



HIGH DESERT WARRIOR

Volume 6, Number 15

www.irwin.army.mil

April 15, 2010

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

Earth Day Fair

Everyone is invited to celebrate and participate in Fort Irwin's Earth Day Fair at Sandy Basin Community Center, from 11 a.m. to 5 p.m., April 23.

Highlights of the fair will include opening remarks by Col. Jim Chevallier, garrison commander, environmental education displays by government agencies and contractors, children's live tortoise viewing and education area. Children's hands-on archaeological dig area, community yard sale area, household hazardous waste and electronic waste turn-in area, food and drink vendors, fire safety trailer, energy savings trailer, and recycle sculpture contest. Community participation enhances environmental awareness, so Soldiers, civilians, and family members become good stewards of Fort Irwin lands and aide in meeting sustainment goals. For more information, contact Elisa Sanchez, DPW Environmental, 380-5290.

\$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 six units or more and a GPA 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.

Veteran's Home Relay

Everyone is invited to the 15th Annual Veteran's Home Relay Race on May 8. The Association of the U.S. Army is hosting the race. Race starts at Memorial Fitness Center and ends at Veterans Home in Barstow. Entry fee is \$20 per person, make checks payable to AUSA, and the deadline is April 30. Entry fee covers t-shirt and lunch. Proceeds will support Fort Irwin 10-miler Team. To obtain an entry form or for more information, contact Darrell Kemp at 380-7532.

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.



National Training Center and Fort Irwin commanding general, Brig. Gen. Robert "Abe" Abrams, speaks to 170 Vietnam Veterans and Fort Irwin community during Welcome Home Ceremony for Vietnam War Veterans at the post's Freedom Fitness Gym, April 7.

Never too late to say 'Welcome Home'

Fort Irwin ceremony recognizes Vietnam War era Veterans

STORY AND PHOTOS BY GUSTAVO BAHENA
Warrior Staff Writer

"This is a long overdue recognition for exemplary service by warriors of a previous era who answered our country's call to military duty to serve in South East Asia in a conflict we know today as the Vietnam War," said Brig. Gen. Robert "Abe" Abrams.

The commanding general of the National Training Center and Fort Irwin spoke to a standing-room-only audience during Fort Irwin's Welcome Vietnam War Veterans Ceremony on April 7.

The governor of California, Arnold Schwarzenegger, had proclaimed March 30, 2010 as "Welcome Home Vietnam Veterans Day." Fort Irwin did its part by holding a celebration in which Veterans from off-post local communities and other areas attended. Veterans arriving to this military installation that morning were welcomed by school children who lined the road outside Tiefert View Intermediate School. Motorcycle-riding Veterans, and those transported by other vehicles, received cheers from kids who waved and held signs.

At the ceremony venue, Veterans were greeted by unit leaders and by an audience

who whooped and clapped loudly. Abrams spoke to 170 Veterans, seated at the center of the Freedom Fitness Gym, and to a crowd assembled alongside them. Abrams asked audience members to raise their hands if they had relatives or friends who served in Vietnam. Many acknowledged they had.

"So, as you can see, this war touched all of us," Abrams said. "It's personal for many of us."

He spoke of the condemnation that Veterans received from the public and media when

See Veterans, pages 10-11

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APRIL-MAY 2010

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

ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE

We salute, honor



263

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 — Apr. 4, 2010

Organization	No. of Comments	Rating	Percent Satisfied
916th Support Brigade	7	●	57
AAFES	104	●	30
Commissary	29	●	41
Fort Irwin Garrison	2459	●	89
Veterinary Services	54	●	81
DENTAC	206	●	96
MEDDAC	271	●	82

ICE Weekly Report Mar. 29, 2010 – April 4, 2010

Organization	No. of Comments	Rating	Percent Satisfied
CE Weekly Report	0	[NOT RATED]	—
Mar. 29, 2010 — Apr. 4, 2010	8	●	13
Commissary	3	●	33
Fort Irwin Garrison	180	●	89
Veterinary Services	1	●	0
DENTAC	8	●	100
MEDDAC	25	●	80

Fort Irwin Garrison Organizations

Organization	No. of Comments	Rating	Percent Satisfied
Fort Irwin Garrison	172	●	86
Family, Morale, Welfare, and Recreation	43	●	70
Civilian Personnel Advisory Center	0	[NOT RATED]	—
Equal Employment Opportunity	0	[NOT RATED]	—
Human Resources	60	●	96
Information Management	4	●	75
Legal	2	●	50
Logistics	0	[NOT RATED]	—
Pinnacle Housing	21	●	86
Plans, Analysis & Integration Office	0	[NOT RATED]	—
Police/Provost Marshall	3	●	33
Public Affairs	0	[NOT RATED]	—
Public Works	0	[NOT RATED]	—
RCI Housing	1	[NOT RATED]	—
Religious Support (California)	0	[NOT RATED]	—
Resource Management Office	0	[NOT RATED]	—
Safety	32	●	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	5	●	60
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.

Commissary

Customer Comment: I was at the commissary two days ago picking up a birthday cake for my son and I briefly complained to

my cashier as to how plain it was and how the bakery could've put a little more effort into his cake than just a plain white cake with blue letters. She said, "give me one second I'll be right back." I waited all of three minutes if that when she came back with my cake that had gotten rainbow sprinkles on it. She didn't have to I didn't even ask but I will say it made my cake look 100 times better and made me a happy mom. Then yesterday I was in there again and a

customer literally went out of his way to cut the line in front of me. I didn't even expect to run into the same cashier again and without even saying a word her attention to detail noticed what this gentleman did. She very politely asked the gentleman to get to the end of the line. I have great service at the commissary very regularly but in the last two days I'd say thanks to Amber it has been excellent. **Agency Response:** Comment _____ **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

Regiment holds DUI Rodeo

BY SPC. NATHANIEL MUTH

By 11th ACR Public Affairs

As a pro-active venture against drinking and driving, the Regiment held a Driving Under-the-Influence, or DUI, Rodeo recently. Police officers from the California Highway Patrol were invited to explain the seriousness of drinking and driving and the consequences of violating the law. Troopers were given a demonstration of what happens when a suspected driver has too much to drink and is pulled over by law officers. Field sobriety tests and how the breathalyzer is used were demonstrated with the assistance of regimental troopers.

One trooper took note of the event. "It does not take much alcohol to be over the legal limit, and, no matter how much you practice, you will never be able to pass the field sobriety tests while intoxicated," said Cpl. Jeffrey Cornett, 58th Engineer Company, Regimental Support Squadron, 11th ACR.



Pvt. Justin Biergans, 58th Engineer Company, Regimental Support Squadron, 11th Armored Cavalry Regiment, walks heel-to-toe during one of the field sobriety tests.



Pvt. Justin Biergans, 58th Engineer Company, Regimental Support Squadron, 11th Armored Cavalry Regiment, blows a .148 on the breathalyzer.



Police Officer Paul Ellis of the California Highway Patrol performs a field sobriety test on Pfc. James Boyles, 58th Engineer Company, Regimental Support Squadron, 11th Armored Cavalry Regiment.



Lt. Col. Andrew Cooper, commander, Regimental Support Squadron, begins the ceremony by informing the troopers about the dangers of drinking and driving.

Army to hire 3,000 security guards

BY IMCOM PUBLIC AFFAIRS

News Release

SAN ANTONIO, Texas — The Army is converting about 2,500 installation access control point security guard positions from contractor to federal employee status at nearly 50 stateside locations.

Overall, Installation Management Command will be announcing 3,076 openings for guards that will be needed at every garrison, except those aligned under Base Realignment and Closure or those transitioning to joint bases where another service is the lead agency.

Why is the conversion being made? Congressional mandates and the expected loss of a waiver established after 9/11 that allowed the Department of Defense to contract security

guard services at military installations in the States, said Craig Shreiner, branch chief of physical security for IMCOM.

And while the employment category of these guards will change, the service they provide seven days a week, 24 hours a day will not.

"Throughout this process, we will ensure a well-coordinated transition that continues our support to the mission, Soldiers and Families, and Army communities," said Shreiner.

In fact, the conversion will be completed in two group phases. The first phase consists of 28 garrisons and must be completed by Sept. 30. The second phase will consist of the remaining 18 garrisons and will be completed by July 26, 2011.

Group 1 involves garrisons from IMCOM's Northeast, West, Pacific and Southeast regions. Group 2 involves Southeast and West regions. A listing of garrisons within each region can

be found on the IMCOM home page at <http://www.imcom.army.mil/hq/>.

Once the job announcements are made, all qualified applicants — including contractors currently holding such positions — are encouraged to compete for the openings, Shreiner said.

"Additionally, veterans' hiring preferences are in place," Shreiner said, "and previous experience with military security work is something we value."

Job announcements have been made at several installations and will continue to be published throughout the conversion.

For more information, visit the Army's Civilian Personnel On-Line site — <http://www.cpol.army.mil/> — or USA Jobs — <http://usajobs.opm.gov/> — and use the key words "security guard."

Crime Watch

Information provided by
Provost Marshal Office

Civil standby. Location: Cracker Jack Flats. Police responded and stood by while complainant removed TA-50 military equipment from the garage.

Damage to private property. Location: Calico Estates. Police responded to a report of a vandalized motorcycle.

Installation bar letter served. Location: Business office. Police served a former family wife a post bar letter.

Credit card fraud. Location: Unknown station. Police were notified by the victim of unauthorized activity on his government travel card. Investigation revealed that person(s) unknown acquired his government travel card number and made unauthorized purchases online.

Possession of marijuana. Location: RUBA. Fort Irwin police were notified by the battalion commander regarding controlled substance found during an authorized search.

DUI. Location: North Loop Rd., 1/8th mile north west of Barstow Rd. Fort Irwin police found an unattended vehicle, on the side of the road that had collided with a dirt berm. The driver displayed the objective symptoms of alcohol intoxication and was apprehended.

Adopt-a-pet



Name: Star

Breed: Domestic Medium Hair

Gender: Female

Age: 18-months-old

Star 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

DAV Mobile Service Office

Attention all military veterans and retirees: A fully-equipped Disabled American Veterans (DAV) National Service office-on-wheels will make a stop at Barstow Community College parking lot, 2700 Barstow Road, Barstow, from 8 a.m. to 4 p.m., April 21. DAV membership is not required. An officer will be available to counsel you about your rights and benefits, claim filing assistance. Bring your claim number, social security number, and other pertinent documentation. For more information, call Paul Varela, DAV supervisor, (310) 477-2539.

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.

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 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.

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Worship Services/Chapel Activities

CATHOLIC

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

PROTESTANT

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

GOSPEL

Gospel Service	Sunday, 11 a.m.
Prayer Warriors	Wednesday, 6 p.m.
Children's Church & Choir Practice	Thursday, 6 p.m.
Adult Bible Study	Wednesday, 7 p.m.
Prayer Men Of Integrity Women of Excellence	
2nd Wednesday of the Month, 7 p.m.	

Center Chapel
Center Chapel
Center Chapel
Center Chapel
Center Chapel
Center Chapel
Center Chapel

LATTER DAY SAINTS

Sacrament Meeting
Sunday School
Priesthood/RSE

MUSLIM

Prayer

JEWISH

Jewish Service

CHAPEL ACTIVITIES

AWANA
(3 yrs.-6th grade)
HS Bible Study
MOPS

Note: For more information on chapel activities, contact the Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088.

AWANA:

PWOC:

PYOC:

CFLC:

MOPS:

Childcare services for ages 5-years-old and under are provided free of charge for all scheduled chapel services.

Sunday, 1 pm.	Blackhorse Chapel
Sunday, 2:15 p.m.	Center Chapel
Sunday, 3:10 p.m.	CFLC/Bldg 317

Friday, 12 p.m. Bldg 317

Friday, 6 p.m. Black Horse Chapel

Wednesday, 4 p.m. Center Chapel

Wednesday, 6 p.m. Bldg 320

2nd and 4th Wed, 9 a.m. Center Chapel

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

Protestant Women of the Chapel

Protestant Youth of the Chapel

Chaplain Family Life Center, Bldg 320

Mothers of Pre-Schoolers, Bldg 317

Barstow Baptist Temple
Pastor A.D. Hampton

Service Times

Bible Study	Sunday • 10 am
Worship Hour	Sunday • 11am & 6pm
	Wednesday • 7pm
Children's Program	Wednesday • 7pm

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Community Happenings

White Outfit Party

Wear your best ALL white outfit together and come dressed to impress during a free Dress in All White Party at Coyote Activity Center (formally the Fitness Connection) from 7 to 11 p.m., Friday/tomorrow. Youth in grades 9 to 11 can have fun, hang out, and kick back with friends. There will be prizes for the best dressed of the night. Call 380-3732 for more information.

Screen on the Green

Watch 'PG' animated film "Cloudy with a chance of Meatballs" with your family at Army Field, 7:30 p.m., Friday/tomorrow. Popcorn will be sold by Army Community Service while drinks and candy will be available for sale. For more information, call 380-3227.

FREE Movie Showing

AAFES and Warner Bros. Pictures have teamed up to offer a Studio Appreciation Advanced Free Screening of upcoming PG-13 action thriller, *The Losers*, at the Post Theater, 7 p.m., Sunday. Tickets are available at the door, starting at 6 p.m. Seating is available on a first-come, first-served basis. For more information, contact Rebecca Seals at 386-3385 or email sealsre@aafes.com

Skeet and Trap Open

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

Family Resiliency Training

916th Support Brigade will host Family Resiliency Training at Sandy Basin Community Center, from 3 to 4:30 p.m., April 21. Highlights of the event include: how you can affair-proof your marriage by strengthening bonds of affection, re-commitment bracelets to Soldiers and spouses, teen forum — 'Programs for a Better Fort Irwin,' safety, security and transitions assured and more. Smokey the Bear and McGruff the anti-crime dog will be there. Free snacks and free children activities will be offered. For more information, contact Angie Parreno, 380-8386 or email her at angie.parreno@us.army.mil

1/11 ACR FRG Events

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

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

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

1916th Support Battalion Events

FRG Meeting

Place: the FORUM (Bldg. 1200)

Date and Time: May 13 at 6 p.m.

POC: hhccssbfrg@gmail.com

171st/MCC, 1916th SB

FRG Meeting

Place: Bldg. 828

Date and Time: Apr. 22 at 5 p.m.

POC:

699th Maintenance

FRG Meeting — Bingo/Potluck

Place: Sandy Basin Annex

Date and Time: May. 11, 4 p.m.

POC: frg699th@yahoo.com

For more information go to www.irwin.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., 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.

At the Movies

Thursday, April 15

7 p.m. Closed

Friday, April 16

7 p.m. Green Zone (R)

7 p.m. The Crazies (R)

9:30 p.m. Brooklyn's Finest (R)

9:30 p.m. Shutter Island (R)

Saturday, April 17

7 p.m. Green Zone (R)

7 p.m. The Crazies (R)

9:30 p.m. Brooklyn's Finest (R)

9:30 p.m. Shutter Island (R)

Sunday, April 18

4 p.m. Percy Jackson

And The

Olympians:The

Lightning Thief (PG) ✓

7 p.m.

Studio Appreciation

— Free Screening —

Rated (PG-13)* Tickets

available at your local

AAFES Foodcourt.

Seating open to non-

ticket holders 30

minutes prior to

showtime.

Monday, April 19

7 p.m. Green Zone (R)

7 p.m. Brooklyn's Finest (R)

Tuesday, April 20

7 p.m. Closed

Wednesday, April 21

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.

Cooking Competitions

Join one or all of the various cooking competitions, including salsa and cupcake baking, during the Fort Irwin Food and Wine Festival on May 15, from 5 p.m. to 9 p.m. at Sandy Basin. You can pick up a registration form at Bldg. 550 MWR Marketing or by visiting our web site www.fortirwinmwr.com. Registration is free. Winners get bragging rights and food supply or restaurant gift cards. For more information, call 380-7144. The deadline is May 1.

Sewing Classes Begins

Sewing classes will begin at the Arts and Crafts Center, tomorrow. For more information, go to the www.fortirwinmwr.com web site, and click on Arts and Crafts Sewing Class in the Upcoming Events section or call 380-3431.

The Price is Right

Take a trip with Tickets and Tours to *The Price is Right* show on April 27 and May 11. It is free, but transportation cost is \$17.50, and you must be 18 and older to attend. Trip leaves TnT, Bldg. 976 at 8 a.m. Call 380-3771 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. Public is free to check out the meeting. More information: call Christine at 298-3438 or getfit@ww-Christine.com.

Weight Loss Challenge

Be a loser and win during Fort Irwin Spring Weight Loss Challenge. The Challenge is April 12-June 12. The Freedom Fitness Center can help motivate you to lose weight for nine weeks. Contestants, both men and women, can try to lose as much weight as safely as possible. All results are individually based. This is NOT a group challenge. Prizes will be awarded to the top individuals who lose the most. Call 380-7720 for more details.

Arts & Crafts Pirate Party

Arts and Crafts will hold a Pirate Party, 12 noon, on April 24. Cost is \$15. For more information call 380-3431.

Kindergarten Round-up

2010-2011 School Year Registration

Parents can register their children (age five before Dec. 2, 2010) at Lewis Elementary School 386-1900 on April 29, 9 a.m.-1 p.m.; May 13, 9 a.m.-1 p.m.(parents may choose the date that is convenient)

What you need:

Original Birth Certificate or Passport

Physical Exam (dated after February 5, 2010)

Oral Health Assessment (dated after August 5, 2009)

Up to date Immunization Record

Home, work and cell phone numbers

Two Emergency Contacts on Fort Irwin

Names and Phone #s

How: Representatives from Mary Walker Clinic and Dentac will be available to make physical and dental appointments.

Registration packets will be available on the day of registration.

Per SVUSD Board Policy, students must have physical and immunizations in order to start school.

Youth and School Activities

Middle School Activities

Thursday: Cooking Club Deviled Eggs, Titanic Web Search

Friday: Pony Beads, Open Lab

Monday: Spring Windsock, Recycled Magazine Holder

Tuesday: Pipe Cleaner Insects, MOMC Newspapers

Wednesday: Ultimate Journey Rockets!, Smart Girls, Recycled CD Bowls

Teen Activities

Friday: 2010 Spring Bling: All White Party!!! At the Coyote Activity Center!

Saturday: Super Nachos, Army Teen Month of the Military Child Celebration

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 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

Thu., Apr. 15

HIRED, Pizza & Wings Party
4:30-6:30 p.m.
Starz Academy, Bldg. 128
Kim, 562-298-2727

Fri., Apr. 16

All White Outfit Party
7-11 p.m.
Coyote Activity Center
380-3732

Fri., Apr. 16

Screen on the Green
7:30 p.m.
Army Field
380-3227

Wed., Apr. 21

916TH Family Resiliency Training
3-4:30 p.m.
Sandy Basin Community Center
Angie Parreno, 380-8386

Fri., Apr. 23

Earth Day Fair
11 a.m.-5 p.m.
Sandy Basin Community Center
Elisa Sanchez, 380-5290

Sat., Apr. 24

Arts & Crafts Pirate Party
12 noon
Bldg. 976
380-3431

Thu., May 6

ASAP Civilian Training
8:30-10:30 a.m.
Bldg. 573
Fernando Delgadillo, 380-4153

Sat., May 8

Tour de Irwin
8 a.m.
Outdoor Recreation, Bldg. 4100
380-4966

Sat., May 15

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



Check out these upcoming activities at Fort Irwin

5th Annual Little Miss/Mister Fort Irwin Pageant

BY LESLIE WESTON

Ingall's Recreation Center Manager

On March 27, Fort Irwin's very own young men and women participated in the 5th Annual Little Miss/Mister Fort Irwin Pageant. This year's theme was "Hawaiian Luau," and the kids dressed in their best Hawaiian-themed outfits.

Twenty-five contestants walked the runway with two different outfits, one casual and one dress while the older contestants had to show their talent and answer questions from the judges. All first place contestants left with a tiara or scepter, sash and trophy. The winners are:

Toddler Miss & Mister

1st Place: Alexia Money Wineglass and Gunner Eros Woodley

2nd Place: Hailey Christine Ramanna and Tyler Anthony Bledsoe

3rd Place: Leeah Yzabella Ibarra

Little Miss & Mister

1st Place: Genevieve Angelina Ibarra and Robert Phillipson

2nd Place: Monique Trivitt

3rd Place: Kennedy Autumn O'Steen

Pre-Teen Miss

1st Place: Cali Delp

Junior Miss

1st Place: Brianna Sheats



PHOTOS BY MASTER SGT. REY HEREDIA

Young family members smile and pose along the ramp, wearing their best Hawaiian-themed outfits during the pageant. It just shows everyone that you can't be too young to display what you got.

The Job Search is alive and well

Do you want to be a part of it, make a difference?

BY BOB LUCAS
Commentator

Some of the most talented and versatile people in the world in the job market is our "better half"... the spouse. With that being said, why are we not employing them more often in our communities? First of all, we must realize that most companies now accept resumes via the internet. That is the world as we now know it, and we must adapt to it or we will not get the job we deserve.

As the former senior recruiter for contractor Northrop Grumman Corporation at Fort Irwin, I realized quickly that on-line resumes gave us time to review hundreds of resumes quickly. That was not always good for the job searching public. So, where do we go from here? "Career fairs" are informative; however, most of them require the resume via the internet. With job web sites laid out for you, along with a point of contact for assistance, you can make it happen ... get the job you want. Below are sites to check for jobs at Fort Irwin and the surrounding area:

GOVERNMENT and CONTRACTORS: www.cpol.army.mil Civilian Personnel 380-3077; www.cpol.army.mil (NAF) 380-6227; www.aafes.com 380-1500 ext. 213; www.iapws.com 380-6771/6772; www.rayjobs.com, www.skilledcareer.com 386-1055; www.careers.northropgrumman.com 380-4574; www.itt.com, www.ittsystems.com;

www.careers.ch2m.com; <https://recruiter.triwest.com>, www.gd-ns.com; www.gdls.com, www.parsonsjobs.com; HR@brigadeqm.com 386-9400; Stephanie.michole.niclos@us.army.mil (909) 780-7767 (SYNCADD SYSTEMS, INC.); www.akima.com 380-1357; www.verdiroleplayers.com; www.jantec-inc.com 380-7881; Pacific Treatment, 386-7072; DRYKEF, INC., 380-5898; All-Pro Janitorial, 380-4106; All-Pro Pest Control, 380-4099; Landmark Inn, 386-4040; Commissary, 380-3560; Pinnacle (Housing Office), 386-4663; Armed Forces Bank, 386-1504, www.afbank.com.

OFF-POST AND OTHER SOURCES OF EMPLOYMENT: Schools: www.silvervalley.k12.ca.us, www.barstow.k12.ca.us, www.barstow.cc.ca.us, www.vvc.edu, www.park.edu, www.webster.edu. San Bernardino County: www.edjoin.org; California Employment Development Dept: www.caljobs.ca.gov, www.edd.ca.gov. Military Spouse Job Search: www.msjs.org. Desert Dispatch Classified Ads: www.desertdispatch.com. Federal Job Search: www.opm.gov. Resumix: www.cpol.army.mil (call 380-3077 for more info). Job line 2000: www.jobline2000.com.

Self-Employment at Fort Irwin: Call the Commercial Solicitation Office at 380-3348. Volunteer Work: Army Volunteer Corps Coordinator, 380-0585/4784, <http://www.irwin.army.mil/Services/FamilyServices/Volunteer-Programs/>. American Red Cross: 380-3697, www.redcross@irwin.army.mil.

With all of the above sites laid before you, you should now be able to take a look and visualize yourself finding a good job in our location. How would you like the opportunity to visit a job information center, receive application and resume writing assistance, attend employment readiness workshops, and obtain employer connections? You are in luck!

Right here in Fort Irwin, the Army Community Service (ACS) has a function called the EMPLOYMENT READINESS CENTER which is here to help you on job search tips, networking, advertising, applications, and resumes. For personalized counseling and resume assistance, call 380-5165. For assistance with the government Resumix (great opportunities here), call 380-5165/4784. This is a fantastic opportunity for all of those looking for a job. The office is conveniently located in Bldg. 548, Second St. & South Loop in beautiful and scenic Fort Irwin.

Now you have the connections, the assistance, and with your positive thinking, you can now go out and make it happen. The most ready and talented people in our area in the job market are our spouses (the better half). They deserve a job, and with the right planning, they can obtain a job. Good luck on your job hunt. Also remember, families are always moving due to Permanent Change of Station (PCS) orders. Job openings are continuous because of this, so do not sit around and wait. Be proactive, and if you do not have a job right now, make your full time job "looking for a job."



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Alcohol Awareness Month

Women and alcohol

BY VALENCIA R. BARNES

Employee Assistance Program Coordinator
Army Substance Abuse Program

It is estimated that approximately 4 million women in the United States are heavy drinkers. A heavy drinker is defined as drinking in a way that threatens one's health, safety and general well being. Here are a few facts regarding women and alcohol.

- Intoxicated women put themselves at a greater risk for violent crimes.
- Research shows that women develop alcohol related disease more quickly while drinking less alcohol than men.
- Women develop alcoholic liver disease more quickly and after drinking less alcohol than men.
- Research suggests that women are more vulnerable than men to alcohol induced brain damage.
- Many studies suggest that heavy drinking increases the risk of breast cancer.
- Women who drink while pregnant put their children at risk for Fetal Alcohol Syndrome. Fetal Alcohol Syndrome is set of birth defects that can cause mental impairment, problems with learning, memory attention and problem solving as well as small birth weight.
- Problem drinking among women is much more

likely to lead to or be associated with mood disorders such as depression and anxiety.

- It can increase the risk of spontaneous abortion or cause impaired fetal growth and development.
- Menstrual disorders have been linked to heavy drinking.

For women, moderate drinking is no more than one drink per day (U.S. standards). A standard drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of liquor (straight or in a mixed drink). Each contains the same amount of alcohol. How much you drink is as important as how often you drink.

Signs of a drinking problem are:

- Drinking alone when you feel angry or sad
- Drinking in a pattern (every day or every week at the same time)
- Planning activities around drinking
- Drinking to relieve pain or stress
- Drinking more than you meant to or after you told yourself you wouldn't
- Drinking to get drunk
- Thinking a lot about drinking
- Showing a personality change when you drink

If you or someone you know feels that they might have an alcohol problem please call the Ft Irwin Army Substance Abuse Program at 380.4035/4074 or call Military OneSource at 1-800-342-9647. Help is only a phone call away.



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Veterans, from page 1

they returned from tours in Vietnam. He mentioned that some Veterans did not wear their uniforms upon returning home — something that today would seem strange with Veterans from the current wars in Iraq and Afghanistan.

“In the ‘60’s and early ‘70’s, our Vietnam Veterans were treated poorly — a gross understatement,” Abrams said. “I remember vividly when I was a young kid, growing up as an Army brat, hearing how our returning Veterans were treated. And I know that it broke the heart of everybody in our house. When [service members] returned home, my brothers included, they were ostracized by their neighbors. This was a dark, dark period in our nation’s history and for our armed forces.”

Abrams praised Vietnam Veterans for enduring the unwarranted, negative reception in the United States with dignity, honor and silence. They demonstrated the best of the American spirit by serving our country with honor, he said.

“You made enormous sacrifices,” Abrams told the Veterans present. “You performed amazing acts of heroism every single day. Our Vietnam Veterans fought for our freedoms and for the freedoms of the oppressed people of South Vietnam.”

Gary Johnson is a Veteran who experienced what Abrams spoke about during the ceremony. Johnson served as a staff sergeant with 2nd Platoon, B Troop, 1st Squadron, 11th Armored Cavalry Regiment from 1966 to 1967 in Vietnam. Johnson, who was a track commander atop an armored cavalry assault vehicle (ACAV), served nine years until he was injured when his ACAV vehicle ran over a land mine in 1967. He was impressed with the magnitude of the ‘Welcome Home’ ceremony. He described it with one word.

“Beautiful,” said Johnson, who traveled from Dewey, Az., to attend. “It’s long overdue. It was a great ceremony.”

Richard Lantello served as a crew chief on a Huey helicopter for the 326th Medical Battalion, 101st Airborne Division from 1969 to 1970 in Vietnam. Lantello said he thought he would be attending a memorial-type of ceremony. He appreciated the celebratory event and said it was very nice.

“It was a lot more than I was expecting,” Lantello said. “It was very emotional.”

Lantello said that when he returned from Vietnam, there were no receptions in contrast to today’s ‘Welcome Home’ events for Soldiers of the current wars. It wasn’t until his 10-year high school reunion that someone

said, “Let’s recognize our Veterans.” Originally from Whittier, Calif., Lantello was drafted while in college for having dropped one class from his schedule. He views today’s volunteer Soldier as very professional and agrees that the public’s support of today’s Soldiers is positive.

“People like to go up to guys in uniform and say, ‘Hey, thanks for serving,’” Lantello said. “It’s very different now and it’s good,” Lantello said. “It’s a good thing.”

Spc. Isaac Nunez, a mechanic with 699th Maintenance Company here, said that he appreciates what Vietnam Veterans did for our country. Nunez said that a ‘Welcome Home’ ceremony can be very touching for Veterans, as it was for him after having returned from Iraq in December 2009.

“They definitely deserve this,” Nunez said about the Vietnam Veterans. “To actually see this happen for them — it is an honor for them. When I went through it, I felt the same way — I believe the way they feel right now — because, it was a really emotional moment. To see this today, it really got to me.”

Another person who said he felt strong emotions that morning was John Collins, a Vietnam Veteran and telephone maintenance worker at Fort Irwin. Collins said that he will soon be sending a care package to service members in Kuwait and Afghanistan and that he would be including a note that will read, “Thank you, I’ve been recognized.” He appreciated the ceremony and was amazed by the reception.

“It was very well put together — it was about time,” Collins said. “I knew it would be good, but this was fantastic.”

Abrams said that during the Vietnam War, over 58,000 Americans were killed in action and over 200,000 Americans were wounded in action. Today, there are somewhere close to 2,000 service members who are still officially missing in action.

Abrams gave a poignant description of war-time contributions by Vietnam Veterans.

“The actions of these men and women — these Soldiers, Sailors, Airmen, and Marines — are well documented in numerous books and movies,” Abrams said. “They fought with great courage and personal valor. They helped build a South Vietnamese Army and Air Force, and built life-long relationships with the people of South Vietnam. They built schools, villages, and hospitals long before ‘nation-building’ was in our Army’s vocabulary.”



Alex Rodriguez and his wife Evelyn proudly display their American Legion Post 324 jackets at the Fort Irwin-hosted Welcome Home Ceremony for Vietnam War Veterans.



Jacob Hill, an 8-year-old third grader from Tiefort View Intermediate School, left foreground, holds a ‘Thank You’ sign while Veterans from the Vietnam War era pass in front of his school. The veterans are on their way to the Welcome Home Ceremony for Vietnam War Veterans.

WELCOME HOME



ts while attending



ground, holds up a
Veterans were on



Air Force Lt. Col. Anthony Marshall (retired) receives a standing ovation during the Fort Irwin Welcome Home Ceremony for Vietnam War Veterans. Marshall flew combat missions in Vietnam and endured as a prisoner of war from July 1972 to March 1973 in North Vietnam.



Veterans from the Vietnam War fill the center of Freedom Fitness Gym during Fort Irwin's Welcome Home Ceremony for Vietnam War Veterans.



Mark Thompson, a Vietnam War Veteran from Irvine, Calif., enjoys the view of Fort Irwin from atop an M1A1 Abrams main battle tank. Thompson, and other Veterans, viewed static displays of 11th Armored Cavalry Regiment equipment while a guest of the Welcome Home Ceremony for Vietnam War Veterans. He served in Vietnam from 1969 to 1970 after enlisting in the Army out of Long Beach, Calif., at the age of 17-and-a-half. As an Army communications Soldier, he received a field promotion to the rank of sergeant, making him the youngest sergeant of the Vietnam War when he was just 18.



Patrick Donaldson, a Veteran of the Vietnam War who served as a Marine rifleman from 1968-69, right, speaks with Pvt. Justin Cate, a tank driver with C Troop, 1st Squadron, 11th Armored Cavalry Regiment. Donaldson viewed 11th ACR static displays of equipment while a guest of the Welcome Home Ceremony for Vietnam War Veterans.



Stephen Wright, a Vietnam Veteran from Helendale, Calif., shakes hands with Lt. Col. Scott Coulson, deputy commander, 11th Armored Cavalry Regiment, at Fort Irwin. Wright, along with 169 other Vietnam War era Veterans, attended the Fort Irwin-hosted Welcome Home Ceremony for Vietnam War Veterans.



Veterans from the Vietnam War era enter the Freedom Fitness Gym to applause and cheers from Soldiers and the Fort Irwin community.

WELCOME SOLDIERS

ICE, from page 2.

was reviewed by commissary management but customer did not request a response or leave contact information.

Gate Operations

Customer Comment: There needs to be a standard procedure at the gate. I ride a motorcycle some mornings to work. It's a full face helmet. Now some guards just check my ID and maybe tilt my helmet to see my face. A couple want my driver's license, MSF card and remove my helmet. I have post registration stickers highly visible. Now how did I get them? I had to show all that crap to get them. If one guard checks something they all should. **Agency Response:** Thanks for the information. You are correct that the process should be the same and in fact, the information you have provided will be used to re-educate our folks at the gate. You should see an immediate difference. Thanks again.

Civilian Personnel Services

Customer Comment: Wow, just called Mr.

Bennett at approx. 1610 for a DIRE request of info. He didn't hesitate, he just asked where do I send the information and give me about 10 minutes — this really was an important document. He made it a top priority and made my day. I have had to work with him on staff hires too in the past and have always received great treatment — as if I were the only CPT he had to work with. Thank you for being there for me!! **Agency Response:** Thank you so very much for the great comment. I truly appreciate you taking the time to send in the comment card and I'm glad that he's been so helpful to you.

Garrison Safety Office

Customer Comment: Motorcycle Safety Course beneficial for inexperienced drivers, and a good self assessment too. Glad I took the time to evaluate responsibilities of actually riding a bike. **Agency Response:** Comment was reviewed by Safety but customer did not request a response or leave contact information.

Desert Depot (Arts and Crafts and Tickets and Tours)

Customer Comment: Hours of operation sign on exterior of building is not accurate as hours/days of operation have changed. Please respect the customer by correcting this obvious and misleading sign. **Agency Response:** MWR has changed the hours of many MWR facilities since January 2010. We have submitted a comprehensive work order to change all signs to reflect the changes. In fact just last week I submitted the same request again hoping this issue could be resolved very soon. We have posted the new hours on facility doors but fully understand these cannot be seen until you open the doors. We ask for your patience as we continue to resolve this issue and we do apologize for your inconvenience.

Freedom Fitness Center

Customer Comment: I have three kids involved in sports. They work out in the gyms

without any complaints from other people in the gyms. We were told March 28, that the SOP for MWR gyms are No One Under the Age of 15 can use gym equipment. The Marine gyms have a much better system. Please look into it. **Agency Response:** We are not sure if one of our staff told you this misinformation but I have included the exact reading of our SOP regarding children in the Fitness Centers. As you will see, 15 and under with parent/guardian supervision may use the fitness centers. We ask parents be present to supervise their children's activities as some of this equipment is very heavy and some a bit difficult to use. This policy is all about safety for children and that is why children 12-years and younger are not allowed to use some of the equipment in the fitness centers. We will check out the policy at the Marine Base and see what their policy says and how it may assist us here at Fort Irwin. Thanks for allowing me to clarify your issue.

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TRICARE not affected by healthcare reform

BY ALEXANDRA HEMMERLY-
BROWN

Army News Service

WASHINGTON — Service members and retirees enrolled in one of the several forms of TRICARE won't have to buy additional health insurance and won't see a change in their healthcare coverage in the near future, according to Secretary of Defense Robert Gates.

The new Patient Protection and Affordable Care Act signed by President Barack Obama March 23 requires all Americans to have health insurance, and places strict guidelines for insurance companies to follow.

However, TRICARE already meets the goals and requirements of the reform, and will not be affected, according to the Army Surgeon General's office.

"Families can be re-assured that the health care reform legislation being passed by the Congress will not negatively impact the TRICARE medical insurance program, as it already meets the bill's quality and minimum benefit standards," said Gates.

TRICARE will remain under the sole authority of the Defense Department and the Secretary of Defense.

"As Secretary of Defense, the health and well-being of America's men and women in uniform is my highest priority. The president and I are committed to seeing that our troops, retirees and their families will continue to receive the best quality health care," Gates said.

Army Surgeon General Lt. Gen. Eric B. Schoomaker blogged about the many inquiries on the maximum age of dependents receiving TRICARE. The new act states that parents can choose to keep children on their health insurance plan until their 26th birthday, but that is not the case for TRICARE.

"By law, TRICARE covers eligible dependent children up to the age of 21, or up to age 23 if enrolled fulltime at an accredited institution of higher education and reliant on the sponsor for more than 50 percent of their financial support," Schoomaker wrote.

Based on current legislation, TRICARE is not required by the healthcare reform provision to cover older dependent children.



Thank you Vietnam Veterans for your service

BY BOB LUCAS

Commentator

A heart-felt "Thank you" was appreciated by many Vietnam veterans. Last week, Fort Irwin put forth a fantastic effort to welcome back the Vietnam War era veterans.

As a participant in this event, I found it was well planned, organized, and professional. The warmth felt by all of us Veterans was overwhelming and the true-to-heart ceremony was first class.

I was one of the more than 120 motorcycle riders visiting Fort Irwin by way of Barstow Veterans Home. My time in Vietnam was 1970-1971. That equates to 40 years since I was one of those 18-year-old GIs proud enough to take the "Commander-In-Chief" challenge of taking an assignment to the Republic of Vietnam. Wow ... long time ago, but memories remain. Until this past week, when Brig. Gen. Robert Abrams spoke, most people did not know that the Republic of Vietnam battle years was actually considered a "conflict" and was never declared a war.

Nevertheless, this conflict saw many of our young people go to war in a far away land that many never really understood. Fighting in rice paddies to guard our installations and fighting in and around small huts on stilts and dense forests, the American GI saw many actions that led to an astounding 58,000 American deaths and countless number of wounded patriots.

It was certainly a time of great turmoil in America. Although the Paris Peace talks in 1973 with the North Vietnamese led to

the release of American Prisoners of War (POW), Operation Homecoming in February 1973 saw the first plane arrive in Hanoi, North Vietnam to bring back our Vietnam Veterans.

Several flights later resulted in more than 500 Americans returned home. As of September 2009, there were still over 2,500 POWs and Missing in Action (MIA), and still left unaccounted for in this very unpopular "undeclared war." It should be noted, though, that in the year 2000, the United States identified and received the remains of over 700 Americans.

Continuing efforts and more advanced forensics technology enabled the identification of more and more Americans missing since the end of the Vietnam War. Accountability of our MIA and POW Veterans continue to this day with some resolution.

Recent efforts by the various military entities, American cities, and the govern-

ment to recognize the plight of the Vietnam Veterans is an essential step to our healing.

We took the oath to serve on behalf of the American people and Congress, but were disgraced by the public. We still have hundreds of Vietnam veterans who are hurting both physically, emotionally, and mentally.

The return of the Vietnam Veterans, unlike WWII, was a very unpopular war that was played out on television and radio daily ... a time when our American public picketed and spit

at military Veterans who stood proud in their uniforms ... a time when a public figure such as Jane Fonda was adored and loved for her role in pandering to the enemy.

This was also a first for a war to play out on television and for Americans to actually see the carnage in their living room while eating dinner or scanning the news networks. Many Americans saw their own sons get wounded or killed while watching the news, since most newscasts were

fed on the networks "live." It was a difficult time for most of us who served. But today, I know all of our Vietnam Veterans are very proud of their duty to the country.

These are now different times. Although days gone by have softened many of us to be more tolerant and less bitter toward an uncaring public, we stand proud to support those who serve in our military and who, more so now than ever, need the support of the American public.

I will always remember my friends who are listed on the Vietnam Wall in Washington, D.C. and my high school class of 1969 reunions that has found most of my classmates dead from something called a "conflict." Please look at this Welcome Home honors of the Vietnam Veterans as a time to also reflect on our sons, daughters, brothers, sisters, mothers and fathers who currently serve our Nation. These heroes need our encouragement and love more than you know. To all, thank you for serving and thank you for caring.

Editor's note: You can e-mail Bob Lucas at: barstowbob2@verizon.net



Get Fit Fort Irwin Aerobathon

Join us for food, fun and fitness on May 11, 5:30-8 p.m., at Coyote Activity Center.

Schedule of Classes:

5:30 Step/Tamara
6:00 Spin/Sandy
6:30 Zumba/Robin
7:00 Turbo Kick/Ryndee
7:30 Yoga/Robin
7:45 Belly Dancing Performance/Tamara



Following Yoga there will be a performance by the Belly Dancing Class with Tamara

Cost of event:

Food & Water	\$50
T-Shirts (50 shirts)	\$100
Decorations	\$25
Total	\$175



Coyote Activity Center

Fitness Class Schedule

Thursday, April 15

Morning

6:30 No Class
8:30 Body Shop/Sandy
11:45 Spin/Sandy

Afternoon

5:30 Cardio Craze/Robin
6:30 Yoga/Robin

Friday, April 16

Morning

8:30 Step/Tamara
9:30 Pilates/Cara
11:45 Boot Camp/Sandy

Afternoon

3:00 Yoga/Michell
Fitness Class Pass

Monday, April 19

Morning

8:30 Kickboxing/Sandy
9:30 No Class
11:45 Step/Tamara *30 min express

Afternoon

12:15 Pilates/Sandy * 30 min express
3:00 Yoga/Michell
5:30 Spin & Core/Sandy *45 min spin 30 min core

Tuesday, April 20

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 Cardio Craze/Tamara
6:30 No Class

Wednesday, April 21

Morning

8:30 Cardio Craze/Tamara
9:30 Belly Dancing C/Tamara
11:45 Cardio craze/ Tamara *30 Min Express

Afternoon

12:15 Bottom Line/Sandy *30 Min Express
3:00 Yoga/Michell
5:30 Power Spin/Sandy 1 hour
6:30 No Class

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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Leaders graduate from Commander, First Sergeant Course



PHOTOS BY JOHN WAGSTAFFE

(Left) Brig. Gen. Robert "Abe" Abrams presents a Certificate of Completion for the Fort Irwin Commander and First Sgt. Course to Master Sgt. Tony Garcia, Vulture Team, NTC Operations Group, April 9.

(Below) Capt Dionne Woods of Headquarters and Headquarters Company, 1916th Support Battalion receives her Certificate of Completion. The Commander and First Sergeant Course is held every six months for present commanders, first sergeants, and potential commanders and first sergeants.



1st Sgt Anthony Davis Jr., 58th Engineer Company, Regimental Support Squadron, 11th Armored Cavalry Regiment, receives his Certificate of Completion from Brig. Gen. Robert "Abe" Abrams, National Training Center commanding general.



Capt. Michael McCarty, 699th Maintenance Company, 916th Support Brigade, checks out his Fort Irwin Commander and First Sergeant Course's Certificate of Completion that he received from Brig. Gen. Robert "Abe" Abrams, National Training Center commanding general.

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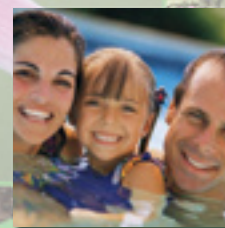
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HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

FREE ADS

The **ONLY** personnel eligible to place free ads in
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• **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"/> WORK WANTED |
| <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"/> RECREATIONAL 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

AMOUNTS _____
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: _____

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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



- Brushing with Crest® Pro-Health or Crest® Vivid White, which contain sodium hexametaphosphate, a pyrophosphate specially formulated to not only inhibit calculus, but also loosen and break the bonds of extrinsic stains for powerful whitening and a protective barrier to prevent future stains



These Crest formulations can reduce calculus formation and also make it easier for your dentist or hygienist to remove formed calculus during your professional cleaning.

Be sure to follow the special home care instructions and use the product samples provided by your dental professional.

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Ask your dental professional how these Crest products can help you:

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