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YPG engineers help students with egg-cellent project competition

By Mark Schauer

There is a long table with grocery bags in front of each

Inside each bag are 20 bamboo shish kabob skewers. 10 rubber bands, two soufflé cups, a piece of construction paper, a foot of duct tape, and a Ziploc bag full of confetti. With these humble materials, 20 middle and high school students put on their thinking caps and applied basic engineering skills to construct a container to protect an ordinary egg from breaking when dropped from atop a ladder 10 feet off the ground into an unfilled kiddie pool.

The egg drop competition, sponsored by the San Luis branch of the Yuma County Library, was organized to capitalize on the library's successful summer reading program and encourage students to read non-fiction as avidly as they do fiction. With

math and technology a critical part of the region's economic vitality, the organizers eagerly sought assistance from Yuma County's largest single employer.

"YPG is a really big part of the Yuma community," said Derek Sanchez, who coordinated the event for the library. "I was hoping that I could find a couple of engineers who would be excited about coming out to talk with the kids not only about the egg project, but about engineering in general to get their interest up."

YPG engineers Steve Flores, chief of the Artillery and Mines Branch, and Quang Ho, a test officer in the Sensor Systems Branch, were more than happy to help. After showing the participants an interactive PowerPoint presentation about YPG and what engineers do there along

see **EGG** page 7



PHOTOS BY MARK SCHAUER

Quang Ho, Sensor Systems Branch test officer, helps middle school students participating in the Yuma County Library's egg drop competition. The purpose of the event was to encourage children to read nonfiction and perhaps inspire them to pursue a career in engineering.

Crews testing vehicles for Afghan **National Army** Page 6



Always keep bicycle safety in mind when riding Page 5



A cancer survivor's story Page 3

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:

- Joel Burgess, YTC, exacerbation of medical condition

 Mary Flores, Mission PAO, degenerative disc disease in cervical and lumbar spine

- Audra Lemme, Mission RM, maternity leave following C-section

- Melissa Marquez, MICC (Contracting), maternity

- Crystal Mendoza, MICC (Contracting), childbirth, possible complications due to aneurysm

- Alysha Miller, Mission Plans & Ops, maternity

- Robert Trujillo, YTC, motorcycle

accident and subsequent surgeries

- Jesse White, YTC, cancer surgery
- Tom Ciminis, Garrison, Kidney transplant

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. This means that on Thursday, December 30, most people could donate no more than 10 hours;

two days prior, they could donate 30 hours.)

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. We'll see the donation gets to the appropriate recipient. Please note, CPAC can only accept donations that indicate to whom the hours are to be given - please indicate who should be given your hours. You can split the donations, as long as donations are in full-hour increments.

Town Hall coming up!

Two town halls will be held Thursday, October 27th. First one will be held at the Post Theater and the 2nd at Palm Garden. First town hall: 3 p.m. for workforce; Second town hall: 6 p.m. for YPG residents. Mark your calendars!

THEOUTPOST

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Go-Getters for September =



Congratulations to Katrina Policar (left), 2nd grade and Emily Mikkelsen, 3rd grade, Go-Getters for Price Elementary School. The students are from Miss Nixon's class.

Next Outpost deadline is noon, October 6th.

Seeking volunteers to write for the Outpost. Call Yolie at ext. 6143 or email: yolanda.canales@us.army.mil

Sexual Assault Hotline: 920-3104 or 328-3224 Report Domestic Violence: 328-2729 or 328-3224

Cancer diagnosis three years ago uprooted my life

I used to always

have an excuse

for not having

one done — I

was too busy, it's

uncomfortable,

I'll schedule it

next month ...

and on and on.

October: Breast Cancer Awareness Month

By Lorra Greene

YPG management analyst and cancer survivor

The National Cancer Institute estimates 2.5 million women with a history of breast cancer were alive in January 2010, and I'm lucky enough to say I'm one of those women.

September 26th marks three years since I heard those dreadful words, "You have cancer." One can never imagine how three little words will change your life so drastically. Being diagnosed with stage II invasive breast cancer has changed my life entirely. My life and my families' lives will never be normal again, but we continue to adjust to a "new normal."

Our "new normal" consists of a wholly changed lifestyle. Instead of grabbing fast food for a meal, we now eat healthier. Lots of whole grains, nuts, seeds, rice, beans, vegetables, fruits, and limited dairy products make up most of our meals. I no longer eat anything that flies or walks, but if it swims you might find it on our dinner table. I exercise

more, at least two to three times a week, and enjoy participating in the monthly YPG wellness run/walk. I continue to be checked every four months for a reoccurrence and we hold our breath with each doctor's visit.

I cannot stress how important it is to have yearly mammograms. I'm

a true believer that if I'd taken the time and not delayed having my yearly mammogram, my breast cancer would not have progressed as far as it did before discovery. I used to always have an excuse for not having one done — I was too busy, it's uncomfortable, I'll schedule it next month, I don't have breast cancer in my family history, and on and on.

Even though my cancer was treatable,

fighting it hasn't been an easy road. With eight surgeries in three years, undergoing six months of aggressive chemotherapy, numerous scans, an insurmountable number of tests, abundant daily medications, and dealing with lingering side effects, I believe my yearly mammogram and earlier detection would have made



a huge difference in the intensity of these treatments.

Breast cancer typically produces no symptoms when the tumor is small and treatable. It is, therefore, most important for women to follow recommended guidelines for detecting breast cancer at an early stage, before symptoms develop. When breast cancer has grown to a size that can be felt, the most common physical sign is a painless mass. Sometimes breast cancer can spread to underarm lymph nodes and cause a lump or swelling, even before the original breast tumor is large enough to be felt. Less common signs and symptoms include breast pain or heaviness, persistent changes see **CANCER** page 11

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WALK-IN'S WELCOME

VIEWPOINTS

For this viewpoint, we asked members of the YPG workforce conducting vehicle testing in the South American nation of Suriname, "What has been your most memorable experience in Suriname?"



Jose Gutierrez Data collector

The food is very good here. I love the Surinamese pom, a casserole, and nasie, which is fried rice and chicken. I've tried a lot of new foods and so far haven't had any issues. I'll probably have more to reflect on once I'm home.



For me, the most memorable thing is the local culture and society. The living conditions are very different here, yet people seem happy.

We're spoiled in the States.







Jonathan Gonzalez Electronic engineer

The most memorable thing for me was meeting my wife. When I first came to Suriname for a test in 2008, I met her in a grocery store close to the hotel in Paramaribo I was staying in. My co-worker, Carlos, and I were speaking Spanish as we walked through the store, and she picked up on that. She and I started hanging out together, and now, three years later, we are married.

Rolando Ayala Test engineer

The willingness of the people of Suriname to support our efforts. As newcomers doing Stryker testing in 2008, the people of the town of Moengo embraced us. The circumstances of this test are different, but the people are still very gracious to us. Working with personnel from all three of YPG's test centers has also been a memorable and positive experience for me.





Eric NicolaisenSafety officer

Eating piranha. My roommate Jay caught it in the river behind our camp, and brought it in still moving in a plastic bag. It was 12 to 14 inches long, we cleaned it up and checked the innards to make sure there were no fingers in it. We salt and peppered the outside of it and garnished it with lemon, browned it in a frying pan, and ate it with baked potatoes and sweet peas. It was delicious.

Terry BartonSite manager

What sticks out in my mind is first coming here in 2008 and getting off of the airplane. It was after midnight and raining, and there was a long walk from the tarmac to the terminal. I thought to myself, "What have I gotten into?" I had no idea what the country was going to be like, but it turned out great. The people are very helpful and we haven't had any problems.



Focus on Bicycle Safety

By Sean Underhill

YPG Police Sergeant

As the weather begins to cool down, members of the YPG community are out bicycling for recreation and exercise.

To better inform and prepare the community for the hazards of bicycle riding, the police officers and guards of YPG hosted a Bicycle Safety Rodeo on September 17. This event was followed by a barbecue and waterslide sponsored by YPG MWR, Child and Youth Services (CYSS) in conjunction with the Boys and Girls Club of America's National Kids Day. The bike rodeo ran from 7:30 to 10:30 a.m. drawing several dozen children from ages 2 to 13 years old.

Mr. B's Bicycles conducted maintenance inspections and an

obstacle course was set up so children could learn how to maneuver their way around and maintain proper balance. The kids also learned how to adjust their helmet and use hand signals when riding a bike.

A lot of kids don't know that they're supposed to stop at the stop signs as they're riding their bicycle, and we want to keep reinforcing the helmet law. According to YPG Regulation 385-1 and DoDI 6055.4 each person, military and civilian, who rides a bicycle on YPG must wear an approved helmet. There is no age limit to this requirement.

Head injury is the number one cause of serious disability or death in bike, rollerblade or skateboard accidents. Hundreds of children in the United States die each year because of a bicycle crash. Another 300,000 children are treated in emergency

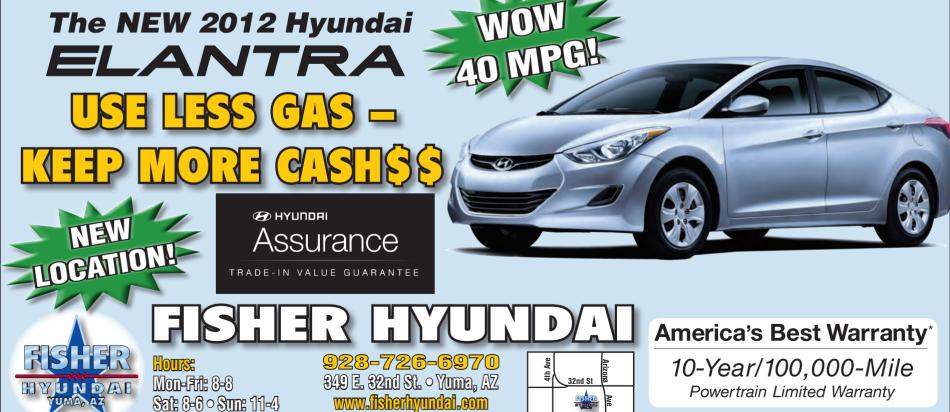


YPG Guard Shawn Baker instructs Chase Pinto on the proper way to cross an intersection at the bicycle rodeo.

PHOTO BY GANNON BOWMAN

rooms for severe head injuries. Many of these accidents could have been prevented if the children had worn bicycle helmets. Bicycle helmets can reduce the risk of head injury by as much as 85 percent, yet only about 40 percent of cyclists wear one when they ride.

Whether it's for recreation, exercise, or transport, bicycling should always be conducted using the proper safety equipment and situational awareness of the dangers of the road. For more information on bicycle safety refer to http://www.nhtsa.gov/Bicycles



** 2011/2012 Elantra gas mileage is 29 city / 40 highway

YPG tests armored vehicle for Afghanistan National Army

By Mark Schauer

Yuma Proving Ground tests virtually every piece of equipment used by American Soldiers, but also conducts evaluations on military equipment for friendly foreign nations. A new country on the list represents a positive sign of progress after a decade of military operations by American forces.

The proving ground is currently conducting tests on three variants of the Mobile Strike Force Vehicles (MSFV) that will be sold to Afghanistan's military next year. The MSFV variants, based on the M1117 Armored Security Vehicle (ASV), include an ambulance and two armored personnel carriers (APC), all of which will be put through their paces at YPG prior to delivery.

"These vehicles are for the Afghan National Army Mobile Strike Force," said Alex Alabiad, YPG test officer. "The ultimate purpose of the testing is to provide a safety confirmation before fielding the systems."

The evaluation will see each vehicle performing simulated missions across 3,000 miles of punishing desert terrain, including gravel hills and steep mountain grades, with an average day adding at least 200 miles to the odometer. The vehicles will be pushed to their limits during portions of the testing by using weights of over a thousand pounds that simulate a full crew and payload.

"Full load cooling testing complements the rest of the endurance testing," said Alabiad. "The customer provides us with the simulated weight they want us to

implement on the vehicle, and we weigh it to that specification."

No one from the Afghan Army is participating in the testing. Instead, once the vehicles are fielded. American Soldiers will train their Afghani counterparts on the vehicle's considerable capabilities. For example, all MSFV variants under test are equipped with a Central Tire Inflation System (CTIS) that can inflate and deflate the large tires between four different levels while on the go, which gives drivers the ability to adjust the tires for maximum traction while traveling over rough terrain. Also, the turreted APC variant has an optional mine roller that will be useful in country heavily contaminated by land mines.

The vehicle, equipped with all-wheel drive, an automatic transmission and air conditioning, is well-regarded by the proving ground's drivers.

"This vehicle is my favorite," said test vehicle operator Mike Whittaker. "It really moves. It's just like driving your car."

The vehicle's project manager is also pleased with YPG efforts.

"The support we get from YPG is outstanding," said Craig Louque of Textron Marine and Land Systems, the vehicle's manufacturer. "Any time, night or day, they are very responsive."

"There is nowhere better for hot weather testing than YPG," added Alabiad. "We have the capability, facilities, and reputation for accomplishing testing well above standards."



PHOTO BY MARK SCHAUE

Mike Whittaker, test vehicle operator, prepares a Mobile Strike Force Vehicle for another day of punishing action on YPG's road courses. The vehicle is one of three variants being tested for use by the Afghan National Army.

American Welding Society president amazed at YPG metal working shop

By Yolie Canales

Welding technology is a key element contributing to America's industrial strength and important contributor to the success of our armed forces.

Juan Mendoza, president of the American Welding Society visited YPG late last month to learn about proving ground activities in general and welding operations in particular. The visiting party included Arizona Western College's vice president of instruction, the dean of technical instruction, and several professors including former YPG employee Sam Colton who is now a professor at the college.

"The American Welding Society is the primary engineering standards organization for the welding

industry," said Colton. "Nearly all military systems deployed on the battlefield rely on welding, so this was an important visit." He said the party was particularly impressed at YPG's metal working branch, the home of YPG's welders. "The hard working dedication of the people who work here is almost legendary," he said.

Mendoza began the day with a briefing about the proving ground's mission delivered by Julio Dominguez, technical director, and was escorted each step of the way by Scott Wegge, chief of the metal working branch. "Before this visit, I knew nothing about the proving ground and how important it is to the defense of our country," said Mendoza. "I now have the utmost respect for YPG and its people."



Anthony
DePaolantonio
of Automotive
Instrumentation
explains to
John Mendoza,
president of
the American
Welding Society,
the importance
of w small piece
of equipment.

PHOTO BY YOLIE CANALES

One thing that struck Mendoza during his visit to the metal working branch was the spick and span work area. "In my many years in welding, I've seen many welding shops, which focus mainly on productivity," he said. "Cleanliness goes out the door because of this, but it also raises an opportunity for accidents to occur. The welders here obviously do a quality and safety-sensitive job."

EGG FROM PAGE

with video of NASA engineers who designed a cutting edge parachute system to protect the descent of the Mars Rover, both men helped the young designers put their ideas into practice.

"I like to give back to the community," said Flores. "This is a great opportunity for us to share knowledge about engineering with kids. If we can inspire just one or two to pursue engineering as a career, I think the effort is worthwhile."

Since both of the engineers hail from Arizona, they are particularly interested in seeing local youngsters become the next generation of YPG personnel.

"I remember a career day in junior high," said Flores, a native of Somerton. "The school brought in professionals from the various fields and you went from classroom to classroom listening to them. I remember

someone from YPG showing video footage of a helicopter firing a missile."

For the competition, the students had workshops at the library on two separate days to brainstorm and build their egg protection systems, followed by the day of reckoning that pitted their designs against the unforgiving rigors of gravity.

"The kids are very excited about it," said Sanchez. "At first they were apprehensive because they thought there would be a lot of math, especially with the engineers here. We want to stress to them that this is mostly for fun, but we want them to start thinking about engineering principles."

Through it all, the kids had fun and heard firsthand about the rewards of a career in engineering.

"I'm here because I'm interested in engineering and want it to be part of my life," said Sandra Garcia, a ninth grader at San Luis High School. "It's cool. I want to design guns, so maybe I'll work at YPG someday."

What's happening in Yuma

By Yolie Canales

Fall is right around the corner and the weather will be just right to go and enjoy the activities in the Yuma area. Take a look at what is going in and around the Yuma community and mark your calendars and go out and have some fun!

OCTOBER 6: AWC Art
Gallery features Rachel
Cherry's show, "I See Dead
Things," at the Arizona
Western College Main
Campus, AB 110, from 8 a.m.
to 5 p.m.

OCTOBER 6: Yuma Jazz Company performs at

Julieann's Patio Cafe from 7 to 9 p.m. For more information log onto: www. yumajazz.com

OCTOBER 8: Yuma's
Household Hazardous Waste
program will hold its next
quarterly collection event
at the City of Yuma North
Public Works Yard, 265 W.
13th St. There is no charge to
drop off applicable materials
at this designated time and
place. The bins for drop off
at 13th Street and 2nd Ave.,
45th Ave., and 17th Street,
are open 7 days per week,
24 hours per day to all Yuma
County residents.

see **GOING ON** page 9

Welcome To The Neighborhood!



MESA DEL SOL - 4 Bedroom, 3 Bath pool home with finished basement. Outstanding features include Saltillo tile, large rooms and a great view overlooking the pond on the 3rd Fairway. \$449,900. MLS# 94727.

MESA DEL SOL – 3 Bedroom, 2 bath home with remodeled gourmet kitchen. You must see to believe! Desert landscaping, granite kitchen countertops, covered patio and split floor plan. Short sale - \$199,900. MLS# 94462





FOOTHILLS – 3 Bedroom – 2 Bath home with RV parking and hook-up. Large open living area with vaulted ceilings, split floor plan, bay window in dining area, ceramic tile flooring in living area and large covered patio. \$232,500. MLS# 93483.

MESQUITE AT MESA DEL SOL – 3 bedrooms – 2 bath home on a large corner lot. Bay window in living room, vaulted ceilings, walk-in shower and oversized garage. Builder pays up to \$5,000 towards closing costs. \$189,000.



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Ramo (i)

- YPG's NCO recognized



PHOTO BY MARK SCHAUEI

As testimony of his dedication, hard work and sacrifice, Staff Sgt. Aaron Engelman (right) of Yuma Proving Ground's Airborne Test Force, is presented a certificate of achievement and is recognized as YPG's Non-commissioned Officer of the 3rd Quarter by Col. Reed Young, YPG commander.

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Protect your family and home from fires

It's Fire Prevention Week

Submitted by Chuck Beasley
Fire Inspector

What's the best way to protect your family from fire? Be ahead of the game, of course. With more than 360,000 home fires reported in the U.S. in 2009, from the National Fire Protection Association (NFPA), your best defense is a good offense. That's why YPG's Fire Department is teaming up with NFPA this year to let our community know: "It's Fire Prevention Week. Protect your family from fire!"

This year's campaign focuses on preventing the leading causes of home fires— cooking, heating and electrical equipment, as well as candles and smoking materials. Additionally, it urges people to protect their homes and families with life-saving technology and planning.

In 2009, over 2500 people died in home fires. Nearly all of these deaths could have been prevented by taking a few simple precautions like having working smoke alarms and a home fire escape plan, keeping things that can burn away from the stove and always turning off space heaters before going to bed. Fire



PHOTO BY MARK SCHAUER\

Handing out fire prevention information, Sparky visits with Nina Russel from CPAC.

is a dangerous opponent, but by anticipating the hazards, you are much less likely to be one of the nearly 13,000 people injured in home fires each year.

The YPG Fire Department offers the following tips for protecting your home and family from fire:

Stay in the kitchen while you are

frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.

Have a three-foot "kid-free zone" around open fires and space heaters.

Replace or repair damaged or loose electrical cords.

If you smoke, smoke outside.

Use deep, wide ashtrays on a sturdy table.

Blow out all candles when you leave the room or go to bed. Avoid the use of candles in the bedroom and other areas where people may fall asleep.

While preventing home fires on YPG is always our number one priority, it is not always possible. YPG's residents need to provide the best protection to keep their homes and families safe in the event of a fire. This can be achieved by developing an escape plan which you practice regularly and equipping homes with life-saving technologies like smoke alarms and home fire sprinklers. The following tips will help keep your family safe it there is a fire in the home:

Install smoke alarms inside each bedroom, outside each sleeping

area, and on every level of the home (including the basement).

Interconnect all smoke alarms in the home so when one sounds, they all sound.

Test smoke alarms at least monthly and replace all smoke alarms when they are 10 years old or sooner if they do not respond when tested.

Make sure everyone in your home knows how to respond if the smoke alarm sounds.

Pull together everyone in your household and make a plan. Walk through your home and inspect all possible ways out. Households with children should consider drawing a floor plan of your home, marking two ways out of each room, including windows and doors.

If you are building or remodeling your home, consider installing home fire sprinklers.

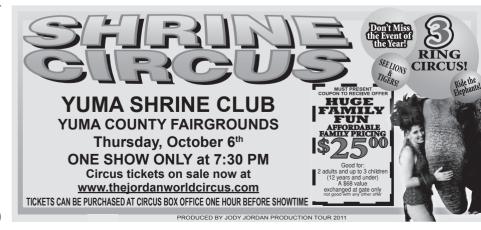
The YPG Fire Department will be hosting an open house at Fire Station No. 2 near Cox Field during Fire Prevention Week. Through these educational, family-oriented activities, residents can learn more about the power of prevention and available technologies to protect their own families from fire. Fore more information, call 328-2316. You may also visit the web site at: www. firepreventionweek.org.

GOING ON

OCTOBER 15: United Blood Services Drive will be held at the Elks Lodge Mud Room, 2300 Elks Lane. Appointment are required or for more information, go online at www. bloodhero.com

OCTOBER 15: Rock & Roll Paintaa-Thon to brighten the homes of qualifying low-income elderly and disabled individuals in the Yuma area. Prep work will be done on this date, then the same groups will come together to do the painting on Saturday, October 22. Individuals and teams are welcome to volunteer by calling Alma Clark at WACOG, 217-7158 or email Alma at almac@wacog.com. Volunteers will be treated to lunch at the MLK Jr. Neighborhood Center, 300 13th Ave.

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Chaplain's Corner =

The YPG tomato plant

By Chaplain Douglas Ball

We've planted a garden almost everywhere that we lived (by we, I mean my wife does all the work, and I take all the credit). So when we moved to YPG a year ago, we dug up some ground, bought some fencing to keep the rabbits out, and starting growing some garden vegetables. Or should I say, we started trying to grow some vegetables.

At first, the moment a plant would push a green shoot through the sun-baked Arizona soil, something would come along and eat it. Very few plants survived their childhood, despite our best efforts with the rabbit fences, rodent traps, Stinger missiles and nuclear radiation.

Next, the sun dried and fried all of our adolescent plants. Newsflash: it's hot in Yuma, very hot. We tried to keep them sufficiently watered, but our human children managed to turn

off the soaker hose for a day or two, unbeknownst to us, and only a few of our remaining plants made it to adulthood.

Finally, thug plants from the desert moved in, and began to intimidate and brutalize our garden plants. They tried to form a neighborhood watch and fight back, but the thorny desert plants whittled their numbers down even farther. Only a handful actually yielded any garden produce.

I ripped out that garden last week, a year after it was planted. One of the surviving plants ended up being the largest tomato plant we have ever seen – I almost need a chainsaw to remove it from the garden. It

had taken months for it to produce the first tomato, but once it did this plant produced an abundant crop of flavorful, yummy, juicy tomatoes that we ate for every meal for weeks on end.

In Matthew 13, Jesus tells the Parable of the Sower, which talks about the same issues I describe above on a spiritual level. Jesus is telling us that despite the ups and downs of life, there will be an overly abundant extravagant fantastic harvest. We may feel that we are being choked down, dried up or chewed on, but if we are open to God's work in our lives, eventually there will be fruit.

GOING ON

OCTOBER 15: John Michael Montgomery performs at Cocopah Casino. Local group "Downtime" will open for Montgomery and "Leavin' Rustin" will perform during dinner. To purchase tickets, call 1-800-237-5687.

OCTOBER 15: Yuma Jazz Trio performs at Arizona Sweets Cafe. 11411 S. Fortuna Road (near Don Quijote Restaurant) from 6 to 8 p.m. For more information, log onto: www.yumajazz.com

OCTOBER 15: Yuma Orchestra Association presents "Classics by Moonlight" at the Page Amphitheater on the AWC main campus. For more information, log onto: www. yumorchestra.org







783-4433.





CANCER FROM PAGE 3

to the breast, such as swelling, thickening, or redness of the breast's skin, and nipple abnormalities such as spontaneous discharge, erosion, inversion, or tenderness. A woman should have any persistent abnormality evaluated by her physician as soon as possible.

I believe that beginning in the early 20's, women should be told about the benefits and limitations of breast self-examination. It is recommended that clinical breast examination be part of a periodic health examination at least every three years. Annually, women aged 40 and over should continue receiving a clinical breast examination and mammogram as part of periodic health examinations.

According to the National Cancer Institute, one out of every eight women and one out of every 1,000 men will be diagnosed with this devastating disease. If the unspeakable happens to you or a loved one, our local American Cancer Society offers several resource programs for breast cancer patients and their families to guide them through every step of the cancer experience. This is so they (the cancer patient) can focus on getting well.

Help and information is available round the clock by calling the American Cancer Society at 1-800-227-2345 or visiting www.cancer. org. Also, locally, there is a breast cancer support group that meets the first Thursday of each month at Yuma Regional Medical Center in the Women's section at 7 p.m. I have found this group very informative. Plus, it's great to have support from those who understand what you're going through, because others have been down the same path.



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It is estimated that every year more than 40 Million Americans are treated for eye disease or an eye injury. Many of these folks will end up with significantly reduced vision while some will actually experience blindness.

Perhaps no other ailment affects your lifestyle as vision loss. Adapting to living life with permanent vision loss is one of the hardest adjustments anyone must experience. Clearly, maintaining your eye health is a critical component of maintaining your lifestyle.

Unfortunately, many Americans do not know they are at risk. For your sake...don't let yourself be in that category. Make yourself aware of your eye health status and what you can do to reduce the consequences.

To start your education process, we encourage you to visit our web site, yumaeyedoctor.com. There you'll find educational articles, video and more.

If you are over 40 or at risk for eye disease (family history of eye disease, diabetes, or high blood pressure or require corrective vision glasses or contacts) schedule an appointment for a medical examination of your eyes. You can do that on our web site or by calling. This medical examination can reveal any current potential problems. If there are no problems it provides a baseline for future examinations and we'll give you the information you need to keep your vision.

YOU must protect your own vision but you don't have to do it alone. At Aiello Eye Institute a very large part of our service is centered on education. We believe that *if you know how to protect your vision you will enjoy life much more.* We not only diagnose and treat ailments; we'll give you the knowledge and tools to help yourself.

Some information provided by the American Academy of Ophthalmology

For More Information



If you would like more information you are encouraged to visit our web site. There you can view videos on several quality-vision issues or request answers to any specific questions you have. Your vision is our mission.

www.yumaeyedoctor.com

For Your Needs

If your vision is not what you want it to be, you may make an appointment by calling 928.782.1980 or by visiting our web site. We offer a General Eye exam to diagnose any problems or to give you the peace of mind of healthy vision.



About Dr. Aiello



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 10,000 surgeries, he is regarded as one of the state's leading eye surgeons.

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 three offices to serve your needs:

- 275 W. 28th St. Yuma
- 11551 S. Fortuna Rd. Foothills



For additional information or to schedule an appointment call:

(928) 782-1980

Se Habla Español