

# HIGH DESERT WARRIOR

Volume 6, Number 4

www.irwin.army.mil

Jan. 28, 2010

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

## NATIONAL PRAYER BREAKFAST

Commanding General's National Prayer Breakfast is on Monday, 6:30-8 a.m., at Reggie's. Ticket donations: Sgt. and below - \$4; Staff Sgt. and above, including civilians — \$8. See your Unit Ministry Team for tickets. For more information, contact Master Sgt. Elian Strachan, Installation Chaplain's Office, at 380-4213.

## INDUCTION CEREMONY

Sgt. Audie Murphy Club will hold its SAMC Induction Ceremony at Sandy Basin Community Center, 1:30 p.m., tomorrow. Inducted to the club will be Sgt. 1st Class Robert Ferguson, Operations Group; Sgt. 1st Class Ralph Philpot, 11th Armored Cavalry Regiment; Sgt. 1st Class Grant, Headquarters, NTC; Sgt. Guadalupe Morelos, General Service Aviation Battalion; and Sgt. Matthew Squires, U.S. Army Garrison Military Police Company.

## UPCOMING POWER OUTAGE

On Feb. 4, from 8 a.m. to 1 p.m., there will be power outage to allow crews from Southern California Edison to complete a utility project. The outage will start at Bldgs. 680-681 and 289-301. This will also include the Fire Station, Range Control, Spectrum, Bike Lake, NASA Peak, Tiefert Mountain, LFA1, Granite Mountain, 4 Corners as well as everything in between. It will not affect Tiefert City. Point of contact for this project is David Canady, 380-7605.

## HOUSING RIBBON-CUTTING

With the final delivery of homes in Sandy Basin, the Fort Irwin community is invited to join Clark Realty during a ribbon-cutting ceremony in the vicinity of 4431 Rhineland Ave. residence, 3 p.m., today. During the past five years, Clark Realty has delivered 715 new homes at Crackerjack Flats, Sleepy Hollow, and Sandy Basin in support of Fort Irwin's Soldiers and families. Join Clark and Pinnacle celebrate their accomplishments for Fort Irwin and the Army Team.



CAROLINE KEYSER

A Soldier with the 2 Canadian Mechanized Brigade Group scans the area for "enemy insurgents" from atop a Medina Wasil village roof. The Soldier is one of nearly 4,000 Canadian Soldiers currently training at the National Training Center prior to their deployment to Afghanistan.

# Canadian Forces conduct first full-scale rotation

Training prepares unit for war zone deployment

BY CAROLINE KEYSER  
HDW Volunteer Writer

The National Training Center is experiencing a first.

Nearly 4,000 members of the 2 Canadian Mechanized Brigade Group, hosted by the NTC, is using the facilities commonly known as "The Box" to prepare for an upcoming seven-month deployment to Afghanistan. While members of the Canadian Forces have

participated in training at the NTC in the past, this is the first time they have conducted a full-scale rotation here.

The Canadian Forces came to the NTC to take advantage of resources it offers that are not readily available in Canada, said Lt. Col. Dyrvald Cross, chief of staff of the 2CMBG.

"Normally in Canada right now, it's 35 degrees below zero with two or three feet of snow on the ground," Cross said. "So, to be here in the desert in an environment that we

don't have in Canada, at a time of year when we really can't train that well is fantastic."

The Canadians, most of whom arrived between Jan. 4 and Jan. 8, are completing an extended two-month rotation that will end in late February. Their training schedule includes about 23 days of situational training and live fire exercises (STX) and 14 days of full spectrum operations.

Extending the length of the rotation will

**See Rotation, page 13**

## What's Inside

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## JAN.-FEB. 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				28	29	30
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27

ROTATIONAL SOLDIER USE OF POST FACILITIES  
■ HEAVY USE | ■ MEDIUM USE | ■ MINIMAL USE



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

# ICE Program Gives Customers a Voice

ICE Year End Snapshot  
Oct. 1, 2009–Jan. 17, 2010

Organization	No. of Comments	Rating	Percent Satisfied
916th Support Brigade	1	●	100
AAFES	89	●	22
Commissary	21	●	33
Fort Irwin Garrison	2517	●	89
Veterinary Services	17	●	18
DENTAC	252	●	96
MEDDAC	355	●	81

ICE Weekly Report  
Jan. 11–Jan. 17, 2010  
Fort Irwin Garrison

Organization	No. of Comments	Rating	Percent Satisfied
Fort Irwin Garrison	256	●	91
Family, Morale, Welfare, and Recreation	62	●	87
Civilian Personnel Advisory Center	0	[NOT RATED]	—
Equal Employment Opportunity	0	[NOT RATED]	—
Human Resources	165	●	99
Information Management	0	[NOT RATED]	—
Legal	2	●	0
Logistics	2	●	50
Pinnacle Housing	8	●	29
Plans, Analysis & Integration Office	1	[NOT RATED]	—
Police/Provost Marshall	1	●	0
Public Affairs	1	●	0
Public Works	0	[NOT RATED]	—
RCI Housing	0	[NOT RATED]	—
Religious Support	2	●	100
Resource Management Office	0	[NOT RATED]	—
Safety	0	[NOT RATED]	—
NTC HQ Adjunct General Office	0	[NOT RATED]	—
American Red Cross	0	[NOT RATED]	—
Armed Forces Bank 1	0	[NOT RATED]	—
Community Information Manager	2	●	100
Landmark Inn	9	●	57
Military Family Life Consultants	0	[NOT RATED]	—
Plans, Training, Security	1	●	100
WIC (Woman, Infants, and Children)	0	[NOT RATED]	—

Rating Key: ● = 86%-100% Satisfied | ● = 65%-85% Satisfied | ● = 0%-64% Satisfied

The following are a sampling of ICE submissions at Fort Irwin in the past three weeks. If the customer requests a response, Service Providers are expected to respond to the customer within three business days and post follow-up notes in ICE.

## AAFES Shoppette

**Customer Comment:** I think it is ridiculous that the Shoppette can charge over \$5 for a gallon of milk. A gallon at the commissary is around \$2.50. I know that it is a convenience to be able to go to the Shoppette for milk, but

still, if I run out of milk after the Commissary is closed I have no other option to be able to have milk for breakfast for my kids. I shouldn't have to pay more than double the price. **Agency Response:** I appreciate the comment you made concerning the price of milk at the Shoppette. Our Shoppettes are modeled after convenience stores and not grocery stores. We constantly survey these locations, and milk is one of the items that we do survey on. The lowest price of three locations for half gallon milk is \$2.59 and \$4.50 for the gallon milk. Our price should have been \$4.30. Unfortunately, the person who did the receiving, failed to adhere the price. The manager is aware of this fault, and she will refund you the amount for the milk — Mr Hires, AAFES General Manager.

**Pinnacle Family Housing, RCI, Landmark Inn**

**Customer Comment:** I understand

that housing families here on Fort Irwin may be complicated, but a two or more month wait time seems very unacceptable to me. Not only do I feel that this is unacceptable for my family, but for everyone else who has to wait this long. On two occasions, I have gone to the housing office to inquire about my wait time. While the staff is not overtly hostile, they do not seem to care that Soldiers and their families have to either pay an unreasonable amount of money to stay at the Landmark Inn or house their families in Barstow — which I feel is unsafe and also costly. The person that I spoke to suggested I send my wife back home, I should not have to do that. If Pinnacle or Fort Irwin knew the housing situation was so bad, they should alert incoming Soldiers and families of the problem, so they could adequately prepare

See ICE, page 14

## WHO WE ARE

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

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## HIGH DESERT WARRIOR

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## SUBMISSIONS

Story and photos not pertaining to commercial advertising may be sent to the High Desert Warrior at least two weeks prior to the desired publication date. Submissions may be e-mailed to chicpaul.becerra@us.army.mil

## NEWSPAPER AWARDS

2008 Dept. of the Army  
Maj. Gen. Keith L. Ware  
Newspaper competition—Tabloid category  
3rd place, U.S. Army Installation  
Management Command-West  
2007 Honorable Mention, Dept. of the Army

## 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



Fort Irwin NCO is WRMC NCO of the Year

# Western Regional Medical Cmd. competition

WRMC commander observes event, tours NTC

**PHOTOS AND STORY BY GUSTAVO BAHENA**  
HDW Staff Writer

Fort Irwin and the National Training Center hosted Western Regional Medical Command competition Jan. 17-21 that was attended by WRMC commander, Maj. Gen. Patricia Horoho.

The WRMC commander observed the 2010 WRMC Noncommissioned Officer and Soldier of the Year Competition at which seven Soldiers and seven noncommissioned officers participated in events that challenged their abilities as medics and Soldiers. The WRMC Soldier of the Year honors went to Spc. John Evans, a radiologist specialist with Munson Army Health Center at Fort Leavenworth, Kan. The winner of the WRMC NCO of the Year was Fort Irwin's very own, Staff Sgt. Adam Sahlberg, who serves under U.S. Army Medical Department Activity on Fort Irwin and is non-commissioned officer-in-charge for the Gold Team at the Mary E. Walker Clinic here.

Sahlberg said his own desire and support from his supervisor — Staff Sgt. Craig Burnard — was instrumental in his achievement.

"First of all, you have to want it," Sahlberg said about the victory. "Second of all, you have to have the support in order to get there. I had a first-line supervisor who was just absolutely incredible — that is Staff Sgt. Burnard. He helped prepare me every step of the way."

Sahlberg credited Burnard, who is NCOIC at the Mary E. Walker Clinic, with sacrificing his personal time to outline training tasks and a physical training regimen that allowed him to succeed.

"You have to be able to sacrifice your own personal time for the advantage of someone else, for the benefit of someone else," Sahlberg said about Burnard. "That's what he did for me, and that's what I do for my Soldiers. That alone separates you from someone who is wearing the NCO rank from an actual leader who Soldiers look up to and are inspired by."

Horoho said the competition has resulted from a commitment to the development of leaders. Because medics are partners on the battlefield alongside all other units, we need to have one standard of how to train and how we develop leaders, said Horoho. The competition, therefore, is a focus on the progress of individuals towards leadership roles.

"That is the primary focus of this [competition] and what this does — it allows, down at the unit level, for leaders to invest in individuals who want to go the extra mile, who really have that within themselves — to challenge themselves to be the best of the best," Horoho said. "It's a way for them to prove themselves among their colleagues and peers."

During the competition, Soldiers and NCOs were tested in events such as Army Physical Fitness Training, day and night urban orienteering, weapons qualifications, and combatives. Combatives is hand-to-hand combat between two or



**Maj. Gen. Patricia Horoho, commander, Western Region Medical Command, is briefed on the village Medina Wasl by Capt. Edward Pinckney, Fort Irwin Protocol, during a tour of NTC's training area, Jan. 21. Horoho also observed the WRMC Soldier and NCO of the Year competition for Army medics, Jan. 17-21.**



more persons in an empty-handed struggle or with hand-held weapons such as knives, sticks, or projectile weapons that cannot be fired. Other events tested participants in warrior tasks and battle drills, which included: communications, defense measures, urban operations, detainee operations, and survive and fight skills. Competitors also were given a written test, required to write an essay, and participated in a board in front of senior NCO's.

Evans and Sahlberg exemplify the strength of Army medics by showing they have strong Soldier skills, by embracing the warrior ethos and Army values, and by proving they possess the clinical, technical skills required of them, said Horoho.

Sahlberg's training for the competition was detailed and extensive. Burnard said Sahlberg conducted PT twice a day, studied Army regulations and field manuals, and conducted warrior task drills. Sahlberg prepared for the competition in addition to conducting his regular duties as NCOIC.

"Anybody who comes in and says, 'Well,

I'm a Soldier and I can do this,' — that's not accurate," Burnard said. "We're all about training. We only get better by training and making the training as realistic as possible. Here at Fort Irwin and the National Training Center, that's what we do. If you're not going to put the time and effort to make yourself better, especially when your job is saving lives as a medic, then there's no sense in doing what you're doing."

Horoho said that the organization of MEDDAC at Fort Irwin is focused on the well-being of Soldiers and families.

"There has always been a strong partnership between our military medical treatment facilities and the units we support and family members," Horoho said. "What [MEDDAC] does here is: they focus on the wellness of all those beneficiaries that are entrusted to their care, and they also work very, very hard to have [units] medically ready so that they're able to deploy. They are an integral part of 'Team Irwin' in how we prepare our Soldiers and our families to continue supporting overseas contingency operations."

Horoho had the opportunity to receive a

Staff Sgt. Adam Sahlberg (center), U.S. Army Medical Department Activity at Fort Irwin, accepts the U.S. Army Western Region Medical Command's Noncommissioned Officer of the Year trophy. With Sahlberg are MEDDAC commander, Col. Judith Bock (left), and MEDDAC's top NCO, Command Sgt. Maj. Matthew Brady. Sahlberg received the distinction after a competition held at Fort Irwin, Jan. 17-21.

briefing by Col. Joseph Wawro, NTC chief of staff, and to receive a tour of the training village, Medina Wasl. During the briefing, the general asked Wawro about the medical training opportunities for visiting rotational units. Wawro explained that rotational units are exposed to simulated traumatic injuries during a situational training exercise lane conducted in the training villages. On the way to see Medina Wasl, the general said that medics have proven themselves in the battlefields during the current wars, and as evidence, cited the survival rate of wounded service members.

"We've had the highest survival rate of any conflict or war that we've supported as a United States military — over 95 percent survival rate," Horoho said. "It's because of having well trained medics far forward on the battlefield and having combat life savers — having those initial life saving skills. It is the technology, the training, and the lessons that we've learned that have advanced medicine to be able to save those lives on the battlefield. It's absolutely one of the tremendous successes of Army medicine."

For more information go to [www.irwin.army.mil](http://www.irwin.army.mil)

# Crime Watch

Information provided by  
Provost Marshal Office

Police respond to a report of damage to a POV in a barracks area parking lot.

Police respond to a report of larceny of private property (computer equipment) in a barracks area.

Police respond to a report of a verbal and physical altercation in the Tiefert View housing area. One person was cited for assault.

Police respond to a report of damage to the closed circuit television system at the Skate Park. Investigation continues.

Police respond to a report of larceny of private property from a residence in the Tiefert View housing area.

Police respond to a report of a physical altercation in the Tiefert View housing area. One person was charged with Assault.

Police respond to a report of damage to a POV in a barracks area parking lot.

Police respond to the Dustbowl Shoppette for a report of found marijuana in the facility.

Police respond to a report of damage to a POV in the Sage Brush housing area.

Police respond to a report of damage to a garage door in the Mojave Desert housing area.

Police respond to a report of a drunk and disorderly person in the barracks area. Person was turned over to the unit.

Police respond to a report of a physical altercation in the Tiefert View housing area. Two persons were charged with Assault.

# Adopt-a-pet



**Name:** Jakari  
**Breed:** Australian Shepherd mix  
**Gender:** Male  
**Age:** Approx. 1-year-old

Jakari 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](http://www.petfinder.com)

# News Briefs

## CANADIAN TROOPS WELCOME

During the normally scheduled comp time for the National Training Center, from Feb. 4-7, the Canadian rotational units will be standing down at that time as well. Fort Irwin and the National Training Center are extending an invitation to those units to make maximum use of all post facilities.

## TROOPS TO TEACHERS

Troops to Teachers Program representatives will hold a presentation at the Fort Irwin Education Center, Bldg. 1020, from 11:30 a.m. to 1 p.m., Feb. 24. Information will be provided to Soldiers interested in becoming a teacher and present an overview on how to prepare for a career in teaching. Seating is limited to first 40 participants. Call for reservations: 380-4218.

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# Chapel Services

## CATHOLIC

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

## PROTESTANT

ISunday School	Sunday—9:30 a.m.	Center Chapel
Chapel Next (SANC)	Sunday—11 a.m.	Center Chapel
Protestant (LAR)	Sunday—11 a.m.	Center Chapel
PEWS (Contem)	Sunday—6 p.m.	Center Chapel
PYOC (Youth)	Monday—7 p.m.	Bldg 317
PWOC Morning	Tuesday—9 a.m.	Center Chapel
PWOC Evening	Tuesday—6 p.m.	Center Chapel
Praise Team Rehearsal	Wednesday—7:30 p.m.	Center Chapel
Protestant-Liturgical		
Worship Service,	9 a.m., Sunday,	Blackhorse Chapel

## GOSPEL

Sunday School	Sunday—9:30 a.m.	Blackhorse Chapel
<i>*Sunday School is held every Sunday except the first Sunday of the month</i>		
Worship Service	Sunday—11 a.m.	Blackhorse Chapel
Prayer Warriors	Wednesday—6 p.m.	Blackhorse Chapel
Children's Church & Choir Practice	Wednesday—5 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

## JEWISH

Jewish Service Friday—6 p.m. Black Horse 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

Friday—1 p.m. Bldg 317

## CHAPEL ACTIVITIES

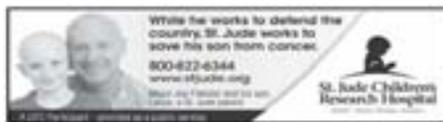
AWANA (3yrs- 6th grade)	Wednesday—4 p.m.	Center Chapel
Life Teen	Wednesday—6:30 p.m.	Bldg 320
MOPS	2nd and 4th Wed—9 a.m.	Center Chapel
Edge	Sunday—10 a.m.	Center Chapel

*Note: For more information on chapel activities contact the Center Chapel staff at 380-3562 or the Blackhorse Chapel staff at 380-4088. See back cover for addresses and telephone directory.*

AWANA: Approved Workmen Are Not Ashamed (2 Tim 2:15)  
 CWOC: Catholic Women Of the Chapel  
 PEWS: Protestant Evening Worship Service  
 PWOC: Protestant Women Of the Chapel  
 PYOC: Protestant Youth Of the Chapel  
 CFLC: Chaplain Family Life Center, Bldg 320  
 MOPS: Mothers Of PreSchoolers, Bldg. 317  
 Childcare services for ages 0-5 yrs are provided free of charge for all scheduled chapel services.

**Protestant  
Liturgical Worship  
Service  
9 a.m., Sunday  
at  
Blackhorse Chapel**

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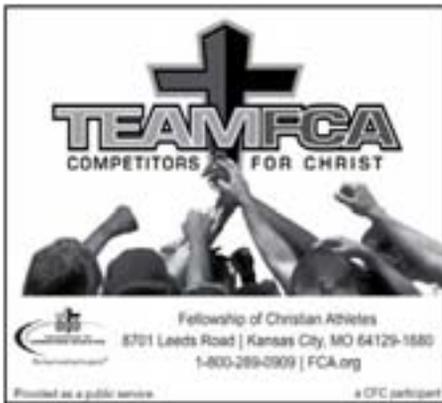
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# Community Happenings

## DEPENDENT SCHOLARSHIPS

Scholarship applications for dependent children of Soldiers who are on active duty, retired, or deceased are now available until March 1. Online applications, information, and details for the Maj. Gen. James Ursano Scholarship Program can be obtained at the Army Emergency Relief Web site: [www.aerhq.org](http://www.aerhq.org). The program was established in 1976 as a secondary mission to help Army families with undergraduate college expenses for their dependent children. Applicants will be notified by mail in the first week of June if they have or have not been awarded a scholarship.

## COMICS ON DUTY

Have some fun and see FREE SHOW Comics on Duty at Shock Wave, 7 p.m., Feb. 25. Hear Steve Bills, P.J. Walsh, James P. Connolly and Gary Brightwell. Call 380-8646 for more information.

## GSAB FRG EVENTS

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

### HHD, GSAB

**Feb. 18:** HHD FRG meeting; Time: 6 p.m., Location: Bldg. 1200 Forum, Topic: TBD. If you have questions please contact Ms. Hunter at 380-7781 or email: [hhdfrg507@gmail.com](mailto:hhdfrg507@gmail.com).

### AAD, GSAB

AAD FRG has not yet scheduled their next meeting. If you have questions, please contact Sherry Martin at (207) 664-8021 or email: [aadfrg@gmail.com](mailto:aadfrg@gmail.com).

### AVCO, GSAB

AVCO FRG meeting is scheduled to be in February time, date, location TBD. If you have questions, please contact Robin Stewart at 252-7592 or email: [acanrobin@yahoo.com](mailto:acanrobin@yahoo.com).

## 1/11 ACR FRG EVENTS

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

**Feb. 2:** HHT, FRG Meeting, 5 p.m., Blackhorse Chapel, Topic: Tax Center

**Feb. 10:** I Battery, FRG Meeting, 6 p.m., Squadron Conference Room

**Feb. 11:** D Company, FRG Meeting, 6 p.m., Squadron Conference Room, Topic: Safe Assured ID

**Feb. 8:** FRG Steering Committee Meeting, 5 p.m., Squadron Conference Room

**Feb. 1:** A Troop, FRG Meeting, 5 p.m., Squadron Conference Room

**Feb. 2:** C Troop, FRG Meeting, 4:30 p.m., Squadron Conference Room, Topic: GI Bill

**Feb. 10:** B Troop, FRG Meeting, 5 p.m., Squadron Conference Room

*More information: Joan Morschel at 380-5749 or [joan.morschel@us.army.mil](mailto:joan.morschel@us.army.mil).*

## 1916TH SUPPORT BATTALION

FRG Listings

### 171st/MCC

FRG Meeting

Place: Company (Bldg. 828)

Date and Time: Jan. 28, at 5 p.m.

POC: [171st.mccfg@gmail.com](mailto:171st.mccfg@gmail.com)

## 2ND HET, 1916 SB

FRG Meeting

Place: Battalion Conference Rm. (Bldg. 281)

Date and Time: Jan. 11 at 5 p.m.

POC: [2ctcfrg@gmail.com](mailto:2ctcfrg@gmail.com)

## BLACK HISTORY MONTH

Fort Irwin community is invited to the Black History Month Celebration at the Sandy Basin Community Center, from 11:30 a.m. to 1 p.m., Tuesday. The guest speaker is Mr. Michael Fosberg, who will conduct a one man play titled "Incognito." Soldiers and officers of the Regimental Support Squadron, 11th Armored Cavalry Regiment are sponsoring the event. The event is open to all Soldiers, civilians, and family members. Anyone that is interested in contributing to the event is encouraged to contact the Equal Opportunity Office. For more information, contact Sgt. 1st Class Ramon Guiets, equal opportunity advisor, NTC/11th ACR, 380-4963.

## FREE GOLF ADMISSION

There is free admission for all active duty, retired and reserved military personnel, and their dependents to the Northern Trust Open at the Riviera Country Club, from Feb. 2-7. A hospitality tent, with complimentary food and beverages, is available for all military and dependents from Feb. 3 - 7. There will be a PGA Tour golf picnic at the West Los Angeles VA Healthcare Center on Feb. 2. Complimentary parking and shuttles is available, located at the VA Healthcare Center (Wilshire Blvd. and 405 Freeway).

## ROCK BAND

Shock Wave presents the rock band Another Dying Breed on Saturday. Cover charge is \$3 between 8 and 10 p.m. and \$5 after 10 p.m. Call 380-3045 for more information.

## WATCH FIGHT NIGHT

Watch Ultimate Fighting Championship Night at Shock Wave on Feb. 6, 7 p.m., with "Relentless" Couture vs. Coleman. The pizza buffet costs \$5 and \$10 cover. Call 380-3045 for details.

## WEIGHT WATCHERS

Come and make your New Year's resolution happen in 2010 by attending weekly meetings 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](mailto:getfit@ww-christine.com).

## At the Movies

### Thursday, Jan. 28

7 p.m. Closed (PG-13)

Friday, Jan. 29

7 p.m. The Princess and The Frog (G)

7 p.m. It's Complicated (R)

9:30 p.m. Invictus (PG-13)

9:30 p.m. Brothers (R)

### Saturday, Jan. 30

7 p.m. The Princess and The Frog (G)

7 p.m. It's Complicated (R)

9:30 p.m. Invictus (PG-13)

9:30 p.m. Brothers (R)

### Sunday, Jan. 31

4 p.m. The Princess and The Frog (G)

7 p.m. Invictus (PG-13)

7 p.m. Brothers (R)

### Monday, Feb. 1

7 p.m. Invictus (PG-13)

7 p.m. It's Complicated (R)

### Tuesday, Feb. 2

7 p.m. Closed (PG-13)

### Wednesday, Feb. 3

7 p.m. Closed (PG-13)

*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.*

## MILITARY CAREER EXPO

Military.com and NCOA will co-host a Military Career Expo at Camp Pendleton's South Mesa Club, located at 202850 San Jacinto Road, Camp Pendleton, California 92055, from 10 a.m. to 2 p.m., Feb. 16. Military.com hosts the largest veteran job board in the world while NCOA has been a leader in hosting military job fairs around the country.

## PX TO CLOSE EARLY

Army and Air Force Exchange Service will conduct inventory tomorrow and Saturday. The Main Exchange will close early tomorrow, 5 p.m. All other facilities will remain open during normal hours.

## SUPER BOWL PARTY

Shock Wave will host a Super Bowl Party on Feb. 7. The party starts at noon and kick off starts at 3:30 p.m. Enjoy food, fun, games and a plasma television giveaway. Watch the game on oversize screens. Call 380-8646 for details.

## STRIKE ZONE'S SUPER "BOWL"

The Strike Zone will have Super Bowl fun on Feb. 7. Enjoy \$1 food specials at half time and special giveaways. Also, featured is a special menu, featuring dishes from regions of the two competing teams. Stop by during game day. Call 380-4249 for more information.

## REGGIE'S VALENTINE MENU

Fall in love with our Valentine's menu at Reggie's on Feb. 14, from 5-9 p.m. Enjoy menu items like Roasted Red Pepper Gouda Bisque, New York Strip with Seared Bay Scallops, Cream Poached Lobster Tail and more. Call 380-6717 for details.

## TEAM IRWIN VS. EDWARDS

Fort Irwin community is invited to watch their NTC/Fort Irwin Post Basketball Team play the Edwards AFB team at the Freedom Fitness Center, 1 p.m., Feb. 6. The team is currently 2-0 with wins over Camp Pendleton, 73 - 59 and 29 Palms, 71 - 70. For more information, contact 'Scoop' Seals, Adult Sports Office manager, 380-3457.

## CHILD AND YOUTH ACTIVITIES

### Middle School Activities

Thursday — Solar Car, Torch Club Cooking Club Dirt Cake, Secret Messages

Friday — Photoshop Judging, Color your Own Chinese New Year Calendar, The Star of My Show

Monday — V-Day Wreath, Airplane Launch

Tuesday — Painted Love Bugs, Newspaper Club

Wednesday — Smart Girls, 4-H, and introducing ULTIMATE JOURNEY!!!

### Teen Activities

Friday — Teen Night- Make Pizza!!!

Saturday — Teen Night — Create-a-Valentine

### Hours of Operation:

Middle School: M-F until 6 p.m.

Teen Center:

Friday — 6-11 p.m.

Saturday — 3:30-11 p.m.

Sundays and Holidays — Closed

*More information: Kristin Morgan at 380-3732.*



# Fort Irwin Community Calendar

**Thurs., Jan. 28**

Delivery of Homes in Sandy Basin  
3 p.m.  
4431 Rhineland  
386-4663

**Sat., Jan. 30**

Another Dying Breed rock band  
8 p.m.  
Shock Wave  
380-3045

**Mon., Feb. 1**

National Prayer Breakfast  
6:30-8 a.m.  
Reggie's  
380-7261/4213

**Tues., Feb. 2**

African American Black History  
Celebration  
11:30 a.m.-1 p.m.  
Sandy Basin Community Center

EEO Office – 380-4961/7339

**Sat., Feb. 6**

UFC Night  
7 p.m.  
Shock Wave  
380-3045

**Tues., Feb. 16**

COR Certification Training by ALMC  
All Day  
MICC Bldg. 503  
Ernest Hill, 380-8311

**Wed., Feb. 24**

Troop to Teachers Presentation  
11:30 a.m.-1 p.m.  
Fort Irwin Education Center,  
Bldg. 1020  
380-4218

**Sat., Feb. 27**

Mardi Gras Fund Raiser  
6-12 a.m.  
Reggies  
Heather Telley, 706-974-8526



*Check out these upcoming activities at Fort Irwin*

## DRUG ABUSE

### Parents need to watch teens' prescription drug abuse

**BY RONNEY HESTER**

Army Substance Abuse Program  
Installation Prevention Coordinator

Parents tend to worry about the troubled kids at school trying to give their children drugs. Where they may have not checked is their own medicine cabinet. According to a recent study, popping prescription pills has become one of the most common ways for California teens to get high, second only to marijuana. Usually most children are getting the pills from their own home, and sometimes the people who supply the drugs are getting it from their home and distributing at school.

The trend coincides with a recent report released by the National Institute on Drug Abuse (NIDA), which states that nationally 66 percent of 12<sup>th</sup> graders obtain prescription drugs from a friend or relative. Of those teens, 12 percent reported taking the medications, 21 percent said they purchased them and 33 percent said they were given the drugs. Easy access to the medication and the fact that they're more difficult to detect than other drugs or alcohol may be why teens are beginning to favor prescription pills.

Everyone knows what to look for if someone has been drinking or smoking marijuana, but with pills and ecstasy, the changes are more subtle and there is no odor. A handful of pills will be enough for a group of kids to get high,

but it would take an entire bottle of alcohol to get the same amount of kids drunk. It's pretty hard to hide a bottle of alcohol as opposed to 10 pills that fit in their pocket.

#### Easy access to prescription drugs may be why teens favor them

Nationally, seven of the top 10 drugs abused by 12<sup>th</sup> graders are prescription drugs and over the counter medications, according to the National Institute on Drug Abuse (NIDA). It found that one in 10 were using Vicodin and one in 20 or 5 percent used Oxycontin to get high. Teens are also taking over-the-counter medications—such as cough syrup containing dextromethorphan or DXM—to get high as well, according to the California Department of Alcohol and Drug Prevention. Unfortunately, teens will take prescription medication without really knowing how it will affect them.

While teens see some drugs such as speed and cocaine as more harmful, according to Monitoring the Future Data, some do not see taking prescription or over-the-counter medications as potentially harmful. The 2009 Monitoring the Future survey is a warning sign, and the continued erosion in youth attitudes and behavior toward substance abuse should give pause to all parents according to the White House Office of National Drug Control.

While most studies focus more on high-

school-age teens, there is evidence that some middle school students are also abusing prescription medication. The 12<sup>th</sup> biennial California Student Survey, reported 37 percent of ninth graders and 50 percent of 11<sup>th</sup> graders have used either an illegal drug or prescription drug to get high at least once in their lifetime.

Experts feel parents need to be more aware of what is going on around their children and need to open up a dialogue with them. What has been effective is the new "Parents: The Anti-Drug" commercials, which push a more open platform to talk about these issues but also tells kids their parents may be aware of their behavior.

#### 10 Ways to show your kids you care

According to TimeToTalk.org: (1) Teach your children to trust you by seeing you as a role model. (2) Be patient, not just tolerant. Apologize when you make a mistake or do something you regret. (3) Ask teens what they need from you—and do whatever you can to meet those needs. (4) Listen to your teens, a lot. Avoid interrupting. (5) Teach your children about ethics, values and principles they can apply in choices and decision making. (6) Help them discover the feeling of gratitude, not just to say thank you. (7) Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand

the circumstances or choices that precipitated the change in your plans. (8) Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life. (9) Be understanding when they have a difficult time and let them know you will love them no matter what. (10) Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.

#### 5 Tips for parents

- Don't assume your kids won't take illicit drugs.
- Keep all prescription medication locked up and out of children's reach.
- Keep an inventory of all prescription and over-the-counter medications.
- Speak openly to kids as young as elementary and middle-school ages about the dangers of all drugs.
- Let kids know that prescription and over-the-counter medications can be harmful and sometimes deadly.
- If you suspect your child is taking drugs and want to get help please contact the Army Substance Abuse Program at 380-4035.

# Army Secretary, Chief of Staff lay out 2010 goals

BY PFC. JENNIFER KENNEMER

16th Mobile Public Affairs Detachment

FORT BLISS, Texas — Army Secretary John McHugh and Chief of Staff Gen. George W. Casey Jr. delivered their 2010 plan for the Army to the most senior NCOs here during the annual Sergeant Major of the Army Nominative conference.

McHugh and Casey addressed more than 600 nominative command sergeants major and senior enlisted advisors - those senior NCOs who advise general and flag officers in command positions within the military's active, Guard and Reserve.

Underscoring the importance of noncommissioned officer leadership, McHugh referenced his recent trips to Afghanistan and Iraq. He stated that the constant presence of professional and highly trained NCOs at every forward operating base and remote corner of the fight elevated his confidence in the ultimate success of the missions there.

"You as the senior leaders of the Noncommissioned Officer Corps have guaranteed that our NCOs remain the best - and the envy - of every other army in the world," said McHugh. "I want to personally thank you for your selfless service on behalf of our nation and the sacrifices and commitment of your families."

In 2009, the Army recognized the special role of the noncommissioned officer by dubbing it the "Year of the NCO." McHugh impressed upon the NCOs the instrumental part each played in molding the future generation of Soldiers as the Army continues to change and grow to meet the demand of prolonged conflict during the 21st century.

"We need to build the Army in much the same way that senior NCOs build their units: by working directly with Soldiers and by



D. MYLES CULLEN.

**Chief of Staff of the Army Gen. George W. Casey Jr. briefs aspects of the Army's 2010 initiatives at the SMA Nominative conference at Fort Bliss, Texas, Jan. 13, 2010.**

helping them transform how they think and how they accept risk," he said.

McHugh suggested this be accomplished by direct mentorship and a career-long commitment to learning. He also stressed that contrary to previous wisdom, technology alone is not enough to "lift the fog of war" and that leaders must be developed who are both adaptable and resilient through a three-pronged approach: education, training and experience.

The Army Chief of Staff echoed McHugh's remarks. "We are in a seminal point in the transformation of our Army," said Casey.

The Army has transitioned from the conventional warfare that predated the 9-11 attacks to one that must operate across the full spectrum of conflict, said Casey.

In looking to the future of the Army, Casey stated that one of his biggest priorities was restoring balance to the force through implementation of the Army Force Generation plan. Dwell time,

the time a Soldier has at home between deployments, is crucial to allowing a Soldier to rest and units to reset and train before being tapped for future deployments.

"The most important thing we can do to restore balance to the force is to increase the amount of time that Soldiers are home," said Casey. "And it's not only so that they can spend time with their families, and that's important, but so that the Soldiers can recover."

Soldiers, Casey said, are only human and the constant tempo of deployments has taken a toll.

It is because of the growth of the Army since 2004 that the buildup of forces in Afghanistan will not interfere with the goal to increase dwell time, require longer deployments or use stop-loss. The cycle of a two-year break after deployments for active-duty Soldiers and a four-year break for National Guard and Army Reserve Soldiers should be met by 2011 for a large percentage of the force, and the remainder should meet this goal by 2012.

Both leaders also affirmed their commitment to the families of Soldiers. One of their objectives for 2010 is to streamline the programs available, ensure people understand how to take advantage of the current programs, and allow for flexible family services that vary from post to post.

Quoting former Army Chief of Staff, Gen. John Wickham, McHugh said, "The stronger the family, the stronger the Army, because strong families improve combat readiness."

These programs must endure no matter how big the Army or what mission arises in the future, said McHugh.

McHugh concluded his comments by stating, "Today, I challenge you to harness all that has made you successful and use it to accomplish your next mission, and never to forget the welfare of your Soldiers."

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# Doctors perform groundbreaking surgery at WRAMC

BY KRISTIN ELLIS  
Stripe Staff Writer

In an unprecedented surgery, Walter Reed Army Medical Center and the University of Miami collaborated to perform the first pancreas islet cell transplant Thanksgiving Day on an airman whose pancreas was injured so severely in Afghanistan, it had to be removed.

While serving with an Army unit in Afghanistan, 21-year-old Senior Airman Tre Porfirio was shot three times in the back by an insurgent Nov. 21. Seventy-two hours and 8,000 miles later, Porfirio was at Walter Reed with injuries so extensive it would require 11 surgeries to reconstruct his abdomen.

Porfirio was taken to the operating room where Col. Craig D. Shriver, chief of general surgery, found the pancreas damaged to the point it was leaking dangerous enzymes that were causing blood vessels and tissue to breakdown.

"The only possible course of action at the time was to remove the remainder of his pancreas which would predictably lead to a severe form of life threatening and life-style limiting diabetes," Shriver explained to reporters at a press conference Tuesday.

Risks for this type of diabetes include blindness, kidney failure, amputations, and strokes

as well as daily insulin injections for the rest of his life.

That's when the surgical team called the University of Miami and put together a plan to ship the damaged pancreas to Florida to harvest the cells that produce insulin (called islet cells) and immediately ship them back to WRAMC to be transplanted into Porfirio's liver. Over the last eight years of war, WRAMC has seen only 28 pancreatic injuries and only one of this devastating nature.



KRISTIN ELLIS

**Col. Craig D. Shriver, chief of general surgery at Walter Reed Army Medical Center, describes the pancreas islet cell transplant surgery performed Thanksgiving Day to reporters during a press conference Tuesday. Dr. Pascal Goldschmidt, dean of the Miller School of Medicine at the University of Miami, and Dr. Rahul Jindal, transplant surgeon, were also on hand to take reporters' questions.**

All of this to be done overnight, the day before Thanksgiving.

"I knew who the main players were in this case," said Dr. Rahul Jindal, transplant surgeon. "I picked up the phone and called [Dr. Camillo Ricordi, chief of cellular transplantation, University of Miami] and, without hesitation, he said, 'For a wounded warrior, I'll bring my whole team.'"

"Being able to serve a wounded warrior who risked his life to defend us all, I can think

of no better way to spend Thanksgiving," Ricordi said.

In islet cell transplantation, the insulin-producing islets are isolated from the donor pancreas and then reinfused in a patient's liver where they begin to produce insulin, doctors explained.

"You turn the liver into a double organ as it takes on the function of the pancreas," Ricordi said. "Normally when similar procedures are done for Type 1 diabetes, the cells come from another person so you need immunosuppressant drugs to keep them alive. Since we were able to use his own cells, he won't need to be on anti-rejection drugs."

The University of Miami team spent six hours isolating the islet cells before they were suspended in a specialized cold solution and flown back to WRAMC. Ricordi helped coordinate the transplant with the surgeons through an internet connection and on Thanksgiving Day, Porfirio's own cells were successfully injected into a vein to his liver.

After spending 24 hours without a pancreas, Porfirio's blood tests show his harvested islet cells are functioning well, and he is gaining back his strength everyday.

"For anyone within a six-hour flight range of Miami, there is no reason any pancreas should ever be thrown away," Ricordi said.



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## 2nd Heavy Equipment Transportation Company

# Unit deploys to support Operation Iraqi Freedom

### COMPILED FROM 2ND HET NEWSLETTER

With the start of a new year, the 2nd Heavy Equipment Transportation Company from Fort Irwin, Calif., has now been deployed for three months.

The unit arrived to Kuwait in October 2009 to support the war in Iraq for a year. On Oct. 16, the 2nd HET relieved the 1133rd Heavy Transportation Company, of the Iowa National Guard, during a relief in place/transfer of authority ceremony at Camp Arifjan, Kuwait. In-country, preparations for the unit included training at Camp Arifjan and Udari Range, Kuwait. According to Capt. Jason Johnson, commander of 2nd HET, Soldiers of the unit were trained in the latest communications and medical equipment, and they were validated using the latest training criteria for incoming personnel in support of Operation Iraqi Freedom.

The first 30 days were busy for Soldiers of the 2nd HET as they trained, rehearsed, prepared and trained some more, according to 1st Sgt. Brad Schemmel. The unit trained in present day procedures of convoy operations in Kuwait and Iraq.

"We qualified, conducted rollover drills in the rollover trainer, and thoroughly prepared our Soldiers to embark on their journey back and forth to Iraq," 1st Sgt. Schemmel stated. "Once our Soldiers were allocated they have been safely rolling hundreds of miles in Iraq and constantly staying on the road."

The training is critical to the 2nd HET mission, which is to conduct retrograde operations into Iraq from Kuwait. The unit's assignment includes traveling the length of Iraq bringing back equipment to Kuwait and delivering needed equipment into the area of operations, Capt. Jason Johnson said during a September 2009 interview.

"As HET operators, we are absolutely vital to the drawdown of U.S. combat troops in the major cities of Iraq," stated 2nd Lt. Matthew Vassaur, 1st Platoon leader with 2nd HET.

The Soldiers of the 2nd HET were not just tasked to drive during the deployment. Upon arriving to Kuwait, the unit's 4th Platoon was attached to the 1864th Transportation Company of the Nevada National Guard. They have been providing security for HET units traveling through Iraq. According to Capt. Johnson, the platoon trained and was validated as convoy security operators. The platoon rides on Mine Resistant Ambush Protected vehicles and M1151 up-armored Humvees.

"Armed with .50 caliber and M-60 machine guns, 4th Platoon protects convoys with ease and makes the long hauls on the highways of Iraq a safer place," Capt. Johnson stated. "Knowing these guys have your back makes everyone feel safer."

Force protection is related to vehicle operability and 2nd HET personnel have a direct responsibility for the maintenance of their vehicles. The 2nd HET has performed a restructuring of the maintenance shop and movement of key shop sections within the motor pool area of operations, according to Sgt. 1st Class Rodney Holmes, who is the Maintenance Platoon sergeant. Maintenance and parts personnel have been instrumental in the Quality Assurance/Quality Control checks on vehicles to ensure that systems are free of defects, safety faults or mechanical failures.

"Due to their hard work and endless hours, their efforts have already proven to be very effective and necessary to maintain combat power and readiness," Sgt. 1st Class Holmes stated.

Direct connection to the operations of the 2nd HET mission is the company's Headquarters Platoon. The communications section ensures that HET drivers can communicate with each other and with the battalion. The operations section of the platoon prepares convoy commanders, tracks missions and ensures that all records and reporting is completed. Operations Officer 1st Lt. Scott Sanz and Truckmaster Sgt. 1st Class James Ingram oversee motor pool operations, licensing of operators, dispatching

vehicles for missions and manage all personnel in the Headquarters Platoon.

The personnel of the 2nd HET are the most critical component to the mission's success. While deployed, several Soldiers of the unit have been promoted. Spc. Jasmine Harden, with 3rd Platoon of the 2nd HET, received his current rank in October; Staff Sgt. Peter Brown, also with 3rd Platoon, was pinned with his rank the same month. Staff Sgt. Brown has served in the Army for 17 years.

"Some Soldiers would call him old school, but he leads through example by living the Army values and holding Soldiers to those values," 2nd Lt. Anita Brooks, 3rd Platoon leader, said of Staff Sgt. Brown.

Capt. Johnson commended his Soldiers for their significance in the mission and praised their Families at Fort Irwin.

"I am in awe of what your Soldiers accomplish on a daily basis over here," Capt. Johnson wrote in a letter. "When the mission is complete, they will have owned a special place in my heart for what they have done for the unit, the Army and the United States of America. More importantly, I am in awe of what [Families] are doing on the home front. You are not only taking care of issues back home, but you find time to support your Soldier as well. For that, I say thank you from the bottom of my heart."



Several Soldiers from 2nd Heavy Equipment Transportation Company prepare to do a convoy run.



(Left) Soldier truck driver continues his mission by staying alert and driving safely.

(Below) Soldiers of 2nd Heavy Equipment Transportation Company receives care packages from their unit postal clerks.



(Above) Mechanic checks out condition of an engine.

(Right) Soldiers from 2nd Heavy Equipment Transportation Company load up vehicles.



2nd Heavy Equipment Transportation Company convoy enroute to their destination.



Soldiers from 2nd Heavy Equipment Transportation Company listen to unit safety briefing.

COURTESY PHOTOS

# Army iPhone download among top 25 free news apps

STORY AND PHOTO BY C. TODD LOPEZ  
Army News Service



**Soldiers and others can now read the latest Army news on their iPhones, thanks to a new application created by the team that developed the Army's Web site, www.Army.mil.**

WASHINGTON — Soldiers and others can now read the latest Army news on their iPhones, thanks to a new application created by the team that developed the Army's Web site, www.Army.mil.

The new iPhone application was launched in December, and is available for free from the iTunes application store or by visiting the Army. Mil Mobile site.

"The Army developed the iPhone application to put U.S. Army stories, images and videos in the hand of users," said Patricia Downs, deputy director of the Army's Online and Social Media Division. "It allows Soldiers and their family members to save their favorite content and to share it over Facebook, Twitter and e-mail. The application also offers several entertainment and informational sections."

The application provides users the latest Army news headlines from around the globe, and allows readers to choose which news feeds they want to receive, including those from Europe, Asia, Africa, and the Pacific, as well as news concerning health issues, Army science and technology, the Army National Guard and Army

Reserve and news headlines from the Army News Service in Washington, D.C.

Also available on the iPhone is the daily "Stand-To!" This is a daily compendium of news, information and context for Army leaders. In addition, a complete archive of Soldiers magazine, as far back as 2002, is available through the iPhone application.

The iPhone's wide screen and multimedia capabilities don't go to waste just reading text either. The new application provides access to both Army video and still imagery, including content hosted on the Army's Flickr feed and YouTube page. And for those who want to relive the greatest moments of Soldiers Radio News, podcasts of the show are also available through the application.

Social media is at the heart of the new Army. mil, which was revealed in early December. The emphasis on social media carries over to the Army's portable application as well. Users of the

iPhone app have access to the Army Live Blog, Twitter feed, and Facebook page.

The application also serves as a digital pocket almanac and includes information about Army uniforms, military rank, Army weapons systems and even the words and music for the Army song.

And for those interested enough in the Army to have the application on their iPhone, but not yet wearing the uniform, the new application can even help users find a local recruiter.

"I would have to say that the most exciting feature offered on the Army app is the 'Find A Recruiter' section," Downs said. "Just enter your zip code in the app and it will then bring up a recruiting station in your area instantaneously. It's as simple as that."

Since the application's launch in late December, it has been downloaded more than 20,000 times, and remains in the top 25 of free news applications, Downs said.

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# AFAP delegates choose top five issues of Army Soldiers and Families

BY ROB MCILVAINE

FMWRC Public Affairs

ARLINGTON, Va. — On the final day of the 2010 HQ Army Family Action Plan conference, the delegates broke from their individual working groups and voted on the top five issues Army senior leaders would discuss at the General Officer Steering Committee (GOSC) meeting in June. This feedback can lead to policy changes that will encourage Families to consider the Army their home.

The AFAP Conference, held January 11 through 15, brought 82 issues originating from AFAP installation conferences over the past year.

With these issues came nearly 100 delegates to whittle 82 issues down to 16 considered to be of the highest priority. The issues help to elevate the standard of living for Soldiers — Active, Reserve Component and retirees, Family members, survivors and Army civilians.

This on-going process is considered extremely important by Army leaders, especially the Secretary of the Army, the Honorable John McHugh.

“Our challenge is to provide for Soldiers and Families as best we can,” he told the assembled delegates, leaders, Family members and friends.

“Your roll is essential to help us focus on implementation of these programs and to ensure they’re the best to provide what’s needed,” McHugh said.

Families, though, are made up of children who also want a say in many other issues and they want it seen from their point of view. Accompanying the adult delegates were the 13 Army Teen Panel members who represented the younger Army Family.

The group, led by Anthony Merriweather, presented their two posters designed for teens that need a boost in their self-esteem and encouragement. The posters are a method to get teens involved in the many activities developed at each garrison.

“We used a different kind of English than most of you are used to,” smiled Merriweather to the mostly adult audience. “We spoke to teens in the language of texting, a shortened form of communicating,” he said.

The teens also presented a 30-second com-

mercial, another method to get teens involved in youth centers, Army-wide. The applause and cheers from senior leaders, including Gen. Peter W. Chiarelli, Army Vice Chief of Staff, and Gen. George W. Casey, Jr., Army Chief of Staff, meant they also reached the audience who can affect the changes they want.

Before the top issues could be voted upon, Gen. Casey brought the conference members up to date on Army plans for the coming year.

“The Secretary of the Army, John McHugh, and I have six major objectives for 2011. We will continue our efforts to restore balance to the Army by 2011; execute Afghanistan plus-up and responsible drawdown in Iraq; sustain Soldiers, Families and civilians; establish an integrated Army management system; implement an Army leader development strategy; and establish the Army of the 21st century.

“But the most important thing we will do is to increase the time Soldiers stay home,” Casey said to an enthusiastic applause.

Other programs, Casey said, have been introduced and running for more than a year but need to be revisited to ensure they continue to grow and gain acceptance.

“The Army Family Covenant is one of the programs that we will continue to put the right amount of funding into so that Family Programs provide for all Soldiers and their Families. Lt. Gen. Rick Lynch, IMCOM Commanding General, is just the man to get this job done right,” Casey said.

With \$225 billion budgeted for the Army this year, Gen. Casey said the funds are enough to ensure the six objectives he and Secretary McHugh developed will be met, while ensuring the Soldiers are well-trained and supported.

Finally the time came for the five top issues to get voted into the group of 16 that will all be forwarded to the Army senior leader meeting in June.

“I’m sure it was difficult to arrive at these top five out of the 16 issues you worked on all week,” Ronnie Thomas, FMWRC chief of Strategic Interactions Division, said. “But here they are!”

Provide a monthly stipend to ill/injured Soldiers for non-medical caregivers; fund service dogs

for wounded warriors; provide for behavioral health services shortages by increasing the number of readily available behavioral health providers and services and the use of alternative methods of delivery such as tele-medicine; authorize Family Readiness Groups to fundraise in public places external to National Guard Armories, Reserve Centers, and military installations; and authorize Reserve Component Soldiers enrollment in the Exceptional Family Member Program.

But this isn’t the only list to keep Army leaders informed of what’s important to Soldiers and their Families.

When Gen. Casey was Army Vice Chief of Staff, he wanted to find out what was working and what wasn’t in the Army. On the first day of the AFAP conference, delegates were given the task of compiling this list and then voting on what challenges the Army needed to address and what strengths they’ve accomplished.

The Mobilization, Deployment and Family Readiness Strengths, determined by the AFAP delegates are: Army Community Service, Army Family Action Plan, Army Family Team Building, Financial Counseling, Survivor Outreach Services, Family Advocacy, Volunteer Program, New Parent Support, etc.; Army Wounded Warrior Program; Chaplains’ Programs including Strong Bonds and Unit Ministry Team, etc.; Army Family Covenant and Community Covenant; and Morale, Welfare and Recreation Programs, including Fitness, Better Opportunity for Single Soldiers, Leisure Travel, and other Recreation Programs.

The Mobilization, Deployment and Family Readiness Challenges are: High Suicide Rate; Length of Deployments; Impact of Deployment on Children and Youth; Duplicate Programs, e.g., ACS and Family Assistance Centers and Support for Wounded Warriors; and Funding for Family and Deployment Support Programs.

The Critical Six Active AFAP Issues were voted out of the remaining 70 issues being worked at the week’s GOSC meeting during the conference. While these six might not make it into the June GOSC, they have been determined to be most important, and as a result, Army senior leaders will continue to keep them foremost throughout the year.

## Ranking of the 16 issues prioritized at the 2010 AFAP Conference

BY ROB MCILVAINE

FMWRC Public Affairs

ARLINGTON, Va. — The top five were voted on and drawn from the 16 prioritized issues. The remaining 11 issues will continue through the General Officer Steering Committee process until a determination is made. Unlike the top five, they might not make it into the June GOSC meeting.

The Top Five are: Monthly Stipend to Ill/Injured Soldiers for Non-Medical Caregivers; Funding Service Dogs for Wounded Warriors; Behavioral Health Services Shortages; Family Readiness Group External Fundraising Restrictions; and EFMF Enrollment Eligibility for RC Soldiers.

The remaining 11 issues are: Standard Level of Security Measures in Barracks; Availability of 24/7 Child Care with CYSS Delivery Systems; RC Inactive Duty for Training Travel and Transportation Allowances; Reduced Eligibility Age for Retirement of RC Soldiers Mobilized in Support of OCO; Extended Transitional Survivor Spouses’ TRICARE Medical Coverage; Active Duty Family Members Prescription Cost Share Inequity; Supplemental Mission Funds for RC Family Readiness Groups; Compensatory Time for DA Civilians; RC Government Employees’ and their Family Members’ Access to TRICARE Reserve Select; TRICARE Allowable Charge Reimbursement of Upgraded/Deluxe Durable Medical Equipment; and Standardization of Privatized Housing Application Process.

## Rotation, from page 1

help the Canadian soldiers get the most out of their time at the NTC, Cross said.

“(The extended rotation) allows us to really take advantage of what the National Training Center offers in terms of realism and lessons learned from experience, and the environment that they’re able to replicate here,” he said.

In Afghanistan, the 2CMBG will work closely with Afghan forces to help establish security and rebuild the war-torn province of Kandahar. Some aspects of Medina Wasl, one of the NTC’s training towns, were changed to accommodate the NTC’s first Afghan rotation since February 2009. Fewer role players are being used, reflecting Afghanistan’s smaller population, and culverts and grape

rows were installed to mimic the Kandahar landscape.

The 2CMBG has partnered with the 11th Armored Cavalry Regiment to provide training at the STX lanes, and elements of the 577th Maintenance Company, the 805th Military Police Company, and the 1st Squadron, 38th Cavalry Regiment (Reconnaissance and Surveillance) are also providing support. After action reviews are delivered by both Canadian and American observer-controllers.

“The level of experience brought to the table by the mix of the two OC groups will enable us to draw lessons that will be far greater than if we used just one of the OC groups,” Cross said.

Cpl. Annel Carballo praised the American

observer-controllers after he completed a STX lane Jan. 10.

“They seem pretty switched on,” he said. “They obviously know their stuff, and they’re really good at telling you things to motivate you.”

Maj. Carrie Riddell, acting commanding officer of Kandahar Provincial Reconstruction Team, said he was impressed by the attention to detail at Medina Wasl.

“When I rolled up to Medina Wasl and I saw the incredible detail and realism put into it, I was inspired to know my troops were going to be working there,” he said.

“The terrain itself is remarkably like Afghanistan,” said Carballo, who will deploy to Afghanistan for the second time. “It even smells like it.”

Cpl. Keith Courneya, who will go on his first deployment, said he is confident that training at the NTC will help him in Afghanistan.

“It’s most definitely helpful,” he said. “This is some excellent training that we don’t get in Canada.”

While integrating the armed forces of two nations could cause friction, the Canadians and Americans have been working extremely well together, Cross said.

“The folks here at the National Training Center have been absolutely fantastic in working with us and delivering the training we’re looking for,” he said. “The support we’ve received has been second to none, and they’re providing it in the most professional, positive manner possible.”

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ICE, from page 2

for the situation. On the other hand, the RCI office was the exact opposite of Pinnacle. They were very helpful and went out of their way to assist me and show me my options as far as housing is concerned. **Agency Response:** Pinnacle staff contacted resident, he will come by the office at 11:30 a.m. today to discuss his experience with us.

### MWR, Army Community Services Lending Closet

**Customer Comment:** I was at Fort Irwin for two weeks without my household goods. Having the items from the lending closet was a great help. We were so grateful for the items. Thank you so much. **Agency Response:** First 'Welcome' to you and your family here at Fort Irwin. I wanted to thank you for the nice comments you made in reference to our ACS Lending Closet. If there is anything else you may need from us during your time at Fort Irwin, just know we are available to assist. Our hours and days of operations are Mon-Fri, 8 a.m.-4:30 p.m. I have attached our brochure with detailed description of all our services we have available to you and your family — Ruth, ACS Director.

### DENTAC Shuttleworth Dental Clinic

**Customer Comment:** Have received all the necessary care that I needed. Dr. BusDosh was able to answer all of my questions and take care of all of my needs at 110 percent. I don't like

the dentist, but I like coming here. **Agency Response:** Sir, thank you for using the ICE system. We strive to provide excellent patient care, and we are so very pleased that we accomplished that mission during your appointment with us.

### Fort Irwin Webmaster and MWR

**Customer Comment:** I am not sure if this is where this comment needs to go please route it to the interested parties or let me know where to redirect it. The Fort Irwin Web site is a constant disappointment. Every time I go to the Web site to look up a phone number or to try to find further information on an event I heard about, I find incorrect information or no information whatsoever. Phone numbers that are listed are quite often wrong...every facility page I have

visited is outdated. I have been here for six months and the information has not changed. For example on the pool site, the information on that page was five months out of date when I got here and is now approaching a year out of date. I am not picking on the pool in particular because I have found the same to be true of the Fitness Connection and the Rec Center. In addition to the incorrect information, I do not find this an

easy site to navigate. The pages load slowly and the drop down menus tend to close before they can be clicked... **Agency Response:** Comment was reviewed by staff but customer did not request a response or leave contact information.

### MWR, Johnny Tsunami's Chinese Express at the Fitness Connection

**Customer Comment:** The Best! **Agency Response:** Comment reviewed by staff but customer did not request a response or leave contact information.



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# What motivates you?

**BY SANDY CLARK**  
Fitness Connection Fitness Coordinator

We all have things that motivate us. There are things or people that just make us want more, make us want to do better, live better, eat better, be better people. What motivates you to be healthy or get in that daily workout?

I have to say the thing that motivates me is my family. My grandfather died at the age 32 from a heart attack. I have two aunts who have micro valves and difibulators that keep their hearts pumping. My mother had a quadruple bypass last summer, a mild stroke in March and is heading back to surgery to have another stint place in her heart; not to forget the diabetes on my dad's side. That's all the motivation I need; not only for myself, but my family as well, to keep us as healthy as possible.

Heart disease is the number one killer in the United States.

More women die each year from heart disease than breast cancer. There are several forms of heart disease and conditions, but the most common is coronary heart disease. This can lead to a heart attack or other serious heart conditions, which can lead to death.

Lifestyle choice as well as certain conditions can put people at higher risk factors for developing heart disease. One can take action to control certain risk factors, while some factors such as gender and age are a given; cannot be changed.

Controlling factors such as tobacco use, diet, exercise, obesity, and alcohol use can help reduce your changes of heart disease. Making smart lifestyle choices can help you reduce serious conditions such as high blood pressure, diabetes, and cholesterol level that lead to heart disease.

So let your motivation be: to live a long healthy life. Be a stronger, happier you. Make a commitment to yourself to fight heart disease.

## Ways to fight heart disease:

- Eat a low fat, high fiber diet
- Routine check ups
- Eat plenty of fruits and vegetables
- Don't smoke
- Exercise daily
- Maintain healthy weight
- Reduce stress
- Get plenty of sleep



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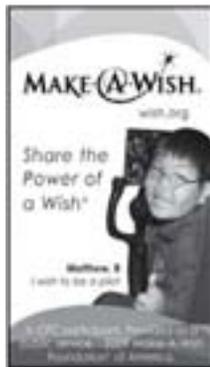
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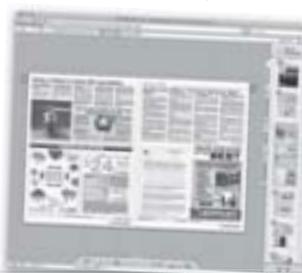
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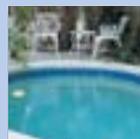


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**MDA**  
Helping Smo's Kids

795-3434  
www.mda.org



Open 24 Hours  
7 Days a Week

Convenient Location  
@ Ghost Town Rd. Exit  
-Home-Cooked Meals Daily  
- '50s Nostalgia-  
- Fresh Desserts  
made on premises -  
10% Military  
Discount - Always  
760-254-1148  
x401



Daily - Weekly  
Monthly  
Rates Available  
Military Discount  
Ask about our free breakfast  
New, clean, quiet, dark  
rooms. Free WiFi, HBO,  
Swimming Pool and Fitness  
Center. Pet Friendly Motel  
35450 Yermo Road at  
Ghost Town Rd. Exit  
For reservations, call  
760-254-1148

# HIGH DESERT WARRIOR CLASSIFIED AD POLICIES AND FORM

## FREE ADS

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

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

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

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

All other categories are paid.

If you are eligible use the form below:

## FREE CLASSIFIED AD FORM

### AD COPY

One word, phone number, price per space.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

Code: \_\_\_\_\_ (For Aerotech Office Use Only)

Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Duty Phone: \_\_\_\_\_

Organization: \_\_\_\_\_

## PAID ADS

The following categories are paid ads:

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

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

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

For PAID ADS, use the form below:

## PAID CLASSIFIED AD FORM

- |   |   |
|---|---|
| <input type="checkbox"/> HOMES FOR SALE         | <input type="checkbox"/> MOBILES FOR RENT         |
| <input type="checkbox"/> HOUSES FOR RENT        | <input type="checkbox"/> WSC 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"/> WSC 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"/> WSC WANTED               |
| <input type="checkbox"/> LOST & FOUND           | <input type="checkbox"/> GARAGE & YARD SALES      |
| <input type="checkbox"/> INDUSTRIAL PROPERTY    | <input type="checkbox"/> CHILD CARE               |
| <input type="checkbox"/> MOBILES FOR SALE       | <input type="checkbox"/> CONDOS FOR RENT          |

**ALL ADS MUST  
BE PREPAID**

AMOUNTS \_\_\_\_\_

CASH \_\_\_\_\_

CHECK # \_\_\_\_\_

AUTHORIZATION \_\_\_\_\_

DATE \_\_\_\_\_

### AD COPY

One word, phone number, price per space.

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To this line - \$18.00 (minimum)

To this line - \$22.00

To this line - \$26.00

Each additional line \$4.00

Code: \_\_\_\_\_ (For Aerotech Office Use Only)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Visa/Mastercard/American Express # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

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

To Submit Ads:

Please submit your ads via one of the following methods:

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

**BY FAX:**  
Paid And Free Ads  
(877) 247-9188

**BY EMAIL:**  
Paid And Free Ads  
judy@aerotechnews.com

**BY PHONE:**  
Paid Ads Only  
(877) 247-9288



**TUI University**  
www.tuiu.edu

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**AU-ABC**

**SOC/DANTES Affiliated**

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## Anyone, anytime, anywhere.

TUI is an accredited university specializing in flexible 'No-Cost' education programs that lead to long-term civilian careers for active-duty military personnel.

- Specialized teaching methodology designed for active-duty military personnel.
- Flexible programs geared to accommodate deployments, PCS and extensive TDY.
- High-quality and fully accredited bachelor's and master's programs.
- No Cost to you means up to 28 semester credits per military fiscal year with use of full military tuition assistance of \$4500.

**Classes start January 11 and February 8, 2010**