



HIGH DESERT WARRIOR

Volume 6, Number 38

www.irwin.army.mil

September 23, 2010

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

NTC/Fort Irwin Facebook

The Fort Irwin Facebook page has transitioned from its former Fort Irwin/National Training Center moniker to National Training Center/Fort Irwin. There is only one page with this name, and you can find it by typing in National Training Center/Fort Irwin in the search box at the top of the Facebook home page.

Community Info Line

Fort Irwin has a community information telephone line that has information about road closures, emergency updates, facility operating hours, listings of special events and even a list of important phone numbers. Dialing 380-8300.

DFAC Menus

The menus for both Fort Irwin Dining Facilities are now on the Fort Irwin web site and there is a link in the "Hot Topics" box on the right side of the page, which take you directly to the menus.

Customer Service Assessment

The Customer Service Assessment survey is open from through Sept. 26 to rate the importance and performance of Garrison services. The survey can be found at <http://www.mymilitaryvoice.org> and is open to all eligible patrons. For more information about the survey, contact Customer Service Office Meredith Storm at either 380-7639 or meredith.storm@us.army.mil.

Operation Battle Blackout

Operation Battle Blackout-Fort Irwin, through its partnership with its electricity provider (Southern California Edison), is calling everyone to voluntarily reduce its peak electricity usage during the critical period of 12 noon to 8 p.m. to support and aid in averting a possible energy emergency. Do your part: conserve energy by cutting down on lighting, electrical, and power usage in your work area or in your home. Encourage your fellow Soldiers, co-workers, and family members to conserve energy every day.

Recycling Survey

The Directorate of Public Works is seeking your input on recycling at Fort Irwin and the National Training Center through an on-line survey. The survey can be found at <http://www.surveymonkey.com/s/QF8SW3G>.

Dental Clinic Open

Dental Clinic 1 (DC1), located in Bldg. 478, 3rd and G Street, is currently open for orthodontic and pediatric care. The officer-in-charge/orthodontist is Maj. Kevyn Wetzels, who handles active duty and very limited family members while the pediatric dentist is Maj. Adam Bushell, who handles children, ages birth-eight-years-of-age. For more information, contact Maj. Kevyn Wetzels, 380-3284.



David Villafana is congratulated by Col. Jim Chevallier, Fort Irwin U.S. Army Garrison commander, after receiving the Purple Heart Medal during a Prisoner of War and Missing in Action Recognition Day ceremony held at Fort Irwin, Sept. 17. Villafana's wife, Lydia, stands beside her husband, who received the medal six decades after his captivity during the Korean War.

POW-MIA Recognition Day

David Villafana receives Purple Heart Medal, veterans recognized

**STORY AND PHOTOY BY
GUSTAVO BAHENA**

NTC PAO Media Relations Officer

The U.S. Army approved the Purple Heart Medal for David Villafana, a Korean War veteran, earlier this year. And it was at the National Training Center and Fort Irwin that the medal was presented to him six decades after the conflict and Villafana's experience as a prisoner of war.

At a Prisoner of War and Missing in Action Recognition ceremony Sept. 17, Villafana was pinned with the medal by Col. Jim Chevallier, commander of Fort Irwin U.S. Army Garrison. The distinction took place in front of a crowd of family, friends, fellow veterans, and military service members of Fort Irwin and the NTC.

Chevallier spoke to the audience moments before he presented the medal to Villafana and commented that it was a great day to serve in the Army.

"But, when we can come together as a community to recognize the service and sacrifice of American heroes from within our community, it is a particularly great day to serve," Chevallier said. "On this national Prisoner of War and Missing in Action Recognition Day we remember and pay tribute to the American men and women who've yet to return from the battlefields and we express profound gratitude

See POW, page 8

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SEPT./OCT. 2010

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

ROTATIONAL SOLDIER USE OF POST FACILITIES

■ HEAVY USE | ■ MEDIUM USE | ■ MINIMAL USE

We salute, honor



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**FORT IRWIN SOLDIERS
CURRENTLY DEPLOYED**

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

Soldiers eligible to file claim to ... Stop-Loss benefits

BY CAPT. ROBERT AGHASSI
Legal Assistance Attorney

Was your enlistment involuntarily extended due to Stop Loss between September 11, 2001, and September 30, 2009? If so, and you have yet to file a claim for Retroactive Stop Loss Special Pay (RSLSP), **October 21, 2010**, is a very important date to you.

Less than three months away, October 21 is the deadline for eligible service members or their beneficiaries to claim \$500 per month for each month they were involuntarily extended on active duty by Stop Loss

authority between September 11, 2001, and September 30, 2009.

More than \$127 million has been paid to approximately 30,000 Air Force, Army, Marine Corps, and Navy members to date, but the military services estimate thousands more may be eligible but haven't yet filed claims.

Service members, veterans and beneficiaries of service members who were involuntarily extended on active duty by Stop Loss authority between September 11, 2001, and September 30, 2009, are eligible for RSLSP, as long as they did not voluntarily reenlist or extend in order to receive a bonus.

This benefit, authorized by the 2009 War Supplemental Appropriations Act, amounts to \$500 for each month or partial month served in stop loss status. To receive payment, those who served under stop loss (or their beneficiary) must submit a claim. The average benefit is \$3,700.

Individuals who meet eligibility criteria must submit an application by Oct., 21 2010, to be guaranteed payment. By law, there is no authorization to make payments on claims that are submitted after Oct. 21, 2010.

Go to <http://www.defense.gov/stoploss> for links to the claim forms and individual military service links with instructions on how to file claims. Don't delay, do it today.



ICE — Customer Service Corner

BY MEREDITH STORM
Customer Service Officer

Have YOU taken the Customer Service Assessment?

Did you know the annual Customer Service Assessment (CSA) is going on right now until Sept. 26? Did you know that you have the power to change life on Fort Irwin?

I hope you all answered YES! If not, let me tell you that YOU can! The CSA, Customer Service Assessment, is a worldwide IMCOM survey that you as a customer can rate the Importance and Performance of all Garrison services. I am looking for more participation from the Family Members of the Fort Irwin community.

If you are a family member go to www.mymilitaryvoice.org and take the survey. It is also available at any of the 15 ICE kiosks located around the installation. It is just a 5-15 minute survey, depending on your length of your comments that you want to leave.

You can take the survey while you wait. If you have a doctor's appointment and you are waiting to be seen, go to the kiosk located in the Blue Team waiting area and let the Garrison know how they are doing. How about lunch? Reggie's anyone?

While you are waiting for your food or a table, you can access the survey from the kiosk in the hallway.

You have a few more days to let Garrison and IMCOM know what you think is important and how they are performing.

The CSA is not the only way to have your voice heard. You can always put in an ICE comment, and let each of the service providers know how they are doing. If you want a response from the service provider, please leave your contact information so they can inform you what measures they are going to take to change or to thank you for such a great comment.

There are also Focus Groups that you can attend to address any issues that you might have. If you have an issue that you want to be addressed right now you can go to the Fort Irwin homepage and fill out an issue form or contact me by phone or email.

The ICE comments and the focus groups are for local issues about services here at Fort Irwin. If you want to address an issue all the way to IMCOM, then you need to act fast and go take the CSA! Time is running out!

For more information on the 2010 Customer Service Assessment or any other Customer Management Services, contact Meredith Storm at 380-7639 or via email at meredith.storm@us.army.mil. **Let your voice be heard!**

WHO WE ARE

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

High Desert Warrior Staff
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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



Soldiers compete in a combatives tournament at the Coyote Activity Center on Sept. 9, wherein they will represent Fort Irwin at the All-Army Combatives Tournament.

Fort Irwin's top fighters throw down

155 lbs. Weight Class

1st Place: Pfc. Garcia, Maint. Trp., RSS
2nd Place: Staff Sgt. Naverez, Maint. Trp., RSS
3rd Place: Pfc. Pozzani, Maint. Trp., RSS

170 lbs. Weight Class

1st Place: Sgt. 1st Class Taylor, OPS GRP
2nd Place: Sgt. Rodriguez, USAG MP Co.
3rd Place: Spc. Magallon, Maint. Trp., RSS

185 lbs. Weight Class

1st Place: Pfc. Gagnard, Maint. Trp., RSS
2nd Place: Sgt. Cornett, 58th CEC, RSS
3rd Place: Pfc. Resar, Maint. Trp., RSS

205 lbs. Weight Class

1st Place: Pfc. Mann, Maint. Trp. 1/11
2nd Place: Spc. Delacruz, HHT 2/11
3rd Place: Spc. Benbow, Maint. Trp., RSS

**STORY AND PHOTO BY
SPC. ZACHARY A. GARDNER**
11th ACR Public Affairs

Fort Irwin hosted a post-wide combatives tournament on Sept. 9 at the Fitness Connection, to find Soldiers to compete in the All-Army Combatives Tournament in October.

"The goal of hosting the tournament is to find the best Soldiers that Fort Irwin has to offer and send them to the All-Army competition, and win," said Staff Sgt. Steven Naverez, 2/11 maintenance support team chief in Maintenance Troop RSS.

The tournament tested the competitors skill levels and fighting proficiency by testing both their grappling and striking skills. Competitors used a wide

range of takedowns, chokes, locks, punches and kicks in order to cover the full spectrum of fighting.

"I think everyone walked away from the tournament with a better idea of where they stand as a fighter and within the combatives program," said Naverez.

"The goal of hosting the tournament is to find the best Soldiers that Fort Irwin has to offer . . ."

*Staff Sgt. Steven Naverez,
2/11 maintenance support team
chief in Maintenance Troop RSS*

The combatives program isn't set up to teach a rigid systematic fighting style, said Sgt. Erick V. Martinez, the Fort Irwin combatives instructor. The combatives program helps Soldiers apply their Warrior Ethos and is taught in a way that helps them apply it to practical applications in the field, said Martinez.

Martinez now plans to hold a combatives tournament at least every six months. It will be open to everyone assigned to the National Training Center and Fort Irwin. The competitions will be held to help foster community relations and participation in the combatives program.

"Competition really brings the community together," said Martinez. "It also helps build morale for the Soldiers that are stationed here."

Crime Watch

Information provided by
Provost Marshal Office

Verbal domestic. Location: Desert Winds housing. Police investigated the report of a family disturbance. No evidence of a crime, both parties admonished.

Drunk and disorderly. Location: Tiefort View housing. Police investigated the report of a drunken individual, creating a disturbance. The drunk was located and apprehended.

Domestic disturbance (physical). Location: Bitter Springs housing. Police investigated the report of a spouse abuse. Subject was apprehended.

Damage to private property. Location: Normandy. Victim reported that persons unknown, entered his vehicle, and damaged the interior. No evidence of a theft. Report was taken.

Traffic accident. Location: Parking lot ####. Subject struck a parked vehicle. Report taken.

Larceny of private property. Location: Bldg. ####. Persons unknown removed personal and company tools from the reporting party's tool box.

Vehicle rollover (off post). Location: Jackhammer Pass. Fort Irwin military police responded to assist California Highway Patrol in the investigation of a traffic accident, involving a Fort Irwin service member. Injuries were minor, CHP has reporting responsibility.

Fire. Location: Landfill. Fort Irwin Fire Department extinguished a fire that was caused by spontaneous combustion or mice with matches.

Adopt-a-pet



Name: Tink & her kittens

Breed: Domestic short hair

Gender: Females and Male

Age: Mom-8-months-old;
kittens approx. 6 weeks

All are 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

Donated Leave Request

A Fort Irwin employee has requested donated leave. If interested in donating leave to the following individual please fill out form OPM 630 A. When donating leave you may only donate annual leave. E-mail the form to laurie.ann.sheats@conus.army.mil or you may drop it off at Building 571. If you have any questions please contact Laurie Sheats at 380-2560.

DUI Free Zone

The Fort Irwin Garrison Safety Office reminds everyone to be safe when consuming alcoholic beverages and plan ahead. Fort Irwin and the National Training Center is a DUI Free Zone and everyone is encouraged to do their part to prevent drunk driving.

Speed Limit Changes

The speed limit on Inner Loop Road between Barstow and Goldstone roads has been reduced from 35 mph to 25 mph. All motorists should take note of this change and adjust their speeds accordingly.

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.



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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 pm.	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

For information about Jewish activities, call 380-3562


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.		



NOTICE
The 2010
Aerotech News
& Review Job Fair
scheduled for
Sept. 25, 2010
has been cancelled
until further notice.



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Community Happenings

GSAB FRG Events

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

HHD, GSAB

Oct 21. HHD FRG meeting at Bldg. 507. Time: 6 p.m. If you should have any questions, contact Cpl. Sparrow at 380-5485 or email: hhdfrg507@gmail.com.

AAD, GSAB

AAD FRG meeting has not been scheduled as of yet. If you should have any questions, contact Juli Cummings at (254) 630-2596 or email: aadfrg@gmail.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.

Intramural Flag Football

The Intramural Flag Football Season will begin Oct. 12. It is open to all military, dependents and civilians working on Fort Irwin. For all military unit teams, this is the final event for the Commander's Cup Recognition Award. All Letters of Intent (LOIs) may be picked up from the Freedom Fitness Center. The LOIs must be turned back in to the Freedom Fitness Center 4 p.m., Sept. 22. There will be a mandatory coaches meeting at the Freedom Fitness Center on 23 Sept. 23, 5:30 p.m. So drop the pads and grab some flags. For more information, call 380-3457

Party at Reggie's

Reggie's is having an R&B party featuring disc jockey Willie Will. Mixing old school hits. While we entertain you enjoy 2 for \$22. One appetizer, two entrées, and a dessert for just \$22. Sample the new menu, try the Irish Nachos, crispy, sliced potatoes topped with homemade chili, cheddar cheese sauce, tomatoes, green onions, olives, jalapenos and topped with salsa and sour cream. For reservations, call 380-6717.

Monday Night Football

Reggie's has something special for Fort Irwin Football Fans. Reggie's has come up with a special menu for Monday Night Football. Watch the game and enjoy football food like nachos, hotdogs, and chicken fingers. See you at Reggie's Sept. 20 for the Saints vs. 49'ers.

Haunted House Competition

Halloween is coming up. Sign up for the MWR Haunted House Competition today Units and FRGs are highly encouraged to decorate their very own haunted room within the Coyote Activity Center. You can win prizes, 1st place can receive \$200, 2nd \$100, and 3rd place can win \$50. To sign up, call 380-2194 or email at ftirwinspecialevents@gmail.com.

Accepting Grant Requests

The Fort Irwin Military and Civilian Spouses' Club is seeking applications for its Fall Welfare Campaign. The Club awards monetary grants to organizations based on merit and need. Over the past two years, MCSC has awarded over \$42,000 to 78 different grants. If your organization directly or indirectly supports the local Fort Irwin Community and you are in need of financial aid to help improve services or programming, please apply for the MCSC Welfare Campaign. Applications are available online at mcsctfirwin.org and must be post-marked no later than Oct. 1 or hand-delivered by Oct. 4. For more information, contact Christy Quinter at 484-332-3866 or visit our website at mcsctfirwin.org.

Open House

The Fort Irwin Fire Department will hold its Open House at their Fire Station (Bldg. 400), located at Langford Lake Road, from 10 a.m. to 2 p.m., Oct. 2. There will be fire trucks on display, firefighters to answer questions, presence of Sparky

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

the Firefighter Dog and Bella the Safety Bee, onsite coloring contest, and variety of fire safety equipment on display. For more information, call 380-6844.

Chili Cook-off

The Fort Irwin Military and Civilian Spouses' Club (MCSC) is seeking competitors for its Rockin' Desert Nights Chili Cook-Off at Sandy Basin Community Center, Oct. 9, 6-9 p.m. This annual competition is open to both teams and individuals from across Fort Irwin. Registration forms and entry guidelines are now available on the MCSC website at mcsctfirwin.org. Registration is due by Sept. 24. New to the competition this year is a best-tasting salsa competition. Prizes will be awarded for Best Chili, People's Choice Chili, Best Decorated Booth and Best Salsa. Registration is free. Tickets are \$5 in advance or \$7 at the door. Up to four members per registered team will receive free entry into the Chili Cook-Off. Proceeds from the Rockin' Desert Nights Chili Cook-Off will be used by MCSC to support the Fort Irwin Community. For more information, visit our website at mcsctfirwin.org or contact Heather Adams at (703) 927-7624.

Swim Team

Swim Team season runs through Dec 15. Practice meets every Tuesday, Wednesday, and Thursday, from 6-7:30 p.m. For more details, call 380-7044.

At the Movies

Thursday, Sept. 23

7 p.m. Closed

Friday, Sept. 24

7 p.m. Eat Pray Love (PG-13)

7 p.m. Cats and Dogs :The Revenge of Kitty Galore (PG)

9:30 p.m. The Other Guys (PG-13)

Saturday, Sept. 25

7 p.m. Eat Pray Love (PG-13)

7 p.m. Cats and Dogs :The Revenge of Kitty Galore (PG)

9:30 p.m. The Other Guys (PG-13)

Sunday, Sept. 26

4 p.m. Cats and Dogs :The Revenge of Kitty Galore (PG)

7 p.m. Scott Pilgrims vs. The World (PG-13)

7 p.m. Step Up 3D (PG-13)

Monday, Sept. 27

7 p.m. Step Up 3D (PG-13)

7 p.m. The Switch (PG-13)

Tuesday, Sept. 28

7 p.m. Closed

Wednesday, Sept. 29

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.

Chili Cook Off

Sandy Basin Community Center is the place for a Chile Cook Off on Oct 9, from 6-10 p.m. If you have what it takes to compete, enter your recipe to win. Best tasting chili, people's choice, best decorated booth, and best salsa. For more information, call (703) 927-7624.

Family Housing Extravaganza

Join Pinnacle Family Housing for the 2010 Extravaganza on Oct. 8, from 4 p.m. to 8 p.m., at the Multi-Purpose Field, located on the corner of Inner Loop and Barstow Road. Wear your favorite soccer team jersey. Food, entertainment, games, face painting, jump houses and much more will be provided. It's a fun-filled free event for the whole family. For more information, call the housing office at (888) 419-6499.

Mothers of Pre-Schoolers

Mothers of Pre-Schoolers (MOPS) hold meetings on the second and fourth Wednesday of each month. Food, childcare and friendship will be provided. For more

information, call the Chapel at 380-3562 or contact Tiffany Spicer or Terra Chew at ftirwinmops@gmail.com.

First Aid Classes

Fort Irwin Red Cross is offering CPR/AED and First Aid classes on a regular basis. For more information, contact the Red Cross at 380-3697, e-mail Stephanie Luce the Station Manager at stephanie.luce@us.army.mil, or stop by the Red Cross office in Bldg. 566.

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.

School Activities

Lewis Elementary School

Sept. 23: Family Night, 4 p.m.

Tiefert View Intermediate School

Sept. 30: Lunch with the Principal

Fort Irwin Middle School

Sept. 25: Cross Country Finals at Ranchero Hersperia, 9 a.m.

Silver Valley High School

Sept. 23: JV Volleyball Away Game vs. Baker, 4 p.m.

Varsity Volleyball Away Game vs. Baker, 5 p.m.

Sept. 24: VolleyBall JV Home vs. Mammoth, 4 p.m.

VolleyBall Varsity Home vs. Mammoth, 5 p.m.

Sept. 25: JV Football Away game vs. Desert Christian, 4 p.m.

Varsity FootBall Away vs. Desert Christian, 7 p.m.

Sept. 28: JV Volleyball Away vs. Boron, 4 p.m.

Varsity VolleyBall Away vs. Boron, 5 p.m.

Sept. 28: Senior Night at Silver Valley High School, 6-7 p.m.

Sept. 29: Parent Conferences

Sept. 30: Cross Country Away vs. Boron, 3 p.m.

JV Football Away vs. Xavier College Prop, 4 p.m.

Varsity Football Away vs. Xavier College Prop, 7 p.m.

JV Volleyball Home vs. Vasquez, 4 p.m.

Varsity Volleyball Home vs. Vasquez, 5 p.m.

Youth and School Activities

Middle School Activities

Thursday: PC Baseball, Cooking Club Block Cake

Friday: World Wide Day of Play, Typing Skills

Monday: MYO Postcard, Sand Art

Tuesday: Newsletter Club, Origami

Wednesday: Mexican Bowls, Ultimate Journey/Smart Girls, 4-H

Teen Activities

Friday: Keystone Club

Saturday: Bowling Night

**We are currently revamping our facility, so we have temporarily moved to Bldg. 287. Please call 380.3732 for directions. Welcome to the new sixth graders!

Hours of Operation:

Middle School: M-F 3:15 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

Fri., Sep. 24

Rising Star Finals
7 p.m.
Reggie's Ball Room
380-3509

Fri., Sep. 24

Fire Prevention/Safety Class
8-12 a.m.
Bldg. 1202
380-6024/6154

Fri., Sep. 29

FRG Leader Training
6-8 p.m.
The Forum, 380-2399

Wed., Oct. 6

Spouses Orientation
8:30-11:30 a.m.

Reggie's

DMFWR, 380-8380

Fri., Oct. 8

Family Housing Extravaganza
4-8 p.m.
Multi-Purpose Field
Housing Office, 888-419-6499

Sat., Oct. 9

Chili Cook Off
6-10 p.m.
Sandy Basin Community Center
703-927-7624

Sun., Oct. 10

NASCAR Pepsi400 Races
All Day
Fontana Race Track
380-4767

Wed., Oct. 13

WOA Golf Tournament
12 noon
Spring Valley Country Club
CW2 Brian Miller
380-4168

Wed., Oct. 13

Oktoberfest
5 p.m.-1 a.m.
Reggie's, 380-3084

Thu., Oct. 21

GSAB-HHD FRG
Meeting
6 p.m.
Bldg. 507
CPL. Sparrow, 380-5485



Check out these upcoming activities at Fort Irwin

FREE WEIGHT LOSS SURGERY SEMINARS

Redlands
6:00 to 7:00 pm
Thursday, October 7
Thursday, October 14
Thursday, October 28

Victorville
6:30 to 7:30 pm
Thursday, October 21

Presented by

Dr. Stewart Rendon
Director, Metabolic and Bariatric Surgery Program

Dr. Warren Peters
Co-Director, Metabolic and Bariatric Surgery Program

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Suicide Prevention Awareness Stigma and Suicide

BY SHAWN ROBINSON,
Army Substance Abuse Program Suicide
Prevention Program Manager and
BY VALENCIA R. BARNES
Employee Assistance Program Coordinator

Suicide is not a comfortable topic for many people to talk about. In fact, many people believe that if you talk about suicide, you may be putting ideas into someone's head or that somehow you may be pushing that person into committing suicide.

This is simply not true. Others refuse to get help when feeling suicidal because they feel as though they will be viewed as "weak" or "mentally incompetent." Not only are they considered "weak" because they feel suicidal, but also are "weak" for seeking mental health assistance.

Social stigma is perhaps one reason that suicide is occurring at such a high rate in the U.S.

According to Webster's Dictionary, social stigma is severe disapproval of personal characteristics or beliefs that are perceived to be against cultural norms. Stigma is also revealed in the negative terms that some people use to refer to the mental health profession (i.e., "psycho", "shrink", "looney bin", "nutcase", etc.). It's no wonder people in need avoid seeking mental health services. This is very unfortunate because mental health providers are here for that purpose.

So how do we help erase the stigma?

As a community and society we have to be more sensitive to the way we talk about the mental health providers and their services. We can also provide a safe atmosphere in which friends, family and co-workers feel supported if they need mental health services. Individuals who fraudulently seek mental health services need to stop abusing the system. We need to stop making fun of the mental health profession and the people who seek its services. As a community we can make a change. Some of us take for granted that we will never need mental health services. Put yourself in someone else's shoes. Who would you want to see and how would you want to be treated if you were suicidal?



POW, from page 1

to those who returned only after facing unimaginable hardship of being a prisoner of war."

Villafana joined the U.S. Army at the age of 17 in 1950 with permission from his parents. After enlisting, he was dispatched to the shores of Korea as part of the Army's 24th Infantry Division. Eleven days later, Villafana was captured by the North Korean army, along with 750 other Soldiers, and was held as a POW for three years.

In his humble nature, Villafana said that when he returned from the war, he really did not dwell on his ordeal as a POW. However, during his internment, survival was the primary focus.

"Now, I think about it – now that I'm older, and it was pretty bad," Villafana said. "When you were [captive], it was a different story. You wanted it to [end] and hoped that you could survive."

He became part of group known as the "Tiger Survivors" – the approximate 250 Americans who survived captivity. Villafana returned to the United States weighing only 98 lbs., and spent 18 months in the hospital due to severe malnutrition and other illnesses resulting from the harsh treatment.

Martin Tullio was present at the ceremony, and he was also at Villafana's side during their captivity. He was one of several friends and family members who traveled from Washington, Alabama, and Arizona to attend the event.

Tullio said they were forced to march about 100 miles in one of the worst winters in North Korea. Soldiers died or were killed every mile, he said. After the war, Tullio and Villafana remained close friends, living in proximity to each other.

Other veterans honored during the ceremony included: Tony Marshall, an Air Force pilot who was a POW in Vietnam from July 1972 to March 1973; Robert Ginn, an Army private who was a POW in North Korea from November 1950 to August 1953, and; Wilber "Shorty" Estabrook, a Soldier during the Korean War and endured as a POW for 37 months and 13 days.

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Whooping cough outbreak in Calif. — vaccinate to protect!

BY SHARI LOPATIN

TriWest Healthcare Alliance

An outbreak of whooping cough has swept across California, according to the Centers for Disease Control and Prevention (CDC). But, you can take action to protect yourself and your families.

Whooping cough, also known as "Pertussis," is an upper-respiratory infection. It's extremely contagious and can be deadly to infants, according to the CDC. It can also cause adults to become very sick.

For the first eight months of 2010, the CDC reported more than 3,000 cases of whooping cough in California, including eight infant deaths. This is a seven-fold increase from the same time period in 2009 — where only 434 cases were reported across California.

Get vaccinated! TRICARE covers it . . .

A vaccine does exist for whooping cough, as does a booster shot for adults who received the vaccine as children. According to the CDC, the best way to prevent whooping cough is to immunize against it.

Whooping cough is most dangerous to infants. More than half of infected babies younger than 1 year old must be hospitalized, according to the CDC. Therefore, getting vaccinated is

especially important for families with infants, to prevent spreading the disease to their child. Additionally, caregivers working around babies and young children should get the immunization.

Because the immunity provided by the vaccine for whooping cough fades with time, a booster shot is available for pre-teens, teens and adults.

The whooping cough immunization is a TRICARE-covered benefit. Military families should talk to their doctors about it.

What are the symptoms?

According to the CDC, whooping cough usually begins with cold-like symptoms, followed by severe coughing one to two weeks later. These coughing fits may continue for 10 weeks or more.

- Early symptoms include:
- Runny nose
- Low-grade fever
- Mild, occasional cough
- In infants, "apnea"—a pause in breathing

However, as the disease progresses, the traditional symptoms of whooping cough will develop and include:

Many fits of rapid coughs followed by a high-pitched "whoop"

- Throwing up
- Exhaustion and fatigue after coughing fits

Should you believe you or your child has become infected with whooping cough, seek treatment immediately. Early treatment is very important, according to the CDC.

Where can I get more information?

The CDC has some of the most up-to-date information on the whooping cough outbreaks. Find tips on prevention, treatment, symptoms and statistics at www.cdc.gov/pertussis/about/index.html.

Additionally, follow TriWest Healthcare Alliance on Facebook and Twitter for updates on the whooping cough outbreaks. TriWest is the regional contractor responsible for administering the TRICARE health benefit in 21 western states, including California. Follow TriWest at: www.facebook.com/triwest and www.twitter.com/triwest



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Sept. 24: Camp Pendleton, 9:30 - 3 PM
South Mesa Club

Sept. 29: Navy Fleet & Family Support, 10 - 2 PM
Scottish Rite Center, San Diego

Oct. 6: MCAS Miramar, 10 - 1 PM
Career Resources Center, Building 5305

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Sustainment battalion brings the pieces together

BY PFC. CHALON E. HUTSON
301st Public Affairs Detachment

Walking through infinite sand and dirt in order to reach an open tent filled with cots looking for sleep would make a Soldier feel like they are in Iraq or Afghanistan. However, at the National Training Center, Soldiers have the opportunity to live the way they would overseas, whether they are Active Duty, Reserve or National Guard.

The 319th Combat Sustainment Support Battalion and the 369th Special Troop Battalion conducted their annual training at NTC here between July 8 and Aug. 28 to train Soldiers and provide support for an Active Duty brigade.

"Our mission is to provide overall logistical support to the 3rd Brigade., 1st Infantry Division," said Sgt. 1st Class Darrell Flowers, a San Antonio resident, and chief movement noncommissioned officer, 319th CSSB. "I have had to draw different levels of experience to accomplish the mission."

More than 500 Soldiers participated in this year's NTC training exercise for Rotation 09-10 with 319th CSSB, so there was a lot of planning involved to prepare for the training.

"It took a lot of coordination," said Sgt. 1st Class David Rolins, a Conway, Ark., native, and the personnel noncommissioned officer-in-charge, 319th CSSB.

Approximately 100 pieces of major equipment were transported to NTC for units to participate in the exercise. This equipment included trailers, trucks, water buffalos, power generators, military vans and more.

Many different types of units are involved in this NTC rotation. Military police companies trained on convoy security, maintenance units practiced field maintenance and recovery. Tactical convoys were practiced by transportation units, while a signal detachment learned how to work with different systems, and the battalion staff worked with other staff members as one unit.



SGT. DEBRALEE P. CRANKSHAW

The 319th Combat Sustainment Support Battalion and the 369th Special Troop Battalion conducted their annual training at the National Training Center here between July 8 and Aug. 28 to train Soldiers and provide support for an Active Duty brigade.

Rolins said NTC provides really good experience for all Soldiers involved.

"What they are doing here is what they would do overseas," Rolins said. "It's pretty realistic."

"It's making Soldiers more prepared for when they hit ground in the theatre of operations," Flowers said.

Driver's, roll-over and convoy security training help Soldiers relate to what they will come across overseas, said Sgt. James M. Cantrell, a resident of Belton, Mo., a squad leader for the 603rd Military Police Company and Combat Support out of Harrisonville, Mo.

Cantrell said he enjoyed the training and was proud of the work done by his Soldiers. "They're doing an outstanding job."

He was looking forward to the rest of NTC. As a Soldier who has experienced what it is like

overseas, he said the NTC training is practical.

"Hopefully the Soldiers gain enough knowledge from this to go home and implement it at the unit," Cantrell said.

"A lot of people become fearful before being deployed," said Pvt. 1st Class Linda Morazan, a medic with the 369th Headquarters and Headquarters Company, based out of New York City. "This trains you to know what to expect."

Morazan hopes to be well prepared for deployment through this training. She explained how this training gives her unit the opportunity to connect in a way that, as a reserve unit, wouldn't be possible without training like NTC. "It brings together the unit as a whole," she said.

Morazan participated in many types of training such as field medical training, preventive medicine training, and training to identify heat casualties since she arrived on July 1.

Morazan mentioned qualities that make a good medic. "It takes intelligence, a calm

perspective and poise," she said. "But most of all you need to be motivated."

The effort to get everything prepared for NTC was a long task. The 319th CSSB worked alongside a National Guard battalion, the 369th Special Troops Battalion.

Though the planning process took a lot of work, Flowers said the process of getting things in place was surprisingly smooth.

"We have combined two battalion headquarters into one staff almost seamlessly," said Flowers. "I liked the opportunity of working together with Guard and Active duty units, to see what they bring to the table."

It's good to work with people you don't know, said Sgt. Jason B. Racine, operations NCO, 369th HHC.

Racine described the merging of the two battalions as flawless. "We've never met before but everyone knew where they were supposed to be."

"I say combining (these units) enhances the training," Racine said, noting that's how units operate overseas, by joining forces.

"I think the integration has been excellent," said Maj. Daniel E. Harris, commander, 369 STB, and executive officer of the NTC rotation, proud of the work Soldiers have done at NTC. "That is a direct result of the professionalism."

All the planning ahead of time helped the combining process flow so well, Harris said. "Any opportunity to combine brings different strengths to the table. When you do that you can't go wrong."

"I'm glad we're out here," he said. "I'm glad for the

group unity, and I'm glad to work with the Reserve unit."

Harris mentioned the two battalions fit together so well it is difficult to tell the difference between the National Guard and Reserve in almost all settings. Soldiers from the two battalions eat together, sleep in the same tents, talk amongst each other, and most importantly work together, he said. "The quality of the product is that good."

"To be able to come here in this environment is a tremendous opportunity," Harris said.



SPC. CODY CAMPANA

A Soldier from the 603rd Military Police Company out of Belton, Mo. participates in roll-over training at the National Training Center.



PVT. 1ST CLASS CHALON E. HUTSON

Soldiers from the 603rd Military Police Company out of Belton, Mo. participate in a Humvee motorcade.

From Out of the Shadows

Reservist steps into NTC training after six year break in service

BY SGT. BOB TIMNEY

354th Mobile Public Affairs Detachment

"You can't keep a good man down" is a well-known phrase and apparently "You can't keep a good man out," either.

Staff Sgt. Gary Thompson, platoon sergeant for the 203rd Transportation Company out of Arden Hills, Minn., retired from the Army Reserve after 27 years of military service in August 2004, but would not stay in the shadows forever.

Thompson had been injured on a mission in September 2003 when he was convoy commander for the 353rd Transportation Company hauling fuel in support of Operation Iraqi Freedom. Thompson said that while dismounting from his vehicle, he jarred his back and injured the sciatic nerve in his hip, leaving numbness in his right leg and extreme pain in his lower back.

Thompson continued on with the mission quietly and returned with his unit in December 2003. Over a period of time, he did receive treatment at his local Veteran's Affairs Hospital at Fort Snelling, Minn., and although he was not medically forced out of the service, he found he could no longer physically perform to Army standards, so he chose to retire when his contract was up.

"The doctors and staff at the VA were very busy, yet they still scheduled me expeditiously and were very professional and courteous. They alleviated much of my physical discomfort, but there was still too much pain to continue and it hurt to think my military days were over," said Thompson.

Life goes on.

Thompson was adapting to his new life as a civilian when he met Colleen Kenney, a "highly competitive and health-conscious woman who was also a veteran." But before they would marry, she returned to the Army Reserve after her own twelve year break in service because she couldn't live with Thompson "without a patch on her right arm." She is now Staff Sgt. Colleen Thompson of the 407th Civil Affairs Battalion, but she is still waiting to put that combat patch on her arm.

Thompson continued his own strive for excellence in health and fitness. Having exhausted the limits of standard



STAFF SGT. MICHEL SAURET

Staff Sgt. Gary Thompson, platoon sergeant for the 203rd Trans. Co. out of Arden Hills, Minn., steps out of the shadows and returns to the Army Reserve after a nearly six year break in service to attend annual training at NTC here with his new unit.

medical care, Thompson sought alternative health care methods for his injuries and was able to find them in the Team Health Center in Champlin, Minn. During just a short period of months, chiropractic care completely eliminated his residual lower back pain, removed the numbness in his leg and restored him to the health he had prior to his injury.

"I never thought I would be able to feel that way again," said Thompson.

Already retired, Thompson could have found many exciting things to fill his time. But armed with his renewed health, Thompson said that he, like his wife, was also highly competitive and was "driven to return to service for a number of reasons."

For one, he had never attained the rank of sergeant first class.

"That had been an important goal for me. I also didn't like the fact that a major reason for my retiring was an inability on my part to keep up," he said.

For another, much of his family was in the service. In addition to his wife Colleen, also in the military are his twin sons Jared and Jory, Jared's wife Tara, and Colleen's children Michael and Stefanie Maza.

Thompson had restored health and proper motivation, and then came the light in the darkness.

"When I heard that a new Army Reserve transportation company was being formed in the area, I jumped at the chance to track down the forming unit," said Thompson.

Thompson also knew if he found the unit, they would be interested in him.

"I have had a variety of jobs in the service from naval instructor and submarine sonar technician for the Navy, to truck driver and instructor for the Army. Seasoned noncommissioned officers in transportation in the Reserve are hard to recruit and it was the right opportunity at the right time," said Thompson.

He was ready, but it would take him more than ten months to get through the red tape to officially get back in.

"The administrative process took a long time because of my lengthy break in service and fairly unique set of circumstances, but I never had any doubts along the way as to my decision to come back," said Thompson.

And so in late May, after a nearly six year break in service, Thompson was able to emerge from the shadows and step out into the light to enlist one more time. The 203rd Trans. Co. pinned his stripes back on and immediately put him a leadership role when he volunteered to attend annual training at the National Training Center at Fort Irwin, Calif., with his new unit.

Thompson said he is glad to be able to be back in a position to share his experience with younger Soldiers and has found his return to be everything he imagined it would be and more. Thompson also said he is very thankful for his return to good health and considers it to be quite gratifying to be able to, as he put it, "keep up with the young bucks."



Do you really know what the 'EFMP' is?

FLORINE KING

Army Community Service
Exceptional Family Member Program Manager

Many times we hear the acronym EFMP (Exceptional Family Member Program) and assume that the program is only for severely disabled individuals. While the program does indeed service those individuals, there are many other benefits under this program. EFMP ensures continuity in your exceptional family member's care and education as your family moves from place to place. This program combines the efforts of the Army Community Service (ACS), Personnel and Medical Command, the Family Support Center, and the Educational System to ensure that all this happens. ACS works hand in hand with the EFMP Office at the medical facility. While the medical services are responsible for the paperwork for enrollment, ACS provides assistance with en-

rollment and other service (support, resources, information and links) you may need.

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, and personnel services to Families with special needs. Soldiers on active duty are required to be enrolled in the program when they have a family member with a physical, emotional, developmental, or intellectual disorder requiring specialized services so their needs can be considered in the military personnel assignment process. EFMP is a Department of the Army program which assists eligible family members of Active Army, U.S. Army Reserve (USAR) Soldiers in the USAR Active Guard Reserve Program and Army National Guard AGR personnel serving under authority of Title 10, United States Code

and Title 32, United States Code. Soldiers who are members of the Army Married Couples Program will both enroll in the EFMP when they have a family member who qualifies. This process ensures that the assignment manager of each sponsor considers the families special needs before processing orders for their new assignment.

It's important to start the enrollment process as soon as your family member is identified as eligible for the EFMP program. Don't wait until you have orders to enroll. If the qualifying condition is discovered during screening for overseas orders, your family's travel could be delayed while arrangements are made to coordinate the availability of medical and educational services.

The EFMP manager at your current installation can assist you with making your transition from installation to installation as smooth as possible. As soon as you have change-of-station

orders, let your EFMP manager know when you are leaving so contact can be made with the installation to which you will be moving too. Keep copies of your enrollee's educational records in a convenient location and make sure they go with you when you move. If you have a child in special education, it's especially important to keep their most recent IEP and most recent evaluation as well. It is also very important that you keep your enrollment information current. Enrollees must be re-evaluated prior to a PCS move, if there is a change in status/condition or every three years. Enrollment in the EFMP program does not affect a Soldier's career progression, nor is the EFM's information entered into the Soldier's official military personnel file.

For more information about EFMP and the services offered, contact your installation EFMP manager in Army Community Service (ACS), 380-3698/9195.

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Exceptional Family Member Program (EFMP)

Stressing less with respite care

BY FLORINE KING

Army Community Service
Exceptional Family Member Program Manager

Every day, the United States Army is making its commitment to family strength a reality. For military Families with special needs, this means access to free Respite Care. The Exceptional Family Member Program (EFMP) Respite Care is a short, planned period of rest. Simply put, it's a much-needed break – a reprieve from the continuous, stressful demands of caring for an Exceptional Family Member (EFM) while increasing opportunities for the family member to gain new skills. Respite care provides temporary relief to both families and caregivers, thus allowing them to rest and relax, engage in other daily activities, cope with additional daily responsibilities, grow and stabilize the family unit. The Army EFMP put respite care in place to give eligible families, especially now with multiple deployments, the opportunity to receive respite care when it's needed. Special need care is around the clock for those families who has a special needs child or adult, respite care provides a break for the primary caregiver. The most important thing about respite care is that it helps families accomplish those essential activities that they may not be able to do because of their family responsibilities.

Who is eligible for the Army Community Service (ACS) EFMP Respite Care?

Eligibility for Respite Care Program is based on EFMP enrollment and the medical or educational condition of the family



member requiring care. Qualifying families are eligible to receive up to 40 hours of funded EFMP respite care monthly for each certified family member. You must be an active duty Soldier or Marine enrolled in the EFMP. In addition, your EFM must meet educational or medical criteria. Educational Eligibility: School-aged children on an Individualized Education Program (IEP) who have at least a moderate disability are eligible for ACS EFMP Respite Care funding, as are infants and toddlers on an Individualized Family Service Plan (IFSP) who have a moderate disability or developmental delay, including a high probability for a developmental delay.

Respite care funds do not substitute for services provided by your local or state educational institution for medically related services. Medical Eligibility: A medical provider must indicate whether the EFM meets one or more of the following criteria:

- Little or no age appropriate self-help skills
- Severe continuous seizures activity
- Ambulation with neurological impairment that requires assistance with activities of daily living
- Tube feeding
- Tracheotomy with frequent suctioning
- Apnea monitoring during hours of sleep, if another family member must remain awake during monitoring
- Inability to control behavior with safety issues requiring constant supervision
- Life threatening or chronic condition requiring frequent hospitalizations or treatment
- Encounters, which require extensive family involvement in care giving

How do you apply for the ACS EFMP Respite Care?

Contact the ACS EFMP manager at 380-3698. The EFMP manager will explain the process, paperwork, and answer any questions you may have. Applying for program requires Families to take several steps. The EFMP manager has all the required forms with instructions on how the application must be completed. If you are interested in becoming a respite care provider contact the EFMP manager for more information.

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Smoke Alarms: Up, down and all around

Fort Irwin Fire Department reinforces newer smoke alarm recommendations during Fire Prevention Week, Oct. 3-9

BY CHIEF OLAV TRYGGVASON

Fort Irwin Fire Department

In an effort to better educate communities throughout the U.S. about smoke alarm recommendations, the nonprofit National Fire Protection Association (NFPA) is promoting "Smoke Alarms: A Sound You Can Live With!" as the theme for this year's Fire Prevention Week campaign, October 3-9, which Fort Irwin Fire Department is supporting locally. NFPA has been the official sponsor of Fire Prevention Week for 88 years.

"Many homes in Fort Irwin may not have any smoke alarms, not enough smoke alarms, alarms that are too old, or alarms that are not working," says Olav Tryggvason Fire Prevention Chief of the Fort Irwin Fire Department. "We want residents to understand that working smoke alarms are needed in every home, on every level (including the basement), outside each sleeping area and inside each bedroom.

And, if a smoke alarm is 10 years old or older, it needs to be replaced."

According to Chief Tryggvason, smoke alarms can mean the difference between life and death in a fire. NFPA statistics show that working smoke alarms cut the chance of dying in a fire nearly in half. But they must be working properly to do so. The association's data shows that many homes have smoke alarms that aren't working or maintained properly, usually because of missing, disconnected or dead batteries. Roughly two-thirds of all home fire deaths result from fires in homes with no smoke alarms or no working smoke alarms.

The Fort Irwin Fire Department will be hosting activities at our Open House Event Oct. 2, during Fire Prevention Week to promote "Smoke Alarms: A Sound You Can Live With!" locally, and to help Fort Irwin residents understand NFPA's smoke alarm recommendations. Through these educational, family-oriented activities, residents can learn

more about the power of smoke alarms, newer options for installing and maintaining them properly, and ultimately, how to better protect their loved ones from fire.

NFPA and Fort Irwin Fire Department agree that interconnected smoke alarms offer the best protection; when one sounds, they all do. This is particularly important in larger or multi-story homes, where the sound from distant smoke alarms may be reduced to the point that it may not be loud enough to provide proper warning, especially for sleeping individuals.

"Most people have a sense of complacency about smoke alarms because they already have one in their homes. Fire Prevention Week provides an excellent opportunity to re-educate people about smoke alarms, new technologies and expanded options for installation and maintenance," says Judy Comoletti, division manager for NFPA public education. "Ultimately, we want this year's campaign to serve as a call to action for households nationwide

to inspect their homes to ensure that their families have the full smoke alarm protection that's recommended."

Fort Irwin Fire Department offers the following tips for making sure smoke alarms are maintained and working properly:

Test smoke alarms at least once a month using the test button, and make sure everyone in your home knows their sound.

If an alarm "chirps," warning the battery is low, replace the battery right away.

Replace all smoke alarms, including alarms that use 10-year batteries and hard-wired alarms, when they're 10 years old (or sooner) if they do not respond properly when tested.

Never remove or disable a smoke alarm.

To find out more about Fire Prevention Week programs and activities in Fort Irwin, contact the Fort Irwin Fire Department at 767-380-6844. To learn more about "Smoke Alarms: A Sound You Can Live With!" visit NFPA's Web site at www.firepreventionweek.org.



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Elusive 300 strikes Fort Irwin

BY BRIAN CONTRERAS

Strike Zone Bowling Center Assistant Manager

On Sept. 2, at 4:39 p.m., Jerry Potter bowled the first perfect 300 game at Fort Irwin's Strike Zone bowling center. Potter, a regular at Strike Zone, reached the sought-after 300 with the Brunswick Copperhead ball that he won in the Max Leave 7-8-9 Pin No Tap Tournament, held at Strike Zone earlier this summer.

When asked how he felt being the first to reach a 300 at Fort Irwin, Potter replied "It's an honor... I appreciate everything that Sherry does around here. This is the best bowling center around." He later went on to say that he got really nervous the closer he got to the end. He told me that by the last two balls, he was shaking. I wasn't there to see him while he was bowling, but I can tell you that when I talked

to him afterward, he was all smiles and looked like he had his head in the clouds.

I have been waiting a long time to see somebody bowl a 300 here; I regret that I did not get to witness this. When I asked the staff to describe the feeling of being able to witness this event, Gary Ramirez said "It was cool to watch until the 9th frame. Then I started to tell people to stop and watch. The 12th ball was crazy and quiet; all we could hear was the loud crash of a perfect pocket shot." Victoria "Torie" Smith told me "On the 12th ball Gary got my attention to let me know Jerry had one strike left to put him at a perfect score of 300. At that moment, I wanted to scream and holler out something to distract him, but Gary quickly suggested not to. So I waited and waited some more until the very end and we all shouted "Hooray Jerry!"

Congratulations Jerry! Keep up the high scores, and we hope to see you in the leagues. Way to go!



Jerry Potter bowls for a possible strike.



Jerry Potter - Strike Zone's 300 Bowler

Birth Announcements

CHRISTINA NICOLE, girl, 6 lbs., 7 oz., 18 inches, born to Stanislava and Jacob Williams, Aug. 4, at 9:01 a.m.

JAYLEEN LIZBETH, girl, 5 lbs., 14 oz., 19 inches, born to Yecxi and Jonathan Campos, Aug. 6, at 8:01 p.m.

ELIJAH LAKEYTH, boy, 8 lbs., 2 oz., 20 inches, born to Dazzanae and Dtron Middleton, Aug. 7, at 7:14 a.m.

SOPHIA HENRIETTE NICOLE, girl, 7 lbs., 0 oz., 19 inches, born to Kathrin and Manuel Figueroa, Aug. 7, at 9:44 p.m.

JACK PHILLIPS, boy, 7 lbs., 3 oz., 19.9 inches, born to Trisha and Kyle M. Yanowski, Aug. 9, at 1:47 p.m.

AMEILIA GRACE, girl, 4 lbs., 11 oz., 16.7 inches, born to Stacy and Phillip Bodine, Aug. 10, at 8:36 a.m.

LAILA MARIE, girl, 5 lbs., 8 oz., 17.6 inches, born to Stacy and Phillip Bodine, Aug. 10, at 8:37 a.m.

MIRIAM LEAH DIVINA, girl, 7 lbs., 0 oz., 20 inches, born to Irene and Horacio Lopez, Aug. 12, at 7:21 a.m.

AVA LAUREN, girl, 6 lbs., 14 oz., 20 inches, born to Jessica and Mac Echipare, Aug. 14, at 2:30 a.m.

AIDEN JAMES, boy, 5 lbs., 3 oz., 18.5 inches, born to Sonya and Raymond Adams, Aug. 14, at 5:09 p.m.

ETHAN REA, boy, 5 lbs., 6 oz., 18.25 inches, born to Sonya and Raymond Adams, Aug. 14, at 5:10 p.m.

LIAM HENRY, boy, 8 lbs., 7 oz., 20 inches, born to Lisa and Thomas Mackey, Aug. 16, at 5:55 a.m.

ARIYANA ANNETTE, girl, 7 lbs., 1 oz., 19.5 inches, born to Cassandra and Andrew Thomas, Aug. 18, at 2:07 p.m.

LUCIELO YUKIMI, girl, 7 lbs., 6 oz., 22 inches, born to Lorrie and Song No, Aug. 21, at 2:39 p.m.

MYLES EMMETT CLAUDE, boy, 7 lbs., 11 oz., 21 inches, born to Megan and James Majors, Aug. 21, at 10:10 a.m.

ETHAN JAYDEN, boy, 8 lbs., 6 oz., 20 inches, born to Caroline and Saifoloi Filisi, Aug. 23, at 9:36 p.m.

MAX RYAN, boy, 7 lbs., 8 oz., 19.8 inches, born to Ashley and Matthew Peterson, Aug. 27, at 7:05 a.m.

ALIX RENEE, girl, 6 lbs., 13 oz., 19 inches, born to Shila and Jordan Turner, Aug. 29, at 6:00 a.m.

RAELENE ROCHELLE, girl, 8 lbs., 1 oz., born to Valerie and Raymond Gomez, Aug. 29, at 9:32 a.m.

MARKANTHONY HERRERA JR., boy, 8 lbs., 1 oz., 19.5 inches, born to Liliana and Markanthony Herrera, Aug. 31, at 6:11 p.m.

Information provided by Patient Administration Division, Weed Army Community Hospital.

Diet & Exercise

"Can you have one without the other?"

BY SANDY CLARK

Coyote Activity Center
Fitness Coordinator

Is it possible to only diet and lose weight? Can you only workout and keep off those unwanted pounds?

So many people hate to exercise. They think by cutting their calories they will lose the pounds. They just might, but the key lies in keeping the pounds off. The National Weight Control Registry reports that only 5 percent of dieters keep the weight off. Most regain a third of the weight within a year's time and all of it back within three years.

While dieting will help you lose those lbs, its exercise that keeps you physically fit! Exercise keeps your heart happy! (You can be skinny fat you know?) So having a combination of them both is the key. Combining the two can get a little complicated.

You have to eat enough to fuel your body so that you may have the energy to workout. However, eating too much will cause you to gain weight. Just because you are working out, doesn't mean you can eat what you want.

Many people get to their magic number and think that is it. They think it's unnecessary to watch their diet or exercise any longer. So not true. Once you reach that ideal weight, you must maintain it. It's not going to happen by itself, that's what gets you there in the first place. You must stick to the plan. A less intense plan, but you still need to maintain a controlled nutrition and exercise plan.

It's a lifestyle! Embrace it! Watch what you eat, exercise regularly, drink your water, and you'll make that goal in no time!!

*As always consult your doctor before started any workout/weight loss program.

Fitness Class Schedule

Thursday, September 23 Morning

6:30 Zumba/Shelton *FREE

8:30 Body Shop/Sandy

9:30 Belly Dancing C/Ranai

Afternoon

12:00 Cycling/Sandy

5:30 Boot Camp/Robin

Friday, September 24 Morning

8:30 Cycling/Debbie

Monday, September 27 Morning

6:15 Zumba/Shelton

8:30 Turbo Kick/Ryndee

9:30 Yoga/Kimberly

Afternoon

12:00 Body Shop/Robin

4:15 Yoga/Michell

5:30 Cycling/Ryndee

6:30 Body Shop/Sandy

Tuesday, September 28 Morning

6:30 no class

8:30 Body Shop/Ryndee

9:30 Belly Dancing B/Ranai

Afternoon

12:00 Step/Sandy

5:30 Body Shop/Robin

6:30 Yoga/Robin

Wednesday, September 29 Morning

8:30 Step/Ryndee

9:30 Yoga/Kimberly

Afternoon

12:00 Pilates/Robin

4:15 Yoga/Michell

5:30 Cycling & Sculpt/Sandy

6:30 Turbo Kick/Ryndee



Xtreme Fitness: Are you up for the challenge? 90 minutes of INTENSE training with Sandy, Robin & Ryndee! Come out and test you will. This class is guaranteed to make you sweat! Fitness Class Pass: \$30 Unlimited monthly pass; \$20 10-class punch card; \$3 per single class. Classes during PT hours are FREE! For more information about fitness classes at The Coyote Activity Center, call Sandy Clark, fitness coordinator, at 380-7242 or email at fitfortirwin@yahoo.com

HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

FREE ADS

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

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

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

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

All other categories are paid.

If you are eligible use the form below:

FREE CLASSIFIED AD FORM

AD COPY

One word, phone number, price per space.

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

Code: _____ (For Aerotech Office Use Only)

Name: _____ Rank: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Duty Phone: _____

Organization: _____

PAID ADS

The following categories are paid ads:

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

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

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

For **PAID ADS**, use the form below:

PAID CLASSIFIED AD FORM

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

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AUTHORIZATION _____

DATE _____

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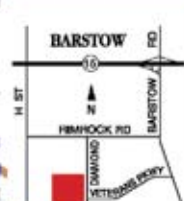


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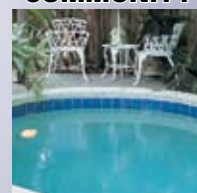
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Don't sweat it if spinning classes aren't your style. Just get out and do something physical each day. You'll feel better, and live longer. Besides, the star clinch at the gym won't fetch your mailman.

A Public Service Message brought to you by the American Council on Exercise, a not-for-profit organization committed to the promotion of safe and effective exercise.

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 BMCNATE@hotmail.com Tues. - Sat. 9:00 am - 6:00 pm

ATVs	Was	Now	SIDE BY SIDES	Was	Now
2009 Phoenix 200	\$3,299	\$2,695	2010 Ranger 800 XP EFI 4x4	\$11,199	\$10,199
2010 Outlaw 525S	\$7,699	\$4,999	2010 Ranger 400 4x4	\$7,999	\$7,399
2010 Outlaw 450MXR	\$7,399	\$4,699	2010 Ranger 800 XP EFI	\$12,599	\$10,599
2010 Phoenix 200	\$3,299	\$2,800	Limited Edition Power Steering 4x4		
2010 Trailblazer 330	\$4,299	\$3,295	2010 Ranger 800 CFI Crew	\$11,999	\$10,999
2010 Trail Boss 330	\$4,299	\$3,295	6 Passenger 4x4		
2010 Sportsman 500 4x4	\$5,999	\$4,999			
2010 Sportsman 400 4x4	\$5,699	\$4,895			
2010 Sportsman 300 4x4	\$4,999	\$4,495			

Must mention this ad for discount

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Offers good on new and unregistered units purchased between 7/27/10 and 9/30/10. Offers only available at participating Polaris dealers. *Rates as low as 3.99% for 36 months. Approval, and any rates and terms provided, are based on credit worthiness. Other financing offers are available. Applies to the purchase of all new ATVs and RANGER models made on the Polaris Installment Program from 7/27/10 to 9/30/10. Fixed APR of 3.99%, 7.99%, or 10.99% will be assigned based on credit approval criteria. Examples of monthly payments over a 36 month term at 3.99% APR: \$29.52 per \$1,000 financed and at 10.99% APR: \$32.73 per \$1,000 financed. **Rebates apply to select models. See your dealer for details. Warning: ATVs can be hazardous to operate. For your safety, avoid operating Polaris ATVs or RANGERS on paved surfaces or public roads. Riders and passengers should always wear a helmet, eye protection, protective clothing, and a seat belt (on RANGER vehicles). Never engage in stunt driving, and avoid excessive speeds and sharp turns. Polaris adult ATV models are for riders age 16 and older. Drivers of RANGER vehicles must be at least 16 years old with a valid driver's license. All ATV riders should take a safety training course. For ATV safety and training information call the SVIA at (800) 857-2887, see your dealer, or call Polaris at (800) 342-3784. ©2010 Polaris Industries Inc.

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+

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Ad Council

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*Some Home Advantage programs require 2-year agreements and credit qualifications. Service is terminated before the end of agreement, a \$17.00/month penalty will apply. Programming credits will apply during the first 12 months. Free HD will be the if selected account requires Agreement, Available with Paycom Billing. HBO/Showtime offer requires Available with Paycom Billing credits apply during the first 3 months (HBO select); customer must downgrade to their current price after 3 months apply. Must maintain continuous enrollment in AudioEye and Paycom Billing. Free Standard Professional Installation only. All equipment is leased and must be returned to DISA Network upon cancellation or unenrolled equipment fees apply. Limited & based terms per account; base upgrade fee will apply for select accounts; monthly fees may apply based on type and number of receivers. HD programming requires HD television. Free HD elements will vary based on package. All assets packaged and programming subject to change without notice. Equipment may be shared between all users. No cash back on equipment. All services are available at participating locations only. Activation and service may apply. First time DISA Network activation only. See also 800-965-HD and related channels and service notes on the product of Home On-Demand Inc. SHCMSTB and view them as required trademarks of Shout! Networks Inc., a CBS Company.

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