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Home of Marine Corps Air Station Yuma



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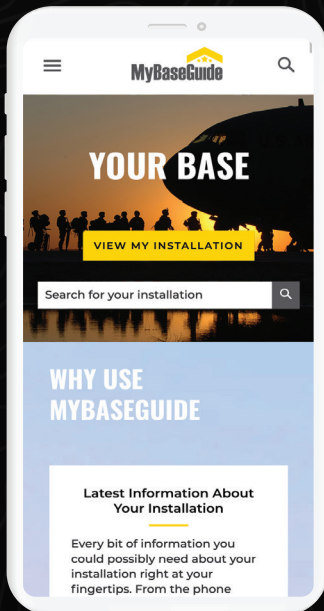
Thomas A. Jones, P.E., L.S.
 Principal

5575 Lake Park Way, Suite 114 • La Mesa, CA 91942
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Supporting Military Members And Their Families On and Off Base



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Please visit us at www.marcoa.com and www.mybaseguide.com.





U.S. MARINE CORPS PHOTO

Our Military

at Marine Corps Air Station Yuma

LOCATED IN THE SOUTHWEST corner of Arizona bordering California and Mexico, Marine Corps Air Station Yuma is found along the Colorado River in the southwestern Sonoran Desert. The mission of MCAS Yuma is to provide aviation ranges, support facilities and services that enable its tenants, other Marine Corps commands and visiting military and interagency forces to enhance their mission capabilities and combat readiness.

With access to more than 1 million acres of bombing and aviation training ranges and superb flying weather, MCAS Yuma supports 80 percent of the Corps' air-to-ground aviation training. The air station hosts approximately 70 aviation units, bringing an average of 600 aircraft and 14,000 personnel for ongoing training that takes place throughout the year.

The air station is home to tenant units including Marine Aviation Weapons and Tactics Squadron 1, Marine Operational Test and Evaluation Squadron 1, Marine Aircraft Group 13, Marine Air Control Squadron 1, Marine Fighter Training Squadron 401 and Combat Logistics Company 16.

Population

MCAS Yuma's population includes approximately 4,300 military personnel, 2,400 civilian personnel and 3,900 family members.

Economic Impact

According to the MCAS Yuma 2018 Statistical Summary, the economic impact of MCAS Yuma on the local community was approximately \$692 million.

HISTORY

It was 1928 when Col. Benjamin F. Fly fulfilled his namesake and persuaded the federal government to lease 640 acres of cactus, brush and desert wildlife from Yuma County. For the low price of \$1 per year, the government leased Fly Field for 20 years with an option for an additional 20 years.

Aviation was in its infancy and Fly Field became the center of attention in Yuma. During the summer of 1928, it was a stopover point for 25 planes in a New York to Los Angeles air race, a popular spectacle of the rapidly advancing world

of aviation. It was used sporadically by private aircraft until 1941, when the U.S. government, through the Civil Aeronautics Administration, authorized an expenditure for permanent runways.

When the United States entered World War II, engineers erected an air base with the astounding speed that characterized the war effort. By early 1943, Yuma Army Air Base began graduating classes of pilots. The base became one of the busiest flying schools in the nation, training pilots of AT-6 single-engine trainers, T-17 multi-engine trainers and B-17 Flying Fortresses.

At the end of the war, all flight activity at the base ceased and the area was partially reclaimed by the desert. During this period of inactivity, the base was controlled successively by the War Assets Administration and the Department of the Interior's Bureau of Land Reclamation, which used it as a headquarters for its irrigation projects.

On July 7, 1951, the Air Force reactivated the base and the 4750th Air Base Squadron resumed training as part of the Western Air Defense

Continued on Page 6

QUICK REFERENCE NUMBERS

All phone numbers are subject to change. For more information, call 928-269-2252.

American Red Cross	877-272-7337
Animal Control, Provost Marshal Office	928-269-6303
Aquatics	928-269-2914
Auto Skills Center	928-269-5765
Bank, Armed Forces	928-726-4363
Bowling Center	928-269-5585
Chapel and Station Chaplain	928-269-2371
Chaplains	
MAG-13	928-269-3454
MWSS-371	928-269-3407
Child Care	
Child Development Center.....	928-269-2350
Family Child Care.....	928-269-3233
Commissary	928-269-2245, ext. 3210
Credit Union, Navy Federal	888-842-6328
Dining	
Afterburner Mexican Grille.....	928-269-5183
Benito's Pizza.....	928-269-4444
Carl's Jr. and Green Burrito.....	928-344-0249
Desert Perk	928-269-7375
Rice King	928-269-2862
Sonoran Pueblo Event Center	928-269-7033
Subway.....	928-269-3466
Sunset Lanes & Grill.....	928-269-5585
DOD Safe Helpline	877-995-5247
Education Center	928-269-3248/5614
Exceptional Family Member Program	928-269-2949
Exchange	928-269-3567
Fitness Center	928-269-2727
Health Clinic Yuma, Branch	
Appointments.....	928-269-2700
Housing	
Base Housing.....	928-344-1240
Military Family Housing Office.....	928-269-2826
Unaccompanied Housing.....	928-269-2591
Legal Assistance	928-269-3586
Library	928-269-2785
Lodging, Inns of the Corps	928-269-2262/2267
Marine and Family Services	928-269-3251/3234
Military OneSource	800-342-9647
Movie Theater	928-269-2358
Outdoor Recreation, Arizona Adventures	928-269-2848
Paintball Park	866-985-4932
Post Office	
Military Postal Facility	928-269-2162/3119
U.S. Postal Service	928-343-9416

Recreation Center	928-269-5794
School Liaison	928-269-5373
Sexual Assault Support Line	928-941-3601
Single Marine Program	928-269-6556/2075
Suicide Prevention Lifeline	800-273-8255
Tickets and Travel	928-269-5300
Veterinary Clinic	928-269-2064
Youth Programs	
Youth Center	928-269-5390
Youth Sports.....	928-269-2324

MARINE CORPS AIR STATION YUMA ONLINE

Official site: www.mcas-yuma.marines.mil
 Marine Corps Community Services: www.mccsyuma.org

MYBASEGUIDE



Digital Guide

www.mybaseguide.com/marines/15/mcas_yuma



Mobile App
www.mbgapp.com

Download the free MyBaseGuide app to your mobile device and find more information about local health care, education, housing and recreational activities on the Around Town tab for Joint Base Langley-Eustis.

SOCIAL MEDIA



Facebook
www.fb.com/mcas-yuma



Twitter
www.twitter.com/yuma_mcas

People around the world increasingly stay connected through social media, whether it be with a deployed service member, with friends and families in locations around the world or with the bases where you have been stationed or expect to transfer.

Here are some safety tips for using social media:

1. Never post confidential personal information such as your date of birth, address, Social Security number, or bank and credit card account numbers. Never provide this type of information when signing up for a social networking site. Most sites do not require it, and you should be wary of those that do.
2. Don't invite people whom you do not know to be your "friend." You do not want strangers to know details about you or your family.
3. Never share operational information, such as upcoming ports of call and military exercises. Such information can compromise operational security and the safety of our service members.

The Public Affairs Office can provide guidance on the type of information not to be shared in a public forum such as a social network or blog.



Continued from Page 4

Forces. The airfield was renamed Vincent Air Force Base in 1956 in memory of Brig. Gen. Clinton D. Vincent, a pioneer of bombing techniques who died in 1955.

The Department of the Navy signed for control of the base Jan. 1, 1959, and nine days later, Col. L.K. Davis became the first commanding officer of the newly designated Marine Corps auxiliary air station. On July 20, 1962, the designation was changed to Marine Corps air station.

From 1969 until 1987, the air station served primarily as a training base for pilots assigned to Marine Corps Crew Readiness Training Group 10, flying the F-4 Phantom, A-4 Skyhawk and AV-8A Harrier. In 1978, Marine Aviation Weapons and Tactics Squadron 1 was commissioned to assist in increasing combat readiness of fleet aviation units, making Yuma an academic center of excellence for military aviation.

In 1987, Marine Aircraft Group 13, with Marine attack squadrons 211, 214, 311 and 513, replaced MCCRTG-10 as the major tenant command on the station. The move also brought Marine Wing Support Squadron 371 to Yuma, joining Marine Air Control Squadron 7 and 2nd Light Anti-Aircraft Missile Battalion.

Throughout the fall of 1990, virtually every Marine Corps fixed-wing squadron that participated in operations Desert Shield and Desert Storm underwent pre-deployment training on Yuma's ranges.

In November 2012, Marine Fighter Attack Squadron 121 became the world's first operational F-35 squadron at MCAS Yuma. The arrival of the F-35B marked the beginning of a new chapter in Marine Corps aviation history, bringing the latest and greatest aircraft in the world to the tip of America's expeditionary spear.

The summer of 2015 saw the arrival of Marine Operational and Evaluation Squadron 22 to MCAS Yuma for the purpose of providing integrated operational testing. As an operation test and evaluation squadron, VMX-22 is primarily responsible for conducting operational tests in support of newly developed aircraft and programs.

Marine Unmanned Aerial Vehicle Squadron 1 found a new home at MCAS Yuma in January 2016. Marine Attack Squadron 211 transitioned from the AV-8B Harrier to the F-35 and was officially redesignated as Marine Fighter Attack Squadron 211, continuing Yuma's tradition of leading the way in making aviation technology history every day.

ORGANIZATIONS MARINE AVIATION WEAPONS AND TACTICS SQUADRON 1

Marine Aviation Weapons and Tactics Squadron 1 provides standardized advanced tactical training and certification of unit instructor qualifications that support Marine aviation training and readiness. MAWTS-1 also provides assistance in the development and employment of aviation weapons and tactics.

MARINE OPERATIONAL TEST AND EVALUATION SQUADRON 1

Marine Operational Test and Evaluation Squadron 1 is a fixed wing, tilt-rotor, aviation command and control and unmanned aerial systems test squadron. As an operation test and evaluation squadron, VMX-1 is primarily responsible for conducting operational tests in support of newly developed aircraft and programs.

MARINE AIRCRAFT GROUP 13

Marine Aircraft Group 13 was established March 1, 1942, in San Diego as a response to the Japanese attack on Pearl Harbor, Hawaii. The group was assigned to MCAS Yuma in 1987. Today, MAG-13's mission is to provide combat-ready expeditionary aviation forces capable of short-notice worldwide deployment to Marine Air Ground Task Force, fleet and unified commanders.

MARINE AIR CONTROL SQUADRON 1

Marine Air Control Squadron 1's lineage began as the first Marine Air Command and Control System unit on Sept. 1, 1943, at MCAS Cherry Point, North Carolina. In 1998, MACS-1 and MACS-7 consolidated to form MACS-1, and the squadron headquarters was relocated to its present home in Yuma.

MARINE FIGHTER TRAINING SQUADRON 401

Marine Fighter Training Squadron 401 is a Marine Corps Reserve fighter squadron that provides instruction to active and reserve fleet Marine forces and fleet squadrons through dissimilar air combat training. VMFT-401 is the Marine Corps' only adversary squadron. The squadron is manned by highly experienced Marine fighter pilots.

COMBAT LOGISTICS COMPANY 16

Combat Logistics Company 16 provides intermediate maintenance and supply support for tactical engineer, motor transport, ordnance, and utilities equipment for tenant and augmented commands in the greater Yuma area. CLC-16 personnel also serve at the law center and military post office in accordance with the station assistance plan agreement.

The unit supports bi-annual Weapons and Tactics Instructor and Desert Talon exercises. CLC-16 also supports the training of the ITT and BTT teams. In addition, the unit provides intermediate maintenance support for all branches of the service to include entities of the Department of Defense conducting training in the area.

The supply section is composed of the CLC-16 organic supply account, the repairable issue point and the class IX repair parts support section, which provides support for more than 20 units throughout the year.

ARRIVAL

See the Getting To & Around Yuma County chapter on Page 15 for information about local airports, train service and public transportation. The closest major airport is Yuma International



U.S. MARINE CORPS PHOTO

Airport, which is less than a mile from the base. Transportation is not provided to the base.

SPONSORSHIP

Contact your sponsor with your estimated arrival time and flight information if applicable before your arrival at MCAS Yuma.

Sponsorship is vital to the relocation process. Don't PCS without talking to your sponsor before departing for MCAS Yuma. Your sponsor will answer any questions you have about the base and the local area, make lodging or dorm arrangements and meet you upon arrival. Your sponsor will be there to help you and your family until you are settled into your new community.

If you have not been in touch with a sponsor and your departure is nearing, contact your gaining unit or call Marine and Family Services at 928-269-3251/3234.

DRIVING DIRECTIONS

Cellphone use by the driver of a moving motor vehicle is prohibited on all Department of Defense installations unless the cellphone is used with a hands-free device.

From Interstate 8

If you are traveling east on Interstate 8, take Ext. 3 (Avenue 3E). Turn left at the signal, then go straight. At the sixth signal, turn right toward the main gate.

If you are traveling west on I-8, take Ext. 3 (Avenue 3E). Turn right at the signal (Avenue 3E), then go straight. At the sixth signal, turn right toward the main gate.

The north gate entrance (at the fifth signal) is for commercial vehicles only.

CHECK-IN PROCEDURES

www.mcas-yuma.marines.mil/Welcome

Upon arrival at MCAS Yuma during normal duty hours (8 a.m. to 3:30 p.m. Monday through Friday), personnel (to include those being assigned to the Light Armored Vehicle Test Directorate based at Yuma Proving Ground) will check in at Station Headquarters in Building 980 (928-269-2864).

Personnel ordered to 3rd Marine Aircraft Wing units based at Yuma who report during normal duty hours will check in at the Marine Aircraft Group 13 headquarters in Building 505 (928-269-3262).

Marine Aviation Weapons and Tactics Squadron 1 Marines who report during normal duty hours should check in at Building 406 (928-269-2058).

Marine Operational Test and Evaluation Squadron 1 Marines who report during normal duty hours check in at Building 157 (928-269-6795).

Personnel reporting in to Marine Fighter Training Squadron 401 during normal duty hours should check in at Building 146 (928-269-3628).

Navy personnel first check in at Building 980, then go to the Navy Personnel Support Activity Detachment in Building 1175 (Branch Medical Clinic).

Upon checking in with the appropriate headquarters, all personnel assigned to MAWTS-1, VMX-1, Headquarters Squadron or 3rd Marine Aircraft Wing units will proceed to the Installation Personnel Administration Center, Building 328, during normal working hours.

All personnel checking in after normal duty hours should report to the air station officer of the day in Building 980 (928-269-2252).

TEMPORARY LODGING

Inns of the Corps

Building 1088.....928-269-2262/2267
www.mccsyuma.org/index.cfm/lodging/inns-corps-yuma

Inns of the Corps provides safe, comfortable and clean accommodations for military members and their families who are being assigned to MCAS Yuma as well as retired military personnel traveling in Arizona.

Temporary lodging facilities available to personnel on accompanied PCS status feature suites with kitchenettes, high-speed internet access, televisions with cable and access to many base amenities. Pet-friendly accommodations are available for an additional fee.

Arrange for temporary quarters as soon as you receive your PCS; check availability and room rates online. Contact the lodging office directly for reservations with children and pet-friendly rooms.

GETTING SETTLED HEALTH CARE

Branch Health Clinic Yuma

Building 1175
Appointments.....928-269-2700
www.med.navy.mil/sites/cpen/services/Pages/BHCY.aspx

Branch Health Clinic Yuma is a branch health clinic of Naval Hospital Camp Pendleton. The clinic serves active-duty service members, their family members and other eligible beneficiaries in the surrounding area. Services include primary care, immunizations, mental health, optometry, physical therapy, radiology, laboratory, preventive health, pharmacy, occupational health and industrial hygiene. Visit the clinic's website for a full listing of clinical services.

Dental care is available to active-duty military only. Family members of active-duty personnel are encouraged to use the TRICARE Dental Program.

DOCUMENTS TO CARRY FOR INPROCESSING

- Several copies of your orders.
- Certified copies of birth certificates, adoption papers, naturalization papers, marriage license, divorce papers, etc.
- Copy of advanced pay or allowance paperwork.
- All moving paperwork including TMO information, self-move paperwork and all receipts associated with moving.
- Employment records or resumes of civilian family members.
- Medical and dental records of your entire family from your previous duty station.
- Immunization records for all children, active-duty members and pets.
- School records and transcripts for students.
- Copies of all insurance policies.
- Copies of all occupational licenses and certifications.
- Purchase agreements for vehicles, showing state sales tax paid.
- Vehicle registrations and titles.
- Household goods inventory.
- Letters of credit from utility companies.
- Copies of federal income tax forms.
- Copies of recent leave and earnings statements.

Program information is available by visiting www.tricare.mil/CoveredServices/Dental/TDP.

HOUSING

Military Family Housing Office

Building 1080.....928-269-2826
www.mcas-yuma.marines.mil/Family/Housing/Military-Family-Housing-Office

The MCAS Yuma Family Housing Office is ready to help you transition to your new home and community. Use its resources to become familiar with available housing options and support services. When you arrive at MCAS Yuma, visit the office for valuable information, counseling and guidance before signing any lease or sales contract for housing.

Unaccompanied Housing

Building 663.....928-269-2591
www.mcas-yuma.marines.mil/Staff-and-Agencies/Billeting

Unaccompanied housing is provided for unaccompanied Marines in the ranks of E-1 to E-5. Unaccompanied Marines in the rank of E-6 and above will move into housing in the local community.

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Family Housing

Building 1080..... 928-344-1240
www.lincolnmilitary.com/installations/yuma-mcas

At MCAS Yuma, military family housing is privatized. In addition to your option to purchase and rent housing in the local community, you may choose to live in privatized housing by signing a tenant lease agreement with Lincoln Military Housing, which owns the family housing and is responsible for constructing, maintaining, repairing and managing the community.

For comprehensive information about homes and amenities in the MCAS Yuma privatized housing community, visit the housing website.

MAIL

Post Office

2637 E. Quilter St.
 U.S. Postal Service..... 928-343-9416
 Military postal facility..... 928-269-2162/3119
www.mcas-yuma.marines.mil/Staff-and-Agencies/Post-Office

The station post office serves as both a U.S. Postal Service and military postal facility. The USPS handles all personal postal needs from stamp purchases to priority mail. All official mail is handled through the military postal facility. Personnel residing in the barracks will receive a personal post office box at the post office to receive mail at their convenience. Personnel living in base housing or off base will receive their mail at their place of residence.

PETS

Animal Control Division

Provost Marshal Office 928-269-6303

Veterinary Clinic

Building 591..... 928-269-2064
www.mcas-yuma.marines.mil/Staff-and-Agencies/Provost-Marshals/Pet-Registration

Pets belonging to personnel who live on MCAS Yuma must be registered with the Provost Marshal Office’s animal control division within five days of their arrival. Pets belonging to personnel who live off base must be licensed by the city where they reside. Pit bulls, rottweilers and canid or wolf hybrids are prohibited on Marine Corps installations. For more information on pet and breed restrictions on base, visit the family housing website at www.lincolnmilitary.com.

Veterinary services are provided at MCAS Yuma when the Yuma Proving Ground veterinarian comes and holds clinic hours by appointment only. Due to limited resources, most veterinary emergency cases are best served through a full-service civilian veterinary hospital; see the Military Buyer’s Guide tab to connect with local veterinarians.

RELIGIOUS GUIDANCE

Chapel and Station Chaplain

Building 1177..... 928-269-2371

MAG-13 Chaplain

Building 852..... 928-269-3454

MWSS-371 Chaplain

Building 3219,
 Cannon Air Defense Complex 928-269-3407
www.mcas-yuma.marines.mil/Resources/Chapel

Chaplains support the religious needs of all Marine members. The station chapel offers many programs, including worship, Bible studies and religious education. Chaplains also offer counseling. All communications with the

chapel are confidential and protected by the Uniform Code of Military Justice. If you are seeking spiritual support for any denomination or faith group, contact the chaplains. For current service times, visit the chapel’s website.

SERVING YOU

DINING

Afterburner Mexican Grille

Building 153..... 928-269-5183

Benito’s Pizza

Building 965..... 928-269-4444

Carl’s Jr. and Green Burrito

Building 965..... 928-344-0249

Desert Perk

Building 965..... 928-269-7375

Rice King

Building 965..... 928-269-2862

Sonoran Pueblo Event Center

Building 1200..... 928-269-7033

Subway

Building 965..... 928-269-3466

Sunset Lanes & Grill

Building 673..... 928-269-5585

For hours of operation, menus and special event information, visit www.mccsyuma.org/index.cfm/food.

EDUCATION

Education Center

Building 850..... 928-269-3248/5614
www.mccsyuma.org/index.cfm/military-family/voluntary-education-program

The Education Center provides active-duty service members the opportunity to reach their educational goals. Services include academic advising, information on tuition assistance and financial aid, testing programs, credentialing programs and more. Arizona Western College, a two-year community college that offers occupational certificates and associate degrees, offers classes on the station. For more information on station academic programs, events and workshops, visit the center’s website.

FAMILY SUPPORT

Child Development Center

Building 1085..... 928-269-2350
www.mccsyuma.org/index.cfm/military-family/child-youth-teen-programs/child-development

The child development center offers weekly care for children from 6 weeks to 5 years old. The center provides a safe, nurturing environment that promotes the social, cognitive, language and physical development of youngsters.



U.S. MARINE CORPS PHOTO



The center is accredited by the National Association for the Education of Young Children. Fees are based on total family income. Registration and eligibility information can be found at www.militarychildcare.com.

Exceptional Family Member Program

Building 1085..... 928-269-2949
www.mccsyuma.org/index.cfm/military-family/efmp

This program provides special-needs families with information and referral services.

Family Child Care

Building 1071..... 928-269-3233
www.mccsyuma.org/index.cfm/military-family/child-youth-teen-programs/family-child-care

Family Child Care provides an alternative to child development centers for families that need evening care, weekend care, care for children with special needs or infants and school-age children, and care during swing and midnight shifts.

The program also offers an opportunity for spouses to contribute to the family income while caring for their children.

FCC providers are well-trained, they and their family members undergo thorough background checks and their homes are inspected for fire safety, health, safety and other requirements. In addition, the homes are monitored on a regular basis by the program staff.

Marine and Family Programs

www.mccsyuma.org/index.cfm/military-family

Marine and Family Programs provide support to Marines and their families with a full continuum of personal, family and professional readiness services. Programs include information and referral, life skills training and education, relationship enhancement programs, readiness and deployment support, employment assistance, family team building, new parent support, financial management, substance abuse counseling, sexual assault prevention and response, relocation counseling and more. For more information on available services and points of contact, visit the Marine and Family Programs website.

School Liaison

Building 1085..... 928-269-5373
www.yuma.usmc-mccs.org/index.cfm/military-family/school-liaison

The school liaison office is the connection between MCAS Yuma families and private and public schools. The office provides support to service members during all stages of transition and deployment to ensure children receive every available opportunity for quality education.



U.S. MARINE CORPS PHOTO

Youth Programs

Youth Center

Building 1050..... 928-269-5390
www.mccsyuma.org/index.cfm/military-family/child-youth-teen-programs

Youth Sports

Building 693..... 928-269-2324
www.mccsyuma.org/index.cfm/recreation/youth-sports

MCAS Yuma Child and Youth Programs are affiliated with the Boys & Girls Clubs of America and offer a variety of activities, clubs and programs for youth and teens.

The Youth Center offers before- and after-school care, hourly care and school-aged camp during school breaks. The center facilitates field trips, arts and crafts activities, sports clinics, hikes, teen dances, movie nights and much more.

Sports programs for youth 3 to 12 years of age help participants develop the fundamental skills for each sport and instill sportsmanship qualities.

For a full list of youth activities at MCAS Yuma, visit the websites.

FINANCIAL SERVICES

Armed Forces Bank

Building 965..... 928-726-4363
www.afbank.com

Navy Federal Credit Union

966 Hart St. 888-842-6328
www.navyfederal.org

LEGAL SERVICES

Legal Assistance

Building 852..... 928-269-3586
www.mcas-yuma.marines.mil/Staff-and-Agencies/Legal-Services-Support-Team/Legal-Assistance

Legal services are provided to active-duty members, reservists serving active duty, retirees, dependents and survivors of such members. The

legal office can provide assistance with powers of attorney, notarization, wills, living wills, marital separation agreements, spousal support, child support, consumer problems, debt and credit problems, contracts, landlord-tenant issues, immigration advice and taxes.

LIBRARY

Building 691..... 928-269-2785
www.mccsyuma.org/index.cfm/military-family/library

The station library offers a varied selection of materials, including adult, young adult, juvenile and children’s fiction and nonfiction collections, a professional military reading collection, audiobooks, DVDs, newspapers, magazines, Transparent Language Online and various online databases. Visit the library’s website for more information on events and programming for children and adults.

RECREATION

For information about the recreational programs at MCAS Yuma, visit the base’s Marine Corps Community Services online at www.mccsyuma.org.

Aquatics

Building 685..... 928-269-2914
www.mccsyuma.org/index.cfm/recreation/oasis-pool

Oasis Pool offers recreational swim, lap swim, swim lessons and camps, parties and more. The seasonal 25-meter pool has four waterslides and a splash pad for younger guests.

Auto Skills Center

Building 564..... 928-269-5765
www.mccsyuma.org/index.cfm/services/auto-skills-center

Whether you’re a do-it-yourselfer or depend on the help of a skilled automotive professional for

vehicle maintenance and repair, the Auto Skills Center has everything you need to make car problems things of the past. For a full list of services and self-help stall rates, visit the website.

Bowling Center

Building 673..... 928-269-5585
www.mccsyuma.org/index.cfm/recreation/sunset-lanes-and-cinema

Strike up some family-friendly fun at Sunset Lanes. The center features state-of-the-art lanes and scoring equipment, food and drinks, and special events.

Fitness Center

Building 545..... 928-269-2727
www.mccsyuma.org/index.cfm/recreation/station-gym

The station gym has state-of-the-art equipment and training to help you achieve your fitness goals. The gym houses a strength training room, a cardio room, a combat room and a full-size basketball court with challenge hours and pickup games at various times throughout the day. The base also has an athletics program that offers varsity and intramural sports.

Movie Theater

Building 672..... 928-269-2358
www.mccsyuma.org/index.cfm/recreation/sunset-lanes-and-cinema

Sunset Cinema features movies Thursday through Sunday. Concessions are available. Check the website for current movie listings.

Outdoor Recreation

Building 562..... 928-269-2848
www.mccsyuma.org/index.cfm/recreation/arizona-adventures

Arizona Adventures is an outdoor recreational facility that provides you with all your outdoor needs. Whether you're planning a weekend camping trip with your friends or a backyard barbecue with your family, Arizona Adventures can help.

The center offers a variety of rental equipment for your outdoor pursuits and parties. Equipment rentals include bicycles, sports equipment, dunk tanks, inflatable jump castles and slides, grills, pig roasters, coolers, banquet tables and chairs, canoes, kayaks, and camping, hunting and fishing equipment.

The center also coordinates "float downs" on the Colorado River. Transportation, inner tubes and floatable coolers are provided for your group. Other programming is available, as well, including water sports and off-road vehicle programs.

The Arizona Adventures website has information on other recreational opportunities in Arizona, like local fishing hot spots and hiking and

biking trails. Visit the website for more information on Arizona Adventures programming, rentals and adventure packages.

Paintball Park

1205 Post St. 866-985-4932
<https://yuma.thepaintballpark.com>

The Paintball Park hosts paintball and paintball lite games. Rental equipment is available.

Single Marine Program

Office

Building 693..... 928-269-6556/2075

Recreation Center

Building 1200..... 928-269-5794
www.mccsyuma.org/index.cfm/recreation/single-marine-program

The Single Marine Program enhances the quality of life for single active-duty personnel by providing positive and rewarding outlets through recreation, community involvement and dynamic facilities. The program facilitates trips, special events and volunteer opportunities. The program's recreation center offers a variety of free amenities and activities, including a movie lounge, gaming systems, computers, pool and pingpong tables, video game and poker tournaments, and more. The program holds basewide meetings and events throughout the month; visit the website for more information.

Tickets and Travel

Building 965..... 928-269-5300
www.mccsyuma.org/index.cfm/services/great-escapes-travel-co

Get discount tickets to area attractions, as well as nearby Californian attractions like Disneyland, the San Diego Zoo, Universal Studios and more. Whatever travel destinations you seek, the staff at Great Escapes Travel Co. can help you plan your trips with assistance with airline tickets, hotels, rental cars and even cruises.

SHOPPING

Commissary

Building 590,
 3930 Narr Ave. 928-269-2245, ext. 3210
www.commissaries.com

Save your hard-earned dollars when shopping for groceries at the commissary.

Main Exchange

Building 965..... 928-269-3567
www.mymcx.com

The MCAS Yuma exchange wants to be your first choice for shopping. It offers a price-match program that guarantees the lowest prices in town. Hours for services outside the main exchange vary, so call or visit the website for detailed information.



U.S. MARINE CORPS PHOTO





U.S. MARINE CORPS PHOTO

Welcome

to Yuma, Imperial and La Paz counties

WELCOME TO THE SOUTHWEST! The three counties hugging the southern borders of California and Arizona are rich in history and offer its residents a ton of space to view the beautiful vistas.

The smallest of the three counties, La Paz, population 21,098 in July 2019, was once part of Yuma County. It split off in 1983 and is the only county to be established after Arizona became a state in 1912. The county seat, Parker, has around 3,000 residents.

Yuma County, population 212,128 in July 2019, was one of the four original counties in Arizona. Agriculture is big business here. Because of its proximity to Mexico, tens of thousands of workers cross the border daily during the winter agricultural season to work in the United States. The county seat, Yuma, is the home of Marine Corps Air Station Yuma and Yuma Proving Group.

Just across the border in California is Imperial County with a population of nearly 182,000. The county was established in 1901 from a division

of San Diego County. It was the last county to be formed in California.

All three counties are rich in historical and cultural attractions, and modern amenities. In addition to beautiful desert landscapes, there are archeological sites, museums and parks. Outdoor activities abound, among them golfing, floating down the Colorado River, off-roading and camping.

Annual events and festivals celebrate everything from the area's native settlers to Medjool dates and showcase the vibrancy of the region.

HISTORY

Yuma, Imperial and La Paz counties have very different histories. Yuma is one of the original counties in Arizona, while La Paz is the newest, and Imperial County is in a completely different state altogether although Yuma has been considered a gateway to the Golden State.

Yuma County has a colorful history, which lives on today in a fast-growing, vibrant community. In 1540, Hernando de Alarcon visited

the site of what is now the current city of Yuma. He was the first European to visit the area and to recognize the best natural crossing of the Colorado River. Much of Yuma County's later development occurred because of this strategic location.

From the 1850s through the 1870s, steamboats on the Colorado River transported passengers and goods to various mines, military outposts in the area and served the ports of Yuma, Laguna, Castle Dome, Norton's Landing, Ehrenberg, Aubry, Fort Mohave and Hardyville.

For many years, Yuma served as the gateway to the new western territory of California, which brought thousands from around the world in search of gold, or those who had it. In 1870, the Southern Pacific Railroad bridged the river. Yuma became a hub for the railroad and was selected as the county seat in 1864.

Yuma County is one of four original counties designated by the first Territorial Legislature. It maintained its original boundaries until 1983

when voters decided to split Yuma County into LaPaz County in the north and a new Yuma County in the south. La Paz County is the only county to be established after Arizona became a state in 1912, and it's the second-youngest county in the United States.

Much of Yuma and Laz Paz Counties' combined 10,000 square miles are desert lands accented by rugged mountains. Several river valley regions, however, contain an abundance of arable land which is irrigated with water from the Colorado River.

These valley areas have some of the most fertile soils in the world, having received silt and mineral deposits from Colorado and Gila rivers flood until the rivers were tamed by an intricate series of dams and canals.

Farming, cattle raising, tourism, and two military bases, US Marine Corp Air Station and US Army Yuma Proving Ground are Yuma County's principal industries.

Imperial County was formed in 1907 from the eastern portion of San Diego County. The county took its name from Imperial Valley, itself named for the Imperial Land Company, a subsidiary of the California Development Company, which

at the turn of the 20th century had claimed the southern portion of the Colorado Desert for agriculture. Much of the Imperial Land Company's land also existed in Mexico. The objective of the company was commercial crop farming development.

By 1910, the land company had managed to settle and develop thousands of farms on both sides of the border. The Mexican Revolution soon after severely disrupted the company's plans. Not until the 1920s was the area sufficiently peaceful and prosperous for the company to earn a return for a large percentage of migrant laborers, but some chose to stay and lay down roots in newly sprouted communities in the valley.

The county experienced a period of migration from drought-trodden dust bowl farms by the need of migrant labor, and prosperous job-seekers alike from across the country arrived in the 1930s and 1940s. By the 1950 census, over 50,000 residents lived in Imperial County alone, about 40 times that of 1910. Most of the population was year-round but would increase every winter by migrant laborers from Mexico. Until the 1960s, the farms in Imperial County provided substantial economic returns to the company and the valley.

Imperial County

Emergency Services

..... 800-427-7623
www.co.imperial.ca.us/firedept/index.asp?fileinc=oes

The Imperial County Office of Emergency Services provides emergency management services for the county/operational area including its seven cities/towns and special districts. OES coordinates emergency operations activities among various local jurisdictions and develops written guidelines for emergency preparedness, response, recovery and mitigation to natural/man-made disasters, and technological disasters. Visit the office's website for the county's disaster planning guide and other disaster preparedness information.

La Paz County

Emergency Management

..... 928-667-2461
www.co.la-paz.az.us/166/Emergency-Management

La Paz County's Department of Emergency Management develops and enhances the county's disaster preparedness and recovery plans for all hazards. Visit the department's website for the county's multi-jurisdictional hazard mitigation plan.

Yuma County

Emergency Management

..... 928-317-4681
www.yumacountyaz.gov/government/emergency-management

The Yuma County Office of Emergency Management is responsible for planning and coordinating actions for disaster preparation, response and recovery. The office develops and maintains liaisons with cities, county departments, military and state emergency management agencies. Visit the office's website for the county's disaster planning guide and other disaster preparedness information.

WEATHER AND CLIMATE

Yuma, Imperial and La Paz counties enjoy warm, sunny days year-round. The most pleasant months of the year are November, February and March. July is the hottest month with average temperatures above 100 degrees. Humidity and high temperatures during the summer months can make conditions unbearable. There are an average of 15 rainy days spread throughout the year. Any measurable snowfall is a rare occurrence in the region.

The National Weather Service provides forecasts, maps and severe weather warnings at www.weather.gov. You can your weather.gov with your city, state or ZIP code to ensure you stay informed about your community.

LOCAL CONNECTIONS

Chamber of Commerce

Use the chambers' online membership directories to connect with local businesses as you settle into your new community.

Calexico Chamber of Commerce

1100 Imperial Ave.
 Calexico, CA 92231 760-357-1166
www.calexicochamber.net

El Centro Chamber of Commerce & Visitors Bureau

1095 S. Fourth St.
 El Centro, CA 92243 760-352-3681
www.elcentrochamber.org

Imperial Chamber of Commerce

612 S. J St., Suite 7
 Imperial, CA 92251 760-355-1609
www.imperialchamber.org

Parker Regional Chamber of Commerce & Tourism

1217 S. California Ave.
 Parker, AZ 85344 928-669-2174
www.parkeraz.org

Yuma County Chamber of Commerce

180 W. First St., Suite A
 Yuma, AZ 85364 928-782-2567
www.yumachamber.org

SAFETY

Every second counts in a disaster so planning and preparation can be lifesavers.

Be Prepared California is California's official emergency preparedness program led by the California Department of Public Health.

Be Prepared California gives residents, communities, public safety professionals, businesses and schools valuable information and resources regarding a variety of emergency scenarios. The website provides information on creating an emergency plan and emergency kit, pet preparedness and disaster preparedness for seniors. For more information about disaster preparedness, visit www.bepreparedcalifornia.ca.gov.

Just in Case Arizona! is the state's public health emergency preparedness program. The website gives residents information about preparing a plan, making an emergency kit, adapting to emergency situations and more. Visit www.azdhs.gov/preparedness/emergency-preparedness/just-in-case-az/index.php.

Another great resource for natural disaster and severe weather information is the Centers for Disease Control and Prevention website at www.cdc.gov/disasters. Here you can find information on how to prepare for various weather emergencies.





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Getting To & Around

Yuma, Imperial and La Paz counties

NEAR THE CONFLUENCE OF the Gila and Colorado rivers sits the area where the Arizona, California and Mexican borders meet. Most travelers in the area choose to drive, enjoying the relaxing, scenic byways through the southwest.

For those flying, there are three major airports within 200 or so miles, with numerous air carriers. Two airports are in Arizona, and another one is nearby in San Diego.

Two of the three counties have public transportation, and the area is also served by a Greyhound Station.

AIRPORTS

Phoenix Sky Harbor Airport

3400 E. Sky Harbor Blvd.
Phoenix, AZ 85034 602-273-3300
www.skyharbor.com

Phoenix Sky Harbor Airport is approximately 180 miles from Yuma and is Arizona's largest and busiest commercial airport, serving nearly 45 million travelers each year. Major carriers

include Alaska Airlines, American Airlines, Delta Air Lines, JetBlue Airways, Southwest Airlines, Spirit Airlines and United Airlines. Ground transportation includes bus, taxi, shuttle, Greyhound and rental car service.

San Diego International Airport

3225 N. Harbor Drive
San Diego, CA 92101 619-400-2404
www.san.org

About 210 miles from Yuma, San Diego International Airport serves about 20 million travelers annually. San Diego is the largest metropolitan area in the United States that is not an airline hub, however, major carriers include Alaska Airlines, American Airlines, Delta Air Lines, Southwest Airlines and United Airlines.

Ground transportation includes bus, taxi, shuttle, ride share and rental car service. A shuttle provides transportation to the rental car complex, at 3355 Admiral Boland Way, where there are multiple car companies (www.san.org/to-from/Rental-Cars).

Yuma International Airport

2191 E. 32nd St., #218
Yuma, AZ 85365 928-726-5882
www.yumaairport.com

Yuma International Airport connects travelers from Yuma to Phoenix via American Airlines. There are four car rental agencies, a restaurant, lounge and the Military Comfort Center for military travelers.

PUBLIC TRANSPORTATION

Imperial Valley Transit

792 E. Ross Road, Suite B
El Centro, CA 92243 760-482-2900
www.ivtransit.com

Imperial Valley Transit is a fixed route public bus service in Imperial County. IV Transit has 14 routes that service more than 55,000 passengers a month. For more information on fares and the system's service area, visit the website.

YCAT

2715 E. 14th St.
Yuma, AZ 85365 928-783-2235
www.ycipta.org/routes-and-services.html



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YCAT provides fixed route, vanpool and demand responsive bus service throughout southwestern Yuma County including the cities of Yuma, San Luis, Somerton, Town of Wellton, Cocopah Indian Reservations and unincorporated communities of Yuma County, including Gadsden, Ligturta and Fortuna. Additional services are provided to Winterhaven and El Centro, CA, and the Quechan/Fort Yuma Indian Reservation.

For more information on fees and scheduling, visit the website.

DRIVING AND COMMUTING

Three major U.S. highways connect California and Arizona and various state routes cross Yuma and La Paz counties in Arizona and Imperial County in California.

One major U.S. highway intersects the city of Yuma. Interstate 8 runs east to west, starting nearly at the Pacific Ocean and running through San Diego, Imperial and Yuma counties, across the Sonoran Desert to Casa Grande. Between Yuma and Gila Bend, Interstate 8 runs alongside the routes of both the Gila Trail and the Butterfield Overland Mail Company line.

In addition to Interstate 8, state Route 95 links Yuma and La Paz counties to each other.

The Arizona Department of Transportation offers up-to-the-minute traveler information online. Visit www.az511.gov for weather alerts, roadwork, incident reports, closures and more travel information.

The California Department of Transportation offers real-time traffic information. Check for current highway advisories, live traffic conditions and traffic cameras, plus tips for driving in seasonal weather at <https://dot.ca.gov/travel>.

**Arizona Department of Transportation
Motor Vehicle Division**

2165 E. Gila Ridge Road
Yuma, AZ 85365 602-255-0072

29305 Mutahar St.
Parker, AZ 85344 602-255-0072
<https://azdot.gov/motor-vehicle-services>

The Arizona Department of Transportation Motor Vehicle Division issues driver's licenses, identification cards and vehicle registration and provides other driving-related services. Find many of the required forms, general information and drivers' manuals online at <https://azdot.gov/node/4909>.

California Department of Motor Vehicles

233 N. Imperial Ave.
El Centro, CA 92243..... 800-777-0133
www.dmv.ca.gov

The California Department of Motor Vehicles issues driver's licenses, identification cards and



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vehicle registration and provides other driving-related services. Find many of the required forms and general information online.

Driver's Licenses

Military personnel and their spouses who are stationed in Arizona from elsewhere may visit any Motor Vehicle Division office to apply for or to renew a five-year license. Visit <https://azdot.gov/motor-vehicles/driver-services/military-personnel/driver-license-services> for information about driver services available for military personnel.

Military personnel who are stationed in California from elsewhere may continue to drive with a valid driver's license from their home state, but in general, all California residents who want to drive must apply for a driver's license once residency is established.

The state spells out what is required for licensing and insurance under various scenarios in its California Driver Manual, which can be downloaded at www.dmv.ca.gov/portal/dmv/detail/pubs/pubs.

Vehicle Registration

Applications associated with driving and vehicle registration are available online for California drivers at www.dmv.ca.gov/vr/vr.htm, including DMV forms, requests for driving records and more. Drivers in Arizona can renew vehicle registrations at <https://azdot.gov/motor-vehicles/vehicle-services>.

Military members and veterans may be entitled to certain DMV exemptions and allowances. For more information on military and veteran exceptions and requirements, visit the website.

Distracted Driving

As of 2019 it is illegal in Arizona to talk or text on a wireless telephone while driving unless the device is in a hands-free mode. Police officers will be issuing warnings for violations until 2021 when fines can be doled out.

California prohibits drivers from using a handheld wireless telephone while operating a motor vehicle. Drivers 18 and older may use a hands-free device. Reading, writing or sending text messages is also prohibited while driving for any purpose — including looking at driving directions on a GPS or operating your entertainment system.

Arizona Department of Transportation

<https://azdot.gov>

The Arizona Department of Transportation is responsible for planning, building and operating a complex highway system in addition to building and maintaining bridges and the Grand Canyon Airport. A major component of the organization is the Motor Vehicle Division, which provides title, registration and driver license services to the general public throughout the state of Arizona.



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California Department of Transportation

www.dot.ca.gov

Visit the California Department of Transportation website for interactive maps, information about road closures and travel advisories, and to view live traffic cameras.

10 STEPS TO RESPONSIBLE DRIVING

Since you can't control the actions of other drivers, you must rely on your own skills and experience. Following these 10 rules will ensure a safe and courteous journey.

- 1. Be prepared:** Know where you're going before you start. Be well-informed about weather and road conditions or traffic activity on your route. For longer trips, include a rest stop every two hours, sooner if you are tired. Pack an emergency rations kit of water and nonperishable food items such as energy bars.
- 2. Always wear your seat belt:** Seat belts keep you in control and ready to react to a hazardous situation. Everyone should wear a seatbelt while in the vehicle.
- 3. Put the phone down:** A mobile phone is great for roadside emergencies, but using a phone while you drive drastically reduces your reaction time to all situations. Minimize distractions by concentrating on the road, not objects, people or events inside your vehicle.
- 4. Know your surroundings:** Scan the roadway continually for hazards. Keep your eyes moving, looking from one side to the other. Know what is happening well in front of you; watch for brake lights. Use the mirrors to keep an eye on traffic beside and behind you.
- 5. Share the road:** Pedestrians, bicyclists, motorcyclists, vehicles of varying sizes, as well as drivers of various ages and skill levels, all have a right to use the road. Slow down and give others time and space to proceed safely. Treat them like dear friends — they are to someone.
- 6. Signal your intentions:** Be predictable and courteous and signal your intentions so other road users know what you plan to do next. Use your horn or headlights, if necessary.
- 7. Watch your speed:** Posted maximum speeds are for ideal driving conditions. Adjust your speed for traffic, road and visibility conditions or when not operating at your best. Higher speeds magnify errors and decrease response times. It helps to maintain a large "safety cushion" around your vehicle to change lanes safely and to take evasive action in emergencies.
- 8. Maintain your vehicle:** Read your owner's manual and follow the recommended schedule for maintenance service. Routinely check tires, brakes, lights, wipers and fluid levels. Pack a flashlight, blanket and first-aid kit. In cold climates, pack extra warm clothing. Carry a mobile phone for emergencies.
- 9. Move your disabled vehicle:** If your car breaks down, move it off the road away from traffic, if possible. Warn other drivers by raising the vehicle's hood or using your hazard lights, then stay inside and ask passersby to call the police. If you're unable to move the car out of traffic, get all passengers to exit the vehicle and move to the side of the road when safe. If you must walk to a phone, keep your group together.
- 10. Don't drive while impaired:** Never drive while under the influence of alcohol, prescription or street drugs, or over-the-counter medications that make you drowsy. Not only will you put yourself and your passengers in danger, but a traffic violation of this nature can seriously derail a military career. Don't be a driver if you think you are going to drink. Road rage and normal fatigue can also impair your response time. Be calm, well-rested, alert and attentive any time you get behind the wheel.



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Housing & Real Estate

in Yuma, Imperial and La Paz counties

A LOW COST OF living coupled with lower incomes makes the counties of La Paz and Yuma in Arizona and Imperial in California a tough place to thrive in. The lower incomes in some of the cities are related to the minimum wages that migrant workers are paid, and the work isn't steady year-round. In 2018, an estimated 212,128 people called Yuma County home, while around 21,098 resided in La Paz County, the U.S. Census Bureau says. Just across the state border, the California county of Imperial had nearly 182,000 residents. Population density in Yuma County was 35.5 people per square mile, 4.6 in La Paz and 41.8 in Imperial County in 2010, the Census found.

Agriculture is king in these three counties, although the impact of the military can't be denied. Marine Corps Air Station Yuma and U.S. Army Yuma Proving Ground contribute to the economic impact of the area as well as the population. About 7,000 active duty Marines, sailors, civilian personnel and their families live in the area full time. In addition, every year approximately 100 aviation units deploy here

for training, bringing about 14,000 personnel to the area for up to seven weeks at a time. Additionally, more than 23,000 veterans live in the area.

IMPERIAL COUNTY

Imperial County has a rich agricultural heritage, growing half of the nation's winter vegetables in its close to 4,200 square miles on the eastern border of California. The county is also becoming a leader in renewable energy resources, including geothermal, wind and solar.

San Diego County lies to the west, Yuma and La Paz counties to the northeast, Riverside County to the north and Mexico to the south. The county is home to the Algodones Sand Dunes, also known as Glamis Dunes, the largest mass of sand dunes in California. Parts of California's largest state park, Anza-Borrego Desert State Park, lies within the county. Visitors can experience miles of hiking trails that offer unparalleled views of the Colorado Desert.

For more information, visit the county website at www.co.imperial.ca.us.

Communities in Imperial County include Brawley, Calexico, El Centro and Imperial.

Brawley

www.brawley-ca.gov

The city of Brawley, 72 miles northwest of Yuma, was laid out in 1902. The city's 7.68 square miles are home to more than 26,000 residents.

Brawley, named after the landowner, was incorporated in 1908 under the revised name of Brawley. It was a tent city of only 100 people who were involved in railroads and agriculture. That agricultural backbone has continued to today. Year-round agriculture is an important economic activity in the city. Although work isn't always consistent. The cost of living in the city is roughly 10 percent below the United States average, although the unemployment rate is 10 percent above the national average.

However, life is not all doom and gloom in Imperial County's third-largest city. The city of

Brawley is home to one of the largest western rodeo celebrations in the nation. Roughly 200,000 fans descend on the community every November to enjoy the event.

Homes in the area range from well-established neighborhoods to brand-new housing developments. Median rent is \$805, and selected monthly owner costs for housing units with a mortgage are \$1,248. Mean travel time to work for those living in Brawley is about 22 minutes.

Calexico

www.calexico.ca.gov

The name of the city of Calexico is a portmanteau of California and Mexico because of its location on the Mexico-United States border. Like Brawley, it also began as a tent community in 1899. The city was ultimately incorporated in 1908. Today, there are 40,139 residents living in the city's 8.39 square miles.

Calexico is at the southern end of the Imperial Valley and is separated from the city of Mexicali, another portmanteau, in Mexico by a reinforced steel fence. Similar to other cities in Imperial County, Calexico has a high unemployment rate because of the seasonal nature of agricultural jobs. However, retail, education and health care jobs are becoming more prevalent which should help bring the unemployment rate down.

Housing is very affordable in the area, with rental available below the national average. The median monthly gross rent was \$906, and median selected monthly costs for homeowners with a mortgage were \$1,425, the U.S. Census says. Workers' average commute time was 25.4 minutes.

El Centro

www.cityofelcentro.org

The county seat of Imperial County, El Centro is the largest city in the Imperial Valley. It is also the largest city in America to lie entirely below sea level. The city was founded in 1906 and founded two years later.

Agriculture has been an important industry within El Centro since the 1940s, because of its strategic location near rail lines and major highways – more than 35 growers and shippers still operate in the city today. However, by the early 1980s there was a shift and the two largest employment sectors in El Centro are currently government and wholesale/retail trade, reflecting El Centro's emerging role as a regional administrative and commercial center.

This residential community is 11.08 square miles with a population of 44,120. Mean travel time to work is under 19 minutes. Median rent in the city is \$788, well below the national average

of \$1,023, and selected monthly owner costs for housing units with a mortgage are \$1,509.

The El Centro Naval Air Facility is home to the annual Blue Angel flight maneuvering event.

Imperial

www.cityofimperial.org

One of the fastest-growing cities in California, Imperial grew by 20 percent from 2010 to 2018, compared to the nation's 6 percent growth. Imperial counts nearly 18,000 residents within its 5.86 square miles. It is 120 miles east of San Diego, and 65 miles west of Yuma. The Mexico

border, and Calexico West Port of Entry, is a mere 18 miles south of the city.

Nearby recreation facilities transform the desert into a popular Imperial Valley tourist destination due to the availability of outdoor activities. Three year-round golf courses are within minutes of Imperial. The sand dunes provide a place for campers and dune buggy enthusiasts.

Mean travel time to work for residents of Imperial is 21.7 minutes. Median rent is \$1,261, and selected monthly owner costs for housing units with a mortgage are \$1,713.

MOVING CHECKLIST

Six weeks prior to move

- Contact a real estate agent in the local area. Start by looking in the Military Buyer's Guide of this publication.
- Obtain quotes from moving and self-service companies and gather DIY estimates. Decide on the type of move best for your circumstances.
- Determine employer-covered expenses.

Four weeks prior to move

- Check the preregistration procedures to enroll children in school. Get children's transcripts, textbook list and a copy of their current school's grading system. Ask teachers to write descriptions of each student's achievement level, interests and any unusual courses taken.
- Request that copies of all family members' medical and dental records and birth certificates be sent to your new home. Don't forget your pets' veterinary records.
- Notify the post office of your new address and obtain a change-of-address kit. Send change-of-address cards to friends, subscription services, creditors, alumni associations, the Department of Motor Vehicles and insurance companies.
- Begin packing seldom-used items and dispose of unwanted items through charities — get receipts for tax purposes.
- Contact the IRS for forms and regulations regarding tax-deductible moving expenses.
- Transfer or arrange for insurance to cover your home, furnishings and automobile.

Three weeks prior to move

- Arrange to have appliances, utilities, newspapers, laundry, phone and cable television disconnected. Check on deposits. Set up connections at your new home.
- Make travel arrangements.

Two weeks prior to move

- Handle bills, stocks, investments and banking transfers.
- Arrange to transport pets and plants. Some states prohibit certain plants, so research before you move.
- Clean cupboards and plan remaining meals so you can pack what you don't need.

One week prior to move

- Discontinue delivery services such as the newspapers.
- Clean and sort items in the garage and attic.
- Clean out your safety deposit box and place all valuables and documents together. If the items can't be replaced, carry them with you.

Two days prior to move

- Defrost and dry refrigerators and freezers.
- Arrange for cash or traveler's checks for trip expenses and payment to the mover upon delivery.
- Reconcile and close checking account. Withdraw savings.
- Conclude any financial matters relating to the lease or sale of your home.
- Pack luggage. Set aside items you will need immediately upon arrival — a few dishes, pots and pans, towels, soap, bedding, light bulbs, flashlights and toilet paper.
- Leave a forwarding address with new tenant or neighbor.

Moving day

- Confirm your delivery date with your mover and provide directions to your new residence as well as primary and secondary contact numbers or email addresses.
- Pay close attention to the mover's paperwork. You will need to sign it upon completion of loading and then unloading at your new residence.
- Supervise the movers to make sure your instructions are understood. Review any damage to your belongings noted by the moving foreman or supervisor.
- Double-check your residence for forgotten items before leaving.

Move-in day

- Clear and mark paths to all rooms to help the movers place the boxes.
- Supervise unloading.
- Note any damage to your boxes or furniture.
- Review paperwork carefully to make sure all your belongings arrived.



LA PAZ COUNTY

North of Yuma County, La Paz County — Spanish for peace — in southwestern Arizona covers nearly 4,500 square miles. It is bordered on the west by Riverside and Imperial counties across the state border in California, by Mohave County to the north and by Maricopa County to the east. Population density is low in the county, with roughly five people living in every square mile. For more information, go to www.co.la-paz.az.us.

Communities in La Paz County include Parker and Quartzsite.

Parker

www.townofparkerarizona.com

The county seat of La Paz, Parker had a population of 3,059 in 2017. Founded in 1908, the town was officially incorporated in 1948 and became the county seat of newly created La Paz in 1983.

Parker’s economy is based primarily on tourism, retail trade and services. The 16-mile strip of the Colorado River, between Parker Dam and Headgate Rock Dam, provides many water-based recreational activities and Parker’s year-round climate makes it a destination point for tourists and winter visitors. Parker also serves as the trade and business center for the Colorado River Indian Reservation and area small towns. Agriculture, historically the major economic base of Parker, continues to contribute to the economy.

The cost of living in Parker is about 10 percent below the national average. The median home

cost in Parker is \$210,000. The average commute time for Parker residents is 12.9 minutes.

Quartzsite

www.ci.quartzsite.az.us

More than 80 miles northeast of Yuma on state Route 95, Quartzsite is an outdoor enthusiast’s dream. It is a popular recreational vehicle camping area for winter visitors with tourism being the major contributor to Quartzsite’s economy. In addition, a variety of major gem and mineral shows, and swap meet shows are very popular tourist attractions in the area, attracting about 1.5 million people annually, mostly during January and February.

The town has a population of about 3,700 and covers 36.3 square miles. The cost of living is very reasonable here with the median home costing below \$100,000.

YUMA COUNTY

North of the Mexico border, Yuma County is at the southwest edge of Arizona and covers approximately 5,500 square miles. The Colorado River, which defines the border between Arizona and California, runs along the county’s northern edge. Yuma is one of the original eight counties in Arizona and has a long history. It is home to two premier military installations: Marine Corps Air Station Yuma and Yuma Proving Ground. The military is the second-largest contributor to the local economy after agriculture. For more information, go to www.yumacountyaz.gov.

Communities in Yuma County include San Luis, Somerton and Yuma.

San Luis

www.sanluisaz.gov

San Luis was established in 1930 with the opening of a border-crossing station. In the last 40 years it has registered an accelerated population increase, going from 1,946 inhabitants in 1980, to approximately 33,500 in 2018. The city annexed over 16,000 acres of land between 2006 and 2012, thereby increasing the availability of land for residential, commercial and industrial growth in the eastern part of town where the new commercial port of entry will be constructed.

Retail trade, agriculture and manufacturing form a large portion of the local economy. Another significant segment is the light industry located on both sides of the border between the United States and Mexico.

Visitor attractions within a 30-minute drive of San Luis include the old Territorial Prison, Fort Yuma and the 16th century Fort Thomas Mission. Fishing, water skiing and swimming at lakes along the Colorado River attract residents of the area and tourists alike.

Median rent in San Luis is \$697 and selected monthly owner costs for housing units with a mortgage are \$923. Mean travel time to work is 30.2 minutes.

Somerton

www.somertonaz.gov

Just 11 miles southwest of Yuma on state Route 95, Somerton borders the Cocopah Reservation on the east. The city, population 16,491, covers 7.29 square miles. Somerton was established in 1898 and incorporated in 1918. Like most of Yuma County, its economy is based on agriculture with medical services and tourism tied to the nearby reservation benefiting the area as well.

Somerton is known for its annual tamale festival that benefits students attending Arizona State University. Selected monthly owner costs for housing units with a mortgage are \$1,037 and median rent is \$736. Mean travel time to work is 24.4 minutes.

Yuma

www.yumaaz.gov

Yuma County’s namesake and county seat, Yuma was put on the map during the gold rush of 1849, when thousands of fortune hunters headed west, seeking the quickest way to reach California. In one year, more than 60,000 travelers passed through what was then known as Colorado City, following the Gila Trail to the rope ferry that would carry them across the Colorado River.

Reflecting the town’s new importance, the U.S. Army established Fort Yuma in 1852 on Indian Hill, overlooking the strategic crossing from across the river. Formally incorporated as



Arizona City in 1871, the town was renamed Yuma in 1873. The newly renamed city gained one of its lasting claims to fame in 1876, when the Yuma Territorial Prison opened on the twin hill across from the fort.

The city is the present-day location of the Marine Corps Air Station Yuma, which conducts an annual air show and many large-scale military exercises. There is also the Yuma Proving Ground, an Army base that tests new military equipment. Yuma Proving Ground is home to the Special Operations Free Fall School, which provides training in free-fall parachute operations to Special Forces units in all branches of service, as well as those of other nations.

The Colorado River runs along the north and west side of town, serving as the border between Arizona and California. Yuma is an important station for trucking industry movement of goods between California, Arizona and Mexico. Agriculture is very important to the city and it's colloquially referred to as the Winter Lettuce Capital of the World. On New Year's Eve in 2018, the city dropped a head of iceberg lettuce from the water tower to symbolize the beginning of the new year.

At 120.28 square miles, Yuma is densely populated with nearly 98,000 residents. Median rent is \$891, and selected monthly owner costs for housing units with a mortgage are \$1,240. Mean travel time to work is 15.8 minutes.

PLANNING YOUR MOVE

Relocating to a new home can be one of the most stressful situations in life. Whether moving across town or the nation, preparation and organization make all the difference.

For military moves, visit www.move.mil for information about moving resources and to learn about the allowances and responsibilities of a military-sponsored move.

Regardless of which method you choose, the first step should be to inventory your personal belongings. The list, with photographs of any valuables, will be important for both insurance purposes and to help keep you organized during transit.

Plan for one full day to pack each room — though the kitchen and garage may take longer. Make a rough estimate of your packing schedule and then add 50 percent more time. It always takes longer than predicted to pack. Toss or donate unused items to lighten your load. Visit www.goodwill.org, www.salvationarmyusa.org or www.clothingdonations.org for locations near you or to arrange a pickup.

BUYING VERSUS RENTING

The decision to buy or rent is the most important step in your relocation process. Purchasing a

home entails a long-term financial and emotional commitment with various pluses and minuses. Advantages include the possibility of building equity and the freedom to design and decorate your property or landscape. And don't forget the tax benefits. Disadvantages include upkeep, property taxes and fluctuating property values.

Renting, on the other hand, makes moving easier and someone else maintains the property. Amenities such as laundry rooms, exercise rooms, swimming pools and tennis courts vary from one rental complex to another. The main disadvantage is a loss of control over the residence. Some complexes, for example, restrict or prohibit pets and personal touches such as painting. And the landlord or property managers can also raise the rent with proper notice.

To determine your best choice, account for all of your needs, review your financial situation and research your options thoroughly.

FINDING AN APARTMENT

Be prepared when you meet with the leasing agent, property manager or owner. Bring a list of what you are looking for in a rental; it is important to be clear about your needs and to get all of your questions answered. You will also need to provide information and verification about your job, your income and your past rental history. Dress to make a good impression and treat the meeting like a job interview — be polite and arrive on time.

Use a written checklist with the landlord to document the condition of the rental before you move in, and keep a copy of the completed checklist to use when you move out.

For more information, you can download the Arizona Residential Landlord & Tenant Act at <https://housing.az.gov/general-public/landlord-and-tenant-act> or the California Tenants — A Guide to Residential Tenants' and Landlords' Rights and Responsibilities can be downloaded at www.lapublichealth.org/eh/docs/housing/brochure/tenright.pdf.

BUYING A HOME

Buying a home is a complex process and, as the recent housing crisis demonstrated, requires a thorough education on the part of the buyer. First, fully understand your financial position — credit score, available savings, monthly income and expenditures. Subtracting your expenditures from your income, for instance, will yield the amount you can afford for housing.

The counties' communities give newcomers plenty of choices when selecting a home. Enlist the help of a reputable real estate agent to help you sort through the area's home options. The Arizona Association of Realtors and the California Association of Realtors are a central source of local real estate information and assistance. Those interested in purchasing a new home can find the expertise and professional services they need at www.aaronline.com (Arizona) or www.car.org (California).

State Programs

Arizona and California both provide housing programs and incentives to help residents with home ownership. For more information, visit www.hud.gov/states and select "Arizona" or "California" from the list.



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U.S. MARINE CORPS PHOTO

Employment & Economy

in Yuma, Imperial and La Paz counties

THE SONORAN DESERT MAKES up the southwestern portion of the Southwest, although most of the desert lies in Mexico, its United States component lies on the southeastern border of California and the western two-thirds of southern Arizona. Even with the desert landscape, agriculture makes up a large portion of the area's economy.

In Yuma County alone, agriculture is a \$3 billion business that employs tens of thousands of workers. Much of the workforce are migrant farm workers who cross the Mexican border daily to work in the county's fields. Imperial County's economy also relies heavily on agriculture, due to the proximity to irrigation systems from the Colorado River. In La Paz County, reliance on agriculture comes second to tourism. Tourism and food services tied to the local casino and outdoor recreation opportunities along the county's 16-mile strip of the Colorado River provide a steady stream of revenue for the area.

The median age in Yuma and Imperial counties is about 32 years old, meaning the

workforce skews younger. The median age in La Paz county is 56, not surprising since many retirees reside there. Median household income in Imperial County is \$45,834, \$33,333 in La Paz County and \$44,058, according to the U.S. Census Bureau. Income is lower in these counties than the national average of \$60,293.

Marine Corps Air Station Yuma

Marine Corps Air Station Yuma's impact on the Yuma County community is considerable. When combined with Yuma Proving Ground, it is second only to agriculture in its value to the local economy. With a combined economic output of more than \$7.99 billion, Southern Arizona's six military operations comprise 70 percent of the statewide total military economic impact of \$11.46 billion. Arizona's military installations employ nearly 77,000 people, according to the extensive report, which was prepared using data from fiscal year 2014. MCAS Yuma and Yuma Proving Ground contributed nearly \$2 billion of that number.

EMPLOYMENT RESOURCES

National Resources

At the national level, websites such as www.linkedin.com, www.monster.com, www.careerbuilder.com and www.indeed.com have extensive search capabilities as well as resume tips, forum support and professional networking options.

The National Military Spouse Network, a networking, mentoring and professional development organization, has a wealth of career information at its website, www.nationalmilitaryspousenetwork.org. The group aims to help military spouses build a meaningful, sustained career path and offers a library of articles that touch on topics like entrepreneurship, resume tips, self-promotion and more as well as a membership-only discussion forum. The organization also features companies that are military spouse-owned or military spouse-friendly on its Homefront Business Listings page.

Visit <https://jobs.mybaseguide.com> to look for jobs and browse blog articles with job search tips.

Local Resources

California Employment Development Department
www.edd.ca.gov

Job seekers can custom-tailor their searches on this site, create and upload multiple versions of their resume and be notified electronically of new openings. There's an online job center, information on job fairs and workshops, and training options that include special programs and where to get help. Information also is available in Spanish.

State of Arizona

<https://hr.az.gov/az-state-jobs>

Employment opportunities with the State of Arizona are posted online. Search by category, agency or location then apply online.

La Paz County

1108 S. Joshua Ave.
 Parker, AZ 85344 928-669-6115
www.co.la-paz.az.us/Jobs.aspx

La Paz County jobs are posted online with salary information, and applications are available for download with submission instructions or apply online directly. Sign up to be alerted for new job postings.

Yuma County

198 S. Main St.
 Yuma, AZ 85364 928-373-1010
www.yumacountyaz.gov/government/human-resources/employment

Yuma County accepts online applications but you have to create an account first. Search for jobs by category and all jobs are posted with salary range included. For questions or comments, call 928-373-1013.

State of California

www.calcareers.ca.gov

Employment opportunities with the State of California are posted online. Search by industry and keyword or look for seasonal, student and part-time jobs.

Imperial County

940 W. Main St.
 El Centro, CA 92243..... 442-265-1148
www.co.imperial.ca.us/index.asp?fileinc=jobopp

Jobs are posted online with salary information, and applications are available for download with submission instructions. Applications are accepted via fax, mail or in person at the address listed above.

JOB-SEEKER TIPS

Always keep your resume up-to-date and have several versions that target specific industries and highlight your skills that fit their job descriptions.

Compile several reference lists with a good variety of people and former business associates. Be sure to first ask each if you can use them as references.

Compose a comprehensive, catchy and succinct cover letter of no more than a page (this is no place to ramble). It will introduce you and your desire to work for the company. Have a knowledgeable friend check it for errors; misspelled words and bad grammar hint at carelessness and indifference. Know what the company does, and highlight skills, work experience and education that apply to the position.

Maintain a positive, professional and broad-based presence on social media such as Facebook and LinkedIn; almost all employers search social media sites to vet job candidates, and your absence there will raise red flags. Also be aware that images and comments posted spur-of-the-moment can be searched out forever and come back to haunt you.

Be prepared for an interview at any time. When you submit your application, a supervisor may want to talk immediately, or the phone may ring with a call from a hiring director. Compose — and rehearse — your one-minute self-promotional speech on who you are, an achievement or two and your strengths. It's not vanity to make a good first impression. If a supervisor wants to know why she should hire you, be ready.

CIVILIAN OPPORTUNITIES

Federal Jobs

Visit www.usajobs.gov to search for Department of Defense jobs at Marine Corps Air Station Yuma. Or visit www.mcasyma.marines.mil/Staff-and-Agencies/Employment to find available positions.

NAF Jobs

For information about service jobs, including openings in lodging, child care, recreation areas and more, call 928-269-2209.

Exchange Jobs

For base exchange jobs, visit the AAFES career page at <https://publicaffairs-sme.com/applymyexchange>.

SELF-EMPLOYMENT

Arizona Small Business Development Center

The Arizona Small Business Development Center offers small business resources and workshops for those looking to start a business. Visit www.azsbdc.net. Or visit the Arizona Western College Small Business Development Center's location in Yuma at 3151 S. Redondo Drive, Suite 101. Call 928-317-6151 for more information.

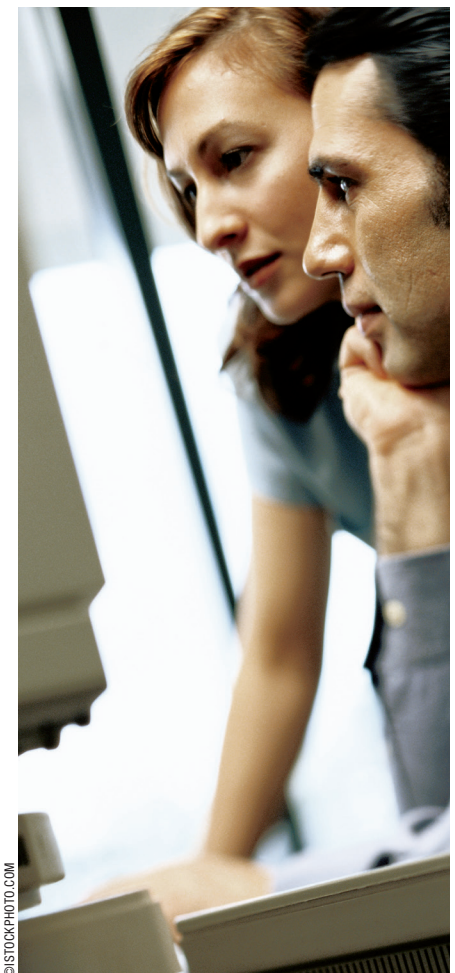
California Small Business Development Center

The California Small Business Development Center offers small business resources and workshops for those looking to start a business. Visit www.californiasbdc.org. Or visit the Imperial Valley Small Business Development Center's location in Imperial at 2415 Imperial Business Parkway, Suite A. Call 760-312-9800 or visit www.sdivsbdc.org/IVSBDC for more information.

Small Business Resources

www.usa.gov/business

Learn the steps to start and grow a small business at USA.gov's Small Business website. The platform features hand-picked government websites helpful to small business owners. Learn about business taxes and incentives, financing a business, importing and exporting, federal government contracting, state business resources and more. The website also provides information on a wide range of programs and services to help veterans, women, minorities and the economically disadvantaged start or grow a business.



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Health Care

in Yuma, Imperial and La Paz counties

THERE ARE MANY HEALTH care services in Yuma, Imperial and La Paz counties for military, civilians and veterans. Visit www.healthcare.gov for information on open enrollment for health care coverage under the national Affordable Care Act. Health-e-Arizona Plus is powered by the Arizona Health Care Cost Containment System and is the state's connection to the federal insurance marketplace. The system connects individuals and families with coverage, benefits and services. Start your search for information at its website: www.healthearizonaplus.gov. Visit www.healthcare.gov for information on open enrollment for health care coverage under the national Affordable Care Act. California has several health care companies in the Covered California marketplace, offering a range of federally subsidized services to individuals and families. Visit www.coveredca.com for more information on open enrollment and options.

See the Military Buyer's Guide to connect with local hospitals and medical centers, health care centers and health care providers.

COMMUNITY HEALTH CARE CLINICS AND RESOURCES

A community health center or clinic is customarily the place to go for those who have no health insurance or have limited income or ability to pay medical fees. Such clinics accept most insurance and provide affordable, comprehensive health care by well-trained, professional staff. They also serve those who are uninsured and underinsured, and most are open to making sliding scale payment arrangements based on income and family size.

For a list of community health centers in Arizona, visit the website of the Arizona Alliance for Community Health Centers at www.wacommunityhealth.org and select "Find a Community Health Center Near You" under "About Us."

DENTAL CARE

The Arizona State Board of Dental Examiners website, <https://dentalboard.az.gov>, and the Dental Board of California website, www.dbc.ca.gov,

are useful places to start in finding a dentist with its license verification lists. Select "License Verification" from the home page to find or verify a dentist or dental assistant. You can also seek referrals from people you know who've had dental care in the area.

The California Dental Association can give you tips for oral health and low-cost dental care. Visit its website at www.cda.org.

FINDING A LOCAL DOCTOR

Before you arrive at your new assignment, you can check the Arizona Medical Board or Medical Board of California's license verification tool online at <https://azmd.gov> or www.mbc.ca.gov. This should give you a preview of the local medical practitioners as well as where you might need to go for specialized care.

Personal referrals from friends or other medical personnel can add to your options.

You can check a doctor's certification at the American Board of Medical Specialties at www.abms.org. To see if anyone has registered a

complaint or taken disciplinary action against the doctor, visit the Medical Board of California at www.mbc.ca.gov or call 800-633-2322.

Treat finding a doctor as seriously as looking for a new job or a new home. You want to be comfortable with the person who will see you while you are most vulnerable.

FOR VETERANS

Veterans in Yuma, Imperial and La Paz counties are served within Veterans Integrated Service Network 22 — the Desert Pacific Healthcare Network. VISN 22 serves more than 1.5 million veterans with eight VA health care systems and 65 community clinics throughout Southern California, Arizona and New Mexico. The closest community outpatient clinic is in Yuma.

Southern Arizona VA Health Care System
3601 S. Sixth Ave.
Tucson, AZ 85723 520-792-1450
www.tucson.va.gov

The Southern Arizona VA Health Care System in Tucson serves over 171,000 veterans in eight counties throughout Southern Arizona and one county in Western New Mexico.

The medical center has 295 authorized beds, providing primary care and sub-specialty care in numerous medical areas.

The following is a list of nearby community-based outpatient clinics and vet centers. For a full list of clinics and other facilities, go to www.tucson.va.gov/locations/index.asp.

Imperial Valley CBOC
1115 S. Fourth St.
El Centro, CA 92243 760-352-1506

Yuma Clinic
3111 S. Fourth Ave.
Yuma, AZ 95364 928-317-9973

Yuma Vet Center
1450 E. 16th St, Suite 103
Yuma, AZ 85365 928-271-8700

Arizona Department of Veterans Services
3839 N. Third St.
Phoenix, AZ 85012 602-255-3373
<https://dvs.az.gov>

The Department of Veterans Affairs improves the quality of life for Arizona’s veterans, military and their families by increasing awareness and access to appropriate federal, state and local resources.

There are several VA service officers in Snohomish County who help navigate the maze of VA services and programs. Veterans can find assistance at the following office:

ADVS Yuma Office
1450 E. 16th St.
Yuma, AZ 85365 928-726-2851

California Department of Veteran Affairs
1227 O St.
Sacramento, CA 95814 800-952-5626
Veterans Crisis Hotline 800-273-8255
www.calvet.ca.gov

The Department of Veterans Affairs improves the quality of life for California’s veterans, military and their families by increasing awareness and access to appropriate federal, state and local resources.

There are several VA service officers in Imperial County who help navigate the maze of VA services and programs. Veterans can find assistance at the following office:

Imperial County Veterans Service Office
217 S. 10th St.
El Centro, CA 92243 442-265-3200

HOSPITALS AND MEDICAL CENTERS

Because emergencies can happen without warning, it is prudent to know where to go when they happen. Saving minutes in a crisis can mean saving a life. Knowing what services are available, and where, can make all the difference. Visit the following websites for more information on local hospital and medical center services.

El Centro Regional Medical Center
1415 Ross Ave.
El Centro, CA 92243 760-339-7100
www.ecrmmc.org

La Paz Regional Hospital
1200 S. Mohave Ave.
Parker, AZ 85344 928-669-9201
www.lapazhospital.org

Parker Indian Health Center
12033 W. Agency Ave.
Parker, AZ 85344 928-669-2137
www.ihs.gov/phoenix/healthcarefacilities/coloradoriver

Pioneers Memorial Hospital
207 W. Legion Road
Brawley, CA 92227 760-351-3333
<https://pmhd.org>

Yuma Regional Medical Center
2400 S. Avenue A
Yuma, AZ 85364 928-344-2000
www.yumaregional.org

Yuma Regional Medical Center Children’s Rehabilitative Services
2851 S. Avenue B, Building 25
Yuma, AZ 85364 928-336-2777
www.yumaregional.org

Yuma Rehabilitation Hospital
901 W. 24th St.
Yuma, AZ 85364 928-726-5000
www.yumaregional.org



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Family Resources

in Yuma, Imperial and La Paz counties

PICKING UP FROM ONE place and moving to another is always a hassle, especially when kids and pets are involved. Knowing whom to call or where to find information can help make the transition easier.

American Red Cross

www.redcross.org

The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service.

The American Red Cross offers confidential services to all members of the military, veterans, and their families by connecting them with local, state and national resources through the network of chapters in communities across the United States and offices on military installations worldwide.

Local Red Cross offices develop and maintain relationships with key community partners. Military families rely on the Red Cross to help them identify their needs and connect them to the most appropriate Red Cross and

community resources. This key Red Cross service includes responding to emergency needs for food, clothing, and shelter, referrals to counseling services (e.g., financial, legal, mental health), respite care for caregivers, and other resources that meet the unique needs of local military members, veterans and their families.

The American Red Cross Emergency Communications Center is available to help 24/7. Call 877-272-7337 or submit an online request at <https://saf.redcross.org/css>.

Arizona Department of Health Services

La Paz County Office

1108 S. Joshua Ave.
Parker, AZ 85344 928-669-6115
www.azdhs.gov

The Arizona Department of Human Services promotes and protects the health of Arizona's children and adults. It operates programs in disease prevention and control, health promotion, community public health, environmental health, maternal and child health, emergency

preparedness, and regulation of childcare centers, assisted living centers and other health care facilities and emergency services.

Visit the department's website for more information on services and programs.

Armed Services YMCA

www.asymca.org

The ASYMCA is made up of 13 branches and about 20 affiliate locations at local Y's and on some DOD facilities across the U.S.

It makes military life easier by providing programs and services to the young men and women of all five armed services: Army, Marine Corps, Navy, Air Force and Coast Guard.

ASYMCA programs, services and events are designed to help the family come together, stay together and have the ability to adjust, bounce back and thrive wherever the services send them — with a particular focus on junior-enlisted men and women, the individuals on the front lines of defending our nation. Programs are offered at low cost and require no dues or membership fees.



Signature programs include: Angels of the Battlefield Awards Gala, Art and Essay Contest, Military Family Month, Operation Hero, Operation Holiday Joy, Operation Kid Comfort, Operation Outdoors, Operation Ride Home, Parent and Me, Teddy's Child Watch and YMCA/DOD Military Outreach Initiative.

Find ASYMCA locations by visiting www.asymca.org/locations.

**California Department of Social Services
Imperial County Department of Social Services**
2995 S. Fourth St., Suites 102-105
El Centro, CA 92243..... 760-337-6800
www.imperialcountysocialservices.org

The California Department of Social Services has more than 50 offices statewide and works with the 58 county welfare departments, including the San Diego County Health and Human Services, and with many community-based organizations. The department offers a host of services and programs related to child welfare services, child care, foster care, food assistance, employment services, residential care and more.

Visit the department's website for more information on services and programs.

Military OneSource
www.militaryonesource.mil

Military OneSource is your central hub and go-to-place for the military community. Get to

know your benefits and prepare for the big stuff — deployments, reintegration, moves, parenthood, retirement and more. Browse by topic or search for that strangely specific question you want to know the answers to. No matter where military life takes you, with Military OneSource you will always be in the loop.

Operation Homefront
www.operationhomefront.org

Operation Homefront assists military families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and rent-free transitional housing for wounded veterans and their families.

Helping military families gain long-term stability is a specific concern for Operation Homefront. Homes on the Homefront awards mortgage-free homes, impacting veteran families for generations to come. The caregivers for wounded warriors also need help and that is why Hearts of Valor was formed.

Operation Homefront's annual gala recognizes extraordinary military kids. The organization also hosts multiple Homefront Celebrations, Star-Spangled Baby Showers, Back-to-School Brigades and Holiday Meals for Military events each year to show appreciation to military spouses.

Visit Operation Homefront online for more information.

United Service Organization
www.uso.org

Since 1941, the USO has kept our military men and women connected to their families, home and country no matter where they are or under what conditions they serve. Programs for military families include Couples Seminars: Stronger Families, Comfort Crew for Military Kids, Operation That's My Dress, United Through Reading, Baby Showers: USO and What to Expect Present Special Delivery and The Sesame Street/USO Experience.

The USO also provides transition services to support Americans' return to civilian life after completing their military service. For more information, go to www.uso.org/programs/uso-pathfinder.

Visit the USO's website to find a location near you.

PETS

Moves are stressful for everyone — including the family pet. Pets can sense stress and a change in routine can be difficult for them. If possible, keep your pets in a quiet, secure area while movers pack up or unload your belongings. Movers will have your door open while they move boxes and furniture, and a pet may slip out the door undetected. Make sure you keep a collar with an ID tag on your pet at all times. Ensure the tag has your current phone



U.S. MARINE CORPS PHOTO

number on it. It is also a good idea to microchip your pets. Remember to keep the microchip's contact information up to date. If your pet escapes during any part of your move, you want the animal shelter that scans the chip to be able to contact you.

Your pet faces many new outside dangers. Many people assume that coyotes don't live in the area because they don't see them. That assumption can be dangerous to your pet. Coyotes generally hunt small mammals such as mice and rabbits but will attack cats or small dogs

if given the opportunity. Other animals to look out for are scorpions, Gila monsters (venomous lizard), rattlesnakes, Africanized bees, coral snakes, centipedes, brown spiders and black widow spiders.

The best way to protect your pet is to only let them outside at night when you are with them and to keep their food and water inside. Another preventive measure is to install outdoor lighting so animals cannot approach the area unseen. So, keep your dog on a short leash outside and stick to walking in cleared areas.



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Animal Services

Imperial County Animal Care and Control

1329 S. Sperber Road
El Centro, CA 92243..... 442-265-2655
www.co.la-paz.az.us/149/Animal-Control

The Imperial County Animal Care and Control program covers more than 4,050 square miles of towns, desert areas and agricultural lands. ACCP provides animal control and rescue services 24/7. The shelter offers adoptions, low-cost spaying/neutering and veterinary checkup. In addition, the animal control officers conduct humane investigations when animal cruelty is suspected, provide emergency rescues during natural disasters, enforce all state and local animal control laws, and conduct animal licensing inspections.

La Paz County Animal Services

309 Seventh St.
Parker, AZ 85344 928-669-8774
www.co.la-paz.az.us/149/Animal-Control

La Paz County Animal Control protects La Paz County's human and animal populations through the enforcement of state laws and local ordinances related to the humane treatment and control of animals and by providing shelter and adoption services. For more information on the county's animal shelter and pet adoption, visit the La Paz County Animal Services' website.

Yuma County Animal Control

2200 W. 28th St.
Yuma, AZ 85364 928-341-8800
www.yumacountyaz.gov/government/health-district/divisions/animal-control

Yuma County Animal Control works with the Humane Society of Yuma to provide care for pets, increase education regarding licensing and vaccinations, and enforce regulations regarding animal control ordinances. Visit the website for more information.

Pets for Patriots

<https://petsforpatriots.org>

Pets for Patriots' vision is to end animal homelessness in the United States while giving our military veterans and their families the greatest "thank you" of all: the extraordinary love of a companion pet. It makes this happen through its nationwide shelter and veterinary networks, military and veteran organizations, and a public that values the lives of both the vulnerable and heroic among us.

To learn more about adopting a pet, visit <https://petsforpatriots.org/adopt-a-pet/how-it-works>.

Veterinary Services

Veterinary services in Yuma, Imperial and La Paz counties are plentiful; see the Military Buyer's Guide to connect with local providers.





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Education & Academics

in Yuma, Imperial and La Paz counties

FINDING THE RIGHT SCHOOLS and educational opportunities for each family member is an important part of any move. This chapter outlines Yuma, Imperial and La Paz counties' public schools system, private schools, charter schools and home schooling criteria, as well as local libraries and higher education institutions. To be enrolled in an Arizona or California school, a child must be at least 5 years old by Sept. 1 of the school year. Check with the school for additional registration requirements. Students must submit an up-to-date immunization record.

In 2010, Arizona and California, along with the majority of other states, the District of Columbia, Guam, American Samoa, the Northern Mariana Islands, the U.S. Virgin Islands and the Department of Defense Education Activity, adopted Common Core State Standards that provide a consistent set of educational expectations for students regardless of ZIP code. When a family moves, a student's education is often disrupted because the student may be

forced to repeat material or learn at a different level at the new school. With common standards across states, this disruption will be reduced — of particular interest to military families. At present, national Common Core State Standards exist only for English language arts and mathematics though Arizona and California both have state standards across the full curriculum. For more information, visit www.corestandards.org.

Choosing a School

Choosing the right school is very important, so be sure to research each one before deciding. Contact the school by phone or by visiting its website, which is a valuable source to learn about a school district's statistics and curriculum. Talk to people in the area, especially friends and colleagues who already live there.

If the school shows promise, schedule a visit and bring a list of written questions about student-teacher ratios, computer availability, extracurricular activities, sports programs, music programs, gifted programs and grading standards.

Discuss the potential school with your child: what they liked and what they didn't like. Your family's ability to readily adapt to a move and to find happiness in your new home may depend, in part, on how happy your children are in their new school.

CHARTER SCHOOLS

Charter schools are public schools of choice that are tuition-free, serve all students and have open enrollment. For more information about charter schools in Arizona, visit the Arizona Department of Education's website at www.azed.gov/charter-school-program. For California, visit the California Department of Education's website at www.cde.ca.gov/sp/ch.

HOME SCHOOLING

For an introduction to home schooling in Arizona, visit the Arizona Department of Education's website at www.azed.gov/adeinfo/cesa. For California, visit the California Department of Education's website at www.cde.ca.gov/sp/ps/



homeschool.asp. Here you will find information on home-school rules and regulations, testing information, home-school curriculum providers and more.

California Homeschool Network

2166 W. Broadway, #266
 Anaheim, CA 92804 800-327-5339
www.californiahomeschool.net

The California Homeschool Network is a statewide grassroots organization dedicated to protecting the right of parents to educate their children. Visit its website for information about the CHN, current state and federal legislation affecting homeschooling families, and how to get started educating children at home.

Homeschool Association of California

1191 Magnolia Ave., Suite D-322
 Corona, CA 92879 888-472-4440
www.hsc.org

The Homeschool Association of California is a nonprofit, volunteer-run organization, providing information, networking, social opportunities and legislative influence. It is a fully inclusive organization, welcoming homeschoolers of all races and ethnicities, religions, sexual orientation, gender identities and abilities. Visit the website for information.

IV Home School Academy

2370 W. Main St.
 El Centro, CA 92243..... 760-335-5100
www.ivhsa.org

Imperial Valley Home School Academy has a partnership with families who are home schooling their children. The academy offers families guidance, support and all teaching materials and

weekly lesson plans. It also offers children a home base for workshops and fun, engaging activities like monthly field trips and social gatherings.

PRIVATE SCHOOLS

To search for local private schools in Arizona or California, visit the National Center for Education Statistics website and use the private school search tool at *www.nces.ed.gov/surveys/pss/privateschoolsearch*. Users may search by location, religious affiliation, school type and more.



PUBLIC SCHOOLS

Calexico Unified School District

901 Andrade Ave.
 Calexico, CA 92231 760-768-3888
www2.cusdk12.org/nsite

Calexico Unified School District has seven elementary schools, two junior high schools, two high schools and an adult education center. The district has a total enrollment of more than 4,800 students.

El Centro Elementary School District

1256 Broadway
 El Centro, CA 92243..... 760-352-5712
www.ecesd.org

El Centro Elementary School District has eight elementary schools, one middle school, one junior high school and a magnet school. The district has a total enrollment of more than 5,400 students.

Imperial Unified School District

219 N. E St.
 Imperial, CA 92251 760-355-3200
http://do.imperialusd.org/index.html

The Imperial Unified School District has three elementary schools, one middle school, a high school and an adult school. The district serves more than 3,600 students.

Parker Unified School District

1608 S. Laguna Ave.
 Parker, AZ 85344 928-669-9244
www.parkerusd.org

Parker Unified School District has one primary school, two elementary schools, one junior high, a

high school and an alternative school. The district has a total enrollment of more than 1,900.

Yuma Elementary District

450 W. Sixth Ave.
Yuma, AZ 85364 928-502-4300
www.yuma.org

Yuma Elementary District has 12 elementary schools, two middle schools and three junior high schools. The district had a total enrollment of around 8,000.

Yuma Union High School District

3150 S. Avenue A, Building A
Yuma, AZ 85364 928-502-4600
www.yumaunion.org

Yuma Union High School District has six high schools with a total enrollment of around 11,225.

UNIVERSITIES AND HIGHER EDUCATION

Yuma, Imperial and La Paz counties offer plenty of opportunities for continuing education. The MCCS Yuma Voluntary Education Center is also a good resource. There is also an Arizona Western College office on base. Visit www.mccsyuma.org for more information.

Use the following contact information to start your search for the school that is right for you.

Arizona Western College

202 S. Ave. 8E
Yuma, AZ 85365 928-317-6000
www.azwestern.edu

Grand Canyon University

3300 Camelback Road
Phoenix, AZ 85017 602-639-7500
www.gcu.edu

Imperial Valley College

380 E. Aten Road
Imperial, CA 92251 760-352-8320
www.imperial.edu

University of Arizona

Tucson, AZ 85721 520-621-2211
www.arizona.edu

LIBRARIES

Public libraries in Yuma, Imperial and La Paz counties offer learning, recreation, distance education, internet connections and other resources for users — all for free. In addition, school libraries that support the curriculum and offer internet access and other resources are in most public and private schools, and academic and special libraries are found in colleges and universities. Visit the Arizona State Library at <https://azlibrary.gov> or California State Library, www.library.ca.gov, to find out more about libraries in the state with resources, interlibrary loan and other assistance included.

Residents can enjoy and make use of multiple academic and public libraries in Yuma, Imperial and La Paz counties. Get information about services, hours and events by visiting the branches' websites. For a full list of libraries in Arizona, visit <https://azlibrary.gov/library-directory>. For California, visit www.library.ca.gov/services/to-libraries/library-directory.

Imperial County Free Library

www.co.imperial.ca.us/Library/index.asp

The Imperial County Free Library system has four locations throughout the county. Get information about services, hours and events by visiting the website.

La Paz County Public Libraries

www.co.la-paz.az.us/390/Public-Libraries

La Paz County has five different public library locations throughout the county. Get information about services, hours and events for each library by visiting the website.

Yuma County Library District

<https://yumalibrary.org>

The Yuma County Library District has eight locations throughout the county, with the main library in Yuma. Get information about services, hours and events by visiting the website.

EDUCATION LINKS

Find resources to help your student achieve academic success at these websites:

- **Arizona Department of Education:**
www.azed.gov
- **Arizona PTA:**
www.azpta.org
- **California Department of Education:**
www.cde.ca.gov
- **California PTA:**
<https://capta.org>
- **Reading is Fundamental:**
www.rif.org
- **U.S. Department of Education:**
www2.ed.gov/parents

Military Child Education Coalition: Ensures quality educational opportunities for all military children affected by mobility, family separation and transition. Visit www.militarychild.org for information on programs and resources.

Tutor.com: Eligible students and service members in U.S. military families around the world can work one-to-one with an expert tutor online 24/7. Get free help with homework, studying, test prep and proofreading in more than 40 subjects. Visit <http://military.tutor.com>.



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Living

in Yuma, Imperial and La Paz counties

WITH THE NEARLY YEAR-ROUND warm temperatures, outdoor events and recreational activities abound in the cities and towns around the California and Arizona border. Take a hike out to view a series of gigantic geoglyphs up close. And be sure to soak in the great outdoors by going camping or taking an ATV off-roading in the expansive Arizona Peace Trail.

Yuma, Imperial and La Paz counties are chock-full of entertaining activities.

ARTS

Artistic opportunities from theater to music to dance and more are no strangers to Arizona residents.

Arizona Opera

1636 N. Central Ave.
Phoenix, AZ 85004 602-266-7464
<https://www.azopera.org/>

Arizona Opera, with more than 40 seasons under its belt, produces fully staged operas, concerts and collaborative programs throughout Arizona every year. In addition to producing five grand operas

annually, Arizona Opera offers touring productions and numerous outreach events.

Ballet Yuma

..... 928-314-4762
www.balletyuma.org

Ballet Yuma aims is to cultivate the art of dance through professional-caliber performance instruction for young dancers and to enrich our community through artistically exceptional productions. Ballet Yuma is recognized as one of the best pre-professional ballet companies in the country.

Phoenix Symphony

1 N. First St., Suite 200
Phoenix, AZ 85004 602-495-1999
www.phoenixsymphony.org

Founded in 1947, the Phoenix Symphony is Arizona's only full-time, professional symphony orchestra and the state's largest performing arts group. It performs more than 200 concerts and presentations each year throughout Arizona, from September through May.

Yuma Art Center

254 S. Main St.
Yuma, AZ 85364 928-373-5202
www.yumaartcenter.org

The Yuma Art Center is home to the historic Yuma Theatre, the United Building, four visual art galleries, a gift shop, a pottery studio, a dark-room and several multi-purpose classrooms. With over 100,000 visitors each year, the Yuma Art Center annually produces several theatre productions, over 20 visual art exhibitions, holds nearly 50 performing and visual arts classes, facilitates the annual summer mural program, screens dozens of films, supports the North End Artists Cooperative, coordinates festivals and special events, and advances public art throughout Yuma.

MUSEUMS

Learn about the area's history and cultural contributions by visiting any one of the many local museums.

Find more info about local museums at www.visitayuma.com/destinations/museums-history.

Castle Dome Mine Museum

Castle Dome Mine Road
 Yuma, AZ 85365 928-920-3062
<http://castledomemuseum.org>

Castle Dome Mine Museum is part museum/part ghost town. There are 50 buildings to explore in this preserved city, harkening back to the days of the Wild West. In addition, more than 300 mines are in the Castle Dome District and the museum houses artifacts from them. Visit the website for more information.

Imperial Valley Desert Museum

11 Frontage Road
 Ocotillo, CA 92259 760-358-7016
www.ivdesertmuseum.org

The Imperial Valley Desert Museum is in the heart of the Yuha Desert, housing Native American and historic artifacts collected from the Imperial Valley. The interactive exhibits encourage visitors to engage with the desert's rich history. Check the website for more information on hours and admission cost.

Sanguinetti House Museum & Gardens

240 S. Madison Ave.
 Yuma, AZ 85364 928-782-1841
www.facebook.com/SanguinettiHouse/

E. F. Sanguinetti's 19th-century adobe home, in the heart of historic Yuma, stands as a testament to the "Merchant Prince of Yuma's" remarkable legacy. Operated by the Arizona Historical Society, the Sanguinetti House Museum and Gardens are open to the public for tours and tea throughout the day. Enjoy the exhibits and treat yourself to a delightfully decadent sweet from the Sanguinetti Chocolate Shoppe.

Yuma Territorial Prison

220 N. Prison Hill Road
 Yuma, AZ 85364 928-783-4771
<https://azstateparks.com/yuma-territorial>

The museum gives visitors a video presentation and the chance to view original prison artifacts with exhibits interpreting the prison's rich history, prison staff and convicts. Walk around the outside buildings and check out the original cell blocks, guard tower, sally port (entrance gate), library room, the dark cell, caliche hill, new yard and cells.

PARKS

Check your community's parks and recreation listings to see more of what your local area has to offer.

Blythe Intaglios

Arizona Highway 95 at South Riverview
 Blythe, CA 92225 928-317-3200
www.golakehavas.com/blythe-intaglios

The Blythe Intaglios are a group of giant figures found incised on the ground in the desert. There are a total of five distinct figures in three locations, including a human figure at each location and two animal figures that are believed to be over 1,000 years old. Taking a day trip to the Blythe Intaglios is a great way to add a fascinating historic adventure to your visit. You can see the figures up close to get a better understanding of how they were created, or view them from further away to see the figures in their entirety. The area is great for exploring with plenty of hiking trails.

Colorado River State Historic Park

201 N. Fourth Ave.
 Yuma, AZ 85364 928-783-0071
<https://azstateparks.com/colorado-river>

Back in the day when cargo-laden steamboats chugged up and down the Colorado River, the Colorado River State Historic Park (formerly Yuma Quartermaster Depot) stood above it all on a bluff – ever prepared to unload, store and distribute supplies sent from the California coast for 14 military posts in Arizona, Nevada, Utah, New Mexico and Texas. Today, five original dept buildings remain with four of them containing exhibits. The park grounds also include two group-use areas with picnic tables under a shade

ramada and additional picnic tables throughout the grounds.

Valley Aquatics Center

201 N. Fourth Ave.
 Yuma, AZ 85364 928-783-0071
www.yumaaz.gov/parks-and-recreation/valley-aquatic-center.html

Cool down with a fun trip down the waterslide, enjoy yourself under the shade or take an Aqua Zuma class. There's something for everyone. The competition and leisure pools at Valley Aquatic Center are also available for seasonal pool party rental. For information about rates and availability, contact the Parks and Recreation office.

West Wetlands Park/Centennial Beach

282 N. 12th Ave.
 Yuma, AZ 85364 928-373-5200
www.yumaaz.gov/parks-and-recreation/locations.html

West Wetlands Park is a public park at the northwest edge of Yuma. You will find it along the Colorado River within the Yuma Crossing National Heritage Area. The park sits on 110 acres of city-owned land and boasts multiple ramadas, an equestrian trail, owl habitat, butterfly and hummingbird garden, a nine-hole disc golf course and more.



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Western Arizona Trails

<https://azstateparks.com/hiking-trails>

If rugged trails leading to beautiful vistas are your thing, then head over to the quartet of parks along the west side of Arizona, from Lake Havasu down to Buckskin Mountain State Park in Parker. These popular locations for boating, fishing and camping also feature a multitude of wildlife. From London Bridge out to the mighty Colorado River, fantastic views greet hikers with every step along meandering mountain trails. Visit the website for more information about each park in the region.

SHOPPING

From malls and major department stores to unique boutiques and souvenir shops, there's something for every taste and budget.

Imperial Valley Mall

3451 S. Dogwood Ave.

El Centro, CA 92243..... 760-352-0800

www.imperialvalleymall.com

Shoppers can browse through a number of department and specialty stores, and more than

20 eateries with choices ranging from BBQ, Mexican food, Chinese food, sandwiches, coffee, burgers, pizza and a variety of options for your sweet tooth.

Island Mall

1350-1539 McCulloch Blvd. N

Lake Havasu City, AZ 86403

www.golakehasasu.com/island-fashion-mall

Enjoy a special Lake Havasu City shopping experience within a stone's throw of the London Bridge. The Island Mall is home to restaurants, a brewery and shops featuring clothing, jewelry, souvenirs, coffee specialties and more.

The Shops at Lake Havasu

5601 Highway 95 N

Lake Havasu, AZ 86404..... 928-764-2400

www.facebook.com/theshopsatlakehasasu

The Shops at Lake Havasu boast over 720,000 square feet of commercial space, featuring national retail department stores, home décor specialty stores, discount retail stores, restaurants and a movie theater. The Shops at Lake Havasu hosts special events throughout the year.

SPORTS AND RECREATION

Whether you are looking to take in a game or cool off with a trip down a waterslide, you will find what you are after in Yuma, Imperial and La Paz counties.

Arizona Peace Trail

<https://arizonapeacetrail.org>

The Arizona Peace Trail was initiated in 2013 to utilize the vast amounts of open desert, thousands of miles of old mining roads and other dirt roads for off-highway recreation. It is the ultimate off-road adventure, with a 750-mile loop train that spans three counties (La Paz, Yuma and Mohave). Visit the website for sample itineraries and more information.

Boating in Lake Havasu

314 London Bridge Road

Lake Havasu City, AZ 86403 928-453-3444

www.golakehasasu.com/boating

Lake Havasu is one of America's best boating lakes. Unlike many other lakes, Lake Havasu remains at a near-constant water elevation that rarely varies more than four feet, providing boaters with ideal conditions year-round. From high-performance race boats to pontoon boats, there's plenty of room for everyone to have fun on the lake.

Golf

Nothing can beat teeing off at any of the top golf courses in Arizona like those found in La Paz and Yuma counties, where golfers are surrounded by sun-painted rock formations and

the shimmering waters of Lake Havasu and the Colorado River. The area includes scenic 9- and 18-hole courses suitable for any skill level, and all are open to the public. The climate in Arizona allows for almost year-round golf on some of the best courses. For a list of public courses near La Paz and Yuma counties, visit www.golakehasasu.com/golf.

Off-roading in Quartzsite

<https://quartzsitetourism.com/explore-quartzsite/>

<https://quartzsitetourism.com/explore-quartzsite/>

Quartzsite is known for its friendly atmosphere for off-road aficionados. ATV trails lead in all directions, with beautiful desert scenery along the way. For ATV and 4-wheel drive enthusiasts, there are hundreds of miles of roads and trails to take you into every nook and cranny imaginable. From slot canyons and blue-faced mountains to cool oases and tall peaks, there is something for everyone.

HOW TO ENJOY AN OUTDOOR ADVENTURE ON A BUDGET

Take advantage of free national parks passes for military members and dependents, discounted outdoor gear and tons of recreational opportunities to spend quality time with your family exploring the country's parks without breaking the bank.

Ready to hit the road? Here are a few travel tips:

- **Find a park:** With fields and forests, canyons and coastline, America's national parks have something for everyone. Search the NPS website for parks by name, location, activity or topic at www.nps.gov/findapark.
- **Visit the park's website:** Access all you need to know about hours, directions, activities and fees.
- **Plan your activities:** National parks offer exciting activities for all ages as well as wheelchair-accessible activities and trails. If you have children, check out the Junior Ranger events and programs.
- **Contact your Force Support Squadron:** Don't forget to contact FSS on your installation for lodging discounts and options. And, whether you need a kayak, skis and snow boots, or you want to rent a boat, the Outdoor Recreation centers have a lot of gear available to rent. And, the Information, Tickets and Tours programs can also help you score discounted tickets to nearby attractions and activities.
- **Be Safe:** Always follow the park's rules and be alert to posted warnings. You don't want your trip to end in an emergency room.