



HIGH DESERT WARRIOR

Volume 6, Number 13

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April 1, 2010

Published in the interest of the National Training Center and Fort Irwin community since 1981

CG Talk Radio

Brig. Gen. Robert 'Abe' Abrams, National Training Center and Fort Irwin commanding general, will be on the air during Newsmakers Radio Show with 'Electric' Etric Smith on KNTC 88.3FM to talk about Sexual Assault Prevention, from 8 to 9 a.m., April 8.

Caution: Truck Movements

Beginning March 28 through Saturday, from 7 a.m. to 7 p.m., there are commercial truck movements at Fort Irwin Road with an estimated 400 trucks moving daily. Please remain cautious as you are traveling along Fort Irwin Road. Exercise caution when traveling on South Loop Road near the Rotational Unit Field Maintenance Area (RUFMA), as numerous activities are being conducted in the RUFMA.

Retirement Ceremony

Fort Irwin community is welcome to attend the retirement ceremony of the following Soldiers at Reggie's, 4:30 p.m., April 6: Chief Warrant Officer 4 Jonathan Maynard, 158th Aviation Regiment; Master Sgt. John Hardin, Headquarters and Headquarters Company, 311th Regimental Service Support; Master Sgt. Harold Thompson, Post Retention; Master Sgt. Vernon Williams, 11th ACR; Master Sgt. Richard Woodruff, NTC G3 Operations; Sgt. 1st Class Anthony Gomes, 699th Maintenance Company; Sgt. 1st Class Kevin Miller, Operations Group; and Staff Sgt. Je Adams, Combat Support Battalion.

Welcome Home Vietnam

Fort Irwin is inviting everyone to the first Welcome Home Ceremony for Vietnam War Era Veterans at Freedom Fitness Gym from 10 a.m. to 3 p.m., April 7. The event includes a ceremony and lunch with Brig. Gen. Robert 'Abe' Abrams, commanding general of the National Training Center and Fort Irwin. The Vets will meet with 11th Armored Cavalry Regiment Soldiers, and information booths for Vietnam veterans. For more information, call NTC PAO Director John Wagstaffe, 380-4511.

Legal Assistance Hours

Fort Irwin Legal Assistance Office hours have changed. The new schedule is as follows: Monday, Tuesday, Wednesday, and Friday: 8 a.m.-4:30 p.m.; Thursday: 8 a.m.-3 p.m. Notary Services: 8 a.m.-3 p.m., Everyday, walk-in basis. Appointment calendars open: Fridays at 1 p.m.



Troop-level commanders from 11th Armored Cavalry Regiment attach safety streamers to their unit guidons during an award presentation ceremony at Fritz Field, March 3. The safety streamers recognized units who had no Class A through D injuries during the first quarter of fiscal year 2010, said Regimental Safety Officer Sal Adame. Streamers were also handed to units that did not have any DUI-related incidents.

Blackhorse troopers receive unit safety awards

STORY AND PHOTO BY
SGT. GIANCARLO CASEM
11th ACR Public Affairs

Col. Paul J. Laughlin, the 11th Armored Cavalry Regiment commander, handed out 16 streamers to subordinate units within the Regiment during a streamer presentation at Fritz Field, March 3.

The safety streamers recognized units who had no Class A through D injuries during the first quarter of fiscal year 2010, said Sal Adame, the Regimental Safety Officer. Streamers were also handed to units that did not have any DUI-related incidents.

Adame reiterated the importance of recognizing units for staying safe, especially during rotations.

"You want to reinforce positive behaviors within the Regiment," Adame said. "If you tell people to be safe, but you don't show them how important it actually is the command, then they'll tend to not listen."

Adame said giving units incentives such as awards and recognition is an effective way of getting unit commanders actively involved. The streamers also serve as a visual source of unit pride between the troops, companies and detachments in the Regiment.

"It's one of the best ways of showing command support of the safety program," he said. "You reward people for taking the time to think things twice for following safety instructions that sometimes are rather restrictive."

Adame added that a unit's safety directly affects the whole Regiment's combat readiness.

"We want to preserve our combat readiness, that's the whole purpose of the safety program," Adame said. "Every time you get to reward somebody for taking the time to think about readiness, or think about mission accomplishment and doing it right the first time, it's an important thing."



HAPPY EASTER

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APRIL-MAY 2010

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

ROTATIONAL SOLDIER USE OF POST FACILITIES

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251

FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED

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

ICE Program Gives Customers a Voice

ICE Year-To-Date Report Jan. 1, 2010 – Mar. 21, 2010

Organization	No. of Comments	Rating	Percent Satisfied
916th Support Brigade	5	●	60
AAFES	157	●	27
Commissary	41	●	41
Fort Irwin Garrison	4086	●	89
Veterinary Services	68	●	68
Dental Activity	385	●	96
MEDDAC	545	●	81

ICE Weekly Report Mar. 15, 2010 – Mar. 21, 2010

Organization	No. of Comments	Rating	Percent Satisfied
916th Support Brigade	0	[NOT RATED]	—
AAFES	9	●	11
Commissary	1	●	100
Fort Irwin Garrison	218	●	91
Veterinary Services	1	●	0
DENTAC	25	●	96
MEDDAC	26	●	85

Fort Irwin Garrison Organizations

Organization	No. of Comments	Rating	Percent Satisfied
Fort Irwin Garrison	239	●	91
Family Morale, Welfare, and Recreation	65	●	84
Civilian Personnel Advisory Center	1	●	100
Equal Employment Opportunity	0	[NOT RATED]	—
Human Resources	131	●	98
Information Management	3	●	50
Legal	2	●	50
Logistics	3	●	0
Pinnacle Housing	28	●	86
Plans, Analysis & Integration Office	0	[NOT RATED]	—
Police/Provost Marshall	2	●	50
Public Affairs	0	[NOT RATED]	—
Public Works	1	●	100
RCI Housing	0	[NOT RATED]	—
Religious Support (California)	0	[NOT RATED]	—
Resource Management Office	0	[NOT RATED]	—
Safety	1	●	100
NTC HQ Adjunct General Office	0	[NOT RATED]	—
American Red Cross	0	[NOT RATED]	—
Armed Forces Bank 1 — Main Branch	0	[NOT RATED]	—
Armed Forces Bank 3 — PX Branch	1	●	100
Community Information Manager	0	[NOT RATED]	—
Landmark Inn (Bldg 39)	0	[NOT RATED]	—
Military Family Life Consultants	0	[NOT RATED]	—
Plans, Training, Security	0	[NOT RATED]	—
WIC (Woman, Infants, and Children)	0	[NOT RATED]	—

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 three business days and post follow-up notes in ICE.

Pinnacle Housing Maintenance

Customer Comment: Garage people came out Friday to fix garage door and

could not finish, we were told that they would be back on Monday, and they never showed. My garage door is still broken. It needs to be fixed. **Agency Response:** A tech was sent there on Friday 3/12/2010 to do repairs. Repairs were made, but not enough time to complete work order. The resident asked if the job would be completed on Monday, the tech stated maybe, but he could not guarantee it. It was scheduled for Tuesday 3/16/2010 to be completed.

Fitness Connection — Skate Park

Customer Comment: My comment is regarding the Sidewinder Skate Park. On several occasions, I have noticed that the majority of riders are not wearing helmets. My son has informed me that the skaters only put on their helmets when an MP is noticed. The skate park is a great

See ICE, page 12

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, NTC PAO Director

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HIGH DESERT WARRIOR

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SUBMISSIONS

Story and photos may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Items submitted to the High Desert Warrior are always subject to editing. Submissions should include subject's names, ranks and work affiliation (unit or organization) of everyone in the photograph. Group photos of four or more people don't require individual names. Submissions may be e-mailed to the editor at chicpaul.becerra@us.army.mil.

NEWSPAPER AWARDS

2nd Place, 2009 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category

Honorable Mention, 2008 Dept. of the Army
Maj. Gen. Keith L. Ware
Newspaper Competition — Tabloid category

3rd Place, 2007 U.S. Army IMCOM-West
Newspaper Competition — Tabloid Category

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

It's Alcohol Awareness Month

BY VALENCIA BARNES

Employee Assistance Program Coordinator
Army Substance Abuse Program

In order to recognize the serious problems of alcohol abuse, April is recognized as National Alcohol Awareness Month. The media tends to glamorize and make jokes of alcohol use and abuse. The devastating effects of alcohol abuse are many. Here are a few very real and startling facts about alcohol.

Alcohol-related problems cost the U. S. economy an estimated \$185 billion-per-year in lost productivity and earnings due to alcohol-related illness, premature death, crime. Drunk drivers are responsible for 50 percent of highway fatalities.

Approximately 14 million Americans (1 in every 13) abuse alcohol or are alcoholic. Fewer than 25 percent of those who need treatment get it in a given year. Every day in the U. S., more than 13,000 children and teens take their first drink. Every year, 1,400 American college students, between the ages of 18 and 24, die from alcohol-related inadvertent injuries, including motor vehicle accidents.

In 2003, Fetal Alcohol Spectrum Disorder (FASD) was the leading cause of birth defects in the U.S., affecting as many as 40,000 babies and costing upwards of \$5.4 billion per year. Alcohol is a factor in nearly half of America's murders, suicides and accidental deaths.

The alcoholic beverage industry relies on heavy and addicted drinking for the largest share of its profits. Hazardous drinking (5 or more drinks at one sitting) accounts for more than half of the alcohol industry's \$155 billion market and more than 75 percent of the beer industry's market.

Throughout the month of April, the Fort Irwin Army Substance Abuse Program will be in the community to provide more information on the following dates:

Today/April 1, 11:30 a.m.-1 p.m., Dining Facility No. 2

April 10, 7 p.m., MWR Easter/ASAP Alcohol Awareness 5K Run/Walk

April 10, 9 a.m.-1 p.m., CYSS Children's Health and Fitness Challenge

April 21, 3-4:30 p.m., 1916th Support Brigade's Family Resilience Training at Sandy Basin Community Center

In addition, ASAP invites contestants to come up with alcohol-free activities. The contestant categories are Single Soldiers and Families. The individual and family that come up with the highest number of alcohol-free activities will win a prize. For more information, call Valencia Barnes at 380-4153. Entries will be accepted until April 30. Entries can be dropped off at Bldg. 573, or emailed to valencia.barnes@us.army.mil.

A message from Army Secretary, Army Chief of Staff, and Sgt. Maj. of the Army

Army Leaders,

On January 19, 2010, we sent out a memorandum that listed the findings and recommendations of the Department of Defense Independent Review Panel on the Fort Hood Shootings. We also asked you to talk to your subordinate leaders about the implications of the Review Panel and to emphasize a few key themes. Those themes were:

Identify internal threats and use the "Ten Key Indicators of Potential Terrorist-Associated Insider Threats to the Army" to give greater clarity to our Soldiers, Civilians and Families in identifying and reporting aberrant behavior.

We are an Army that is grounded on disciplined execution of established standards. Leaders at every level are responsible for ensuring that our standards are met and that appropriate action is taken when they are not. Our Officer Corps and Noncommissioned Corps must set the example in this regard.

Maintain candor in counseling and mentoring and in performance reports; find the right balance between the need to develop subordinates and the need to make hard calls when it is clear standards haven't been met.

Use this opportunity to reinforce the fabric of trust within the force and get back to the basics of leader involvement with

Soldiers. It is this fabric of trust that binds us together in war. It must be continuously strengthened. The more our leaders know and interact with their Soldiers, the greater will be the bond.

The message from the Secretary of Defense reemphasizes those themes.

John M. McHugh
Secretary of the Army

Gen. George W. Casey, Jr.
Army Chief of Staff

Kenneth O. Preston
Sgt. Maj. of the Army



John M. McHugh
Secretary of the Army



Gen. George W. Casey, Jr.
Army Chief of Staff



Kenneth O. Preston
Sgt. Maj. of the Army

From the Secretary of Defense *Fort Hood Investigation*



Robert M. Gates
Secretary of Defense

After the tragic shooting at Fort Hood on Nov. 5, 2009, I directed an independent review to ensure the safety and health of DoD military members, civilian employees, and their families. We needed to determine whether there were policies or procedural weaknesses in our Department which make us vulnerable.

I appointed the former Secretary of the Army, The Honorable Togo D. West, Jr., and the for-

mer Chief of Naval Operations, retired Admiral Vern Clark, to lead the DoD independent Review Related to Fort Hood. After reflecting on the report, I had some thoughts that I want to share with everyone in the Department.

As a Department, our challenge is to constantly adapt to the changing security environment that faces our Nation. I ask all commanders, supervisors, non-commissioned leaders, and other personnel of the Department to reinforce the fabric of trust with one another. From simple everyday expressions of concern, to supervising, mentoring, and counseling, we, and every service member, need to be more attuned to one another's mental, emotional, and spiritual balance and be willing to take responsible action. We should see beyond our day-to-day tasks and challenges and respond if our colleagues appear at risk. I trust each of you to do this.

Leadership at every level depends on the integrity to assess the performance of our people honestly and openly. We can only deal with internal threats if we can rely on the quality of the information in our official records. There are serious effects

of failure to reflect fully, accurately, and completely on all aspects of professional, ethical, and personal career development in performance appraisals.

We must instill and preserve the core traits that sustain our profession and keep our forces strong, effective, and safe. Entrusting our leaders with the responsibility, authority, and resources necessary to carry out their mission is essential, but with responsibility comes accountability. My expectation is that our leaders will set the standards for leadership, management, and mentoring, and will be accountable for the health and performance of the force.

Each of you has an important role in adapting to the changing security environment. Over the last two decades, our country has asked a tremendous amount from our forces and you have risen to the occasion. Together, we will make the force and our Nation safer, stronger, and more secure to face the challenges of today and tomorrow.

Robert M. Gates
Secretary of Defense

For more information go to www.irwin.army.mil

Crime Watch

Information provided by
Provost Marshal Office

Damage To Government Property: Location: Bldg. 873. A specialist backed up a forklift and struck a fence.

Unruly Juveniles: Location: Sandy Basin Housing. Police were notified of kids throwing rocks at a house. Minors were gone. Sgt. Duke stated that when he went outside to confront the kids who were throwing the rocks, they fled on foot. Patrols searched the area for possible subjects which met with negative results. No damage was reported.

Possible Structure Fire: Location: Bldg. P-127 (Fitness Connection). Fire Department responded to the report of a structure fire. Investigation revealed that Johnny Tsunami's left 2 stove top burners on with a large pot filled with food. No fire was involved.

Larceny Of Private Property: Location: Cactus Cove Housing. Police responded to the report of a stolen water hose adapter.

Medical Emergency: Location: alico Estates. Fire Department responded to the report of a patient with severe abdominal pain.

Recovered Stolen Property: Location: Cactus Cove Housing. Police recovered a stolen bicycle.

Medical Emergency: Location: Mary Walker Medical Center. Fire Department responded to the report of an unconscious person. Victim was transported to Weed Army Community Hospital.

Traffic accident: Location: Bldg. 3896. Police responded to the report of an accident. An individual, operating a gem cart, failed to stop and collided with a HEMMT vehicle.

Adopt-a-pet



Name: Stacy
Breed: Domestic short hair tabby
Gender: Male
Age: 18-months

Stacy 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

News Briefs

Job Announcement Changes

Fort Irwin Civilian Personnel Advisory Center (CPAC) will pilot a new software program, and because of this, some Fort Irwin job vacancy announcements will ONLY be posted on www.usajobs.gov and will no longer be posted on the CPOL website. CPAC will announce the following occupational series: 0203 (Human Resources Assistance), 0346 (Logistics Management), 0560 (Budget Analysis), 0671 (Health System Specialists), and 0679 (Medical Support Assistance) on the USA Jobs website. For more information, contact brian.j.bennett1@us.army.mil.

\$3,500 Scholarship

Fort Irwin-based Martin H. Cesana Chapter of the Army Engineer Association is offering scholarships up to \$3,500, with preference to those seeking education and training in an engineer field. Applications are open to Soldiers and their family members, Barstow area high school seniors, and current university or community college students enrolled in 6 units or more and a PGA of 2.5 and above. Application deadline is April 28. For more information, contact AEA Scholarship committee chairman, Spc. Eddie Boquilla, 58th Combat Engineer Company, 11th Armored Cavalry Regiment, RSS at 213-999-7611 or e-mail: eddie.boquilla@us.army.mil.

New Access Numbers

New standardized dialing prefixes on all government telephone switches have been activated. DSN access is changed from '8' to '94' (i.e., 94-xxx-xxxx); local and long distance access is changed from '9' to '97' (i.e., 97-1-760-386-xxxx); international access is changed from 9-1-011-various digits to 97-011-various digits. There are no changes to internal station-to-station access with five digit dialing, i.e., 4-4082.

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Worship Services/Chapel Activities

CATHOLIC

Holy Mass	Sunday, 9 a.m.	Center Chapel
Daily Mass	M, T, Th, & F 11:45 a.m.	Center Chapel
Rosary	20 Min before Mass	Center Chapel
Confession	30 Min before Mass	Center Chapel
Choir Rehearsal	Wednesday, 6:30 p.m.	Center Chapel
LifeTeen	Thursday, 6:30 p.m.	Center Chapel
EDGE	Sunday, 10:15 a.m.	Center Chapel

PROTESTANT

Liturgical	Sunday, 9 a.m.	Blackhorse Chapel
Sunday School	Sunday, 9:30 a.m.	Center Chapel
Chapel NeXt	Sunday, 11 a.m.	Center Chapel
Traditional (LAR)	Sunday, 11 a.m.	Center Chapel
PYOC (Youth)	Monday, 6 p.m.	Center Chapel
PWOC, Morning	Tuesday, 9 a.m.	Center Chapel
PWOC Evening	Tuesday, 6 p.m.	Center Chapel

GOSPEL

Gospel Service	Sunday, 11 a.m.	Blackhorse Chapel
Prayer Warriors	Wednesday, 6 p.m.	Blackhorse Chapel
Children's Church &		
Choir Practice	Thursday, 6 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

LATTER DAY SAINTS

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

MUSLIM

Prayer	Friday, 12 p.m.	Bldg 317
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JEWISH

Jewish Service	Friday, 6 p.m.	Black Horse Chapel
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CHAPEL ACTIVITIES

AWANA		
(3 yrs.-6th grade)	Wednesday, 4 p.m.	Center Chapel
HS Bible Study	Wednesday, 6 p.m.	Bldg 320
MOPS	2nd and 4th Wed, 9 a.m.	Center Chapel
<i>Note:</i> For more information on chapel activities, contact the Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088.		

AWANA:	Approved Workmen Are Not Ashamed (2 Tim 2:15)
PWOC:	Protestant Women of the Chapel
PYOC:	Protestant Youth of the Chapel
CFLC:	Chaplain Family Life Center, Bldg 320
MOPS:	Mothers of Pre-Schoolers, Bldg 317
Childcare services for ages 5-years-old and under are provided free of charge for all scheduled chapel services.	

Holy Week Schedule

April 1/Thursday:

Liturgical Protestant Service-Soup and Salad Dinner (5 p.m./Black Horse)
Liturgical Protestant Maundy Thursday Service (6 p.m./Black Horse)
Catholic Mass of the Lord's Supper (7:30 p.m.)

April 2/Friday:

Catholic Good Friday Liturgy (12 p.m.)

April 3/Saturday:

Catholic Easter Vigil (7:30 p.m.)

April 4/Sunday:

Easter (Regular Services)
Irwin Easter Sunrise Service (6:30 a.m.)
Catholic Easter Egg Hunt (Jack Rabbit Park, 10:30 a.m.)
BOSS Easter Egg Hunt (Black Horse Chapel, 2 p.m.)



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CALIFORNIA STATE UNIVERSITY SAN BERNARDINO

Representatives from **Cal State San Bernardino** will be visiting Fort Irwin on Apr. 8 at the Fort Irwin GEO Education Center, Building 1020, corner 3rd and F streets

Information on the following programs will be available:

- ROTC
- Green to Gold Program
- Veterans Benefits
- Admissions Requirements
- Transfer/Military Credits

For information, contact CSUSB's Office of Admissions and Student Recruitment at (909) 537-5188



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Oil Change

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Community Happenings

GSAB FRG Events

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

HHD, GSAB:

Jun 10: HHD FRG meeting; Time: 6 p.m., Location: Bldg. 1200 Forum. Topic: TBD. If you should have any questions, contact Ms. Hunter at 380-7781 or email: hhdfrg507@gmail.com.

AAD, GSAB:

AAD FRG meeting has not been scheduled as of yet. If you have any questions, contact Sherry Martin at (207) 664-8021 or email: aadfrg@gmail.com.

AVCO, GSAB:

AVCO FRG meeting has not been scheduled as of yet. If you have any questions, contact Ms. Hunter at 380-7781 or email: avcofrg@gmail.com.

1/11 ACR FRG Events

Following are upcoming 1st Squadron, 11th Armored Cavalry Regiment, Family Readiness Group events:

Apr. 13: HHT, FRG Meeting, 5 p.m., Squadron Conference Room

Apr. 14: I Battery, FRG Meeting, 6 p.m., Squadron Conference Room

Apr. 15: D Company, FRG Meeting, 5 p.m., Squadron Conference Room (please note new meeting time)

Apr. 12: FRG Steering Committee Meeting, 5 p.m., Squadron Conference Room

Apr. 6: C Troop, FRG Meeting, 4:30 p.m., Squadron Conference Room,

Apr. 14: B Troop, FRG Meeting, 5 p.m., Squadron Conference Room

More information: Joan Morschel at 380-5749 or joan.morschel@us.army.mil.

Multiples Support Group

New Parent Support Program will host a Multiples Support Group meet at the Army Community Services Conference Room, 9 to 10 a.m., Apr. 12, May 10, Jun. 14, and Jul. 12. Multiples Support Group is for parents of twins, triplets or more children. Group provides emotional support and a means of discussing experiences associated with having multiple children. Call 380-8344/4021.

Empowering Women

Register now for the 2010 Fort Irwin Women's Conference, to be held on April 9, 8 a.m.-4 p.m., at Reggie's. The event will be hosted by the Fort Irwin Officers and Civilians Spouses Club and MWR. Enjoy creative workshops, and hear luncheon guest speaker Tanya Biank, author of *Army Wives*. Her book inspired the hit Lifetime series *Army Wives*. Child care is available. Please contact FortIrwinWomensConference@gmail.com or visit www.fortirwinocsc.org for pricing and more information.

Children's Free Classes

During April, Month of the Military Child, EDGE! Program will honor our youth with free EDGE classes. April is packed with a number of fun, engaging, and educational programs to include: Golf, jewelry making, teen job readiness, mosaic art, and bowling. Classes are open to youth in grades 3-12 and take place at various MWR facilities on base. Transportation from Tiefert, School Age Services and the Middle School and Teen Center is available. Register at Parent Central (Bldg. 1323) or through <https://webtrac.mwr.army.mil/webtrac/irwincyms.html>. Spaces are limited, so register today. For more information, call 380-5816.

Bowling Night

Fort Irwin American Red Cross Station will host a Bowling Night for Soldiers and families of the Warrior Transition Unit

For more information go to www.irwin.army.mil

at Strike Zone, from 3-5 p.m., April 10. The cost of bowling, shoe rentals, foundation drinks and basket food will be covered. For questions, contact the Red Cross Station at 380-3697 or stop by the Station located in Bldg. 571.

Red Cross Classes in April

Fort Irwin American Red Cross Station will host its April Cardio-pulmonary Resuscitation (CPR), Automated External Defibrillator (AED), and First Aid Class on April 10, 9 a.m.-4 p.m., and April 11, 9 a.m.-1 p.m. It is \$45 for Soldier or family member and if an additional person attends from the same household, cost is \$22.50. For active Red Cross volunteers with 20-plus hours-per-month, cost is \$10. For all others, the cost is \$60. To participate in this life saving course, contact Fort Irwin Red Cross Station at 380-3697 or visit Bldg. 571.

At the Movies

Thursday, April 1

7 p.m. Closed

Friday, April 2

7 p.m. Percy Jackson And The

Olympians:The Lightning Thief (PG)

7 p.m. Valentine's Day (PG-13)

9:30 p.m. Cop Out (R)

9:30 p.m. Dear John (PG-13)

Saturday, April 3

7 p.m. Percy Jackson And The

Olympians:The Lightning Thief (PG)

7 p.m. Valentine's Day (PG-13)

9:30 p.m. Cop Out (R)

9:30 p.m. Dear John (PG-13)

Sunday, April 4

4 p.m. Percy Jackson And The

Olympians:The Lightning Thief (PG)

7 p.m. Cop Out (R)

7 p.m. Valentine's Day (PG-13)

Monday, April 5

7 p.m. Percy Jackson And The

Olympians:The Lightning Thief (PG)

7 p.m. Cop Out (R)

Tuesday, April 6

7 p.m. Closed

Wednesday, April 7

7 p.m. Closed

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.

New Parent Support

New Parent Support is a program designed to assist you every step of the way with raising your children in a nurturing, safe, and healthy environment. Childcare is provided for all New Parent Support classes offered. Infant care classes are offered Mondays, Wednesdays, and Fridays by appointment only. Classes are held in the Army Community Service conference room. Point-of-contacts are Kahalia Anderson, 380-8344 and Shawn Robinson, 380-4021.

Skeet and Trap Open

Skeet and Trap's hours of operation are Mondays, 10 a.m.-6 p.m. while Thursdays, Fridays, and Saturdays and Sundays, 10 a.m.-8 p.m. Operation closed on Tuesdays and Wednesdays. Range closes half hour before dark. For more information, call 380-4327.

Children's Fair and Fitness

Celebrate the Month of the Military Child at the Fort Irwin Children's Fair and Fitness Challenge, at the Coyote Activity Center, April 10. Register at Bldg. 1323 or call 380-2257 for more information.

Weight Watchers

Weekly meetings are on Thursdays, at 12 noon, Bldg. 317 (2nd Street and Avenue E). Signup and weigh-in start at 11:30 a.m. The public is free to check out the meeting. More information: call Christine at 298-3438 or getfit@ww-Christine.com.

Bench Press Competition

Fort Irwin community is invited to watch the Bench Press Competition on Tuesday, 5:15 p.m. All interested parties may obtain an entry form at the Freedom Fitness Center front counter. All participants need to be at Freedom Fitness Center no later than 5:15 p.m. to be weighed in. Registration forms will be available at the Freedom and Memorial Fitness Centers. For more information, call 380-3457.

Sexual Assault Survivor

Individuals (Survivors, Family Members, Husbands, Wives, Parents, Friends, etc.) who were affected by Sexual Assault at any age are being sought by The Clotheline Project. Participants can contribute to reflect one's experience or to honor the person in your life who is a survivor by creating a shirt. For more information, call 380-4474 or 447-0293.

Come Celebrate Easter

On Sunday, have brunch from 10 a.m. - 2 p.m., take pictures with the Easter Bunny, and decorate eggs at Reggie's. Brunch is \$20.95 for adults, \$8.95 for children, ages 4-11-years-old, and 3 and under eat free. Menu includes omelet station, salmon, grilled chicken breast, and is buffet style with dessert station. After Reggie's, head to Army Field at 3 p.m. for the Easter Egg Hunt where kids will be put into five age groups (ages 0-3, 4-5, 6-7, 8-9, and 10-12).

Sex Offender Web site

Here's a web site to protect families of local Soldiers and civilian employees. San Bernardino County Sheriff's Department announced to the public that its web site www.sbcounty.gov/sheriff/ can be used to identify registered sex offenders in their neighborhood. On the web site, click the OFFENDER WATCH button on the left side of the screen and input your address to find names, photographs, addresses of registered sex offenders in your area.

Community Services Council

The Fort Irwin community is invited to attend the next Community Services Council meeting at the Ingalls Recreation Center, 10 a.m., Monday/April 5.

Youth and School Activities

Middle School Activities

Thursday: Mythbusters Camp, Cooking Club Egg Dying, Colorful Coasters

Friday: Mythbusters Camp, Faked Potato, Open Lab

Monday: Chalk coloring, technology Road Trip

Tuesday: Straw painting, Month of the Military Child Newspaper Club

Wednesday: Ultimate Journey Archery, Smart Girls, Dryer Sheet Flowers

Teen Activities

Friday: April Fool's Food

Saturday: Confetti Eggs

Hours of Operation:

Middle School: Mon.-Fri. 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 at 380-3732.

Send Community Happenings briefs at least two weeks in advance of event to the editor, chicpaul.becerra@us.army.mil



Fort Irwin Community Calendar

Sat., Apr. 3

Underwater Easter
Egg Hunt
11 a.m.-1 p.m.
Oasis Pool, Bldg. 325
380-3046

Sun., Apr. 4

Easter Egg Hunt
3 p.m.
Army Field
380-5111

Fri., Apr. 9

Fort Irwin Women's
Conference
8 a.m.-4 p.m.
Reggie's
380-6716/5111

Sat., Apr. 10

10-Miler Team Tryout
7 a.m.

Fitness Connection
SFC Harris, 380-8386

Sat., Apr. 10

Fort Irwin Children's Fair
8 a.m.
Coyote Activity Center
380-2257

Mon., Apr. 12

Multiple Support Group
9-10 a.m.
ACS Conference Room
380-8344/4021

Wed., Apr. 14

Volunteer Recognition
Ceremony
6-7:30 p.m.
Reggie's
Silky Isaac, 380-8422

Sat., May 15

Food & Wine Festival
5-9 p.m.
Sandy Basin Community
Center
380-7144



Check out these upcoming activities at Fort Irwin

BIRTH ANNOUNCEMENTS

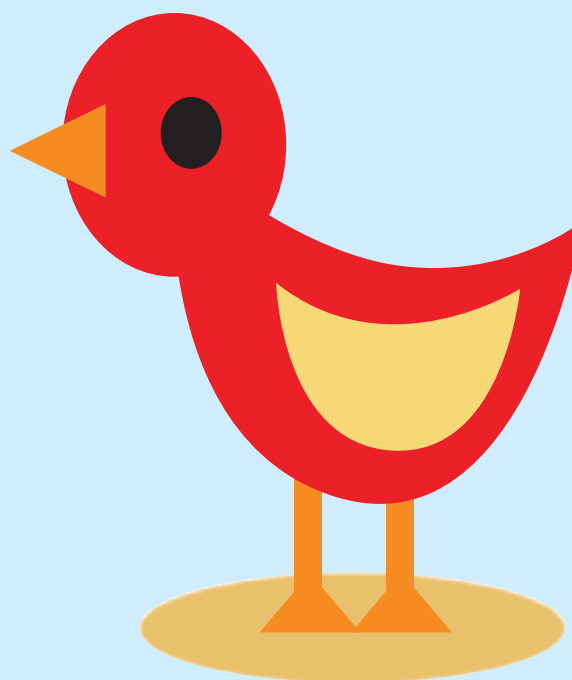
Andrew Xavier Bermudez Tapia, boy, 8 lbs., 3oz., 22" born to Ines Tapia and Ever Bermudez, Feb. 1, at 2:30 p.m.

Jonathan Alfredo, boy, 6 lbs., 8oz., 18.9" born to Tracey and Alfredo Rivera, Feb. 2, at 8:50 a.m.

Zarina Pauline, girl, 8 lbs., 2oz., 19" born to Lilia and Claude Weathers, Feb. 3, at 1:28 p.m.

Tristan Cody, boy, 8 lbs., 1oz., 20.5" born to Christine and Mark Jones, Feb. 3, at 5:43 p.m.

Annzley Noelle, girl, 7 lbs., 3oz., 20" born to Anna and Jaime Farmer, Feb. 5, at 12:38 a.m.



Brianna Denyse, girl, 5 lbs., 11 oz., 18.3" born to Starr and Jonathan Howard, Feb. 17, at 8:29 a.m.

Kayla Anne, girl, 5 lbs., 1 oz., 18.1" born to Starr and Jonathan Howard, Feb. 17, at 8:31 a.m.

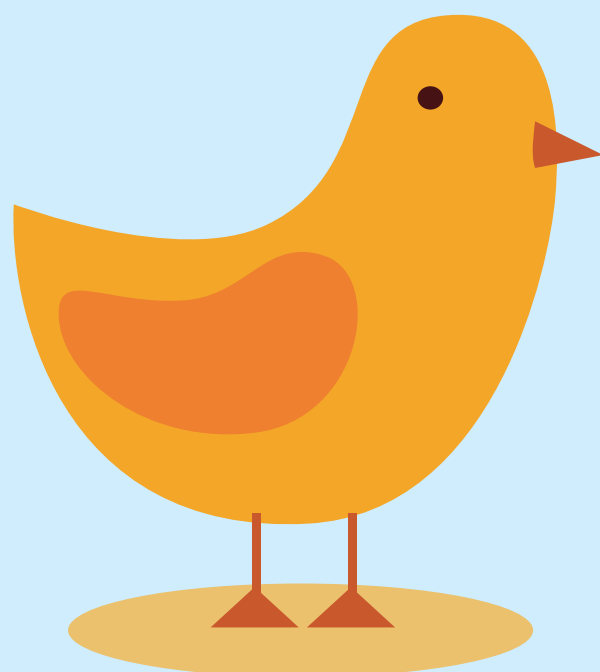
Micah Alexander, boy, 7 lbs., 1 oz., 20.2" born to Valentina Lagunas, Feb. 17, at 10:11 p.m.

Hannah Elizabeth, girl, 6 lbs., 9 oz., 19.9" born to Elizabeth and Aaron Wheeler, Feb. 18, at 12:15 p.m.

Lily Jane, girl, 8 lbs., 6 oz., 20" born to Katherine and Paul Adams, Feb. 19, at 8:17 a.m.

October Chimaira Annmarie, girl, 6 lbs., 15 oz., 20.5" born to Samantha and Perry Jones, Feb. 27, at 3:10 a.m.

Editor's note: Information provided by Patient Administration Division, Weed Army Community Hospital. Any questions concerning this information, contact office at 380-3165.



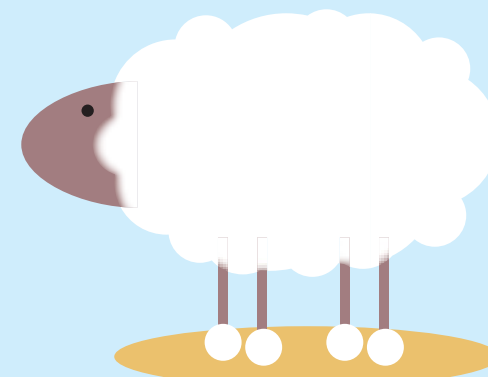
Braden Anthony, boy, 8 lbs., 8 oz., 21" born to Sabrina and Kyle Boswell, Feb. 8, at 4:12 p.m.

Izabelle Marie, girl, 7 lbs., 6 oz., 19.7" born to Stephanie and Lucas York, Feb. 12, at 3:47 a.m.

Aven Tyree, boy, 5 lbs., 1oz., 17.8" born to Toreda and Tristan Davis, Feb. 12, at 12:34 a.m.

Madelyn Elaine, girl, 6 lbs., 7oz., 17.9" born to Megan and Anthony Carson, Feb. 15, at 10:24 p.m.

Addison Claire, girl, 5 lbs., 15 oz., 17.7" born to Megan and Anthony Carson, Feb. 15, at 10:22 p.m.



Activities at the Arts and Crafts Center

Arts and Crafts Center can help you make a plaque, frame a treasure, personalize ceramic ware, have a party and so much more.

In our **Frame Shop**, you can have a custom made frame for that special painting, certificate, or even a uniform! Our framer can frame just about anything you want. We also offer framing and matting classes so you can do-it-yourself and save some money.

Our **Ceramic Shop** is the perfect place to get your creative juices flowing. Pick out a pre-made bisque piece to paint or take a pouring class and learn

to pour your own ceramic ware. The Arts and Crafts instructor can help you plan a variety of party occasions, such as birthdays, ice cream socials and much more. Special projects, classes and fun crafts are scheduled, so check in often to see what we have planned.

Arts & Crafts has some wonderful classes and events that are happening in April and May. Below is a small sample of the programs and events:

April

Pirate Party April 24, from 12-2 p.m. Cost is \$15 per person.

Sewing 101 classes are starting April 16, 5-6 p.m. Cost is \$50 per person.

April Floral Arrangement Contest - all entries must be submitted by April 28 by 5 p.m.

Kids Classes are offered on early out school days, from 3-4 p.m., for the month of April. Cost is \$5 per person. Sign-up for Bird Buddy Feeder, Clay Building, and Mother's Day gift classes.

May

Garden Hat Contest & Tea Party scheduled on May 8, 12-2 p.m. Cost is \$15 per person or \$20 for mother and daughter.

Mosaic Class on May 9, 11 a.m.-1 p.m., Cost is \$10 per person.



The 2010 Arts & Crafts Contest web site will be open for entry submissions starting today through July 5. Entry forms and contest guidelines are on the contest website: <https://artscrafts.fmwrc.army.mil> For more information, call Arts & Crafts Center at 380-3431.



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Pick up some weights girls!

BY SANDY CLARK

Coyote Activity Center, Fitness Coordinator

"I don't want to look like a man," I hear this all the time from women who are afraid to train with weights. Seriously, women, do you actually think that? Do you realize what weight training will do for your body, not to mention your spirit?

Women cannot produce enough testosterone to gain the muscle mass that men have. The idea of getting masculine shouldn't even cross your mind ladies. It's impossible. I'm sure you've seen women body builders who are very masculine. They are body builders. They didn't get that way by accident. Most of them have to use steroids and spend hours in the gym lifting weights.

Some think that cardio is the only way women should train. If you are a cardio queen, I challenge you to pick up some weights. To get a tone body, you must incorporate weight training in your exercise program.

Remember, the key components of fitness: cardiovascular training, muscle strength and endurance training, flexibility, body composition, and nutrition. Having one without the other leaves your exercise program lacking and you frustrated.

Benefits of Weight Training:
Decreases the risk of coronary disease
Decreases risk of injury
Increases bone density
Adding muscle will increase your metabolism
You will look and feel better
**Please consult your doctor before starting any exercise program.*



Coyote Activity Center Fitness Class Schedule

Thursday, April 1

No Classes

Friday, April 2

No Classes

Monday, April 5

Morning

8:30 Kickboxing/Sandy

9:30 Pilates/Sandy

11:45 Step/Tamara *30 min express

Afternoon

12:15 Zumba/Robin * 30 min express

3:00 Yoga/Michell

5:30 Spin & Core/Sandy

*45 min spin 30 min core

Tuesday, April 6

Morning

6:30 Spin/Sandy * Free Class

8:30 Body Shop/Tamara

9:30 Belly Dancing B/Tamara

11:45 Body Shop/Sandy

Afternoon

5:30 Zumba/Robin

6:30 Yoga/Robin

Wednesday, April 7

Morning

8:30 Cardio Craze/Tamara

9:30 Belly Dancing C/Tamara

11:45 Cardio craze/ Tamara 45 min Express

Afternoon

12:15 Pilates/Robin

3:00 Yoga/Michell

5:30 Power Spin/Sandy *1 hour

6:30 Kickboxing/Sandy

Fitness Class Pass: \$30 Unlimited monthly pass; \$20 10-class punch card; \$3 per single class.

Classes during PT hours are FREE!

Check our new class schedule. We've added many new classes to help you reach your fitness goals. For more information about fitness classes at the Fitness Connection, call Sandy Clark, fitness coordinator, at 380-7242.

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Irwin March Madness

916th Support Brigade hosts basketball tournament, family day

STORY AND PHOTOS BY GUSTAVO BAHENA

Warrior Staff Writer

The NCAA basketball championship tournament is nearing the end, with the final game scheduled for Monday. However, on Fort Irwin, 916th Support Brigade has already hosted a March Madness event of its own.

On March 19, service members and families of the 916th Support Brigade gathered at Ingalls Recreation Center and the Freedom Fitness Gym for an afternoon of basketball and family activities. To kickoff the event, a friendly basketball game was held between officers and noncommissioned officers of the 916th. After the first 10-minute half, the game was tied at 7. The 916th commander Col. David Gaffney and his team of officers pulled away in the second half to a lead of 18 to 13. Nevertheless, the NCO team mounted a strong comeback and tied the game as the clock ran out. The thrilling end set the stage for the subsequent games amongst company-level teams and activities held for families.

Gaffney said the purpose of the event was related to the overall comprehensive Soldier fitness program and helped with building social strong relationships among Soldiers.

"This is a great team-building exercise because it demands that teams come together from each respective organization and try to win and represent their company flag," Gaffney said. "[It creates] esprit de corps within the brigade, so we can build a stronger bond and to ensure Soldiers understand how — as a team — we can work together, play together and have fun together."

"Have fun" is exactly what eight basketball teams from company-level units of the 916th had as they played each other in a tournament that afternoon. Participating in the eight-game tournament: Headquarters and Headquarters Company, 699th Maintenance Co. (two teams), 557th Maintenance Co., Aviation Company, Headquarters and Headquarters Detachment of the General Support Aviation Battalion, Movement Control Company, and the Air Ambulance Detachment. The final game was played between MCC and the 'No Slack' team of the 699th. 'No Slack' took home the trophy and bragging rights after a decisive 49-36 victory. Leading the winning effort was team captain Sgt. Robert White, a mechanic and squad leader with the 699th. White, who played guard, said his teammates know each other well, play well together, and they showed they had 'heart' in the final game.

"We've been together for a bit," White said about his team, who returned December 2009 from a year deployment in Iraq. "We just got back from Iraq. We're just dedicated. We just wanted to show we have a good team."

The 916th showed it has a good team as well, and it was demonstrated by the atmosphere and activities of the afternoon. The Fort Irwin Police Department provided a police K-9 demonstration and the anti-crime mascot McGruff made an appearance enjoyed by families and their children.

"As a commander, you look for cohesion and morale builders and this is one of those things that helps them become stronger as a unit," Gaffney said. "It's been overall a great day for Soldiers and families who've come out."



'No Slack' team of the 699th Maintenance Company shows off the Commander's Trophy which the basketball team received for winning in the "March Madness" basketball tournament held at the Freedom Fitness Gym. The tournament was hosted by the 916th Support Brigade, an event that pitted company-level teams against each other while families watched or participated in other activities.



Sgt. Patrick Parker, Movement Control Company, dribbles past Sgt. Michael Smith, 699th Maintenance Company, during the final game of a "March Madness" tournament. The 699th team, 'No Slack,' won the game 49-36, and took home the Commander's Trophy given by Col. David Gaffney, commander, 916th Support Brigade.



Col. David Gaffney, commander of 916th Support Brigade, attempts to block a shot by 1st Sgt. Alejandro Zavala, first sergeant, 699th Maintenance Company, during a friendly game of basketball between officers and noncommissioned officers.



Sgt. 1st Class Anthony Jones, with Headquarters and Headquarters Company, 916th Support Battalion, looks left as he drives down the court during a basketball game.



Sgt. Maj. Alexander Rivera Diaz, with 916th Support Brigade, tips one in the basket to tie the score during the final seconds of a friendly match between officers and noncommissioned officers of the 916th. The game kicked off an afternoon of basketball games and family activities that promoted unity and esprit de corps in the brigade.

Spouse of senior leader listens to Fort Irwin spouses' issues, concerns

New Army initiative to modernize Family Readiness

STORY AND PHOTOS BY CANDICE JAMOLIS
NTC Protocol Bureau, Protocol Officer

Fort Irwin family readiness group leaders learned about a new Army initiative which strives to make FRGs a more effective program for today's Army Family.

Ann Peterson, a seasoned Army spouse, discussed the details of a new FRG training program with the crowd of spouses late last week. "Families are very important," Mrs. Peterson said. "A lot of money has been invested into family programs. The Army is very much concerned about its families."

Mrs. Peterson is the wife of Lt. Gen. Joseph Peterson, deputy commander of the United States Forces Command. She was an FRG leader many times during her husband's career and has witnessed several changes to the FRG program.

She, along with Connie Abrams, wife of Brig. Gen. Robert "Abe" Abrams, talked to a group of Fort Irwin FRG leaders about

the current state and future of the Army's FRG program.

Army FRG trainers, Mrs. Peterson explained, plan to use a more innovative approach to teaching the core values of the FRG through its "Well-Being Team."

The team will be responsible for training commanders, family readiness support assistants and FRG leaders simultaneously about the purpose, function and regulations of the FRG. "So if you have questions or problems, you will all be in the same room so that you are all on the same page," she said.

Trainers also plan to use innovative language in hopes of making the FRG more approachable and understandable. The Well-Being team of trainers will refer to the FRG as a sports team. The "team" is made up of Soldiers and families, commanders are the "coaches," FRG leaders are called "quarterbacks," and FRSAs are "trainers." Each title describes every key player's role. "People understand

it better when they think of it in terms of a football team," Mrs. Peterson said.

Mrs. Peterson asked spouses for ideas about how the Army could improve FRG participation. The Army, she explained, plans to provide more training for commanders prior to taking command so they are more knowledgeable about the functions of the FRG.

One spouse said FRG participation was lackluster in some units at Fort Irwin. She said participation might increase if efforts were made to change the image of the FRG. "There is a negative connotation associated with FRGs," she said. "I had such a great experience when I finally got involved."

One FRG leader said Fort Irwin's battle rhythm poses a unique challenge to FRGs. She tries to be sensitive to the way families deal with the rotational schedule. "Wives tell us not to do events that take their husbands away on their little time off."

Another spouse added, "Families get burned out here and that makes it hard for people."

Mrs. Peterson said one solution may be developing creative programs that would allow families to share quality time together at FRG events.

Some spouses also said the FRG message does not always get disseminated to the right people. Some spouses do not know what it is and how it can help them.

Mrs. Peterson said the Army realizes the traditional way of distributing information is not always the most effective. "The way information is being put out today is not newsletters," she explained. "It's email and it's Twitter." Mrs. Peterson said FRG leaders should learn to use social media outlets like Twitter and Facebook to keep families informed about the FRG. She said this could result in more participation and could provide useful and instant feedback.

Mrs. Abrams thanked the crowd for providing useful feedback she can use to help improve the program locally and applauded them for being dedicated volunteers.



Mrs. Peterson, wife of Lt. Gen. Joseph Peterson, deputy commander of the United States Forces Command, right, listens to a Fort Irwin family readiness group leader's concerns.



A Fort Irwin family readiness group leader asks Mrs. Peterson what she can recommend to bolster the interest in FRG programs at Fort Irwin.



Fort Irwin family readiness group leaders gather and meet with Mrs. Ann Peterson at Sandy Basin Community Center.



Fort Irwin family readiness group leaders speak their minds on concerns and issues at Fort Irwin.

For more information go to www.irwin.army.mil

Shoot, from page 1

activity I would hate to see an injury occur there. One suggestion I would like to pass is for foot patrols that would enforce NTC Reg. 190-5. The posting of a penalty such as community service or impounding the skateboard for a period of time may serve as a deterrent. I like the park and would really like to see safety standards enforced. **Agency Response:** Customer comment was viewed by management, but a response has not been logged in ICE as of publication date.

J&J Mexican Restaraunt

Customer Comment: The woman at the order pick-up window for J&J Mexican Restaurant was extremely nice. She made sure I had everything I needed, asked how I was doing, and smiled the entire time. Her attitude and cheerfulness brightened my day. **Agency Response:** Thank you for the kind words about J&J Mexican, as you can see I have passed them on to the owners. We hope you continue to be a customer, and thank you again for using the ICE system.

Shockwave

Customer Comment: My family and I went to Shockwave on March 17 for the 0.25 cent wing deal — only to be let down on their service. We first ordered 24 wings at 7:38 p.m. (according to the sales receipt) and then put in a second order about 20 minutes later. When the second order was placed, we were told there was a 25-minute wait time for wings. After waiting for 30 minutes for the first order, I asked about our order and was told I still had another 10 minute wait. I asked why we were waiting 40 minutes for this order of wings and was told other people were ahead of us. I then asked why we were not told that when we placed the order to which I got an answer of "They should have told you." Well, our first order came after a 55-minute wait (never told there was a wait to begin with) and the second order, which should have been a 25 minute wait, ended up being 35 minutes. I am wondering, if they know they are running this special, why they were not better

prepared? It was also a holiday, so they should have expected more people than usual. I had a child falling asleep at the table waiting on these wings! Where was the communication of the staff? Is this the kind of service one can expect from Shockwave all the time? **Agency Response:** Ms. Thomas: Thank you for utilizing the ICE comments system. I received your ICE comment from Wing Night on March 17. I would like to apologize for the delay in service. Wing Night has been a successful family event since its inception in January due to additional staffing and preparation. However, last night we experienced an exceptional increase in business even with additional staffing and preparation for the holiday. I would like to correct this and provide you a quality experience at Shockwave and Primo's Express. Please contact me. Thank you for your patronage.

Legal Assistance Center

Customer Comment: To whom it may concern: I would like to comment on Ms

Menzie-Kwakye (Legal Assistance Attorney). Ms. Menzie is very professional and handles different situations in a timely manner. She sets the standard and raises the bar for her colleagues. She is a leader in her own way. No problem is too small for her, she treats every customer the same and cares about her clients/Soldiers. I would have her to represent me anytime with any situation. This is the type of attorney every legal office should have civilian/military. Also another star in my book is Ms. Turner (Paralegal Specialist) who is also very professional. I had the opportunity to have something notarized and she took great care of me. She always greets clients with a smile and treats everyone like this was her first day on the job. She sets the bar for anyone who wants to be a paralegal. Please, I ask that these two women be recognized. Thank you. **Agency Response:** Comment was reviewed by management, but as of publication date, no response to customer has been logged in the ICE system.



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DoD authorized leave

Non-chargeable recuperation leave for Iraq and Afghanistan

BY JIM GARAMONE

American Forces Press Service

WASHINGTON — Some deployed service members will not be charged for rest and recuperation leave under a new Defense Department policy.

The new policy allows service members in designated areas to go on rest and recuperation leave without charge to their leave accounts. "So in a sense, it is an administrative absence and that's up to 15 days," said Sam Retherford, the Defense Department's director of officer and enlisted personnel management.

In the past, the leave was charged to service members' accounts, though travel time from the theater to the airport closest to their destinations was not charged, Retherford said.

The non-chargeable rest and recuperation leave program will be limited to the "most arduous" areas, and the combatant commander must recommend it through the Joint Staff for approval by the undersecretary of defense for personnel and readiness, Retherford said.

To qualify for the program, members must be serving in a leave restricted area, where no dependents are allowed. They must be receiving hostile-fire pay and in areas where travel in and out of the country is restricted. "Two additional areas are that the duty has to be extremely arduous and the command has to foresee continuing combat operations," Retherford said.

The benefit will take effect once an area is designated by the undersecretary of defense for personnel and readiness and will not apply retroactively.



CHERIE A. THURLEY

In this file photo, Soldiers are greeted upon arrival at the Dallas/Fort Worth International Airport in Texas. Soldiers returning to the U.S. on rest and recuperation leave typically travel through either the Dallas or Atlanta airport en route to their leave destination.

The Army identified the need as especially important for junior members, Retherford said, because they typically do not have a large amount of leave accumulated. "At the end of their deployment, there is very little in their leave accounts for rest, recuperation and reintegration to the family and community," he said. "So this program means they will not be charged for the R&R leave, and they will have that leave upon redeployment."

Inability to take leave upon returning from a deployment is a problem. The services want their people to take leave so they can decom-

press and reintegrate with the families and communities. The services have been allowing administrative leave upon redeployment from a combat zone, but generally limit it to local areas around bases.

Service members already in Iraq and Afghanistan who qualify to participate in the R&R program will qualify for the non-chargeable R&R program. The areas that qualify for the program have to be re-designated every two years.

The commander of U.S. Central Command requested that Iraq and Afghanistan be desig-

nated as non-chargeable rest and recuperation areas, Retherford said. "We quickly coordinated this request with the military departments to ensure we provided service members with this new benefit as quickly as possible," he added.

About 1 million service members have participated in CENTCOM's rest and recuperation program. Due to the requirement for combat operations in a presidentially designated combat zone, the non-chargeable rest and recuperation program should be limited to U.S. Central Command, officials said.

Easier steps for Veterans to obtain disability compensation

VA recognizes 'presumptive' illnesses in Iraq, Afghanistan

DEPARTMENT OF VETERANS AFFAIRS

News Release

WASHINGTON — The Department of Veterans Affairs is taking steps to make it easier for veterans to obtain disability compensation for certain diseases associated with service in the Persian Gulf War and in Afghanistan.

Eric K. Shinseki, the VA secretary said the steps mark the beginning of historic change for how the VA considers Gulf War veterans' illnesses.

Following recommendations made by the Gulf War Veterans Illnesses Task Force, the VA is publishing a proposed regulation in the Federal Register that will establish new presumptions of service connection for nine specific infectious diseases associated with military service in Southwest Asia during the Persian Gulf War, or in Afghanistan on or after September 19, 2001.

"We recognize the frustrations that many Gulf War and Afghanistan veterans and their families experience on a daily basis as they look for answers to health questions and seek benefits from VA," said Shinseki.

The proposed rule includes information about the long-term health effects potentially associated with the nine diseases: brucellosis, campylobacter jejuni, coxiella burnetii (Q fever),

malaria, mycobacterium tuberculosis, nontyphoid salmonella, shigella, visceral leishmaniasis and West Nile virus.

For non-presumptive conditions, a veteran is required to provide medical evidence that can be used to establish an actual connection between military service in Southwest Asia or in Afghanistan and a specific disease.

With the proposed rule, a veteran will only have to show service in Southwest Asia or Afghanistan, and a current diagnosis of one of the nine diseases. Comments on the proposed rule will be accepted over the next 60 days. A final regulation will be published after consideration of all comments received.

The decision was made after reviewing the 2006 report of the National Academy of Sciences titled, "Gulf War and Health Volume 5: Infectious Diseases." The 2006 report differed from the four prior reports by looking at the long-term health effects of certain diseases determined to be pertinent to Gulf War veterans.

The 1998 Persian Gulf War Veterans Act requires the VA secretary to review NAS reports that study scientific information and possible associations between illnesses and exposure to toxic agents by veterans who served in the Persian Gulf War.

Because the Persian Gulf War has not officially been declared ended, veterans serving in Operation Iraqi Freedom are eligible for the VA's new presumptions. Shinseki decided to

include Afghanistan veterans in these presumptions because NAS found the nine diseases are prevalent in that country. Noting that today's proposed regulation reflects a significant determination of a positive association between service in the Persian Gulf War and certain diseases, Shinseki added, "By setting up scientifically-based presumptive service connection, we give these deserving veterans a simple way to get the benefits they have earned in service to our country."

Last year, the VA received more than one million claims for disability compensation and pension. The administration provides compensation and pension benefits to more than 3.8 million veterans and beneficiaries. Presently, the basic monthly rate of compensation ranges from \$123 to \$2,673 to veterans with no dependents.

Disability compensation is a non-taxable, monthly monetary benefit paid to veterans who are disabled as a result of an injury or illness that was incurred or aggravated during active military service.

For more information about health problems associated with military service during operations Desert Shield, Desert Storm, Iraqi Freedom and Enduring Freedom and related VA programs go to www.publichealth.va.gov/exposures/gulfwar/ or go to www.va.gov for information about disability compensation.

For more information go to www.irwin.army.mil

Peter, Peter Cotton Tail, hopping down the bunny trail

BY BOB LUCAS
Commentator

Easter is upon us, but what do we know about the Easter Bunny? The Easter-Egg Bunny is a cuddly egg-laying critter, with a twitch in its nose and two pink ears. Everybody I know loves the Easter Bunny. After all, it lays eggs, leaves brightly colored baskets with an assortment of candy, and people even dress up for this event. In origin, though, this critter was a hare that took on human mannerisms.

The Easter Bunny has meaning for all children throughout the world. Easter Sunday is a very highly celebrated event with Easter egg hunts, family gatherings, and it is a special day for all. In legend, the Easter Bunny brings baskets filled with colored eggs, candy and toys to the home of children on the night before Easter. The Bunny either put the baskets in a designated place or in my early life, the Bunny hid the baskets somewhere in the house, around

the house, in the garage, and even under my bed. We were to find the Easter eggs when we woke up in the morning.

My family always went a step further by hiding the eggs in trees, bushes, rain gutters, and other hard to find or hard to reach places for us to find the eggs. We even found them in the neighbor's yard. This allowed my parents to watch our frustrations and to take some great pictures

We often found candies, marshmallows, and money in the eggs, so we surmised that we had a rich Bunny visit our house. The Easter Bunny was first mentioned in the 1600s Germany and the first eatable bunnies were made in Germany.

The Easter Bunny only appeared for good children, who received gifts of colored eggs in their caps or bonnets before Easter. It was a great day when the Easter Bunny visited my house, since my three brothers and I had a "mean streak" in us. The fantastic idea of an

egg-laying bunny came to the United States through the Germany immigrants in the Pennsylvania Dutch areas.

Nowadays, Easter has become a commercially celebrated event, with everyone celebrating Easter around the springtime. The Easter Bunny plays a huge or may I say "gigantic" part in the lives of younger children. The Easter Bunny is featured in books, cartoons, movies, and TV specials.

There is a lot to be said about the various jelly beans, Cadbury eggs, marshmallow and chocolate bunny treats, and the colorful Easter baskets. Yes, there is a lot to be said about us adults still enjoying the treats of the younger children and thinking about our very own times of the past.

This day is a good time to fire up the grill, invite your neighbors or relatives, cook up some hamburgers and hotdogs, and share egg-hunting stories with the children. My children still remember those stories of the past. Have

fun on Easter day, but remember ... Christians celebrate Easter as a day of remembering the resurrection of Jesus from the dead. Enjoy your day, and remember, the mission at Fort Irwin will continue and we want you back. You and our military families are a big part of the success of this mission.

Editor's note: You can reach Bob Lucas at: barstowbob2@verizon.net



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Quarterly Domestic Water Public Notice

Fort Irwin's Water System is operated under a privatization contract with CH2MHill. As the system ownership is not transferred to CH2MHill, compliance responsibilities still reside with the U.S. Army.

Fort Irwin has two water systems. A Reverse Osmosis or RO System and a domestic use system or DU system. The domestic use (DU) water is higher than the California standard in Fluoride (Maximum Contaminate Levels, MCL = 2 mg/L). The Domestic Use water is also higher than both the U. S. Environmental Protection Agency (US EPA) and State of California standard of Arsenic (MCL 10 µg/L). DU water is intended for use in washing, cleaning, irrigation, and other non potable uses.

Fort Irwin treats a portion of the DU water at our reverse osmosis water treatment plant. The Reverse Osmosis treatment process removes contaminants including Fluoride and Arsenic and ensures our water meets all State and Federal Safe Drinking Water standards. The RO water should be used for drinking and cooking.

The RO system is visible in housing or your work space as either a RO water tap (shown at left) usually in the kitchen or a water fountain (shown at right). Areas that do not have RO water are provided with bottled drinking water.

Fort Irwin has completed the design of a new Water Treatment Facility. Our goal is that by the end of the year 2011, all water that our customer's use will meet or exceed the Federal

and state MCLs. At that time the system ownership and permits will be transferred to CH2MHill.

Fort Irwin's water permit requires Fort Irwin to notify the public quarterly of the following:

This is an alert about your drinking water and a cosmetic dental problem that might affect children under nine years of age. At low levels, fluoride can help prevent cavities, but children drinking water containing more than 2 milligrams per liter (mg/L) of fluoride may develop cosmetic discoloration of their permanent teeth (dental fluorosis). The Domestic Use (DU) water provided by Fort Irwin water system has a fluoride concentration ranging from 0.8 mg/L to 8.6 mg/L.

Dental fluorosis may result in a brown staining and/or pitting of the permanent teeth. This problem occurs only in developing teeth, before they erupt from the gums. Children under nine should use the RO water to avoid the possibility of staining and pitting of their permanent teeth. You may also want to contact your dentist about proper use by young children of fluoride-containing products. Older children and adults may safely drink the water.

Drinking water containing more than 4 mg/L of fluoride can increase your risk of developing bone disease.

Some people who drink water containing arsenic in excess of the MCL over many years may experience skin damage or circulatory system problems, and may have an increased risk

of getting cancer. The Domestic Use (DU) water provided by Fort Irwin water system has a arsenic concentration ranging from 2.3 µg/L to 38 µg/L.

Please note, the amount of arsenic in the water has not changed. The standard that Fort Irwin's must meet was changed from 50 µg/L to 10 µg/L on 23 January 2006. The arsenic in our water comes from erosion of natural deposits.

For more information, please contact Water Resources Manager, Fort Irwin DPW, at 380-4987 or P.O. Box 105085, Bldg 602, Fifth St. Fort Irwin, CA 92310-5085. If you have questions concerning Fort Irwin Water System operation contact CH2MHill 386-9706. Some home water treatment units are also available to remove fluoride from drinking water. To learn more about available home water treatment units, you may call the California Department of Health Services Water Treatment Device Unit at 916-323-5600.

Please share this information with all the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this public notice in a public place or distribution copies by hand or mail.

Si desea leer este anuncio en Español puede leerlo en red electrónica en <http://www.irwin.army.mil/Post/Environment/> Estado de California a la Unidad de Equipo de Tratamiento al teléfono 916 323-5600.

Anuncio Publico Trimestral de la Calidad del Agua Domestica

El sistema de agua de Fort Irwin es operado bajo un contrato de privatización con la Compañía CH2MHill. Porque el sistema continua siendo propiedad del gobierno la responsabilidad de cumplir con los requisitos de sanidad reside con el gobierno.

Fort Irwin tiene dos sistemas de agua. Uno de agua filtrada para tomar y otro sin filtrar para uso domestico.

El agua del sistema para uso domestico tiene un contenido de Fluor mas alto que el nivel permitido por el Estado de California (Nivel Maximo de Contenido (MCL = 2 mg/L).

El agua para uso domestico es también más alta que el nivel de arsenico permitido por la Agencia de la Protección del Ambiente de Los Estados Unidos (EPA) y la del Estado de California del estándar (MCL 10 ug/L).

El agua del sistema para uso domestico debe ser usada para lavar ropa, limpiar los pisos, regar las plantas, y otros cosas para las que no necesiten agua potable.

Fort Irwin filtra una porción del agua en la planta de filtración central. El proceso de filtración remueve contaminantes incluyendo Fluor y Arsénico y asegura que el agua potable cumpla los requisitos de sanidad de los estándares Federales y Estatales . El agua potable debe ser usada para tomar y para cocinar.

El agua potable es distribuida a su vivienda y a los sitios de trabajo y puede ser identificada por la llave del agua (foto de la izquierda) o en las fuentes de tomar agua (foto de la derecha). A los sitios que el sistema no llega se le provee agua de botella.

Fort Irwin ya complete el diseno de la nueva planta para el tratamiento del agua. Esperamos que para el fin de ano del 2011 el

agua consumida cumpla o supere los estándares de sanidad Federales y Estatales. Cuando esto ocurra propiedad del sistema y los permisos serán transferidos a la Compañia CH2Hill

El Permiso Gubernamental bajo el cual Ft Irwin opera requiere que el público sea notificado acerca de lo siguiente.

Esta es una alerta acerca del agua que se ingiere y que puede causar problemas dentales cosméticos a los niños de menores de nueve anos de edad. A

niveles bajos, el fluor ayuda a evitar las cavidades dentales pero niños menores de nueve anos no deben de tomar agua que contenga mas de 2 miligramos de fluor por litro para evitar la descoloracion de las dientes permanentes (Fluorosis Dental). El agua para uso domestico en Ft Irwin contiene fluor que varia de 0.8 miligramos por litro (mg/L) hasta 8.6 mg/L.

Fluorosis dental puede resultar en manchar los dientes del color marron e o tambien en pequenas fracturas de las dientes permanentes. Este problema solo ocurre durante la etapa de desarrollo de los dientes antes de que broten de las encias. Niños menores de nueve anos deben de tomar siempre el agua del sistema filtrado para evitar la posibilidad de manchar los dientes o de las pequenas fracturas de los dientes permanentes. Tambien Usted debe consultar con su dentista acerca del uso de productos que contengan fluor. El agua para uso domestico no afecta a los niños mayores de nueve anos ni a los adultos.

Agua con un contenido en exceso de 4 miligramos de fluor por litro puede aumentar el riesgo de enfermedades en los huesos.

Algunas personas que toman agua que contiene

arsénico mas alto que el estandar (MCL=10 ug/L) por muchos años pueden afectar la piel o problemas de sistema circulatorio, y pueden aumentar el riesgo de contraer cáncer. El agua para uso domestico en Ft Irwin contiene arsénico que varia de 2.3 microgramos por litro (ug/L) hasta 39 ug/L.

Favor de notar, la cantidad de arsénico en el agua no ha cambiado. El nivel de arsenico permitido por el estandar fue cambiado de 50 ug/L a 10 ug/L el 23 de Enero 2006. El arsenico en nuestra agua viene de la erosión de depósitos naturales.

Para mas información, por favor llame al Encargado de Recursos de Agua al Departamento de Obras Publicas en Ft Irwin, al telefono 380-4987, o escriba al P.O. Box 105085, Edificio 602, Calle Cinco, Fort Irwin, CA, 92310-5085. Si tiene preguntas acerca de la operacion del sistema de agua, por favor llame a la Compañía CH2MHill, al telefono 386-9706. Tambien hay tratamientos y equipo residencial para remover el fluorido del agua disponibles comercialmente. Para mas información acerca de esos productos por favor llame al Departamento de Salud del Estado de California a la Unidad de Equipo de Tratamiento al teléfono 916 323-5600.

Por favor, comparta esta información con otras personas que tomas esta agua. Especialmente aquellos que no hayan recibido este anuncio (por ejemplo, gente en apartamentos, casas de cuidados de ancianos o enfermos, escuelas, o negocios). Puede hacer esto desplegando este anuncio en sitios públicos o distribuyendo en persona o por correo.

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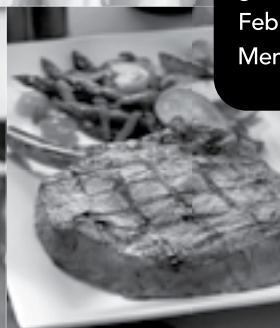
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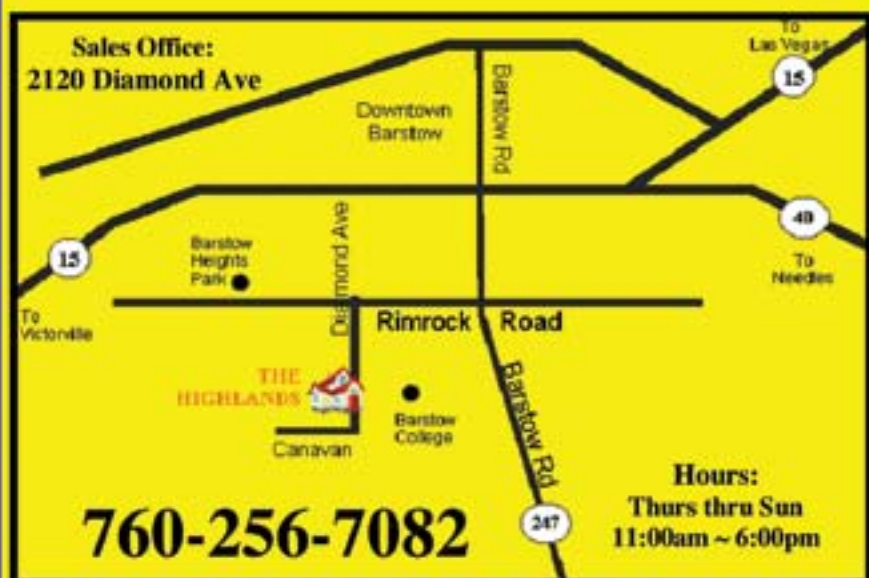
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2 hours for rent in Newberry Springs area; newly rehabbed; 3bdrm/2 bath; \$750mo +sec & pet deposit; 2bdrm/2 bath; \$625mo +sec & pet deposit. 619-365-1165

**FIND THE RIGHT RENTER!
HIGHLIGHT YOUR AD IN
YELLOW TO GET MORE
ATTENTION! CALL
877-247-9288 TO PLACE
YOUR AD TODAY!
Aerotech News & Review**

Apartments For Rent

Bonus Rewards!
Call Now & Save
\$475/mo Large 1 Bedroom
w/Large Kitchen
Large (All Furnished w/Utilities
Paid) Only \$700/mo
Large 2 Bedroom w/Large
Kitchen \$625/mo
No Pets
760-475-1846

**FILL YOUR VACANCIES!
REACH THOUSANDS OF
READERS! HIGHLIGHT YOUR
AD IN YELLOW TO GET
MORE ATTENTION! CALL
877-247-9288 TO PLACE
YOUR AD TODAY!
Aerotech News & Review**

Rooms For Rent

New Room in Large 4-Bedroom Home, Fully-Furnished w/Great Amenities and Private Bathroom. Plenty of Space. Near College & Shopping. Includes Utilities, Pool/Spa. \$550/mo. Contact 760-954-5680 or 760-252-4165, Leave Message.

Cars & Trucks

**Don't Let it Sit!
Get it Sold!
Call 877-247-9288
to Place your Ad.
Aerotech News & Review**

Announcements

**PLEASE REMEMBER
DEADLINE FOR ALL
CLASSIFIED ADS IS
TUESDAYS AT NOON
FOR THAT WEEK'S
EDITION!**

Misc. For Sale

Sheetfed Printing Press. Ryobi 3200PFA - Works (Needs a Little Work). \$1,500. Buyers Pays Shipping. Please Call Brian 661-949-7293

Services

Do You Have an Event Coming Up and You Don't Have Any Promotional Items to Give to Potential Clients? Don't Worry I am Here to Help. Call or Email Me What You Are Looking For and Let Me Find You The Best Deals Out There.
Contact Me at
661-435-9866 or Larena@AdPromosOnline.com.

Business Opportunities

Own A Computer?
Put it to work! Up to \$1500-\$7500/mo PT/FT, Free Info. incomethehealthyway.com

Garage & Yard Sales

**One Person's Junk is
Another Person's Treasure!
You'll be Amazed How Many
Treasure Hunters will
Respond When you place
an Ad in the Paper! Call
877-247-9288 Today to
Place your Ad!
Aerotech News & Review**

- Newly Remodeled Units
- Great Specials
- 1 & 2 Bedrooms
- Pool
- Laundry Facility
- Starting at \$550/month

ALFA APARTMENTS
\$\$ CALL FOR OUR MOVING SPECIAL \$\$
JESSE PEREZ
ONSITE MANAGER
2011 Borrego Drive, Barstow CA 92311
Phone (760) 252-5731

NEW FOR CLASSIFIED ADS

You can now get your Paid Classified Ads **highlighted in Yellow!**

Homes for Rent

Beautiful and Spacious 2 Master Bedrooms/2 Baths/2 Car Garage, 1700 sq. ft. in Gate Community. Appliances included. Fenced Yard, Community Pool. \$995/mo.

*Homes for Rent
Apartments for Rent
Employment Opportunities
Cars & Trucks
Furniture & Appliances
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and many more...*

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toll free
877-247-9288



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Provided as a public service.
a CFC participant

THEY HAVE SWORN NEVER TO LEAVE A MAN BEHIND.

WE'VE DONE THE SAME.

SHOW YOUR SUPPORT FOR OUR TROOPS BY LOGGING ON TO
★ WWW.AMERICASUPPORTSYOU.MIL ★

Ad Council

Caring for America's Children Since 1917

"We take stock of everything else. Why not take stock of our greatest assets, our boys and girls?" - Father Flanagan

Father Edward Flanagan, 1886-1948
Founder, Boys Town
www.boystown.org

BOYS TOWN
Saving Children. Healing Families.
A CFC participant - provided as a public service

Landmark Inn

We are currently accepting applications for the following position:

- **Front Desk** (full & part time, hourly)
- **Maintenance** (full time, hourly)
- **Porters** (full & part time, hourly)
- **Housekeepers** (full time & part time weekends)

Walk-in applications or emailed resumes accepted for all positions.
Stop by the **Landmark Inn**,
39 Inner Loop Road, Fort Irwin, CA.
phone: 760-386-4040
email: pcallan@realmgroup.com

Bargains Bloom Sunrise Pass ESTATES

Quality Manufactured Homes at Affordable Prices
Starting at \$600 plus utilities
Including Space Rent...

Why Pay Rent? You can own your own home for less!

- Military Families Welcome • Close to Schools & Shopping
- Located only 38 miles from Ft. Irwin
- Sales or Lease Options on 2 Bedroom Manufactured Homes

No Reasonable Offer Will be Refused

CLUBHOUSE **RECREATION FACILITY** **FAMILY COMMUNITY**

(760) 252-3000
1000 Windy Pass Barstow, CA • sunrisepass@mpam.com

HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

FREE ADS

The **ONLY** personnel eligible to place free ads in the High Desert Warrior are:

• **Active Duty Military and DoD personnel Stationed at Fort Irwin NTC and their dependents, and retired military.**

The **ONLY** Classified ads that are available as free ads to above listed personnel are:

- Pets - Free To Good Home
- Roommate Wanted
- Lost & Found
- Cars & Trucks (Except RV's)
- Furniture & Appliances
- Misc. For Sale
- Garage & Yard Sales
- Motorcycles
- Misc. Wanted

All other categories are paid.

If you are eligible use the form below:

FREE CLASSIFIED AD FORM

AD COPY

One word, phone number, price per space.

20 Words Maximum.Limit 2 Free Ads Per Family, Per Week

Code: _____ (For Aerotech Office Use Only)

Name: _____ Rank: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Duty Phone: _____

Organization: _____

PAID ADS

The following categories are paid ads:

- | | | |
|--------------------------|-------------------------|----------------------------|
| • Homes For Sale | • Recreational Vehicles | • Acreage |
| • Houses For Rent | • Work Wanted | • Income Property |
| • Apartments For Rent | • Condos For Sale | • Farms & Ranches |
| • Lots | • Townhomes | • Services |
| • Hotels & Motels | • Industrial Properties | • Employment Opportunities |
| • Commercial Rentals | • Mobiles For Sale | • Child care |
| • Loans | • Mobiles For Rent | • Condos For Rent |
| • Investments | • Misc. For Rent | |
| • Business Opportunities | | |

The following ads are also considered paid ads if you do not qualify under FREE ADS Guidelines.

- | | |
|-------------------------------|-----------------------|
| • Pets - Free To Good Home | • Garage & Yard Sales |
| • Lost & Found | • Motorcycles |
| • Cars & Trucks (Except RV's) | • Misc. Wanted |
| • Furniture & Appliances | • Roommate Wanted |
| • Misc. For Sale | • Rooms For Rent |

For PAID ADS, use the form below:

PAID CLASSIFIED AD FORM

- | | |
|---|---|
| <input type="checkbox"/> HOMES FOR SALE | <input type="checkbox"/> MOBILES FOR RENT |
| <input type="checkbox"/> HOUSES FOR RENT | <input type="checkbox"/> MISC. FOR RENT |
| <input type="checkbox"/> APTS FOR RENT | <input type="checkbox"/> ACREAGE |
| <input type="checkbox"/> LOTS | <input type="checkbox"/> INCOME PROPERTY |
| <input type="checkbox"/> HOTELS & MOTELS | <input type="checkbox"/> FARMS & RANCHES |
| <input type="checkbox"/> COMMERCIAL RENTALS | <input type="checkbox"/> MISC. FOR SALE |
| <input type="checkbox"/> LOANS | <input type="checkbox"/> SERVICES |
| <input type="checkbox"/> INVESTMENTS | <input type="checkbox"/> EMPLOYMENT OPPORTUNITIES |
| <input type="checkbox"/> BUSINESS OPPORTUNITIES | <input type="checkbox"/> PETS |
| <input type="checkbox"/> RECREATION VEHICLES | <input type="checkbox"/> CARS & TRUCKS |
| <input type="checkbox"/> MOTORCYCLES | <input type="checkbox"/> FURNITURE & APPLIANCES |
| <input type="checkbox"/> WORK WANTED | <input type="checkbox"/> MISC. WANTED |
| <input type="checkbox"/> LOST & FOUND | <input type="checkbox"/> GARAGE & YARD SALES |
| <input type="checkbox"/> INDUSTRIAL PROPERTY | <input type="checkbox"/> CHILD CARE |
| <input type="checkbox"/> MOBILES FOR SALE | <input type="checkbox"/> CONDOS FOR RENT |

ALL ADS MUST BE PREPAID

AMOUNT\$ _____

CASH _____

CHECK # _____

AUTHORIZATION _____

DATE _____

AD COPY

One word, phone number, price per space.

Four lines (\$18.00) minimum. Payment must accompany ad copy

To this line - \$18.00 (minimum)

To this line - \$22.00

To this line - \$26.00

Each additional line \$4.00

Code: _____ (For Aerotech Office Use Only)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Visa/Mastercard/American Express # _____

Exp. Date: _____ Daytime Phone: _____

ALL ADS MUST BE RECEIVED BY TUESDAY NOON FOR THAT THURSDAY'S PAPER

To Submit Ads:

Please submit your ads via one of the following methods:

BY MAIL:

Paid And Free Ads
456 E. Ave. K-4, Ste 8
Lancaster, CA 93535

BY FAX:

Paid And Free Ads
(877) 247-9188

BY EMAIL:

Paid And Free Ads
judy@aerotechnews.com

BY PHONE:

Paid Ads Only
(877) 247-9288



BEST OFFER EVER!

Over 100 channels

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Month

Lock In Your Savings!
For 12 Months!

Get 100%
Digital TV Today!



- 4 Room System with DVR
- Platinum High-Definition
- High-Definition DVR Receiver
- Professional Installation

Call Today and Receive:

- Free for 3 Months 15 Movie Channels Including **HBO** & **SHOWTIME**.
- **cine max** for a YEAR for ONLY a penny!
- Lowest Price Nationwide!
- FREE 4 Room System with DVR!



Classic Bronze 100

\$19.99
MONTH

Lock in your Savings
for 12 months!
Reg. Price
\$34.99/mo

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**Hundreds More
Channels Available!**

Call Now! \$570 Sign-Up Bonus!

1-866-218-6311

Call 7 Days a week - 8am - 11pm EST Promo Code: Q13

*Requires qualifying commitment and a valid major credit card. Satisfactory credit score required. Call for full details and disclaimer.

