



HIGH DESERT WARRIOR

Volume 6, Number 16

www.irwin.army.mil

April 22, 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., tomorrow.

Highlights of the fair 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.

10-Miler Team Tryout

The Fort Irwin 10-Miler Team tryout is scheduled for May 11 at the Coyote Activity Center. Registration starts at 5:30 a.m. and run begins at 6 a.m. For more information, contact Sgt. 1st Class Catherine Harris, 380-6222.

Red Cross Classes

The Fort Irwin American Red Cross Station will host its two-day, Lifesaving Skills Class wherein participants will learn three lifesaving skills — cardiopulmonary resuscitation, automated external defibrillation, and first aid. The class will meet on May 1, from 9 a.m. to 4 p.m. and May 2, from 9 a.m. to 1 p.m., in Bldg. 573. Fee is \$60 for civilians or \$45 for Soldiers and dependents. A discount is offered to households with multiple recipients with the first attendee paying the full-price, and each additional participant paying \$22.50. Active Red Cross volunteers who volunteer more than 20 hours per month pay \$10. To participate in this lifesaving course, contact the Fort Irwin Red Cross Station at 380-3697, 380-6140, visit Bldg. 573, or email the Fort Irwin Red Cross Health & Safety Liaisons Carly Bader and David Wade at ftirwinarchealthandsafety@gmail.com.

**Train
The
Force**

4th IBCT preps for combat

**STORY AND PHOTOS BY
SGT. ROBERT SCHAFFNER JR.**

4th Infantry Brigade Combat Team
Public Affairs

Fort Stewart, Ga., based Soldiers assigned to the 4th Infantry Brigade Combat Team, 3rd Infantry Division began arriving at Fort Irwin, Calif., March 30, and by April 12 more than 3,200 pairs of boots were on the ground, ready to march into a pre-deployment mission rehearsal exercise at the installation's National Training Center.

Upon their arrival, the light-infantry brigade's six organic battalions quickly settled in at Forward Operating Base Warrior and began preparing themselves for the month-long training mission ahead.

The Vanguard Brigade's primary focus at the beginning of NTC was reception, staging, onward movement and integration, which is key to a successful mission for the remainder of NTC, said 1st Lt. Scott Johnson, Headquarters and Headquarters Company, 4th IBCT executive officer.

At any given hour during RSOI, Soldiers could be found diligently working on their respective tasks at hand and to prepare for their unit's combat rehearsal. Some Soldiers could be found working outside under the hot California sun, honing their infantrymen skills by conducting Military Operations in Urban Terrain training.

"Slow is smooth, smooth is fast," said Staff Sergeant Clarence Sillik, squad leader assigned to Company B, 3rd Battalion, 15th Infantry Regiment, 4th IBCT, as he observed his Soldiers' room clearing procedures from a cat-walk above the MOUT site.

"We arrived last night and things are moving fast," said 1st Lt. Matthew Schmiedicke, platoon leader assigned to Co. B, 3-15 Inf. Regt. "The Soldiers are learning doctrine and fundamentals to move on to bigger and better things."

Not all Soldiers could be seen in the high-action, adrenaline rushing tempo, but that didn't make their job any less significant. The brigade's S6 section was extremely busy, testing and validating all communications systems on the network.



Soldiers assigned to Co. B, 3/15 Inf. Regt., practice room clearing procedures during the RSOI phase of training.

"Things are going good," said Master Sergeant Larry Karns, 4th IBCT communications noncommissioned officer in charge. "Back at Fort Stewart we have more access for secondary means, versus here at NTC, we have to learn to work around different issues and facilitate the requirement. Things are always non-stop in the signal world."

Not all of the 4th IBCT's NTC preparations were limited to operations on FOB Warrior. For some Soldiers, a large amount of time was dedicated to transporting vehicles from the railhead at Yermo Annex, Marine Corp Logistics Base.

"The distance from the railhead to FOB Warrior is approximately 40 miles, and the minimum requirement for a convoy is 20 vehicles," said 1st Lt. Johnson. "Before the vehicles can be driven from the railhead, the vehicles go through an inspection to check for any maintenance issues and to ensure safe operation. The whole process from the railhead to FOB Warrior can take several hours."

Mission rehearsal preparations are scheduled to complete Friday, and the 4th IBCT will transition to "the box" where observer controllers will validate the team for their summer deployment to Iraq.

See more Combat photos, page 10

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ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE

We salute, honor



261

**FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED**

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

Fort Irwin's Customer Service Officer, your friends and family are ...

Asking for your help

BY ADAM SCOTT

Customer Management Services Program
Customer Services Officer

As a customer of the 130 or more service providers on post, you should expect great customer service here. At the NTC, Soldiers and family members, civilian employees, retirees and veterans, and guest, should all expect a level of service on par with the service a U.S. Soldier provides to our Nation. Here, that means customers should always be treated with respect, entitlements should not be a struggle to obtain, you should have confidence your children are well cared for, have

healthy food choices, great places to have fun, a clean community, and a safe home, just to name a few. If this standard is not being met, please let us know through the ICE (Interactive Customer Evaluation) system today. Customers are "scouts" letting leaders know where service improvement is needed.

ICE (Interactive Customer Evaluation) is a DoD-managed web site; a daily customer satisfaction feedback system. Customers at Fort Irwin — NTC can access the system on any computer with internet access, at over 15 kiosks on Post, and via hard copy comment cards at many service providers. Over 130 installation services are on Fort Irwin ICE and the Customer Service Officer asks that you leave at least one ICE comment per week. Customers who do that will ensure leaders know the things our population values and which need improvement. An added benefit of ICE comments is that service providers are

required to respond to customers' questions within three business days. To access ICE, go to <https://ice.disa.mil>, or to Fort Irwin's homepage at www.irwin.army.mil and click the ICE logo at the bottom right. Customers must be sure to click the "Request Response" box when leaving a question.



April marks the second round of Customer Service Warrior Awards. Three such awards are given quarterly to Soldiers and civilian employees and volunteers who provide outstanding customer service. Leaders rely on customers to tell them who are Customer Service Warriors. Leaving ICE comments with the name of the staff person, as well as yours, helps identify

outstanding Soldiers and staff to the Awards Committee.

The job of the Fort Irwin Customer Service Officer (CSO) is to see that customer experiences are used to improve services here on post as well as recognize outstanding staff. The CSO ensures the 200-400 ICE comments that come in each week are read and evaluated for business improvement purposes.

Additionally, our CSO facilitates the Community FIRST process which prioritizes and resolves community issues that cannot be addressed through the ICE system. These community issues are generated via a system of customer/constituent focus groups held quarterly. Once generated, issues are further defined by the appropriate Command/Agency on post and then managed through our Installation Action Council (IAC) which consists of all post commanders and representatives from

various constituent groups. The IAC meets quarterly to determine if issues have been resolved, should remain active, or cannot be remedied locally (in some cases these issues are delegated to a higher authority off-post). To submit an issue of importance to your community, attend a focus group when asked, go to http://www.irwin.army.mil/cmd_staff/Garrison/PAI/CMS/Pages/default.aspx and download a Community Issue Form and return it to the Fort Irwin Customer Service Officer.

The Annual Customer Service Assessment, coming this fall, is the third of its kind in as many years. Like ICE, it is direct feedback to garrison leadership at Fort Irwin as well as leadership at IMCOM HQ. The Customer Service Officer will send out this annual survey to everyone at the NTC this fall via e-mail. You will be asked to rate the importance of all garrison services and how well they are performing.

Together, these programs; ICE, Community FIRST, and the Annual Customer Assessment are known as Customer Management Services and help leaders at NTC answer the question "What does it matter?" The ultimate outcome of helping leaders improve their services is improving the well-being of the Army's people through improved performance, readiness, retention, recruiting, and work-life balance.

Please leave at least one ICE comment per week during the entire time you are here at the National Training Center and Fort Irwin. You owe it to yourself, your neighbors, and colleagues. You let your leaders know they are "only as good as the customers say they are."

Point-of-contact for Customer Management Services programs is Adam Cole, Customer Service Officer, email adam.cole4@us.army.mil or call 380-7639.

WHO WE ARE

Brig. Gen. Robert B. Abrams
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Post CSM
Col. Jim Chevallier
Garrison Commander
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Garrison CSM
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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

Defender 6 Sends

Think of new ideas to enhance resiliency



Lt. Gen. Rick Lynch

Resilience is also the ability to bounce back in the face of adversity... it's mental toughness! Webster defines resilience as, "the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress" and "an ability to recover from or adjust easily to misfortune or change."

The strength of our Nation is only as strong as the Soldiers, Families, and Civilians that courageously support and defend it. Over the last 8 years, more than one million Soldiers have

deployed to combat, over 3,900 Soldiers have sacrificed their lives, and more than 25,000 have been wounded in service to our country. Army units and Families across the globe are relocating in compliance with the Base Realignment and Closure Law, and we continue to transform our business practices. To remain strong in this dynamic environment, leaders must proactively maintain and develop resiliency programs and services to enable the total Army Community (Soldiers, Civilians, Families, and Retirees) to maintain healthy relationships and happy lives.

Our approach to supporting resiliency for the Army Community is to enhance their ability to adapt to stress by supporting, maintaining, and developing programs and services that promote total wellness. As I have said before, I am convinced that the Army spends too much time fixing Soldiers after they break, evidenced by the rise in suicide and substance abuse rates. We should be spending our time, energy, and resources to make the Army Community resilient to prevent them from breaking.

We will use the Public Health Model of assessment, education, intervention, and treatment to integrate and deliver services to help prevent Soldiers, Civilians, and Families from breaking. By applying this model before a crisis happens we will be better able to keep the Army Community strong in all dimensions of resiliency.

Individuals must be fit mentally, physically, and spiritually to achieve optimum resilience. The Installation Management Community will provide the best care, support, and services for the Army Community by improving quality of life through initiatives, such as the Army Family Action Plan, the Army Family Covenant, Army Community Covenants, the Installation Management Campaign Plan and the Comprehensive Soldier Fitness Program.

When I was the senior commander at Ft. Hood, I built a Resiliency Campus to enable the Army Community to become resilient before deployments, during deployments, and to solve many other challenges faced by Army Families. Other IMCOM garrisons are also focusing on resilience. Fort Bliss has a Restoration and Resilience Center that offers a Warrior Resilience Program and a Family Resilience Program. Fort Jackson is planning to open a Master Resilience Training school that will offer a 10-day Master Resilience Training Course to equip leaders to teach coping skills to unit members. At Fort Campbell, the Family Resiliency Council has teamed up with key organizations to be one of the first installations to publish an online resource guide to provide accurate and accessible information to Soldiers, Families, and Civilians. These are but a few initiatives underway dedicated to enhancing Soldier, Civilian, and Family resilience.

The strain of multiple deployments and other stress factors may continue into the future. Therefore, I challenge leaders and personnel throughout the Army Community to think of new ideas to enhance installation resiliency initiatives and to send your ideas to your installation leadership or me. I also challenge each of you to take advantage of existing programs and services on your installation and in your community to remain mentally, physically, and spiritually fit. The Army Community is strength of our Nation and IMCOM garrisons are the Army's Home!

Support and Defend

Lt. Gen. Rick Lynch (Defender 6)
Commanding General
Installation Management Command

TRICARE services available for special needs families

BY SHARI LOPATIN

TriWest Healthcare Alliance

TRICARE beneficiaries who have family members with special needs now have access to unique services within the TRICARE program.

The most important service is the TRICARE Extended Care Health Option, or ECHO. To be eligible for ECHO, a family must first enroll into its service branch's Exceptional Family Member Program. Each service branch has a point of contact to help families enroll.

After enrolling, the family needs a referral to register for ECHO. Families that live in TRICARE's West Region may call the TriWest ECHO information and referral line at 1-866-212-0442.

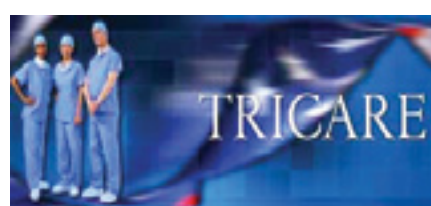
Once registered, each beneficiary will be assigned an ECHO nurse who helps manage their care and answer questions about claims and the benefit. Families may also ask their ECHO nurse about any co-pays or cost shares that may apply. Additional cost information is available at www.tricare.mil/costs.

The other service is TRICARE's Autism Services Demonstration, an enhanced benefit under the ECHO pro-

gram. Through this service, autistic family members meeting certain criteria can access Applied Behavior Analysis (ABA) services from participating providers. According to the National Institute of Child Health and Human Development, ABA may help reduce problem behaviors associated with autism and teach vital new skills.

Children eligible for the Autism Services Demonstration must have a diagnosis that falls along the autism spectrum. In addition, they must have an active duty sponsor, be living in the United States, be 18 months or older and be enrolled in the ECHO program through their TRICARE regional contractor. For the West Region, that contractor is TriWest Healthcare Alliance.

For more information on the ECHO program and the Autism Services Demonstration, visit www.triwest.com/ECHO or call TriWest at 1-888-TRIWEST (874-9378).



Crime Watch

Information provided by
Provost Marshal Office

Larceny of private property. Location: Range. Victim stated that person(s) unknown stole his government-issued back pack.

Damage to private property. Location: Adjacent Commissary parking lot

A motorist complained that after parking, the wind blew his car door into the side of a parked car door.

Domestic (verbal altercation). Location: Bldg. #. Complainant and his wife were involved in a verbal dispute.

Possible drug use. Location: Sandy Basin Housing. After smoking marijuana, the victim went to Weed Army Community Emergency Room because her heart was beating rapidly.

Dog bite. Location: Bitter Springs Housing. After falling on top of a dog, the dog bit the victim.

Damage to private property. Location: Bldg. 290. Victim stated that person(s) broke the windshield of his parked vehicle.

Traffic accident. Location: Barstow Road, adjacent Bldg. 59 Investigation revealed that a vehicle was leaving the parking lot, adjacent to Bldg. 59, when it collided with another vehicle.

Adopt-a-pet



Name: Morgan
Breed: Domestic Medium Hair
Gender: Female
Age: 9-months-old

Morgan 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

Army Ethics Competition

The U.S. Army Center of Excellence for the Professional Military Ethic (ACPME) is sponsoring an Army-wide ethics competition, where Soldiers, civilian employees and family members may choose up to seven ways to share their powerful stories and personal insights about how we maintain the U.S. Army's high ethical standards — a key source of our Army's strength in this era of persistent conflict. The competition runs through Aug. 15. The one-page entry form and the submission package can be e-mailed to theacpme@usma.edu; or submitted by mail to: U.S. Army Center of Excellence for the Professional Military Ethic, Taylor Hall, Bldg 600; ATTN: Competition; West Point, NY 10996; or sent by fax to (845) 938-0414. The competition's seven categories include: 1) Army Professional Exemplar — The best personal account or profile of an individual that exemplifies an Army professional; 2) Army Values Exemplars — The best accounts of individuals that exemplify each of the seven Army values; 3) Articulate the Army Professional Military Ethic — The best Army written document outlining a recommended set of codes, principles, values, beliefs, ideals or other approaches to articulating what we stand for as an Army; 4) Professional Development Program — The best unit professional development program (LPD, OPD, or NCOPD); 5) Case Study / Vignettes — The best moral-ethical case study or vignette (can be recent or historical); 6) Monograph — The best written monograph /essay articulating the Army professional military ethic and its place in our profession and culture; and 7) Instructional Method — The best methods or techniques for instructing the professional military ethic or character development. For more information about the competition, visit the ACPME web site at <http://acpme.army.mil>, or the competition's web site at <https://www.us.army.mil/suite/page/611545>, or contact Mr. Dave Rasmussen at david.rasmussen@usma.edu, or phone (845) 938-0831.

Obesity is not an option.



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Ask us about Minimally Invasive Weight-Loss Surgery at Lancaster Community Hospital (LCH).

For people struggling with obesity, life can feel out of control. Many have tried to lose weight and failed. And they face the real risks of obesity-related complications like heart disease, stroke, sleep apnea and diabetes. If you are overweight by one hundred pounds or more, weight-loss surgery can help you gain control.

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John Yadegar, MD, Assistant Clinical Professor of Surgery at UCLA Medical Center and Medical Director of Minimally Invasive and Bariatric Surgery at LCH is available for consultations.

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www.lancastercommunityhospital.net

Physicians are independent practitioners who are not employees or agents of Lancaster Community Hospital. The hospital shall not be liable for actions or treatments provided by physicians.

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

Sunday, 1 pm.	Blackhorse Chapel
Sunday, 2:15 p.m.	Center Chapel
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
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HS Bible Study

Wednesday, 6 p.m.	Bldg 320
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MOPS

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

The Reappearance of Christ

If Christ does come back to the everyday world, will things automatically become good and right or do we have to right the wrongs? Do we have to make the political and social changes to make it a better world? Look for **Christ**.

— CRAIG W. DRUMMOND — Attorney at Law

Former Army JAG Attorney/Veteran OIF
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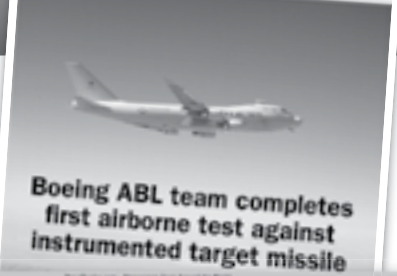
Aerotech News has partnered with NewspaperDirect and Press Display to be able to provide readers with our flagship paper — Aerotech News and Review — and our eleven military base papers throughout the world.

Available in over 100 countries through a global network of distributors, the newspaper Print-on-Demand service is suitable for individual subscribers, retail outlets, hotels, cruise ships, airlines, corporate offices, libraries, educational institutions, events and private yachts.

Not near a Print-on-Demand center? No problem. You can visit newspaperdirect.com and read and search a paperless version through Press Display.

www.newspaperdirect.com

AEROTECH News and Review



Boeing ABL team completes first airborne test against instrumented target missile



The heart and soul in sports

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1-800-289-0909 | FCA.org

Provided as a public service.
a CFC participant

Community Happenings

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.

12th Annual Sprint Triathlon

Oasis Pool will hold its 12th Annual Sprint Triathlon, 1 May. Registration begins at 6 a.m. and the event will start at 7 a.m. The triathlon combines swimming, biking and running. Entry cost is \$25/per individual and \$40/team. Pre-registration began Monday. For more information, call 380-3046.

Spouse Shopping Trip

Tickets and Tours will have a Military Spouse Appreciation Shopping Trip at the Los Angeles Fashion District, May 7. Participants will depart from Tickets and Tours, Bldg. 976, 8 a.m., with pick-ups in Barstow and Victorville. Transportation cost for adult is \$20, Child is \$15, and military spouses get 50 percent off with ID (\$10.00). Stop by Tickets and Tours to reserve your seat. For more information, call 380-4767 or check it out at www.fortirwinmwr.com.

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.

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.

1916th Support Battalion Events

HHC, 1916th SB

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: Today at 5 p.m.

POC: 171st.mccfrg@gmail.com

2nd HET, 1916th SB

FRG Meeting

Place: Sandy Basin Annex

Date/Time: May 10 at 5 p.m.

POC: 2tcfrg@gmail.com

557th Maintenance

FRG Meeting

Place: Chapel Bank Bldg. (Bldg. 317)

Date and Time: May 11 at 6:30 p.m.

POC: 557thfrg@gmail.com

699th Maintenance

FRG Meeting — Bingo/Potluck

Place: Sandy Basin Annex

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

POC: frg699th@yahoo.com

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.

Arts & Crafts Pirate Party

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

Weight Loss Challenge

Be a loser and win during Fort Irwin Spring Weight Loss 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.

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.



Cooking Competitions

Join one or all 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 website 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.

EDGE Program

EDGE Program has a month’s worth of activities for Fort Irwin youth during May. There is mountain biking, adventure sports, bulls eye archery, graphic design, extreme art, and paintball. For more information, call 380-5816

Youth and School Activities

Middle School Activities

Thursday: Cooking Club Corn Bread, EARTHDAY Project!

Friday: Earth Plates, Make your Own Silent Movies

Monday: Flexible Flowers, Milk Jug Flower Pot

Tuesday: Tennis, MOMC Newspaper

Wednesday: Ultimate Journey Rockets!, Smart Girls, 3-D Star

Teen Activities

Friday: Pool Tournament

Saturday: Cooking Club — Hot Wings

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 inadvance of event to the editor, chicpaul.becerra@us.army.mil

At the Movies

Thursday, April 22

7 p.m. Closed

Friday, April 23

7 p.m. Our Family Wedding (PG-13)

7 p.m. Green Zone (R)

9:30 p.m. She’s Out of My League (R)

9:30 p.m. Brooklyn’s Finest (R)

Saturday, April 24

7 p.m. Green Zone (R)

7 p.m. Our Family Wedding (PG-13)

9:30 p.m. Brooklyn’s Finest (R)

9:30 p.m. She’s Out of My League (R)

Sunday, April 25

4 p.m. Our Family Wedding (PG-13)

7 p.m. Remember Me (PG-13)

7 p.m. She’s Out of My League (R)

Monday, April 26

7 p.m. She’s Out of My League (R)

7 p.m. Remember Me (PG-13)

Tuesday, April 27

7 p.m. Closed

Wednesday, April 28

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.

Fort Irwin Community Calendar

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

Sat., Apr. 24

Desert Discovery Adventure
Outdoor Recreation, Bldg. 4100
380-4327

Thu., Apr. 29

Keystone Club Meeting
7 p.m.
Teen Center
Kristin Morgan, 380-3732

Sat., May 1

12th Annual Sprint Triathlon
6 p.m.
Oasis Pool
380-3046

Sat., May 1

Beltane — Celebrate the Season
of Light
10 a.m.
Painted Rocks
Bruce O'Dell, 694-3627

Thu., May 6

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

Sat., May 15

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

Fri., Jun. 18

White Water Rafting Trip
4:30 a.m.
Tickets & Tours, Bldg. 976
Outdoor Recreation, 380-4327

Check out these upcoming activities at Fort Irwin

'Play it Safe' this Summer Fort Irwin

BY DALE DOMEK

Garrison Safety Office
Deputy Garrison Safety Officer

The summer season is fast approaching and the Army is continuing its commitment to safeguarding Soldiers, Family Members, Army Civilians and Civilian Contractors with the launch of the 2010 Safe Summer campaign.

Once again this year, the 2010 Safe Summer campaign will stress the importance of proactive, prevention focused risk mitigation during summer months. The campaign which runs through Sept. 30 will encourage members of the Army Family and our Civilian Contractors to have fun this summer but keep a watchful eye on the risk associated with every activity.

"Our Soldiers are working hard and playing harder than

ever and we are not telling them to stop what they're doing but instead we're asking them to "Play It Safe" in all their off duty activities, because safety is the key to ensuring a good time for all," said Brig. Gen. William Wolf, U.S. Army Combat Readiness/Safety Center commanding general and director of Army Safety.

More information about the 2010 Safe Summer campaign will be distributed throughout Fort Irwin. You can also find information by visiting <https://safety.army.mil>, and clicking on the Safe Summer icon at the bottom of the web page or contacting the Garrison Safety Office at 380-6154.

Bella the Garrison Safety Bee says "WORDS TO LIVE BY: I'm S.A.F.E ... Staying Accident Free Everyday!"



Coyote Activity Center

Get Fit Fort Irwin Aerobathon

Join us for food, fun & fitness on May 11, 5:30 to 8 p.m.

Schedule of Classes:

5:30-6:00 p.m. — Step with Tamara

6:00-6:30 p.m. — Spin with Sandy

6:30-7:00 p.m. — Zumba with Robin

7:00-7:30 p.m. — Turbo Kick with Ryndee

7:30-7:45 p.m. — Yoga with Robin

After last class, watch a performance by the Belly Dancing Class, led by instructor Tamara Beach.

RSVP for this free event by May 7 togetfitfortirwin@yahoo.com



Fitness Class Schedule

Thursday, April 22

Morning

6:30 Spin/Sandy

8:30 Body Shop/Sandy

11:45 Spin/Sandy

Afternoon

5:30 Cardio CircuitMix/Tamara

6:30 No Class

Friday, April 23

Morning

8:30 Step/Tamara

9:30 Pilates/Cara

11:45 Boot Camp/Sandy

Afternoon

3:00 Yoga/Michell

Monday, April 26

Morning

8:30 Spin/Sandy

9:30 Pilates/Cara

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 27

Morning

6:30 Spin/Sandy *Free Class

8:30 Body Shop/Tamara

9:30 Belly Dancing B/Tamara

11:45 Kickboxing/Sandy

Afternoon

5:30 Zumba/Robin

6:30 Yoga/Robin

Wednesday, April 28

Morning

8:30 Cardio Craze/Tamara

9:30 Belly Dancing C/Tamara

11:45 Cardio craze/ Tamara

*30 min. express

Afternoon

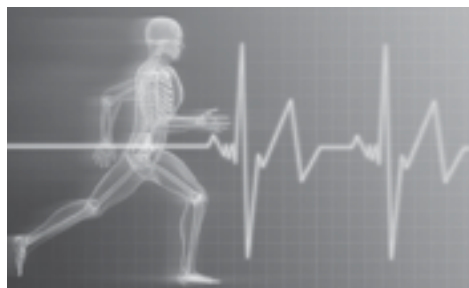
12:15 Bottom Line/Robin

30 min. express

3:00 Yoga/Michell

5:30 No class

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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Alcohol Awareness Month

Underage drinking

BY VALENCIA R. BARNES

Army Substance Abuse Program
Employment Assistance Program Coordinator

Underage drinking is a topic that most people don't want to discuss. Most of us deny the possibility that children (especially our own) drink alcoholic beverages. Studies by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) show that nearly 50 percent of adolescents have had at least one drink by the time they have reached 8th grade.

Approximately 20 percent of adolescents report having been drunk. In addition, 30 percent of 12th graders engage in binge drinking (5 or more drinks on one occasion).

The legal age for drinking in the United States is 21. So why do adolescents drink?

Young people who are disruptive, hyperactive, aggressive, anxious, depressed or withdrawn may be at greater risk for alcohol problems. Hereditary factors: Children of alco-

holics are 4 to 10 times more likely to become alcoholics compared to children who have no close relatives who are alcoholic. Children who feel disconnected from their families, as well as children with low self-esteem or low self-worth are at risk for using alcohol. Children whose friends model alcohol use as fun and exciting are at risk for alcohol use.

What are ways to discourage underage drinking?

Parents need to set the example. Show children that alcohol is not needed to have a good time. Serve non-alcoholic beverages at parties. If alcohol is served discourage people from abusing alcohol in your home. Make sure your child feels accepted and re-

spected by you, it will increase the likelihood of them being honest with you. Use teachable moments. The media tends to promote alcohol use as fun, sexy or cool. Start your own discussion with your child to share your beliefs on alcohol use.



You can discuss alcohol use with your children at any age. Be sure your discussion is age appropriate. During early elementary, you can talk to your children about how bad alcohol is for their bodies. Later elementary, you can discuss alcohol's short and long term effects and why it's dangerous for growing bodies. This is also a good time to discuss saying "No." During the teen years, reinforce your teachings. Also

discuss drinking and driving and some of the risky behaviors associated with alcohol misuse (high risk sex, sexual assault, etc.),

No plan is 100 percent fool proof. But as parents, we have the responsibility to inform our children. Most schools have some type of prevention program, but those are more effective if children are receiving the correct messages from home.



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Combat, from page 1



Soldiers assigned to 4th IBCT gather their bags and prepare to settle into their temporary living quarters at Forward Operating Base (FOB) Warrior, Fort Irwin, Calif., April 11.



Vanguard Brigade Soldier's receive instructions and guidance from Forward Operating Base (FOB) Warrior Mayor, Master Sergeant Kieron Vernon, upon their arrival to NTC at Fort Irwin, Calif., April 11.

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Red Cross Fort Irwin Station hosts bowling event

WTU Soldiers, families bowl for fun, gratitude

BY HEATHER ADAMS

Red Cross Fort Irwin Station
Publicity Co-Chairwoman

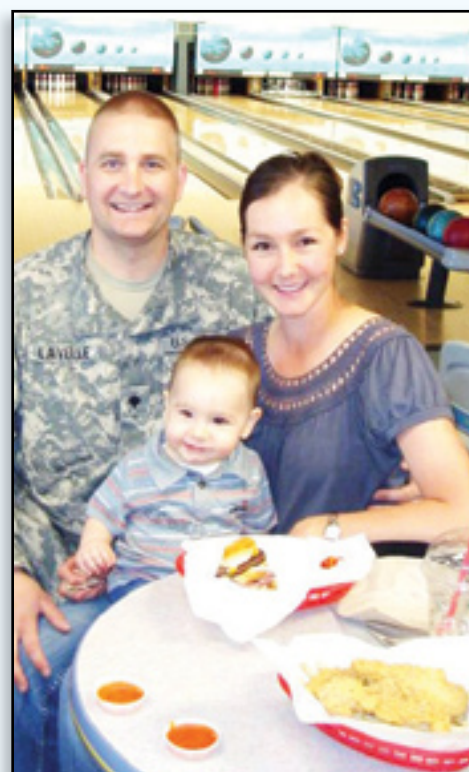
The Fort Irwin Red Cross Station hosted a bowling event at Fort Irwin for the Soldiers and families of the Warrior Transition Unit (WTU), April 7. The Red Cross Station's goal was to

further express its gratitude to the Soldiers and their families for their service to our country and give them an opportunity to enjoy some afternoon entertainment free-of-charge. The event was enjoyed by 23 individuals and everyone left with a smile. The Red Cross Station previously donated equipment and supplies valued at more than \$9,000 to the WTU in late 2009.



RED CROSS COURTESY PHOTOS

WTU Soldiers enjoy a game of bowling, hosted by the Red Cross.



The Lavelle family enjoys a meal before teaching their son how to bowl.



Stephanie Luce, Red Cross Fort Irwin station manager and a WTU Soldier enjoy an afternoon of bowling fun.

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Fort Irwin children, families, get active at Children's Fair

STORY AND PHOTOS BY
CAROLINE KEYSER
Warrior Volunteer Writer

Sunshine, fun and physical fitness were all on the agenda when Fort Irwin families gathered at Coyote Activity Center for the 25th annual Children's Fair and Fitness Challenge on April 10.

The fair featured more than a dozen activities, including a rock wall, a dunk tank, inflatables and an inflatable boxing ring, bubbles, dancing and hula hoops. Barbecue, cotton candy, and popcorn were available. The Fort Irwin Fire Department brought its smoke trailer, which teaches what to do in the event of a house fire, and the National Training Center Military Police Company had a squad car on display. The activities centered on helping kids and families become physically active, as well as becoming better educated about health and safety.

The purpose of the fair, which coincided with April's designation as Month of the Military Child, was to honor the sacrifices military children make, said Veronica Gonzales, Child, Youth and School Services coordinator.

"The kids need to know that we care about them, and this is their day, just for them," she said.

Children ages 6 to 17 had the opportunity to compete in the President's Challenge Physical Fitness Test, which evaluates children's abilities in five events: curl-ups, a shuttle run, an endurance run or walk, pull-ups or push-ups, and a sit-and-reach.

Eleven-year-old Carmen Ramanna earned the National Physical Fitness Award for scoring in the top 50th percentile in the fitness test.

"I'm having fun," she said.

Fourth-grader Michael Lewis said he learned a lot at the fair about the importance of maintaining a healthy diet.

"If you take a run or be active, you shouldn't go home and eat unhealthy," he said.

Lewis's mother, Veronica Lewis, said she tries to teach her children to live a healthy lifestyle.

"It's important for families to get involved in healthy activities together, because kids look up to their parents, and they want to do what you do," she said.

DeBorah Harris, program operation specialist for CYSS, encouraged Fort Irwin parents to model healthy living to their children, and to take small steps to become more active on a daily basis, such as walking to the commissary or shoppette instead of driving.

"We as adults need to be positive role models for our kids, and if you start (teaching healthy habits) when they're young, they're more likely to continue being active," she said.

An estimated 600 children and parents turned out for the fair.

"I think it's been a great success," Gonzales said.

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



Two-year-old Kaitlyn Adams prepares to spray water at an activity station called "Beat The Heat."



SpC. Dustin Slottje, 699th Maintenance Company, helps three-year-old Hailey Ramanna climb down from the rock wall at the Children's Fair.



Michael Lewis, a fourth-grader, practices using a hula hoop during the Children's Fair April 10.



(Left) Justin Regnold, left, and Zachary Regnold, listen to Kevin Hurrell of Fort Irwin's Department of Public Works talk about animal specimens on display at the DPW's exhibit at the Children's Fair April 10. The DPW's exhibit included insects and animals found at Fort Irwin, as well as information about conservation.



Bennett Cerny, a third-grader, completes the push-up portion of the President's Challenge Physical Fitness Test. She performed 30 push-ups.



Sixth-graders Christian Snell, center, and Eljay Rodarte compete in an egg toss at the Children's Fair.



An estimated 600 children and parents turned out for the 25th annual Children's Fair and Fitness Challenge April 10 at the Coyote Activity Center. Activities included dancing, an egg toss, hula hoops and inflatables.

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Staff Sgt. Andrew Rodriguez, with B Troop in the 1st Squadron, 11th Armored Cavalry Regiment, pins down 1st Lt. Shawn Madsen, of H Troop of the 2nd Squadron, 11th ACR. Rodriguez won this cruiserweight bout of a combatives tournament put on by the Regiment on April 6.

Grappling for bragg'n rights

Troopers compete in combatives training tournament

**STORY AND PHOTOS BY
GUSTAVO BAHENA**

Warrior Staff Writer

Even in the age of smart bombs and night vision equipment, hand-to-hand combat is not dead.

To train for physical engagements with the enemy, the Army conducts combatives training for Soldiers. The Army's school for combatives training is located at Fort Benning, Ga. According to the school's Web site, its mission is to train leaders and Soldiers in close quarters combatives to instill the Warrior Ethos and prepare Soldiers to close with and defeat the enemy in hand-to-hand combat.

At the National Training Center and Fort Irwin, the largest combat-arms unit — the 11th Armored Cavalry Regiment — conducts this type of training to prepare its Soldiers for engagements that might require them to grapple with enemy combatants. Recently, the Regiment hosted the 2010 Blackhorse Combatives Tournament at the Coyote Activ-

ity Center (formerly known as Fitness Connection) on Fort Irwin. The competition involved teams of Soldiers from various company-level units. Soldiers competed in six weight categories ranging from lightweight to heavy weight. Winners from each category had to compete in at least three bouts (single elimination) to be declared champion in their category.

Competitors were paired up in single-round bouts that lasted three minutes. Competitors ended up on the mat, usually with one on top of the other. The person on top usually had the best opportunity to gain a dominant position, such as the 'mount' — which involved getting both knees and feet on the ground. A dominant position also could have been attained by a fighter placing a knee on the opponent's chest or abdomen with the second knee up and away, while maintaining stability. Points were awarded when proper techniques and dominant body positions were performed. Scoring and judging was conducted by Soldiers who are Level Two-certified combatives instructors.

The winners: Lightweight — Spc. Andrew Nuxoll of K Troop, 2nd Squadron, 11th ACR; Welterweight — Staff Sgt. Steven Navarez of Maintenance Troop, Regimental Support Squadron, 11th ACR; Middleweight — Spc. Steven Echeberry of Maintenance Troop, RSS, 11th ACR; Cruiserweight — Capt. Kyle Yanowski of F Troop, 2/11th ACR; Light-heavyweight — Spc. Joshua Lacy of Headquarters and Headquarters Troop, 2/11th ACR, and; Heavyweight — Sgt. 1st Class Clarence Parham of HHT, RSS, 11th ACR. The winning team of the tournament was a group from F Troop, 2/11th ACR.

Lacy competed in two bouts before battling Spc. Julio Delacruz of the same unit, for the light-heavyweight title. Lacy credited his extensive experience with wrestling for his success that afternoon. He has been wrestling since he was 7 years old and competed in junior and high school. He participated in collegiate wrestling at East High School in Anchorage, Ala. He said the key for winning in the combatives tournament was attaining

the dominant position during the grappling.

"The first person to achieve the dominant position has the best chance," Lacy said.

The only way to improve at grappling is by practicing and participating in the activity, Lacy said. Because combatives pushes the body towards muscle failure, regular physical training is not enough to prepare for combatives.

Navarez, winded and puffing after his first fight, said that three minutes of a combatives round can be more challenging than an Army Physical Fitness Test.

"You bring in every ounce of energy you have just to complete the match," Navarez said. "You're using head to toes — your brain all the way to your toes."

According to 1st Lt. Loong Lee, platoon leader for 2nd Platoon, F Troop, 2/11th ACR, the combatives tournament helped generate more awareness for combatives and its usefulness to the Soldier and unit, and hopefully encourages more participation eventually at the post level.



Spc. Ryan Wille, with Maintenance Troop in the 1st Squadron, 11th Armored Cavalry Regiment, pins down Spc. Paul Pitzer, with F Troop, 2/11th ACR. The two Regimental Soldiers had both won their respective weight classes in the combatives tournament held by the 11th ACR on April 6.



Pfc. William Rogers, with F Troop, 2nd Squadron, 11th ACR, pins down 2nd Lt. Brian Dao, of I Battery, 1st Squadron, 11th ACR. Dao participated in a combatives tournament held by the 11th ACR on April 6.



the Regimental Support
tries to maintain a domi-
nion in the 2nd Squadron,
been competing in a com-
Fort Irwin April 6.



on, 11th ACR, is held tight
on, 11th ACR. Rogers and
t held by the 11th ACR on



Spc. Andrew Nuxoll, with K Troop, 2nd Squadron, 11th Armored Cavalry Regiment, is caught between the legs of Sgt. Jarrod Norton, of Maintenance Troop, Regimental Support Squadron, 11th ACR. The two were competing in a combatives tournament held by the 11th ACR on Fort Irwin, April 6. Nuxoll won this bout and took the title of champion in the lightweight category that afternoon.



Spc. Paul Pitzer, with F Troop in the 2nd Squadron of the 11th Armored Cavalry Regiment, 'turns the tables' as he tries to assume a dominant posture over Spc. Ryan Wille, with Maintenance Troop in the Regimental Support Squadron of the 11th ACR, during a combatives competition April 6.



1st Lt. Scott Starr, with F Troop in the 2nd Squadron, 11th Armored Cavalry Regiment, tries to break free from the grip of Pvt. Dustin Tooker, with K Troop of the 2/11th ACR, during an April 6 combatives tournament on Fort Irwin.



Pfc. David Sanchez, with F Troop, 2nd Squadron, 11th Armored Cavalry Regiment, is declared the winner over Spc. Oscar Gonzalez, of E Troop, 2/11th ACR. The two were contending in a light heavyweight match during a combatives tournament, April 6.



Sgt. Lasieta Gutierrez, a flight medic with Fort Irwin's Air Ambulance Detachment, explains the uses of medical equipment to members of Brownie Troop 555.

Brownie troop's career education takes flight

STORY AND PHOTOS BY CAROLINE KEYSER

Warrior Volunteer Writer

When members of Fort Irwin's Brownie Troop 555 set out to work toward a career patch April 7, they didn't have to venture far to find a successful woman to talk to.

The Brownies, who are in the second and third grades, spent the afternoon of April 7 at Fort Irwin's helipad, learning about the job of Sgt. Lasieta Gutierrez, a flight medic with Fort Irwin's Air Ambulance Detachment. The point of the visit was to get the girls thinking about possible career paths, said Karla Gordon, troop leader.

"I hope they see that they can be anything they want," Gordon said.

Gutierrez started off the Brownies' visit by asking them what they would like to be when they grow up, and explained that becoming a flight medic requires hard work and good grades. Next, Gutierrez gave the girls a tour of the different pieces of equipment a flight medic uses in a helicopter, such as medical blankets, splints, litters and oxygen tanks. She showed them how a flight medic takes a patient's pulse, and had them practice taking their own pulses.

"I think the coolest thing was learning about all of the stuff in the helicopter," said Brianna Hankins, a second-grader. "I want to be a helicopter pilot when I grow up, like my dad (the instructor pilot for AAD.)"

The Brownies were allowed to sit in and explore the interior of the helicopter, which many of the girls said they enjoyed immensely.

"Sitting in the front of it was my favorite part," said Madison Cudahy, a second-grader. "It was fun."

Michaela Gordon, a third-grader, said she thought the litter was the coolest thing in the helicopter.

"I'm going to do well in school so I can become a helicopter pilot," she said. "And if I can't do that, then I would want to drive a tank."

Gutierrez said she presents a lot of static displays, and especially enjoyed the opportunity to show the Brownies what she does for a living.

"I like to see how happy and excited they are to visit the helicopter," she said. "I hope they realize that they can do anything they want to do. It doesn't matter that they're girls; they can aspire to be anything."



Brianna Hankins, a second-grader in Brownie Troop 555, looks at a helicopter control panel during the troop's visit to Fort Irwin's helipad.



Sgt. Lasieta Gutierrez, a flight medic with Fort Irwin's Air Ambulance Detachment, talks with members of Brownie Troop 555 about careers.

USO volunteers reach 1M hours of service to troops

Organization celebrates dedicated volunteers during 'National Volunteer Week'

UNITED SERVICE ORGANIZATIONS

News Release

ARLINGTON, Va. — During 'National Volunteer Week,' the USO is celebrating their thousands of volunteers reaching more than one million volunteer hours at centers worldwide. Volunteers are the lifeline of the USO, providing time and efforts to support service members and their families.

Details:

- While the USO has around 400 paid employees, it's the more than 20,000 volunteers who ensure programs and services are implemented for troops and their families on a daily basis, at centers across the globe.
- The USO regularly acknowledges volunteer efforts with quarterly, region-specific "Volunteer of the Quarter" nominations. These individuals are spotlighted for their dedication, commitment and exceptional service to troops, their families and the mission of the USO.
- Many USO volunteers are also active duty service members. 2009 Volunteer of the Year

U.S. Army Sergeant Timothy Donovan, a member of the 173rd Airborne Brigade, has volunteered at USO Vicenza since 2008. Sgt. Donovan demonstrates his commitment daily, spending his lunch breaks and free time volunteering at the center, helping customers check in or cleaning up before closing. One of his most notable efforts includes creating the "Football Night" program, where service members get time to relax and enjoy football games.

- Tens of thousands of USO volunteers worldwide make it possible to lift spirits wherever the military serves. The USO Board of Governors instituted the USO Volunteer of the Year Award in 2007 to formally recognize the dedication, hard work and service of the thousands of volunteers who make it possible for the USO to serve those who serve our nation.

The USO president and the director of volunteer services believe the importance and impact of work that volunteers do.

"Our volunteers are the essence of what the USO does and offers to our nation's service members and their families. The organization would not be able to sustain itself without the work of our thousands of volunteers and we thankfully recognize them during this National Volunteer Week," according to Sloan Gibson, USO president.

"USO volunteers make little miracles happen every day, all over the world. Many times, a USO volunteer's reassuring smile or hug will be the last a service member receives before getting a plane to head into harm's way or the first citizen to welcome them back on U.S. soil after a long deployment. Young or senior, active duty or civilian, USO volunteers come from diverse backgrounds, but have one thing in common — their dedication to supporting American's troops and their families," said Bestsy McWhirt, director of USO Volunteer Services.

About the USO

The USO (United Service Organizations) lifts the spirits of America's troops and their families.

We provide a touch of home through centers at airports and military bases around the world, top quality entertainment and innovative programs and services tailored to meet troop needs. We also provide critical support to those who need us most, including forward-deployed troops and their families, wounded warriors and their families, and the families of the fallen.

The USO is a private, non-profit organization, not a government agency; we rely on the generosity of our donors. In addition to individual donors and other corporate sponsors, the

USO is supported by Worldwide Strategic Partners AT&T Inc., BAE Systems, Boeing Company, Clear Channel Communications, Coca-Cola Company, Gallery Furniture, Lockheed Martin, Microsoft Corporation, Northrop Grumman Corporation and TriWest Healthcare Alliance, as well as other corporate donors, including the United Way and Combined Federal Campaign (CFC-11381). We strive to deliver maximum benefit for troops and their families from every donor dollar. For more information, please visit www.uso.org.



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Spc. Douglas Squires, a petroleum supply specialist, 2nd Squadron, 11th Armored Cavalry Regiment, and his wife, Michelle, left, speak with representatives from Residential Community Initiative and Pinnacle April 8. The group met during a 'Roadside Community Meeting' to discuss the quality of life for Soldiers and families at Fort Irwin.

Residential roadside chats informative

Garrison leadership, Pinnacle meets with housing residents

STORY AND PHOTO BY GUSTAVO BAHENA
Warrior Staff Writer

Pull over so we can talk.
That's exactly what residents of Fort Irwin had the opportunity to do the week of April 5.

Residents of on-post housing met with representatives of Residential Community Initiative, Pinnacle and the U.S. Army Fort Irwin Garrison. The gatherings were touted as 'Roadside Community Meetings' and were intended as a forum to discuss quality of life for Soldiers and their families.

Command Sgt. Maj. Mark Harvey, U.S. Army Fort Irwin Garrison command sergeant

major, attended the meetings along with garrison commander, Col. Jim Chevallier. Harvey said that it was important to listen to residents who brought up issues or concerns, so that remedies or solutions can be formulated.

"We want people to come out and have their issues heard, because our partners are serious about their commitment to solving issues that Soldiers and family members have as they relate to quality of life in our housing," Harvey said.

At the April 8 meeting for Coyote Springs residents, families discussed concerns ranging from utility bill charges to barking dogs to pest control to maintenance. Michelle Douglas and husband, Spc. Douglas Squires, a petroleum

supply specialist with 2nd Squadron, 11th Armored Cavalry Regiment, communicated their interest about involvement among neighbors as a way to achieving solutions for issues in their neighborhood.

"If everybody works together, it will make it a better place," Michelle said.

"We'd like to make things better for the community as a whole, not just for ourselves, but for the entire community," said her husband.

Jennifer Fraser, assistant director of Pinnacle, said that Pinnacle holds meetings on a regular basis to listen to residents' concerns. Town hall meetings are held on a quarterly basis for all housing.

"We try to create opportunities for our residents to be able to communicate with us," Fraser said.

The next town hall is scheduled to be held at the end of July. The town halls allow residents to meet Pinnacle residential managers, who can address questions or concerns.

Chevallier echoed Pinnacle's philosophy of requesting opinions from residents.

"We are always looking for feedback direct from the residents associated with housing," Chevallier said. "One of our top 10 priorities, last year and this year, is housing the community and to ensure that our families have the quality of life [comparable] with their service and their sacrifice."

Fort Irwin Middle School Soccer

STORY AND PHOTOS BY GUSTAVO BAHENA
Warrior Staff Writer

The Fort Irwin Middle School has fielded boys and girls soccer teams for the first time. The teams play other middle schools from the High Desert community. The season began April 6, with a schedule that includes home and away games.

The teams play their home games on the multi-purpose field (the blue track), with their next game scheduled for today. The girl Wildcats will play at 4 p.m. and the boys will kickoff at 5 p.m. Their opponent will be Heritage Middle School from Phelan, Calif. The public is encouraged to attend these games and support the local teams. Go Wildcats!



Hayley Hustead, midfielder with Fort Irwin Middle School girls soccer team, left, collides with a player from Riverside Preparatory during April 8 game on post.

(BELOW) Adam Chahti, with the boys Fort Irwin Middle School soccer team, battles for the ball during a game versus Riverside Preparatory.



Kyle Davidson, with the boys Fort Irwin Middle School soccer team, dribbles the ball away from a Riverside Preparatory defender during a game on post.

Bob's Corner

Plan your summertime getaway

BY BOB LUCAS

Commentator

Here are 15 suggested locations for family travel. I have personally visited each location and they are officially "really cool places." Each of the locations has a story to tell in history; just "Google.com" or "Bing.com" the names of these locations on your laptop or home computer for maps and directions. Ensure you have a full tank of gas and bring lots of water with you. Also, be safe on your trips. We want you back!

Joshua Tree National Park: Two deserts, two ecosystems, separated for the most part by elevation come together at the park. A vivid contrast between the Colorado and Mojave deserts can be observed.

Hesperia Lake Park: The lake allows for trout and cat fishing and has a play area, picnic tables, and camping.

Calico Ghost Town: This is a restored silver-mining boom town of the 1880's. One underground silver-mine and several of the 19th century buildings still exist. Great locations to picnic, see gun fights, and visit the old town.

Wrightwood: This is an incredible, and for the most part, undiscovered community resting at an elevation of 6,000 feet in the northeastern San Gabriel Mountains. Picnics, swimming, and hiking are fantastic.

Death Valley: Hottest, driest, and lowest: Death Valley is a land of extremes. It is one of the hottest places on the surface of the Earth with summer temperatures averaging well over 100 degrees Fahrenheit. It encompasses the lowest point in the western hemisphere at 282 feet below sea level, and it is the driest place in North America with an average rainfall of only 1.96 inches a year. There are a lot of places to visit, hike, and picnic.

Grand Canyon National Park: This location encompasses 1,218,375 acres and lies on the Colorado Plateau in northwestern Arizona. The land is semi-arid and consists of raised plateaus and structural basins typical of the southwestern United States. Forests are found at higher elevations while the lower elevations are comprised of a series of desert basins. This is one of the world's great wonders to picnic, hike, and view the awesome canyon.

Yosemite National Park: This park embraces a spectacular tract of mountain-and-valley scenery in the Sierra Nevada, which was set aside as a national park in 1890. The park harbors a collection of waterfalls, meadows, and forests that include groves of giant sequoias, the world's largest living things. Hiking, picnics, and camping are prevalent here.

Red Rock Canyon: The Bureau of Land Management (BLM) is located 10 miles west

of Las Vegas, Nevada. This 197,000 acre area provides a 13-mile scenic drive, more than 30 miles of hiking trails, picnic areas, and visitor center with exhibit rooms and a book store.

Big Bear Lake: This city in San Bernardino County, California sits along the south shore of Big Bear Lake, located 25 miles (40 km) north-east of the city of San Bernardino. Surrounded by the San Bernardino National Forest, Big Bear Lake is a year-around resort destination for Southern California. It has fishing, camping, hiking, and great places to eat.


As a last note, remember to visit the Fort Irwin "Tickets n' Tours" office at Bldg. 976 for hand outs that outline great discounted locations to visit in California. Their telephone number is 380-3431. Make this a great summer to travel!

Editor's note: you can email Bob Lucas at: barstowbob2@verizon.net



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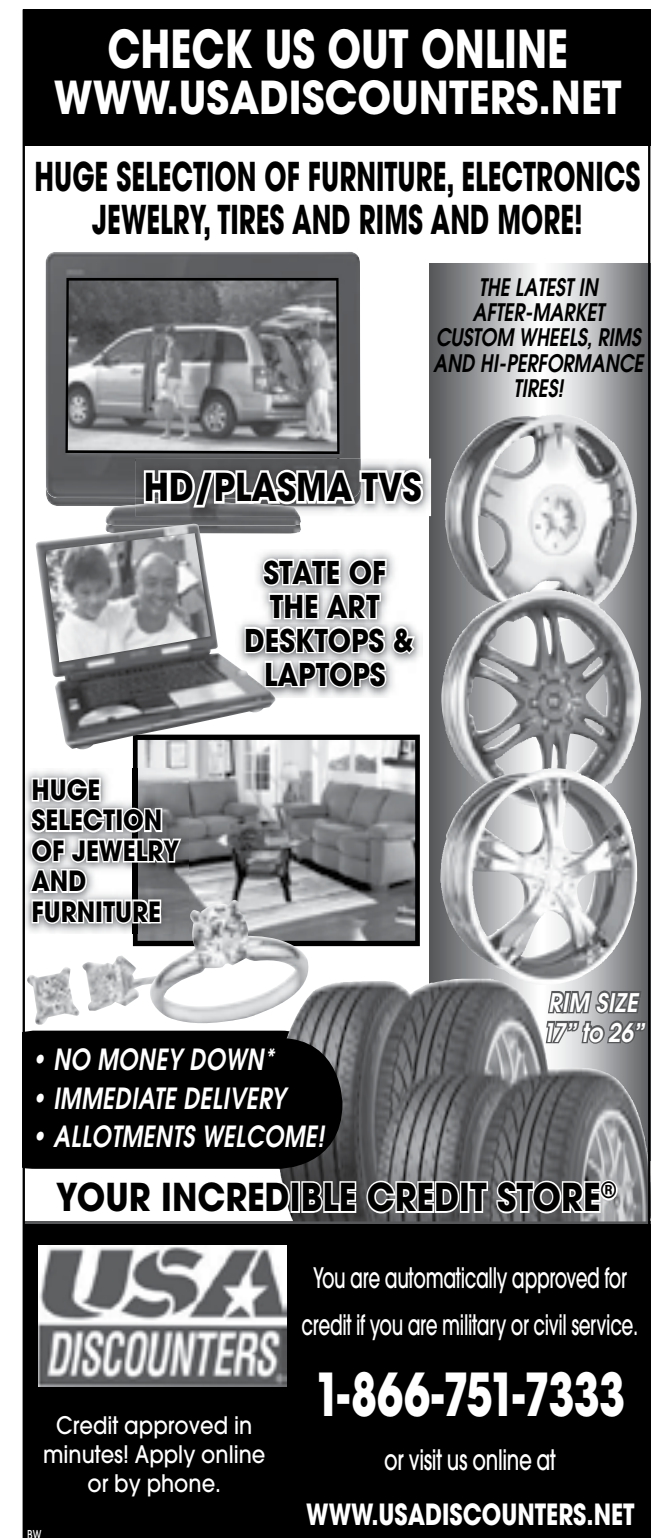
Help people affected by disasters like the current floods and winter storms by donating to the American Red Cross Disaster Relief Fund.

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American Red Cross

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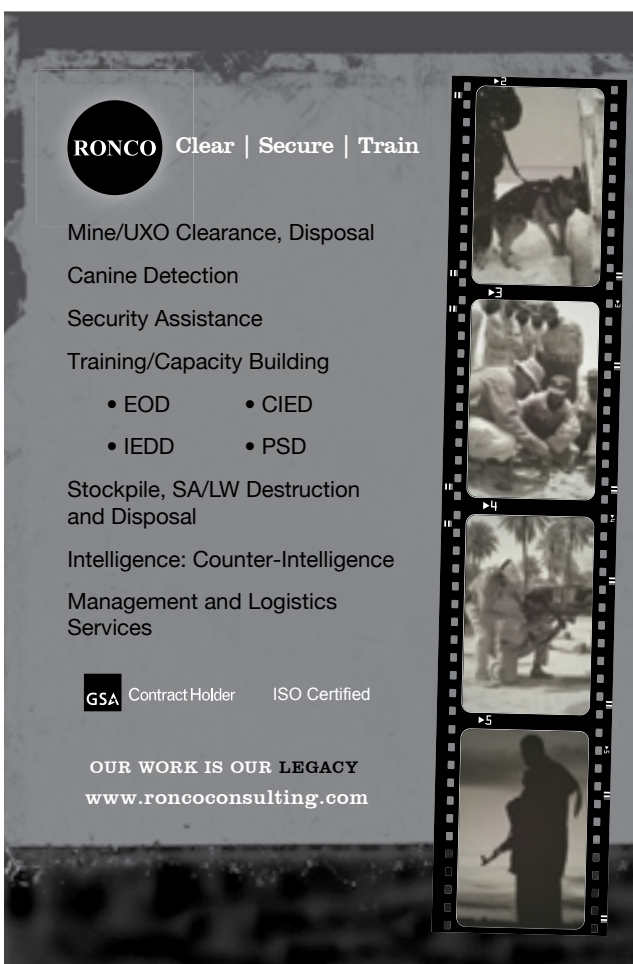
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Hudson & Walker Physical Therapy

Serving The High Desert For Over 30 Years

HUDSON & WALKER PHYSICAL THERAPY is dedicated to the finest in physical therapy and related services through their caring and understanding staff. They are committed to helping people attain maximal functional independence through their programs in physical therapy.

This respected physical therapy center has been prominent in caring for those who rely on their services, and are widely acclaimed for their caring staff of professionals. HUDSON & WALKER PHYSICAL THERAPY is located at 705 E. Virginia Way, Ste. N in Barstow. Phone them at **760-256-9243** to make an appointment or visit www.hudsonandwalkerphysicaltherapy.com and get a start on a more productive life right away.

We, the writers of this 2010 Look At Business, are very happy to include this community leader in this mention of the area's leading businesses and service providers. They would like to join the businesses in this area in saluting our troops at Fort Irwin.

Midas Auto Service Experts

Original Owners Mike & Julie Welker Are Back To Serve
All Your Automotive Needs.



When the people of this area look to someone to take care of any mechanical problems they might have with their car or truck, they generally head straight for MIDAS AUTO SERVICE EXPERTS located at 660 W. Main St. in Barstow, phone **760-256-6188**.

With the automobile as complex as it is today, you owe it to your car to let these ASE Certified Technicians take care of the problem. MIDAS AUTO SERVICE EXPERTS specialize in all types of expert automotive repair and service including general maintenance, oil and lube service, computer diagnostics, brake service, and of course, the best in mufflers and exhausts.

The writers of this 2010 Look At Business suggest this reliable shop to the readers of this area. When you take your car or truck to the experts at MIDAS AUTO SERVICE EXPERTS you can be assured that the work will be done right. Mike and Julie would like to thank all their valued customers from Fort Irwin!



Carol Watson - Manager
Linda White - Assistant Manager

Spacious lots, plenty of parking, laundry facilities and much, much more awaits you at SUNRISE PASS ESTATES located at 1000 Windy Pass in Barstow, phone **760-252-3000**. This is one of the local area's finest manufactured home parks. You'll love the convenience and easy lifestyle that characterizes this quality family community.

This is a great place to call home with 2 and 3 bedroom homes for lease or sale. The management of this park has made it a point to keep it clean and well maintained. You will find a recreational facility, club house, the rates reasonable, the neighbors friendly and you are close to schools and shopping. There's plenty of room for you at this fine park and you're sure to love the carefree atmosphere that prevails.

If you're looking for the nicest place in town, we, the writers of this 2010 Look At Business suggest SUNRISE PASS ESTATES. We know you'll enjoy living in this pleasant park. They would like to join other businesses in thanking our troops.



Barstow's Professional
Pharmacy For 24 Years



Catering to the family in the old fashioned tradition, THE PRESCRIPTION SHOPPE is the modern pharmacy with "old time" service! In fact, they are specialists in service.

Located at 400 S. 2nd St., Ste. 101 (across from the post office in the Shadowridge Complex) in Barstow, phone **760-256-5614**, this is one pharmacy where personal service and individual attention are not things of the past. A friendly smile, a cheerful greeting and prompt, personal service are what you'll get every time you walk in. No wonder they're the favorite pharmacy of so many families in the area.

THE PRESCRIPTION SHOPPE also has a complete line of medical supplies, offers senior discounts, free pickup and delivery in Barstow, and the lowest prices in town for your prescriptions.

The writers of the 2010 Look At Business suggest that all of our readers shop where service and the customer are the main products. Maher and his professional staff thank all the troops at Fort Irwin and invite you to stop in often.



Locally Owned & Operated
By Jackie Nelson & Jennifer Virog

Full service hair care for the entire family is featured at iNve BEAUTY SUPPLY & SALON located at 204 N. 3rd. Ave., Ste. D & E in Barstow, phone **760-256-6077**. This salon features professional stylists to shape, cut, perm and color your hair into a style that is, "distinctly you." Their modern techniques and professional hair care products assure you of the most natural and healthy hair possible. You'll look and feel better every time you stop in at this full service hair care salon.

In addition to exceptional hair care, iNve BEAUTY SUPPLY & SALON also features manicures, pedicures, hair extensions, color correction and more. They specialize in all phases of hair and beauty care! For a simple cutting or waving to a whole new look, this is one of the finest places in the area that you can go to. And remember, quality hair products and accessories are a great gift idea.

Walk-ins are welcome, but appointments are recommended. We know that you will soon be a regular customer of iNve BEAUTY SUPPLY & SALON. Jackie, Jennifer and the staff thank the troops for their hard work and they invite you to stop in often!

Ellis Fence Co.

Wayne & Shanon Ellis – Owners
CA Lic. #687623

For quality fencing, call ELLIS FENCE CO. located in Barstow, phone **760-256-3270** for a FREE estimate. ELLIS FENCE CO. does all types of fences, from chain link, wood panel, fencing for privacy, to vinyl. They also do wrought iron and build custom gates, both single and double.

If you need fencing, either repair or replacement, call upon the professionals at ELLIS FENCE CO. to do the job in the least possible time, and at the lowest possible cost. They stand behind their work, and fully guarantee every job they do.

If you're looking for real quality, reliability, and economy, call ELLIS FENCE CO. for your fencing needs. They have been pleasing the people of this area for years, and you'll appreciate their professional and ethical business practices! They thank all their valued customers and join everyone in thanking all our troops at Fort Irwin.

Billy's Upholstery

Billy Hernandez – Owner & Operator

Specialists in all types of upholstery and heavy fabric work, BILLY'S UPHOLSTERY has become known throughout the area as being THE place to go when only best is good enough! Whether you want a couch and chair recovered, a new seat for your car or truck, or an upholstered restaurant booth, this is the place to go!

Located at 25513 W. Main St. in Lenwood, phone **760-253-2133**, this quality-conscious shop can make nearly anything from fabric, vinyl, or naugahyde.

Heavy-duty sewing machines and other equipment will handle the toughest fabrics with ease and Billy is a skilled craftsman thoroughly schooled in all phases of the upholstering art. Regardless of what you need...if it's upholstery, BILLY'S UPHOLSTERY can handle it!

Billy would like to thank all the troops for their hard work and he looks forward to any type of upholstery work you may need done!



Pro-Flame

High Desert residents will be pleased to know that PRO-FLAME is an authorized distributor for propane gas in both bottled and bulk forms. This friendly company specializes in personalized service and regular deliveries to all outlying areas. You won't be without the clean warmth of gas with this reliable company on the job.

Located at 2061 W. Main St. in Barstow, phone **760-256-8438** or **1-866-759-0236**, this is one fuel company which realizes the importance of keeping the customer satisfied.

Whether you're a small or large user of propane gas, PRO-FLAME will do their utmost to keep you satisfied. They value their customers above all else and their record of dependability shows it! Please feel free to give them a call anytime you have a question regarding propane gas service in the local area.

The writers of this 2010 Look At Business would like to congratulate PRO-FLAME for their customer satisfaction and a job well done!



High Rank Tattoo Company

Pete Castaneda – Owner & Artist (Prior Military)

Tattoos are a beautiful way of expressing your unique individuality. If you are thinking about a tattoo, you have probably realized that it is important to know the reputation of your tattoo artist. HIGH RANK TATTOO COMPANY are tattoo artists with whom you can trust with complete confidence in providing a Health Dept. approved sterile environment. They do custom tattoos, fine lines, bold colors, portraits, as well as tattoo re-coloring and tattoo cover-up.

HIGH RANK TATTOO COMPANY is located at 605 E. Main St. in Barstow, phone **760-256-5791**, and they are open Mon. – Fri., 11am – 8pm, Sat. by appointment, and are closed on Sun. They are favorably known for reliable service and fair prices. Their popularity is due to the fact that they stand behind the quality of every tattoo they do. Come in today and see what kind of beautiful artwork they are capable of creating for your personal enjoyment.

The writers of this 2010 Look At Business agree that if you are searching for a talented tattoo artist, Pete is one of the best! He would like to join other businesses in the area that salute our troops!



Nick & Sandy DiNapoli –
Owners & Hosts



Been searching for REAL Italian pizza and pasta? If you come to DINAPOLI'S FIREHOUSE ITALIAN EATERY located at 1358 E. Main St. in Barstow, phone **760-256-1094**, YOUR SEARCH IS OVER! This famous parlor specializes in ONLY authentic Italian pizza and you've never eaten so well! They feature dine-in or take-out and are open daily Mon. – Sat., 11am – 9pm. Using only genuine imported recipes and the freshest quality ingredients, this famous restaurant produces the original Italian pizza in all of its glory! They take their pizza seriously here and you can taste the difference perfection makes. Doesn't a real Italian pizza sound good right now? They also feature other genuine Italian dishes such as pasta, sub sandwiches, and delicious salads. You're also invited to enjoy your favorite beer, cocktail, wine, or soft drink with your meal.

If you want genuine Italian pizza and other old world dishes, stop in at DINAPOLI'S FIREHOUSE ITALIAN EATERY! They thank all the troops for their hard work and invite them to stop in often!

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“A Look At Business”

- continued -

Desert Inn Motel

For the rest of a lifetime, it's DESERT INN MOTEL in Barstow, phone **760-256-2146**. Easily accessible at 1100 E. Main St., this top-rated motel is just the ticket for the road-weary traveler or the person at Fort Irwin who needs rest, relaxation and, above all, the most peaceful, luxurious surroundings possible.

You'll find the accommodations to be among the very finest with plenty of free parking; free movie channel; **newly refurbished**, spacious, well-ventilated rooms and spotless baths. A stay at this haven of rest will leave you ready to continue your journey or your job at Fort Irwin in great shape. The rates are very reasonable and the rooms are among the nicest anywhere...what more could you want?

Plan now to stay at DESERT INN MOTEL whenever you're in Barstow. You're sure to enjoy yourself a lot more when you stay at one of the nicest places in town!

The writers of this 2010 Look At Business suggest that you'll find the rooms, the service AND the rates at this fine motel to be among the very best! All major credit cards are accepted.

Reynolds Plumbing

Chris Reynolds – Owner & Contractor

CA Lic. #903563

The personal service plumber, that's what they call REYNOLDS PLUMBING! This is one contractor where the personal touch is not forgotten and the customer appreciates it! Located in Barstow, phone **760-256-2821**, this well-known plumber specializes in all phases of plumbing repair and installation.

From a drain unclogging or the installation of a new hot water heater, to a complete remodeling or addition, this is one company which will work with you to insure that the work is done to YOUR satisfaction.

The writers of this 2010 Look At Business would like to take this opportunity to extend our sincere congratulations to REYNOLDS PLUMBING for their uncommon interest in people. It's refreshing to find a company which knows that the customers must come first. REYNOLDS PLUMBING does! Chris would like to thank all the troops at Fort Irwin for their hard work and dedication, and he looks forward to your calls!

O'Brien Electric

Scott O'Brien – Owner & Contractor

CA Lic. #873171

One of the commercial and residential experts in this area for all electrical contracting work is O'BRIEN ELECTRIC located in Barstow, phone **760-590-8429**. This company has proven its professional abilities in this field through the many varied electrical contracting jobs they have successfully completed to the satisfaction of their customers.

They are fully licensed and insured by the state and can handle any wiring job from remodeling to new construction, and are more than happy to give you a complete inspection and recommendation as well as an accurate COST-FREE estimate at any time. The electricians here are fully qualified to handle any job and can complete it in the shortest time possible!

The writers of this 2010 Look At Business suggest O'BRIEN ELECTRIC to anyone who needs their services!

City Tire & Towing

Larry Dickey – Owner & Operator

At CITY TIRE & TOWING you can always count on quality service from their knowledgeable staff to complete your auto, truck and equipment needs. They are always looking for a better way to serve their customers and thank you for your continued support over their many years of business. The following is a small list of services they offer to save you time and bring added convenience to their customers that they have come to expect!

Name brand tires for your car, truck or SUV are on hand along with mounting, balancing, wheel alignment, and many other services, including 24-hour towing and mobile road service with heavy duty wrecker service. Complete auto repair service is available such as major overhauls, tune-ups, transmission and brake service, radiator service and much more.

For more information and to speak with a qualified service technician, please phone CITY TIRE & TOWING at **760-256-9198** or **760-256-5007**, or visit them at 28764 1/2 Old Hwy. 58 in Barstow. They look forward to hearing from you and would like to join area businesses in saluting the troops!

Ultimate Bail Bonds

Veteran Owned & Operated

CA Lic. #1843019

Call ULTIMATE BAIL BONDS for 24-hour bail bond service. If you've ever been in jail, regardless of the circumstances, and have had the experience of not knowing whether you could post bail, then you probably know how invaluable a good bondsman is.

ULTIMATE BAIL BONDS is conveniently located at 776 E. Main St. in Barstow, phone **760-252-4888** or **760-256-2555**, and they offer the fastest possible service for all types of bail bonds. When you're in need of their services, you can always count on a speedy posting of the bond and in most cases, a quick release. They also offer **Live-Scan** background checks for employers and employees, process serving, and a notary public.

Being in jail is no fun, but it still happens to the best of us. EVERYONE should be aware of their rights in these matters and keep the phone number of a competent bondsman such as ULTIMATE BAIL BONDS close by.

The writers of this 2010 Look At Business urge area residents to remember the name and phone number of this reputable bondsman. ULTIMATE BAIL BONDS thanks all the troops at Fort Irwin for their hard work and dedication.

High Noon Saloon

Alex Bernal – Owner

Former Owner Of The Club Casanova

A favorite with the people in the High Desert area is the HIGH NOON SALOON located at 30386 Hwy. 58 in Barstow, phone **760-256-6496**. This saloon is popular for friendly people, cold beer and drinks, and good times! Whenever you drop in at the HIGH NOON SALOON, you can relax and enjoy yourself, and of course, everybody is always welcome. There are a lot of taverns in the area, but very few that have earned the distinction of a regular stop in Barstow.

The writers of this 2010 Look At Business proudly point to the friendliest place in town, HIGH NOON SALOON. We suggest you stop in your next time in town.

Alex and his staff appreciate their customers from Fort Irwin and they invite you to stop in often!

Gulley's Livestock Disposal

Locally Owned & Operated By Brent & Judith Gulley

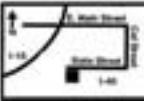
GULLEY'S LIVESTOCK DISPOSAL located in Oak Hills, phone **760-949-7957**, is providing an excellent service to farmers and stockmen. They have the truck, the experience and the equipment necessary to render the best service. Their trucks are thoroughly disinfected after each load and are kept in the most sanitary condition, and are not disease carriers. Feel free to call them whenever a loss occurs.

They specialize in prompt service, regardless of your location and make removal of dead stock without disturbance or inconvenience to you. It is a great deal safer to call them for removal services than to do it yourself.

GULLEY'S LIVESTOCK DISPOSAL have served the farmers and stockmen very well in the High Desert area for quite some time, and we, the writers of this 2010 Look At Business, feel you will receive the best and prompt service by phoning GULLEY'S LIVESTOCK DISPOSAL. Brent and Judith thank the troops at Fort Irwin for their hard work and all their friends and clients in the High Desert.

Statewide Mini Storage

Bill & Sue Trautman – Resident Managers



Do you face piles of household goods and seasonal toys and sports equipment that you must store? Do you spend all winter fighting the plastic over your boat because there is no room in the garage for it? Is your garage so full of boxes that the poor car is left out in the cold? Is every corner of your business or office stacked with boxes of important papers that must be kept? But where do you put it all?

There is no reason for anyone to face such problems when the convenient services of STATEWIDE MINI STORAGE located at 1500 State St. in Barstow, phone **760-256-8846** are available. This storage facility offers rental units of various sizes for whatever you need to store on a month-to-month, or a long-term basis. You rent it...you lock it...and all in complete security.

Contact STATEWIDE MINI STORAGE to make arrangements for storage of anything from office records, to extra business supplies, to RV's and boats! Costs are minimal, and think of all the extra room you will have in your home, apartment or business. Bill and Sue thank all the troops at Fort Irwin and they look forward to seeing you soon!

K And L Gas

Locally Owned & Operated By Kellie & Lloyd Robinson

Distributors of reliable propane gas, K AND L GAS has won the admiration and respect of area residents for their honest and neighborly business practices. They deliver propane and assume the immense responsibility for heating many of the homes and farms in the High Desert. Anyone interested in acquiring the versatility of gas should contact them at 1650 N. 1st Ave. in Barstow, phone **760-255-3740** or **1-866-GAS-3888** for information.

Propane gas has many advantages for economical heating and related energy using requirements. Whether you use a small tank on a trailer or have a large tank for your entire home, propane gas remains one of your best buys in fuels.

K AND L GAS can also order a full line of gas burners and appliances. Call them for information regarding the many work saving gas products available. The writers of this 2010 Look At Business urge all area residents to think of this fine company whenever they think of propane gas...the dependable one. K AND L GAS would like to thank the troops at Fort Irwin and wish them all a safe return home!

WalMart Of Barstow

Robert Lewis – Store Manager

Conveniently located at 621 Montara Rd. in Barstow, phone **760-252-5000**, WALMART OF BARSTOW is both familiar and popular with the people of this area, and it's the place where you can feel at home while you're shopping. Its friendly atmosphere that predominates at all times has placed this store in an individual class by itself and is the shopping headquarters for this entire area! That much discussed word, "SERVICE", finds true expression in the friendly atmosphere that envelops every customer in this store. WALMART OF BARSTOW features such items as men's, women's, and children's clothing; cosmetics; sporting goods; jewelry; electronics; household items; gardening supplies; automotive products and much more.

Each department is managed by well-trained personnel and the latest merchandise is always seen on their well stocked shelves. The writers of this 2010 Look At Business suggest WALMART OF BARSTOW to our many readers in this area. We know you'll be pleased with the quality merchandise, the outstanding service, and the low prices that go hand in hand here.

Robert and the staff thank all their valued and loyal customers and look forward to greeting new customers. They join other businesses in our area in thanking our troops here, the ones coming home, and those abroad.

“A Look At Business”

- continued -



Manufacturers Of Quality Lapidary Equipment www.diamondpacific.com

The rock hound's headquarters, that's what they call DIAMOND PACIFIC TOOL CORPORATION located at 2620 W. Main St. in Barstow, phone **760-255-1030**. This well established manufacturer features everything for the professional or amateur enthusiast, and a complete assortment of tumblers, saws, diamond saw blades, abrasives, and other equipment for the treasure hunter, and you can get in on this exciting (and profitable!) hobby for a lot less than you may think.

DIAMOND PACIFIC TOOL CORPORATION manufactures an entire line of high quality lapidary equipment. They also feature a complete line of beautiful gifts, jewelry, USGS maps, and much more. The writers of this 2010 Look At Business are pleased to be able to list this fine lapidary equipment manufacturer to our readers. The shop would like to thank all the troops from Fort Irwin and invite you to stop in often!

IDLE SPURS STEAKHOUSE

Donna Ray – Owner
Brenda Comb – Manager

Fine food and drink are favorite topics of conversation, but at IDLE SPURS STEAKHOUSE located at 690 Old Hwy. 58 in Barstow, phone **760-256-8888**, food and drink are more than just topics of conversation, they are a most enjoyable reality. This outstanding establishment has become a favorite gathering place for particular people who know and appreciate the best. They are open Tue. – Sun., lunch 11am - 4pm, dinner is at 4pm!

This is one of the finest restaurants in this area and they feature steak, prime rib and seafood. The writers of this 2010 Look At Business suggest IDLE SPURS STEAKHOUSE to our readers. Remember if you appreciate outstanding service and really good food and drink served at the peak of perfection, we suggest you drop in soon and enjoy hospitality at its best! Donna, Brenda and their staff wish to thank all their customers and join everyone in saluting our troops at Fort Irwin.

Barstow Lenwood Transmission

Family Owned & Operated Since 1995

"Barstow's Oldest & Most Trusted Transmission Shop"



The transmission specialists in the High Desert area are located at 24879 W. Main St. in Lenwood, phone **760-253-1064**. They can repair ANY make of automatic or standard transmissions and since they have the exact tools and parts needed, the job is done right the first time! If you haven't guessed by now, we're talking about BARSTOW LENWOOD TRANSMISSION. They also specialize in differentials and re-gearing lifted trucks.

A phone call will make an appointment for a free diagnostic inspection including computer scan and road test. And, guess what? Many times your car, truck, or RV will be out the same day it goes in so that you are not inconvenienced! They take all major credit cards, and offer in-house financing.

The writers of this 2010 Look At Business urge you not to pay for inferior work. See BARSTOW LENWOOD TRANSMISSION for transmissions because the very best costs no more! Paul, and the crew thank all their valued customers from Fort Irwin and wish everyone all the best!

Rimrock Convalescent Hospital

Mary Lou Miller – Administrator

This exceptionally fine convalescent hospital is trusted throughout the High Desert area by many families. RIMROCK CONVALESCENT HOSPITAL is probably doing more to promote the health and happiness of our seniors than any other similar facility. They are located at 27555 Rimrock Rd. in Barstow, phone **760-252-2515**.

RIMROCK CONVALESCENT HOSPITAL is equipped for total care, on a 24-hour basis, and is competently staffed by professionals who provide care with dignity and respect. All precautions for comfort, safety, and well being are taken, with complete rehabilitation therapy, doctor availability, planned activities, medication management, and much more. Realizing that everyone likes to eat wholesome, appetizing food, the staff of RIMROCK CONVALESCENT HOSPITAL also specially prepares food for the special diet needs of the individuals. To find out more about this friendly, family style care center, or any other information, just phone, **760-252-2515**. We, the writers of this 2010 Look At Business, know you'll be glad you did.

RIMROCK CONVALESCENT HOSPITAL is always looking for qualified caring individuals in the nursing and rehabilitation field.



CHAPARRAL PHYSICAL THERAPY has been providing the rehabilitation needs of the High Desert for the past 23 years. We pride ourselves as results driven practices. The foundation of our Philosophy is built on Improved Function and Quality of Life.

CHAPARRAL PHYSICAL THERAPY has three convenient locations; Barstow, phone **760-256-1888**, Hesperia, phone **760-244-4288**, and Victorville, phone **760-951-9702**, to geographically serve the entire desert. Having three locations will ease your access to the finest rehabilitation services available. All three facilities are operated under the same high standards with Licensed Physical Therapists and/or Physical Therapist Assistants on site at all times. If you are already acquainted with our clinics, you know that there are no better facilities for your rehab needs. Our clinics are equipped with the best rehab gyms available in the High Desert and two of the clinics have state of the art aquatic facilities. Our diverse staff of Physical Therapists and Physical Therapist Assistants assures your care is always under the direction of licensed and experienced professionals. As a community leader and service provider, we would like to join our other area businesses in thanking our troops that are here, returning home and those abroad; **without you, our success would not be possible.**

Barstow Rentals

Janet Wentz – Broker

"Quality Personal Service"

Have you had trouble locating a suitable rental home for your family? Maybe you own rental property and are having a hard time finding tenants. BARSTOW RENTALS offers a unique service that solves both problems!

Located at 801 Irwin Rd. in Barstow, phone **760-255-2222**, this outstanding rental housing firm specializes in the listings of ALL types of rental properties. Many smart landlords in this area have turned over all of their rental units to Janet at BARSTOW RENTALS for convenience and profits!

Renters, too, benefit from the services that BARSTOW RENTALS provides. They can choose from a great selection of rental homes and find the one that's just right for their needs AND their budget!

As the writers of this 2010 Look At Business, we suggest that ALL prospective renters AND all landlords contact Janet at BARSTOW RENTALS!

Burns Septic & Rotary

CA Lic. #622433

Expert septic tank pumping, installation, and repair is available in this area from BURNS SEPTIC & ROTARY located in Barstow, phone **760-253-5262**. This respected company specializes in the cleaning, repairing, and sanitizing of septic tank systems of all types, and their quality work has won them the admiration of leading contractors and homeowners alike.

Commercial, residential and industrial sanitation problems are their full time job. Their crews are ready to go on a moment's notice to correct any malfunction which may arise with your waste disposal system. They won't keep you waiting.

BURNS SEPTIC & ROTARY stands ready to perform any type of maintenance on YOUR septic tank system. They can repair or clean most any unit on the market, and they can do it faster. They are fully licensed and bonded, of course. The writers of this 2010 Look At Business suggest that you contact BURNS SEPTIC & ROTARY for all of your septic tank problems. They would like to join other area businesses in thanking our troops at Fort Irwin.

H & B Refrigeration and Service Co

Since 1960 Family Owned & Operated CA Lic. #716804

"Call Us, We Will Hunt Down Your Problem."



H & B REFRIGERATION AND SERVICE CO located at 28222 Waterman Rd. in Barstow, phone **760-256-5651**, supplies heating and air conditioning systems for homes, stores and industries. Whether it is a large or small home or office, these competent people can tell you what it will take to do your job properly and they guarantee your satisfaction in all season comfort.

Prompt service at a reasonable price is the guiding influence of the policies of this firm and has brought trade for them from all the High Desert area. Your home life will be happier and your business more profitable when you surround yourself in climate controlled comfort from this firm featuring High Efficiency, brand name heating and air conditioning systems.

We, the writers of this 2010 Look At Business, suggest H & B REFRIGERATION AND SERVICE CO for their service to this community.

Mention This Ad And Receive 10% OFF On Your Next Service Call!

Oasis House

Larry Shook – Owner

Chemical dependency, whether it be alcoholism or a dependency on either illegal or prescription drugs, is a disease which spans the generation gap and affects everyone who comes into contact with its victims.

The caring, knowledgeable people at OASIS HOUSE are dedicated to providing every aspect of care to persons afflicted with chemical dependency problems and those who are directly affected by it including adults, children and co-dependents.

Located at 300 S. 11th Ave. in Barstow, phone **760-255-3857**, their services are available to men, women, adolescents and their families. Their goal is to provide the most comprehensive care available. Recovery normally begins with proper testing and confidential evaluation and continues through counseling, support therapy and follow-up.

Remember, there is a better way. If you are suffering through a chemical dependency problem or if you're facing many familiar stress problems due to a family member's dependency, we suggest you contact OASIS HOUSE at **760-255-3857** for additional information.

Bridges Academy Of Beauty Victor Valley Beauty College, Inc.

Learn the secrets of award winning hair styling at BRIDGES ACADEMY OF BEAUTY & VICTOR VALLEY BEAUTY COLLEGE, INC., the High Desert's leading beauty schools. Yes, a career in the exciting world of cosmetology can be yours. Stop in at BRIDGES ACADEMY OF BEAUTY located at 423 E. Main St. in Barstow, phone **760-256-0515** or visit www.bridgesacademyofbeauty.com, or VICTOR VALLEY BEAUTY COLLEGE, INC. located at 16515 Mojave Dr. in Victorville, phone **760-245-2522** or visit www.victorvalleybeautycollege.com to find out more about these wonderful opportunities!

It's a great was to enjoy security and self-employment for your working days. Many of the graduates of these fine schools are now independent beauty operators, with their own shops, their own clients, and their own pride! Modern, scientific teaching methods, the latest equipment, visual aids and professional instructors make BRIDGES ACADEMY OF BEAUTY & VICTOR VALLEY BEAUTY COLLEGE, INC. great places to learn. Low tuition rates, financial aid, and acceptability for G.I. financing are a few reasons why you should check into this fascinating career. We urge area residents to consider the many advantages of being a professional cosmetologist!

"A Look At Business"

- continued -



Oak Tree Inn

Like to "get away from it all" but just are not prepared for a long trip? By making reservations at the OAK TREE INN located at 35450 Yermo Rd. in Yermo, phone **760-254-1148**, you CAN enjoy a real holiday with only little expense and a short drive! Their fabulous "weekend vacation" is your ticket to a few days of restful relaxation. Right next door you will find PENNY'S DINER, open 24-hours and offering fabulous daily specials in a unique fifties atmosphere.

This outstanding motel has ALL of the things you look for! There are queen-size beds, bath-shower combinations, air conditioning, color television and much more! The OAK TREE INN features a beautiful heated swimming pool, fitness gym, free WiFi Internet and other fun things to do while you're here. You'll find that a weekend at the OAK TREE INN will leave you relaxed, refreshed and ready to face another week on the base.

Plan now to "escape for the weekend" to this magnificent motel and enjoy yourself for a lot less than a regular vacation. The staff thanks the troops for their hard work and dedication and looks forward to seeing you soon.

Summit Inn Restaurant

C.A. Stevens – Owner

When the people of this area sit back and relax in comfortable friendly surroundings to enjoy breakfast, lunch or dinner, they are probably sitting in the pleasant surroundings of SUMMIT INN RESTAURANT located at 5970 Mariposa Rd. (right on Route 66) in Oak Hills, phone **760-949-8688**.

The SUMMIT INN RESTAURANT is known in this area as the finest restaurant to obtain a delicious breakfast, lunch or dinner prepared exactly the way you want it, and served with all the trimmings.

When the owner here decided to open, he had one primary goal in mind, and that was to offer the people of this area the finest food, served among friendly people in a pleasant atmosphere, and always with the best service in town. The fact that he has achieved just exactly that is evidenced by the ever returning number of people that have made SUMMIT INN RESTAURANT their place to dine.

The writers of this 2010 Look At Business would like to take this opportunity to suggest SUMMIT INN RESTAURANT to all of our readers. C.A. and his staff thank all their customers and join other area businesses in saluting the troops at Fort Irwin.

High Desert Collision North

Locally Owned & Operated By Bill Lopez

Better bodies begin at HIGH DESERT COLLISION NORTH. This is a body and paint shop that has a reputation of quality work by doing some of the finest body work in the High Desert area. From a simple dent-pulling session or glass replacement, to a major rebuild or custom paint, you can trust your vehicle to the specialists at this shop with complete confidence. They figure they're one of the best and they'll go out of their way to prove it to you!

Currently located at 1230 W. Main St. in Barstow, phone **760-255-1055**, and **watch for their new location coming soon**, this body shop is accepted by leading insurance adjusters because of their high standard of work. No wonder fleet operators, business owners, and others who depend on quality automotive services have made HIGH DESERT COLLISION NORTH their personal body shop. The quality of their work always comes through and the prices are more than competitive. Trust your body work to one of the best, HIGH DESERT COLLISION NORTH. Bill and the crew thank all their valued customers from the Fort Irwin area and they look forward to seeing you soon!

Unique Landscaping

John Heald – Owner With 28 Years Experience

Serving All The High Desert & Surrounding Counties

The art of creative landscaping is a job for an experienced professional. Long considered to be one of the local area's leading landscape contractors is UNIQUE LANDSCAPING located in Barstow, phone **760-256-5296**.

This reliable firm specializes in the beautifying of your lawn and garden with the addition of shrubs, rocks, fences and many other distinctive decorator items which only a true artisan can use properly. John's 28 years of experience and his dedication to do a professional job are your assurance that your grounds will look better than ever before. When you call UNIQUE LANDSCAPING to do your landscaping, you get more than just a job, you get the environmental designs of a master! The ecology isn't forgotten when this skilled company is on the job and they specialize in producing "natural" effects. Call them today for a finer looking yard!

To find out more or to look at some of their beautiful work you can find them on the Internet at www.myuniquelawn.com.

Barstow Calico KOA

Family Owned & Operated

As with the other KOA campgrounds located around the country, BARSTOW CALICO KOA located at 35250 Outer Hwy. 15 North in Yermo, phone **760-254-2311**, offers a haven of rest and relaxation to the road weary traveler and local residents. They feature cable TV, Wireless Internet, a pool, a playground, an archery area, horseshoes, a climbing wall, two cabins with baths, and a teepee. The restrooms and showers have been remodeled and the RV sites refurbished with new BBQ's and gravel.

At your friendly KOA campground, you can cleanup, rest, pick up needed supplies, and otherwise get ready for the continuation of your trip. You'll always find the friendliest people and the best accommodations at KOA...that's the way they like it!

Conveniently located near scenic areas and shopping, this fine campground features many needed services for the hiker, bicyclist, RV camper and local residents. Their showers and washrooms provide a great place to do your laundry and wash the miles off your body. You'll feel AND look your best after a stay at KOA!

The writers of this 2010 Look At Business suggest that you camp at BARSTOW CALICO KOA whenever you're in the High Desert area.



Barstow Fuel

Abe Abdul – Owner & Operator

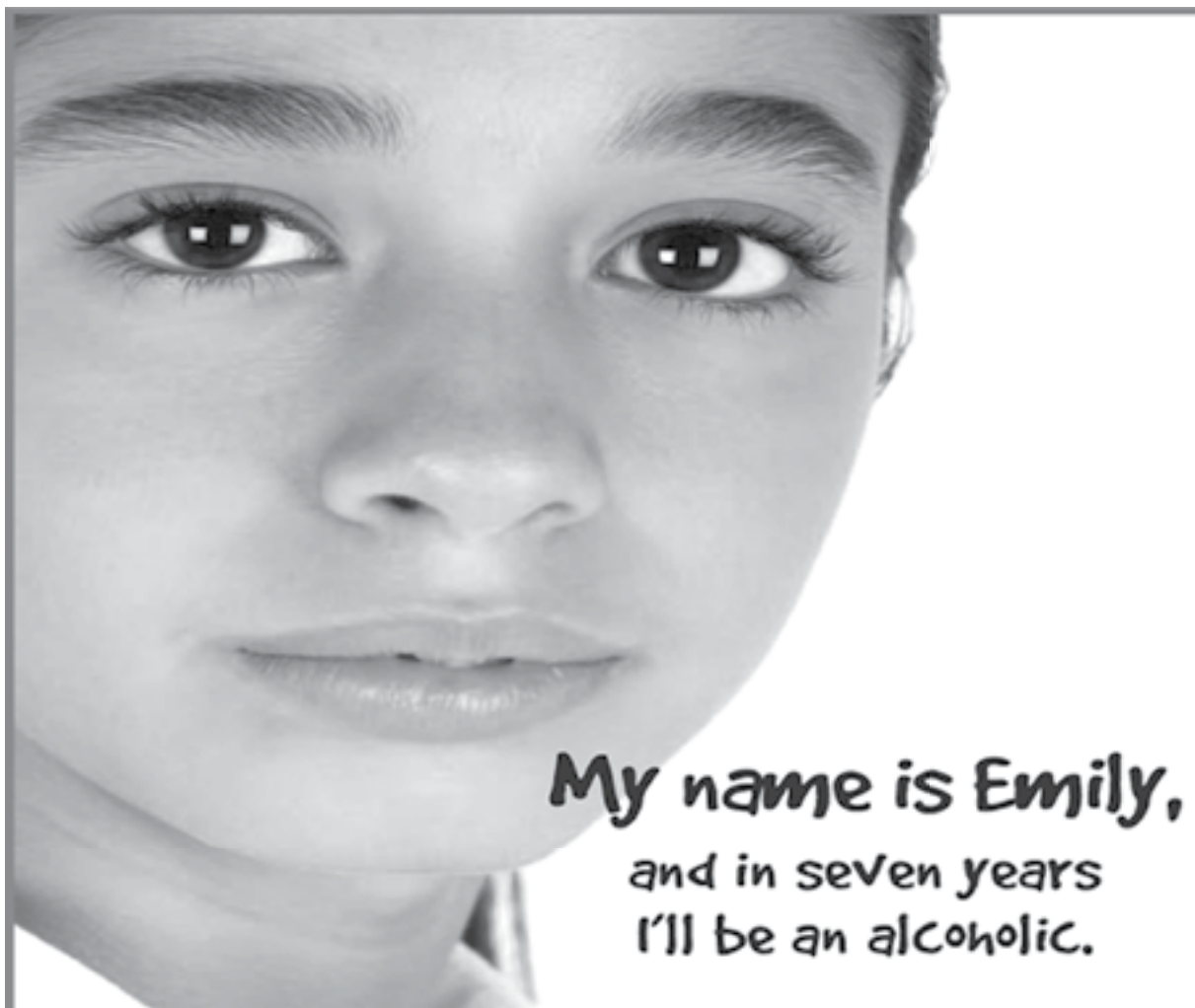
Open 24 Hours!



Quality people, products and service are the cornerstones of BARSTOW FUEL. When you fill your gas tank, you know you are getting the best gas. BARSTOW FUEL is located at 1600 E. Main St. in Barstow, phone **760-256-3144** (garage) and **760-255-1107** (store). They pride themselves on offering a clean, well-run store, smoke shop, and garage as well as a car wash! They keep their inventory fresh so no matter what you need, from milk to canned goods to candy, you know you're buying food your family will enjoy. See the VALLERO GAS STATION located at 1401 E. Main St. in Barstow for a 100% hand washed car wash.

BARSTOW FUEL offers complete automotive repair, brand name tires, brake service, tune-ups, diagnostics and A/C services, and 24-hour emergency auto repair. And whatever particular brand of cigar, cigarettes, or pipe you smoke, you'll find your favorite type of tobacco always tastes better when you get it here. Their large humidor keeps the tobacco at its freshest flavor peak until the time of sale.

Stop in soon and fill up the tank, get the necessary groceries, snacks, tobacco and beverages you need. And don't forget to get the car washed at VALLERO GAS STATION.



My name is Emily,
and in seven years
I'll be an alcoholic.

Kids who drink before age 15 are 5 times
more likely to have alcohol problems
when they're adults.

**START TALKING
BEFORE THEY
START DRINKING**

To learn more,
go to www.stopalcoholabuse.gov
or call 1.800.729.6686



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov



QUESTIONNAIRE

Design Build Landscape – Fort Irwin

Attention Fort Irwin – We need YOUR help!

MW Services Inc. & DPW are working together to landscape various area's of Fort Irwin. We want to know what YOU want to see. How would YOU like Fort Irwin to look? Please take a few minutes to look at the pictures and questions below and choose the concept designs YOU like the most. YOUR input is very important to us! Please send your choices via Email to youchoosetirwin@yahoo.com everyone who lives and works at Fort Irwin is encouraged to participate.

Question 1..... Which of the proposed landscape schemes is most appealing to you?



SCHEME 'A'



SCHEME 'B'



SCHEME 'C'



SCHEME 'D'

Question 2..... Would you like to see more desert trees? (refer to list of vegetation below and choose which one's you like best).

Trees, Plants, and Bushes



A – Bear Grass



B – Beavertail Cactus



C – Bigcone Spruce



D – Bladder Pod



E – Blue Sage



F – California Buckwheat



G – California Lilac



H – Catclaw Acacia



I – Century Plant



J – Desert Agave



K – Desert Broom



L – Desert Marigold

QUESTIONNAIRE

Design Build Landscape – Fort Irwin

Trees, Plants, and Bushes (continued)



M – Tree Cholla



N – Mojave Yucca



O – Nevada Jointfir



P - Ocotillo



Q –Our Lords Candle Yucca



R – Princess Plume



S – Red Yucca



T – Skeleton Leaf Goldeneye



U – Honey Mesquite



V – Blue Palo Verde



W – Desert Willow

Question 3.....Do you like the idea of creating colored bands utilizing different rock types? Yes/No (as reflected in above schemes).

Question 4.....Do you like the assorted rock with boulder look? (as reflected in the schemes A-D on page 1) Please chose which rocks you like the most from the following:

Boulders, Crushed Rock, and Walkway Material



B1 – Quartz Boulder



B2 – La Cresta Boulder



B3 – Surface Select Boulder



B4 – Desert Spice Boulder



B4 – Vegas Boulder



**CR1 – Apache Brown
(Crushed Rock)**



**CR2 – Desert Spice
(Crushed Rock)**



**CR3 – Plomosa Rosa
(Crushed Rock)**



**CR4 – Salt River
(Crushed Rock)**



**WM1 – Burgundy Mist
(Walkway Material)**



**WM2 - Terracotta
(Walkway Material)**

Thank you for your participation, we look forward to enhancing Fort Irwin's beauty. Send your choices to youchoosetirwin@yahoo.com

HIGH DESERT WARRIOR CLASSIFIEDS

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\$475/mo Large 1-Bedroom w/Large Kitchen,
Large Furnished (All Utilities Paid) ONLY \$700/mo,
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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

Barstow 2bdrm/1 Bath. **1236 Windy Pass** by Stater Bros. Fenced and Gated. Patio, Garage. New Paint \$650/mo
760-220-3478

Rooms For Rent

2 Rooms for Rent, sSmaller Room \$350, Larger Room \$400. \$200 Deposit. Call 760-792-3368 Available Now!

Roommate Wanted

In New Home on Lake, 10-Minutes from Ft Irwin Rd. \$500/mo. 760-220-3840.

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!

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.

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

PCS Sale!! Two-Family Yard Sale. Lots of Stuff For All! Saturday, April 24th 0800-Noon. Tiefert/Normandy Area. Email for Info Lannar@yahoo.com

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ALFA APARTMENTS

\$\$ CALL FOR OUR MOVING SPECIAL \$\$

JESSE PEREZ
ONSITE MANAGER

2011 Borrego Drive, Barstow CA 92311
Phone (760) 252-5731



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

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Homes for Rent

Beautiful and Spacious 2 Master Bedrooms/2.5 Baths/2 Car Garage - 1,100 sq. ft. in Gate Community. Appliances included. Fenced Yard, Community Pool. \$995/mo.

For information, call Judy toll free
877-247-9288

MOVING? PCS?

Purdy Clean Car Wash & Storage



Now Renting Penske Trucks

PENSKE

25% Military Discount

Receive a 25% discount on your next Penske household or commercial truck rental in Barstow. With this coupon.

Call and reserve your truck today
760.255.1502
760.255.4545

2185 West Main St.
Barstow, CA
Mention Coupon Code 2185



To advertise in the next issue, call 877-247-9288

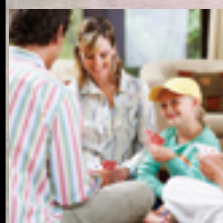


Quality Manufactured Homes at Affordable Prices

Starting at \$600 plus utilities
Including Space Rent...

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

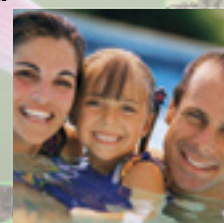
- Military Families Welcome • Close to Schools & Shopping
 - Located only 38 miles from Ft. Irwin
 - Sales or Lease Options on 2 Bedroom Manufactured Homes
- No Reasonable Offer Will be Refused**



CLUBHOUSE



RECREATION FACILITY



FAMILY COMMUNITY



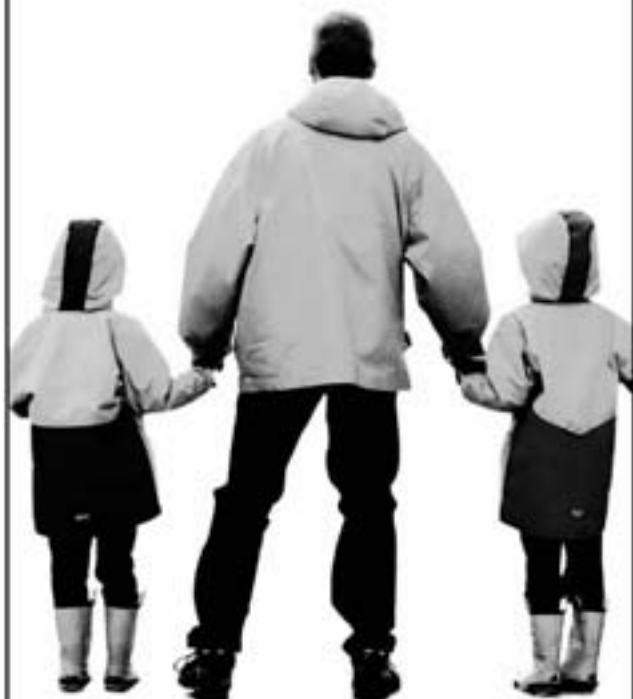
EQUAL HOUSING OPPORTUNITY

(760) 252-3000

1000 Windy Pass Barstow, CA • sunrisepass@mpam.com



Don't wait for a rainy day to Prepare for a Hurricane



GET A KIT essential supplies include food, water, radio, flashlight, first aid kit and medications

MAKE A PLAN include an evacuation plan, out-of-area people to contact and a meeting place

BE INFORMED if a hurricane is forecasted, listen to local radio and TV and follow the guidance of local officials

To find out more about how you can be Red Cross ready during hurricane season, contact your local American Red Cross chapter or visit www.redcross.org/beredcrossready

Be Red Cross Ready  American Red Cross

H20334

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SONY CD PLAYER

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\$99⁹⁹ CARRY OUT OR INSTALLED

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No Installation Required ONE WEEK ONLY

ENTER OUR DRAWING FOR \$5000 System!

CRUISIN ON THE RIVER

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No purchase necessary.

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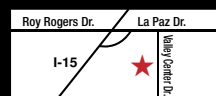


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