

# The Outpost

U.S. ARMY YUMA PROVING GROUND, YUMA, ARIZONA 85365

VOLUME 75 NO. 8 APRIL 13, 2026

## The true austere tropics: why tropical testing is topical

By Ana Henderson

When most think of the tropics they picture Hawaii with its sandy beaches, swaying palms and endless sunshine.

However, Hawaii is sub-tropical and the true austere tropics are places like Panamá in Central America and Suriname in South America, mud slick roads, triple canopy trees blocking the sunlight from breaking through, and torrential rain.

U.S. Army Yuma Proving Ground (YPG), the Army's premier extreme natural environment test center, has test centers in both these locations to test equipment to its limits in a demanding tropical environment.

YPG Commander Col. John Nelson said, "You can learn some things



True austere tropics are places like Panamá in Central America and Suriname in South America, mud slick roads, triple canopy trees blocking the sunlight from breaking through, and torrential rain. U.S. Army Yuma Proving Ground, the Army's Premier extreme natural environment test center, has test centers in both these locations to test equipment to its limits in a demanding tropical environment. Employees here like, Cesar Albelo, must use machetes to make their way through the jungle. (Photo by Ana Henderson)

in Hawaii, but it is sub-tropical, so you are not going to learn the whole breadth of tropical impacts to your equipment. So, what can happen is that you can learn those lessons later, at a potential cost to life and equipment —when you really want to learn those lessons upfront."

Lessons such as rapid corrosion, electrical fires caused by electronics not insulated properly from the humidity, poor radio signal due to the triple canopy jungle, delamination of boot soles due to the humidity or locked up brakes because of mud caked on the vehicle undercarriage. All real-world examples of what can happen in the jungle environment.

SEE **TROPICAL** page 6

Yuma Proving Ground  
and Arctic Regions  
Command Groups  
visit Tropic Regions  
/ Page 2



YPG showcases  
latest airdrop  
technology in large  
demonstration  
/ Page 7



From Yuma to the moon:  
Artemis II mission has  
multiple Yuma Proving  
Ground connections  
/ Page 8



Local Federal Retirement Consultant

Retiring soon?

Don't leave your TSP behind, let us help you roll it over the right way.

Call or scan the QR code to set up a complimentary retirement analysis.

**Adrian Elder, CFP® FRC<sup>SM</sup> AIF®**  
**CERTIFIED FINANCIAL PLANNER™**

Managing Partner & Wealth Advisor



**YUMA &  
IMPERIAL  
VALLEY**

**WEALTH MANAGEMENT**

Investment advisory services offered through CWM, LLC, an SEC Registered Investment Advisor. Carson Partners, a division of CWM, LLC, is a nationwide partnership of advisors.

182 E. 16th St.  
Suite D  
Yuma, AZ 85364  
928.329.1700



The U.S. Army Yuma Proving Ground's Command Group and Arctic Regions Test Center's Command Group from Alaska visited Tropic Regions Test Center in Central and South America the week of March 16. The capabilities tour took them to the Horoko Maintenance Facility and testing and training sites through the jungle including a road course where several Yuma Test Center employees are supporting Armored Multi-Purpose Vehicle testing. (Photos by Ana Henderson)



## Yuma Proving Ground and Arctic Regions Command Groups visit Tropic Regions

By Ana Henderson

The U.S. Army Yuma Proving Ground Command Group and Arctic Regions Test Center's Command Group from Alaska visited Tropic Regions Test Center in Central and South America the week of March 16.

Despite the obvious differences in their climate, the two test centers have commonalities and learned a great deal about each other's operations.

Robert Dunn, Deputy Program Manager for Tropic Test Support Services said, "It's interesting to

see how there is overlap on harsh environments in general" adding "It's also interesting to see their testing approach and how they are executing to make sure they are aligned to what happens in Panamá and Suriname as well."

If the test plans call for it, a test item will make stops at Yuma, Arctic and Tropic Regions. While each test center strives to educate customers on the value of testing in each climate, now they can do it with personal experience.

The visit was a first for Jeff Lipscomb the Arctic Regions Test Center Technical Director who said, "We are always advocating for all three natural environments, and now having gotten down here and experiencing and seeing the capabilities and the limitations, allows me to better advocate for TRTC when I am taking extreme natural environments with to potential customers and political entities."

The visit included a stop to Corozal offices in Panamá where the Command Groups met with employees supporting the mission there and toured the facilities.

The capabilities tour took them to the Horoko Maintenance Facility and test sites including a road course where several Yuma Test Center employees are currently supporting the Armored Multi-Purpose Vehicle testing.

In Suriname, the Command Groups visited the Afobaka maintenance facility, road courses, and traversed through the

jungle trails.

YPG Commander Col. John Nelson saw the value each participant took from the trip and knows the contacts made will ultimately help the Soldiers.

"It was a good opportunity to expose the folks from the arctic to things that impact Soldiers in the tropics. The arctic specializes in clothing and equipment and that's something the Army hasn't focused on in a long time as far as tropics, how are clothing and equipment working in the tropics. So, it was a good opportunity for them to share their subject matter expertise in clothing and equipment with folks that are down there in the jungle trying to learn those lessons," said Nelson.



ABOVE: In Suriname, the command groups visited the Afobaka maintenance facility, road courses, and hiked through the jungle to see the Cerro Tigre Range. LEFT: The visit included a stop to Corozal offices in Panamá where the command groups met with the employees supporting the mission there and toured the facilities.

# The Outpost

This Department of Defense newspaper is an authorized publication for members of the Department of Defense. Contents of The Outpost are not necessarily the official views, or endorsed by, the U.S. Government, the DoD, or the Department of the Army.

Published by RISN Inc., a private firm in no way connected with the U.S. Army, under exclusive written contract. The editorial content of this publication is the responsibility of the U.S. Army Yuma Proving Ground Public Affairs Office.

This newspaper uses material credited to ATEC and ARNEWS. While contributions are solicited, U.S. Army Yuma Proving Ground Public Affairs Office reserves the right to edit all submitted materials and corrections, changes, or deletions to conform with the policy of this newspaper.



News may be submitted to:

The Editor, Outpost, Yuma Proving Ground, Yuma, AZ, 85365

Phone: (928) 328-6149 or DSN 899

Visit our website at: [www.yuma.army.mil](http://www.yuma.army.mil)

or email to: [ana.c.henderson.civ@army.mil](mailto:ana.c.henderson.civ@army.mil)

**Commander:** Col. John Nelson

**Public Affairs Officer:** Mark Schauer

**Public Affairs Specialist/Outpost Editor:** Ana Henderson

**Visual Information Manager:** Eugene Garcia

**Arctic Regions Test Center Photographer:** Sebastian Saarloos



To advertise in **THE OUTPOST** call (928) 539-6800  
or go to [advertising@yumasun.com](mailto:advertising@yumasun.com)

## YPG and MCAS firefighters undergo hazardous materials certification together

Five firefighters from U.S. Army Yuma Proving Ground traveled to the Marine Corps Air Station Yuma Fire and Emergency Services to undergo training and evaluation to complete their Hazardous Materials (HazMat) Technician certification alongside two crash/fire rescue Marines. On March 23rd, Marine Corps Air Station Fire Department Yuma Assistant Chief of Training Karlo Pena provided training for the firefighters, focusing on the proper donning and doffing of Level A and B suits and the application of various tools to stop HazMat leaks from high-pressure containers, including railcars, 1000-pound chlorine cylinders, 150-pound cylinders, 55-gallon drums, and smaller pipe leaks. (Photo by YPG's Assistant Chief of Training Christopher Cape)



On Mar. 24th, YPG's Assistant Chief of Training Christopher Cape evaluated their skills. The collaboration helps both YPG and MCAS be efficient and cost effective with their training and gives the emergency responders another set of skills to respond to the military community's needs. Cape said, "It makes our firefighters, our employees capable of responding to a hazmat situation. Being able to get fully encapsulated Class A suits, being able to go downrange gather intel or mitigate the emergency. Whether that's containment, stopping the release or even cleanup sometimes. It's just that next level certification that makes them able to go put hands on hazardous material products." (Photos by Ana Henderson)

## Commander recognizes 40 years of service



On March 16, Yuma Proving Ground Commander Col. John Nelson presented Tropic Regions Test Center Director Ernie Hugh with a certificate and pin for his 40 years of service to the U.S. government. The years of service include Hugh's 25 years in the Navy. (Photo by Ana Henderson)



Military Equal Opportunity (MEO)  
Commander's 24/7 Hotline  
(443)-910-1680

Follow YPG  
Health  
Clinic 



Scan Me



<https://www.facebook.com/YPGHealthClinic>



Outpost  
outspoke

Listen on  
Apple Podcasts

Listen on  
Spotify Podcasts

amazon music

Listen On  
pandora

LISTEN ON  
tunein



## County officials wowed by YPG mission



Members of the Yuma County Board of Supervisors and other Yuma County officials visited U.S. Army Yuma Proving Ground, getting a comprehensive brief from the post's senior leaders and taking an extensive tour of the post's test capabilities. "Touring Yuma Proving Ground and meeting the team was an outstanding experience," said Ian McGaughey, Yuma County Administrator. "I came away with a deep appreciation for the dedication and important work that supports our warfighters worldwide." (Photos by PAO staff)

## 'Yuma 50' military support group visits Yuma Proving Ground



Members of the 'Yuma 50' military support group visited U.S. Army Yuma Proving Ground April 1, getting a comprehensive brief from the post's senior leaders and taking an extensive tour of the post's test capabilities. "The Yuma 50 members were extremely impressed with the breadth and depth of YPG's mission set and technical competence of the YPG workforce," said Ross Poppenberger, Yuma 50 board member. "Members are eager to expand corporate membership to share the understanding among Yuma community members regarding YPG's contributions to our warfighters and aid in securing needed resources to our Yuma military installations." (Photos by Mark Schauer)



## YPG supports local Veteran Standdown



U.S. Army Yuma Proving Ground's Public Affairs Office supported the Somerton Veteran Standdown at the Cocopah Community Center on March 28 with a dynamic multimedia display of YPG's history and importance in conducting developmental testing on behalf of America's warfighters. Sgt. Bravie Soto, Yuma County's first casualty in the Vietnam War, for whom YPG's Armaments Operations Center is named, was a member of the Cocopah Indian Tribe. (Photos by Rose Wolford)

# In Memoriam: Dr. Reed Young

The Yuma Proving Ground community was saddened by the recent death of Col. (ret) Reed Young, who served as commander of U.S. Army Yuma Proving Ground from 2011 to 2014, which included

the busiest test workload year in the post's history: 2.8 million direct labor hours in Fiscal Year 2011. Among other infrastructure improvements to the post during his command, the Candlewood



Suites on the Howard Cantonment Area was constructed and opened. Following his retirement, Dr. Young was the Program Manager for Robotics and Autonomy at the Johns Hopkins University Applied Physics Laboratory. Young will be buried

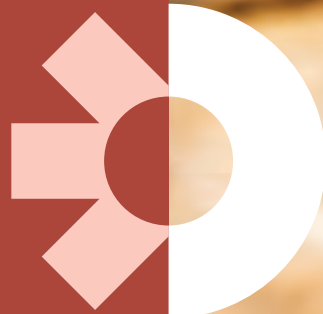
at Arlington National Cemetery with full military honors on June 4.

(Photos by PAO staff)



Here's to  
living fully.  
Here's to life.

Advanced heart care that  
supports you all year long.



Taking care of your heart starts long before treatment is ever needed. At Onvida Health, our heart care team helps you focus on prevention, early detection and long-term heart health so you can stay active, informed and confident in your care. Whether you're making heart-healthy choices through diet and exercise or managing risk factors, you'll have trusted experts guiding you with clarity, compassion and experience all year long.

Find a heart specialist at [onvidahealth.org/Heart](https://onvidahealth.org/Heart)

**onvida**  
Health™



# TROPICAL

FROM PAGE 1

## The Tropical Factors

In the testing world, a tropical environment consists of extreme parameters for rain and humidity.

Robert Dunn, Deputy Program Manager for Tropic Test Support Services explains, “Anytime Hawaii has enough rainfall temperature drops and falls outside of established tropic definition. Anytime that it has the temperature it doesn’t have the requisite rainfall.”

Another factor to consider are human factors for operations and survival in the harsh jungle environment. From poisonous plants, venomous animal life, disease carrying mosquitos, constricting boas and anacondas, howler monkeys and more, the jungle has it all.

“Your interaction with the environment is very different,” explains Dunn. “Operating in a hot, humid tropical jungle—where venomous or poisonous plants, insects, and animals are common changes how you interact with both your equipment and the environment. For example, setting down your gear and later discovering a poisonous snake taking shelter beneath it alters how you approach and handle that same piece of equipment.”

## Capabilities

Both Panamá and Suriname test centers have the capability to support austere weather testing of various types.

Panamá offers road courses and



U.S. Army Yuma Proving Ground (YPG), the Army’s Premier extreme natural environment test center, has test centers in Panamá and Suriname both with austere environments to test equipment to its limits in a demanding tropical environment. The jungle presents dangers around every inch of its existence, from poisonous plants, razor sharp tree limbs, venomous animal life, disease carrying mosquitos, constricting boas and anacondas, howler monkeys and more, the jungle has it all. Eric Nicolaisen is pictured showing the spikes on a palm limb. (Photos by Ana Henderson)

jungle training ranges like the Cerro Tigre Manpack Portability Course which is a man-portability trail through the jungle suited for various other types of testing.

“We have done vehicle and small arms testing recently. In the past there’s been sensors [testing] there’s been communication [testing] that has been done. So, we can do the full gamut,” explains Mel Nickell, Tropic Test Support Services Program Manager.

Suriname’s Afobaka location offers road courses, a landing strip

for UAVs or drones, and internet connectivity along with sleeping and dining accommodations. While remote, Suriname has access to stable electricity being that its next to the country’s main hydro-electric dam.

Dunn said, “Because of the dam’s importance to the country, it requires solid infrastructure to maintain reliable access to it, so we’re able to piggyback off the infrastructure that needs to be there for the dam, while taking advantage of the low population density at the same time.”

## Why the tropics is topical

The Joint Security Cooperation Group-Panamá is currently running a jungle warfare school in Panamá to learn what is needed for Soldiers to succeed in this austere environment. Soldiers learn skills including jungle tactics, survival training, combat tracking, and waterborne operations.

With the focus on the Indo-Pacific conflicts, warfighter’s equipment must be tested in this environment so they can execute their mission without failure.

Nelson points out, “If you wait until later and you don’t reduce risk there in the jungle then it’s going to cost you life and treasure in the end because you can do it on a couple of products, a couple of systems in the jungle, learn those lesson then start to go into production. Once you go into full-rate production you need to go fix a thousand things instead of fixing two things.

Even the type of clothing Soldiers will need is different from standard gear. From jungle boots, uniform trousers with net-lining to keep out bugs, tops made of lightweight breathable fabrics. It’s markedly different and should be tested in the proper environment.

TRTC Technical Director Ernie Hugh who has seen TRTC grow to meet the emerging needs said, “There is a time and place for modeling and simulation, but ultimately, equipment and personnel must execute in austere environments. Time and time again, the tropics has shown critical failure and design issues which can be decisive for warfighters’ effective outcomes in the battlefield.”



The test centers in Panamá and Suriname provide a multitude of capabilities for those looking to test their supplies and equipment in an austere tropical environment. The list includes; Counter-UAS, sensors & communication, road courses, jungle training ranges, Manpack Portability Course, Small arms testing, Environmental Exposure testing, Landing strip, mine countermine and human factor engineering.

# YPG showcases latest airdrop technology in large demonstration

By Mark Schauer  
U.S. Army  
Yuma Proving  
Ground's  
Yuma Test  
Center (YTC)  
demonstrated the  
most cutting-edge  
developments  
of the U.S.  
Army Combat  
Capabilities  
Development  
Command  
Soldier Center  
(DEVCOM SC)



The wide array of cutting-edge cargo and personnel parachute technologies brought a significant number of personnel from the airdrop community together in one place to exchange ideas.



providing the performance data that they need to continue iterating.”

The demonstration site consisted of a set of bleachers under an awning and several large tents, all overlooking an immensely

for an entire week in mid-March.

More than 300 participants from the United States and 11 different partner nations attended the event, necessitating a massive effort by YTC personnel to accommodate the visitors.

“At least 100 people at YPG have played a role in planning or executing this mission,” said Edgar Hurtado, Air Delivery Branch Team Lead. “There are a couple of technologies that we are seeing for the first time, but really we wanted to showcase this to the U.S. and partner nations,”

The wide array of cutting-edge cargo and personnel parachute technologies brought a significant number of personnel from the airdrop community together in one place to exchange ideas. Virtually all these systems have undergone extensive

testing at YPG, or will be soon, particularly in the realm of powered cargo systems.

“There are a lot of aerial denial capabilities by adversary forces,” said Hurtado. “When we have forces within an aerial denial bubble, it gets hard to resupply them with ammo, food, water, and equipment. The idea is to drop something outside of that bubble and have that powered system fly into there and resupply our troops with accuracy.”

Personnel parachutes were an important aspect of the demonstration as well.

“We’ve been working on a project for interoperability between the U.S. T-11 main parachute and the European A400M transport plane,” said Hurtado. “For this big test week, we invited a lot of

international partners to showcase the interoperability that we already have. The Army already has safety confirmations for the Low Velocity Airdrop System platforms for heavy equipment like vehicles and fuel blivets and Container Delivery System that often contains food, ammo, and water.”

“We’re in the middle of making a new update to the T-11 personnel parachute,” added Lt. Col. Kevin Hicks, Yuma Test Center Commander. “We demonstrated a mass tactical exit of an aircraft on two days. We have glide modifications, long-range GPS-guided delivery packages: you name it, we have it.”

Yet YPG’s size alone does not account for its elite standing in the air delivery community: While other ranges might have the air space to conduct an event like this, they are not specifically designed to do it with the infrastructure and standard operating procedures to coordinate multiple sorties safely.

“We have a one kilometer by seven kilometer drop zone that doesn’t exist anywhere else in the country,” said Ross Gwynn, YPG Technical Director. “All of the instrumentation coupled with that can collect all the data testers need in an experiment. Within the decelerator community, YPG is at the tip of the spear in advancing those capabilities and

desolate drop zone bordered by distant mountains. As each system was demonstrated, narrators addressed the crowd over a loudspeaker. With multiple sorties per day, each with multiple airdrop passes, spectators did not want for parachute action. The event provided a prime opportunity for engineers and military officers from different allied nations to discuss the state-of-the-art technology, both for inspiration and to avoid unnecessary duplication of existing ideas.

“This demonstration is really showcasing where the Army is moving when it comes to contested and congested logistics,” said Hicks. “It’s ensuring we’re putting out the best kit to the warfighters that we can.”



The wide array of cutting-edge cargo and personnel parachute technologies brought a significant number of personnel from the airdrop community together in one place to exchange ideas.



Virtually all these systems have undergone extensive testing at YPG, or will be soon, particularly in the realm of powered cargo systems. (Photos by Mark Schauer)

# From Yuma to the moon: Artemis II mission has multiple Yuma Proving Ground connections

By Mark Schauer

Artemis II began its 10-day journey around the moon after lifting off from the National Aeronautics and Space Administration (NASA)'s Kennedy Space Center on April 1, 2026.

The mission will be capped by the deployment of the Orion space capsule's parachutes, rigorously evaluated at U.S. Army Yuma Proving Ground (YPG) in multiple developmental tests between 2011 and 2018.

The Artemis mission's pilot is Victor Glover, an astronaut who witnessed multiple developmental tests of the Orion's Capsule Parachute Assembly System (CPAS) at YPG. The flight is the first crewed Orion mission, and also the first crewed mission around the moon since 1972.

Most people associate space travel with tremendous speed, but safe deceleration is just as important for the astronauts on board:

Whereas a spacecraft has to travel at approximately 20,000 miles per hour to escape the Earth, to return its



ABOVE: Test personnel examine components of the Orion Space Capsule's Capsule Parachute Assembly System (CPAS) after a test at U.S. Army Yuma Proving Ground (YPG) on July 18, 2012. The system was rigorously evaluated at YPG in multiple developmental tests between 2011 and 2018. LEFT: A mock Orion space capsule decelerated by the Capsule Parachute Assembly System touches down after a test at U.S. Army Yuma Proving Ground on September 13, 2018. (Photos by Mark Schauer)

occupants safely to the ground the same capsule needs to be decelerated from as fast as 24,500 miles per hour to speeds slower than most people drive automobiles on residential streets.

Meanwhile, the extreme friction generated by the capsule hurtling back into Earth's atmosphere at such a tremendous speed means its exterior heats to more than 4,000 degrees Fahrenheit.

Safely landing under these conditions is a tremendous undertaking, and large parachutes play an important role in accomplishing it. The rope that makes up the CPAS' cord is made of Kevlar, the strong synthetic fiber used in body armor: the change was made from steel as a result of testing at YPG. Each main parachute consists of 10,000 square feet of fabric: the CPAS system is designed to deploy sequentially and pass through two stages prior to being fully open: on re-entry, two drogue parachutes deploy to slow the hurtling 10-ton capsule prior to three

a catastrophic mishap shortly after takeoff. In many of the tests at YPG, evaluators intentionally rigged one or more of the CPAS' parachutes to not deploy to ensure that the remaining functioning chutes could withstand the additional stress of speed and mass the failure would cause.

In addition to being able to outfit the test vehicle with far more instrumentation and cameras than would be possible if it was coming from space, testing over land at YPG made recovery and examination of the parachutes easier than when the capsule lands in the ocean following a real space mission.

The years of hard work paid off. Following a launch on Nov. 16, 2022, the uncrewed Orion took a 1.4-million-mile round-trip journey that took it past the moon, reentering the atmosphere and splashing down safely in the Pacific Ocean after the CPAS deployed without a hitch on Dec. 11, 2022.

YPG has hosted developmental testing for NASA since the earliest days of the space program. The precursor to the lunar rover used during the last moon landings in 1971 and 1972, dubbed the 'mobility test article,' was tested at the proving ground in 1966. Astronaut Neil Armstrong, the first human to walk on the surface of the moon, visited YPG to witness developmental testing of the AH-56 Cheyenne Attack Helicopter in 1971.



main parachutes taking it down to a languid landing speed of 17 miles per hour.

Further, the parachute system is designed with redundancies meant to protect the safe landing of astronauts even in extreme scenarios such as two parachutes failing, or



In 1966, the Mobility Test Article, an early version of the lunar rover, went through developmental testing on U.S. Army Yuma Proving Ground's vast ranges. The final product traversed the moon in 1971 and 1972. (US Army photo)



The mock Orion space capsule is prepared prior to a developmental test of the Capsule Parachute Assembly System (CPAS) on Dec. 20, 2012. The CPAS was rigorously evaluated at YPG in multiple developmental tests between 2011 and 2018. (Photo by Mark Schauer)



# HomeServices

ServicesInYuma.com

(928) 783-4433 • Classifieds@yumasun.com

**Air Cond - Heating**

**AIR SOLUTIONS**  
OF YUMA LLC  
AIR CONDITIONING & HEATING  
A/C & HEAT PUMP  
TUNE UP SPECIAL \$55  
HEAT PUMPS ON SALE

- Park Models • Mobile Home Sales, Repairs, & New Installations

Free Estimates Res & Comm  
**928-919-1717**  
-Insured- ROC# 271605

**Cleaning Services**

**Alabaster Cleaning**  
HOMES OFFICES  
WINDOWS FANS  
BLINDS ORGANIZING

**928-782-6624**  
Lic., Bonded, Insured

www.AlabasterCleaning.com  
AlabasterCleaningLLC@gmail.com

**Construction**

**7 COAST BUILDERS**  
LUIS RODRIGUEZ (928) **750-8887**  
DAVID RODRIGUEZ (928) **271-9102**  
LIC # ROC 326087  
Luis7coastbuilders@gmail.com

Working to Meet Your Budget and Deadline!

- CUSTOM HOMES
- ADDITIONS
- REMODELS

The Pros For All of Your Construction Needs!

**Garage Doors**

**Arizona Overhead Doors**  
Sales • Repair • Installation

Free Estimates  
New doors and openers  
**Rick - (928) 446-7480**

Commercial & Residential  
Bonded & Insured. ROC#231526

**Landscaping**

**Arturo's Artistic LANDSCAPING**  
Serving Yuma Since 1999

- 3d Design • Pavers
- Artificial Turf
- Retaining Walls
- Irrigation Systems
- Complete Outdoor Living Solutions.

928.287.9035 • 928.341.5875  
Designer • Build • Maintain

**Painters**

**GR Stamps Painting Service**  
Painting Interior / Exterior

928-329-4441 or  
Call Gary 928-271-9968

Licensed & Bonded for your Protection  
ROC 145570

**Carpet - Rug Cleaners**

**Red's CARPET & UPHOLSTERY CARE LLC**

- Steam Cleaning • Pets Stains & Odors
- Upholstery & Area Rug Cleaning
- Carpet Stretching & Repairs

FREE ESTIMATES

\$50 per room (\$100 minimum)  
250 sq ft per room  
free deodorizer included  
Park Models • RVs \$100

**(928) 580-9094**  
Licensed and Insured  
http://www.redscarpetcareyuma.com

**Concrete**

**AMERICAN MASONRY**  
High Quality Work

- Brick • Block
- Stone • Concrete
- Custom tile • Gravel
- Iron gates & Landscaping.

No job too small.  
Over 30 years experience  
Free Estimates  
**928-257-8584**  
Not a Licensed Contractor

**Electricians**

**ELECTRICAL UNLIMITED**

- Residential & Commercial Electrical
- Wiring Service for Remodel / New Construction
- Repair Services  
24hr Service & Free Estimates

**(928) 920-2311**  
License#379734 & Insured

**Handyman**

**A & M HANDYMAN**  
A&M HANDYMAN  
Masonry, Carpentry,  
Cement, Remodeling  
Painting, Plumbing  
Roofing & More Just Ask!

No job too small because  
I do them all.  
Allen Ainsworth  
Cell **928-257-9077**  
or Call **928-783-0306**

**Painters**

**2019 Epoxy Floors**  
Resurfacing & Floor Prep

Duane at  
**928-580-5626**  
Roc # 302888

www.concreteconceptsllc.com

**SIERRA COATINGS LLC**  
Commercial & Residential  
Custom Painting  
35 years of quality service  
Stucco & Drywall Repair • Stains  
Varnish • Epoxy Floors • Roof Coatings  
Licensed • Bonded • Insured

**928-257-2555**  
14590 E. 42nd Place (Yuma, Arizona 85367)  
Free Estimates ROC# 261629

**Cleaning Services**

LICENSED | INSURED  
BBB ACCREDITED A+

**C&L Cleaning Service**

**SPRING cleaning**  
**\$200 OFF DEEP CLEANING**  
WHEN YOU BOOK BI-WEEKLY  
**BOOK NOW**  
**928-268-0717**

**2019 CONCRETE CONCEPTS**

- Stamped or Gray
- Epoxy Floors • Grinding
- Polishing • Resurfacing
- Complete Excavation

28 Years Exp.  
www.concreteconceptsllc.com  
Duane **(928) 580-5626**  
ROC#302888

**Flooring**

**DBG DBG FLOORING**

- ✓ LOCAL FAMILY OWNED BUSINESS
- ✓ QUALITY WORK & FLEXIBILITY
- ✓ LICENSED PROFESSIONALS
- ✓ FREE ESTIMATES
- ✓ FINANCING

2291 E PALO VERDE ST,  
YUMA AZ 85365  
**(928)-294-5898**  
WWW.DBGFLOORING.COM

**LOW COST HANDYMAN**

Roof Repair, Carpentry,  
Hauling, Water Heaters,  
Drip Systems, Painting,  
Trees, Plumbing, Fans,  
Arizona Rooms.

(Senior and Military Discounts)  
Credit and Debit Cards Accepted  
**(928) 975- 9760**  
City Licensed and Insured

**DSP DESERT BEST PAINTING LLC**  
Commercial & Residential  
• Interior • Exterior  
• Drywall • Stucco • Repair  
• Roof Coating • Epoxy Floors

Licensed-Bonded-Insured - ROC# 200112  
**928-446-9519**

**Plumbing**

**Plumbing**

- Service • Repair • Plumbing

**40 Years Experience**  
Specializing in Home Water Filters!  
Michael • 480.560.9847  
(not a licensed contractor)

**E&S** Insured & Bonded  
ROC# 290917  
QUALITY CONSTRUCTION SERVICES  
COMMERCIAL & RESIDENTIAL

www.esconcreteconstruction.com  
**CONCRETE & BLOCK**

- New Foundations, Additions
- Patios, Driveways, Sidewalks
- Stamp, Color, Regular

Also Bobcat & Dump Truck Service

Call for FREE Estimates  
Alex: **928.259.6502**  
Pro: **928.246.3947**

**Reach More Customers!**  
**Call**  
**928-783-4433**

**ROGER'S HANDYMAN**

Over 10 Years Serving Yuma

- Drywall • Electrical • Plumbing
- Tile • Framing • Roof Repairs
- Painting • Sub Floors/Floors
- Decks/Ramps Call Roger:

**(928) 345-8391**  
(not a licensed contractor)

**EMPIRE PAINTING OF YUMA, LLC**  
Painting Comm. & Resid.  
Interior, Exterior, Texture,  
Stucco, Drywall, Power Wash,  
Roof Coating, Repairs

Call Today!  
**928-257-6804**  
**928-271-9580**  
Lic./Bonded/Insured  
ROC# 250971

**MISSION PLUMBING**

Licensed • Bonded • Insured  
**All Plumbing Repairs & Installs**  
Residential and Commercial  
New Construction  
FREE ESTIMATES  
Foothills **928-722-5800**  
Yuma **928-722-5800**  
ROC# 214245

# HomeServices

ServicesInYuma.com

(928) 783-4433 • Classifieds@yumasun.com

## Alcohol Awareness Month

### Submitted by William Lloyd

This April, as we observe Alcohol Awareness Month, it's a crucial time to foster open conversations about alcohol, its effects on our health and society, and the resources available for those who may be struggling. This month-long observance aims to reduce the stigma associated with alcohol use disorder and empower individuals to make informed decisions about their consumption.

### The Scope of Alcohol's Impact

Alcohol is a widely accepted part of many cultures, but its misuse can lead to serious consequences. Statistics reveal the depth of the issue:

- **Prevalence:** In 2023, over 134 million Americans aged 12 and older reported drinking in the past month. Of those, nearly 29 million have an alcohol use disorder.

- **Health Consequences:** Excessive alcohol use is a major public health concern. It's linked to over 60 medical conditions, including seven types of cancer. Annually, about 178,000 people in the United States die from causes attributed to excessive alcohol use.

- **Youth Consumption:** Alcohol is the most commonly abused substance among teens and young adults. In 2023, 5.58 million people aged 12 to 20 reported drinking in the last month, with a staggering 58.9% of them engaging in binge drinking.

### Recognizing the Signs of a Problem

It's not always easy to tell when a person's drinking has crossed the line from moderate use to a problem. An alcohol use disorder is a treatable, persistent medical illness defined by

compulsive alcohol use despite negative consequences.

- **Impaired Control:**

Drinking more or for longer than intended, or having persistent, unsuccessful efforts to cut down.

- **Social Impairment:**

Continuing to drink even when it causes problems with family, friends, or work responsibilities.

- **Risky Use:** Drinking in situations where it is physically hazardous, such as while driving.

- **Increased Priority:** Giving drinking a higher priority than other activities and obligations.

- **Tolerance:** Needing to drink more to achieve the desired effect.

- **Withdrawal:** Experiencing physical and psychological symptoms like anxiety, sweating, or shakiness when not drinking.

### How to Help Someone

If you are concerned about a loved one's drinking, your support can be a crucial part of their journey toward recovery. While you cannot force someone to change, you can offer help and encouragement.

### Starting the Conversation:

- **Choose the Right Time:** Talk when the person is sober and you are both calm.

- **Be Specific and Caring:** Use "I" statements to express your concerns without being judgmental. For example, say "I'm worried about you because..." instead of "You have a problem."

- **Listen Openly:** Encourage them to share their feelings and be prepared for defensiveness or denial.

### Offering Support:

- **Encourage Professional Help:** Suggest they speak with a doctor or counselor. Offer to help them find treatment options

or even accompany them to an appointment.

- **Don't Enable:** Avoid covering up for them or making excuses for their behavior. Shielding them from the consequences can prevent them from seeking help.

- **Support Their Recovery:** Recovery is an ongoing process. Encourage new hobbies and social activities that don't involve alcohol.

- **Finding Help and Resources** Realizing there is a problem is the first step, and numerous resources are available to provide support for individuals and their families.

- **SAMHSA National Helpline:** Free, confidential, 24/7 treatment referral and information service. 1-800-662-HELP (4357)

- **Alcoholics Anonymous (AA):** A free, international self-help group with a 12-step program to get and stay sober. Find local meetings online APP (Meeting Guide)

- **Al-Anon Family Groups:** Offers support to friends and families of individuals with drinking problems. Find local meetings online.

- **SMART Recovery:** A self-help program that offers a science-based approach to overcoming addiction. Find meetings online.

- **YPG EAP:** Free, confidential, short-term counseling and treatment referral and information service. 928-328-2249

Taking the step to address alcohol use—whether for yourself or a loved one—is a courageous one. This Alcohol Awareness Month, let's commit to creating a supportive environment where people feel empowered to seek help and begin the journey to recovery.

### Roofers

#### LINES & LUNDGREEN

#### ROOFING & INSULATION, INC.

Tile, flat, foam or shingle roofs. Small repairs to complete new roof systems. All 100% guaranteed.

linesandlundgreen.com

ROC#069354C42. 070448L42.

928-783-9084

### Roofers



Polyurethane Foam is the only true seamless, NO LEAK, roofing system and the single most ENERGY EFFICIENT thing you can do for your home. We also do all types of ROOF COATINGS.

928-782-2814  
SERVING ALL OF ARIZONA  
LICENSED, BONDED, INSURED • ROC#162010  
www.MrFoamYuma.com

FREE ESTIMATES AZROC# 348979



#### Lugo's Roofing Services LLC

- Shingles
- Flat Roof Coatings
- Tile Roofing
- Rolled Roofing

### Financing Available

928-785-2595  
reroofyuma@gmail.com  
www.lugosroofing.com

Licensed Bonded Insured  
BBB A+ rating

DAVIN S. RICH  
ROOFING & PROTECTIVE COATINGS  
Elastomeric Roofing Systems  
Re-Roofing • Protective Coatings  
Tile Roofing • Metal Roofing  
Awning/AZ Room Roof Systems  
Composition Shingles  
928-343-4663  
Free Estimates • ROC# 248418

## Classifieds Work!

Call  
928-783-4433

or  
go to

Classifieds@  
yumasun.com



#### MIKE'S ROOFING & CONSTRUCTION

Shingles, Mobile Homes,  
Flat Roofs and Clay Tiles,

Commercial Roof  
Maintenance Plans.

FREE ESTIMATES  
FINANCING  
AVAILABLE

Veteran Owned  
(928) 271-0770

LIC., INS., BONDED  
Roc#353722 | Roc#361947



# DESERT RAT TESTAMENT

- APPLE PODCAST
- SPOTIFY
- GOOGLE PODCAST
- STITCHER
- AMAZON MUSIC




## Month of the Military Child parade



U.S. Army Yuma Proving Ground kickstarted the Month of the Military Child with a superhero themed parade on March 26. In April, the military community recognizes the sacrifices military children endure as dependents. During his remarks to kick-off the parade, U.S. Army Yuma Proving Ground (YPG) Commander Col. John Nelson told the crowd he was a military child himself, as was his daughter, so he understands the sacrifices. "You have to endure challenges that nobody else has to so, I am glad there's a month we dedicate to this, it's super important to me." Once given the green light the children from YPG's Child Development Center and James D. Price Elementary School, dressed up as superheroes, paraded around post and were greeted by various members of the YPG community including Sparky the Fire Dog. (Photos by Ana Henderson)



# Halo Chapel

# Bldg. 1100



**988** SUICIDE & CRISIS LIFELINE  
1.800.273.TALK



YUMA PROVING GROUND  
SEXUAL ASSAULT  
24-HOUR  
**HOTLINE**  
928.920.3104



**Amberly's PLACE**  
Thrift Shoppe

SHOP SUPPORT VOLUNTEER  
TUE-FRI 9AM-5PM  
SAT 9AM-1PM  
812 S AVE A  
329-2989



<p>Chaplain Denman (928) 920-9771 byron.l.denman.mil@army.mil Chapel Office Number (928) 328-3465</p>	<p>SSG Barrera (254) 449-1711 noe.i.barrera.mil@army.mil SGT Villa victor.villa7.mil@army.mil</p>
---	---

# ALL THE FUN, UNDER THE SUN.<sup>TM</sup>

Through the gateway to the Great Southwest, you'll find a place where the fun never sets. Welcome to the land of slots, blackjack, bingo, delicious food, and ice-cold drinks. All surrounded by bowling, rock walls for climbing, arcade games, and a gorgeous pool and jacuzzi — with an 18-hole golf course and RV park just minutes away.



South Highway 95 in Somerton | [CocopahResort.com](http://CocopahResort.com)

