



HIGH DESERT WARRIOR

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

Legal Assistance Appointments

The Legal Assistance Office has changed the way we schedule appointments in order to more efficiently serve the Fort Irwin Community. Individuals no longer need to wait until Friday at 1 p.m. to schedule an appointment. Appointments may now be scheduled anytime, either in person or over the phone. Legal Assistance services are available for active duty, active Guard Reserve, mobilized service members, retirees and their dependents. Prospective clients must have a valid military identification card. Screening for eligibility of legal services will take place at the time the appointment is scheduled. New clients, who are not able to make an appointment on-the-spot, will be placed on a wait list and contacted as soon as an appointment is available. Individuals with emergency legal issues, as defined by our standing office policy, will be scheduled for an appointment as soon as possible. Your feedback on this new scheduling process is desired and encouraged. To schedule an appointment, stop by the Legal Assistance Office located in Bldg. 288, across from the Main Post Chapel on Barstow Road, or call 380-5321.

In-Processing Relocation

Military Personnel and Finance In-processing Sections have relocated to Bldg. 312, co-located with the AG Replacement. All other Military Personnel Functions remain in Bldg. 561. DEERS and ID Cards section remains in its current location — Bldg. 563.

Civilian Job Openings

The Fort Irwin Civilian Personnel Advisory Center (CPAC) has been piloting a new software program and because of this, some Fort Irwin job vacancy announcements are ONLY posted on www.usajobs.gov and not on the CPOL Web site. CPAC is using USAJOBS to announce the following types of positions: 0203-Human Resources Assistance, 0346-Logistics Management, 0301-Miscellaneous Administration and Program Series, 0560-Budget Analysis, 0671-Health System Specialists, 0679 Medical Support Assistance, 2005 Supply Clerical and Technician Series, and 2210 Information Technology Management. CPAC currently has several announcements on the USA Jobs Web site. These announcements can be located by searching by title and/or by searching Fort Irwin or San Bernardino County as the locations. For more information, contact Brian Bennett at brian.j.bennett1@us.army.mil. Share the news on using USAJOBS.



iWatch aimed at keeping eyes on Fort Irwin

BY CHARLES MELTON

Fort Irwin U.S. Army Garrison
Community Information Manager

Numerous cities and towns across the nation have Neighborhood Watch programs aimed at encouraging residents to report suspicious activities, unusual visitors and other out of the ordinary sights in their neighborhoods to help reduce crime and keep their neighborhoods safe.

In August, the iWatch program will bring that capability to Fort Irwin and the National Training Center as the Army places added emphasis on anti-terrorism throughout the month, which has been designated Ant-Terrorism Month across the entire Army.

The program is designed to encourage and enable community members to help protect their communities by identifying and report-

ing suspicious behavior that is known to be associated with terrorist activities.

iWatch is designed to increase individual situational awareness as well as providing the tools necessary to report suspicious behavior to law enforcement for further investigation.

The iWatch program encourages Soldiers, family members and civilians to trust their instincts and report activities that either don't look right, smell right or sound right to the proper authorities.

Examples of reportable behaviors include: people drawing or measuring important buildings, strangers asking questions about security forces or security procedures; a briefcase, suitcase, backpack or package left behind; cars or trucks left in "No Parking" zones in front of important buildings; intruders found in secure areas; a person wearing clothes that are too big

and bulky and/or too hot for the weather; chemical smells or fumes that worry you; questions about sensitive information such as building blueprints, security plans or VIP travel schedules without a right or need to know; and purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials.

Important places to watch include unit headquarters, installation access points, religious facilities, amusement parks, sports and entertainment venues, recreation centers and fitness facilities, barracks and lodging facilities, mass gatherings such as parades, fairs and carnivals, schools, libraries and daycare centers, hospitals, the Commissary, Post Exchange, gas stations and banks, and public transportation.

For more information about the iWatch program, contact Mark Laury at 380-6372.

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JULY/AUG. 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				29	30	31
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ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE ■ MEDIUM USE ■ MINIMAL USE

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FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED

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

ICE — Customer Service Corner

BY MEREDITH STORM
Customer Service Officer

After several weeks of monitoring the ICE data, I have noticed a number of customer comments specific to AAFES. Being the Customer Service Officer, I was thinking of ways that I could bring you the answers, so I sat down with the Mr. Chester Hires, AAFES General Manager, to shed light on some issues.

CSO: Customers have said that AAFES takes advantage of being located on Fort Irwin and raises the prices to be higher than the stores in town, is that true?

Mr. Hires: No. AAFES conducts nationwide surveys

in order to ensure our prices are very competitive. Our prices at Fort Irwin reflect these pricing strategies to ensure our local customers are provided the same value as an AAFES customer located anywhere in CONUS.

CSO: What if a customer finds a price cheaper at one of your competitors?

Mr. Hires: We encourage our customers to use our “We’ll Match It” program. If a customer finds a competitor with a lower price, we will match that price and then save the customer sales tax.

CSO: Located at the check-out counter, there are signs posted of a policy that if there are more than three custom-

ers in line, AAFES will open another register. In some cases, these actions are not happening. Why?

Mr. Hires: Admittedly, some of our ICE comments illustrate that we have fallen short on this pledge. Our Main Store management staff has a renewed commitment to ensure we improve in this critical area of customer service.

CSO: Is there anything else that you want your customers to know?

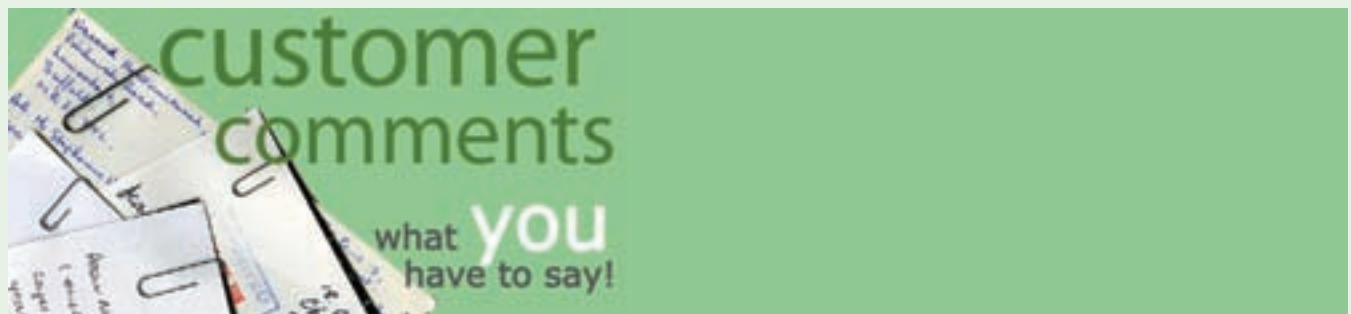
Mr. Hires: We greatly appreciate both the positive and negative comments we receive through the ICE program. We are growing along with the Fort Irwin community and the direct input from our custom-

ers is critical to our continuous improvement. AAFES is a big supporter of the Garrison and the Army community. Historically, AAFES gives back two-thirds of earnings to MWR. Last year, shopping at the Fort Irwin PX generated more than \$583,000 for quality of life programs.

For more information about AAFES, visit the web page at www.aafes.com.

Just remember that all positive comments are encouraged and appreciated, but if you’re HOT put it on ICE!

Editor’s note: You can reach Meredith Storm at 380-7639 or at her e-mail meredith.storm@us.army.mil



Bob’s Corner

Do we ever stop, smell the roses?

BY BOB LUCAS
Commentator

Have any of us ever considered slowing down the fast moving train that we seem to ride, kick back for a bit, reflect on good things that have happened in our lives, take a few deep breaths, and move on to our daily tasks?

Why do you suppose we are always in the fast lane to get things done quickly? Is it so we can go on to other tasks or projects that are also needed to accomplish quickly?

Well, I was often told by a wise man to work hard, smartly, accurately, and get the task done, so I will be able to move up in society and accomplish a lot in my lifetime.

Although I did all of those things, I believe those accomplishments can only be measured by others.

I know working hard and long hours was something our mothers and fathers did in their own lifetime, and they vehemently believed in the motto, “Early to bed, early to arise, makes a person happy and wise.” They instilled those beliefs in many of us as well.

I believe our mothers and fathers accomplished a lot in their lifetime and because of it, they often gave us things they never could afford earlier in their own lives like bicycles, scooters, model airplanes, iPods, stereo

systems and some of the larger ticket items like college, a new car, and even a fully paid wedding. In some cases, our parents actually spoiled some of us. Looking back, I think we would all wonder how they were able to accomplish so much and still keep their sanity.

I found out how they did it.

One of the things my dad used to tell me was to slow down now and then “and smell the roses.” Well, considering I was not one of the smartest among the other three brothers in the family, I never knew what he meant by that statement until later in life.

I wish he was still with us for me to say thanks. Our mothers and fathers were smart people, but we didn’t know how smart they were until we got older and had to experience life ourselves. Go ahead and admit it! My dad used to also say, “Everything is tough at the top and at the bottom, but everything in the middle is gravy, so enjoy it.”

Once again, very powerful statement, but what the heck did he mean by that statement? Now I know what my dad meant by that statement!

We all work hard in our lives, some accomplishing more than others.

Our life’s work is important to us, but we must realize that stopping to take a break, a vacation, a weekend and resting are all

necessary in our lives to allow our mind and body to rest. We must do that if we are to prosper in life. That is how we accomplish so much in our lives ... taking time to smell the roses. If any of us ever have a tough situation, a rough road, or we feel our life is fruitless, it is time to take a few deep breathes, think positive thoughts, and remember how bad others have it compared to ourselves.

That is how we get through life, even in these fast-moving times when the information highway is taking over our lives.

We are all important in our own way and must remember that we have a great life ahead of us if we really want that great life. It is important to me that I know we are all doing well in our lives, even if the worst is yet to come.

We endure because that is what we do. Always remember, “Early to bed, early to arise, makes a person (who takes time out for self), happy and wise.”

Does it actually have to rhyme? Have a great summer, smell the roses, take time out for self and family, and thank you for serving our great Nation. What we do is a big deal, and you are all a part of it!

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

WHO WE ARE

Brig. Gen. Robert B. Abrams
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Post CSM
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Garrison Commander
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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

National Training Center military police gives recognition to sheriff deputies

BY CPL. ALAYNA BRADDDY

Military Police Company
Public Affairs Representative

The NTC Military Police Company Command Team, Capt. Jason Kim and 1st Sgt. Bobby Estrada, recognized 20 Los Angeles County Sheriff deputies on July 14th at the Sheriff's headquarters in the heart of Los Angeles.

The deputies were recognized for outstanding training support and instruction they provided to the Soldiers of the Military Police Company as part of the unit's Law Enforcement Excellence Program, which aims to develop training and partnership opportunities with external agencies. The MPs, over the course of a year, were put through multiple training scenarios where the deputies mentored the MPs to enhance their knowledge of law enforcement tactics. Skills that were emphasized revolved around core law enforcement tasks, which are the fundamental building blocks universal to all who perform law enforcement duties, whether it be military or civilian. These tasks were recently formalized by the U.S. Army Military Police School (USAMPS) into 68 certification tasks that all MPs must certify on annually.

The deputies volunteered their time and knowledge to train the Soldiers and were awarded with Certificates of Appreciation.



Capt. Jason J. Kim, NTC MP Company commander, presents a wall plaque to Sheriff Leroy D. Baca, Los Angeles County Sheriff.

Additionally, Deputy Sheriff Amy Puzio was awarded the Commander's Award for Public Service, an Army Award for civilians to recognize exemplary performance.

Deputy Puzio personally instructed the entire company through several iterations of tactical employment of the M9 pistol since

October 2009. Skills taught went above and far beyond the basic U.S. Army Military Police standard and enhanced not only the proficiency of the MP Soldiers on their primary weapon but also their confidence.

Present for the award ceremony was Los Angeles County Sheriff Leroy D. Baca, the

highest ranking uniformed law enforcement official in the State of California and head of the world's largest Sheriff's Department.

Also present was Los Angeles County Probation Commissioner Don Meredith who also serves as a law enforcement instructor for the MP Company. Capt. Kim and 1st Sgt. Estrada were able to meet with and discuss the way ahead and future initiatives with the Sheriff, as well as highlight the positive influence his deputies have been to the Soldiers that protect the Fort Irwin community.

"It's an honor to meet with the Sheriff of such a renowned and influential agency, but most importantly, to recognize the deputies that have helped our Soldiers so much in his presence," stated Capt. Kim, MP Company commander.

Sheriff Baca made it clear that the military and law enforcement are a brotherhood that share many of the same ideals such as duty and selfless service, and both are entrusted to protect and serve the people. Capt. Kim and 1st Sgt. Estrada presented Sheriff Baca with a wall plaque symbolizing the partnership that the NTC Military Police Company has formed with his department over the past year.

Sheriff Baca stated he fully supports and endorses the partnership and hopes that the partnership will continue to grow. "I am very proud of the patriotism of my deputies," stated Sheriff Baca.



Leroy D. Baca, Los Angeles County sheriff, and Capt. Jason J. Kim, NTC Military Police Company commander, join with deputies recognized in front of the Sheriff's Headquarters Complex.

Crime Watch

Information provided by
Provost Marshal Office

Larceny of government/private property. Location: Dining Facility (in the Box). Victim reported that person(s) unknown removed his Camelbak hydration system.

NTC helmet violation. Location: Meuse Argonne. Police were notified of juveniles skating without helmets.

Domestic disturbance. Location: Mojave Desert housing. Police investigated the report of a family disturbance.

Traffic collision. Location: Bldg. ##### (parking lot). Driver of a vehicle, while attempting to park, struck a parked vehicle.

Traffic collision. Location: Bldg. ##### (parking lot). Driver of a commercial truck, while attempting to parallel park, struck a parked vehicle.

Traffic collision. Location: Langford Lake and South Loop Police investigated the report of a non-injury traffic accident.

Brush fire. Location: Training area adjacent to water treatment plant. Fort Irwin Fire Department investigated the report of a small brush fire.

Domestic disturbance. Location: Barstow Road. Police investigated the report of a domestic disturbance.

Larceny of private property. Location: Main Post Exchange. Police responded to the report of a shoplifter in custody.

Credit card fraud. Location: Wal-Mart.com (online). Victim reported that person(s) unknown used the victim's credit card to purchase items online.

Adopt-a-pet



Name: Sage

Breed: Domestic Short Hair

Gender: Female

Age: 3-months-old

Sage 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

DRM Closure Dates

The Directorate of Resource Management Office will close on the following days due to General Fund Enterprise Business System (GFEB) Training today/ July 26 and on Aug. 13.

Personal ID Training

Personal Identifiable Information Training, mandatory for all service members, DoD employees, and contractor personnel, will take place on Aug. 5 and Sept. 2 in Bldg. 552, Avenue G, from 8:30-10:30 a.m. For more information, call 380-4540/5337.

Radio Broadcast Streaming

Public Affairs Office is streaming radio broadcast on KNTC 88.3FM. The link can be accessed at the Fort Irwin home Web page. Listeners can click on the KNTC logo, located at the top right of the home page, which will open the media player and play the broadcast. If anyone has questions about the stream, call 380-3450.



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'03 MITSUBISHI MONTERO LIMITED STK. S10785A \$14,988	'04 FORD F150 SUPERCREW STK. V2444P \$14,988	'06 VOLKSWAGEN JETTA GLI STK. S4364A \$15,800	<div>NO ONE OFFERS MORE! Mitsubishi • 5 Yr./60,000 Mi. Bumper-to-Bumper Warranty • 10 Yr./100,000 Mi. Powertrain Limited Warranty** • 5 Yr./Unlimited Miles Road Assistance** <small>*Excludes Raider, Lancer Evolution and Lancer Ralliart **See Dealer For Complete Details.</small></div> <table><tbody><tr><td>Honda Only 3/36 Only 5/60 None</td><td>Toyota Only 3/36 Only 5/60 None</td><td>Nissan Only 3/36 Only 5/60 None</td></tr></tbody></table>					Honda Only 3/36 Only 5/60 None	Toyota Only 3/36 Only 5/60 None	Nissan Only 3/36 Only 5/60 None
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Worship Services/Chapel Activities

CATHOLIC

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

PROTESTANT

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

GOSPEL

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

LATTER DAY SAINTS

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

MUSLIM

Prayer	Friday, 12 p.m.	Bldg 317
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JEWISH

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

AWANA		
(3 yrs.-6th grade)	Wednesday, 4 p.m.	Center Chapel
HS Bible Study	Wednesday, 6 p.m.	Bldg 320
MOPS	2nd and 4th Wed, 9 a.m.	Center Chapel
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.		

Chapel Activities Summer Schedule

June: No extra-activities scheduled for June
July: 29 — Army Chaplaincy 235th Anniversary
 Recurring Worship Services Center Chapel
Friday: Noon — Islamic Prayer Service (Center Chapel (317))
Sunday: 9 a.m. — Catholic Mass (Rosary Before) Sanctuary)
 9:30 a.m. — Protestant Sunday school
 10:15 a.m. — The EDGE Catholic Middle School
 11 a.m. — Chapel Next, Contemporary Worship Service (Sanctuary)
 11 a.m. — Protestant Traditional Service (Activity Room)
 (Canceled during block leave)
 2:15 p.m. — Latter Day Saints Religious Education (Activity Room)
 3:15 p.m. — Latter Day Saints- Priesthood & Relief Society (Bldg 317)
 Recurring Worship Services Blackhorse Chapel
Sunday: 9 a.m. — Protestant Liturgical Service (Canceled during block leave)
 11 a.m. — Gospel Service (Canceled during block leave)
 1 p.m. — Church of Jesus Christ of Latter Day Saints Worship Service
Wednesday: 6 p.m. — Intercessory Prayer; 1900 — Bible study
 Center Chapel Recurring Weekday Programs & Services
 Daily Catholic Mass — Mon., Tues., Thur., Fri. (11:45 a.m.)
 PYOC — Protestant Youth, Middle School Mon. (6-7:30 p.m.)
 PYOC — Protestant Youth High School Mon. (7-9 p.m.)
 PWOC — Protestant Women of Chapel Tues. (9 a.m.) and (6 p.m.)
 AWANA — Wed. (4 p.m.)
 MOPS — Mothers of Preschoolers 2nd & 4th Wed. (9 a.m.)
 LifeTeen — Catholic High School Students Mon. (6:30 p.m.)
 Operation Helping Hands Food Pantry —
 Monday-Friday 8 a.m.-4 p.m. closed on main Holidays
 For additional information, call Center Chapel at 380-3562

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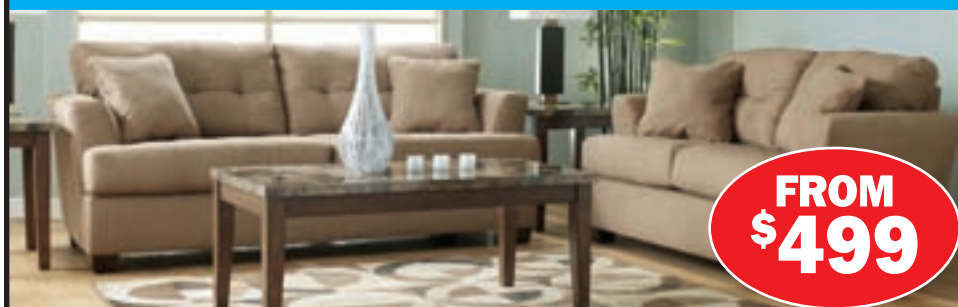
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Community Happenings

Community Information Line

For information about places to eat, Commissary, and Post Exchange hours or other major tenant phone numbers on Fort Irwin, check out the Fort Irwin Community Information Line at 380-8300.

Cub Scout Party

Come join Cub Scout Pack 67's Annual Back to School Pool Party at the Oasis Pool, 7 p.m., Aug. 3. The scouts will hold their private ice cream party/swim at 8 a.m. Anyone interested in becoming a Cub Scout is welcome to join. If you have questions, contact Marianne Cowen at 386-0277 or e-mail us at FtIrwinCubScouts@gmail.com.

Elmo at Fort Irwin

The Sesame Street/USO Experience for Military Families will perform at Fort Irwin on Aug. 18 and 19. The free traveling USO show, which is exclusively for military families, is back in the U.S. after an around the world tour. Audiences will experience a 25-minute character performance, which includes Elmo and Friends, and receive promotional items and outreach materials. The Sesame Street Workshop/USO partnership debuted its first show in July 2008. It has traveled more than 50,000 miles to 95 bases in nine countries. More than 150,000 service members and families have been entertained during 237 shows.

Breastfeeding Support Group

Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. For this reason, the Weed Army Community Hospital OB/GYN Clinic and Mother Baby Unit are committed to support and assist our breastfeeding mothers. Breastfeeding Orientation is offered every last Monday of each month from 9-11 a.m. In this class, staff teaches basic breastfeeding techniques to help you prepare for your breastfeeding baby. As you continue breastfeeding, the Breastfeeding Support Group is there to provide you with ongoing assistance and support. BFSG is held every Wednesday from 1-2 p.m. Classes are held at the Mary E. Walker Clinic conference room. For more information, call 380-0613.

GSAB FRG Events

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

HHD, GSAB

HHD FRG meeting has not been scheduled as of yet. If you should have any Questions, contact Ms. Hunter at 380-7781 or email: hhdfrg507@gmail.com.

AAD, GSAB

AAD FRG meeting has not been scheduled. If you should have any questions, contact Juli Cummings at (254) 630-2596 or email: j_kindseth@hotmail.com.

AVCO, GSAB

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

1916th Support Battalion FRG Events

The upcoming 1916th Support Battalion Family Readiness Group meetings are:

2nd HET: FRG meeting, Aug. 9, 5 p.m., Sandy Basin Community Center.

557 Maintenance Company: FRG meeting, Aug. 10, 6 p.m., Cracker Jack Flats Community Center.

HHC: FRG meeting, Aug. 18, 5 p.m., Battalion conference room.

699 Maintenance Company: FRG meeting Sept. 1, 6 p.m., Sandy Basin Community Center. For more information, contact 1st Lt. Patrick Rogers at 380-4745.

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

Shine in the Light

Protestant Women of the Chapel will host the Fall Kick Off's Shine in the Light of His Glory, featuring Christian comedian Carol Simpson, at the Center Chapel, 9 a.m., and 6 p.m., Aug. 10. Food, childcare, and friendships will be provided. For more information, email pwoc.ftirwin@gmail.com.

Irwin Resource Expo

Learn about the various agencies on Post and what they can do for you on Aug. 4, from 12 noon-4 p.m., at Ingalls Recreation Center and Freedom Fitness Center.

At the Movies

Thursday, July 29

7 p.m. Closed

Friday, July 30

7 p.m. Toy Story 3 (G)

7 p.m. Jonah Hex (PG-13)

9:30 p.m. The A-Team (PG-13)

9:30 p.m. The Karate Kid (PG)

Saturday, July 31

7 p.m. Toy Story 3 (G)

7 p.m. Jonah Hex (PG-13)

9:30 p.m. The A-Team (PG-13)

9:30 p.m. The Karate Kid (PG)

Sunday, August 1

4 p.m. Toy Story 3 (G)

7 p.m. The A-Team (PG-13)

7 p.m. The Karate Kid (PG)

Monday, August 2

7 p.m. Toy Story 3 (G)

7 p.m. Jonah Hex (PG-13)

Tuesday, August 3

7 p.m. Closed

Wednesday,

August 4

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.

Race Tickets Available

NASCAR Tickets for the Pepsi400 are now available at the Leisure Travel Services, in Bldg. 976. Tickets are priced at approximately 50 percent off the gate price. You can also get pre-race pit passes at an even bigger discount. The Pepsi 400 will be held at Fontana, Oct 10. If you don't want to drive, let us do the driving for you. Sign up to catch a ride with Leisure Travel Services. For more information stop by Bldg. 976 or call 380-4767.

Car Design Competition

Military and Army civilian employees are invited to a car design competition. For more information, rules and guidelines, go to Battle of the Builds Web site <http://battleofthebuilds.com/> or call 380-9275. Win bragging rights for Fort Irwin and do the installation proud.

Pet Grooming Available

Sgt Fuzzbuddy's Kennel does pet grooming on Tuesdays and Wednesdays. It's convenient and very affordable. Check them out.

Football/Cheer Team Practice

Tackle football and cheer team practice starts Aug. 2. Age divisions are from 6-14. For more information or to sign up, contact Patti Stewart at 590-8815 or email luz2dance_world@hotmail.com.

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.



Weight Watchers

Weekly meetings are on Thursdays, at 12 noon, Bldg. 317 (2nd Street and Avenue E). Sign-up 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.

Relationship Workshops

The Chaplain Family Life Center, located in Bldg. 320 — behind the Center Chapel, will host a series of mini-workshops on a variety of relationship issues, from 11:45 a.m.-1245 p.m., Tuesdays, beginning July 6 through Aug. 17.

Youth and School Activities

Middle School Teen Center Summer Camps 9 a.m.-1 p.m. Bldg. 1313

Week 10: July 26-July 30: Youth Leadership (Pine Summit Day, Barstow Vet's Home, Post Beautification, and Leadership Workshop)

Week 11: Aug. 2-Aug. 6: Wet & Wild (Pool Trip, Fun in the Sun Games, Water Park Trip)

MST 1-6 p.m.

Learn to play spades, badminton, tie die pillow cases, painting, patriotic wreath, guitar tournament, dodge ball, and much more.

Cooking Club: Banana Pudding, Chicken Salad, Peanut butter cornflake cookies, Cinnamon toasties

Hours of Operation:

Middle School: Mon.-Fri. until 6 p.m.

Teen Center:

Friday: 6-11 p.m.

Saturday: 3:30-11 p.m.

Sundays and Holidays: Closed

More information: Kristin Morgan at 380-3732.

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



Fort Irwin Community Calendar

Sat., July 31

Rock Climbing/
Bouldering Trip
6:30 a.m.
Joshua Tree National Park
Bldg. 976, 380-4327

Tue., Aug. 3

Cub Scout Pack 67
Pool Party
7 p.m.
Oasis Pool
Marianne Cowen
386-0277

Wed., Aug. 4

2010 FI Resource Expo
12-4 p.m.
Ingalls Recreation Center/

Freedom Fitness Center
ACS, 380-3598

Thu., Aug. 5

Safeguarding Personal
Information
8:30-10:30 a.m.
Bldg. 552, Avenue G
380-4540/5337

Thu., Aug. 5

Veterans Focus Group
8 a.m.-12 noon
The Forum, Bldg. 1200
Meredith Storm
380-7639

Tue., Aug. 10

PWOC Fall Kick Off
9 a.m.-6 p.m.

Center Chapel, Bldg. 217
380-3562

Wed., Aug. 11

Fort Irwin Job Fair
10 a.m.-1 p.m.
Reggie's, Bldg. 37
Silvia Moreno, 380-5165

Tue., Aug. 17

Relationships Workshop
11:45 a.m.-12:45 p.m.
Chaplain Family Life Center,
Bldg. 320, 380-4664

Sat., Aug. 21

Fort Irwin Soldier Show
7 p.m.
Freedom Fitness Center
380-2194



Check out these upcoming activities at Fort Irwin

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Achieving diversity

What makes you different makes us stronger

BY SGT. 1ST CLASS RAMON GUEITS

11th Armored Cavalry Regiment/
National Training Center
Equal Opportunity Advisor

Stereotypes and prejudices are formed from a lack of understanding and an unwillingness to understand others. Knowing that diversity encompasses all aspects of humanity; race, gender, national origin, ethnicity, religion, ability, sexual preference, social economic background and other ideologies, we begin to understand these qualities make us unique.

Our community encompasses many differences that are unique to us all: these differences make us who we are as individuals. The goal of diversity is to bring all of these differences together through peace and harmony. It is through this diversity that we as a community are able to value the qualities unique to all of us here at The National Training Center and Fort Irwin.

Here are a few steps to have a better understanding of diversity:

Be aware and understand that we all see ourselves in a different light. These differences are critical to us as individuals, and we value them.

Be mindful of others. Listen more and talk less.

Create a culture of inclusion. Communicate and interact with people that are different than you. You will appreciate who they are and respect their differences.

Treat others as they should be treated, with dignity and respect

Education and awareness is a proactive approach that can prevent misunderstandings that lead to stereotypes or discrimination. By having a better understanding of someone else's beliefs, values, and norms, we can have a better understanding of the issues that affect the world today.

"We are of course a nation of differences. Those differences don't make us weak; they're the source of our strength," Former President Jimmy Carter said.

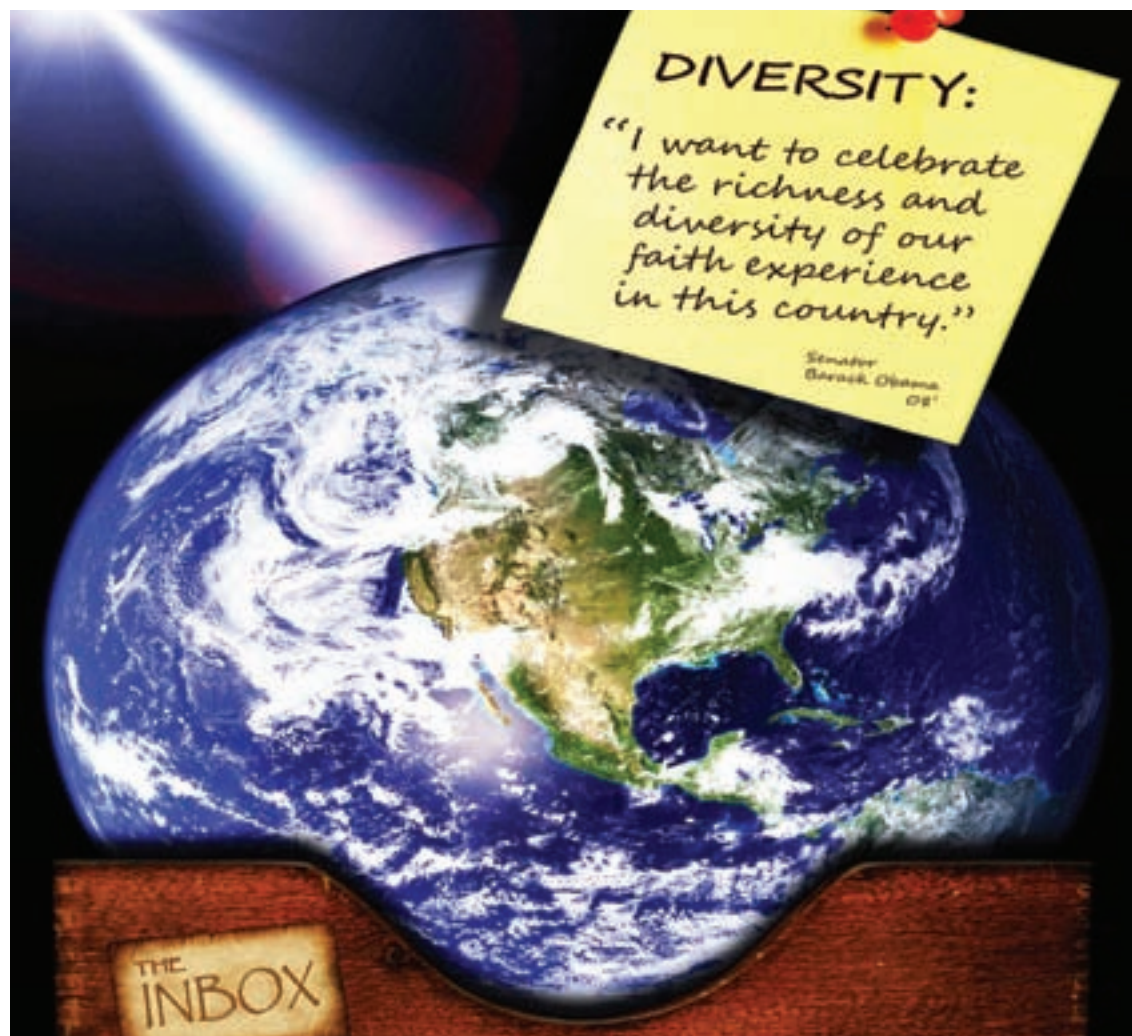


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Patrick Duffy,
Actor

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Tips to prevent backpack injuries

BY MIKE WISE

Garrison Safety Office

Backpacks come in all sizes, colors, fabrics, and shapes and help kids of all ages express their own personal sense of style. And when used properly, they're incredibly handy.

Many packs feature multiple compartments that help students stay organized while they tote their books and papers from home to school and back again. Compared with shoulder bags, messenger bags, or purses, backpacks are better because the strongest muscles in the body — the back and the abdominal muscles — support the weight of the packs.

When worn correctly, the weight in a backpack is evenly distributed across the body, and shoulder and neck injuries are less common than if someone carried a briefcase or purse.

As practical as backpacks are, though, they can strain muscles and joints and may cause back pain if they're too heavy or are used incorrectly. Here's how to help kids find the right backpack.

Problems Backpacks Can Pose

Although many factors can lead to back pain increased participation in sports or exercise, poor posture while sitting, and long periods

of inactivity some kids have backaches because they're lugging around their entire locker's worth of books, school supplies, and assorted personal items all day long. But most doctors and physical therapists recommend that kids carry no more than 10% to 15% of their body weight in their packs.

To help understand how heavy backpacks can affect a kid's body, it helps to understand how the back works. The spine is made of 33 bones called vertebrae, and between the vertebrae are discs that act as natural shock absorbers.

When a heavy weight, such as a backpack filled with books, is incorrectly placed on the shoulders, the weight's force can pull a child backward. To compensate, a child may bend forward at the hips or arch the back, which can cause the spine to compress unnaturally. The heavy weight might cause some kids to develop shoulder, neck, and back pain. Continue Kids who wear their backpacks over just one shoulder as many do, because they think it looks better may end up leaning to one side to offset the extra weight. They might develop lower and upper back pain and strain their shoulders and neck. Improper backpack use can also lead to poor posture.

Girls and younger kids may be especially

at risk for backpack-related injuries because they're smaller and may carry loads that are heavier in proportion to their body weight. Also, backpacks with tight, narrow straps that dig into the shoulders can interfere with circulation and nerves. These types of straps can contribute to tingling, numbness, and weakness in the arms and hands. And bulky or heavy backpacks don't just cause back injuries.

Other safety issues to consider

- Kids who carry large packs often aren't aware of how much space the packs take up and can hit others with their packs when turning around or moving through tight spaces, such as the aisles of the school bus.
- Students are often injured when they trip over large packs or the packs fall on them. Carrying a heavy pack changes the way a person walks and increases the risk of falling, particularly on stairs or other places where the backpack puts the student off balance.

Purchasing a Safe Pack

Despite their potential problems, backpacks are an excellent tool for kids when used properly. But before you buy that trendy new backpack your kid or teen has been begging

you for, consider the backpack's construction. The American Academy of Pediatrics (AAP) recommends that parents look for the following when choosing the right backpack:

- a lightweight pack that doesn't add a lot of weight to your child's load (for example, even though leather packs look cool, they weigh more than traditional canvas backpacks)
- two wide, padded shoulder straps; straps that are too narrow can dig into shoulders
- a padded back, which not only provides increased comfort, but also protects kids from being poked by sharp edges on objects (pencils, rulers, notebooks, etc.) inside the pack
- a waist belt, which helps to distribute the weight more evenly across the body
- multiple compartments, which can also help distribute the weight more evenly

Although packs on wheels (which look like small, overhead luggage bags) may be good options for students who have to lug around really heavy loads, they're extremely difficult to pull up stairs and to roll through snow. Check with the school before buying a rolling pack; many schools don't allow them because they

See Injuries, page 10

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Employee Assistance Program

Family fun

BY VALENCIA R. BARNES

Army Substance Abuse Program

Employment Assistance Program Coordinator

For those of us old enough to remember what “fun” was like before the technology explosion, I invite you to get out the archaeological find called the board game and show the youngsters how to have some “real” fun. Believe it or not, they are still sold in stores (not thrift stores and antique shops). While Monopoly and Clue don’t compare to the fast pace of PS3 or the Xbox 360, they make up for it in other ways.

For instance, young children can learn and increase many skills while playing board games. A few examples are: math skills, (counting money, counting spaces to move around the game board), drawing, military strategy (Stratego, Battle Ship, etc); verbal skills (communication required during games, i.e. bragging, yelling, etc.); patience from waiting your turn, and also my favorite — waiting to get out of jail. Most games require reading, geography, imagination and teamwork. Board games are available for all ages. Remember Candy Land and Chutes and Ladders?

Another fun game to play with family (especially teens because they might think it is so stupid) is Twister. What a quick way to bring the entire family together (literally and figuratively). It’s silly, fun and also a good ice breaker. It is difficult to be formal when “left foot blue, right arm red” contorts your body into a pretzel while you’re up close and personal with someone else’s body parts. So although your children might think you are weird, dedicate one night a week to some good old fashioned fun. They might complain at first, but they and you will look forward to that time spent together.

Injuries, from page 1

can pose a tripping hazard in the hallways.

Using Backpacks Wisely

To help kids prevent injury when using a backpack:

- Lighten the load. No matter how well-designed the backpack, doctors and physical therapists recommend that kids carry packs of no more than 10% to 15% of their body weight — but less is always better. If you don’t know what that 10% to 15% feels like, use the bathroom scale (for example, the backpack of a child who weighs 80 pounds shouldn’t weigh more than 8 to 12 pounds).
- Use and pick up the backpack properly. Make sure kids use both shoulder straps. Bags that are slung

over the shoulder or across the chest or that only have one strap aren’t as effective at distributing the weight as bags with two wide shoulder straps, and therefore may strain muscles. Also tighten the straps enough for the backpack to fit closely to the body and sit 2 inches (5 centimeters) above the waist.

- A lot of the responsibility for packing lightly — and safely — rests with kids
- Encourage kids to use their locker or desk frequently throughout the day instead of carrying the entire day’s worth of books in the backpack.
- Make sure kids don’t totting unnecessary items laptops, CD players, and video games can add extra pounds to a pack.

- Encourage kids to bring home only the books needed for homework or studying each night.
- Ask about homework planning. A heavier pack on Fridays might mean that a child is procrastinating on homework until the weekend, making for an unnecessarily heavy backpack.
- Picking up the backpack the right way can also help kids avoid back injuries. As with any heavy weight, they should bend at the knees and grab the pack with both hands when lifting a backpack to the shoulders.
- Use all of the backpack’s compartments, putting heavier items, such as textbooks, closest to the center of the back.



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Back to School Supplement

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July 29, 2010

Barstow Unified School District

Aug. 30: First day of school

General Colin L. Powell Preschool

A.M. & P.M. Class (Monday — Friday)

Parents must provide copies of the following documents: Documentation of all children counted in family size (i.e., birth certificate, hospital record, etc.)

Documentation of absent parent Physician Report dated within one year of enrollment
Immunization Record Verification
of Income AFDC/TANF Verification



Alternative Education

Back-to-School Night

Aug. 23

Adult Education:

Will begin Aug. 9 it will be every Monday and Tuesday night 4:30 p.m.-7:30 p.m. For more information contact Alternative Education at 254-2715

Lewis Elementary School (Kindergarten–2nd Grade) Back-to-School Events

Meet the Teacher

Aug. 4: 2–3 p.m.

Back-to-School Nights

Kindergarten: Aug. 24 4 p.m. to 5:30 p.m.
1st Grade: Aug. 25 4 p.m. to 5:30 p.m.
2nd Grade: Aug. 26 4 p.m. to 5:30 p.m.

Book Fair

Aug. 23-27

Fall Pictures

Aug. 26

Supply Lists

Following are suggested supply lists for Lewis Elementary School students. Please donate any of the items below, which will be shared with all of the children. Classes may need additional items throughout the school year.

Kindergarten

- 8 glue sticks (large size) — Elmer's glue
- 1 pair of children's scissors (Fiskar brand)
- 1 box of Crayola 8 pack crayons (no Roseart)
- 1 box of Crayola 24 pack crayons (no Roseart)
- 2 pkg. of pencils #2
- 1 pkg. of pencils eraser caps
- Small pencil sharpener
- 3x5 index cards (unruled)
- 4x6 index cards (unruled)
- Ziploc bags (snack size, quart, and gallon)
- Large backpack (no wheels)
- Baby wipes

1st Grade

- Plastic pencil box that closes (no larger than 8x5)
- 2 boxes of crayons
- 12 glue sticks
- 1 bottle of Elmer's glue
- 1 pair of children's scissors (Fiskar brand)
- 4 pkgs. Of pencils
- 2 bottle of hand sanitizer
- 1 composition notebook
- 2 rolls of paper towels
- 2 pkg. of baby wipes
- 1 box of Ziploc baggies (quart or gallon)
- 1 pkg. paper plates
- Multi pack of EXPO dry erase markers

2nd Grade

- 2 boxes of Crayola Crayons (24 count)
- 2 erasers



- 1 spiral notebook (wide ruled/single subject)
- 2 boxes of Kleenex
- 4 glue sticks
- 1 Elmer's glue bottle
- 1 pair of Fiskars scissors
- 1 pocket folder without prongs
- 1 pocket folder with prongs
- Ziploc bags (sandwich, quart, gallon)
- Hand sanitizer
- Baby wipes
- 3 rolls paper towels
- 2 packs 3x5 index cards
- Multi-pack of EXPO dry-erase markers
- Post-its notes
- 1 package of 24 pencils
- 1 package of 10 washable Crayola markers
- 1 package of copy paper

Student Drop-off and Pick-up

Entering the school from Goldstone and proceeding on Pork Chop Hill, the second large circular driveway is for drop-off/pick-up. Pull your car forward to one of the staff members to assist your child out of the vehicle. Please be sure your child leaves your car on the curb side only.



Students should not be dropped off or picked up on the street or in any other place in the parking lots in front of the school. Children are not permitted to walk unattended through the parking lot. If you choose to park and then walk your child to campus, you must park in a legal parking spot in the parking lot. The school has two large parking lots for parent and visitor parking.

See Schools, page 4

School Liaison Officer

The Fort Irwin's School Liaison Officer, can assist parents with questions about transition, scholarships, activities, district-wide events, and other areas of school interest. You can reach the School Liaison Officers in Bldg. 1323, or call 380-6880.

Silver Valley Unified School District Starting and Dismissal Times

Aug. 5, 2010 — First Day of School • May 26, 2010 — Last Day of School

School	Starting Time	Ending Time	Early Out
Lewis Elementary School	8:00 a.m.	1:25 p.m. Kindergarten 2:25 p.m. 1st & 2nd	11:30 a.m. Kindergarten 12:25 p.m. 1st & 2nd
Tiefort View Intermediate School	8:30 a.m.	2:55 p.m.	1 p.m.
Fort Irwin Middle School	8:27 a.m.: Warning Bell 8:30 a.m.: Classes Begin	3:15 p.m.	1:15 p.m.
The gate to the main part of our campus does not open until 8:10; therefore please do not permit your student/s to arrive at school prior to 8:10.			
Silver Valley High School	7:15 a.m.: Warning Bell 7:20 a.m.: Classes Begin	2:25 p.m.	12:10 p.m.
Alternative Education	9:15 a.m.:	2:40 p.m.	12:50 p.m.

Silver Valley Unified School District 2010–11 School Holidays

Sept. 6 — Labor Day
Oct. 8-11 — No School
Nov. 11 — Veteran's Day
Nov. 25-26 — Thanksgiving
Dec. 20 – Jan. 5 — Winter Break
Jan. 17 — Martin Luther King Jr. Holiday
Feb. 18 — Lincoln's Birthday
Feb. 21 — President's Day
Mar. 14-18 — Spring Break
Apr. 21-26 — Holiday

Silver Valley Unified School

Route 6

Route 6 SVHS (a.m.)

1	6:05 a.m.	Apennines Park (Aross from Tiefert at yellow fire hydrant)
1	6:10 a.m.	Barstow Road & Commander's Loop
1	7:00 a.m.	SVHS

Route 8

Route 8 SVHS (a.m.)

1	6:10 a.m.	North Loop BST 22 (Garlic Springs/ Spanish Canyon)
1	7:00 a.m.	SVHS

Route 8 SVHS (early out)

3	12:15 p.m.	SVHS
3	1:00 p.m.	Apennines Park (Aross from Tiefert at yellow fire hydrant)
3	1:05 p.m.	Barstow Road & Commander's Loop
3	1:10 p.m.	North Loop BST 22 (Garlic Springs/ Spanish Canyon)

Route 8 SVHS (p.m.) Mon., Tue., Thur., Fri.

4	2:30 p.m.	SVHS
4	3:20 p.m.	Apennines Park (Aross from Tiefert at yellow fire hydrant)
4	3:25 p.m.	Barstow Road & Commander's Loop
4	3:30 p.m.	North Loop BST 22 (Garlic Springs/ Spanish Canyon)

Route 9

Route 9 SVHS (a.m.)

1	6:05 a.m.	Lewis
1	6:10 a.m.	Normandy & Selarno
1	7:00 a.m.	SVHS

Route 9 SVHS (early out)

3	12:15 a.m.	SVHS
3	1:10 p.m.	Lewis

3	1:15 p.m.	Normandy & Selarno
3	1:20 p.m.	Appennienes Park
3	1:25 p.m.	Barstow Road & Commander's Loop

Route 9 SVHS (p.m.) Mon., Tue., Thur., Fri.

4	2:30 p.m.	SVHS
4	3:25 p.m.	Lewis
4	3:30 p.m.	Normandy & Selarno
4	3:35 p.m.	Appennienes Park
4	3:40 p.m.	Barstow Road & Commander's Loop

Route 9 SVHS (p.m.) — Late Activity

5	4:30 p.m.	SVHS
5	5:20 p.m.	Lewis
5	5:25 p.m.	Normandy & Salerno (parking lot)

Route 10

Route 10 SVHS (a.m.)

1	6:00 a.m.	North Loop BST 20 (Starbright/Desert King)
1	6:02 a.m.	North Loop BST18 (Gold Nugget/Silvermine)
1	6:04 a.m.	5th & Badger
1	6:06 a.m.	Lewis
1	7:00 a.m.	SVHS

Route 10 SVHS (early out)

3	12:15 p.m.	SVHS
3	1:07 p.m.	North Loop BST 20 (Starbright/Desert King)
3	1:10 p.m.	North Loop BST18 (Gold Nuggett/Silvermine)
3	1:13 p.m.	5th & Badger
3	1:15 p.m.	Lewis
3	1:20 p.m.	Apennines Park (Aross From Tiefert at yellow fire hydrant)
3	1:25 p.m.	Barstow Road & Commander's Loop

Route 10 SVHS (p.m.) Mon., Tue., Thur., Fri.

4	2:30 p.m.	SVHS 10th bus in line up
4	3:20 p.m.	Appennines Park
4	3:23 p.m.	Commander's Loop & Barstow Road
4	3:28 p.m.	North Loop BST 20 (Starbright/Desert King)

4	3:29 p.m.	North Loop BST 18 (GoldNugget/Silvemine)
4	3:30 p.m.	5th & Badger
4	3:34 p.m.	Lewis

Route 11

Route 11 SVHS (a.m.)

1	6:10 a.m.	Normandy & Selarno (parking lot)
1	7:00 a.m.	SVHS

Route 11 SVHS (early out)

2	12:15 p.m.	SVHS
2	12:40 p.m.	Calico High School
2	1:18 p.m.	Normandy & Selarno
2	1:21 p.m.	Appenines Park
2	1:25 p.m.	Barstow Road & Commanders Loop

Route 11 SVHS (p.m.) Mon., Tue., Thur., Fri.

3	2:30 p.m.	SVHS
3	2:35 p.m.	Daggett Yermo Road & R.V. Park
3	2:40 p.m.	Calico High School
3	3:40 p.m.	Normandy & Selarno
3	3:45 p.m.	Appenines Park
3	3:48 p.m.	Barstow Road & Commanders Loop
3	3:53 p.m.	North Loop & BST 15

Route 12

Route 12 Lewis (1st & 2nd Grade)

1	7:13 a.m.	Barstow Road & Commander's Loop
1	7:15 a.m.	North Loop BST 25 (Soda Mountain)
1	7:17 a.m.	North Loop BST 24 (Owlshead/ Denning Springs)
1	7:19 a.m.	North Loop BST 23 (Lane Mountain)
1	7:21 a.m.	North Loop BST 22 (Garlic Springs)
1	7:22 a.m.	North Loop BST 21 (Sweetwater)
1	7:30 a.m.	Lewis

Route 12 Lewis (Kindergarten)

1	7:38 a.m.	Batogne & Salerno
1	7:43 a.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)
1	7:50 a.m.	Lewis

Route 12 FIMS & Tiefert

2	7:50 a.m.	Lewis Depending on traffic congestion at Lewis
2	7:58 a.m.	5th & Badger
2	8:00 a.m.	North Loop BST 15 (Cottontail)
2	8:02 a.m.	North Loop BST 16 (Burrow)
2	8:06 a.m.	Porkchop Hill & Blackhawk
2	8:10 a.m.	FIMS
2	8:18 a.m.	Tiefert

Route 12 Lewis Early Out (Kindergarten)

3	11:37 a.m.	LES
3	11:42 a.m.	Bastogne & Salerno
3	11:48 a.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)
3	12:10 p.m.	Lewis

Route 12 Lewis Early Out (1st & 2nd Grade)

3	12:32 p.m.	Lewis
3	12:43 p.m.	Barstow Road & Commander's Loop
3	12:46 p.m.	North Loop BST 25 (Soda Mountain)
3	12:48 p.m.	North Loop BST 24 (Owlshead/ Denning Springs)
3	12:50 p.m.	North Loop BST 23 (Lane Mountain)
3	12:52 p.m.	North Loop BST 22 (Garlic Springs)
3	12:53 p.m.	North Loop BST 21 (Sweetwater)

Route 12 FIMS and Tiefert Early Out

4	12:55 p.m.	Tiefert 1st bus in line up
4	1:10 p.m.	Porkchop across from Lewis
4	1:12 p.m.	Lewis
4	1:14 p.m.	FIMS 1st bus in line up
4	1:21 p.m.	FIMS



District 2010-11 Bus Routes

4	1:27	p.m.	5th & Badger (North Side)
4	1:28	p.m.	North Loop BST 16 (Cottontail)
4	1:30	p.m.	North Loop BST 15 (Burrow)

Route 12 Lewis (Kindergarten)

5	1:25	p.m.	LES 1st bus in line up
5	1:32	p.m.	Lewis
5	1:37	p.m.	Bastogne & Salerno
5	1:44	p.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)
5	2:00	p.m.	Lewis

Route 12 Lewis (1st & 2nd Grade)

5	2:25	p.m.	Lewis 1st bus in line up
5	2:32	p.m.	Lewis
5	2:38	p.m.	Barstow Road & Commander’s Loop
5	2:41	p.m.	North Loop BST 25 (Soda Mountain)
5	2:43	p.m.	North Loop BST 24 (Owlshead/ Denning Springs)
5	2:44	p.m.	North Loop BST 23 (Lane Mountain)
5	2:45	p.m.	North Loop BST 22 (Garlic Springs)
5	2:47	p.m.	North Loop BST 21 (Sweetwater)

Route 12 Tiefert & FIMS

6	2:55	p.m.	Tiefert (1st bus in line up)
6	3:10	p.m.	Porkchop across from Lewis
6	3:12	p.m.	Lewis
6	3:14	p.m.	FIMS (1st bus in line up)
6	3:20	p.m.	FIMS
6	3:28	p.m.	5th & Badger (North Side)
6	3:29	p.m.	North Loop BST 16 (Cottontail)
6	3:30	p.m.	North Loop BST 15 (Burrow)

Route 13

1	7:10	a.m.	North Loop BST 20 (Starbright)
1	7:12	a.m.	North Loop BST 19 (Blue Bell)
1	7:14	a.m.	North Loop BST 18 (Gold Nugget/Silvermine)
1	7:16	a.m.	North Loop BST 17 (Bighorn)
1	7:18	a.m.	North Loop BST 16 (Cottontail)
1	7:20	a.m.	North Loop BST 15 (Burrow)
1	7:23	a.m.	5th & Badger (parking lot)
1	7:30	a.m.	Lewis

Route 13 Lewis (Kindergarten)

1	7:30	a.m.	Lewis
1	7:38	a.m.	Barstow Road & Commander’s Loop
1	7:40	a.m.	North Loop BST 25 (Soda Mountain)
1	7:42	a.m.	North Loop BST 24 (Owlshead/ Denning Springs)
1	7:44	a.m.	North Loop BST 23 (Lane Mountain)
1	7:46	a.m.	North Loop BST 22 (Garlic Springs)
1	7:48	a.m.	North Loop BST 21 (Sweetwater)
1	7:54	a.m.	Lewis

Route 13 FIMS & Tiefert

2	7:54	a.m.	Lewis
2	8:00	a.m.	North Loop BST 19 (Blue Bell)
2	8:02	a.m.	North Loop BST 18 (Gold Nugget/Silvermine)
2	8:05	a.m.	North Loop BST 17 (Big Horn)
2	8:10	a.m.	FIMS
2	8:20	a.m.	Tiefert

Route 13 Lewis Early Out (Kindergarten)

3	11:30	p.m.	Lewis 2nd bus in line up
3	11:37	p.m.	Lewis
3	11:41	p.m.	Barstow Road & Commander’s Loop
3	11:44	p.m.	North Loop BST 25 (Soda Mountain)
3	11:46	p.m.	North Loop BST 24 (Owlshead/ Denning Springs)
3	11:48	p.m.	North Loop BST 23 (Lane Mountain)
3	11:50	p.m.	North Loop BST 22 (Garlic Springs)
3	11:52	p.m.	North Loop BST 21 (Sweetwater)
3	12:10	p.m.	Lewis 2nd in line up
3	12:25	p.m.	Lewis

Route 13 Lewis Early Out (1st & 2nd Grade)

3	12:32	p.m.	Lewis
3	12:41	p.m.	North Loop BST 20 (Starbright/Desert King)
3	12:42	p.m.	North Loop BST 19 (Blue Bell)
3	12:43	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
3	12:45	p.m.	North Loop BST 17 (Big Horn)
3	12:47	p.m.	North Loop BST 16 (Cottontail)
3	12:49	p.m.	North Loop BST 15 (Burro)
3	12:53	p.m.	5th & Badger (parking lot)

Route 13 FIMS and Tiefert Early Out

4	1:00	p.m.	Tiefert 2nd bus in line up
4	1:05	p.m.	North Loop BST 19 (Blue Bell)
4	1:07	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
4	1:08	p.m.	North Loop BST 17 (Big Horn)
4	1:16	p.m.	FIMS 2nd bus in line up
4	1:21	p.m.	FIMS
4	1:28	p.m.	North Loop BST 19 (Blue Bell)
4	1:31	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
4	1:33	p.m.	North Loop BST 17 (Big Horn)

Route 13 Lewis (Kindergarten)

5	1:25	p.m.	Lewis
5	1:32	p.m.	Lewis
5	1:39	p.m.	Barstow Road & Commander’s Loop
5	1:42	p.m.	North Loop BST 25 (Soda Mountain)
5	1:44	p.m.	North Loop BST 24 (Owlshead/ Denning Springs)
5	1:46	p.m.	North Loop BST 23 (Lane Mountain)
5	1:48	p.m.	North Loop BST 22 (Garlic Springs)
5	1:50	p.m.	North Loop BST 21 (Sweetwater)
5	1:55	p.m.	Lewis

Route 13 Lewis (1st and 2nd Grade)

5	2:32	p.m.	Lewis
5	2:41	p.m.	North Loop BST 20 (Starbright)
5	2:42	p.m.	North Loop BST 19 (Blue Bell)
5	2:44	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
5	2:46	p.m.	North Loop BST 17 (Big Horn)
5	2:47	p.m.	North Loop BST 16 (Cottontail)
5	2:48	p.m.	North Loop BST 15 (Burrow)
5	2:52	p.m.	5th & Badger (parking lot)

Route 13 FIMS & Tiefert

6	3:00	p.m.	Tiefert 2nd bus in line up
6	3:05	p.m.	North Loop BST 19 (Blue Bell)
6	3:07	p.m.	North Loop BST 18 (Gold Nugget/ Silvermine)
6	3:08	p.m.	North Loop BST 17 (Big Horn)
6	3:15	p.m.	FIMS 2nd bus in line up
6	3:20	p.m.	FIMS
6	3:24	p.m.	North Loop BST 19 (Blue Bell)
6	3:27	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
6	3:32	p.m.	North Loop BST 17 (Big Horn)

Route 14

Route 14 Lewis (1st and 2nd Grade)

1	7:15	a.m.	Bastogne & Salerno
1	7:20	a.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)
1	7:30	a.m.	Lewis

Route 14 Lewis (Kindergarten)

1	7:32	a.m.	Lewis
1	7:35	a.m.	5th & Badger
1	7:41	a.m.	North Loop & BST 20 (Starbright/ Desert King)
1	7:42	a.m.	North Loop & BST 19 (Blue Bell)
1	7:43	a.m.	North Loop & BST 18 (Gold Nugget/ Silvermine)
1	7:45	a.m.	North Loop BST 17 (Bighorn)
1	7:47	a.m.	North Loop & BST 16 (Cottontail)
1	7:49	a.m.	North Loop & BST 15 (Burrow)
1	7:52	a.m.	Lewis

Route 14 FIMS & Tiefert

2	7:55	a.m.	Lewis
2	8:05	a.m.	North Loop BST 23 (Lane Mountain)
2	8:08	a.m.	North Loop BST 20 (Starbright/ Desert King)
2	8:10	a.m.	FIMS
2	8:20	a.m.	Tiefert

Route 14 Lewis Early Out (Kindergarten)

3	11:37	a.m.	Lewis
3	11:40	a.m.	5th & Badger
3	11:46	a.m.	North Loop BST 20 (Starbright/Desert King)
3	11:47	a.m.	North Loop BST 19 (Blue Bell)
3	11:49	a.m.	North Loop BST18 (Gold Nugget/Silvermine)
3	11:51	a.m.	North Loop Bst 17 (Bighorn)
3	11:53	a.m.	North Loop BST 16 (Cottontail)
3	11:55	a.m.	North Loop BST 15 (Burrow)
3	12:10	a.m.	Lewis

Route 14 Lewis Early Out (1st & 2nd Grade)

3	12:25	p.m.	Lewis
3	12:32	p.m.	Lewis
3	12:37	p.m.	Bastogne & Salerno
3	12:43	p.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)

Route 14 FIMS and Tiefert Early Out

4	12:55	p.m.	Tiefert
4	1:05	p.m.	North Loop BST 23 (Lane Mountain)
4	1:10	p.m.	North Loop BST 20 (Starbright/Desert King)
4	1:20	p.m.	FIMS
4	1:21	p.m.	FIMS
4	1:25	p.m.	North Loop BST 20 (Starbright/Desert King)
4	1:30	p.m.	North Loop BST19 (Blue Bell)
4	1:36	p.m.	Lewis
4	1:42	p.m.	FIMS
4	1:45	p.m.	Tiefert

Route 14 Lewis (Kindergarten)

5	1:25	p.m.	Lewis
5	1:32	p.m.	Lewis
5	1:35	p.m.	5th & Badger
5	1:35	p.m.	North Loop BST 20 (Starbright/Desert King)
5	1:42	p.m.	North Loop BST 19 (Blue Bell)
5	1:44	p.m.	North Loop BST 18 (Gold Nugget/Silvermine)
5	1:45	p.m.	North Loop BST 17 (Big Horn)
5	1:45	p.m.	North Loop BST 16 (Cottontail)
5	1:46	p.m.	North Loop BST 15 (Burrow)
5	2:00	p.m.	Lewis 3rd bus in line up

Route 14 Lewis (1st & 2nd Grade)

5	2:25	p.m.	Lewis
5	2:32	p.m.	Lewis
5	2:40	p.m.	Bastogne & Salerno
5	2:45	p.m.	Apennines Park (Across from Tiefert at yellow fire hydrant)

Route 14 FIMS and Tiefert

6	2:55	p.m.	Tiefert
6	3:05	p.m.	North Loop BST 23 (Lane Mountain)
6	3:10	p.m.	North Loop BST 20 (Starbright/Desert King)
6	3:15	p.m.	FIMS
6	3:20	p.m.	FIMS
6	3:25	p.m.	North Loop BST 20 (Starbright/ Desert King)
6	3:30	p.m.	North Loop BST 19 (Blue Bell)

Route 16

Route 16 Calico High School

1	8:25	a.m.	Normandy & Selarno
1	9:20	a.m.	Calico High School



Schools, from page 1

Things to remember

Entering the school from Goldstone and proceeding on Pork Chop Hill, the second large circular driveway is for loading and unloading of school buses only. Please do not use this driveway as a drop-off or pick-up point.

Students should not be dropped off or picked up on the street or in any other place in the parking lots in front of the school. The amount of time saved by dropping off your child in a place other than the designated area is not worth the risk of injury or death. Also, children are not permitted to walk unattended through the parking lot. Parking illegally is not allowed.

If you choose to park and then walk your child onto campus, you must park in a legal parking spot in the parking lot. The school has two large parking lots for parent and visitor parking. One of these lots is directly in front of the cafeteria, and the other is directly in front of the kindergarten wing. All staff members park on Blackhawk.

Tiefert View Intermediate School (3rd Grade–5th Grade)

Back-to-School Events

Open House

Aug. 4: 1-3 p.m.

Back-to-School Night

Aug. 18: 4-5:30 p.m.

Supply List

The following supply list is for 3rd, 4th and 5th grades.

3rd Grade

- One folder (sturdy with pockets) for taking assignments/notes home and back
- Several pencils (replenish as the year goes on)
- 1 highlighter
- 1 pencil box or pencil pouch
- 1 box of Kleenex (to share with the class)
- 1 container of wet wipes
- 1 box of crayons or colored pencils
- 1 composition notebook
- *Optional-pack of index cards, more folders to organize assignments, hand sanitizer (to be shared by the class)

4th Grade

- 1 (white) regular 3 ring binder (2 inch) with pocket in the front (no zipper binders please)
- 12 tab dividers for writing folder
- 1 pencil zip pouch for writing folder
- 1 red ink pen, 1 blue ink pen, 1 green ink pen
- (6) 2 pocket folders (red-lang arts, blue-math, green-social studies, yellow-science, purple-homework folder, orange-class information, notes, letter) Folders will be labeled by subject at school
- 2 highlights
- Water bottle with a lid
- Box of crayons

- Colored markers
 - Scissors
 - Index cards
 - Notebook (for journal writing)
 - *Optional items to be donated to class-Kleenex, hand sanitizer, antibacterial wipes
- #### 5th Grade

- Pencils*
- Blue or black pens*
- Notebooks or notebook paper*
- 5 pocket folders (one per subject and one for homework)*
- Binder (too keep folders organized)*
- Ruler
- Protractor
- Crayons and colored pencils
- Scissors
- Markers
- 2 boxes of Kleenex
- *Starred items are suggested to help keep your student's daily needs met and keep them organized

Student Drop-off and Pick-up

The driveway on the side of the school, off of Barstow Road, is the designated drop-off/pick-up area. Pull as far forward as possible after entering the drop-off/pick-up area, so we can accommodate as many vehicles as possible. If you choose to park and walk your child onto campus, you must park in the designated parking spots in front of the school on Anzio Street.

Fort Irwin Middle School (6th Grade–8th Grade)

Parents/guardians, school begins each day at 8:30. Regular days end at 3:15. Early Out days end at 1:15.

The gate to the main part of our campus does not open until 8:10; therefore please do not permit your student/s to arrive at school prior to 8:10.

Please remember not to use the bus loading/unloading zone for dropping off your student.

Parent Portal allows you and your student to view upcoming assignments, grades and attendance via the web. If you have not yet signed up, please speak to one of our front office staff members and they will assist you.

Back-to-School Events

Meet the Teather

Aug. 4: 2-3 p.m.

Back-to-School Night

Aug. 17: 4-6 p.m.

Fall Picture Day

Aug. 24

Fall Make up Picture Day

Sept. 13

Supply List

- Pens
- Paper
- Notebook/binder
- Ruler
- Backpack
- Index dividers

This is a recommended list of items. We understand that

some may not be able to obtain every item on the list nor do we demand that. Please let us know if we may help you in any way.

Remember: whatever you buy must fit into and be carried in the student's backpack. Students do not have lockers. Please label all items with the student's name. Teachers may ask for additional supplies to help benefit the program.

Student Drop-off and Pick-up

The drive in front of the school is zoned for bus pick-up and drop-off only. Only students with physical handicaps may be dropped off in front of the school. Parking is available in front of the school, but that is for parents and visitors coming inside the campus. The parking lot off of Normandy provides extra parking for student drop-off, and two crossing guards provide security for students as they walk from the parking lot. This is especially important on the few inclement days we have each year.

Silver Valley High School

(9th Grade–12th Grade)

Back-to-School Events

Orientation for New Students & Parents

Aug. 4: 10 a.m. to noon

- Principal and Assistant Principal available to answer your questions
- Tentative schedules available
- Campus open for tour

Back-to-School Night

Aug. 19: 6 p.m.



Silver Valley High School Football

Silver Valley High School Football

Aug. 2-4: Football Conditioning

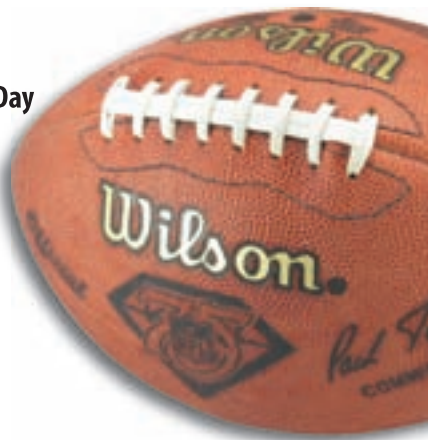
Aug. 5: Football first practice

Sept. 3: Football Away vs. Citrus Valley, 4 p.m. (Fresh/Soph not JV)

Varisty away vs. Citrus Valley, 7 p.m.

Silver Valley High School Volleyball

Sept. 6: Volleyball first scrimmage



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Senior Leaders Spouses' Tour



PHOTOS BY CHARLES MELTON

(ABOVE) Melanie Aguto, wife of 11th ACR Commander Col. Antonio Aguto, listens to a presentation at the School Age Services program building on the Senior Leaders Spouses Tour hosted by Fort Irwin Garrison Commander Col. Jim Chevallier and Garrison Command Sgt. Major Mark Harvey on July 19.


(RIGHT) Fort Irwin Director of Emergency Services Mike Butolph explains the operations and programs of DES to guests on the Senior Leaders Spouses Tour hosted by Fort Irwin Garrison Commander Col. Jim Chevallier and Garrison Command Sgt. Major Mark Harvey on July 19.



(LEFT) MEDDAC Command Sgt. Major Matthew Brady explains the services offered at Weed Army Community Hospital to the guests on the Senior Leaders Spouses Tour hosted by Fort Irwin Garrison Commander Col. Jim Chevallier and Garrison Command Sgt. Major Mark Harvey on July 19.

(BELOW) Guests on the Senior Leader Spouses Tour enjoyed lunch at the Shockwave on July 19 hosted by Fort Irwin Garrison Commander Col. Jim Chevallier and Garrison Command Sgt. Major Mark Harvey.



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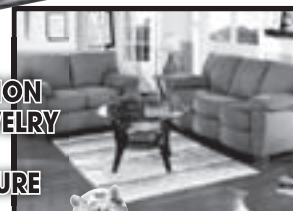


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Spouse jobs program to relaunch in October

BY ELAINE WILSON

American Forces Press Service

WASHINGTON — The Military Spouse Career Advancement Accounts program will resume Oct. 25, but with some significant changes to the popular spouse employment program, a defense official announced today.

Changes include a reduction in the amount of financial aid, a change in the population eligible to receive that aid — from all military spouses to spouses of junior servicemembers — and more robust counseling services.

These changes bring the program, commonly known as MyCAA, back to its original intent of equipping military spouses of junior servicemembers with portable careers, such as in real estate or health care, Clifford Stanley, the undersecretary of defense for personnel and readiness, said. The program was launched in November 2007 for spouses of junior servicemembers, and was expanded to all pay grades and programs of study in March 2009.

"We're trying to empower, to give spouses in particular, an opportunity to be immediately impactful as soon as they get into a community," Stanley said in an interview with the Pentagon Channel and American Forces Press Service. "We want to make sure they have opportunities to work when they get to a new duty station."

Officials temporarily halted the program Feb. 16, pending a top-to-bottom review, after an enrollment surge overwhelmed the system and caused the program to nearly reach its budget threshold. In March, with the review still under way, officials resumed the program for the more than 136,000 spouses who already had established an account.

The review took time, but officials wanted to ensure they could sustain the program for the long-term, particularly in light of fiscal realities the government is facing, Stanley said. "We want to help people be employed, but at the same time we have to be cost conscious," he said.

The aim is to sustain the program, he said. "We don't want to start it and stop it. This is something we want to continue because it's important to take care of our families and our spouses."

The previous program offered all spouses of active duty servicemembers a lifetime benefit of \$6,000 to be used for education purposes.

Under the new parameters, spouses of junior servicemembers can apply for a maximum financial benefit of \$4,000 for up to three years from the start date of the first class, with a \$2,000 annual cap, Stanley explained. Spouses pursuing licenses or certifications requiring an up-front fee of greater than \$2,000 may apply for a waiver of the annual cap up to the maximum benefit of \$4,000, he added.

Financial aid will be limited to spouses of active-duty servicemembers in pay grades E-1 to E-5, W1 to W-2 and O-1 to O-2, Stanley said, as well as the spouses of activated Guard and Reserve members within those ranks. Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders, he added.

Those spouses eligible to receive aid can use the money to fund associate's degrees, licenses and certification programs, not higher degrees. The program wasn't intended to support bachelor's and master's degrees, Stanley said. However, he added, spouses pursuing higher degrees can explore a plethora of other education opportunities — such as scholarships, federal grants and the G.I. Bill — with help from Military OneSource consultants.

"The counseling piece is probably the most important, and pivotal, part of this program," he said in a roundtable discussion with reporters today.

Spouses currently enrolled in the program can continue their participation through Oct. 21, when MyCAA will ramp down and prepare for the Oct. 25 launch. As of Oct. 25, those spouses who fall within the eligible pay grades can continue their program participation. Spouses who no longer are eligible for financial aid still can participate by accessing career and education counseling services, Stanley said.

"There are still opportunities," he said. "This one program is just one small part of the overall equation of taking care of our family members. It's an important part, but it's a small part."

To fund the program, officials have budgeted about \$210 million for 2010 with an increase to \$250 million for 2011 due to an expected spike in enrollments, Stanley said. For future years, officials are estimating a budget of about \$190 million per year.

To ensure the vitality of the program, Military OneSource counselors will encourage spouses to explore other funding resources, including federal benefits. And staffing levels have been increased to handle the anticipated call volume and enable more one-on-one counseling with spouses, Stanley said. Officials also will monitor the program much closer now to ensure they can maintain it, he added.

The program became "wildly popular" before, mainly through word of mouth, Stanley said. People heard about the program and immediately recognized it was a good deal.

And "It's still a good deal," he said. "We always tend to look at the glass as half empty. We are doing the best we can with what we have — I wish we had a lot more money, but we don't — but this glass is still half full."

Spouses can learn more about MyCAA on Military OneSource at 1-800-342-9647 or by going to the Military OneSource Web site.

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Army opens resilience evaluation to DA civilians

BY C. TODD LOPEZ

Army News Service

WASHINGTON — The Army has extended its concern about the mental fitness of Soldiers and their families to the civilians that serve stateside, abroad and in combat zones.

Department of the Army civilians are encouraged now to have their psychological resilience evaluated by the civilian version of the "Global Assessment Tool," which is part of the Army's "Comprehensive Soldier Fitness" program.

Three versions of the GAT are available now, through Army Knowledge Online. One version for Soldiers, one for their families, and now one for civilians. All three measure the same things, though with different questions, said Capt. Paul B. Lester, a research psychologist with the Comprehensive Soldier Fitness Office.

"The factors are pretty much the same — we're looking at social, emotional, spiritual and family fitness," Lester said. "A lot of the same things that are important to resilience to Soldiers are absolutely as important to civilians."

The military version of the online evaluation is mandatory for Soldiers — so far more than 700,000 Soldiers have completed it. Army civilians, however, are not required to take the GAT — though they are encouraged to do so, Lester



D. MYLES CULLEN

In this file photo, a Soldier explains how his group intends to share what they've learned with their fellow Soldiers during the first Master Resiliency Trainer course at the University of Pennsylvania in Philadelphia, PA, on Aug. 15, 2009. The class is part of the "Comprehensive Soldier Fitness" program, which aims to provide Army families, civilians and Soldiers better mental fitness resources.

said. Civilians can expect to spend about 15 minutes completing the online survey, and afterward they are given feedback about how they did.

"It's a self-awareness tool to help them get an idea of where they are strong, and also where they can improve," Lester said. "It gives you an idea of where you are on the resilience continuum."

After that, he said, GAT participants will have access to "comprehensive resili-

ence modules," the same ones that Soldiers are doing, to help them improve their mental toughness.

"The skills we are providing are life skills," Lester said. "It's not only how to respond to and be resilient in the face of extreme adversity, as in combat setting, but how to deal with everyday stressors in family, at work, and in your personal and professional life."

There are some DA civilians who are deployed now to combat zones like Iraq or Afghanistan, Lester said. And while those civilians are not supposed to actually be participating in combat — that's the job of Soldiers — life in the combat zone is stressful. So assessing mental fitness and working to improve it is critical for both Soldiers and civilians.

"Psychological resilience in a deployment situation is absolutely critical," he said. "The work there is hard, the hours long, and the separation from family and friends is challenging."

Even Army civilians at work stateside or at Army installations overseas can benefit from participating, Lester said.

"We train people, at an individual level, how to be a better team member," he said. "At the leader level, how being a better team member impacts the overall team. It's not only individual performance but the additive effect of better individual performance leading to better team performance."

Lester also said that the results of the GAT are confidential, and that supervisors "will never see" the results of an employee's participation in the assessment.

Soldiers, Army civilians and family members can all participate in the GAT by visiting the Comprehensive Soldier Fitness website at: <http://www.army.mil/CSF/>.

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*BILL CREDIT/PROGRAMMING OFFERS: LIMIT ONE PROGRAMMING OFFER PER ACCOUNT. Featured package names and prices: CHOICE \$69.99/mo., CHOICE XTRA \$63.99/mo., PREMIER \$114.99/mo. PREMIER OFFER: 2010 NFL SUNDAY TICKET billed in five monthly installments of \$29.99 each. NFL SUNDAY TICKET is valued at \$479.99. NFL SUNDAY TICKET and NFL SUNDAY TICKET 10-11 are automatically combined each season at a special value, unless customer calls to cancel prior to start of season. Blackout restrictions and other conditions may apply. BILL CREDIT OFFERS: Upon DIRECTV System activation, customer will receive redemption instructions included in customer's first DIRECTV bill, a separate mailing, or, in the state of New York, from retailer and must comply with the terms of the instructions. In order to receive full \$29.99 credit in first 12 months, customer must submit rebate online and consent to email alerts prior to rebate redemption. Online redemption requires valid email address. Rebate begins 4 weeks after receipt of rebate form. Timing of promotional price depends on redemption date. To be eligible for Free HD for Life you must activate and maintain the PREMIER package, at least one (1) HD receiver and HD Access. Account must be in "good standing," as determined by DIRECTV in its sole discretion to remain eligible. IF BY THE END OF PROMOTIONAL PRICE PERIOD(S) CUSTOMER DOES NOT CONTACT DIRECTV TO CHANCE THEN ALL SERVICES WILL AUTOMATICALLY CONTINUE AT THE THEN-PREVALENT RATES INCLUDING THE \$50/MO. LEASE FEE FOR THE 2ND AND EACH ADDITIONAL RECEIVER. DIRECTV System has a feature which restricts access to channels. In certain markets, programming/pricing may vary. LEASE AGREEMENT: Purchase of 24 consecutive months of any DIRECTV base programming package (\$29.99/mo. or above) or qualifying international services bundle required. DVR service (\$7/mo.) required for DVR and HD DVR lease. HD Access fee (\$10/mo.) required for HD and HD DVR lease. FAILURE TO ACTIVATE: IN ACCORDANCE WITH THE EQUIPMENT LEASE AGREEMENT MAY RESULT IN A CHARGE OF \$50 PER RECEIVER. IF SERVICE IS TERMINATED EARLY, A CANCELLATION FEE OF \$20/MO REMAINING WILL APPLY. ALL EQUIPMENT IS LEASED AND MUST BE RETURNED TO DIRECTV UPON CANCELLATION, OR UNRETURNED EQUIPMENT FEES APPLY. VISIT directv.com OR CALL 1-800-DIRECTV FOR DETAILS. INSTANT REBATE: Second Advanced receiver offer requires activation of an HD DVR as the first free receiver upgrade and subscription to Whole-Home DVR service (additional \$3/mo.). Advanced receiver instant rebate requires activation of the CHOICE XTRA package or above, MAS ULTRA or above (for DVR receiver, OPTIMO MÁS Package or above); (advertisor or any qualifying international service bundle, which shall include the PREFERRED CHOICE programming package (valued at \$38.99/mo.), Whole-Home DVR service requires a Plus HD DVR, an HD Receiver for each additional TV, DVR service and Access. LIMIT TWO ADVANCED RECEIVER REBATES PER DIRECTV ACCOUNT. Limit one remote viewing per DVR at a time. For more information, visit directv.com/wholehome. INSTALLATION: Standard professional installation only. Custom installation extra.

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