

THE OUTPOST

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

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YPG salutes the Army's 236th birthday

By Yolie Canales

Early this month, fifty colorful state flags lined the walls of Yuma Proving Ground's theater as members of the workforce and distinguished guests took their seats to join the celebration of the U.S. Army's 236th birthday.

Narrating and welcoming everyone to the ceremony was Staff Sgt. Armando Amado, NCOIC for YPG's Airborne Test Force. "Despite hardships and dangers to life," Amado said, "our service members have always answered the call to duty, relying on their courage, sacrifice and selfless service."

To kick off the ceremony, an invocation was rendered by the YPG Post Chaplain (Maj.) Douglas Ball followed by the presentation of the colors, after which the national anthem was performed by Dominic

Antonelli. This was followed by Capt. Nickolas Pacella and Sgt. Paul Black attaching the 181 Army streamers to the Army flag denoting campaigns fought throughout our nation's history.

In the background, attendees could hear booms echoing from howitzers outside as they fired a 21-gun salute in celebration of the day.

Guest speaker Retired Chief Warrant Officer Charlie Poulton, who spent 35 years in the Army, talked about his time serving in Vietnam. He spoke of the various types of adversities Soldiers have faced over the years, beginning with one he had to personally face and overcome -- racism.

"When I went to Vietnam as a private first class in 1969, I knew that my reason for being there was to get the mission done and try to keep myself from getting



PHOTO BY MARK SCHAUER

Capt. Nickolas Pacella attaches streamers as Sgt. Paul Black holds the Army flag during the ceremony.

shot or hurt by the enemy," said Poulton. "What I didn't know was there was an underlying enemy, which

was racism. I wasn't brought up with that and didn't understand it." The Army see **BIRTHDAY** page 4

ATF a critical part of mission

By Mary F. Flores

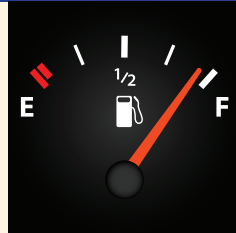
Editor's Note: This is part one of a four part series.

What can be more exciting than jumping out of airplanes from altitudes ranging from 2,500 feet to 35,000 feet? For 20 Soldiers and over two dozen civilians making up the team at YPG's Airborne Test Force, performing hundreds of jumps and developmental tests each year on Yuma Proving Ground's drop zones is the ultimate adrenaline rush.

These professional Soldiers are Army trained parachute riggers and highly skilled at their military occupation specialty, each qualified to perform several additional tasks beyond that of your average parachute rigger thus they are then given

see **ATF** page 5

Research under way as YPG looks to upgrade its fuel systems/Page 8



Don't leave town without your theme park discounts Page 8



Viewpoints: What did they think of the new Outpost? Page 10



Family Morale, Welfare and Recreation Happenings



Dates & times subject to change.
Get the latest event information by following us on Facebook and Twitter.

U.S. ARMY YUMA PROVING GROUND community calendar

july 2011

- 4** Independence Day
- 15** 3/4 Day Fishing Trip
(Info: 928-328-2400)
- 23** Dive-In Movie
(Info: 928-328-2400)
- 31** National Go Bowling Week Begins
(Info: 928-328-2308)

weekly events

monday

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

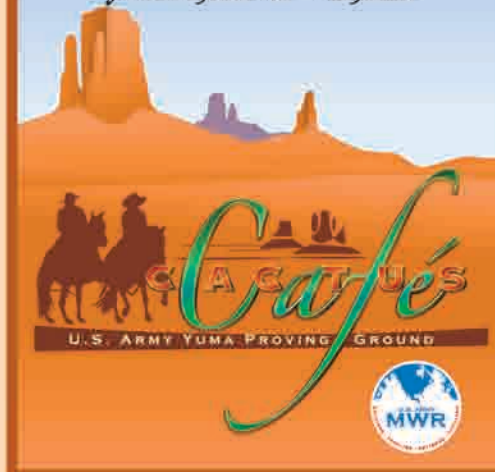
- 1900-2200 Rock'n'Bowl
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Use common sense on the Fourth

Independence Day specifically recognizes the Second Continental Congress' adoption of the Declaration of Independence. That said, we can extend our thoughts and reflections on this day, and honor the United States' continuing commitment to protecting freedom, and the spreading of democracy. Since declaring independence from Great Britain in 1776 (and sacrificing dearly to win it), the United States has risen as the world's champion of liberty and freedom. We should include in our thoughts today not just the forefathers who resolved to sever ties with England, but also the people who fought so dutifully to defend the decision.

We should also take time to honor the sacrifice of all men and women who have worn the U.S. military uniforms in the ensuing 235 years, as well as the civilians, contractors, and Family members who supported

them. These men and women have served to ensure our freedom and the freedom of people in foreign countries. Today, as we continue the struggle in Iraq and Afghanistan, we know that liberty and freedom will prevail.

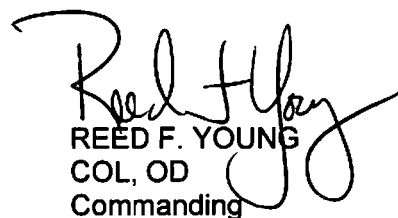
I ask as you plan for the holiday, you use the "common sense test." Before you head off on a long drive, have you done everything necessary to ensure a safe trip? Have you planned your route, have you gotten plenty of rest, and have you checked the vehicle to ensure it is fully operational? Most importantly, have you given yourself plenty of time so you do not have to rush to get to and from your destination? All are common sense items.

Having a family cookout, going to the pool, going boating, going to the beach — the list can go on and on. These are all relatively safe

events when done properly but ones that could become highly hazardous if you fail to use common sense. Very hot weather is expected during the holiday weekend. Please keep yourself hydrated.

Fireworks are dangerous and can cause serious harm. Their use is prohibited on Yuma Proving Ground. The Fourth of July teaches the Army something new about accidents each year. Please don't be part of this year's lesson.

6. My family and I wish you all a happy and safe 4th of July. Always remember "NOBODY GETS HURT."


REED F. YOUNG
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 Commanding

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Noon, June 30th

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THE OUTPOST

The Outpost is an unofficial publication authorized under provisions of AR 360-1. The Outpost is published every two weeks by the Public Affairs Office, Yuma Proving Ground. Views and opinions expressed are not necessarily those of the Army. This newspaper uses material credited to DTC, ATEC, and ARNEWS. While contributions are solicited, the PAO reserves the right to edit all submitted materials and make corrections, changes or deletions to conform with the policy of this newspaper.

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BRAC: On time and on target

Submitted by Lt. Gen. Rick Lynch

The past 10 years have brought a great deal of change to our Army. Not only do our Soldiers continue to fight in two wars, but the Army is going through the greatest organizational change since World War II. Our Army looks very different than it did 10 years ago.

The Base Realignment and Closure Commission made recommendations about how to make efficiencies in the Department of Defense to the president, who presented them to Congress and those recommendations became law in September 2005. Of the 182 commission recommendations, 113 affected the Army.

Fort Benning, the new home of the Maneuver Center of Excellence, is a good example of how BRAC

growth has been handled in an environmentally and fiscally sustainable way. Thirty-four new projects have been built there as a result of BRAC and all of them have been designed to be LEED Silver certified. All of the new construction supports increased operational capacity and our war-fighting capability.

On installations across the Army you can see signs of success in meeting the goals of BRAC 2005. Construction alone has brought thousands of jobs to surrounding communities. Expanded installations have caused local businesses and service providers to grow. Even communities surrounding closure installations have benefitted by working with the Army to redevelop the surplus property. But with BRAC successes, there are also challenges. More people require more schools,

houses and emergency services.

Fort Bliss is experiencing the largest BRAC realignment in history with unparalleled growth of 29,600 Soldiers and 45,000 family members relocating there. El Paso embraced BRAC, building new schools, while the state invested \$1 billion for transportation projects in the city and creating thousands of civilian jobs. When BRAC and Army Transformation are complete, Fort Bliss will have enough new facilities to accommodate five brigade combat teams, a division staff and their families.

IMCOM plays a big part in transforming the Army's infrastructure through BRAC, supporting the movement of several organizations and welcoming thousands of Soldiers and civilians onto our installations and into

surrounding communities. This transformation has made us a stronger more efficient and agile organization, supporting a stronger, more efficient and agile Army.

BRAC is an important part of the largest Army transformation in three generations. Consolidating and repositioning several major commands will save millions in personnel and facilities costs and is needed to put the Army on the path to future sustainability.

We have no way of knowing exactly what the future will look like, but the 2005 BRAC process better positioned the Army to meet future challenges. The Army has realigned its infrastructure with the new modular structure and modernized our support facilities, all while becoming more fiscally and environmentally sustainable.

BIRTHDAY

FROM PAGE 1

recognized this as a problem that had to be addressed head on.

Many more controversial challenges arose over the years, such as integrating women into the military and gays serving openly in the military, which is taking place today. "The president of the U.S. and our Congress said this will

be allowed, and again the Soldier will make it work," said Poulton. "Education has already been started and almost 50 percent have completed in all the services. Our Army will be stronger for it, just as in the past."

Poulton concluded by explaining the important role the Army has played over the last 236 years. "From the Revolutionary War to the current operations taking place around the world," he said, "our

Soldiers remain Army Strong with a deep commitment to our core values and beliefs. This 236th birthday commemorates everyone in America's Army—Soldiers, families and civilians—who are achieving an outstanding level of excellence."

Being Army Strong goes beyond physical endurance and mental preparedness, he explained, for it encompasses indomitable spirit, and high ethical and moral values.

"These are not only desirable traits in a person, but also within a nation that wishes to live up to the ideals and vision of its founders."

The ceremony concluded with the traditional cake cutting by the installation's youngest and oldest Soldiers, Pfc. Dominique Kirberger and Sgt. 1st Class Juan Dolz. In addition, Pfc. Travis Loomis was recognized as Soldier of the Quarter for the proving ground.



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PHOTO BY MARY FLORES

Master Sgt. Michael Slone, NCOIC, and Master Sgt. Alan McCollum, test parachutist program manager, discuss details prior to a test drop mission.

ATF

FROM PAGE 1

the title of “test jumpers.” With 2,200 riggers serving actively in the Army, these individuals are few in number, but highly skilled. From packing, maintaining, folding, or sewing parachutes; making repairs with industrial sewing machines, all riggers are capable of preparing live personnel and cargo loads in support of the mission. In addition, jumping out of airplanes with new and emerging parachute system technologies along with rucksacks containing food, supplies, weapons and ammunition, is also a routine part of the job.

To be part of this elite “A” team, each rigger must have completed a three week basic static line jump course at Fort Benning, Ga., to be qualified to perform static line jumps out of high performance aircrafts and then go on to an 11- week parachute rigger course at Fort Lee, Va., to learn the fundamentals of packing parachutes, learning how to maintain various life support systems and how

to rig large heavy drop platform loads for aerial delivery.

“Our main mission is to support developmental test programs on various cargo, personnel, and parachute systems such as the Joint Precision Airdrop System and newer cargo release systems,” said Master Sgt. Michael Slone, non-commissioned officer in charge and 20-year Army veteran.

The ATF Soldier-civilian team is divided into several sections, each of which plays a critical role in testing. In every phase of the operation, the section leader is capable of performing his fellow Soldier’s job. From dropping an M777A2 towed lightweight howitzer from a C-130 airplane to test for endurance and sustainability, to supporting NASA with developmental testing on parachutes, everyone frequently works overtime, seven days per week to complete a test mission.

“We’re currently gearing up for a test program called, ‘Advance Ram Air Parachute System’ which Master Sgt. Alan McCollum, test parachutist program manager, will lead,” Slone

see **ATF** page 8

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Optic testing ensures missile accuracy

By Mark Schauer

The tube-launched, optically tracked, wire-guided (TOW) missile is a powerful weapon. First fielded in 1970, the modern version of the guided, portable weapon can penetrate more than 30 inches of armor, and has been utilized in virtually every American military operation since that time.

The missile is coupled with an advanced optics system used by both the Marines, who refer to it as the M41A4 Saber, and the Army, which calls it the Improved Target Acquisition System (ITAS). Commonly installed on combat vehicles, it can also be emplaced on ground-mounted tripods. When in the day-view optic mode, the system serves as a set of binoculars with notably sharp and vivid image quality. In thermal mode, it captures heat signatures of everything in its sight, giving troops situational awareness that can't be thwarted by camouflage or bad lighting. Though both of these optics modes are meant to facilitate successful launches of the TOW missile, troops overseas often use them for their superior optics alone: with it, they can accurately identify enemy vehicles and armed insurgents at great distances.

The platform came to YPG recently to test improvements made to its optics and accompanying laser.

"YPG is supplying equipment, ranges, and vehicle operators to support this test," said Steve Hildebrand, Combat Systems Test Officer. "There are probably 50 YPG support personnel involved."

"This is a series of events we're doing for the Marine Corp's Expeditionary Fighting Team," added Troy Guerra, Combat Systems Team Leader. "They realize our excellent capabilities and are bringing more future testing to YPG."

Like most military installations, the Marine base at Twentynine Palms, Calif., where much previous testing has taken place, is primarily meant



The tube-launched, optically tracked, wire-guided (TOW) missile is a powerful weapon that depends on clear optics and thermal imaging for its deadly accuracy. Here, testers record thermal imaging data from the weapon's M41A4 Saber sighting mechanism during a recent evaluation at YPG.

PHOTO BY MARK SCHAUER

"YPG is primarily used for testing, which makes it a lot easier to get range space when you need it. It has similar terrain to Twentynine Palms as well as capabilities that don't exist there or at Camp Pendleton."

— Capt. Chris Athanas, Deputy Program Manager, PM Anti-Armor Systems, Marine Corps Systems Command

to train troops for war. As such, that mission is given priority.

"YPG is primarily used for testing, which makes it a lot easier to get range space when you need it," said Capt. Chris Athanas, Deputy Program Manager (PM) for PM Anti-Armor Systems, Marine Corps Systems Command. "It has similar terrain to Twentynine Palms as well as capabilities that don't exist there or at Camp Pendleton."

These capabilities include the ability to capture video images of everything testers see through the sights of the tripod-mounted system, along with audio of their spoken reactions. The testers also relied on support from YPG's machine shops, test drivers, surveyors, and carpentry personnel who build and set up

targets.

While searching for a new testing location, the evaluators considered installations like White Sands Missile Range and various National Guard test facilities, including, Camp Atterbury, Ind., before choosing YPG as the best locale.

"We found YPG by studying which military ranges were best for scheduling and coordination of range times and availability," said Kevin Deal, Test Engineer for PM Anti-Armor.

That the terrain features of the proposed test site were similar to those of Afghanistan also influenced the decision, though flexibility and support were the primary needs. The ability to test at the same site at several different times of day

was of particular importance to the evaluators.

"We need to test in complete darkness, in daylight amid the heat of day, and during thermal crossover," said Athanas. "Thermal crossover, when temperature conditions can cause a loss of image contrast, is a significant time for us to test in to ensure the performance of the system."

As the second-largest installation in the Department of Defense, accommodating this need is no problem at YPG.

"When these guys show up, their equipment is at the test site, secure and ready to go," said Hildebrand. "They don't need to concern themselves with anything else but technical aspects of the test."

New fuel stations on the way

By Mark Schauer

Whether it is an all-wheel drive pick-up truck, a tank, or a massive cargo plane, when YPG's vehicles need fuel, they need their fill-ups to be fast and convenient.

As the busiest test center in the Army, YPG evaluates virtually every piece of equipment a Soldier uses, from combat vehicles to parachutes. Whether it is driving a vehicle 2,000 miles across hot, punishing desert terrain, delivering personnel and supplies to remote test sites, or flying missions high above the range, YPG needs a steady supply of three fuels to maintain its operations: gasoline, diesel, and Jet Propellant 8 (JP-8). JP-8 is the lifeblood of not only aircraft like the C-17 and C-130 cargo planes that YPG uses for airdrop tests, but also vehicles like the M1A2 Abrams tank. It is even used in burner units used to prepare food in field kitchens. YPG needs nearly two million gallons of JP-8 per year to carry out its mission, as well as nearly one million gallons of gasoline and over 350,000 gallons of diesel.

At present, YPG is conducting an environmental impact study in preparation of major upgrades to the methods by which three fuels are delivered, stored, and received by YPG personnel for the post's nearly 1,000 general service administration (GSA), myriad test vehicles, and aircraft.

"It will be contractor owned and operated," explained Tim Burgess, Director of Logistics. "The contractor will build stations on land that we lease them. Then, the same contractor will operate the stations."

Under the proposal, expected to be fully implemented in two years, two new, expanded fuel stations will be built at Yuma Test Center and Kofa Firing Range. The latter will



PHOTO BY MARK SCHAUER

A Yuma Proving Ground employee fuels one of the nearly 1,000 general service administration vehicles used daily to fulfill the mission of the proving ground.

be noticeably larger than the current location, but workers refueling their GSAs will follow the same procedure as today: activating pumps by means of a special key.

The lease proposal should be open for bids next year and logistics personnel hope to have a contractor selected by the first half of fiscal year 2013.

"It's the wave of the future," said Burgess. "The economic analysis of our fuel consumption and rate showed that a contractor owned and operated system offered the best value for the installation."

The economic study determined that the small, aging station in the main administrative area lacks sufficient user volume to justify the expense of replacing it, so it will be closed and removed.

For aircraft, the contractor will be responsible for all facets of the fuel process, from delivery and storage to the actual fueling of aircraft. Just as with the fuel stations at YTC and KFR, a brand new facility will be constructed. The contractor will be

expected to obey all environmental laws: In the event of a spill or other mishap, they would be responsible for the costs of cleanup.

Meanwhile, new procedures have streamlined the fuel tracking process for aircraft that use LAAF. Previously, the logistics directorate, part of the garrison, delivered JP-8 to tanks, after which ownership of the fuel was transferred to the mission side of the house, which then had to manually track down each user of the fuel and submit a bill. Now, the logistics directorate maintains control of the fuel until the moment it is put inside a customer's aircraft. Before fueling, an aircraft's pilot gives airfield personnel their plane's government air card and tail number. This information is entered into a computer program, and the customer's air card is debited instantaneously.

With YPG's workload at nearly three million direct labor hours per fiscal year with no sign of slowing down, the delivery of fuel will continue to be of vital importance to the proving ground's mission.

Theme park tickets offered at big discounts

By Yolie Canales

Vacation time is upon us!

Of course, with the economy the way it is right now, many may say, "We really can't afford a vacation." Don't let this be a damper to you or the family.

YPG's Leisure Travel Service Office is available to all active duty, reserve and retired military personnel, including YPG employees. The office is open Monday through Thursday from 8:30 a.m. to 4:30 p.m.

"Our office sells tickets at affordable discount prices," said Shannon Schmidgall, financial technician for the Family, Morale, Welfare and Recreation Directorate.

Schmidgall said discounts vary from \$10 to \$20 per ticket to Disneyland, Sea World, Knotts Berry Farm, Six Flags and many other spots in the region. Many parks in California are lowering their prices right now to attract as many families as they can, she pointed out. Some parks are even offering good hotel discounts, but, in order to get these discounts, families need to contact the hotel themselves.

A current special at Sea World in San Diego offers free admission to members of the military and up to three members of his or her family. This promotion is available to active duty military from all branches, active members of a reserve or National Guard unit, and up to three direct dependents. "To take advantage of this offer, military personnel, must register online at www.herosalute.com and follow the instructions," said Schmidgall.

For more information or for tickets, stop by the Leisure Travel Services Office or call Shannon at 328-3714/2530.

ATF

FROM PAGE 5

said. "My main purpose as NCOIC is to oversee the entire operation and ensure everyone is supporting the mission adequately and proficiently."

With military personnel changing every two to three years, an influx of newcomers regularly comes to YPG in the ATF world. Currently there are several Soldiers who are new to YPG and, for others; this is their second time around. All bring an abundance of knowledge and experience.

As riggers keep up with the pace of the airdrop mission, their work schedule is demanding. However, the need for quarterly qualifications must also be added to the equation, for each must pass quarterly qualification requirements. Each test jumper is required as per the Test Parachutist Certification Program to perform a certain number of jumps at certain altitudes with various parachutes and release systems.

"Part of my job is to ensure each test jumper remains qualified to jump

at various high and low altitudes with various types of loads and parachutes," said McCollum.

McCollum keeps records on each parachute rigger's level of proficiency on various types of jumps to include three levels of static line jumps, from low altitudes ranging from 2,000 feet and below, to higher altitude jumps ranging from 2,500 feet to 35,000 feet. Other records include the number of mannequin jumps, air delivery platform jumps and also tracking the progress and proficiency of civilian test jumpers who are qualified parachute riggers, most being prior military parachutists.

"I plan the majority of training for riggers here at YPG and at offsite locations," said McCollum. "Recently, our test jumpers participated in Military Freefall train up with the use of a wind tunnel located in Eloy, Ariz., in order to receive their certifications."

ATF's personnel perform a vital component of the YPG mission. The next article in this series will provide a detailed look at the organization's operations and maintenance section.

YPG reaches out

By Chuck Wullenjohn

A two way flow of information is important to any project using public dollars.

Yuma Proving Ground is currently planning for the future by preparing a "programmatic" environmental impact statement that will detail the facilities and infrastructure necessary to perform its testing mission down the road. Though a draft of the document will not be available for at least six months, public scoping meetings took place in mid-June to gather public comments.

Three meetings were held – two at YPG and one in a meeting room at the Yuma County main library. Held in an open-house style, attendees were able to view a series of posters and speak to subject matter experts.

Sergio Obregon, YPG National Environmental Policy Act (NEPA) coordinator, helped coordinate the meetings. "These meetings are

required by the NEPA and are open to all members of the public," he said.

"The environmental impact statement we are preparing will detail future activities within YPG's boundaries such as artillery impact areas, drop zones, training areas, construction of new buildings, and more, both short term and long term."

YPG set a record each of the last several years regarding the volume of workload it performed. While the test workload may level off in future years, the current fiscal year is on track to equal or exceed the last.

"Gathering together vast quantities of information from a variety of sources has been challenging," said Obregon. "Preparing a major environmental impact statement like this is a major task. Effective communication is a necessity, both here at YPG and outside the proving ground." Additional public meetings will take place when the draft statement is released.

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New Outpost gets positive reviews

By Mark Schauer

The redesigned Outpost has hit the street and the results are in: readers approve of the new look.

"The response is gratifying, for a huge amount of work went into making this transition as seamless as possible," said Chuck Wullenjohn, YPG public affairs officer. "I feel strongly that we made the right decision. We needed to save money and we did it while maintaining the same quality of news content for the workforce."

Thanks to a new partnership with the Yuma Sun, the Outpost is now printed in a tabloid style on standard newsprint at no charge to the government. The Sun recoups their expenses by selling advertising to local merchants in accordance with Army regulations for content and taste. Classified ads are also available to individuals.

To celebrate the partnership, Sun editors Roxanne Molenaar and Rob Powell joined the public affairs staff in a cookie-and-newspaper giveaway the first Monday of the paper's new style, setting up booths simultaneously at Coyote Lanes and outside the ROC Garden Café during lunch time.

"We know the military is very important to Yumans and we are pleased to do anything we can to support that," said Powell, Sun news editor. "This partnership is one more

way we can do that."

"The partnership is a great idea," added Molenaar, Sun assignment editor. "The military is a huge component of Yuma's economy, so it would be negligent on our part not to run stories on the military. We do everything we can to foster that relationship and get the news out there."

Though some readers said they miss the premium paper the Outpost had been printed on in past years, most felt the new format was top-notch.

"I love the new Outpost," said Linda Gillis, housing management specialist who has read the newspaper since she began working at YPG four years ago. "The size is more convenient and it looks like there is more information in it. There are a lot of things from the mission side that we don't hear about that we get to read about in the Outpost."

Wullenjohn says the new Outpost is available online, at both YPG and the Yuma Sun's homepages. The preparation of news stories and all other editorial content remains the exclusive responsibility of the public affairs office.

"I'm enthusiastic about our partnership with the Yuma Sun," said Wullenjohn. "So far they've shown themselves to be professional and quite flexible. The Outpost will hopefully endure in its new format for many, many years."



As a commercial enterprise publication that accepts advertising, The Outpost is now printed at no cost to the government. To place advertisements, call 783-4433.

PHOTO BY MARK SCHAUER

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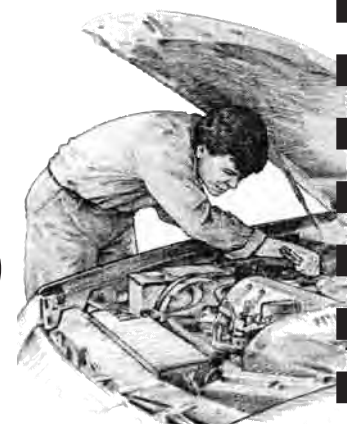
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VIEWPOINTS

Yuma Proving Ground has established a partnership with the Yuma Sun to produce the Outpost at no cost to the government. The Outpost has taken on a new look and now accepts advertisements. What is your reaction to the new publication?



Randall Covin
Store associate

I enjoyed the older version because I liked the texture of the larger newspaper and it seems like there was more information relating to the Army. I liked the photos in the old Outpost, too, because they were in color and much brighter. Color photos make you want to pick up the paper and read it.



Staff Sgt. David Underwood
Recovery specialist

Comparing the two versions, I prefer the new version because it's smaller and it catches the eye. It's easy to grab when you're in a hurry and it looks nicer.

Dawn Cunningham
Service order clerk



I love the new version because it's easier to read and it's smaller. It seems like a regular newspaper and I love the information in it. This is good for YPG because the advertisements are nice and it's saving the Army a great deal of money.

Esmeralda Mendivil
Engineering technician



I like the new style much more than the old one. It looks like a regular newspaper and it's smaller. Articles are easier to read and I like the advertisements because it's not just Army information you're reading about.

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Tiffany Fraser
Administrative assistant

I like the old style because of the quality of paper and the vibrant photos. I was a little disappointed when I saw black and white photos in the new version, but I do like the advertisements and coupons. If they put more coupons in the paper, I believe it would attract more readers. I found the community calendar difficult to read on page 12 of the June 13th issue. If it was put in a different style or format, it would look nicer and easier to read.

Nina Russell
Personnel classifier



I like the new format and layout. It looks super with all the advertisements and the change is good. The advertisements are nice because people like me, who have a small business, can now pay for an advertisement and run it in the Outpost.

Chaplain's Corner

God has a better plan for you

Submitted by Chaplain
(Maj.) Douglas Ball

I don't know who you are, or why you're reading my column. I don't even know if anyone reads these columns at all, for that matter.

I appreciate having the chance to write (thanks Outpost!), but I often imagine that about six people take the time to read these columns. Three of them are procrastinating at their desk, trying not to do any real work, two are people who attend the YPG Chapel and the last is, lonely and bored, having nothing to do but read the 'religious' column until 'So You Think You Can Dance' comes on.

This column is written for you, Mr./Ms. Lonely Person. I want to

speak to you, because I think a lot of us are just like you. You're part of a disconnected society. You spend far too many hours at work, perhaps doing a job you don't really like. Then you come home and spend the rest of your time with fake people doing fake things in fake situations for fake TV shows. You may be single and alone, or you may be in a relationship that isn't much better. The only difference is that you have to fight about which fake people to spend your time with. But there's no companionship, there are no vital relationships in your life. You watch TV, you go to work and that's your life. That's all there is.

You want more. You want friends. You want relationships. You long to



be loved. Like the Psalmist, you cry out to God "Turn and be gracious to me, for I am lonely and afflicted" (Psalm 25:16). But there seems to be no answer.

Yet God knows and understands your situation. After He created Adam, He said "It is not good for man to be alone" (Genesis 2:18). You are created with a built-in need and capacity for friendship. You weren't created to walk through life alone, disconnected from others. The good news is that God is the God who "makes a home for the lonely" (Psalm 68:6). "Sounds good to me" you say, "where is this home?" Well, it's called the Church.

Nuh-uh. No way. Not going there. You went there once and they ignored

you. You showed up one Sunday, and they rejected you. Or worse yet, you tried that for a while, and they hurt you. I can't argue, for I've seen and experienced people and churches just like that. But that doesn't negate the truth that we can't live life on our own; we need to be part of a community if we want to grow spiritually. It also doesn't cancel out the fact that you're still lonely. So, what do you do?

How about giving it another shot? Try churches until you find one where the people welcome you, care about you and get to know you. Then you know that they understand that whole 'love your neighbor' thing. You don't have to be lonely, bored or friendless. God has a better plan for your life.

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Have a safe 4th of July Holiday

Bring Your World Into Focus



VITAMINS FOR HEALTHY EYES

It's never too late to change old habits! By following a healthy diet that includes fruits, vegetables and whole grains for optimal overall health, your eyes can benefit as well.

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.

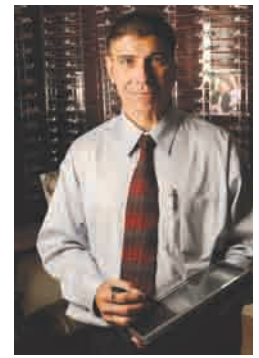
Eating a good balanced diet and living a healthy lifestyle is always the best way to maintain optimal eye health. Live better to see better!

See Better, *Live Better*

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locations to serve your needs:

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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.

The Aiello Eye Institute has two offices to serve your needs:

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