

# HIGH DESERT WARRIOR

Volume 6, Number 2

www.irwin.army.mil

Jan. 14, 2010

*Published in the interest of the National Training Center and Fort Irwin community*

## Safeguard your personal ID

BY BOB LUCAS

Installation Privacy Act Officer

The safeguarding of federal records containing Personally Identifiable Information (PII) items is the responsibility of everyone. PII is information which can be used to distinguish or trace an individual's identity, such as their name, social security number, and biometric records. PII is also a combination of other personal or identifying information which is linked or linkable to a specific individual, such as date and place of birth, mother's maiden name that is released. This information can be used to steal an identity and cause great financial hardships to Soldiers and Family members.

An incident recently happened wherein an agency dumped over 30 boxes of records in a local dumpster on Fort Irwin. The documents were found by a passerby, and upon review, the documents contained social security numbers, personal phone numbers, home addresses, and in some cases, Family full names. This is clearly a PII incident which was rectified by the removal of all the boxes from the dumpster and review of all documents for proper storage or for shredding.

The Directorate of Human Resources (Administrative Services Division (ASD) is responsible for maintaining the post shredder and the post records holding area, both of which are in Bldg 13. The ASD employees can be reached by calling 380-4540 or by e-mail, robert.c.lucas@conus.army.mil, if you have questions about the program. Please do not hesitate to contact us.

## Martin Luther King, Jr. Day

January 18, 2010



## MLK Commemoration



CHARLES MELTON

**Lt. Gen. Michael D. Rochelle (Ret.), Deputy Chief of Staff, G-1, United States Army, speaks at the National Training Center and Fort Irwin's Dr. Martin Luther King, Jr. Commemoration at Sandy Basin Community Center on Tuesday morning. See story on page 3.**

## Unused GI Bill benefits

## Benefits transfer to family members now okay

BY CHARLES MELTON

HDW Staff Writer

When then-President George W. Bush signed the Post 9-11 Veterans Education Assistance Act of 2008 (Post 9/11 GI Bill) into law, he opened new pathways to education for Soldiers and their Families.

Under the Post 9/11 GI Bill, Soldiers can now transfer their unused GI Bill benefits to their Family members, so their Family members can benefit from their loved ones' service and pursue educational opportunities. However, there are some strings attached to transferring those benefits.

"Generally anyone who has served on active duty for 90 days since Sept. 11, 2001 is eligible," explained Mary Benson, Fort Irwin/NTC Education Services Specialist. "Of course, the longer one has served, the higher percentage of benefits are available to service members. The amount will start at 40 percent and increase by 10 percent for every six months of continued active duty with a maximum at 100 percent for 36 months."

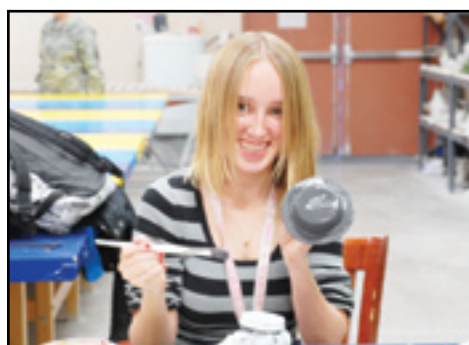
The Post-9/11 Veterans Education Assistance Act of 2008 has increased the level of educational benefits significantly since the inception of GI benefits, Ms. Benson said, adding that 9-11 benefits are paid directly to

the school or educational institution for the highest level of in-state undergraduate tuition for degree granting Institutes of Higher Learning (IHL).

In order to transfer benefits, Soldiers must be on active duty, and retirees aren't able to transfer these benefits, she said, also noting that the benefits can only be transferred to dependents who are registered in the DEERS system.

"The Soldier needs to have served at least six years on active duty with an additional commitment of four additional years," she said.

**See Benefits, page 20**



**Ceramics for everyone, see pages 14-15**

JAN.-FEB. 2010						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13

ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE



245

**FORT IRWIN SOLDIERS CURRENTLY DEPLOYED**

Source: Directorate of Human Resources  
National Training Center and Fort Irwin

# ICE Program Gives Customers a Voice

Year End Snapshot of most commented on services (partial)  
Jan. 1-Dec. 31, 2009

Organization	No. of Comments	Rating	Percent Satisfied
Pinnacle	383	●	67
Child and Youth Services	148	●	63
Strike Zone	435	●	88
Food and Beverage	864	●	84
Fitness/Gyms	236	●	77
Oasis Pool	38	●	71
Library	40	●	55
Auto Craft	125	●	98
SFAC	384	●	98
ACS	55	●	75
Religious Support	374	●	98
Emergency Services	55	●	22
Civilian Personnel Advisory Center	36	●	58
Adult Education	524	●	94
Military Personnel Services	3856	●	99
Army Substance Abuse Program	23	●	91
Logistics - Transportation	28	●	32
Landmark Inn	157	●	73
Real Time Theater	19	●	26
24-hour Shoppette	23	●	18
Anthony's Pizza	22	●	16
Burger King	47	●	20
Main PX	133	●	27
Starbucks	21	●	53
Popeye's	15	●	17
Taco Bell	14	●	25
Commissary	98	●	38
Veterinary Services	52	●	29
DENTAC	2036	●	98
MEDDAC	728	●	62
Information Management (NEC)	147	●	62

### Installation Overall Questions:

Organization	No. of Comments	Rating	Percent Satisfied
Were you satisfied with your experience at this office / facility?	11390	●	8
Facility Appearance	11671	●	71
Employee/Staff Attitude	11879	●	79
Timeliness of Service	11768	●	75
Hours of Service	11567	●	72
Did the product or service meet your needs?	10374	●	87

Rating Key: ● = 86%-100% Satisfied | ● = 65%-85% Satisfied | ● = 0%-64% Satisfied

The following are a sampling of ICE submissions at Fort Irwin in the past three weeks. If the customer requests a response, Service Providers are expected to respond to the customer within 3 business days and post follow-up notes in ICE.

#### Armed Forces Bank

**Customer comment:** I stood in line for 20 minutes straight to make a deposit. Two tellers were busy with long lasting transactions. Six people were waiting behind me by the time I was served. The supervisor was sitting at a back desk watching the customers pile up. I don't know how the customers are suppose to call this service especially during lunch time. **Agency Response:** Comment was reviewed for service

improvement, but customer did not leave contact information and therefore could not be contacted.

#### Equal Employment Office

**Customer comment:** All EEO staff are very friendly. From the time I walked in to set up the appointment, they are flexible when it's convenient to me; also checked in with me several times while I was in the waiting room. The EEO specialist Ms. Jennings is very knowledgeable and was extra nice to me, the issue we discussed was very emotional for me, and she made me feel understood and sense of dignity. I really appreciate this organization at our post! **Agency Response:** Comment was reviewed; no customer contact information.

#### HR Army Continuing Education

**Customer comment:** Your services are greatly appreciated, as I've already been accepted into the college I wanted as a direct result of said services. Thank you very much. **Agency Response:** Comment was reviewed; no customer contact information.

#### MWR Fitness Connection

**Customer Comment:** The fitness connection has yet to open up this morning (Dec. 4, 2009), and I left the area after waiting 25 minutes following the stated 6 a.m. opening time. I can understand 5 or

See ICE, page 9

### WHO WE ARE

Brig. Gen. Robert B. Abrams .... Commanding General  
Command Sgt. Maj. Victor Martinez..... Post CSM  
Col. Jim Chevallier ..... Garrison Commander  
Command Sgt. Maj. Mark A. Harvey ... Garrison CSM  
John M. Wagstaffe ..... Director, NTC PAO

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### HIGH DESERT WARRIOR

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### SUBMISSIONS

Story and photos not pertaining to commercial advertising may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Submissions may be e-mailed to chicpaul.becerra@us.army.mil

### NEWSPAPER AWARDS

2008 Dept. of the Army  
Maj. Gen. Keith L. Ware  
Newspaper competition—Tabloid category  
3rd place, U.S. Army Installation  
Management Command-West  
2007 Honorable Mention, Dept. of the Army

### SEND US FEEDBACK

Send your questions, suggestions, or problems to:

1. Your chain of command
2. ICE (Interactive Customer Evaluation)
3. CG's Hotline: 380-5463



# Defender 6 sends: *Delivering the Army Family Covenant*



Lt. Gen. Rick Lynch

On 8 October 2007, the Army unveiled the Army Family Covenant (AFC), institutionalizing the Army's commitment to providing Soldiers and Families — Active, Guard, and Reserve — a quality of life commensurate with their quality of service. However, as I travel around the Army meeting with Soldiers and Families I'm surprised to find that many are not familiar with the Army Family Covenant and the commitment Army leadership has made to provide a better quality of life to Soldiers and Families.

We are delivering the Army Family Covenant with a focus on five specific areas: Standardization and funding of existing programs and services, Increasing accessibility and quality of health care, Improving Soldier and Family housing, Ensuring excellence in schools, youth services and child care and Expanding education and employment opportunities for Family members.

Some accomplishments over the past two years include: Standardized Army community staffing and programs at all Garrisons, added 1079 Family Readiness Support Assistants positions to provide administrative and logistical support to commanders and FRG leaders, Funded

Exceptional Family Member respite care providing up to 40 hours of care per month for Families; Increased primary care visits to more than 7 million people, meeting access standards for 90% of acute, routine and specialty appointments; Authorized TRICARE standard coverage for more than 500,000 eligible members of the Selective Reserve and their Family members and lowered the co-payment; Funded the Training Barracks Modernization Program to allow 11,306 Soldiers to move into newly designed or renovated barracks in FY09, introduced the First Sergeants Barracks Initiative to enhance single Soldier quality of life; Reduced financial burden on Army Families by eliminating CYSS registration fees and reducing program fees, collaborated with more than 373 school districts to support military connected students transferring to new school districts and increased placement of military spouses through the Army Spouse Employment Program, a partnership with Fortune 500 companies and government agencies to provide employment opportunities.

We are indeed making progress on delivering the Army Family Covenant, but we have much more work to do. I am dedi-

cated to deliver on the Army leadership's promise to continue to provide the best care and quality of life possible to Soldiers and their Families. Our commitment to delivering the Army Family Covenant is non-negotiable. We will not depart from this commitment.

I would ask that we always take the time to accentuate the positive. We have so very much to be thankful for when it comes to health care, housing, services and programs, and many other things. Many times we immediately start talking about negative items, and many of those conversations are based on anecdotal evidence without firsthand knowledge. Let's be grateful for what we have, and strive together to improve. An attitude of appreciation will go a long way. Optimism is a combat multiplier.

As always, thanks for your continued service to our Army, and our Nation. Together we are making history.

**Lt. Gen. Rick Lynch**  
**Commanding General**  
**Installation Management Command**

*(Lt. Gen. Lynch is also the ACSIM (Assistant Chief of Staff for Installation Management))*

## Fort Irwin community honors King's legacy

BY CHARLES MELTON

HDW Staff Writer

Lt. Gen. Michael D. Rochelle (Ret.), former Deputy Chief of Staff, G-1, United States Army caught an early morning flight today with an important message about the legacy of Dr. Martin Luther King, Jr., which he presented to the Fort Irwin/National Training Center community.

"I asked myself, 'How can I bring something new and fresh, informative, entertaining to a topic that has been written on and a life that has been reported on and chronicled perhaps as much as any 20th century human being that we can think of?'" Lt. Gen. Rochelle said as he related how his daughters have given him numerous books about and works of Dr. King over the past few years.

In that collection, Lt. Gen. Rochelle found the book, "Parting the Waters: America in the King Years," by Taylor Branch.

"'Parting the Waters: America in the King Years,' he repeated. 'It didn't say, 'Parting the Waters: the King Years in America.' It said, 'Parting the Waters: America in the King Years.'"

That subtle shift notes that the book is not a biography of Dr. King, which makes it very unique, he said.

"It's biography or a chronicle of America and how Dr. King may have influenced that and have been influenced by it," he said, as he noted how the first chapter of the book, "Forerunners," gave him the inspiration for how to tailor a talk for leaders at Fort Irwin about this great leader.

"It excited me because in the Army we all about mentors. We are all about mentoring," he said. "When I saw the topic, forerunners, I didn't think about it in terms of those who came before Dr. King, but I thought more frankly about who were his mentors and what influence might those mentors have had on him, his philosophy, his methodology and his life."

Of those, Lt. Gen. Rochelle said he found four he decided to share: Martin Luther King, Sr., Vernon Napoleon Johns, the first African-American admitted to Oberlin College and pastor of Dexter Avenue Baptist Church in Montgomery, Ala.,

which was Dr. King, Jr.'s first church; Reinhold Newberg and Mohandas Ghandi.

Dr. King's father taught the Social Christian doctrine, which held that human beings could work themselves to the point where in society was so all-encompassing it could change individuals hearts and make everyone love one another, Lt. Gen. Rochelle said.

"It was also believed that social doctrine and social philosophy could change nations and it could change countries as well and politics and government," he said. "Early on that philosophy was shared by Dr. Martin Luther King, Jr."

While at college Dr. King, Jr. met one of his key mentors, Vernon Napoleon Johns, who after leaving Dexter Avenue Baptist Church in Montgomery, Ala., went on to be the director of the Maryland Baptist Center.

Johns' "Transfiguration Moment" sermon was the basis for Dr. King, Jr.'s "Mountain Top" speech, he said.

"Vernon Johns proved to be quite the activist and a practitioner of the social gospel and in 1934 preached sermons on subjects like 'It's OK to Kill Blacks in Montgomery, Alabama,'" he said. "Another sermon following the rape of three young black girls in Montgomery, Alabama was 'It's OK When the Rapist is White. He realized he was not only whipping up his congregation, but he calling attention to himself and his social gospel."

A third mentor of Dr. Martin Luther King, Jr.'s was Reinhold Newberg, a scholar and dean at Yale Seminary, who was

the author of a work, which had a profound influence on Dr. King, Jr. to the point that they rocked his beliefs, Lt. Gen. Rochelle said.

Newberg's stance on the rights of individuals, which became known as Christian realism, particularly in Detroit, Mich. during the Great Depression, which ran contrary to the social

gospel, because Newberg believed individuals could change, but when individuals are in groups, the group dynamic takes over, he said.

"Before King ascended to the pulpit of Dexter Avenue Baptist Church there was this tension going on in his mind about what his true beliefs, about religion, how society and the interactions of individuals, both as individuals and as groups, could bring about change," Lt. Gen. Rochelle said.

In the midst of the dynamic tension, the actions of Mohandas Ghandi in India to bring about tremendous social change through non-violent means against seemingly insurmountable odds served as a bridge for Dr. King's conflict between social gospel and Christian realism.

Everyone at Fort Irwin is a mentor and a drum major, Lt. Gen. Rochelle said.

"The question for us today is as you look at the life and you look at

the influencers of Dr. Martin Luther King and you reflect on the kind of drum major he was, can one not be just a little bit humbled how an individual in 39 short years could have such an influence on our American society?" Lt. Gen. Rochelle said. "I leave you with one question, 'Who are your mentors? Who are your drum majors and for whom are you the drum major?'"



POSTER CREATED BY J. LUKE BORLAND OF THE DEFENSE MEDIA ACTIVITY-SAN ANTONIO



# Crime Watch

Information provided by  
Provost Marshal Office

Police respond to a report of various stolen electronics equipment from a barracks room.

Police respond to a report of a domestic disturbance. One person was charged with domestic battery.

Police respond to a report of an adult threatening a juvenile.

Subsequently, one person was detained and transported to county jail after being charged with Child Endangerment, Threats and False Identification.



## Adopt-a-pet



**Name:**  
Tiger Lily

**Breed:**  
Domestic short hair

**Gender:**  
Female

**Age:** Approx. 3 months

Tiger Lily is available for adoption at the Fort Irwin Vet's Clinic. Call 380-3025 for more information. You can also check out the Fort Irwin section on [www.petfinder.com](http://www.petfinder.com)

## News Briefs

### ROAD CLOSURES

Single lane closure, starting several yards toward the post main entrance gate and several yards past the gate, will start Jan. 27 through Feb. 2. The purpose of the closure is for asphalt pavement removal and replacement of the road realignment. Then on Feb. 22-23, from 9 a.m. to 3:30 p.m., one-lane closures will begin for the purpose of removing existing and placement of new striping.

### MONTHLY SAFETY CLASS

Garrison Safety Office and NTC Fire Prevention Office will offer its monthly Building Manager and Fire Prevention/Safety Class at Bldg. 1202 (next to Boy Scouts and Girl Scouts building off of Normandy Drive, from 8 a.m. to 12 noon, tomorrow. All tenants that occupy a building must have a designated Building Manager and an alternate, according to NTC Regulation 420-20 (Fire Prevention). Class is limited to 32 persons. For more information and registration, call 380-6024/6154.

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**2010 GALANT ES**  
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OWNER LOYALTY REBATE\*\$1,000  
MILITARY REBATE\*.....\$500  
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**2009 ECLIPSE GS**  
MSRP.....\$24,113  
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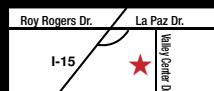
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# Chapel Services

## CATHOLIC

Rosary	20 Min before Mass	Center Chapel
Holy Mass	Sunday—9 a.m.	Center Chapel
Daily Mass	M, T, Th, & F—11:45 a.m.	Center Chapel
Confession	30 Min before Mass	Center Chapel
Choir Rehearsal	Wednesday—6:30 p.m.	Center Chapel
CWOC	Thursday—9 a.m.	Center Chapel

## PROTESTANT

Lutheran	Sunday—9 a.m.	Center Chapel
Sunday School	Sunday—9:30 a.m.	Center Chapel
Chapel Next (SANC)	Sunday—11 a.m.	Center Chapel
Protestant (LAR)	Sunday—11 a.m.	Center Chapel
PEWS (Contem)	Sunday—6 p.m.	Center Chapel
PYOC (Youth)	Monday—7 p.m.	Bldg 317
PWOC Morning	Tuesday—9 a.m.	Center Chapel
PWOC Evening	Tuesday—6 p.m.	Center Chapel
Praise Team Rehearsal	Wednesday—7:30 p.m.	Center Chapel
Protestant-Liturgical		
Worship Service,	9 a.m., Sunday,	Main Post Chapel

## GOSPEL

Sunday School	Sunday—9:30 a.m.	Blackhorse Chapel
<i>*Sunday School is held every Sunday except the first Sunday of the month</i>		
Worship Service	Sunday—11 a.m.	Blackhorse Chapel
Prayer Warriors	Wednesday—6 p.m.	Blackhorse Chapel
Children's Church &		
Choir Practice	Wednesday—5 p.m.	Blackhorse Chapel
Adult Bible Study	Wednesday—7 p.m.	Blackhorse Chapel
Prayer Men Of Integrity/Women of Excellence		
	2nd Wednesday	
	of the Month—7 p.m.	Blackhorse Chapel

## JEWISH

Jewish Service	Friday—6 p.m.	Black Horse Chapel
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## LATTER DAY SAINTS

Sacrament Meeting	Sunday—1 pm.	Blackhorse Chapel
Sunday School	Sunday—2:15 p.m.	Center Chapel
Priesthood/RSE	Sunday—3:10 p.m.	CFLC/Bldg 317

## SAMOAN

Worship Service	1st Sunday—9:30 a.m.	Blackhorse Chapel
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## MUSLIM

Friday—1 p.m.	Bldg 317
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## CHAPEL ACTIVITIES

AWANA		
(3yrs- 6th grade)	Wednesday—4 p.m.	Center Chapel
Life Teen	Wednesday—6:30 p.m.	Bldg. 320
MOPS	2nd and 4th Wed—9 a.m.	Center Chapel
Edge	Sunday—10 a.m.	Center Chapel

*Note: For more information on chapel activities contact the*

Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088. See back cover for addresses and telephone directory.

AWANA: Approved Workmen Are Not Ashamed (2 Tim 2:15)

CWOC: Catholic Women Of the Chapel

PEWS: Protestant Evening Worship Service

PWOC: Protestant Women Of the Chapel

PYOC: Protestant Youth Of the Chapel

CFLC: Chaplain Family Life Center, Bldg. 320

MOPS: Mothers Of PreSchoolers, Bldg. 317

Childcare services for ages 0-5 yrs are provided free of charge for all scheduled chapel services.

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Too many business owners put  
off doing their Morning meeting.  
Check voicemail. Get coffee. Email.  
Sales call. Make copies. Organize  
planner. Interview prospect. Email.  
Afternoon meeting disaster plan.

Whether natural or man-made, at least one in four businesses  
affected by a disaster never reopen. Though emergencies are  
unpredictable, when you have a plan in place you can adapt, recover  
and stay in control.

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*Make a plan.*

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Hours: M-S 10-6 • Sun 11-5



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# Community Happenings

## GSAB FRG EVENTS

Following are upcoming General Support Aviation Battalion, Family Readiness Group events:

### HHD, GSAB

**Feb. 11:** HHD FRG meeting; Time: 6 p.m., Location: Bldg. 1200 Forum, Topic: TBD. If you should have any questions please contact Ms. Hunter at 380-7781 or email: [hhdfrg507@gmail.com](mailto:hhdfrg507@gmail.com).

### AAD, GSAB

AAD FRG meeting has not been scheduled. If you should have any questions, please contact Sherry Martin at (207) 664-8021 or email: [aadfrg@gmail.com](mailto:aadfrg@gmail.com).

### AVCO, GSAB

AVCO FRG meeting is scheduled to be in February, but no time, date or location has been set. If you should have any questions, please contact Robin Stewart at 252-7592 or email: [acanrobin@yahoo.com](mailto:acanrobin@yahoo.com).

## 1916TH SUPPORT BATTALION

### 171st/MCC

FRG Meeting  
Place: Company (Bldg. 828)  
Date and Time: Jan. 28, at 5 p.m.  
POC: [171st.mccfg@gmail.com](mailto:171st.mccfg@gmail.com)

### 2nd HET, 1916 SB

FRG Meeting  
Place: Battalion Conference Rm. (Bldg. 281)  
Date and Time: Jan. 11 at 5 p.m.  
POC: [2tcfrg@gmail.com](mailto:2tcfrg@gmail.com)

## BASKETBALL SEASON

Intramural basketball season, at the Freedom Fitness Center, is now open until 12 March. This is free to the public. For more information about games and times, call “Scoop” at 380-3457.

## YOUTH BOWLING LEAGUE

Sign up for the Youth Bowling League and the Healthy Bowling League now at the Strike Zone. For more information, call 380-4249.

## ROCK BAND

Shock Wave presents rock band Another Dying Breed on Jan. 30. Cover charge is \$3 between 8 and 10 p.m. and \$5 after 10 p.m. Call 380-3045 for more information.

## WATCH FIGHT NIGHT

Watch Ultimate Fighting Championship Night at Shock Wave on Feb. 6, 7 p.m., with “Relentless” Couture vs. Coleman. The pizza buffet costs \$5 and \$10 cover. Call 380-3045 for details.

## WEIGHT WATCHERS

Come and make your New Year’s resolution happen in 2010 by attending weekly meetings on Thursdays, at 12 noon, Bldg. 317 (2nd Street and Avenue E). Signup and weigh-in start at 11:30 a.m. Everyone is free to check out a meeting. More information: Call Christine at 298-3438 or [getfit@ww-Christine.com](mailto:getfit@ww-Christine.com).

## SEAFOOD NIGHT

Get hooked on Seafood Night at Reggie’s, 5-9 p.m., tomorrow. Enjoy items like fresh Mahi mahi, exotic Seven Seas Soup, and sweet basil strawberries and cream. For more information, call 380-6717.

For more information go to [www.irwin.army.mil](http://www.irwin.army.mil)

## MILITARY CAREER EXPO

Military.com and NCOA will co-host a Military Career Expo at Camp Pendleton’s South Mesa Club, located at 202850 San Jacinto Road, Camp Pendleton, Calif. 92055, from 10 a.m. to 2 p.m., Feb. 16. Military.com hosts the largest veteran job board in the world while NCOA has been a leader in hosting military job fairs around the country.

## COOKIE SALE

The annual Girl Scout cookie sale will begin Jan. 24 and ends March 14. For more information, contact Penny at 386-4717.

## PX TO CLOSE EARLY

Army and Air Force Exchange Service will conduct inventory on Jan. 29-30. The Main Exchange will close early on Jan. 29, 5 p.m. All other facilities will remain open during normal hours.

## WEIGHT LOSS CHALLENGE

Memorial Fitness Center is sponsoring the Resolution Weight Loss Challenge. Signups will take place at the Center, Jan. 11-17. The challenge runs from Jan. 18 to March 18. There is a non-refundable cost of \$30 per participant, including intake assessment and one training session. There will be three prizes: 1st, 2nd, and 3rd place. The winners are determined by the total percentage of weight lost from their starting weight to their ending weight. The prizes are gift cards in the amounts of \$175 for 1st Place, \$ 75 for 2nd Place, and \$ 50 for 3rd Place. Participants must obtain and submit a signature for medical clearance from their primary care physician at the time of sign-up. Sign-up forms are available at the Memorial Fitness Center and must be turned in by Jan. 17. For more information, contact Memorial Fitness Center at 380-7720.

## GRAFFITI ART CONTEST

Submit your entry to Arts and Crafts through Jan. 27. Judging will be held on Jan. 29. Categories include: Lil’ Taggerz, 8-10 years; Crazee Sketchaz, 11-13 years; Sonic Scribbblaz, 13-16 years; and Master Mindz, 17-22 years.

# At the Movies

### Thursday, Jan. 14

7 p.m. Closed (PG-13)

### Friday, Jan. 15

7 p.m. Everybody’s Fine (PG-13)

7 p.m. Armored (PG-13)

9:30 p.m. The Blind Side (PG-13)

9:30 p.m. Ninja Assassin (R)

### Saturday, Jan. 16

7 p.m. Everybody’s Fine (PG-13)

7 p.m. Armored (PG-13)

9:30 p.m. The Blind Side (PG-13)

9:30 p.m. Ninja Assassin (R)

### Sunday, Jan. 17

4 p.m. Planet 51 (PG)

7 p.m. The Blind Side (PG-13)

7 p.m. Everybody’s Fine (PG-13)

### Monday, Jan. 18

7 p.m. The Blind Side (PG-13)

7 p.m. Everybody’s Fine (PG-13)

### Tuesday, Jan. 19

7 p.m. Closed (PG-13)

### Wednesday, Jan. 20

7 p.m. Closed (PG-13)

*This schedule is subject to change at the last minute to accommodate changes in movies and free showings. ID cards are required from all personnel not in uniform when purchasing movie tickets. For more information and movie updates, call 380-3490.*

## FOOD/WINE VENDORS WANTED

On May 15, from 3 to 10 p.m. Fort Irwin will host its first Fort Irwin Food and Wine Festival. The theme for the inaugural event is “Tastes, Sights and Sounds of the World.” The festival will feature fine cuisine, wine, entertainment, merchandise vendors and art from local and regional areas.

We are currently looking for interested entertainers, food, beverage and merchandise vendors in all parts of California to display and sell their best work. We are especially interested in vendors that have a unique item or cuisine which reflect one of the following world regions: America, Canada, Asia, the Pacific & Polynesian, Islands, Europe and the Mediterranean, Latin America, Caribbean, and Africa. For more information, call 380-7144.

## DEPENDENT SCHOLARSHIPS

Scholarship applications for dependent children of Soldiers who are on active duty, retired, or deceased are now available until March 1. Online applications, information, and details for the Maj. Gen. James Ursano Scholarship Program can be obtained at the Army Emergency Relief Web site: [www.aerhq.org](http://www.aerhq.org). The program was established in 1976 as a secondary mission to help Army Families with undergraduate college expenses for their dependent children. Applicants will be notified by mail in the first week of June if they have or have not been awarded a scholarship.

## BLACK HISTORY MONTH

Fort Irwin community is invited to the Black History Month Celebration at the Sandy Basin Community Center, from 11:30 a.m. to 1 p.m., Feb. 2. The guest speaker is Mr. Michael Fosberg, who will conduct a one man play titled “Incognito.” Soldiers and officers of the Regimental Support Squadron, 11th Armored Cavalry Regiment is sponsoring the event. The event is open to all Soldiers, civilians, and Family members. Anyone that is interested in contributing to the event is encouraged to contact the Equal Opportunity Office. For more information, contact Sgt. 1st Class Ramon Guiets, equal opportunity advisor, NTC/11th ACR, 380-4963.

## PRINCESS PARTY

A Princess Party will start at the stroke of 12 noon at the Arts and Crafts. Prince Charming will be in attendance to crown all the princesses. Cost is \$15 per princess. Limited spaces, and on a first come, first serve basis. For more information, contact Arts and Crafts, 380-4767.

## CHILD AND YOUTH ACTIVITIES

### Middle School Activities

**Thursday** — MLK PowerPoint, Torch Club Cooking Club  
Banana Bread, Crosswords

**Friday** — Computer Recycling, Bookmarks, Write own “I Have a Dream...”

**Monday** — Middle School Teen Closed

**Tuesday** — Newspaper Club, Clothes Pin Magnets, Mystery State Game

**Wednesday** — Photoshop Contest, Piggy Bank Math, Smart Girls and Passport to Manhood, 4-H

### Teen Activities

**Friday** — Teen Night- Bowling Night

**Saturday** — Teen Night- Keystone Club starts!!! Come and join! Serve the Fort Irwin community

### Hours of Operation:

Middle School: M-F until 6 p.m.

Teen Center

**Friday** — 6-11 p.m.

**Saturday** — 3:30-11 p.m.

**Sundays and Holidays** — Closed

More information: [Kristin Morgan](mailto:Kristin.Morgan@army.mil) at 380-3732.



# Fort Irwin Community Calendar

## Wed., Jan. 20

American Red Cross Open House  
11 a.m.-1 p.m.  
Bldg. 573  
380-3697

## Sat., Jan. 23

Cocktails and the Catwalk  
6 p.m.  
Reggie's  
380-3227 or 380-7144

## Sat., Jan. 23

Princess Party  
12 noon  
Arts & Crafts  
380-4767

## Sat., Jan. 30

Another Dying Breed rock band  
8 p.m.  
Shock Wave  
380-3045

## Tues., Feb. 2

African American Black History Celebration  
11:30 a.m.-1 p.m.  
Sandy Basin Community Center  
EEO Office — 380-4961/7339

## Sat., Feb. 6

UFC Night  
7 p.m.  
Shock Wave  
380-3045

## Tues., Feb. 16

COR Certification Training by ALMC  
All Day  
MICC Bldg. 503  
Ernest Hill, 380-8311

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## Fundraiser to end hunger



COURTESY PHOTO

Fort Irwin Home School group shares the Season of Joy with their table full of treats.

The Fort Irwin Home School Group sold home-made treats through Share Our Strength's "Great American Bake Sale." The group raised money to end hunger in America during the Holiday Market at Reggie's on Dec. 4, 2009. The group set a goal of \$150, but Fort Irwin opened its hearts and pocket-books and the actual money raised to fund free school lunches in the San Bernardino County school district was \$255.50. The group, including coordinator Stephanie Botsford, was excited about the opportunity to help children in need in the local area.

"We wanted to raise money and awareness for this serious problem in our country, and give the kids a chance to do something fun for a good cause," said event organizer Ronette "Netty" Horne. "The statistics are surprisingly grim for hunger in America, there are 500,000 more children living below the poverty line this year than last, and food banks have seen between a 20 percent and 60 percent increase in demand this year. We chose the 'Great American Bake Sale' because 100 percent of the funds raised go to feed children and the money stays in our community," Horne added.

The treats, which were prepared with mostly organic ingredients, included hand-crafted marshmallows, short breads, chocolate turtles, cookies, and chocolate lollipops. The children from the Home School group worked shifts at the table in the lobby at Reggie's to make their pitch to shoppers during the Holiday Market.

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## Bob's Corner

# Who likes to drive on Fort Irwin Road?

Please...don't everyone raise their hand at one time.

After a busy holiday season and time off, it is now time to concentrate on the well being of our families during the winter months. It is always good to know our families are taken care of even if we are out on maneuvers or in the "box."

That is why we should be cognizant that the long drive to Barstow and beyond brings with it many hazards that should be considered when our families are making the trip. For instance, what emergency supplies do we need in event of a stalled vehicle or an accident? How do we make contact in event of an emergency? Do we need extra clothing or food and a cell phone? How about those games and hand held computers so our children do not drive us crazy?

Well, the first thing we must do is create a comprehensive checklist that outlines the emergency requirements of our own family needs. The list can be placed on a simple sheet of paper or on a formatted list created on a computer. Either way, the list should outline those emergency supplies required by each of us. The list must be a "changeable list" in that it adapts to changes as our requirements change. We must always keep the list up to date and replace the emergency supplies as each item date expires or when the item needs replacement. This ritual should be performed for each trip outside of the gates of Fort Irwin.

What should we include in our checklist?

The first and foremost requirement is (1) a fully charged cell phone to call "911", road side assistance from your car insurance company, friends that might be able to help you, and/or husband or wife's work telephone numbers. (2) Warm clothing

is a survival need, so we must either wear or store clothing in the vehicle in preparation for the elements of winter, i.e., coats, jackets, gloves, heavy socks, extra shoes, hats, and other winter gear as deemed necessary. (3) Food and water are survival needs, so store food that will last a family for at least two days. Ensure the food has a long shelf life and is low in salt. Purchase bottled water and keep it in the vehicle for each road trip. (4) Ensure we have all the medication prescribed for the family in our emergency kit. Medications are often forgotten about when packing for a short trip. (5) Other necessities such as rope, vehicle emergency kit and flares, band-aids, gauze, tape, car jumper cables, battery operated radio, extra batteries, flashlight, spare tire, tire gauge, blankets, tire inflation kit, and anti-freeze for the radiator are necessary for our families' comfort or quick resolution of a vehicle or other emergency situation.

I am sure you can think of other items required for the emergency kit. Include the family in putting together a list. That will ensure a well thought out list and "peace of mind" when traveling. It is imperative that "we take care of our own" through diligent planning of trips, even those trips as close as Barstow.

**Editor's Note:** This is the initial take of Bob Lucas' monthly commentaries. Lucas currently works at Fort Irwin Human Resources as the Privacy Act Information Officer, is retired military, retired financial planner, a military community leader, and continues to work for the betterment of Soldiers and Soldier-family knowledge in many areas.

## ICE, from page 2

even 10 minutes late, but there were about 30 personnel trying to use the facility at 6 a.m. and trying to get some extra PT in before their morning formation. I'm very frustrated in this display of unprofessionalism to a contract made to provide quality service. My frustration does not solely lie in the employee who failed to open the doors on time, but the system which checks if services are actually being provided. The fact is that, without this ICE comment being submitted, I have no confidence that the issue would be handled. Thanks once again for your time reading this message. **Agency Response:** Please accept my sincere apologies for your experience at Fitness Connection this morning. One employee's wife had a baby last night so he called in, another employee overslept, and the manager was still on her way in when she got the call that the building was not open. She attempted to call staff member who had a key but received no response. So it was very poor customer service and, once again, please accept my sincere apologies. We are taking all measures to ensure this does not happen again.

## Strike Zone Bowling Center

**Customer Comment:** I am new to Fort Irwin, and since my first visit, the staff has made me feel welcome. Tonight, they have re-opened the kitchen for me! This is a great group of people. **Agency Response:** E-mail reply from : Annemie Lilly to : PFC David A. Steinert, Thank you for your comment. We hope we have made you feel welcome at Fort Irwin, and we hope to continue to live up to your expectations.

# Fight childhood cancer. Support St. Jude.

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-Lieutenant Nathan Kaspar



Lieutenant Nathan Kaspar and son Cole, a St. Jude patient

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# Results of Fort Irwin Fun Run

(held on Jan. 9, 2010)

## Men

	NAME	TIME
1	Brandon Lammey .....	21:07
2	Jose Galvan .....	21:36
3	Michael Keyser .....	22:50
4	Quincy Woods .....	24:45
5	Pantaleon Montes .....	25:51
6	Jeff Hartlerode .....	26:59
7	Helmy Alsaied .....	26:59
8	Joseph Galvan .....	28:27
9	Michael Henriquez .....	28:52
10	Luis Caldera .....	28:52
11	Thomas Emry .....	29:45
12	Everett Plotner .....	29:48
13	James Hill .....	32:00
14	Joshua Villagomez .....	36:08
15	Kwane Welcher .....	45:03
16	Kayin Welcher .....	45:03
17	Vincent Taitano .....	43:48
18	Xavier Domingues .....	46:39
19	Nikeha Addy .....	54:29

## Women

	NAME	TIME
1	Christy Quinter .....	25:00
2	Robin Horsley .....	25:28
3	Brenda Garcia .....	26:36
4	Catherin Harris .....	27:21
5	Jasmin Alsied .....	27:43
6	Ikram Saleh .....	27:48
7	Sandra Quinton .....	28:08
8	Marisol Tovar .....	28:57
9	Penda Welcher .....	33:00
10	Andrea Plotner .....	34:03
11	Lory Jarvina .....	36:01
12	Patrice Welcher .....	39:41
13	Caroline Keyser .....	40:32
14	Elsida Dominguez .....	46:39
15	Phoebe Flynn .....	48:56
16	Edelin Magrata .....	50:09
17	Adela Magrata .....	50:09
18	Laurie Sheats .....	51:20
19	Judyann Martir .....	55:20
20	Connie Mullins .....	57:51
21	Sherry Brewer .....	57:51
22	Debra Jenkinson .....	57:51
23	Karla Gordon .....	59:37
24	Mikayla Gordon .....	1:00:56
25	Staci Peper .....	1:01:33
26	Amy Thompson .....	1:01:52

## The Fitness Connection Fitness Class Schedule

### Thursday January 14

#### Morning

6:30 a.m. Spin/Sandy \*FREE CLASS  
8:30 a.m. Body Shop/Sandy  
11:45 a.m. Boot Camp/Sandy

#### Afternoon

5:30 p.m. Cardio Circuit Mix/Robin  
6:30 p.m. Pilates/Robin

### Friday January 15

#### Morning

8:30 a.m. Step/Tamara  
9:30 a.m. Pilates/Cara  
11:45 a.m. Spin/Sandy

#### Afternoon

3 p.m. Yoga/Michell

### Monday January 18

No Classes

### Tuesday January 19

#### Morning

6:30 a.m. Spin/Sandy \*\* FREE CLASS  
8:30 a.m. Body Shop/ Tamara  
9:30 a.m. Belly Dancing B/Tamara & El  
11:45 a.m. Pilates/Sandy

#### Afternoon

5:30 p.m. Zumba/Robin  
6:30 p.m. Yoga/Robin

### Wednesday 20

#### Morning

8:30 a.m. Step/Tamara  
9:30 a.m. Belly Dancing C/Tamara  
11:45 a.m. Cardio Mix/Sandy

#### Afternoon

12:15 p.m. Bottom Line/Robin  
3 p.m. Yoga/Michell  
5:30 p.m. Spin/Sandy

### Class Prices

\$3 single pass • \$20 punch card/ 10 classes • \$30 unlimited pass  
For more information about fitness classes, call Sandy Clark at 380-7240.



# Tax Center opens services on Jan. 19

BY LAQUISHA DOUGLAS

SJA Legal Assistance Attorney

Reduce your stress this year by being prepared for the upcoming tax season...

On Jan. 19, the Fort Irwin Tax Center will officially open for business in Bldg. 288 on Barstow Road (across from the Military Police Station). The staff will assist in tax preparation for eligible members of the Fort Irwin community: Active duty service members, Reservists on active duty orders, National Guardsmen on Title 10 status, military retirees as well as dependents of the before mentioned.

Hours of operation are Monday through Friday from 9 a.m. to 4:30 p.m. Thursday mornings are for appointments only, from 9 a.m. to 1 p.m. Service is provided at all other times on a walk-in basis.

The Fort Irwin Tax Center operates under the supervision of the Legal Assistance Office in conjunction with the Internal Revenue Services Volunteer Income Tax Assistance (VITA) program, and all tax preparers are trained and certified under the VITA program. Due to certain criteria under this program, some individuals may be ineligible to have their returns prepared by the VITA-trained staff; this determination will

be made during an initial pre-screening.

In accordance with Army regulation, assistance is not available for individuals who receive income from personal business or commercial enterprise; however, there is an exception to this policy for Family child care

(FCC) providers enrolled under the Installation Family Child Care Plan.

Servicemembers should utilize their myPay account (available at <http://mypay.dfas.mil>) for required documents and forms, to include 2009 W-2 forms and banking information such

as their bank's routing number.

Bring the following required documents for preparation and electronic filing of your 2009 income tax return:

- Military Identification (whether in uniform or not)
- Social Security cards for yourself, your spouse, and all dependents
- Employee Identification Number for day care providers, etc.
- Wage and Earning Statements (e.g. W-2, WG, 1099-R)
- Interest and Dividends Statements (Forms 1099)
- Last year's (2008) tax return
- Bank routing numbers/ account numbers for direct deposit of refund
- IRS Power of Attorney (if signing on behalf of spouse)
- Records of alimony payments/receipts, charitable contribution, and child care receipts
- Documents substantiating any tax credits/deductions

For more information, visit [www.irs.gov](http://www.irs.gov) or contact the Fort Irwin Tax Center at 380-3604.



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Why some people think  
*Walt Whitman*  
makes chocolate candy.

Kids don't get enough art these days. Which is why some might mistake America's most revolutionary poet for a box of chocolates. But art transform lives. In fact, the more art kids get, the more knowledgeable they become in subjects like math and science.

For Ten Simple Ways to get more art in kids' lives, visit [AmericansForTheArts.org](http://AmericansForTheArts.org).

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# Special Operations aviation eyes faster transport

BY C. TODD LOPEZ

Army News Service

WASHINGTON — Army Special Operations aviation needs faster helicopters to meet the speed and range requirements needed to conduct operations in Iraq and Afghanistan, according to the 160th SOAR commander.

Col. Clayton M. Hutmacher, commander, 160th Special Operations Aviation Regiment (Airborne), discussed regiment initiatives during the Association of the United States Army's Institute of Land Warfare Army Aviation Symposium and Exposition, Jan. 5-7 in Arlington, Va.

"I think the way ahead for us is we have got to break that 120-knot barrier," he said. "For us, some of these targets that we are trying to range — strategic targets — basing is a big problem for us --trying to get close enough to that target. And we are looking to go farther, faster and carry more stuff."

In Afghanistan and Iraq, speed and range are critical to conducting the special operations mission, Hutmacher said.

"If you look at the fight in Iraq and Afghanistan, it is a nonlinear battlefield," he said. "I think speed, while maybe not realized by the operations at large — that speed and range



USASOC

**Soldiers perform maintenance on an MH-47 Chinook of the 160th Special Operations Aviation Regiment.**

are very important when you are dealing with non-state actors and fleeting targets. I think Army aviation would be well served by starting to look at that a little bit more."

Hutmacher mentioned two aircraft, the Piasecki Speedhawk and Sikorsky X-2, as examples of the kind of capability he's looking for.

While Hutmacher didn't specifically say the two airframes were the ones the Army needed — he did say their kind of capability was what he thought the Army special operations community needed.

"Speed and range are essential for the SOF community," he said.

The colonel also said special operations would need to partner with the larger Army aviation community to get those capabilities.

"What I am looking for is a capability," he said. "We are very interested in partnering with the conventional force to try and find a common air frame — quite frankly we can't do it without you."

Hutmacher also discussed pursuit of a hostile-fire indicator system for Special Forces aviation.

"We have a suite of radio-frequency countermeasures on the aircraft," he said. "But what's shooting us down — what's killing us on the battlefield and what's killing conventional aviation — are small arms and rocket-propelled grenades and we are aggressively pursuing a solution. We have a pretty aggressive plan to get after that threat."

To illustrate the need for better small-arms protection for Special Operations aviators, he cited a recent mission where three MH-47 Chinook helicopters took heavy enemy fire.

"During infil and exfil they had 42 ... RPGs shot at the aircraft, multiple frag damage," he said. "Our aircrews ... they expended 18,000 rounds addressing that threat. It's hard to find these guys when they are in the hedges and undercover — they are not stupid. So we are looking for that HFI system to get integrated onto our airframes."

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## Arts and Crafts Center offers 'something for everybody'

**STORY AND PHOTOS BY CAROLINE KEYSER**  
HDW Volunteer Writer

If you've ever wanted to get creative but don't know where to start, the Fort Irwin Arts and Crafts Center has the right project for you, the center's recreation assistants say.

From coffee mugs to beads, animals, dishes and decorative wall hangings, visitors can paint and personalize a variety of pre-made ceramic creations, or learn to make their own by taking a pouring class from one of the center's recreation assistants. Pottery prices range from \$2.50 to \$18 for pre-made pieces, and between 50 cents and \$1.50 to pour your own.

"The arts and crafts center really has something for everybody," said Maribel Salas, former recreation assistant. "I've seen dads come in with their kids, and the dads are the ones who end up painting while the kids play in the play area."

In addition to a dedicated children's play area complete with books, toys, table and chairs, the arts and crafts center offers birthday party packages and a variety of kid-friendly art classes each month. Some of December's class topics included making Christmas ornaments, hand prints and Santa Claus mugs. Birthday parties are \$20 and include balloons, table decorations and a photo album.

Anyone can learn to paint and create pottery, regardless of skill level or experience, said Kistina Sivongxay, arts and crafts recreation assistant.

"Once people come in and realize how easy it is, they have a hard time leaving," she said.

The arts and crafts center has a dedicated group of regulars, like Victorville resident and retired Sgt. 1st Class Bobby Wiggs. Wiggs said he has been coming to the arts and crafts center about three times a week for the past four years.

"It's a good hobby," Wiggs said. "It's definitely relaxing, it's not expensive, and you learn how to get better at painting."

Many of the arts and crafts center's patrons, like Fort Irwin Middle School eighth-grader Jennifer Fuller, say they enjoy the freedom of creating a unique piece of art.

"My favorite thing is that you can paint whatever you want, and there's nobody telling you, 'Don't do this,' or 'Don't do that,'" Fuller said.

Spc. Nicholas Morgan, E Troop, 2nd Squadron, 11th Armored Cavalry Regiment, visited the arts and crafts center for the first time Dec. 9, and painted a wall hanging.

"It's something my whole family can do together," he said. "It was awesome."

The Fort Irwin Arts and Crafts Center is located in Building 976. It is open from 10 a.m. to 7 p.m. Monday through Friday, from 9 a.m. to 6 p.m. Saturday, and will be open regular hours during block leave. No appointment is necessary for pouring classes, but patrons are encouraged come by 1 p.m. to ensure enough time. Pouring classes are \$5.50 and include all materials. For more information, call 380-4767.



A ceramic fairy at the Fort Irwin Arts and Crafts center provides an example of the types of art that visitors can create. The center's display cases show a variety of ceramic creations, some of which are for sale.



The Fort Irwin Arts and Crafts Center offers a variety of acrylic paints and glazes that range from matte to glossy, some of which create spackled or crackle effects.



These ceramic Christmas trees decorated the Fort Irwin Arts and Crafts Center during the holiday season. The center offers many holiday items for painting.





Rebecca Morgan paints a piece of pottery Dec. 9 at the Fort Irwin Arts and Crafts Center. Morgan, who was visiting the center for the second time, said she enjoys the freedom of being able to create unique artwork.

Jennifer Fuller, an eighth-grader at Fort Irwin Middle School, paints a hat for a ceramic snowman. Fuller visited the Fort Irwin Arts and Crafts Center with the EDGE after-school program Dec. 9.



Maribel Salas, former recreation assistant with the Fort Irwin Arts and Crafts Center, prepares to lift the top off a plaster mold. Patrons can paint pre-made items or learn how to pour their own ceramic creations, such as the cross Salas worked with.





LEE CRAKER

**Capt. Sam Brown hugs his wife Capt. Amy Brown after arriving in Baghdad Dec. 28, to take part in Operation Proper Exit. Brown suffered full-thickness burns to 30 percent of his body in Kandahar, Afghanistan, but has returned to Iraq to tell his story to servicemembers and help find closure.**

## Soldier's life altering injury turns into unique war love story

**BY SGT. LINDSEY BRADFORD**  
U.S. Forces-Iraq Public Affairs Office

When Capt. Sam Brown was injured in Afghanistan, he saw everything he had planned for his future disappear. Little did he know that what he went through, in fact, helped him discover one part of his life he thought he would never find.

"I had plans for my career and decided a few years after that I would find a beautiful woman and settle down and start a family," Brown said. "I thought that was all gone after I got injured."

In September 2008, Brown was conducting route security in Kandahar, Afghanistan. He and his Soldiers began receiving indirect fire, which quickly changed to direct fire, coming at them from different directions. As he went to help the men in the M1151 humvees in front of him, Brown entered an enemy engagement area. It was there that he was struck by an improvised explosive device.

"It was crazy for about the next 15 or 20 minutes. You know, the 1151 is on fire, I'm on fire," he said.

Brown suffered third degree burns to 30 percent of his body — mostly places his individual body armor did not cover — and lost

his left index finger in the accident.

He was evacuated and, once in the United States, was taken to Brooke Army Medical Center in San Antonio, Texas; BAMC is a level I trauma center and home to the Army Burn Center.

The doctors at the hospital began treating Brown from the moment he arrived. He began a series of surgeries to repair his charred flesh using skin grafts from other areas of his body. He said although 30 percent of his body was actually burned, about 85 percent of his body has been affected because they used skin from areas that were not burned.

"I've had 15 surgeries so far, and will have another one to gain more range of motion in my hand," Brown said. "My recovery may be up to two years away."

During his treatment, Brown was assigned a dietitian since burn victims tend to have fluctuating weight-gain after their injuries.

Enter, then 1st Lt., Amy Larsen. In November 2008, she began working with Brown during his recovery. When he was well enough to take convalescent leave, she knew it would be a problem for him to carry a multitude of supplements with him. She arranged to have them shipped to him, and called every week to make sure they arrived.

"When she'd call, I would try to make small talk with her but she was all business," Brown said.

Although both admit they had "crushes" on each other, developing any sort of relationship seemed to be at a standstill. It wasn't until Brown returned for a surgery that he talked to another physician's assistant about stopping by to say hello to her. Brown was in luck because that particular PA worked in the same office as Amy.

As a friendship developed, so did the potential for a more intimate relationship, which wasn't too far behind.

"Sam asked me to a rodeo for our first date. I had to make sure it was OK professionally to do that," she said. "We ended up going and I had a great time."

Larsen turned over Brown's care to another dietitian, and the two continued their relationship.

"We started dating in March, one month later we were engaged and we married in May," Brown explained. Amy Larsen became Amy Brown, now a captain.

"It seems fast, but we talked a lot about it. We knew God would be the center of our relationship and that was the most important thing," she explained.

Brown added that he wouldn't suggest getting married so fast unless you know it is true.

A few months following the wedding, Amy was called on to deploy to Contingency Operating Base Speicher to serve as a dietitian for most of the northern United States bases in Iraq. She left San Antonio in October, but was reunited with her husband on Dec. 28 thanks to Operation Proper Exit, a program designed to help bring closure to servicemembers seriously injured while deployed.

Even though he was injured in Afghanistan, Brown participated in the program because he said he wanted the chance to talk to troops about his experiences. He is also planning to serve as a military mentor when Operation Proper Exit is able to return wounded warriors to Afghanistan.

"I don't think I'll be putting my kit on and running around with Soldiers like I was, but I want to get back and feel productive. I want to help others and do something positive," he said.

Brown said he has come to accept the fact that the hopes he once had for his career as a Ranger may not be possible. However, the dream to settle down with a beautiful wife is one he's already reached.

Together, they will build new dreams of their own.



# Post to hold Force Protection Exercise



## U.S. ARMY GARRISON

Postmaster News Release

U.S. Army Garrison and Fort Irwin will conduct a Force Protection Exercise, from 12 to 3:30 p.m., on Jan. 26 to ensure only authorized personnel are allowed entry to on post facilities. This exercise will include every building on the installation. Valid identification consists of a military identification, CAC (Civilian Access Card) Card, retired military ID, military dependant ID, passport or contractor-issued ID accompanied by a valid civilian driver's license.

In addition, all individuals must have a valid reason for being on the installation and entering a facility. As part of the exercise, facility personnel will ensure identification expiration date is beyond date of exercise, check picture for likeness of the person requesting access to the facility, and ensure identification appears not to have been tampered with. Force Protection will employ Random Antiterrorism Measures (RAM), in conjunction with site-specific Force Protection Condition measures, in a manner that portrays a robust, highly visible, and unpredictable security posture which terrorists cannot easily discern security anti-terrorism patterns or routines. USAG and Fort Irwin will conduct access control monitoring within specific installation and garrison facilities. The exercise will not have an effect on the entry control point.

U.S. Army Garrison Baumholder firefighters respond to a burning vehicle during their force protection exercise.

ROSEMARIE RUBALCAVA

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# Mullen lists priorities, challenges for U.S. military

BY JIM GARAMONE

American Forces Press Service

WASHINGTON — The broader Middle East, taking care of troops and their Families and managing risk remain the military's top priorities, the chairman of the Joint Chiefs of Staff said today.

Navy Adm. Mike Mullen told participants in the Inside Washington Seminar held at George Washington University here that his goals for the coming years mirror the goals he set when he took office in October 2007.

The seminar, which includes students from 75 colleges and universities around the country, is a way for the chairman to reach out to the next generation of American leaders.

Mullen told the students that two wars in the greater Middle East are the highest priority for the Defense Department. In addition to Iraq and Afghanistan, the focus is on the Gulf states and Iran.

The chairman said he welcomed the vigorous debate over the Afghanistan strategy. "I've learned a lot, and I think we all have," he said. "Very instructive to me has been the policy debate that we had late last year for almost three months about the strategy for Afghanistan and Pakistan."

The strategy encompasses both Afghanistan and Pakistan and under it, President Barack Obama ordered another 30,000 U.S. service-members to Afghanistan. "Now we're in the execution phase of that," Mullen said.

The chairman called the president's decision "courageous," and said that the commanders in the region have all they need to reverse the Taliban's momentum and disrupt and defeat al-Qaida.

The chairman stressed to the students that they need to look at international problems and challenges not just through U.S. eyes, but that of other countries. Before taking office, Mullen had been to Pakistan once. Since taking office, he has traveled to Pakistan 14 times.

"It's a critical country in a critical part of the world," he said. "I encouraged the debate and I think we should always have debate on issues of this magnitude in this country."

Taking care of the people of the armed services is another priority. Putting the best people



NAVY PETTY OFFICER 1ST CLASS CHAD J. MCNEELEY

**Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, addresses students at the Inside Washington 2010 Academic Seminar at George Washington University in Washington, D.C., Jan. 6, 2010.**

where they are needed most is a big part of that push, Mullen said.

"Putting my best people on my No. 1 priority is an absolute requirement," he said. "In the end, so much of what we do boils down to leadership and it boils down to how leaders lead, how they lead in times of change. And you are going to grow up learning leadership as things change."

The U.S. Army is deploying now as the Navy and Marine Corps always have, Mullen said. Servicemembers are deploying more and spending less time at home, and this has placed great strain on servicemembers and their Families.

"Multiple deployments, stress on individu-

als, stress on Families, a dramatically increased suicide rate across all the services" -- all are problems, he said. "But the military has taken significant steps to address those issues."

Managing risk is the chairman's third priority. This means looking at the rest of the world and making an educated guess where more risk can be accepted. The entire Pacific Basin is posed to be a sustaining economic engine for the globe, he said. Other areas, such as Africa, have similar potential, but also enormous challenges.

The chairman said his early military experience trained him to look east and west. But Mexico and the rest of Latin America are crucial to American well-being, with Brazil being another global economic engine, he said. "We

as Americans are going to have to focus more and more on our partners," he said.

Mullen already is looking at what will happen once the wars in Iraq and Afghanistan are over. "What does our military look like? What will our challenges be for the future?" he said.

"Part of my charter is to look out 10 and 20 years to see what we need to do, with my first priority being the missions I've got, the second priority, making sure we take care of the people, and then the third really is to look to the future in terms of how does it look, and knowing in the incredibly challenging times in which we exist that the military will be a big part of this."

## Corps of Engineers brings good things to light

BY SCOTT HARRIS

U.S. Army Corps of Engineers, Gulf Region District

FALLUJAH, Iraq — More than 35 kilometers of roadway in Fallujah and surrounding communities are now fully lighted with 1,200 solar-powered street lights thanks to the U.S. Army Corps of Engineers Gulf Region District.

The third and final phase of the project was completed recently by project engineers at the Al-Anbar Resident Office based in Ramadi.

"The administration of this project is an excellent example of USACE's commitment to building Iraq's technical capacity," said Maj. Joseph Geary, officer in charge of the Al-Anbar Resident Office.

Iraqi engineers employed by Gulf Region District were the

key to successful liaisoning with local electrical department representatives and city leaders, Geary said.

The project engineer was Nasir Elias, an Iraqi civil engineer who has worked with the U.S. Army Corps of Engineers for more than three years. He was assisted by Iraqi Quality Assurance representatives Mohammed Kasim Abbas and Hussein Al-Jaboree.

Solar power is widely recognized as a method for reducing the reliance on carbon-based energy generation and the resulting greenhouse gasses held responsible for global climate change. Solar power in Iraq, however, has a more palpable benefit. Iraq's degraded power distribution infrastructure causes frequent and unexpected outages. Unlike Iraq's electrical power grid, the sun is a near constant.

Additionally, in a country with limited power-generation

capabilities, solar lights allow energy to be redistributed to areas of critical need. In an area where hard-wired lights may only operate for a couple of hours, a solar-powered light will provide continuous illumination through the night.

The final phase of the project was completed Dec. 28 at a cost of \$2.9 million and was funded by Multinational Forces West — Iraq.

The U.S. Army Corps of Engineers in Iraq has completed thousands of reconstruction projects in partnership with the U.S. government and the government of Iraq.

Since 2004, USACE has completed 5,257 projects throughout Iraq, valued at more than \$9.1 billion, and has more than 350 projects ongoing. The overall reconstruction effort in Iraq currently provides jobs for more than 20,000 Iraqis.



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**Benefits, from page 1**

Soldiers must submit requests to transfer benefits via the DoD Transferability of Education Benefits (TEB) website, she said. The TEB website is located at <https://www.dmdc.osd.mil/TEB/>. Soldiers log on with their CAC card and all DEERS Family member information will appear.

"In order to obtain Post 9-11 benefits, Soldiers will have to make an irrevocable decision to convert from any other benefit they might currently have, i.e., MGIB, REAP or MGIB-SR," she said.

To start the transfer process on the TEB site, the Soldier can click on the edit button, which is active for eligible dependents, she said. Then the Soldier can set up, at his or her discretion, the number of months they will transfer, to whom and the start and end dates to use the benefits.

Once the request is submitted, there is an approval process that can be monitored for approval, she added.

Once this happens the dependent will then need to go to the [www.gibill.va.gov](http://www.gibill.va.gov) website to complete an application for benefits, VA 22-1990e, she explained. The Family member will receive a certificate of eligibility to take to the educational facility to process their enrollment.

If anyone has questions about the transfer of these benefits, Soldiers can contact the Education Center to speak to a counselor at 380-4218 or visit the website [www.gibill.va.gov](http://www.gibill.va.gov).

**2010 Excellence in Army Food Service**

# 11th ACR earns Active Army Field Kitchen Award

**FORT LEE PUBLIC AFFAIRS**

**News Release**

FORT LEE, Va. — The Department of the Army G-4 and the chairman of the board, International Food Service Executives Association, have announced the winners of the 2010 Philip A. Connelly Awards Program for Excellence in Army Food Service:

- Small Garrison Winner: Headquarters, HHC USASOC, Fort Bragg, N.C.
- Small Garrison Runner-up: 501st Military Intelligence, Korea
- Large Garrison Winner: 82nd Airborne Division, Fort Bragg, N.C.
- Large Garrison Runner-up: 45th Sustainment Brigade, Hawaii
- Active Army Field Kitchen Winner: 11th Armored Cavalry Regiment, Fort Irwin, Calif.

- Active Army Field Kitchen Runner-up: 69th Air Defense Artillery, Fort Hood, Texas
- U.S. Army Reserve Winner: 397th Engineer Battalion, Fort McCoy, Wis.
- U.S. Army National Guard Winner: 1201st FSC, Morgantown, W.Va.
- U.S. Army National Guard Runner-up: 840th Maintenance Co., San Juan, Puerto Rico

From providing nutritional meals to creating morale-boosting environments, food-service professionals keep the Army rolling along, Connelly officials said. They said the Connelly Awards program honors those professionals - Soldiers and Department of the Army Civilians - who rise above the standard and continually demonstrate excellence in food service.

The program is managed by the Quartermaster Center and School's Joint Culinary

Center of Excellence and co-sponsored by the International Food Service Executives Association and the Department of the Army.

It is named in honor of the late Philip A. Connelly, past president of IFSEA, highly regarded as the driving force behind obtaining IFSEA sponsorship of the Department of the Army's recognition of excellence in Army food service.

The JCCoE and IFSEA evaluators traveled the globe over the last few months to obtain first-hand knowledge of how Army food-service personnel perform their jobs.

Evaluators judged finalists in five dining facility categories - Small Garrison, Large Garrison, and Field Kitchens in the Active Army, U.S. Army Reserve and U.S. Army National Guard. The food-service staff and their facilities were evaluated in a number of areas including preparation, food taste, nutrition, service and sanitation.

*Editor's note: more details of 11th Armored Cavalry Regiment's award in upcoming issue of the High Desert Warrior.*

# AEROTECH NEWS

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# Officials urge collaboration in suicide prevention

BY ARMY SGT. 1ST CLASS MICHAEL J. CARDEN

American Forces Press Service

WASHINGTON — There are no clear-cut answers to suicide prevention, but through collaboration and team work from federal and private institutions, the nation can better address the challenge, Defense and Veteran Affairs department officials said today.

HYPERLINK "[http://www.defense.gov/DODCMSShare/NewsStoryPhoto/2010-01/scr\\_100111-A-7377C-002a.jpg](http://www.defense.gov/DODCMSShare/NewsStoryPhoto/2010-01/scr_100111-A-7377C-002a.jpg)" \t "screen"

Ellen P. Embrey, assistant defense secretary for health affairs, speaks at the 2010 Defense Department/ Department of Veterans Affairs Suicide Prevention Conference Jan. 11, 2010, in Washington, D.C. More than 1,000 military and other-government health-care professionals and others attended the conference. DoD photo by Army Sgt. 1st Class Michael J. Carden

In a joint Defense-VA conference here, more than 1,000 military and other-government health-care workers and officials gathered for the 2nd Annual DoD/VA Suicide Prevention Conference. Titled "Building Strong and Resilient Communities," the conference is the largest of its kind for military members and their families.

The conference, which runs through Jan. 14, is geared toward increasing collaboration between the military and VA by raising awareness and sharing best practices in prevention.

Suicide prevention isn't a new challenge, but it's one both departments are dedicating much effort to. In his keynote address, VA Secretary Eric K. Shinseki said soldier suicide is an issue that troubled him throughout his military career. It's an issue that still concerns him, as he is charged with providing services to more than 7 million veterans.

"Throughout my years and service in uniform, suicides were one of the most frustrating leadership challenges I faced," Shinseki, a retired Army general, chief of staff, and Vietnam War veteran, said. "We continue to be challenged."

Of the more than 30,000 people who fall to suicide nationwide each year, 20 percent are veterans. About 18 veterans

commit suicide every day. Each of VA's 153 medical centers and the largest of its 774 community-based outpatient clinics have suicide prevention coordinators who ensure counseling and services as a priority, he said.

Everyone is vulnerable to suicide, the secretary said. Age, personality or positions in the military and in society hold no bearing on who's more at risk. Emotional wounds are just as common as physical injuries, but more difficult to spot, which makes suicide prevention such a challenge, he said.

"You can splint and patch physical wounds, but emotional wounds don't lend themselves to such fixes," he added. "But we must continuously develop equivalent accommodations."

In the veteran community, VA has established 24/7 help lines, hired thousands of additional health-care professionals and counselors, 400 of which are dedicated solely to suicide prevention research and counseling.

VA has developed a culture of ownership, which Shinseki feels is the most critical aspect of solution, he said. Raising awareness in individuals to take responsibility in helping their family members, fellow servicemembers and veterans is essential in this endeavor, he added.

"We must build and maintain a strong support system, one in which everyone has a role, where we collectively assume ownership of the problem," he said. "It's not someone else's problem, it's our problem. It doesn't matter whether they're in uniform or not."

Shinseki charged the audience with furthering VA and Defense Department efforts. Both departments stand to be better positioned to aid the men and women who are struggling to regain the courage to live, he said.

"This audience of health-care providers, clinicians, counselors, researchers and community partners constitutes our main attack against suicides," he continued. "You're the experts. You bring full weight to the discussion. You dispense help and hope to those who see themselves as helpless and without hope."

Giving people information on the departments' array of prevention resources is another key aspect in the two organizations' efforts, Ellen P. Embrey, assistant defense secretary for

health affairs, said in her remarks on behalf of the Defense Department.

The armed services are addressing suicide prevention through increased sensitivity to warning signs and developing comprehensive education and services throughout a servicemember's career, she said.

Embrey also cited enhanced community and peer support and quality research and analysis as part of the Defense Department's initiatives. Still, both departments have a long way to go in better understanding suicide prevention, she said.

"Every life lost to suicide is both a personal tragedy and a tragedy to society, whether civilian or military," she said. "It's also a tragedy because, for all of our sophisticated knowledge, we still do not know all there is to know about preventing these needless deaths from occurring."

Embrey continued by highlighting initiatives taking place in each of the services. The Air Force, Army, Navy and Marine Corps all have their unique programs and methods, but all are equally important in combating suicides, she said.

"They highlight a holistic and comprehensive strategy that we are attempting to bring to bear to confront the challenge of suicide," she said. "We are doing this primarily through increasing education and awareness, building very strong systems of support at a 360-degree level and reducing stigma to the extent possible to those who are trying and need to get help."

"As far as the Department of Defense is concerned, there is no individual, family member, military leader, or VA or DoD or community resource that can be omitted from the suicide prevention equation," she added.

Implementing these strategies is not just a commitment, it's an obligation to the nation's servicemembers and veterans, she said.

"We own them a debt of gratitude, we owe them the very best we can give them, and we are committed to reducing the burden of suicide," Embrey said. "The communities of partnership of both the Department of Defense and the Department of Veterans Affairs are absolutely dedicated to this issue, and our attention will not lag, and our dedication will not falter."

## Better mental fitness will help prevent suicide, Sutton says

BY ARMY SGT. 1ST CLASS

MICHAEL J. CARDEN

American Forces Press Service

WASHINGTON, — Preventing suicide is more than simply recognizing the signs, it involves building strong community and individual support before the idea ever sets in, the Army's top psychiatrist and director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury said here today.

Army Brig. Gen. (Dr.) Loree K. Sutton, director of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, delivers the opening remarks at the 2010 Defense Department/Department of Veterans Affairs Suicide Prevention Conference in Washington, D.C., Jan. 11, 2010. DoD photo by Army Sgt. 1st Class Michael J. Carden

"[Suicide prevention] involves building and developing a tool kit for life," Army Brig. Gen. (Dr.) Loree K. Sutton said in her opening remarks at the 2010 departments of Defense and Veterans Affairs Suicide Prevention Conference.

The weeklong conference is geared toward increasing collaboration between the military services and VA by raising awareness and sharing best practices in prevention.

The "tool kit for life" Sutton describes includes a model of total fitness that addresses physical, emotional and spiritual needs, a sort of total level that the Defense Department and VA need to promote among their communities. It will be their best efforts in tackling the growing rate of suicide among veterans and military members, she said.

Sutton said healthy habits such as getting enough sleep, eating nutritious foods and feeling connected to something are important factors in keeping mentally fit.

She asked the audience to ponder a few questions: "Are we putting the kinds of fuel into our bodies that help our brains, our bodies, our souls [and] our spirit perform at maximum effectiveness and efficiency? Do each of us here to do have at least two individuals that if we were to reach that hour of darkness, the moment of truth, that we could call a friend and gain that human-to-

human, that heart-to-heart connection?

Do we belong to a team? Do we have faith that leads us to a commitment that is greater than any of us as individuals?"

Sutton explained that if everyone — troops, leaders and family members — knew the answers to those questions about their family and fellow servicemembers, "perhaps we would be a step further away from the terminal signs of hopelessness and despair."

Both departments recognize that psychological wounds are as dangerous as physical injuries, she said. They also understand that emotional distress is not limited to results of combat on the battlefield.

For that reason, the general said suicide prevention is a public health challenge. She cited a need to build resiliency among the individuals in society and in the military. Prevention shouldn't be left on the shoulders of health care providers, but rather techniques should be taught by them in all levels of the community.

"Preventing suicide is far too important and too enormous of a challenge to be left to the docs,"

she said. "We're all in this together."

Both departments can revolutionize psychological health care through visionary leadership and a change in culture in which people come forward with their issues as well as recognize symptoms in others, she said.

Both departments recognize that suicide prevention is a growing problem with no easy solution. Although treatment works, the goal of those attending the conference should be to instill good life practices in their units and communities, she said, so treatment may become a last resort.

"We are on a journey," the general said. "We know that stigma can kill, hugs can heal, words can work, treatment can save and help is hope. We can tool up here this week, go home and apply these lessons and ask ourselves every day: Is what my team and I are doing today is action? Is our effort worthy of the service and sacrifice of those who we are so privileged to serve?"

"We're not content with today's best," she continued. "We must make today's best better."

For more information go to [www.inmilitary.com](http://www.inmilitary.com)



# BATS helps ID insurgents, hostages

BY 1ST LT. CHAD COOPER

Army News Service

BASRA, Iraq — Like technology from the latest spy movie, a system using finger prints and retina scans helps Soldiers tell the difference between the good guys and the bad guys in Iraq.

The Biometrics Automated Toolset System, otherwise known as BATS, is a database which assists in finding insurgents and other wanted individuals.

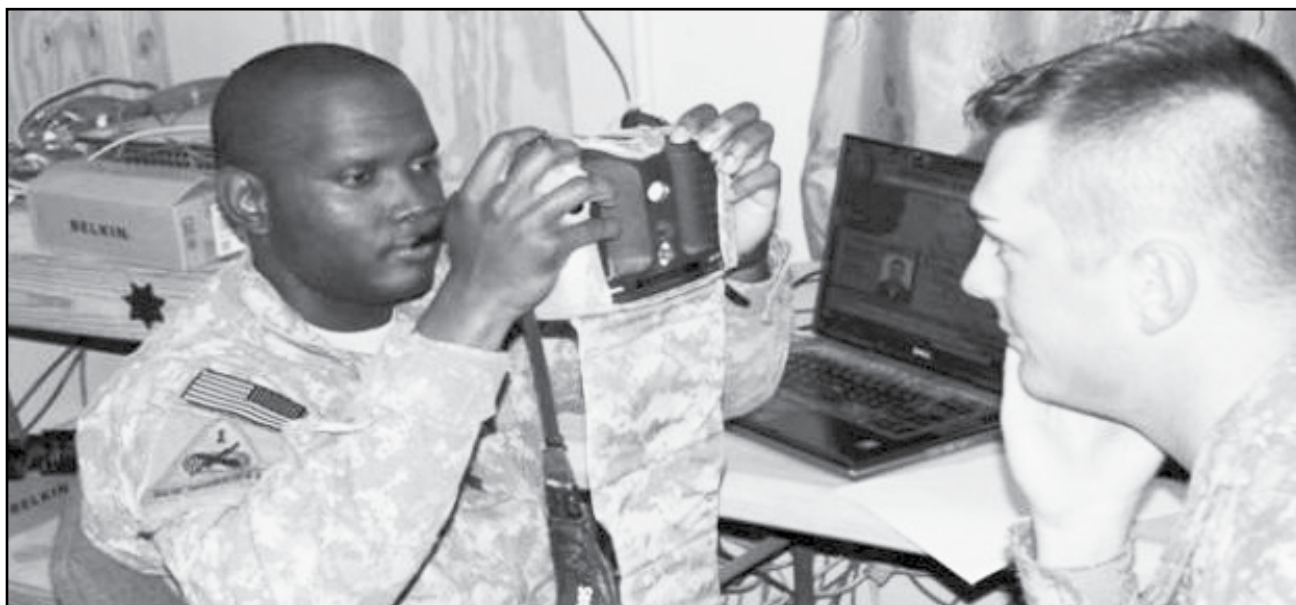
The system takes finger prints and retina scans and stores them with information like names, pictures and background information to form an individual profile. The profile provides information about an individual's past records, if the person has been previously detained, where they've worked or whether or not they are wanted for illegal activity.

BATS also can be used to help identify friendly forces.

The BATS system is used for a variety of missions, for example prior to conducting a rescue operation; the rescue team will download digital biometric files and associated biographical information on a captive from the authoritative source to confirm the individual's identity.

In worst-case scenarios, an isolated person may be found in a group; here the BATS is employed to clearly identify the proper person to rescue. Using a hand-held biometric device, the team immediately matches one sample to the fingerprint of the person they were sent to recover.

"The team is able to extract the individual to a safe area, secure in the knowledge that they have rescued the right person," said Staff Sgt. Orrin Thompson, 1st Battalion, 77th Armor Regi-



1ST LT. CHAD COOPER

**Staff Sgt. Orrin Thompson, a senior intelligence analyst, gives a block of instruction on the Army's Biometrics Automated Toolset System to Spc. Jonathan Friar.**

ment's senior intelligence analyst from Clark Fork, Idaho.

Using biometrics, hostage rescue teams can more quickly and accurately be sure that they have the right person. Prior to BATS it took days or weeks to record vital information about personnel that could be transferred to other units. Now, the process takes a relatively scant 12 to 90 minutes to obtain data.

"The system is very user-friendly. This equipment allows Sol-

diers to gather data on personnel in a short period of time that we would not have otherwise known without coordinating with other units, making our job a little easier," said Thompson.

The system is user-driven, however. The amount of information found in the database is dependent on how much data previous operators or administrators have entered into the system.

*(1st Lt. Chad Cooper is assigned to 1st Battalion, 77th Armor Regiment.)*

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# Army Secretary prioritizes support, acquisition reform, outreach

BY GARY SHEFTICK

Army News Service

WASHINGTON — Secretary of the Army John McHugh gave Pentagon staffers a “preliminary report” Wednesday after his first three months in office, asking them to continue supporting Soldier and family programs, continue acquisition reform, and focus more on congressional outreach.

McHugh, who took office Sept. 21, spoke to more than 400 members of the Army staff and secretariat in the Pentagon auditorium at an Army Leader Forum, Jan. 6.

He expressed his admiration for those who serve, stating, “The most important thing we do is take care of our Soldiers and take care of our families.” There is a “critical interdependence” between Soldiers and families in relation to readiness, he said, especially with an all-volunteer force.

Continuing to improve the availability and excellence of quality-of-life programs is essential after almost nine years of war, even as funding may decrease in coming years, he said, adding this imperative must be balanced with vital efforts to modernize the force.

Facing persistent conflict, he said the Army must transform the way it develops its leaders to prepare them for “hybrid threats” and ambiguous situations. He said the Army must train its leaders to be comfortable in dealing with uncertainty by teaching them “how to think” as well as a doctrinal baseline of “what to think.”

“Technology does not in and of itself lift the fog of war,” McHugh said. He said leaders need to be comfortable with greater decentralized authority from the troop level to the institutional level in order to encourage bottom-up solutions. Of course, he said the Army must also ensure that robust service-wide standards are in place.

One challenge the Army continues to face, he said, is reforming the acquisition process.

“In too many instances, the so-called traditional acquisition process has not been as agile, flexible and efficient as the force it’s charged to support,” McHugh said.

He lauded initiatives such as the Rapid Equipping Force and Experimental Task Force, saying the Army must continue efforts to get emerging technologies into the hands of Soldiers quickly. “It’s a work in progress,” he said, but there’s more to be done.

“We have to re-tool our entire existing acquisition processes and develop a more agile acquisition strategy that directly supports the warfighter on the battlefield today, next year and beyond,” McHugh said. “And do it in a way that meets the expectations of our overseers on Capitol Hill.”

In addition, the Army needs a more robust and effective partnership with Congress, McHugh said. He praised the Congressional Fellowship Program, saying the program is larger now than ever with 26 fellows from the Army on Capitol Hill, and added that the program should continue to grow.

McHugh challenged every Army general officer in the National Capitol Region to take a “direct, personal role” in fostering a relationship with Congress by making “a concerted effort to specifically partner

with a member in office on Capitol Hill.”

From his perspective of having served 17 years in the House of Representatives, he said the Army must do a better job of explaining needs and reporting achievements because this relationship with Congress is crucial to success in obtaining needed resources.

The secretary concluded his formal comments by thanking the staff and secretariat. He cited his trip last month to Iraq and Afghanistan, saying that warfighters there know they are making a difference.

“You’re doing vital work, supporting our troops and making a difference in the lives of millions of people, who like you wake up but who have a different dream - a dream that someday maybe they can enjoy the freedoms, the liberties that this United States Army has given to hundreds of millions across the planet since its inception.”

McHugh took questions from audience members, including one who asked whether the number of civilian employees working for the Army would grow beyond the current force in light of President Obama’s initiative to replace contractors with government employees when appropriate. The secretary said outsourcing would be examined on a case-by-case basis, and where there was not an essential government responsibility to keep a function in-house, who could do the job most efficiently would be weighed.

“I think our first responsibility has to be to the taxpayer dollar,” he said, adding that a “robust interaction” between the public and private sectors will not only stimulate the economy, but provide an Army outreach into communities.

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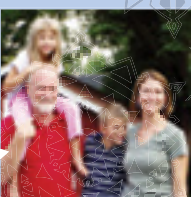
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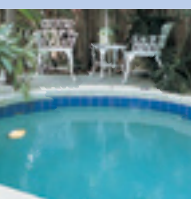
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# Be More Informed...

## PATIENTS OFTEN CONFUSE PLAQUE AND TARTAR AND HOW THEY ARE RELATED TO EACH OTHER

**Plaque** is a sticky, colorless deposit of bacteria that is constantly forming on the tooth surface. Saliva, food, and fluids combine to produce these deposits that collect on teeth and where teeth and gums meet.

The buildup of plaque can trap stains on the teeth, and it is also the primary factor in gum disease. Fighting plaque is a life-long part of good oral care.

**Plaque** begins forming on teeth 4 to 12 hours after brushing, which is why it is so important to brush at least twice a day and floss daily.

**Tartar**, also called **calculus**, is a crusty deposit that can trap stains on the teeth and cause discoloration. It creates a strong bond that can only be removed by a dental professional. Tartar formation may also make it more difficult to remove new plaque and bacteria.

Individuals vary greatly in their susceptibility to plaque and tartar. For many of us, these deposits build up faster as we age.

The photographs below show the degrees of **tartar** (or **calculus**) formation.



*Slight*



*Moderate*



*Heavy*

## YOU CAN HELP PREVENT THE BUILDUP OF TARTAR BY:

- Having your teeth cleaned professionally every 6 months, or more frequently as recommended by your dentist or hygienist
- Brushing with a toothpaste that contains pyrophosphate, such as Crest® Tartar Protection, which adheres to the tooth surface and inhibits the formation or growth of calculus crystals



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