

THE OUTPOST

U.S. Army Yuma Proving Ground, Yuma, Arizona 85365

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

Summit focuses on MRAP tests

Event fosters communication between testers of Mine Resistant Ambush Protected vehicles throughout the U.S.

By Mark Schauer

During the worst years of the Iraqi insurgency, the Mine Resistant Ambush Protected (MRAP) vehicle was developed to protect American Soldiers from the destructive power of roadside bombs and other improvised explosive devices (IEDs). After extensive testing, the heavily fortified platform with a blast-defusing V-shaped hull was rapidly fielded.

The vehicle's effectiveness resulted in the development of specialized variants, from the route-clearing Buffalo MRAP that uses a long hydraulic claw to dig land mines and IEDs to the MRAP All-Terrain Vehicle (M-ATV), a lighter and more mobile version for use on unimproved mountain roads. There are even variations of MRAP ambulances and a tow truck, all of which have been

tested at YPG.

The number of variants and the program's status as a joint effort between the Army, Marine Corps, Air Force, and Navy mean the engineers who design and test MRAPs are scattered throughout the country. To facilitate interaction, the MRAP Joint Program Office (JPO) has held an annual engineering summit for the past three years. This year's two day event was held at YPG, and every MRAP tester in the Combat and Automotive Systems division participated.

"They hear about what is going on within the whole spectrum of the MRAP program, not just the area they are focused in," said Isaac Rodriguez, team leader in YPG's combat and automotive systems division. "It's a big event for YPG."

Though YPG testers often worked six day, two shift see **MRAP** page 6



PHOTO BY MARK SCHAUER

Ground combat test officer Jimmy Myers (right) discusses the armored utility vehicle variant of the MRAP with an attendee of the MRAP engineering summit. The majority of the more than one million direct labor hours the Combat and Automotive Systems Division racked up last year was devoted to MRAP testing, making YPG the premier test facility for the vehicle.

This isn't the first time
The Outpost has changed its
look. Read more about the
paper's history/Page 8



Volume IV, No. 23 Yuma Test Station October 15, 1954
US SENATOR HAYDEN VISITS YUMA
TEST STATION

Burro & horse
crossing?
Page 5



PTSD can affect anyone
but is treatable.
Know what signs to
look for/Page 2

NEWS NOTES

Voluntary Leave Transfer Program update

The Voluntary Leave Transfer Program (VLTP) is a way to donate annual leave to co-workers who are experiencing a medical emergency (their own or a family member's emergency) and do not have enough leave to cover their absences.

These employees have used or will use all sick and annual leave before being eligible to receive donations.

YPG currently has several employees on the VLTP recipient list:

- Howard Cart, Logistics, shoulder surgery
- Robert "Ski" Kolinsky, YTC, surgery from lumbo-sacral radiculopathy
- Teresa Lanham, CRTC,

- degenerative spinal issues
 - Melissa Marquez, MICC, maternity
 - Crystal Mendoza, MICC, childbirth, possible complications due to aneurysm
 - Alysha Miller, Mission Plans & Ops, maternity
 - Leo Pelletier, DPW, chemotherapy
 - Maribel Ruble, MICC, complications during pregnancy
 - Robert "Smokee" Trujillo, YTC, motorcycle accident and subsequent surgeries
 - Jesse White, YTC, cancer surgery
- Additionally, Adam Schumann, an employee from the ABC-C at Fort

Riley, Kan., has been approved as a voluntary leave transfer program recipient under 5 CFR 630.904. This solicitation is being distributed Army-wide because it meets the conditions resulting from deployment to an area for which danger pay is authorized in direct support of a U.S. military contingency operation, including stability and reconstruction efforts where:

- a) The employee or family member became ill, contracted a disease, or was injured or wounded during deployment; or
- b) The employee or their family member's medical emergency resulted from hostile action caused by

an enemy of the United States.

Any donation will be appreciated by the recipient. You can donate as little as one hour of annual leave or as much as one half of what you accrue in a leave year, although you must be able to use "use or lose" annual leave before the end of the leave year. If you are interested in donating annual leave to your co-worker, just complete Optional Form 630-A and forward it back to the CPAC. Please note, CPAC can only accept donations that indicate to whom the hours are to be given. You can split the donations, as long as donations are in full-hour increments.

THE OUTPOST

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News may be submitted to:

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

Phone: (928) 328-6143/6189 or DSN 899-6143.

Visit our website at: www.yuma.army.mil

or email to: yolanda.canales@us.army.mil

Commander: Col. Reed F. Young

Public Affairs Officer: Chuck Wullenjohn

Public Affairs Specialist/Editor: Yolanda Canales

Public Affairs Specialist: Mary F. Flores

Public Affairs Specialist: Mark Schauer

Technical Editor, Cold Regions Test Center: Clara Zachgo



About PTSD

Submitted by Paul J. Kilanski
Family Advocacy Program Manager

Living through a frightening or disturbing experience can cause people to develop a condition called post-traumatic stress disorder (PTSD). This condition can be very difficult, but treatment can help.

1. PTSD is a medical condition. It can develop after a person experiences or witnesses a traumatic event. Some things that may lead to PTSD include violent crime like rape or assault, military combat, accidents and natural disasters. Anyone can develop PTSD.

2. Recognize the symptoms of PTSD. People with PTSD may have recurring nightmares or thoughts about the trauma. These may be so vivid that it feels like they are reliving the event. They may have sudden outbursts of anger or feelings of mistrust or guilt. PTSD can cause depression, anxiety and problems

sleeping. People with PTSD may be unable to feel their emotions at all.

3. PTSD may cause physical symptoms. People with PTSD may get headaches, have stomach problems or feel dizzy. They may have chest pain, discomfort in other areas of the body or immune system problems.

4. PTSD often starts within three months of the event. But for some people, symptoms do not begin until years later.

5. Previous trauma can increase a person's risk. Studies show that people who have been through a traumatic event before, either recently or as a child, are at a higher risk for PTSD.

6. PTSD can be treated. Talking with a doctor or counselor who is familiar with PTSD helps many people recover. Medication may ease symptoms like fear, anxiety or depression. Joining a support group with others who have PTSD can also see **PTSD** page 10

NEWS NOTES

Public Notice

U.S. Army Yuma Proving Ground intends to prepare a Programmatic Environmental Impact Statement (PEIS), in accordance with the National Environmental Policy Act (NEPA), to analyze the environmental impacts resulting from implementation of the real property master plan. The notice of intent for the PEIS was published in the federal register on May 25, 2011.

The project will allow YPG to maintain a facility capable of state-of-the-art testing of military ground and aerial vehicle systems, weapons, munitions, sensors, and guidance systems; to provide realistic training, and to allow flexibility to

enter into legally permissible Army/private industry projects where such projects are compatible with the military mission of YPG. Renewable energy initiatives will be discussed in the PEIS, but project-specific NEPA analysis will be required prior to implementing specific renewable energy initiatives. YPG would undertake construction and demolition projects (primarily within cantonment areas), continue existing testing and training activities, and expand some testing and training areas and activities. No expansion of YPG would result from the proposed action. New construction would include a variety of facilities to meet

the demand and space needed to meet mission requirements.

A public meeting will be held on YPG, Tuesday, June 14 from 6 p.m. to 8 p.m. at Bldg. 6, the Desert Breeze Travel Camp Community Center, located on the main administrative area. A second public meeting will be held at the Yuma Public Library, 2951 South 21st Drive, on Wednesday, June 15, from 6 p.m. to 8 p.m. Draft and final versions of the PEIS will be made available to the public for review and comment when completed. The scoping process officially begins with the publication of the NOI in the federal register.

Public scoping comments will be solicited through June 30, 2011. YPG will also accept public input throughout the NEPA process. All interested parties are invited to attend the public meetings and to submit comments or questions by mail to Sergio Obregon, National Environmental Policy Act coordinator, U.S. Army Garrison Yuma Proving Ground, IMWE-YMA-PWE, 301 C Street, Yuma, Ariz., 85365-9498, or e-mail ypgnepa@conus.army.mil. By phone, contact Chuck Wullenjohn at (928) 328-6189 from 6:30 a.m. to 5 p.m., Monday through Thursday.

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NEWS NOTES

Preparing to meet future test challenges

By Mary F. Flores

To ensure war fighters get reliable and safe equipment before using it on the battlefield, hundreds of hours go into testing and development.

For some test programs, the testing phase may last from two to five years and, other times, as short as one year. Whichever the case, equipment being tested at Yuma Proving Ground (YPG) is tested by dedicated, highly skilled and knowledgeable personnel.

For over 17 years, Chris Johnson, director of the Advanced Technology Directorate since July of 2010, has worked extensively testing and developing new weapon systems in one form or another. As a test officer and engineer for the Munitions and Weapons Division, Johnson worked long hours, often on overtime or weekends, in the hot, dry, desert environment to coordinate and oversee numerous projects. He oversaw highly visible projects such as the Modular Artillery Charge System, the Future Combat System Non-line of Sight Cannon, the Crusader program, and the Counter Rocket, Artillery and Mortar program, to name a few.

Having gained a wealth of knowledge and experience in the field, he continues to apply his knowledge by forging ahead in looking for new methodologies and improvement processes to support testing. Coming face-to-face with congressional leaders, generals, foreign military officers, and Department of Defense leaders, Johnson has built good rapport and a reputation amongst his peers that has been instrumental in putting YPG on the map. A noncommissioned veteran of the Marine Corps, serving between 1982 and 1986, Johnson today supervises 16 employees.

“My primary function as director is to oversee the development of investment strategies to support the test centers and various support elements, for example, the Network Enterprise Center (NEC),” Johnson said. “Information technology is crucial to YPG and keeping our network connectivity safe and functional is critical.”

While most work keeps him in the office, he still enjoys working on projects such as YPG’s network upgrade and Data Center revitalization. In addition, to managing investments, his office is the primary point of contact for the Range Commander’s Council (RCC). The RCC was organized to provide a mechanism for member ranges to preserve and enhance their technical efficiency and effectiveness thereby increasing their research and development, operational test and evaluation, and training readiness capabilities. The annual RCC conference, with approximately 70 personnel from various test ranges across the U.S., was hosted for three days by YPG earlier this year. This required numerous hours of coordination by Johnson and his team.

Brainstorming ideas, creating and developing data base programs with the common goal of streamlining work processes is another goal of Johnson’s.

“At this time we’re coordinating with YPG’s NEC to identify hardware, software and the overall organization of Share Point to include identifying the proper training for YPG employees,” Johnson said. “Share Point will help us with numerous business processes, and provide an enterprise system that will position us for future IT initiatives.” For example, documents that



Chris Johnson, director of the Advanced Technology Directorate, oversees the development of investment strategies to support the test centers and various support elements.

PHOTO BY MARY FLORES

typically require numerous signatures and are normally hand carried to the individual organizations can be setup within Sharepoint as work flows utilizing electronic signatures and eliminating the need to be hand carried.

“We are planning to begin training employees in Sharepoint by the end of July. This is a tool that will assist with testing as well,” he explained. “We are working with test officers to identify requirements to develop a dashboard that will provide a ‘one stop’ capability giving them access to a multitude of information sources they need each day such as the ATEC Decision Support System and the Range Test Scheduling System.”

Another project Johnson and his organization have deployed in cooperation with YPG Resource Management (RM) is a data base for tracking unfinanced requirements (UFRs). This database provides

an enterprise system for the users to identify, prioritize, and track requirements that could not be forecasted through regular channels. Although the ultimate responsibility for UFRs belongs to the Resource Management Directorate, Advanced Technology has teamed with RM to manage the process to ensure that the proper coordination across the test centers is executed.

A native of Joliet, Ill, and a graduate from Northern Arizona University with a bachelor’s degree in electrical engineering technology, Johnson says he enjoys the change of pace in his new job. “I enjoy my new job and the people I work with. I look forward to the new challenges that we will face in the future and the opportunity of working together with YPG organizations to identify new processes, technology, and investments we will need to support the test mission.”

Wild burros, horses and coyotes cross Highway 95 on daily basis

Historical partners collide in 21st century

By Laura Merrill,
Environmental Sciences Division
& Mary Flores

Thousands of YPG employees and contractors commute in the early morning, facing glaring lights from oncoming traffic in the winter and harsh sun glare in the summer. Add wild and free-roaming horses and burros crossing Highway 95 in search of water, and a difficult situation becomes dangerous. Since January 1, 2011, ten motor vehicle/ equine accidents have occurred on Highway 95 between the Big Guns and Aberdeen Road. Fortunately there has only been one serious human injury, but in every case, vehicle damage occurred and all nine burros and one horse were killed.

Burros (donkeys) are well-adapted to living in deserts. Their domestication in northern Africa around 5000 years ago was a revolution in transportation, allowing nomadic tribes to carry water and household goods and create the first



Wild horses still roam the proving ground area. When they do, they are searching for water either to drink or to cool down. The horses have lived here for hundreds of years.

PHOTO BY CHUCK WULLENJOHN

land-based trade routes between ancient Egyptians and Sumerians. Horse domestication began around the same time in Europe and Asia, where the animals were used for transportation, milk production, and as war machines.

Burros can survive with little water, but like wild horses, when they are thirsty they cross highways to drink. Burros are especially problematic

on roads because they evaluate a situation before they fight or flee. Faced with a speeding vehicle, a burro is completely bemused. Horses are much flightier by nature and deal with unknowns by running away. It is important to remember that neither species evolved alongside motor vehicles, nor are adapted to reacting appropriately. Simply, equines have no concept of the speed of an

approaching metal box.

A survey conducted by the Bureau of Land Management last year determined that approximately 600 burros and 125 horses inhabit YPG and surrounding areas. They are descendents of animals brought here by the Spanish and later, prospectors and ranchers. Horses and burros were used by Spanish and English-speaking people in the exploration see **CROSSING** page 6

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MRAP

FROM PAGE 1

weeks during the expedited effort to field the MRAP, more testing is actually conducted now. A good chunk of the more than one million direct labor hours the Combat and Automotive Systems division racked up last year was devoted to MRAP testing, making YPG the premier test facility for the vehicle.

"It's good to meet people I talk to on the phone and exchange emails with all the time," said Jimmy Myers, test officer. "We're quite a ways further to travel to than Aberdeen and other facilities. That they choose YPG speaks volumes about us and the quality of our work."

The event was more than meetings and conferences, too. Holding the event at YPG enabled the visiting engineers to experience firsthand the kind of punishing durability testing each of the vehicles are subjected to once they arrive at YPG. During the demonstration portion of the week, 14 different MRAPs were on hand at an isolated YPG road course for inspection and rides by the visitors.



PHOTO BY MARK SCHAUER

Attendees of the MRAP engineering summit observe and discuss the vehicles.

"We're offering a tour of one of our test courses to give the visitors some familiarity with the terrain and the similarities to theater," said Brendan King, lead tester for MRAP testing at YPG. "Even if they have driven or ridden in the vehicles they work on, they may not have done so over this type of terrain."

"I ride in my truck quite a bit, but

not so much the other variants," added Scott Baumgartner, the lead systems engineers for the MaxxPro variant of the MRAP. "It is beneficial to get into the other vehicles to see what I can learn from them and apply to our trucks."

YPG's principal role in MRAP development is durability testing in which a test vehicle is driven across

12,000 miles of punishing desert terrain as testers monitor every aspect of its performance. These include basic components like fuel consumption and cooling ability as well as specialized operations involving fording bodies of water and winching. YPG has more than 200 miles of test courses to facilitate these evaluations, in addition to mock villages that simulate those in theater and a high-speed test track that can safely accommodate high speed convoy operations of eight vehicles simultaneously.

With the MRAP more important than ever to American operations overseas, testers throughout the MRAP program appreciate YPG's important contribution to the continued improving of the vehicles.

"YPG is mission focused and good at completing ongoing tests quickly," said David Krawchuk, chief engineer for JPO MRAP. "They are very responsive to not only the testing, but to getting us the test reports following the test in a timely manner. Until we have the report in hand, we can't make decisions and get the item fielded to the troops."

CROSSING

FROM PAGE 5

and settling of the West, and were released when their owners no longer wanted them.

The high burro population in the Cibola-Trigo Herd Management Area (HMA), most of which is on YPG, is contributing to the frequency of accidents on Highway 95. The appropriate management level (AML) for burros in this HMA is set at 165 animals, far fewer than the 600 currently roaming the area. Horses are poorly adapted to the harsh climate of the Sonoran Desert and remain below their AML of 150. The animals would not hang around and cross Highway 95 if there were not something there they want and need — water.

Over the years, people have

accidentally or deliberately created permanent water sources for local horses and burros. Reject water from reverse osmosis systems (including those attached to ice machines), allowed to run off and pool, has created an attractive nuisance for wild animals near Highway 95. (The Clean Water Act prohibits discharge of waste water, such as that from reverse osmosis systems, into waters of the U.S., including the washes on YPG, without a permit). There are also pools created without flow from wells, supplying the animals and allowing for the invasion and growth of tamarisk, among YPG's worst weeds. The unusually high population of burros coupled with the probable presence of available water is also responsible for burros which have been wandering onto Laguna Army Airfield the past few months.

In 1971, Congress passed the Wild

and Free-Roaming Horse and Burro Act in order to protect wild horse and burros from capture, branding, harassment, or death. The act also states in part "that wild free-roaming horses and burros are living symbols of the historic and pioneer spirit of the West... and are to be considered in the area where presently found as an integral part of the natural system of the public lands." In 1980, a Herd Management Area Plan was implemented by the BLM in cooperation with YPG to manage wild horse and burro populations in the Cibola-Trigo HMA. Since then, thousands of wild horses and burros have been removed from the area in order to maintain viable wild horse and burro herds. Due to budget issues, a BLM burro gather has not occurred in the area since 2004. It is uncertain when the next gather will take place.

Since the inception of the Wild Horse and Burro Program, the public has adopted more than 200,000 animals nationally. For additional information on adopting a burro or horse, contact the Bureau of Land Management or visit: http://www.blm.gov/wo/st/en/prog/wild_horse_and_burro.html

And what about the dangerous corridor on Highway 95?

Drive defensively, look ahead, and expect to see animals on roadways, especially in the dark. If you know of horse and burro water sources within a few miles of the road, contact Laura Merrill at 328-6009 so that the water can be turned off or fenced.

YPG has requested a nuisance gather for the burros on Laguna Army Air Field and those regularly crossing the highway, but without funding, BLM can only remove a small portion of the 435 excess burros.

CHAPLAIN'S CORNER

The life-changing nature of forgiveness

By Chaplain (Maj.) Douglas Ball

There once were two men who lived in a society with many laws and rules, and a strict justice system. Both eventually went astray and were thrown into prison with the same sentence: life without parole in the deepest, dankest dungeon. These felons were in a dismal situation. If they behaved poorly, acted like criminals, and fought the guards at every chance, they would die in prison. If they behaved well in prison, treated others nicely, and tried to atone for their crimes, they would also die in prison.

One day, the first of the men had a chance to escape, and was able to free himself from the confines of the

prison. On the same day, the second man was approached by the prison warden who said "Our records show that you have died. We know it's a mistake, and that you are a felon who should stay in prison, but we have no legal standing to keep you here since you are dead. You may go as you please."

Our 'heroes' were in a new situation. Whereas how they acted before did not matter, suddenly it did so again: their good works could lead to good, and their bad works could lead back to prison and neither of them wanted to go there again. This struggle was not easy. On one hand, they wanted to be good, and on the other, the temptations and desires that led them to prison were still within

and around them. The first man knew he had to be perfect: for one little infraction, a single speeding ticket, could mean he was discovered and thrown back into jail.

The second man found out

something wonderful and amazing! A benefactor had arranged for the situation that led to his release from prison, at great personal cost to the benefactor. Because of the

see **CHAPLAIN** page 10

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From 1951 to the present

Outpost, Sidewinder history long and varied

By Mark Schauer

From its inception, U.S. Army Yuma Proving Ground has relied on state-of-the-art technology to ensure that the equipment issued to Soldiers works as it should all the time, wherever they serve. For nearly 60 years, a long line of proving ground commanders have relied on the installation's newspaper, printed using technology available at the time, for sharing information with the widely scattered several thousand employee workforce.

"Particularly at a base like YPG, when you consider our 3,000 employees spread over 1,300 square miles, the newspaper is an important vehicle for the commander to

disseminate information to everybody in a timely way," said Chuck Wullenjohn, YPG public affairs officer. "This is an ideal counterweight to those who might spread rumors or share only a small piece of information."

YPG has been continuously served by a post newspaper since 1951, during the proving ground's earliest days. The title of the publication was the "Sidewinder" until 1981, when Spc. Patrick Buffet, who was editor at the time, ran a contest to give the newspaper a new name. Ronald Reagan had been President for less than two months, cable TV had debuted at YPG less than a year earlier, and the .45 caliber pistol was still the Army's official sidearm. The winning entry, the Outpost, was on the flag of the June 3, 1981, edition, with the explanation that the new name, "best symbolizes the past history of Yuma Test Station and the basic mission of the post today." Spc. Richard Johnson of the post medical detachment received a \$25 savings bond and a letter of appreciation for submitting the winning entry.

Under either title, few significant stories have escaped the attention of the public affairs staff over the decades: when the LeTourneau Overland Train, the longest off-road vehicle in world history, came to YPG for testing in 1962, a lengthy story appeared on the front page of the April 6th issue. When former President George H.W. Bush dropped into YPG for his first parachute jump in since World War II in 1997, the public affairs office was on hand to produce a front page



This is a 1962 front page copy of the Sidewinder showing the gas turbine Overland Train. The system made its debut at Yuma Test Station that year.

story with action photos, even as they simultaneously escorted representatives from state and national media outlets.

Despite its venerable presence, the Outpost has been targeted for elimination several times over the last 20 years. "Starting in the early 1990's, various people suggested eliminating the Outpost as a cost-saving measure," said Wullenjohn. "I tried quite hard to sell the Outpost as an advertising vehicle for private vendors at that time. I worked out cost details a company would need to make that kind of decision, but no outside firm felt they could make a profit on it."

With budgets today tightening across the Department of Defense, Wullenjohn felt the Outpost could once



PHOTO BY MARK SCHAUER

U.S. Sen. John McCain reads The Outpost on an overflight of the YPG ranges during his visit last year. The Outpost is mailed to local and state officials on a bi-weekly basis.

again be a target. And like their civilian counterparts, some Army newspapers have significantly reduced or ceased publishing. For instance, at Dugway Proving Ground in Utah, the newspaper is now produced monthly. Others have ceased entirely, such as at Fort Dix, N.J., whose base newspaper folded in 2009 after 67 years of publication.

Given the geographic and demographic realities of YPG, Wullenjohn felt neither of these scenarios were tolerable, and made a renewed push to secure a private vendor. This time, YPG's larger workforce and innovations in the printing industry that reduced costs led the Yuma Sun to believe the venture

would be profitable. An agreement inked at the end of March guarantees that the Yuma Sun will publish the Outpost for one year, with two additional one-year options.

Assembly of a newspaper
The base newspaper was far different in the early days of Yuma Test Station. "We've come a long way from the days when Soldiers mimeographed the newspaper," said Yolanda Canales, a 27-year veteran of the public affairs office who has been editor of the Outpost since 1989.

Early copies of the Sidewinder were crudely typed and printed, but included captioned photos and other typical newspaper conventions. By the early

1960's, the Sidewinder was published professionally on newsprint, and, in the late 1970's, shifted to a black and white newsletter. From the earliest days until the early 1990's, the production and layout of the newspaper were performed manually. Stories were written on typewriters or early word processors and laid out manually on dummy sheets, pieces of paper onto which stories and photos were pasted after being carefully cut with X-Acto knives.

"You had to have a very steady hand," recalled Canales. "If you cut stories or photos crooked, that's the way it looked in the final copy of the newspaper."

Photos were taken with film cameras, and innovations like autofocus, now taken for granted, were relatively new. Film was processed in a darkroom on post and the newspaper editor chose what size photo print was necessary. Though the newspaper has now been laid out electronically for over 20 years, the early days of this process were far different: stories were delivered to the local printer on 3.5 inch diskettes, each of which had enough memory to hold one story. By the late 1990's, Canales used specialized software and a desktop computer to layout the newspaper, and an internet site to transfer the completed product to an out-of-state publisher, who in turn shipped the printed newspapers back to YPG. In these years, the Outpost publisher changed frequently according to which company submitted the lowest bid for the work through the Government Printing Office at the end of each contract.

Though the newspaper alternated between broadsheet and tabloid-style orientation over the years, until the late 1990's, it was always eight by ten inches in size. Since 1997, the newspaper has been printed on 11 by 17 inch paper, the conventional size for a tabloid-style newspaper. A year after the switch, the Outpost won the Army Materiel Command's Maj. Gen. Keith L. Ware award for best small Army newspaper.

Regardless of its format, size, and

paper quality, the Outpost has been a constant and vital part of YPG life from its inception, with a new issue on the street every two weeks, no matter what. "The Outpost is definitely a unifying force," said Wullenjohn. "Everybody at YPG works for the American Soldier and contributes to the defense of the nation and the free world. That's an important mission, and we try to highlight individual work areas at Yuma Test Center and throughout YPG. However, it is important to keep the totality of work at all three test centers in mind, and the Outpost helps remind people of that. A person who reads each issue of the Outpost gets a much broader view of YPG than he or she would from their desk or work area alone."

The newspaper's influence extends beyond the boundaries of the installation, too. The public affairs office routinely sends off dozens of copies to elected officials responsible for making the decisions that enable YPG to continue its important work.

"I've received reports from numerous elected officials at all levels of government that they review each issue," said Wullenjohn. "Doing so gives them information and awareness of the important work performed at YPG. They might get this in no other way."

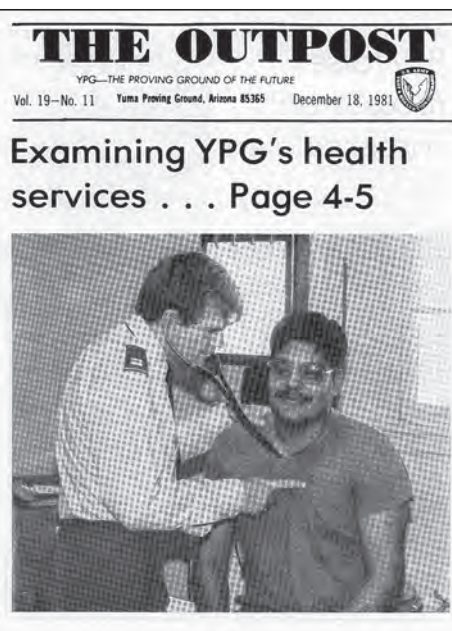
Though it now sports advertising and is printed on ordinary newsprint, everyone involved with the newspaper is quick to say that editorial content will remain exactly as it was prior to the switch. Canales points out that unlike most Army newspapers she reviews, the vast majority of the Outpost's content is relevant to and produced by writers on post, as opposed to generic 'filler' material distributed by the Department of the Army. She also said popular segments like Viewpoints will not be affected by the publishing change.

"Viewpoints have been a continuous and favorite part of the Outpost since before I worked in the public affairs office, and I have no intention of changing it," she said. "In my opinion, our newspaper has improved greatly

over the years. I'm very proud of the professionalism that goes into the Outpost."

The future
Given the dramatic differences the last 30 years have brought, 'Outpost' may now seem an incongruous title for the official newspaper of a premier Army test facility: far from being an isolated outpost, YPG is the epicenter of testing virtually every piece of equipment in the ground combat arsenal. From vital improvements in countering the fatal devastation of improvised explosive devices (IEDs) to critical testing of equipment like the Mine Resistant Ambush Protected (MRAP) vehicle, YPG's dedicated workforce has invested an astonishing amount of effort into outfitting the modern warfighter: nearly three million work hours in fiscal year 2010 alone. YPG's newspaper will remain an important aspect of proving ground life.

"The Outpost will be relevant as long as people continue to read and have an interest in seeking information," said Wullenjohn. "Our publication is more than just a newspaper—it can also be found on the internet and, oftentimes, articles are republished in commercial newspapers, magazines and trade publications. What we do has a reach that extends far past YPG."



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CHAPLAIN

FROM PAGE 7

nature of the arrangement, because he was legally dead, he could no longer be thrown back into prison – regardless of what he did. He was truly free from the system of law and punishment.

Furthermore, this benefactor didn't just free him. The benefactor also wanted to give him a job in the business that had made the benefactor wealthy, allow the man to stay in his

huge house, and surround him with a group of similar people to support and encourage him – basically to become part of the benefactor's family.

Now, which of these men do you think lived the most fruitful and constructive life: the first man who had no choice but to be perfect, or the second man who could freely choose to do good?

Romans 8:1 – "There is therefore now no condemnation for those who are in Christ Jesus."

PTSD

FROM PAGE 2

help.

7. Recovery takes time. With treatment, some people are able to recover within six months. For others it can take longer.

8. Positive actions can

help the healing process. Learn and use relaxation techniques.

9. Friends and family members can help. Learn about PTSD. Join a support group for friends and family.

10. For more information talk to your health care provider

or contact your local mental health services.

Visit these websites: National Institute of Mental Health www.nimh.nih.gov, National Alliance on Mental Illness www.nami.org, Mental Health America www.mentalhealthamerica.net.

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VIEWPOINTS

Late spring is graduation season. With many newly finished high school and college students wondering what to do with the rest of their lives, we asked members of the workforce, 'What advice do you have for recent graduates?'



Susan DeDecker
Engineering technician

My best advice is to lower their expectations a little bit. Try to get into the business or profession you are interested at the ground floor and be absolutely passionate about what you do. Keep your bar high, but be realistic about the economy: you may have to work harder to eventually get to where you want to be. If you are persistent and motivated, you will find something. The strong survive, and having a college degree gives you a step up.



John Sweeney
Data acquisition lead

My first advice is to go to college, for your opportunities improve the more time you spend in college. You should look for work while you're still a student to see where the opportunities are. For those who don't want to go to college after high school, I suggest going into the service. I'm a retired Marine, which isn't a life for everyone, but it is another opportunity and I found it very rewarding.



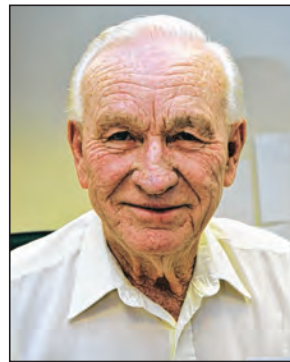
Will Nelson
Mechanical engineer

Work experience is very important. Whatever you do, take advantage of every internship you can, paid or unpaid. It pays off both in the job market after you graduate and on the job once you get hired.



Theresa Francesco
Administration assistant

If you are not headed off to a four-year college, you should really reconsider that decision. It is worth it in the long run if you persevere with your education. Education is the key. A college graduate may not be able to get a good job in this economy, but the opportunity will be there eventually. It will turn around, so persevere.



Red Phillips
Consulting engineer

Follow what you are interested in and stick with it. That way, you are focused. I was interested in mechanical engineering when I was in high school, so I had no trouble deciding what my major would be. A student should be investigating the job market prior to graduating.



Carlos Rivas
Test vehicle operator

I would tell them they are out to meet the real world now. Strive for whatever goals you want, and you will succeed. As long as you find something you enjoy and stick with it, you will succeed.

**Next Outpost
deadline
is noon
June 16th**

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2 1800-2000 Texas Hold 'Em
Cactus Cafe
(Info: 928-920-7344)

4 0800 -1000 Paintball
Season Finale
(Info: 928-328-2400)

6 CYSS Summer Camp Begins
(Info: 928-328-2860)

9 Registration Deadline
Swim Lessons/Swim Team
(Info: 928-328-2400)

1800-2000 Texas Hold 'Em
Cactus Cafe
(Info: 928-920-7344)

13 Swim School Begins
(Info: 928-328-2400)

14 236th Army Birthday

15 Swim Team Practice Begins
(Info: 928-328-2400)

18 ½ Day Fishing Trip
(Info: 928-328-2400)

1800-2100 Picnic Pool Party
Kahuna Lagoon
(Info: 928-328-2400)

19 Father's Day

20 Summer Reading Program
Begins
Post Library
(Info: 928-328-2558)

25 Dive in Movie
Kahuna Lagoon
(Info: 928-328-2400)

weekly events

monday

0900-1000 Zumba Fitness
Fitness Center
(Info: 928-328-2400)

1100-1300 Spudalicious Potato Bar
Cactus Cafe
(Info: 928-328-2333)

1300-2100 One Buck Boogie
Coyote Lanes
(Info: 928-328-2308)

1715-1815 Aerobics
Fitness Center
(Info: 928-328-2400)

tuesday

1715-1815 Zumba Fitness
Fitness Center
(Info: 928-328-2400)

wednesday

1715-1815 Aerobics
Fitness Center
(Info: 928-328-2400)

thursday

1030-1130 Children's Story Time
Post Library
(Info: 928-328-2558)

friday

1900-2200 Rock'n'Bowl
Coyote Lanes
(Info: 928-328-2308)

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Student awarded commissary scholarship



Ariel Rodriguez

Drum roll please . . . “and the winner of a \$1,500 scholarship is Ariel Rodriguez from Yuma,” announced Donna Louser, store director at the Yuma Proving Ground Commissary. The scholarships are part of the Scholarships for Military Children Program, funded by manufacturers and suppliers that provide products and services for commissaries around the globe.

“We’re excited to report that the scholarship program continues to be a success in helping military families defray the cost of education,” said Defense Commissary Agency Director and CEO Joseph H. Jeu. “We’re proud to be associated with a program that has awarded 5,402 scholarships totaling more than \$8.3 million since its inception in 2001.”

Scholarship Managers, a professional scholarship firm, selects the winners based on academic merit, participation in extracurricular and volunteer activities, and the quality of their essays. Recipients are notified by letter. The full list of scholarship recipients and sponsoring business partners can be found online at <http://www.militaryscholar.org>.

Nearly every one of the Defense Commissary Agency’s stores will announce a local winner; many commissaries will announce multiple winners.

The Scholarships for Military Children program is administered by Fisher House Foundation, a nonprofit organization responsible for building comfort homes near military medical

centers. The foundation bears all costs of the program so that every dollar donated goes for scholarships. The general public has the opportunity to donate to the program through the military scholar website.

Editor’s Note: Recipients announced at <http://www.militaryscholar.org> are preliminary and are contingent upon determination of military dependency status by the scholarship evaluation firm. Students to whom this may apply have already been contacted. If it is determined that a student is ineligible to receive a scholarship, or there is a change in a recipient’s educational status (for example: the student decides not to attend college), a new recipient will be named.

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Electronic Proving Ground folks permanent YPG partners

By Mary F. Flores

Tragic history was made on September 11, 2001, when terrorists deliberately crashed into the World Trade Center towers, the Pentagon in Washington, D.C., and

crashed United Flight 93 into a field near Shanksville, Pa. After that horrific day Yuma Proving Ground went into action with the developmental and planning stages of constructing a Joint Experimentation

Range Complex (JERC), which evolved into today's National Counterterrorism Counterinsurgency Test and Evaluation Center (NACCITEC).

NACCITEC was developed to test technology that would counter the threat of improvised explosive devices, known as IEDs. Nearly 10 years after the organization's development, the JERC has tripled in size with the construction of additional training complexes, two mission control centers, and hundreds of buildings, roadways and bridges that simulate war stricken villages overseas.

In the days after the terrorist attack, the Developmental Test Command (DTC) recognized the important role the Electronic Proving Ground (EPG) could play in this effort at YPG. "EPG's presence was needed to conduct radio frequency measurements to test and evaluate electronics," explained Lloyd E. Howden, acting chief for EPG's Counterinsurgency Division.

He went on to explain the importance of EPG personnel in validating testing conducted with transmitters or other forms of electronic equipment. The electromagnetic environment is made up of many different types of frequency signals, he said. EPG's role is to

monitor and record the effects these frequencies have on other electronic equipment.

The Electronic Proving Ground, located at Fort Huachuca, Ariz. for nearly 50 years, is the Army's premier organization for testing a huge variety of electronic systems, including most of the Army's command, control, communications, computer and intelligence equipment and systems.

"Whenever NACCITEC conducts a test, EPG provides support," said Howden. "When compatibility tests are performed, EPG test officers conduct those tests, and NACCITEC provides support, which comes in many forms, from vehicles to personnel."

Eight government civilian test officers from EPG have been working at YPG to support NACCITEC testing for many years, making the five hour trek from Fort Huachuca to Yuma. In addition, 53 contractors provide support each day in a wide variety of performance and compatibility tests. These include electronic technicians, field engineers, data collectors, and radio operators. Multiple tests take place each day.

Working overtime hours to test and develop state-of-the-art equipment to counter IEDs is not out of the ordinary. In addition, most employees travel at least



PHOTO BY MARY FLORES

Lloyd E. Howden, acting chief of EPG's Counterinsurgency Division, explains the importance of EPG's permanent presence on the proving ground.

100 miles downrange on a daily basis, 270 days out of the year. Their presence on YPG has played a critical role in testing and developing sensors and counter-IED systems.

"EPG is in the process of transitioning eight EPG test officers to YPG to make it their permanent duty station, as well as a permanent part of the YPG team," said Howden. "This transition will be a big cost savings for the government because, in the past, test officers were in a temporary duty status for up to several weeks at a time."

"We are hopeful this transition will be completed by the end of the year," he said with a smile.

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Truck driver 'blind spots' awareness

Submitted by Safety Office

Many motorists falsely assume that truck drivers can see the road better because they sit twice as high as the driver of a car. While truck drivers do enjoy a better forward view and have bigger mirrors, they still have serious blind spots.

Rear blind spots

Unlike cars, trucks have deep blind spots directly behind them. The truck driver can't see your car in this position and your own view of traffic flow is severely reduced. Following too closely greatly increases the chances of a rear-end collision with a truck.

Side blind spots

Trucks have much larger blind

spots on both sides of their vehicles than passenger vehicles (cars). When you drive in these blind spots for any length of time, truck drivers can't see you. Motorists lingering in these blind spots increase the chances of a crash. An excellent rule of thumb for motorists sharing the road with a truck is, "if you can't see the truck driver in his side mirror, he can't see you."

Truck and van drivers

- Check to see that your mirrors are properly adjusted and clean before you leave. Get help, if necessary.

- Add blind spot mirrors where possible.

- When backing, always get out and scout the area for obstructions,

pedestrians, etc. Again, get help where possible. Try not to rely solely on your mirrors.

10 tips for driving in a work zone

1. Slow down! Slower speeds save lives.
2. Turn on your headlights.
3. Put your cell phone down.
4. Turn your radio down.
5. Don't eat or drink.
6. Keep both hands on the wheel.
7. Don't drive aggressively.
8. Obey work zone directions and merge early.
9. Watch for work zone activity.
10. Pay extra attention driving through work zones after dark.

10 rules of defensive driving (from Road Trip America):

1. Pay attention
2. Don't trust other drivers.
3. Any question- Yield. Be prepared for drivers who don't yield the right of way.
4. Don't speed.
5. Don't drive impaired.
6. Wear seat belts.
7. Use safety devices: child restraints, and air bags.
8. Motorcyclist – protect yourself! Motorcyclist always lose in a collision.
9. Don't run red lights.
10. Drive precisely. Know and follow traffic rules.



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What is a "healthy diet" ?

According to the United States Department of Agriculture Center for Nutrition Policy and Promotion a healthful diet should include vegetables; fruits; whole grains; fat-free or low-fat milk and milk products; protein foods, including seafood, lean meat and poultry, eggs, beans and peas, soy products and unsalted nuts and seeds; and oils.

Most commonly people associate the term "vitamins" with supplements that can be purchased at a local drug store. While supplements can help to fill in nutritional gaps in a less than perfect diet, ideally the vitamins should come from healthy eating.

It is no secret that we Americans do not consume enough fruits and vegetables, opting instead for higher calorie and less healthy "fast food". That in mind, it's not unprecedented to take supplements to obtain the vitamins and minerals we need to maintain good health. It is important, however, to keep in mind that you should always speak to your doctor before taking vitamin supplements in order to avoid toxicity or medication reactions.

What vitamins will promote good eye health?

The following vitamins and minerals have been shown to play a key role in reducing the risk of and/or slowing the progress of many degenerative eye diseases and other chronic eye problems.

• Vitamin A and Beta-carotene

Vitamin A, an antioxidant, helps to protect the surface of the eye and is necessary for good night vision. Vitamin A has also been effective in the treatment of dry eye syndrome. Research has revealed that when taken with other key vitamins and minerals it can slow the progression of cataracts and decrease the risk of macular degeneration.

Some food sources for vitamin A are Beef or chicken liver, cod liver oil, eggs, butter and milk. Some food sources for beta-carotene are carrots, sweet potatoes, spinach, kale, and butternut squash. Beta-carotene, in a healthy person, is usually converted into a type of vitamin A in the small intestine.

• Vitamin C

Vitamin C, an antioxidant, may reduce the risk of cataracts and macular degeneration. Some food sources for vitamin C are Oranges, cantaloupe, broccoli, tomatoes, kale, sweet peppers and strawberries.

• Vitamin D

Vitamin D has been shown in many studies to reduce the risk of macular degeneration. Some food sources for vitamin D are Salmon, sardines, mackerel, and milk.

• Vitamin E

When combined with carotenoids and vitamin C, vitamin E may reduce the risk of advanced macular degeneration. Vitamin E has also

been associated with reducing the risk of cataracts. Some food sources of vitamin E are almonds, sunflower seeds and hazelnuts.

• Lutein and Zeaxanthin

Lutein and Zeaxanthin are carotenoids that may reduce the risk of both cataracts and macular degeneration. Lutein is responsible for filtering out dangerous UV rays from the sun. Some food sources of Lutein and Zeaxanthin are spinach, kale, turnip greens, collard greens and squash.

• Selenium

When combined with carotenoids, vitamin C and vitamin E, selenium may reduce the risk of advanced macular degeneration. Some food sources for selenium are seafood, brazil nuts and brown rice.

• Omega 3 Fatty Acids

These essential nutrients may decrease the risk of dry eyes and advanced macular degeneration. Some food sources of Omega 3 Fatty Acids are salmon, mackerel, herring, flaxseed oil and fish oil.

• Bioflavonoids

Bioflavonoids help the body to absorb vitamin C and help increase antioxidant efficiency. Bioflavonoids may protect against cataracts and macular degeneration. Some food sources are tea, red wine, citrus fruits, blueberries, cherries and soy products.

• Zinc

Zinc works with vitamin A and can help to increase good night vision, as well as to reduce the risk of macular degeneration. Zinc can be found in oysters, dark turkey meat, beef and liver.

There are many vitamin supplements on the market that pledge to improve one's eye health and prevent degenerative eye disease. In some cases consuming too much of a specific vitamin can be dangerous. It is very important to talk with your eye care provider before starting supplements. Often times your eye care provider can recommend a specific supplement tailored to your specific needs, and may even be able to provide a sample.

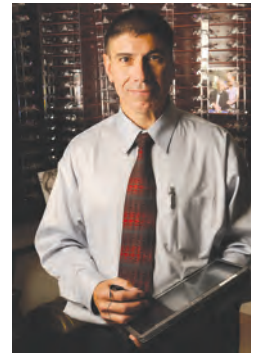
Eating a good balanced diet and living a healthy lifestyle is always the best way to maintain optimal eye health. Live better to see better!

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Patrick D. Aiello, MD

Dr. Aiello received his MD degree from the University of Michigan. After completing both an Internship and Residency in Internal Medicine at the University of North Carolina, he finished a Residency in Ophthalmology at the world renowned Mayo Clinic in Rochester, Minnesota. He is board certified in both Internal Medicine and Ophthalmology.

In addition to caring for his patients at the Aiello Eye Institute, he is an examiner for the American Board of Ophthalmology, and a clinical instructor for the Midwestern School of Osteopathic Medicine in Phoenix. He is a Senior Flight Surgeon and State Air Surgeon for the Arizona National Guard.

Having performed more than 15,000 surgeries, he is regarded as one of the state's leading eye surgeons.

Dr. Aiello is the only Ophthalmologist doing Lasik and PRK in Yuma, Arizona.

Aiello Eye Institute

Dr. Aiello organized the Aiello Eye Institute in Yuma in order to provide world-class eye care to the community. With a highly trained staff and associates utilizing only the latest technology and equipment, the Aiello Eye Institute provides the areas most comprehensive and patient-centered vision healthcare. Your vision is our mission.

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