



# THE OUTPOST

U.S. ARMY YUMA PROVING GROUND, YUMA, ARIZONA 85365 | VOLUME 50 NO. 23 MONDAY, FEBRUARY 8, 2016

## Sonoran Pronghorn reintroduced to YPG's vast ranges after a century

By Mark Schauer

They call it the prairie ghost. The sobriquet for the Sonoran Pronghorn, squat and reddish brown with white patches and dramatic horns, was originally coined to describe the creature's elusive nature and blazing speed—about 60 miles per hour at full trot across its favored desert flats.

But the nickname took on a grimmer connotation in 2002 when a severe drought decimated the pronghorn's already-fragile population. At its nadir, fewer than two dozen of the creatures remained in all of Arizona before rain and supplemental feedings stabilized their numbers.

"We were within a few weeks of losing these animals as well," recalled John Hervert, terrestrial program research manager for the Arizona Game and Fish Department. "The herd was slowly dying of starvation and it was a predictable thing: you could see them losing weight with each passing week."

Thanks to an intense effort by state and federal wildlife agencies, there are now more than 300



**The Sonoran Pronghorn is the fastest land mammal in North America, capable of speeds up to 60 miles per hour. After being decimated in a severe drought in 2002, Arizona's pronghorn population is recovering thanks to human intervention like the pronghorn capture recently conducted at Kofa National Wildlife Refuge with YPG participation. (Photos by Mark Schauer)**

pronghorn in the state. Since 2011, officials have begun transferring the animals into historic habitat within

the borders of the Kofa Wildlife Refuge and Yuma Proving Ground. As a natural laboratory for testing

virtually every piece of equipment in the ground combat arsenal, YPG has a vested interest in responsible stewardship of the land. Despite being the busiest of the Army's six test centers and boasting the longest overland artillery range in the United States, a relatively small portion of the proving ground's vast ranges are subject to artillery impact on a given day. It is located in one of the nation's most extreme climates, but the proving ground is home to a vast diversity of wildlife, including desert tortoises and bighorn sheep.

Though it is an endangered species, the experimental nature of the transported population means the proving ground benefits from a legal designation that allows pronghorn to repopulate here without adding much in the way of regulatory hurdles to the YPG mission.

"If an animal is accidentally injured or killed as a result of our routine mission actions, it doesn't put us in violation of the law," explained Daniel Steward, YPG wildlife biologist. "The only requirement we have is to report a dead

SEE **PRONGHORN** page 3

Highlighting one of YPG's best in observance of Black History Month /Page 2



Tom Coz, craftsman of observation for test, music /Page 4



Aircraft armament team helps turn flying machines into weapons /Page 6



# Highlighting one of YPG's best in observance of Black History Month

## Mother of four deploys back-to-back yet keeps family together

By Yolie Canales

Coming from a traditional upbringing where females typically go to college, get married and raise families, Contract Specialist Laweeda Blash threw a curve ball to this tradition when she joined the Army at the age of 22.

"I was raised by grandparents who were very traditional and whose vision of my future was one of the above," said Blash. "However, I was having a lot of trouble finding good employment back then and didn't really know what to do."

Another female family member who was already serving in the Army talked to her about the military. The more Blash thought about it, the more convinced she was that she wanted to pursue an Army career. She ended up completing a 21 year tour and is now embarking on a new career with the Mission Contracting Command here at YPG.

Blash said she was single and loved to travel, so joining the military was a great way to get to see the world. However, as time moved on, she met her husband and got married. Together, they had four children.

"Being in the military, married and raising four children, took pretty much all my time and, actually, it was like having two full-time jobs," she said. "Added to this were three deployments to Iraq which I served on a back-to-back basis." Blash also served one year on a peace-keeping mission in Kosovo and one year in Somalia. "I have to say it was tough, but I took such pride in wearing my uniform that my focus was on doing a good job for my country and most importantly, keeping my family together."

While in the military, Blash served as a Water Purification and Petroleum Operations Supply

Specialist. She also was an advanced initial training instructor in petroleum operations for non-commissioned officers and enlisted Soldiers.

In her current position as a contract specialist, she must be extremely detail oriented. "I serve as an advance level intern in support of formal contracting, small purchasing, and administration/utilization of pertinent automation," said Blash. "There is so much to learn in this field. There are a great many responsibilities and lots of research. The challenges are numerous."

She intends to do her best and looks forward to succeeding. "I intend to demonstrate excellence in every aspect of my duties," she said. "This is one of the reasons why I chose this career. I knew it would help me grow as a professional and as a person."

Raised in Miami, Fla., she encourages other women to consider the military if they are not sure about



**Laweeda Blash shares her accomplishments, successes and her future endeavors as she pursues a career in the contracting field. (Photo by Yolie Canales)**

going to college. "Give the military a chance," said Blash. "It has many benefits and opportunities. I'm thankful I did. I was able to travel, get the best training, earn my Bachelor's Degree in Business Administration, and still raise a great family."

In her spare time, spending time with family is of utmost importance for Blash as well as staying physically fit. "I love to exercise. It was part of my life for over 21 years and it's instilled in me to get out there and exercise. It's so good for the mind," she remarked with a smile. ▲

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# PRONGHORN

FROM PAGE 1

pronghorn within 24 hours of finding it and coordinating access to recover the carcass for study. If you were to find a dead one here, it was most likely killed by a predator, not any of YPG's activities."

YPG's wildlife biology program coordinates access for the Arizona Game and Fish Department to conduct regular monitoring of the pronghorn population, including twice-monthly overflights of the range to track pronghorn equipped with GPS and telemetry collars.

"We build predictive habitat models from that data as well," said Larisa Harding, terrestrial program research manager for Arizona Game and Fish. "We want to know if there are areas that they could use across YPG or Kofa for future release purposes that they are not using now."

YPG and Arizona Game and Fish also utilize trail cameras at manmade water stations across the proving ground and the wildlife refuge to monitor pronghorn activities, and

credit the construction of these low maintenance oases that capture rainwater from running washes as a critical factor in the pronghorn's progress toward recovery.

"In the past, the common thought was that pronghorn got all of their water needs filled by their food sources," said Steward. "We now know how important standing water is to pronghorn populations."

A raw, rainy desert winter day in January brought 60 individuals from multiple wildlife agencies and universities to prepare more than 20 pronghorn for release into the wild from their half-mile square breeding pen on the Kofa National Wildlife Refuge. To vaccinate and tag the animals prior to their release, they are drawn into a livestock enclosure called a boma that consists of three circular enclosures covered by shade cloth. As the animals migrate into the enclosure closest to the veterinary stations erected under pop-up tents just outside the boma, a crew files in through a sliding gate and uses a long net to capture each pronghorn. The walls of this last enclosure are padded in case the animal is able to jump prior to being subdued.



**The raw, rainy January day was uncomfortable for the workers, but ideal for the pronghorn, helping to ensure the animals did not overheat while being handled.**

"Pronghorn are made for running, not jumping," said Steward. "They are very powerful and can jump very high, but their bodies can't handle it. To keep injuries to a minimum, our goal is to get them subdued before they get a chance to jump."

Once subdued, the adult pronghorn are brought to the veterinary stations on stretchers with holes that accommodate the creatures' powerful legs. On this day, Steward's role was to monitor each animal's temperature as the veterinarians outfitted them with a telemetry collar and drew blood and scat samples. If the animal's temperature rose too high, it was doused with water to prevent fatality.

"One of the biggest challenges of handling wild animals is body temperature rising as a reaction to stress," explained Steward. "It is more acute with pronghorn: imagine taking a high-end sports car and holding its rear wheels off the ground while flooring the accelerator."

To minimize stress, the dozens of people in the crew work quickly in virtual silence, and the animal's head is covered. Young fawns who aren't ready to be released into the wild are attended to inside the boma while being held in the arms of a strong volunteer. It isn't easy work: even



**After being vaccinated and outfitted with a telemetry collar, the pronghorn are placed into a large holding pen for several days prior to being released into the wild.**

the young pronghorn have powerful legs, and the men's clothes begin to sport rips ridged with smears of blood as the day progresses.

Once they are vaccinated and collared, the animals meant for release spend several days in a holding pen adjacent to the breeding pen prior to being released, to ensure that any injuries or other after-effects of being handled have passed. After that, they are released into the wildlife refuge, with the potential to migrate into YPG.

"We are very hopeful that YPG is going to be a critical part of the recovery of this subspecies of pronghorn," said Hervert.

"There is a tremendous investment in every one of these pronghorn," added Steward. "We want to support them as much as we can." ▲

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# Tom Coz, craftsman of observation for test, music

By Mark Schauer

It's winter in Yuma County, and you're walking through a crowded street festival in mild, sunny weather.

It might be Military Appreciation Day in downtown Yuma, or Somerton's annual Tamale Festival. The streets are full of people and the aroma of food permeates the air. At the end of the street is a stage with pulsing amplifiers, drawing in the ambling crowd like an electromagnet, arresting their aimless movement and riveting their attention to a man in Ray Ban sunglasses playing a low-slung Fender Stratocaster.

They see plastic black and teal green, but are fixated on the lyrics and the voice, testifying about Mustang Sally and pride and joy, cold shock and the mountains crumbling to the sea.

The singer playing the guitar is Tom Coz, a veteran employee of YPG, backed by the Drifters, who include YPG employee Tab Wilcox on bass. The band has existed for over five years, but, amazingly, the current lineup dates back only to November.

"We all have fun and make sure we like what we are doing," says Coz, and what they like doing most is playing the blues.

Coz, a Yuma native, first worked for YPG in the summer of 1974 while on summer break from

Yuma High School. He returned for another summer stint the next year, before being hired on full time upon graduation. He spent a year working in ammo conditioning chambers before moving over to observation, tracking impacts from artillery and rocket test fires, along with airbursts from illuminating mortar rounds. Today he is the section lead—and one of the longest tenured personnel at YPG, showing the same enthusiasm for the mission throughout the decades.

"I like working with the people. The job is still a challenge, even now, and I really like that challenge."

He recalls surveying equipment from the 1950s that was still in use when he started, and marvels at the technological advancement the tools of the trade sport today.

"The way we do the job is still the same, but what we do it with is different. It is more electronic and digital now, and better adapted to what we do. It's much more advanced now."

Even back when he was working summers at YPG, Coz was already playing guitar, sneaking into the music room at Yuma High after hours to rehearse with whatever lineup his garage band had in a given week. His tastes ran toward the blues even then, though his primary fare was rock and roll.

"In high school we all have a band,



**Tom Coz says, "We all have fun and make sure we like what we are doing," and what they like doing most is playing the blues. (Photo by Mark Schauer)**

but we were just messing around. We thought we were good, but it didn't really sound good."

He began playing the guitar seriously about 20 years ago, upgrading his guitars and taking a student's ear to the music of guitarists he admired, from Robin Trower and Billy Gibbons to B.B. King and Carlos Santana.

"I didn't want to play them perfectly, but I wanted to pick up how they did it," he explained. "You could tell that when they played a lead or a note, it was the way they felt—it came from the heart."

There were hardships and heartbreaks along the way, from lugging heavy speakers and organs to gigs to losing a treasured white Fender Stratocaster to gravity when his guitar strap snapped as he left the stage at the California Bakery. But Coz remained committed to being an evangel of the blues, regardless of how unlikely a genre it was for the desert southwest.

"When I first started kind of edging toward the blues, a lot of folks said, 'you won't get many gigs.' But we did, after a while. You'd be surprised how many people in Yuma like this kind of music."

Aside from the public festivals, he has played New Year's Eve gigs at establishments in Yuma and Quartzsite, at the opening of music stores, and throughout the year at most of the community's best known restaurants and bars that boast live music.

"I took a break in the summer time—it got too hectic. We were playing all the time."

Though he has no plans to retire, he still considers how being freed from the constraints of his demanding job would enable him to play gigs more often, and further afield than the Yuma area—there are a finite number of miles a band can travel on weekends and be back for work on Monday morning.

"Las Vegas is good, but they contract bands by the week."

But all of that is for some time in the future. For now he is content to play to his committed fan base in Yuma, particularly with son Brandon, a music teacher at Yuma Catholic High School, on drums.

"I'm trying to get more people to like the blues," he said. "There are a lot of folks who enjoy it, and I love playing it." ▲

## CHIEF'S CORNER

### Driver's licenses from five states will not get drivers a visitor pass!

Submitted by Chief of Police, D L Brown

Yuma Proving Ground no longer accepts driver's licenses and state identification cards from Illinois, Minnesota, Missouri, New Mexico and Washington when issuing a visitor's pass to enter the installation. The Department of Homeland Security has identified these five states as being non-compliant with the standards of the REAL ID Act. This policy goes into effect February 16, 2016.

Driver's licenses and identification cards issued by these states cannot be used to gain access to any military installation or any other federal facility, not just Yuma Proving Ground.

Employees, residents, contractors and visitors in possession of an identification card from one of the five non-compliant states can utilize other federally issued means of identification to obtain a visitor's pass. These include a U.S. passport, permanent resident/alien registration receipt card and an employment authorization document with photo. Driver's licenses from the remaining 45 states can still be used as valid

forms of identification.

Persons who have already been issued an installation pass, that was issued utilizing a driver's license or state identification from one of the five non-compliant states, will not be allowed to renew the pass without providing one of the alternate means of identification listed above.

The process for gaining access to the proving ground hasn't changed for the vast majority of people. If you have a DoD (Department of Defense) issued ID card, to include a Yuma Proving Ground issued pass, you can use it at the access points as you always have.

The REAL ID Act, passed by Congress in 2005, established tougher requirements for proof of legal U.S. residency that would allow a driver's license to be recognized for federal purposes. Twenty-three other states are currently pursuing compliancy for their programs under an extended deadline.

For more information on the Real ID Act go to <https://www.dhs.gov/>

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**Aircraft armaments specialist Michael Henderson loads a 2.75 inch Hydra rocket into a rocket pod prior to a test fire. In addition to supporting aircraft rocket fires, the team also provides laser support for guided munitions programs and fires foreign-made rockets for tests of radar systems like the Q-53 and the Counter Rocket Artillery Mortar (C-RAM) System.**

# Aircraft armament team helps turn flying machines into weapon systems

**By Mark Schauer**

U.S. Army Yuma Proving Ground knows weapons integration.

The proving ground has conducted this type of testing on aircraft since the days of the AH-56 Cheyenne, the Army's first attempt at a dedicated attack helicopter, in the 1960s, and continues to do so into the present day.

By the time an aircraft arrives at YPG, be it a manned or unmanned, it has proved its ability to fly.

Integrating a sophisticated and deadly compliment of weaponry into the platform, however, is an incredibly complex—and growing--task. This is where the proving ground's aircraft armament team comes in.

"The members of the team make it happen," said Walter Lopez, test officer. "Everything we do with respect to aviation armaments testing depends on them. They are very knowledgeable about launchers and

systems."

Whether a helicopter or unmanned aircraft, the ability to fly while accurately firing weapons is vital. A heavily armed fortress like the AH-64 Apache attack helicopter, for example, boasts a M230 30 millimeter chain gun complimented by Hellfire air to surface missiles and Hydra 2.75 inch rockets, yet this awesome weaponry is seriously diminished if the airframe is no longer stable when in flies.

Testers take into account various effects of firing a missile, most notably thermal and blast overpressure, and how they affect the aircraft's sensors and its ability to maintain stability in flight. The data needed to make such a determination includes measurements of pressure, temperature, and vibration, all of which require sophisticated instrumentation that is set up

# AIRCRAFT

FROM PAGE 6

courtesy of the team. Test firing takes place from both fixed-mount gun emplacements on the ground and armed aboard a flying platform, and the team is well-trained to accommodate both.

The team's hands are in other aspects of aircraft testing, as well. Members of the team undergo a complex certification process to operate lasers and utilize a remote laser capability in testing.

"If a program is shooting missiles, the aircraft will designate a target and we're used as a backup system," explained Dave Gresham, section lead. "We'll affix to a target and if for some reason an anomaly occurs in the helicopter and they have to break off or their laser doesn't function properly, we can hit the target and still get the shot off."

Additionally, random lots of the munitions that the aircraft utilize must be regularly test fired to ensure that their components work as they are supposed to prior to being given to Soldiers in the field. Whatever the type of test, the aircraft armament team is in the picture long before the first round is fired: each test is carefully planned with safety and potential hazards in mind prior to execution with their involvement.

"There's a lot more involved to this job than just sliding a rocket into a tube or hanging something on

an aircraft," said Justin Ferguson, aircraft armament specialist. "To go from being a new hire to being completely trained on every aspect of what we do takes at least six months."

There is more involved than just aircraft, too. The team frequently supports munitions and weapons tests, with laser support for guided munitions programs and firing foreign-made rockets for tests of radar systems like the Q-53 and the Counter Rocket Artillery Mortar (C-RAM) System. The proving ground boasts a wide variety of modified rocket launchers designed on post to support specific aspects of testing.

"We're dealing with new things frequently," said Ferguson. "We're learning all the time: that's what makes this job such a pleasure to have."

"Everyone has to work together and try to learn as much as you can," added Michael Henderson, aircraft armament specialist. "You have to know the standard operating procedures and what you can and can't do."

The team is first on site to prepare for a given test, which often times means working very early in challenging weather. Setting up a test site means installing the specialized equipment evaluators use to gather data from a test fire and conducting

**Generally, testers gather data like measurements of pressure, temperature, and vibration to determine how they affect an aircraft's sensors and ability to maintain stability in flight. Here, aircraft armament specialist Michael Henderson monitors data from under cover during a test fire from a fixed mount.**



numerous safety checks to ensure the people and equipment on site come through the inherently dangerous fires unharmed and undamaged.

"They are a well-organized, well-disciplined team," said Justin Teuscher, unmanned aircraft test

lead. "They are extremely hard workers who represent YPG well."

For their part, the tight-knit team wouldn't have it any other way.

"This isn't a ho-hum, nine-to-five job," said Gresham. "It's a new adventure every day." ▲



**Aircraft armaments lead Dave Gresham (left) and specialist Justin Ferguson prepare a M261 rocket pod for a test fire from a fixed mount at Yuma Proving Ground. Test firing takes place from both fixed-mount gun emplacements on the ground and aboard a flying platform. (Photos by Mark Schauer)**



**Aircraft armaments specialist Justin Ferguson prepares for a rocket fire from a fixed stand at YPG. Setting up a test site means installing the specialized equipment evaluators use to gather data from a test fire and conducting numerous safety checks to ensure the people and equipment on site come through the inherently dangerous fires unharmed and undamaged.**



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## —CHAPLAIN'S CORNER—

# Why are we fighting frustration?

Submitted by Chaplain CH (CPT-P) Steven Smith

A few years ago, I taught a series of Bible studies that I entitled "Dealing with the Seven Deadly D's." As I looked up my notes the other day while I was preparing this article, I was reminded that the Bible has a lot to say about discouragement, defeat, disappointment, difficulties, delays, doubts and depressions.

Examine the scriptures and you will find heroes of the faith whose emotions ran the gauntlet of D's from time to time. They experienced times of being down in the dumps, down in the mouth, dismal, disheartened, despondent, downcast, dismayed, dejected, doleful and disillusioned.

In short, they were bummed out over all the "stuff" that was happening in their lives. This caused some to question whether God really loved them. Does He care? Is He concerned about my frustrations? Even Jesus, while He hung on the cross, cried out, "My God, My God, "Why hast thou forsaken me?"

The Old Webster dictionary defines the word this way: 1. Literally, to break or interrupt; hence, to defeat; to disappoint; to balk; to bring to nothing; as, to frustrate a plan, design or attempt; to frustrate the will or purpose.

Let me briefly mention some inappropriate ways we sometimes use to handle frustration:

**Becoming aggressive:** Attacking someone or something either

verbally or physically, or both.

**Regressing, or reverting to earlier forms of behavior:** Examples: temper tantrums and pouting.

**Having a fixation:** Repeating the same non-constructive behavior over and over again.

**Giving up:** Becoming apathetic, or not caring anymore.

**Negativism:** Thinking negatively when we have biblical grounds for a positive, faith-filled expectation.

**Repression:** Blocking out the conscious thought of a problem in hopes the problem will go away.

**Withdrawal:** Distancing oneself from a situation either physically or psychologically.

Everyone knows what it means to feel frustration or defeat in living for God. We have found out that discouragements and frustrations happen to us all, sometimes on a daily or weekly basis. In the overall plan and program of God for His work and for our individual lives however, ultimate victory is written into the program for those who love God and are called according to His purpose. Be strong and rejoice, for the Lord of hosts dwells in our midst! He reminds us today that it is not by might, nor by power, but by His Spirit! What He has begun, He will finish!

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# How can I beat tiredness?

Submitted by Paul J. Kilanski, ACS, Master Resilience Trainer

'Tired all the time' is a popular phrase given by patients to their family doctors. Tiredness or fatigue is a common problem. Often, it is not a medical issue but one that can be reversed by a change of lifestyle.

Tiredness can negatively impact performance at work, or have an adverse effect on family life and social relationships.

Fatigue has a reputation as a vague and difficult problem for doctors to investigate, a 'heart sink' problem, and many people with fatigue do not report it to their doctor. But, conscious of this and the ongoing patient relationship, primary care physicians may be keen to try and take the problem seriously to unpick an underlying cause.

## What is fatigue?

Simply-put, fatigue is the feeling of being tired. It is generally different from the sleepy feeling of drowsiness, or from the psychological feeling of apathy, although these can both accompany fatigue.

**Other terms to describe fatigue include:**

- Reduced or no energy
- Physical or mental exhaustion
- Lack of motivation.

## What causes fatigue?

Fatigue is a common symptom.

We all feel tired occasionally, that is not usually due to disease, but due to numerous medical and non-medical causes, including personal habits.

Some groups are more likely than others to suffer from fatigue, and women are at greater risk than men. Poorer people, and those with other physical or mental illness, are also more likely to present tiredness.

All of the following factors, whether alone or in combination, can explain tiredness - the list reveals how broad the spectrum of causes can be:

- **Psychological and psychosocial** - examples include stress, anxiety and depression

- **Physical** - examples include anemia, diabetes, glandular fever, and cancer

- **Physiological** - such as pregnancy, breastfeeding, inadequate rest or sleep, and excessive exercise.

Factors behind fatigue that may be considered 'normal' - not a medical problem - include tiredness as a result of:

- Physical activity
- Emotional stress
- Boredom
- Lack of sleep.

**The National Institute on Aging gives a similar list to put fatigue down to 'personal habits' that can 'drag on you' and 'rob you of energy':**

- Staying up too late
- Having too much caffeine
- Drinking too much alcohol
- Eating junk food.

**Fast facts on fatigue and tiredness**

- Fatigue is also known as tiredness, reduced energy, physical or mental exhaustion, or lack of motivation.

- It is very common and can affect work and social life.

- Causes of fatigue include the psychological, physiological and physical.

- Lifestyle causes include going to bed late, consuming too much caffeine or alcohol, and eating junk

SEE **TIREDNES** page 11

## VIEWPOINTS

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

By Mark Schauer



**Jason Trepanier, welder:** When I was in eighth grade, for graduation, my mom bought me this 1970 CST Chevy half-ton pick-up for \$600. It had a blown-up motor and it sat in my backyard for years: I never saved up the money to get it running. I sold it to a friend of mine and he put a new motor in it. A few years later, he got bored with it, so I bought it back and have had it ever since. I don't drive it much: it is more of a hot rod, and I plan to restore it eventually.

## Chelsea Shaheen, administrative

**assistant:** It was a white 1995 Ford Explorer with a blue pinstripe, and I had it for five years, until 2013. I loved it. It had almost 250,000 miles on it and was still running, but my husband and I got rid of it because we didn't want to put more maintenance into it.



**Noe Caro, test officer:** It was a red Chevy Silverado. It was a family car that we had for several years, but then sold it and bought it back again. We had it for a year, before I started driving it, and I had it through high school. It had over 200,000 miles on it.

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If you want to know about what is going on in Yuma just read your newspaper!

# New hours of operation for the CAC card office

In order to serve our customers more efficiently, we are going to an appointment only operation.

Please see the below updated hours of operation for issuance of a Department of Defense Identification Card, i.e., Contractor, Civilian & Military (CAC), Dependent(s) ID Cards, Military Retired ID Cards and Civilian Retired ID Cards.

## New hours are as follows:

Monday-Thursday

By appointment only: 0730-1130 & 1300-1600

Closed on Friday and Holidays

To self-schedule your appointment, use the DEERS/RAPIDS

Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil>. Upon clicking the link, you

will come to the Welcome to Appointment Scheduler page. It will give three options:

1. To make a new appointment, click the "Make Appointment" button and select Arizona then Yuma.

2. Lookup the appointment you have already made, click the "Find Appointment" button.

3. To cancel an appointment, click the "Cancel Appointment" button.

For customers that don't own or have access to a computer, they can call Yuma Proving Ground Military Personnel Division (MPD), DEERS/RAPIDS office to make an appointment. The point of contact for that action is Hernel Aitken at (928) 328-6161 or Jose Arguelles at (928) 328-2578. ▲

## TIREDFNESS

FROM PAGE 9

food.

• There is a long list of potential medical causes of tiredness demanding the attention of a doctor, from sleep and breathing problems to liver, kidney and heart disease.

• Diagnosis of fatigue involves the doctor asking questions and taking a sleep history. They may also do a

physical examination and run blood and urine tests.

• Chronic fatigue syndrome is diagnosed if fatigue is long-lasting, there is no other cause, and certain criteria are met.

• Treatment is focused on the underlying cause of tiredness.

• If there is no medical cause for fatigue, lifestyle changes can solve the problem. ▲

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