijalka, pilot. “You actually have people controlling aircraft instead of two or three aircraft pilots just stating their intentions. It doesn’t really affect the local pilots, but it makes it easier for transient aircraft with pilots more accustomed to operating in places that have a control tower.”



(PHOTOS BY MARK SCHAUER)

Due to an increase in diversity of aircraft landing and departing from Laguna Army Airfield, YPG recommissioned the air traffic control tower last month.



An aircraft ready for take off at YPG’s Laguna Army Airfield awaits the control tower’s approval.

LOANED PHOTO

Employee brings decades of diplomatic service, more to YPG

By Mark Schauer

His story would have been impressive enough: retired Marine Gunnery Sgt., former police officer, father of four accomplished children. However, Hernel Aitken's path to his current life stretches far further than the average ex-Marine.

Born in Kingston, Jamaica, Aitken's first glimmer of his future career came thanks to his ambition in pursuing a high school history project. His choice was American history, but he encountered a problem.

"The Jamaican libraries don't have many books on American history," he explained. "It is a former British colony, so there are a lot of books on England."

Undeterred, young Aitken made an appointment at the American Embassy in Kingston, a consulate in a downtown high rise with a private elevator. He reached the floor, the elevator console dinged, and what happened next changed his life.

"When the door opened, I beheld a young Marine standing post in his dress blue uniform," said Aitken. "I remember looking at that fellow and thinking, 'I like the way that uniform looks. If I ever get the chance, that's going to be me.'"

Little did he know that his dream was attainable. Soon thereafter, he and his family immigrated to the United States, settling first in Miami before moving on to a rough neighborhood in Baltimore in the dead of winter. The proud family worked, but struggled, and Aitken felt he had to do more to help support his parents and two siblings. At 17, he left high school and joined the Marine Corps with his parents' reluctant permission.

His original military occupational specialty was as an aviation maintenance mechanic clerk and soon he worked his way up to maintenance chief. He was stationed on Okinawa during the first Gulf War and then volunteered to attend Marine Security Guard



Hernel Aitken says he is just a kid from Jamaica; from a very humble background and blessed beyond measures.

School in Quantico, Va., thus beginning the most memorable four years of his military career.

"The school building is built like an embassy. From the minute you walk in the door, the whole place is run like an embassy. It's a functioning school and barracks."

During training, the Marines learned every aspect

of diplomatic security, from courses in etiquette to how to repel an armed invasion of a consulate. His first posting was in London, where he met such luminaries such as Princess Diana and former Secretary of State James Baker. He was especially proud to spend 30 minutes discussing leadership in a small group with his hero, then-Gen. Colin Powell.

After a second posting at the American embassy in the West African nation of Mali, Aitken rotated back to the States to the presidential helicopter squadron.

He came to Marine Corps Air Station Yuma in 1995 and has lived in the community since. Upon retirement as a gunnery sergeant, Aitken used his provost marshal experience in landing a job with the Yuma Police Department. He found serving as a police officer rewarding, but not without its tragic and dangerous moments. On traffic duty he saw dead and maimed accident victims, and had to break the devastating news to the victims' next of kin. Once he shot and wounded a suspect who attempted to grab his service weapon as Aitken was placing him under arrest.

"You do your best to be as compassionate as you can while trying to gather information for the investigation."

After more than a

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EMPLOYEE

FROM PAGE 8

decade on both the Yuma Police Department and the YPG Police Department, Aitken was ready for a change.

"I miss the job sometimes," he said. "But I'm getting older and knew it was time to find a desk job."

With freshly minted degrees in business management under his belt, he was an ideal candidate for his current position working in the directorate of human resources. In addition to his other duties, Aitken organizes and emcees events such as the quarterly garrison employee recognition ceremony. Those who

listen carefully to his speaking voice might hear the influence of a popular 1980s radio personality Aitken first heard upon immigrating to the United States.

"I wanted to be Casey Kasem," he said with a smile. "At one point I actually went down to a radio station and applied for a job. They said I had a good speaking voice, but would never make it in the business."

Nevertheless, Aitken did well enough for himself without a radio career, both professionally and personally.

"I love to fly. I love to golf, but haven't done it in a while. I've been

playing soccer since I was four years old. Unfortunately, time is what I don't seem to find myself with a lot of."

Aitken served as a volunteer youth soccer referee for more than 20 years before being sidelined by knee problems. He still manages to play softball with his wife and off duty works part time as assistant manager

at a local fitness center.

"I'm a kid from Jamaica from a simple and very humble background who has rubbed elbows with the rich and famous," he said. "I have been around the world and done many things that other people only dream of doing. I've been blessed beyond measure."

CHAPLAIN'S CORNER

What Matters Most

Submitted by Chaplain (Maj.) Douglas Thomison

Good day Yuma Proving Ground. You can tell the holidays are fast approaching when retail stores start expanding their inventory. In fact, some store aisles begin getting smaller and smaller due to all the potential gifts on display.

Thinking of holidays and gift giving, there was an aunt shopping for her nephew. After she presented the gift to him she said, "I'm sorry you don't like my Christmas gift, but I asked if you preferred large checks or small checks." The nephew replied, "I know, but I didn't think you meant neckties."

Still thinking of gift giving, I recall hearing of a woman who was in the rush of last-minute Christmas shopping. Thus, she bought a box of fifty identical greeting cards. Without bothering to read the verse, she hastily signed and addressed all but one of them.

Several days after they had been mailed, she came across the one card

that hadn't been sent, and she looked at the message she had sent. She was horrified to read: "This card is just to say . . . a little gift is on the way."

Friends, please do not get caught up in the holiday frenzy of buying gifts, cooking meals, and attending events. These matters can all be quite good, but pace yourself and foremost seek the things that are matter most and that are lasting. The Bible says, "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21)

Yuma Proving Ground, thanks for all you do for our nation. Have a wonderful Holy Season. May God bless you and yours now and always!

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Scholarships for military children

Applications for new season available Dec. 15

By Cherie Huntington,
DeCA public affairs
specialist

As the Scholarships for Military Children Program enters its 15th year, more than 8,000 students have shared nearly \$13 million in scholarships. Applications for the 2015-2016 school-year awards become available starting Dec. 15 at commissaries worldwide or

on the Internet at <http://www.militaryscholar.org>.

Starting last year, each award rose to \$2,000 from \$1,500. An applicant must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty,

or survivor of a retiree.

Applications must be turned in to a commissary by close of business Feb. 13, 2015. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card.

The applicant must attend or plan to attend an accredited college or university, fulltime, in the fall of 2015 or be enrolled in studies designed to transfer to a four-year program.

Applicants who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full

scholarship is usually defined as one that provides for payment of Commissary partners and the general public donate money to the program; every dollar donated goes directly to funding scholarships.

For more information, call 856-616-9311 or email at: militaryscholar@scholarshipmanagers.com.

Guided desert hikes offered this winter

By Daniel Steward, Wildlife Biologist

The Imperial National Wildlife Refuge is hosting a series of hikes this winter commemorating the 50th anniversary of the Wilderness Act.

In mid-November, rangers from the refuge led the first of these hikes deep into the Imperial Refuge Wilderness area along its boundary with YPG. The trail crossed over 2 ½ miles of steep rocky mountaintops and ended at Watchman's Cabin where participants could see a vivid portion of Arizona's colorful mining history. This was a terrific opportunity to experience nature, see



(LOANED PHOTO)

Hikers atop a hill take in an awesome view of the Imperial National Wildlife Refuge.

wildlife and learn about the values the wilderness offers.

The Wilderness Act (1964) created the National Wilderness Preservation System. These lands represent the nation's highest form of land protection. No roads, vehicles or permanent structures are allowed in designated wilderness areas.

While no part of YPG is designated as wilderness, neighboring land managers, Imperial and Kofa National Wildlife Refuges, and the Bureau of Land Management, administer wilderness areas along portions of the proving ground's boundaries.

For more information on future hikes, check out <http://www.fws.gov/refuge/imperial/>.




Attn: Commissary Patrons

Holiday Operating Hours for Yuma PG

Commissary Are:

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

<p>FMWR Administration 24 Dec - Close at 1300 25 Dec - Closed 1 Jan - Closed</p> <p>ACS Administration 24 Dec - Close at 1300 25 Dec - Closed 1 Jan - Closed</p> <p>Fitness Center 24 Dec - 0600-1530 25 Dec - Closed 31 Dec - 0600-1530 1 Jan - Closed</p> <p>Library 24 Dec - 1000-1530 25 Dec - Closed 26 Dec - 1000-1830 31 Dec - 1000-1530 1 Jan - Closed</p> <p>Auto Skills Center Normal Hours</p> <p>Youth Center 24 Dec - Close at 1700 25 Dec - Closed 1 Jan - Closed</p>	<p>Coyote Lanes 24 Dec - 0900-1800 25 Dec - Closed 31 Dec - 0630-2200 1 Jan - 0900-2000</p> <p>Child Dev. Center 25 Dec - Closed 1 Jan - Closed</p> <p>KFR Roadrunner Cafe 22-23 Dec - Open 24-25 Dec - Closed 29 Dec - 1 Jan - Closed</p> <p>Cactus Cafe & Cutaway Lounge 22-24 Dec - Closed 25 Dec - 1100-1400 (Christmas Dinner) 29 Dec - 4 Jan - Closed</p> <p>ROC Garden 22-25 Dec - Closed 29 Dec - 1 Jan - Closed</p> <p>Travel Camp/Outdoor Rec 24 Dec - 0830-1200 25 Dec - Closed 31 Dec - 0830-1200 1 Jan - Closed</p>
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RESILIENCE TIPS

Physical - More than nutritional supplements and mental games, aerobic activity enhances brain functioning and provides protection from age-related decline in functioning.

Social - Foster and build internal motivation with competence, relatedness and autonomy: goal attainment is more likely if we feel competent and confident in ourselves, are part of a social network that relates and supports our goals, and have personal autonomy.

Spiritual - Turn off all electronic devices for an hour and take a walk in the park or around your neighborhood.

Emotional - Daily expression and reflection of feelings such as gratitude, appreciation and thankfulness can promote balance within your nervous system, leaving you feeling more rested, calm and alert throughout your day.

Family - A prepared family anticipates, plans and practices their emergency plan so that everyone in the family will know the role they are to play. Families who are prepared are more likely to be resilient through life- changing situations.

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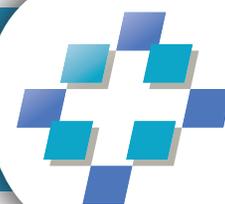
Prime Care Kids: 2377 S. 22nd Dr., Yuma, AZ 928-343-0488
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 Sat. - Sun. & Holidays: 9am - 3pm
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