

# 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

## New road course available for vehicle testing in Panama



PHOTO BY MARK SCHAUER

Lush tropical vegetation, widely varying road conditions, and significant changes in elevation are all present at the Horoko Test Track in Panama, which is newly available to testers at U.S. Army Tropic Regions Test Center. Though TRTC has successfully conducted durability testing of vehicles in the nation of Suriname, the availability of the Horoko track makes vital tropical testing even more accessible to project managers.

By Mark Schauer

U.S. Army Tropic Regions Test Center (TRTC) has the ability to test virtually every piece of equipment in the ground combat arsenal. In today's mobile military, however, ensuring that ground combat vehicles can perform as expected in the most extreme environments is crucial. A vehicle may be heavily armored against explosives and small-arms fire, but can it withstand the chronic humidity and tenacious vegetation of a triple canopy forest?

"If a young Soldier is ambushed while driving an armored vehicle in a dense jungle, his reaction will be to immediately extricate himself from that situation," said Ernest Hugh, TRTC director. "The question is, is this feasible under those conditions? What are the

vehicle's capabilities and limitations in an extreme tropical environment?"

TRTC successfully performed a large-scale test of the Stryker Combat Vehicle in the South American nation of Suriname in 2008, and is currently putting several variants of the Mine Resistant Ambush Protected (MRAP) vehicle through their paces. Conducted on two separate courses located in different regions of the country, the tests required an unusual degree of effort and coordination to achieve. Since the United States military no longer has bases in tropic regions, TRTC evaluators must locate suitable test facilities and secure permissions from host governments prior to conducting a major test.

"We're looking for new see **COURSE** page 4

YPG pumps money into local economy

Page 4



Homes for Our Troops founder honored

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This week Viewpoints asks workers in Suriname what they miss most about home

Page 9

# 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

- Tom Cimins, Garrison, kidney transplant
- Mary Flores, PAO, degenerative disc disease in cervical and lumbar spine
- Audra Lemme, RM, maternity leave following C-section
- Melissa Marquez, Contracting, maternity
- Crystal Mendoza, Contracting, childbirth, possible complications due to aneurysm

- Alysha Miller, Plans & Ops, maternity

- Heather Pakkala, maternity
- Robert Trujillo, motorcycle accident and subsequent surgeries
- Jesse White, cancer surgery
- Dave Holbrook, JAG, deep brain stimulation surgery and recovery

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. The CPAC will 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 this information in your submission. You can split the donations, as long as donations are in full-hour increments.

The recipients must use all available sick and annual leave before they receive donations - donors aren't funding a new vacation plan for recipients. Donors can only donate annual leave; sick leave is not eligible to be donated. If the recipient doesn't use all leave donated, that leftover leave is divided up among donors and returned to them.

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# Fall festival slated for October 21

By Mary F. Flores

With the aroma of popcorn filling the air, children's laughter will echo in the evening and kids of all ages dressed in ghostly costumes will try their best at bobbing for apples in a tub of water. This may bring back youthful memories for many and hopefully create new ones for YPG families at this year's annual Fall Festival to be held Friday, Oct. 21, from 6-8 p.m. on Cox Field.

Everyone is invited to attend, with free admission and goodies such as popcorn, soft drinks, snow-cones, and cotton candy. In addition, old-fashioned games will be played — a sack race, cake-walk and much more with lots of prizes. In addition to the games, children will be entertained with a jump castle and giant slide, and have the opportunity to win the "best" costume contest. Children, infants and teenagers are encouraged to participate.

"I encourage everyone to come out and participate," said Marty Clark, chief of YPG's Family Support Division. "We have something for kids of all ages and a great time to meet your neighbors."

Clark explained that volunteers are needed to work at festival food booths and games. Cake donations and other baked goods are needed. To volunteer or provide baked goods, contact Parent Central Services in building 1105 or call 328-3119/3339. Cakes or other baked good donations can be dropped off at the Parent Central Services office the day of the festival by 4 p.m.

For a chilling experience you must visit the haunted house which will open Friday, Oct. 21, 7:30-9:30 p.m. and Saturday, Oct. 22, 7-9 p.m. at the Old Post Exchange in building 504. Admission is one, non-perishable item or canned good per person.



## U.S. ARMY YUMA PROVING GROUND community calendar

# october 2011

Dates & times subject to change.

Get the latest event information by following us on Facebook and Twitter.

## october

**12** 1730

Golf Chip Shot Contest  
Fitness Center 928.328.2400

**28**

3/4 Day Fishing Trip  
Outdoor Rec 928.328.3989

**21**

1800-2000 Fall Fest  
Cox Field CDC 928.328.3130

**29**

1900-2100 Movies in the Park  
Cox Field 928.328.2400

2030-2230

CYSS Haunted House  
Bldg. 504 CYSS 928.328.2860

**22**

1700-2000 Oktoberfest  
Cactus Cafe 928.328.2333

1930-2130

CYSS Haunted House  
Bldg. 504 CYSS 928.328.2860

## weekly events

### monday

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

### wednesday

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

1300-2100

Manic Monday  
Coyote Lanes  
(Info: 928-328-2308)

### thursday

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

1715-1815

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

### friday

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

### tuesday

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



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# Yuma Proving Ground spending spurs local economy

By Chuck Wullenjohn

Yuma Proving Ground is located out of sight and out of the minds of many local residents. The casual driver views little of the proving ground when traveling on highway 95 and some might wonder what exactly takes place there.

The answer, as we all know, is that a great deal goes on that directly affects the safety of American forces on the battlefield and the effectiveness of our overall national defense.

Yuma Proving Ground's direct impact on America's military is profound and should be a source of pride for every man and woman in Yuma County. An untold number of men and women in uniform owe their lives to YPG testing and an even greater number to the injuries that have been prevented.

What exactly is YPG's mission? Unlike most military installations that exist mainly to train troops for combat, YPG's primary mission is to test weapon systems and munitions to ensure that they work properly,

all the time. At 1300 square miles in size, the proving ground is the Army's second-largest installation, permitting the conduct of multiple test activities at the same time, without interference.

YPG features the longest overland artillery range (40 miles) in the nation, the most highly instrumented helicopter armament test range in the Department of Defense, well over 200 miles of improved road courses for testing tracked and wheeled military vehicles, over 1200 miles of fiber-optic cable linking test

locations, the most modern mine and demolitions test facility in the western hemisphere, and specially developed urban and highway environments for realistically testing technologies to defeat the threat of improvised explosive devices.

The impact of YPG on Yuma County's economy is nothing to sniff at. Last year, the economic impact of YPG was nearly \$500 million, with \$161 million of that in payroll dollars and \$221 million more in contracts. It's important to note this is a year-  
see **SPENDING** page 11

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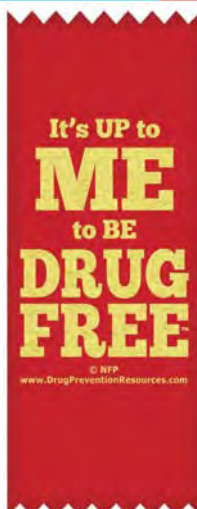
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## COURSE

FROM PAGE 1

test sites all the time," said Terry Barton, site manager of TRTC activities in Suriname. "You never know about the long term availability of a concession owned by someone else. It could become over-improved with construction or otherwise unacceptable to our needs."

Now, however, program managers seeking to test a military vehicle in an extreme tropical environment will have a permanent option available in the nation of Panama, a major transportation hub that is a three hour flight away from the United States mainland.

"The advantage of Panama is that the capital is a major hub, with a modern city less than an hour away from a triple canopy jungle," said Hugh. "In the event of a system malfunction, you can have replacement parts sent overnight from the United States to Panama City. In Panama you have the best of all worlds."

Though TRTC has long conducted vehicle testing at the Cerro Tigre facility outside of Panama City, the four-mile circular track is not long enough to accommodate all facets of durability testing. But the newly

available Horoko Test Track is more than twice as long, winding through various elevations and encroached upon by lush jungle vegetation in both paved and unpaved sections. Both secure facilities are used for training by the Panamanian Public Forces, the country's national police force, and available for pre-approved testing by TRTC at no charge thanks to the test center's longstanding rapport with the Panamanian government.

"Since 2001, every test we brought to Panama has been accepted by the American Embassy and the Panamanian government," said Hugh. "We have an excellent working relationship with both."

This relationship and the test assets that come as a result are expected to be particularly critical in the years ahead: 75 percent of the world's conflicts in the past 50 years have occurred in tropical areas, which have better than half of the world's population and are growing rapidly.

"As operations in Afghanistan and Iraq wind down, the armed forces are becoming more focused on the need to test equipment in tropic environments," said Hugh. "TRTC is well poised to test a variety of systems in this extreme and unforgiving environment."

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# Chaplain's Corner

## The 'muchmoreness' of God

Submitted by Chaplain Douglas Ball

I vaguely remember something in high school English about Shakespeare making up words whenever he felt like it. I distantly remember it, probably because I was sitting in the back row passing notes to this cute girl who later dumped me for my best friend – but that's a different story entirely. The point is, if Shakespeare can do it, why can't I? So, I introduce to you my latest made up word: 'muchmoreness.'

There are two parables about prayer in Luke that are slightly confusing. The first is about a guy who needs some bread in the middle of the night and knocks on his friend's door, waking him. Of course, the friend isn't too happy, but he gives him the bread just to make him go away. The

second parable is about an unjust judge and a widow. He doesn't want to do the right thing, but she keeps bothering him, so finally he grants her justice so that she'll go away. Both stories leave us with the vaguely unsettling impression that if we just bug God enough, He might give us what we want so that we'll stop bugging Him.

But there is a beautiful little phrase in the explanation of the first parable that gives us a different perspective. Jesus is talking about how earthly fathers give good things to their children and He says, 'If you then, who are evil, give good gifts to your children, HOW MUCH MORE will the heavenly Father give?' Jesus isn't comparing God to the friend, judge or father – he is contrasting God with

see **CHAPLAIN'S** page 11

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# Hispanic's Month celebration provides a cultural education to workforce

By Yolie Canales

September 15 through October 15 is observed throughout the government as Hispanic American Heritage Month. During this month, agencies bring awareness and education on the cultural history and many contributions Latin Americans have made to our nation.

Yuma Proving Ground conducted its celebration and observance in late September with a full week of activities held for the community and workforce.

The observance kicked off with religious services at the YPG Post Chapel, then was quickly followed by a cooking demonstration put on by Yolie Canales, chairperson of the Hispanic committee, and Juanita Saez, committee member, a salsa tasting competition with over 100 people in attendance, a Latin country poster contest provided by the students at Price Elementary School, and the grand finale, the Hispanic Luncheon with guest speaker Mr. David Jimenez, technical director for the Army Evaluation Center. The event was held at the Travel Camp and drew over 120 people.

"This was a wonderful occasion and celebration," said Norma Young, wife of Col. Reed Young, commander. "Seeing the ladies behind the counter demonstrating their cooking reminded me of my own mother in her kitchen. Everything was wonderful, from the cooking demonstration to the salsa tasting, right down to the beautiful dancers at the luncheon and the delicious meal. I certainly want to be part of the Hispanic committee next year."

Special thanks go out to Mr. Jimenez for taking the time out

of his busy schedule to travel to YPG and be part of the observance, to Command Sgt. Maj. Forbes Daniel, to the Soldiers from both the health clinic and Airborne Test Force, the YPG Youth Center for providing necessary supplies, to Price Elementary School for the poster contest, and to all the other volunteers who contributed their personal time and hard work in making another successful Hispanic event. In addition, thanks to the Cactus Cafe for their services.

YPG's Technical Director Julio Dominguez is seen with the YPG Folklore Dancers. The dancers (left to right) Yvonne Kennedy, Rocio Fernandez and Carmen Juarez performed two dances from the state of Veracruz, Mexico. Sophia Rosa (left) is wearing a traditional celebration dress from the island of Puerto Rico. (Loaned photo)



*"This was a wonderful occasion and celebration."*

— Norma Young, wife of Col. Reed Young, commander



PHOTOS BY LISA MORALES OF PRICE SCHOOL

Fourth and fifth grade poster contest winners show their winning entries along with the prize they were awarded. Left to right are: Joey Hatton, Soe Liddle and Julianne Miller.



Kindergarten and first grade winners of the Latin country poster contest pose with their winning poster. Left to right: Kirsten Policar, Sophia Rosa and Anthony Alonzo.

# From Beirut to Panama, jungle expert applies unique skills to tropic testing

By Mark Schauer

Conducting testing in an extreme tropical environment comes with a multitude of challenges, not least of which is keeping personnel safe from dangerous animals and plants. Fortunately, U.S. Army Tropic Regions Test Center (TRTC) has a uniquely qualified jungle survivalist working alongside 20 other YPG personnel testing the Mine Resistant Ambush Protected (MRAP) vehicle in Suriname. His co-workers have lovingly nicknamed him ‘Suriname Sam’, but TRTC Panama personnel have long known him as Eric ‘Nic’ Nicolaisen.

“If you want to know anything about the jungle, Eric is your guy,” said Julio Villegas, electronic engineer for TRTC. “He is the jungle.”

An expert jungle survivalist, Nicolaisen serves as the test’s security officer, medic, and fuel supply officer. Whenever test vehicles are in action on the test site’s 19-mile-long course deep within a triple canopy jungle, Nicolaisen trails them in a pick-up truck, bouncing around with enough supplies to stabilize and transport a casualty in the event of an accident.

“I love this job,” Nicolaisen said. “It does everything I always wanted to do as a retiree. There is plenty of work and adventure, and you get to travel and spend a lot of time in the jungle.”

Born and raised in Colon, Panama, in his previous career Nicolaisen was a mortician and forensic identification



Serving as fuel officer for vehicle testing in Suriname is just one of the duties performed by TRTC’s Eric Nicolaisen. An expert jungle survivalist, he is also the test center’s medic and security officer. “He reminds me of the outdoorsman Euell Gibbons,” said Terry Barton, TRTC’s site manager in Suriname. “He is very level-headed and a tremendous asset.”

PHOTO BY MARK SCHAUER

specialist for the U.S. Army, retiring as chief mortuary officer for the Southern Command. The origin of his unique career was in early childhood.

“When I was growing up, I had a neighbor who was the local undertaker for the Caribbean side of the Isthmus of Panama,” Nicolaisen said. “His children had everything. I thought that if he was able to provide

so well for his family, I wanted the same job when I grew up.”

As he prepared to graduate high school, Nicolaisen applied to schools in the United States with mortuary science programs. As part of the application process, he needed a letter of recommendation from a licensed funeral director and embalmer.

“When I asked my neighbor for the

reference, he said he had no license,” Nicolaisen said. “He explained that he had been head of housekeeping at the hospital, and took on undertaking duties during the Depression for an extra 10 cents per hour.”

Undaunted, Nicolaisen took the train to Panama City to meet with another mortician.

“He said, ‘Young man, are you sure you want to get into this business? I don’t recommend it to anybody,’” Nicolaisen recalled with a laugh. “He very briefly described the kind of things I would be doing, but my mind was set, so he signed my documents.”

Nicolaisen went to the Kentucky School of Mortuary Science, working as a laborer in an oil depot to pay his expenses. Upon graduating, he worked in a funeral home in Indiana for several years before returning home to Panama to work for the Canal Zone’s health bureau, and then the U.S. Army. Though he spent the bulk of his career in Panama, for five years he was overseas as a forensic identification specialist. Wherever he served, he would occasionally meet people with an excessive fear of his occupation.

“I’d run into people who absolutely would not shake my hand,” Nicolaisen said. “Or I’d be in the commissary or PX and encounter people who would see me and then move two aisles over to make sure I wouldn’t cross their path.”

Nicolaisen experienced far worse things than this, however. When 241 American servicemen were killed by a terrorist attack against a barracks

see **JUNGLE** page 10

# Donates life savings to 'Homes for our troops'

**NEWS**

*Editor's Note: In observance of Hispanic American Heritage Month, this article highlights one of many great and productive contributions Hispanic Americans continue to provide to our nation. By the numbers, Latinos are the dominant minority group in the nation, totaling more than 15 percent of the population, a proportion that continues to grow at an unprecedented rate. They make up just under 13 percent of the U.S. workforce nationwide but the participation of Hispanic Americans in our nation's success, is evident in the remarkable work they do as told in this article.*

A former construction supervisor and home-improvement contractor

was recognized recently at the Pentagon for giving it all up to help seriously-injured veterans.

Homes for Our Troops founder John Gonsalves was awarded the 2010 Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award for his commitment to build specially-adapted homes for wounded warriors at no cost to them.

Gonsalves' move to create the nonprofit organization began after he watched a television news story about a Soldier who had lost both legs to a roadside bomb in Iraq. He wondered what was being done to help provide severely injured and disabled veterans with specially-adapted and barrier-free homes.

After finding no organization supporting such a need, Gonsalves began researching the needs of the

severely injured by visiting service members and their families at military hospitals and speaking before veterans' organizations.

In 2004, he donated most of his life savings to start Homes for Our Troops. Today, he volunteers all his time and expertise to the organization by coordinating donations of building materials, professional labor and funds. To date, Homes for Our Troops has built 83 homes at no cost to the veterans. Gonsalves said the homes give them physical freedom, independence and restore their personal dignity.

"Homes for Our Troops has been recognized as one of the best charities in the nation receiving top honors from the American Institute of Philanthropy and other independent watchdog groups," said Secretary



U.S. ARMY PHOTO  
John Gonsalves (right) receives the annual Zachary and Elizabeth Fisher Distinguished Civilian Humanitarian Award from Secretary of the Army John M. McHugh at the Pentagon

of the Army John M. McHugh, who presented the award to Gonsalves.

"John Gonsalves truly represents see **HOMES** page 10

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# VIEWPOINTS

YPG's extreme testing operations can take members of the workforce far from home for weeks or even months. We asked members of the workforce testing in the South American nation of Suriname, "What do you miss most about home?"



**Julio Villegas**  
Electronic engineer

I miss my wife most of all. I think everybody away from their home for a while is going to miss it. I am a person who likes to stay in, so I don't miss things like going out at night.



**Rob Christensen**  
Test driver

I miss having TV and internet. You don't miss the things you take for granted at home until you don't have them. I miss my dog, Ronnie, too.

**Jay Bomhower**  
Test vehicle operator

My big house, my wife, and my dog. It isn't that bad here, though. I enjoy being out among all the greenery and the beautiful river that runs behind our housing. It is almost like camping.



**Julio Zambrano**  
Test officer

Like everybody else here, I miss my family most of all. I've been out of town for weeks now. During working hours you do whatever you need to do, but it is hard being away. I'm used to this kind of travel, though.



**Allen Litherland**  
Heavy equipment mechanic

I miss the regular luxuries of home, like TV and internet, and being able to drive to any store you want, whenever you want to. In the capital here, stores close at 4:30 p.m. Monday through Thursday, 8 p.m. on Friday, and 1 p.m. on Saturday. On Sunday, some stores open at 4 p.m. and close at 8 p.m.. There are much fewer shopping hours, and our test site is very isolated.

**Merri Schultz**  
Assistant test officer

I miss the Northern Lights. One of my buddies posted a picture of the Northern Lights over the lake on Facebook the other night. All my family is going hunting right now, too, and I miss that.



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# JUNGLE

FROM PAGE 7

in Beirut in 1983, he was among the forensic specialists working to identify remains. During the United States' invasion of Panama in 1989 he was in charge of collection points for American casualties. In his career he was responsible for the remains of over 7,000 people, including those who died extremely young, in combat, or in other horrific accidents. Despite this grim reality, he maintained his zest for life.

"I never dwelled on my work," Nicolaisen said. "If I had taken my work home with me, the neighbors would have complained."

Nicolaisen continued his outdoor activities throughout his career. In the mid 1980s he hiked and canoed through the Darien Gap, the harsh and completely undeveloped 60-mile region of mountains, swamp, and

dense rainforest between Panama and Columbia that is infamous as a lawless haven for drug traffickers and armed bandits. Though not threatened by guerillas, along the way he was sought out by locals to treat a variety of medical ailments, from an infected thumb on a small child to a large skin rash on a guerilla.

"People would walk two days to intercept my course thinking I was carrying medicine," Nicolaisen said. "You should never stay more than one night in a place like that. It is too dangerous."

After retiring, Nicolaisen acquired 20 acres of land in Panama and built an Eco Resort, trimming back the thick jungle canopy and carrying in building materials by hand. Today, the resort has a restaurant and helicopter pad, as well as hiking trails and a natural arboretum.

"I collect fruit trees, medicinal plants, and flowers," Nicolaisen said.

"I have over 135 species of tropical fruits, over 80 medicinal plants and trees, and over 500 flowering trees and plants."

Not content to stay at his resort in retirement, in the early years of the last decade Nicolaisen was hired to do occasional contract work for TRTC reconnoitering potential test sites. Eventually he was offered a full-time job, which he accepted.

Though busy with work, Nicolaisen still teaches jungle survival courses in his spare time, and is also writing a book about jungle plants and trees. Whatever he is doing, service and adventure are his constant motivations.

"If I can teach people one thing that will help them survive or save their life, I feel as though I've accomplished something," Nicolaisen said. "I don't seek adventure to escape life, I seek adventure to keep life from escaping me."

# HOMES

FROM PAGE 8

personal dignity.

"Homes for Our Troops has been recognized as one of the best charities in the nation receiving top honors from the American Institute of Philanthropy and other independent watchdog groups," said Secretary of the Army John M. McHugh, who presented the award to Gonsalves. "John Gonsalves truly represents the best of the American spirit and the spirit of this award, finding inspiration by serving those who serve."

"It's an awesome thing to see hundreds of people come out and reintegrate these wounded warriors back into their communities and to really say thank you with more than just a slogan or bumper sticker — they do it with action," he said.

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## YUMA PROVING GROUND

### 2<sup>ND</sup> ANNUAL

### SERVICE WINTER FORMAL 2012

# 4 February 2012

Reserve the date on your calendar now.



## More to follow!



# SPENDING

FROM PAGE 4

round impact that doesn't occur only during a few winter months.

The 3000 people who work at the proving ground mostly live in Yuma, commuting each day. The workforce is mainly made up of civilians, with only about 150 military personnel assigned. YPG employees reside throughout the Yuma community, owning houses, paying taxes, voting locally, and patronizing area merchants.

Much of the contract spending coming out of the proving ground

goes to local businesses that provide construction and maintenance services, office supplies, automotive equipment, gasoline, food, and much more. Of the contract dollars flowing from the proving ground, approximately 45 percent stays in the Yuma area.

YPG enjoys a positive two-way relationship with local officials of all political stripes who go out of their way to support the proving ground in any way possible. Yuma is truly a military-friendly community and Yuma Proving Ground has been proud to be a vital part of it since World War II.

# CHAPLAIN'S

FROM PAGE 5

the friend, judge or father!

There is a muchmoreness to God that Jesus wants us to see. If a friend will reluctantly help provide needs in the middle of the night, HOW MUCH

MORE will God help provide needs. If a judge will eventually provide justice to a persistent widow, HOW MUCH MORE will God provide justice? If we, as imperfect parents, love our children, HOW MUCH MORE does the perfect heavenly Father love us?

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# Bring Your World Into Focus

Educational Reports to Help You Protect Your Vision

## Will you see in the future?



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](http://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

## 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:

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### 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](http://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.

