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SOCCER, B1

OBSERVATION POST



FIRE SAFETY, A4

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THIS ISSUE

A3 – 3/11 Urinalysis

A9 – Motorcycle Expo

B1 – Water Aerobics

HOT TOPICS

AMERICAN RED CROSS HOTLINE FOR WILDFIRE VICTIMS

The American Red Cross Joshua Tree Chapter has opened up an outreach hotline to assist those affected by the fires. Please call 774-0504 or 774-0475 to reach a caseworker. Also the Joshua Tree Chapter is looking for volunteers – especially those with a medical background. If you are interested in helping please call 366-5330

PURPLE HEART RECIPIENTS ARE INVITED

Marines and Sailors who have received the Purple Heart are invited to a luncheon at Phelps Mess Hall, Bldg. 1420, sponsored by the Robert E. Bush Military Order of the Purple Heart Chapter 2929, August 7 from 11 a.m. to 1 p.m.. The chapter will be informing service members about the Military Order of the Purple Heart and what it has to offer. There will also be a static display of the new armored humvees, along with ordinance vehicles including tanks, light armored vehicles, assault amphibious vehicles and howitzers. For more information, contact Steven Dell at 830-8203 or via e-mail at steven.dell@usmc.mil, or Sgt. Mark Novello at 830-3001 or Mark.novello@usmc.mil. Wives, mothers, daughters, step-daughters and adopted daughters of Purple Heart recipients are eligible to belong to the Ladies' Auxiliary of the Military Order of the Purple Heart, which also does important work nationally and locally in Veterans' Hospitals.

COMBINED FEDERAL CAMPAIGN

The Combined Federal Campaign is the annual fund-raising drive conducted by Federal employees in their workplace each fall. Federal employees and military personnel pledged \$268.5 million during last year's CFC campaign, which benefits thousands of non-profit charities. CFC is organized into more than 300 independent geographic campaigns.

WHAT IS THE CFC MISSION?

To promote and support humanity through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all. For more information about the CFC, visit <http://www.opm.gov/cfc/>

COMING NEXT ISSUE

- Soldier's Ride
- Pfc. Meadows Memorial
- Soccer Championship

THIS DAY IN MARINE CORPS HISTORY

July 28, 1918

Brig. Gen. John A. Lejeune assumed command of the 2nd Army Division in France.

HEAT readies Marines for rollovers



SGT. ROBERT L. FISHER III

Marines pull each other out of the HMMWV Egress Assistance Trainer at the 3/11 motor pool July 20.

SGT. ROBERT L. FISHER III

COMBAT CORRESPONDENT

Across the horizon, a humvee makes its way along a ridgeline when suddenly the ground under it begins to give way. The vehicle immediately tips down, crashes into the dirt and begins rolling into a ravine. No one inside sees daylight because of the dust and debris that seems to come from everywhere.

But the Marines inside are prepared to handle exactly this kind of scenario. They brace themselves when they feel the humvee start to roll over and do their best to keep from being injured on the way to wherever gravity is taking them. When the vehicle finally comes to a stop, each Marine checks themselves, their buddies and their door. Fortunately, everyone is able to escape without delay and there are no injuries.

In contrast to this scenario where everyone escaped without injury, more than 70 percent of service member deaths in Iraq are due to vehicle rollovers, according to the U.S. Army's Ground Accident database. Now, however, there is a new way to reduce potential injuries by familiarizing Marines and sailors with what to expect during a vehicle rollover.

The prototype Humvee Egress Assistance Trainer was brought to the Combat Center by a project team from the Marine Corps Systems Command and tested here at 3rd Battalion, 11th Marine Regiment's motor pool July 20.

The HEAT enables service members to experience a controlled vehicle rollover, enabling them to make potentially life-saving decisions based on real experience.

"It's basically the cab of a humvee – the front and back passenger sections – and they've stuck it on a rotisserie like a chicken," said SSgt. Hector Viramontes, Combat Center HEAT and Virtual Convoy Combat Instructor. "All that is attached to a hydraulic motor that spins it around."

The cab is slowly pitched beyond 360 degrees, stopped either on its side or upside down, and the Marines inside must escape safely. To add even more realism, the training staff periodically selects one or two Marines to suffer a simulated injury such as blindness, an impaired limb or unconsciousness.

HEAT helps people understand the disorientation they will experience when you go into a rollover, said Master Sgt. Nick Formosa, Combat Center modeling and simulation staff noncommissioned officer in charge. More than just teaching muscle memory, it also teaches Marines and Sailors confidence in their vehicle and safety gear and ensures they will be better prepared in the event of a vehicle rollover.

"Unless you practice it, you don't know," said Formosa. "That's why we're doing this. This way at least they have half a chance."

During the prototype's July 20 test-drive, the Marine Corps Air Ground Combat center commanding general and sergeant major came to the 3/11 motor pool to speak to the project officers and trainers and take part in the HEAT training with the Marines standing by.

See HEAT, A3

1/7 Marine awarded Bronze Star medal for heroic actions in Iraq

CPL. ANTONIO ROSAS

REGIMENTAL COMBAT TEAM 7

RAMANA, Iraq - Staff Sgt. Jeffery V. Escalderon experienced some of the fiercest fighting along the Iraqi-Syrian border city of Husaybah – against insurgents wielding machine guns, mortars and rocket propelled grenades.

The 36-year-old platoon sergeant from 1st Battalion, 7th Marine Regiment was recently awarded the Bronze Star medal for his heroic actions during combat operations in the border city two years ago.

Escalderon, currently deployed to Iraq for a second time, was recognized in a ceremony at the Marines' small outpost here. He helped battle terrorists in the once insurgent-infested city of about 30,000, when the battalion was deployed to this same region in western Al Anbar Province in November 2004.

"I just told my Marines every day to keep doing what they were trained to do – take the fight to the enemy," said Escalderon.

Escalderon's men came under numerous attacks in Husaybah on a near-daily basis during the deployment, according to the Marines here. The Marines of Company B nicknamed a certain area of the city of Husaybah, 'mortar thirty,' because everyday at around 4:30 p.m., they received incoming mortar fire from insurgents.

Marines who served with Escalderon on the battlefield recall him as a strong leader who led his Marines

valiantly during the heavy fighting.

"Escalderon knew his Marines well, and he knew what they were capable of," said 1st Lt. John A. McClellan, Escalderon's platoon commander in 2004. "He has a good grasp on things and that's what makes him a good leader."

While manning a security position with one of his four-man squads, Escalderon was attacked by a car-full of insurgents. He responded immediately by killing two of the enemy.

"These insurgents just came at us with everything they had that day," said one of Escalderon's Marines, Cpl. Steven D. Porter, a rifleman with Company B.

After about an hour of heavy fighting, Escalderon's Marines were able to repel the enemy's assault, leaving eight terrorists dead.

Two weeks after the deadly battle, Escalderon led a squad of Marines to capture a handful of insurgents in Husaybah. The terrorists responded to the Marines' raid with rockets, mortars and machine guns. Escalderon exposed himself numerous times to enemy fire in order to repel the attack with hand grenades, according to Porter, a 22-year-old from Alton, Ill.

"Staff Sergeant Escalderon was very aggressive and always ready to go out on patrols with his squads," said Porter who is on his third deployment to Iraq. "I don't know many platoon



CPL. ANTONIO ROSAS

Staff Sgt. Jeffery V. Escalderon, a 36-year-old Marine platoon sergeant from 1st Battalion, 7th Marine Regiment was awarded the Bronze Star medal for his heroic actions during combat operations in the border city of Husaybah two years ago.

See BRONZE STAR, A10



Brig. Gen. D. M. Stone
Commanding General



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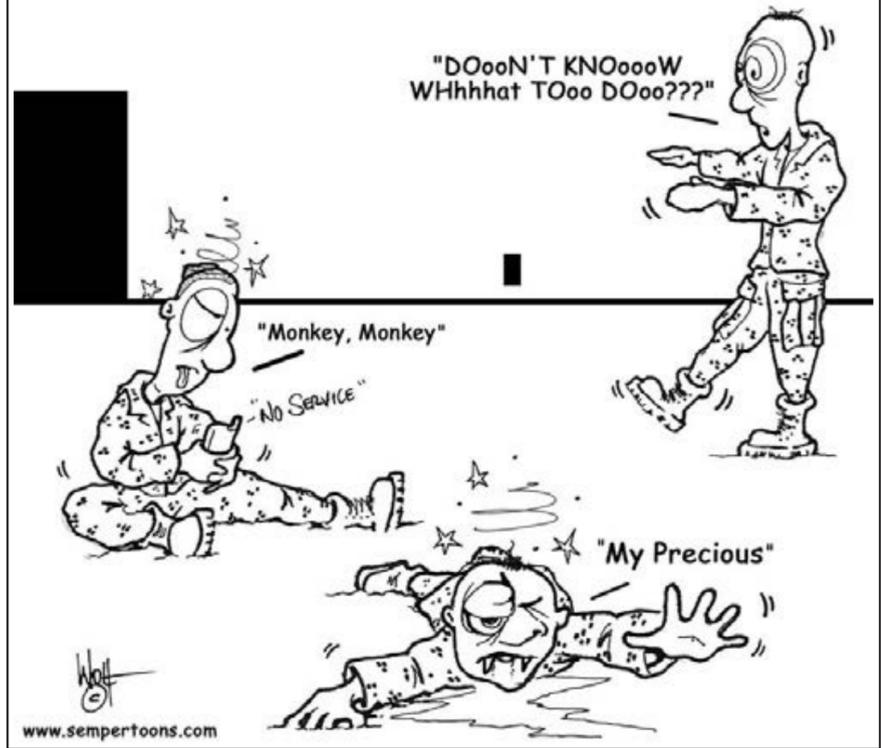
What is the CFC Mission

To promote and support humanity through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

Sempertoons

By Gunnery Sgt. Charles Wolf

With "No Service" available ordinary Marines instantly become.... "CRACKBERRY ZOMBIES"



C.O.P. Corner

Community Oriented Policing

The proactive voice of crime prevention



Presented by the Provost Marshal's Office Crime Prevention Section

Crime prevention tip of the week

Along with the summer months and extremely high temperatures comes an increased number of heat-related casualties and deaths.

Here are some safety tips in order to protect yourself and loved ones from becoming a heat casualty:

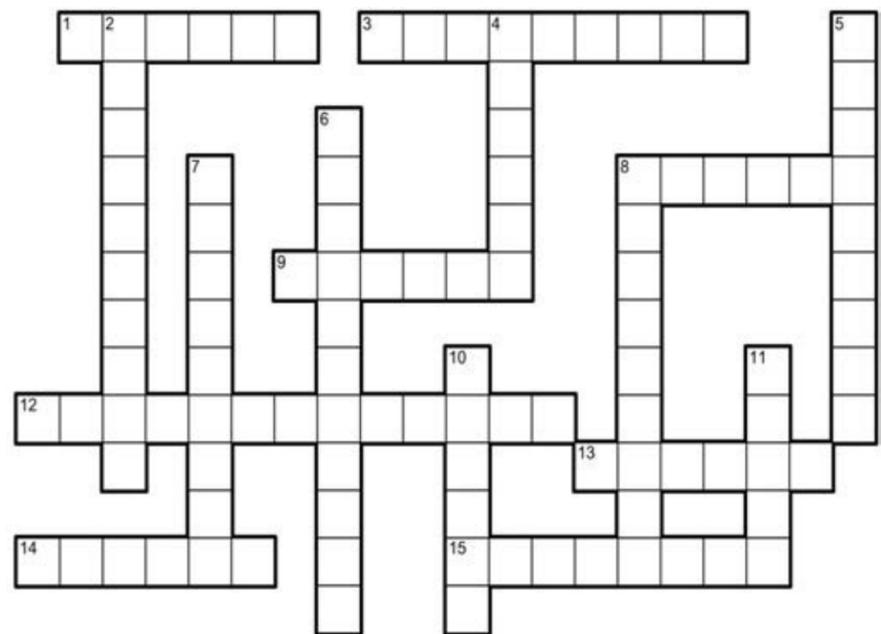
- Be aware of the heat index and heat temperatures.
- Keep as cool as possible.
- Stay away from strenuous outdoor activities.
- Whether you are thirsty or not, make sure to drink plenty of water.
- Educate yourself on symptoms of heat illnesses which include cramps, rapid pulse, heavy sweating, hot red skin, headache, dizziness, confusion, nausea, and vomiting.
- To treat heat illnesses get the victim(s) out of the heat, give sips of cool water, place cool wet cloths or ice packs around the neck and under the arms, and seek medical attention.
- Never leave children or pets alone in closed vehicles. Temperatures inside a closed vehicle can reach over 140°F within minutes. When left in a hot vehicle, a young child's core body temperature can increase three to five times faster than that of an adult, causing permanent injury or even death.

To get more information on heat illness prevention visit <http://www.webmd.com/>.

The following services are available to on-base personnel and residents through Crime Prevention: literature, briefs, education, crime assessments, safety tips, the Stranger Danger program, McGruff the Crime Dog, the Officer Friendly program, the Property Marking program, and the Child Identification and Fingerprinting program. For more information call Crime Prevention, 830-6094/5457.

Presented by the Provost Marshal's Office Crime Prevention Section

WWII FACTS



ACROSS

- Name for stealthy German submarines
- U.S. President at the time World War II began
- Author of "Mein Kampf"
- U.S. President at the end of World War II
- This coalition of nations was officially started on October 24, 1945
- The battle that took place near this island ended Japanese eastward expansion
- German general in charge of the African offensive
- The location of D-Day

DOWN

- Name for the lightning fast German war tactics
- Wartime Soviet leader
- Wartime British Prime Minister
- The United States decided to officially enter the war when this place was attacked (2 wds.)
- Before entering the war, this bill allowed the United States to share supplies with the Allies (2 wds.)
- First Japanese city to be hit by a U.S. atomic bomb
- First country to be invaded by Germany which officially began the war
- Axis power in southern Europe that surrendered to the Allies in 1943

[Solutions on A8]

Centerspeak

What are you doing to beat the heat?

Opinions expressed in Centerspeak are not necessarily those of the OBSERVATION POST, the Marine Corps or Department of Defense.



LANCE CPL OSCAR CHAVEZ
TTECG, HQBN

"Enjoying a nice cold mango smoothie."



CPL. CORY YENTER
COMBAT CAMERA, HQBN

"Staying indoors."



CPL. IBRAHIM KOBEISSI
3RD BN., 14TH MARINES, GOLF Co.

"Imagine myself enjoying a nice cold mocha frap with my Marines."



SGT. CHRIS BURKS
HQ Co., 7TH MARINE REGIMENT

"Drinking a lot of cold water."

What's on your mind?

Centerspeak welcomes questions or submissions from service members, Department of Defense civilians and family members.

Address submissions to:
Commanding General
Public Affairs Office
(Attn. Press Chief)
MCAGCC
Box 788200
Twentynine Palms, CA 92278-8200

Or E-mail to:
evan.eagan@usmc.mil

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Gunnery Sgt. Chris W. Cox
Patrick H. Brink
Sgt. Robert L. Fisher III
Cpl. Evan M. Eagan
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3rd Battalion, 11th Marine Regiment cleans up act

LANCE CPL. KATELYN KNAUER

COMBAT CORRESPONDENT

The standard set forth for a Marine is of the highest caliber. From the moment a Marine recruit earns their eagle, globe and anchor they accept the obligation they have to the Corps. A Marine must remain ready for training and war physically, mentally and emotionally and the use of drugs will not allow this.

3rd Battalion, 11th Marine Regiment dealt with over 59 positive drug tests between October 2004 and July 2005. From July 11 of last year, 3/11 underwent a transformation and tested only one Marine positive for drug use.

"In 2005, we had a big problem with a couple Marines actually dealing," said Staff Sgt. Tim Richhart, Battalion Substance Abuse Control Officer for 3/11. "We had bad apples, and we got rid of them one at a time. Since then we have been pretty successful."

"We weeded out the problems that we had before," said First Sgt. Rick Schindler, acting sergeant major and Headquarters Battery first sergeant. "When I first got here we had a lot of kids that were positive for drugs. I got here 10 days before we deployed for Iraq, and when we got back it was my mission to get rid of the deadweight. To clean out the kids that didn't belong here, or in the Marine Corps. We made examples out of them, and we let everyone know that drug use will not be tolerated."

In the fiscal year of 2005, 5,643 urine samples were tested. Forty-two Marines tested positive for amphetamines/ methamphetamines, 12 for marijuana and five for cocaine.

"Methamphetamines have become the number one drug Marines are testing positive for," said Richhart.

"We stick a letter in every urinalysis batch that says we're going to test for every drug," said Schindler.

"We test the battalion 100 percent on a monthly basis and 10 percent on random tests through urinalysis," said Richhart. "Marine Corps Order states that drug use is not tolerated, period, no excuse, that's Marine Corps wide."

The consequences of testing positive for illegal substances can cost a Marine a lot, including their career.

In 3/11 it's an automatic court martial, along with things such as 30 days in the brig, reduction in rank, and loss of pay. Usually they are going to get kicked out after 30 days in the brig, said Richhart.

"Myself and a lot of the staff noncommissioned officers stress to the Marines the consequences," said Schindler. "A lot of kids don't realize what they will lose. They come into the Marine Corps to get money for college, and as soon as they do drugs they no longer rate the Montgomery GI Bill, because they are not getting an honorable discharge."

To keep the Marines informed and aware, each battery has a safety brief every Friday to discuss driving while intoxicated, safe sex and illegal drug use.

"We stress safety hazards to the Marines," said Richhart. "We have the sheriff's department come out and stress issues to the Marine also."

One thing is true, 3/11 has done a complete 360 from where they were at last year.

"The command is proud of how the Marines are conducting themselves now," said Richhart.



LANCE CPL. KATELYN KNAUER

Urinalysis specimen bottles like this one are a familiar sight for the Marines of 3/11. In spite of their regular testing schedule that netted 2,031 samples in the past 12 months, only one in that whole time tested positive.

HEAT

"It's a confidence builder," said Brig. Gen. Douglas M. Stone, Combat Center commanding general. "It wasn't fun, but it was a learning experience. Guys could panic in this situation if it was real. This training is going to save lives."

"My leg got caught up because I was in the driver's seat," said Sgt. Maj. William Johnson, Combat Center sergeant major, after their first run through. "It was good training. We all made it out."

When a humvee goes into a rollover, the passengers and driver should immediately put their arms up to keep themselves in place. Through practice in the HEAT, they learn lessons like this in addition to things like which door is the right one to open and escape from and how to handle injuries and casualties

sustained during the rollover.

"We've had units come through here and say, not only is it a good military tool if these Marines are ever in a humvee rollover, it's also a good civilian tool if they're ever in a vehicle rollover with their POV [Personally Owned Vehicle]," said Viramontes Thursday when asked how the training was progressing.

A person who undergoes the training stands a better chance of survival in a rollover than an untrained occupant, according to a document released by U.S. Army Forces Command in Fort Gillem, Ga., where the first HEAT trainer was developed.

"Vehicle accidents are the second leading cause of death in Iraq," Viramontes said. "If we can help give a tool to the Marines in case they're ever in a rollover accident, this thing is doing its job."



SGT. ROBERT L. FISHER III

Sgt. Maj. William Johnson, Combat Center sergeant major, pushes open the door to the HMMWV Egress Assistance Trainer while Brig. Gen. Douglas M. Stone, commanding general, supports him in the Hummer Egress Aggressive Training simulator July 20.



PHOTOS BY CPL. BRIAN A. TUTHILL

Fire threats such as flammable materials, poorly connected cords, unattended cooking fires, carelessness and improper brush clearing are all preventable fire dangers.

Fire season precautions will help save homes, lives

CPL. BRIAN A. TUTHILL
COMBAT CORRESPONDENT

With fire season peaking early this year and some of the worst conditions possible in recent times, Combat Center and High Desert residents should take extra precautions to stay safe.

Simple safety measures can be followed to help reduce the threat of property loss or even death from many types of fires, including wildfires, indoor and electrical fires, as well as natural disasters.

"If you wait, it's too late. That's the simple truth," said Assistant Fire Chief Kevin Mathieu, Combat Center Fire Department and a 17-year firefighting veteran. "More houses have burned this last week than I've ever seen burn in my whole career. I don't want to see another house burn."

As the threats of wildfires this season grow with each day without rainfall, conditions continue to worsen for fast-moving brush fires, which could grow quickly from relatively small lightning strikes like the one that started the recent Sawtooth Complex Fire July 11. That fire burned more than 61,000 acres and consumed more than 50 homes over 11 days. Many of the homes left standing in the fire's path were ones with proper brush clearing, said Mathieu.

"The biggest thing I can say is, don't wait until the fire starts to protect your home," he said. "Clear it now for at least 50 feet of any vegetation."

"The best thing you can do when a fire hits your area, is to leave when asked," said Mathieu about wildfire evacuations. "People think they are helping

when they stay and try to water their homes as a fire approaches, but they only hinder firefighters, who now have to protect a life."

Mathieu and other 20- and 30-year veterans of firefighting said they have never seen conditions so bad with a blend of high temperatures, lack of rain and an increase of lightning strikes with storms. To make matters worse, most rain which reaches a fire evaporates practically as soon as it touches the ground because of the heat.

Fire inspector Mark Aid of the Combat Center Fire Department predicts conditions degrading even further as local vegetation continues to dry out.

A fire's heat alone can kill. Room temperatures can be 100 degrees at floor level and 600 degrees at eye level. Inhaling this super hot air will scorch lungs and could melt clothing to the skin. There is also a possibility of a flashover, where everything in the room ignites at once, even the smoke, according to the United States Fire Administration.

Another common danger Aid has seen is the threat of electrical fires in homes. Leaving appliances on, even ones with automatic shut-offs, is a bad idea because those systems can malfunction or short out.

"Some people have unli-

censed contractors do electrical work on their house," said Mathieu. "If it's not inspected properly, that can cause trouble."

Not checking for cables and cords for wear or chaining power strips together can spark a fire or even melt the devices, said Aid.

Additionally, residents in base housing who bring their own refrigerators often move the one they are supplied with into the garage, but do not plug them into the proper outlet, according to the Lincoln Military Housing office. Call the Family Housing Office at 830-6611, extension 100 for more information on the outlets.

If electrical cables are damaged or exposed due to an accident, assume all wires are electrically charged, even television cables. During a lightning storm, some appliances could be electrically charged and pose an electrocution danger, warns USFA.

Unattended cooking and fires in the kitchen are another trend, with people leaving flammable materials such as paper towels or oven mitts too close to the stove, Mathieu said.

A low-cost home heating solution like bringing a charcoal grill inside or using the kitchen oven range to heat a home is extremely dangerous not only for the direct fire hazard, but also for the poten-

tial buildup of deadly gases such as carbon monoxide.

When grilling outside, use propane if possible but never leave the grill alone and be aware of wind conditions and surroundings. Keeping more than one fire extinguisher in the home can also help avoid a potentially tragic scene, because all fires start small, said Aid. Avoid using lit candles or place them in stable holders where they can not be easily knocked down.

"More houses have burned this last week than I've ever seen burn in my whole career. I don't want to see another house burn."

Assistant Fire Chief
Kevin Mathieu,
Combat Center
Fire Department

Knowing where the utility shutoffs for a home are can also help in an emergency such as an earthquake, when water pipes could break and short out electrical appliances. A simple flick of a switch or turning of a knob could save thousands in damages, and is what firefighters will first do when they arrive on scene, said Aid.

"We would be more than happy to come to a home and show someone things like utilities shutoffs, recommended brush clearances and potential hazards because we'd much rather work

proactively than reactively," said Mathieu.

Also having a fire escape plan for you and your family can help save lives where every second in a fire counts. Escape first, then call for help, advises USFA.

Having at least one smoke detector in a home is another crucial tool in preventing tragedy. Test detectors monthly and change batteries every six months, said Mathieu. Most detectors have a lifespan of about 10 years before the entire unit needs to be replaced.

Iraqi nurses, corpsmen learn to fight disease

CPL. ANTONIO ROSAS
REGIMENTAL COMBAT TEAM 7

CAMP AL QA'IM, Iraq -- Iraqi nurses and Iraqi Army corpsmen will soon be able to treat patients for diseases caused by lack of clean drinking water, thanks to U.S. military physicians serving in this region along the Iraqi-Syrian border.

Navy doctors provided the Iraqis with two days of training which will enable them to treat patients for parasites -- such as hook worms -- which have caused a variety of health problems in locals here, to include mental retardation and anemia in children.

The Iraqi medical personnel were also given training in crucial life-saving skills for treating casualties in combat, such as suturing wounds.

The training, which consisted of several hours of classroom time and practical application, is designed to teach the soldiers how to provide emergency-trauma care for patients in a combat zone.

Perhaps most importantly, the group of a dozen or so Iraqi medics and nurses learned ways to stop severe blood loss -- one of the important skills medical personnel must master in a combat zone, according to the American medical professionals here.

"Probably the most important step while providing emergency-trauma care is to immediately stop the bleeding," said Navy Cdr. Tara J. Zieber, the medical director for the surgical suite here.

Blood loss caused by combat wounds, such as gun shot wounds and shrapnel from roadside bombs, is deemed as one of the top killers of Coalition and Iraqi military forces in Iraq.

Zieber and her team of doctors have treated an average of 30 Iraqis a month, including Iraqi soldiers and police officers, who have been victims of insurgent suicide bombers. Just last month, the doctors were able to save five Iraqi police officers from bleeding to death after a suicide bomber detonated an explosive vest at a police station in the Iraqi-Syrian border city of Husaybah.

Although the training is a step in the right direction to keep Iraqi medical personnel trained, a much larger problem in healthcare in this region exists -- a lack of medical facilities and supplies, according to Navy Cdr. Charles S. Blackadar, an emergency medical provider from Bremerton, Wash.

"It would be nice if the Iraqis had a bigger plan to train and educate their nurses and corpsmen," said Blackadar. "But in the meantime we are doing what we can to get them as much training so they can do their job and we can start to transition out of here."

The 45-year-old believes the next step in improving the region's medical care is the acquisition of medical support from the Iraqi Ministry of Health.

Regional tribal leaders and sheikhs have voiced concerns over diseases stemming from the lack of clean drinking water at monthly meetings with U.S. Marine leaders here. Local leaders have sought the aid of the provincial governor, Maamoon Sami Rasheed al-Awani, for construction of a hospital to improve health conditions of locals.

During a visit to Husaybah earlier this month, Rasheed told



CPL. ANTONIO ROSAS

An Iraqi Army medic discusses trauma care with U.S. Navy doctors, as a Marine role-plays a patient at a U.S. Navy medical facility at Camp Al Qa'im, Iraq.

local mayors, sheikhs and other Iraqi leaders that the construction of a hospital in the region is "a top priority."

Health problems which stem from parasites, such as hook worms; have remained unchecked in the region for years because local nurses do not have the training or supplies to treat citizens suffering from the parasites, according to Zieber.

Now that the Iraqis have been given medical supplies to treat the parasites, Zieber said the hook worms can be eliminated in just more than a month.

The parasites have caused an abundance of children and women with anemia, said Zieber. The Navy doctor became aware of an abundance of anemia in locals when she noticed many children eating dirt -- a clear sign anemia.

U.S. Navy doctors here have conducted several medical evaluations in local villages along the Iraqi-Syrian border to determine what additional medical problems the locals are facing.

Last month, U.S. military physicians and corpsmen spent two days traveling through several Euphrates River villages, providing free medical evaluations to locals. They evaluated more than 100 Iraqis, and found that more than 80-percent of the locals had skin rashes and muscular pain -- all treatable with most over-the-counter drugs and improved living conditions.

American medical personnel here are involved with treating locals because the tribal sheikhs from various local villages have expressed concern over the lack of support from the provincial government on health issues.

Local leaders are hoping Rasheed will hold true to his word, and build them a hospital.

"We have (needed) a bigger hospital for many months now," said a 32-year-old Iraqi nurse through an interpreter who preferred to remain anonymous. "The government has only promised to help us but we have heard only promises here."

A growing problem revolving around the presence of disease in the area is the lack of a medical facility that can accommodate patients with more complex medical conditions, according to Blackadar.

The only options locals have when seeking medical care is a string of clinics where care is limited to less severe cases.

Without medical facilities with the capability to provide a higher level of care, families often have to travel long distances

to receive adequate care, according to Marine officials here.

For Iraqis near the Syrian border, high-level health care means a referral to a larger health facility hundreds of miles away.

"It's time-consuming and right now the ability to make the system work is frustrating," said Lt. Col. Larry L. White, the civil military operations center director for the Al Qa'im region. "We are trying to build the legitimacy of their health system so they can handle these cases. We need to get the Iraqi system up to speed."

White is with the 3rd Civil Affairs Group -- a U.S. military unit responsible for assisting Iraqi civilians rebuild local government infrastructure, commerce and economies.

"Any type of medical training we can give the Iraqis is a tool they can use to move forward," said Zieber, 39, from Soldotna, Alaska.

The medical training is a milestone for the Iraqi health professionals in this region because they do not receive any type of enduring medical training throughout their careers, according to a 36-year-old Iraqi nurse who's been working at a local health clinic for 17 years.

Ahmed said the only way he keeps his medical skills up to snuff is through trial and error. The only way he learns of new medical breakthroughs and practices is by word of mouth -- until now.

"This training is a good re-fresher course for me because I have never been given any type of training after receiving my license to work in medicine," said the male Iraqi nurse, named "Ahmed," through an interpreter.

The Iraqi nurses were given some medical supplies during their training by the American physicians, such as vitamins and bandages, specifically donated by various private organizations in the U.S. to help the Iraqis.

The Navy doctors said there is a lot of support from charitable organizations back home. They've received numerous donated medical supplies throughout their seven-month deployment.

"These are the first steps in giving the Iraqis medical training to treat their own soldiers and I'm definitely glad to be a part of it," said Blackadar. "I hope in the near future the Iraqi government can establish a bigger plan to address their health care issues."

1/7 Marines' progress notable despite attacks

CPL. ANTONIO ROSAS

1ST MARINE DIVISION

KARABILAH, Iraq — Thanks to the protection from his body armor Lance Cpl. Christopher G. West survived a car bomb attack in this Iraqi-Syrian border city of about 30,000.

The protective plate insert inside the 40-pound body armor vest was strong enough to stop a sharp, foot-long piece of metal from wounding West, after a suicide bomber detonated prematurely just inside the barrier of the Marines outpost, July 13, 2006.

“When the explosion went off I couldn’t hear a thing afterwards for a couple of seconds but I remember being hit in the chest with something sharp,” said West, 23, from Calhoun, Ga. “I knew I was hit but I also knew that the body armor had stopped whatever I was hit with.”

Lance Cpl. Lawrence F. Hiller, a 24-year-old Marine machine gunner, who was on post that morning when he fired his M249 G machine gun at the suicide bomber's truck as it sped towards the Marines' post.

Hiller, 24, from Austin, Texas, spotted the truck on a major highway in Karabilah, another border city in western Al Anbar Province, where Marines and Iraqi soldiers maintain one of several security checkpoints.

The truck's license plates matched a list of suspected insurgents, said Hiller. An Iraqi soldier manning the security checkpoint along the road stopped the truck to investigate. When the truck made a sudden dash towards the Marines' position, Hiller was ready behind his machine gun.

“I couldn’t believe the guy in the truck was actually thinking about attacking a Marine base,” said Hiller, a machine gunner with the Twenty-nine Palms, Calif.-based 1st Battalion, 7th Marine Regiment. “It didn’t take long to realize what was going on and I knew what I had to do.”

As the truck attempted to maneuver past the maze of artificial barriers at the entrance to the Marines' outpost, Hiller pummeled the truck with a burst of machine gun fire which detonated the truck's bomb prematurely.

With engine parts scattered everywhere and a cloud of smoke blanketing the area, the Marines then received small-arms fire from an unknown position. The attack ended shortly after the shots rang out.

The suicide-attack occurred just hours after Marines discovered a different improvised explosive device – roadside bombs planted by terrorists to target U.S. and Iraqi forces – several feet outside the security perimeter of Camp Al Qa'im – an old Iraqi train station converted to a Marine headquarters about 30 miles from the Iraqi-Syrian border.

In this border region of Al Anbar Province, IEDs are the largest threat for U.S. and Iraqi military forces as they have been responsible for the largest amount of Coalition Forces' deaths.

Marines at Camp Al Qa'im have not come under attack there since November 2005, when insurgents fired mortar rounds at the base, Marine officials here say.

The car bomb was described by Lt. Col. Nicholas F. Marano, the battalion's commanding officer, as possibly the largest

IED attack against Marines deployed near the border.

“Had Lance Cpl. Hiller not been alert at his post, this incident could have easily become catastrophic,” said Marano, a Philadelphia native.

Suicide bombings in this region led to the deaths of five Iraqi police officers last month when insurgents attacked a police station in the nearby city of Husaybah.

Despite the recent suicide bomb attacks against the Marines' camp and the Iraqi Police station, the region's security has improved significantly, according to tribal sheikhs.

“The security situation has improved in the last months and the people here feel safe,” said Mohammed Ahmed Selah, the city mayor of Karabilah. The improved security has also caught the attention of Al Anbar Province Governor Maamoon Sami Rasheed al-Awani, who made promises to begin major construction projects in the area.

Since the battalion arrived here four months ago, the Marines have encountered mostly IED attacks, the Marines say.

Firefights between insurgents and Marines in this area have become rare since a large-scale offensive operation was launched in November 2005 to hamper the terrorists' control of the area. Back then, a previous Marine unit fought face-to-face daily with enemy forces during the four-week operation, which resulted in an estimated 150 insurgents killed or captured.

The Marines currently operating along the border, like Hiller and West, are responsible for providing security to the region and mentoring Iraqi Security Forces.

The Marines' progress with Iraqi Security Forces in this region has led to three Iraqi-Syrian border cities to open new police stations in the last two months.

“When we got here there were zero police on the street, now there are over 600,” said Marano on the battalion's website.

The southern California-based battalion is scheduled to return to the U.S. in September.



CPL. ANTONIO ROSAS

Marines from 1st Battalion, 7th Marine Regiment and Iraqi soldiers inspect the wreckage left from a suicide truck bomber against one of the Marines' forward operating bases along the Iraqi-Syrian border.



Personal Watercraft: More Popular, More Mishaps

James, a Navy Chief Petty Officer, agrees to help his neighbor, Tony, fix up a jet ski the latter has just bought. While James goes to work touching up some of the fiberglass, Tony starts replacing the throttle cable. The plan is to complete the repairs on Saturday, then take the jet ski to a local harbor Sunday morning for "some serious fun."

The throttle cable proves to be harder to replace than anticipated—Tony doesn't have the owner's manual. He disconnects all sorts of wiring harnesses, and it looks like electrical spaghetti on the floor. James urges Tony to go to a dealer and buy an owner's manual, but he refuses, saying, "I'll figure it out," and he does. By nightfall, all the work is done.

Sunday morning finally arrives, and, by the time James has dressed and eaten breakfast, Tony has loaded the truck. The trip to the harbor is short. In a matter of minutes, the jet ski is in the water and ready for some speed trials.

The jet ski purrs like a kitten when Tony starts it up and heads off. He's having a grand old time, whizzing around on the water, when, suddenly, without warning, the repaired throttle sticks in the wide-open position. Traveling at top speed, Tony hits the wake of a boat, which throws him off the jet ski. Under normal circumstances, a jet ski idles as soon as you release the throttle, but this one doesn't. The jet ski keeps going until it slams into the side of a really nice cabin cruiser. [Note: It's a law in every state to have a lanyard connecting an operator to a kill switch on the jet ski, so that it stops if he falls off.]

In this case, no one gets hurt, and the damage is minimal. However, James and Tony have to do some serious explaining to the owner of the boat.

In 2003, when personal watercraft accounted for 1.1 million of the estimated 12.9 million recreational boats in the United States, the Bureau of

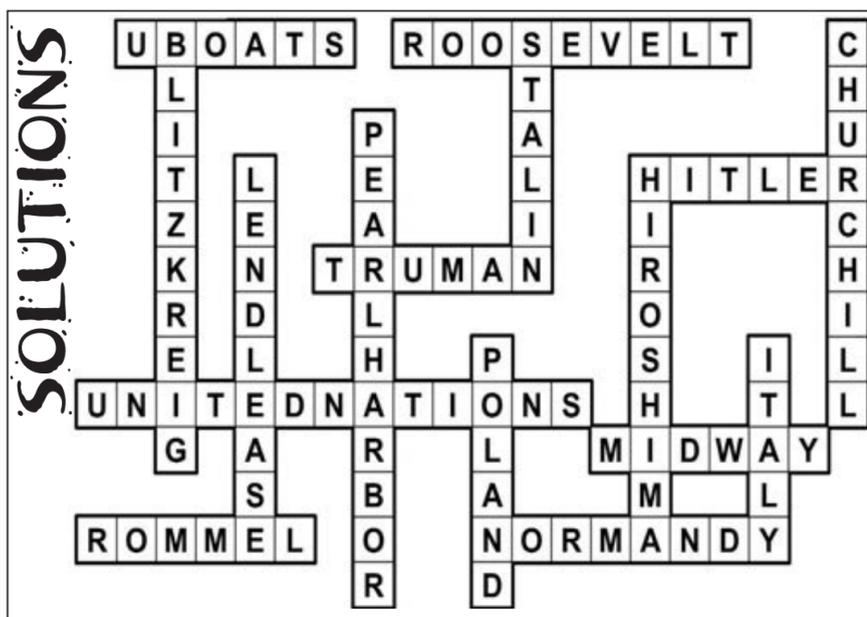
Transportation Statistics reported 57 Personal Water Craft fatalities and 1,228 injuries. Statistics in 2004 showed 58 fatalities and 952 injuries.

Here are some tips to keep PWC enthusiasts safe:

- Know your craft and how it operates.
- Keep apprised of local boating laws, navigational marks, and signs.
- Protect yourself by wearing a personal flotation device, eye protection, wetsuit, and gloves.
- Never operate a vehicle after using drugs or consuming an alcoholic beverage.
- Be sure to stay to the right of other watercraft. Commercial vessels, sailboats, and fishing vessels all have the right-of-way.

For more information, refer to these websites:

- Sea&Shore Spring 2004, "More Than Just Fun and Games": <http://www.safetycenter.navy.mil/media/seashore/issues/spring04/morethanjust.htm>
- "Personal watercraft safety tips" from Insure.com: <http://info.insure.com/auto/watercraftsafetytips0103.html>
- National Transportation Safety Board's safety study on Personal Watercraft Safety: <http://www.nts.gov/publictn/1998/SS9801.pdf>
- Bureau of Transportation Statistics, Personal Watercraft Safety Data: http://www.bts.gov/publications/national_transportation_statistics/2005/html/table_02_44.html
- Coast Guard Office of Boating Safety Alert, "Danger for Young PWC Operators": <http://www.uscgboating.org/alerts/alertsview.aspx?id=25>.



MCAGCC carries strict Motorcycle Regulations



LANCE CPL. KATELYN A.

Master Sgt. Brian Richardson demonstrates how to do a u-turn properly at the Combat Center Motorcycle Safety Expo and Bike Show at the mobilization lot July 19.

LANCE CPL. KATELYN A. KNAUER

COMBAT CORRESPONDENT

With Twentynine Palms in the rearview mirror a Marine heads off base cruising the streets on his motorcycle. The last thing on his mind is motorcycle safety, as he pops a wheelie to show off for his friends.

Motorcycle safety has become an increased concern aboard base. With more and more riders each year, the Combat Center carries strict rules and regulations on owning and operating motorcycles.

"In order to ride on base you have to attend a Motorcycle Safety Foundation approved course," said Bill Huie, Safety Manager. "We offer two of those courses here at the safety center. We have the beginner's course twice a month and the experienced course, which goes once a month. Then after that when you drive on base, you need to carry a drivers license that has a Motorcycle Endorsed State Operators permit and an MSF completion card."

Safety Expo

Along with MSF courses, the Safety Center also periodically holds safety expos, in which they have motorcycle challenges and contests, and offer motorcycle awareness and safety information.

Those who brought their bikes to the most recent Motorcycle Safety Expo on July 19, participated in a skills test, which included a 20 foot u-turn box, a peanut course, and an offset weave and beer goggle tricycle course.

"We're here to show our patriotism, and honor the mil-

itary for what they do," said Ed Finch, Patriot Guard Rider, after joining Marines during the offset weave.

"If you're going to get on your motorcycle after drinking, then you don't deserve your motorcycle," said Sgt. Bryan Harshman, after going through the beer goggle tricycle course.

The safety center is planning on holding another safety expo later this year.

Along with regulations on operating a motorcycle, there are also rules on proper safety equipment and clothing a rider must wear.

Marines are required, while in uniform, to wear a road guard vest or an icon vest, said Huie. When a Marine is not in uniform, they need to wear a brightly colored outer garment during daylight hours. During night time, riders are required to wear horizontal or vertical reflective straps that are at least an inch-and-a-half wide. Riders must wear full fingered gloves, long sleeves, pants and hard sole shoes. For eye protection, Marines have two options: a face shield or goggles.

Helmets, being one of the most important pieces of protective gear, fall under strict regulations themselves.

"A helmet must be approved by the Department of Transportation, the American National Standards Institute or the Snell Memorial Foundation," said Huie.

Motorcycle safety is no joke and should not be taken as one. The amount of motorcycle fatalities each year can be reduced if simple safety rules and regulations are followed, making the roadways safer for everyone.

Vista del Sol Residents

You should have recently received the second annual Resident Satisfaction Survey in the mail. Please complete the survey, which takes approximately 10 minutes to complete. Use the prepaid, self-addressed envelope to return your response. If you want to comment on a particular issue or to be contacted regarding a specific concern, please complete the comment sheet, and include it in your return envelope. Your response on the survey form is completely confidential. CEL & Associates, a private sector consulting firm, is engaged to execute this survey and compile the results. The Vista Del Sol neighborhood results will be tabulated and reports will be provided to Headquarters Marine Corps and the Housing Office for review and appropriate action. The deadline to mail your survey is August 14, 2006.

BRONZE STAR

sergeants who go out as much on patrols with their Marines.”

The fighting continued throughout the day until the enemy was overwhelmed and killed.

Escalderon directed both ground forces and helicopters against the enemy during the coordinated attack.

His performance was “outstanding, and he deserves every bit of recognition,” said McClellan.

Escalderon, a father of three, said he never told his family about any of the events which led to his award.

“I haven’t told anybody about what happened in Husaybah because it’s not something to brag about,” said Escalderon. “What I did is what Marines do every day.”

When his battalion returns to the United States later this year, Escalderon plans on doing just one thing – spending time with his kids. He may take them to Disneyland.

“I miss my three boys. They’re all I think about out here,” said Escalderon. “I try to spend as much time with them at skate parks and playing the guitar when I’m back home.”

Marines in this area launched a large-scale operation in November 2005 to rid the area of insurgents and since then have maintained control of the area from terrorists.

Furthermore, the security in this border region has improved in recent months, according to local tribal sheikhs – the city has seen its police force restored after a three-year hiatus of no police in the city.

Marines have also spent the past four months mentoring and training Iraqi soldiers to become a self-sustaining force. The Marines’ progress with Iraqi Security Forces in this region has led to three Iraqi-Syrian border cities to open new police stations in the last two months.

Nonetheless, Marines here still encounter improvised explosive devices and continue to detain insurgents in the city, proving that there is still work to be done before the battalion returns to the U.S later this year. The Marines’ work providing security will eventually shift to a more backseat role as Iraqi Security Forces prepare to take the lead in security operations by year’s end.

“The work you Marines are doing with the Iraqi Army and the Iraqi Police is starting to work,” said Lt. Col. Nicholas F. Marano, the battalion’s commanding officer during Escalderon’s award ceremony. “What you are doing out here is more than I can express in words.”

Escalderon is not the only Marine still serving with the battalion who was recently awarded for heroic actions during the unit’s last deployment to this region. Sgt. Jarred L. Adams, a 22-year-old scout sniper from Wasilla, Alaska, was awarded the Silver Star – the third highest U.S. military award for valor – last month for attempting to save a Marine from a burning humvee while under fire.

“I am very proud that we have Marines like Staff Sergeant Escalderon in this battalion because Marines like him are who will carry us into the next decade,” said Sgt. Maj. George W. Young, the battalion’s senior enlisted Marine. “The legacy he left behind in Baker Company is still evident in the non-commissioned officers there now.”

The battalion will be replaced by another southern California-based battalion later this year.



Staff Sgt. Jeffery V. Escalderon, a 36-year-old platoon sergeant from 1st Battalion, 7th Marine Regiment, conducts a daily security patrol in Iraq's 110-degree weather in the Euphrates River village of Ramana. CPL. ANTONIO ROSAS

Marines in Haditha 'Triad' continue work with Iraqi soldiers, quell insurgency

SGT. ROE F. SEIGLE
1ST MARINE DIVISION

HAQLANIYAH, Iraq (July 22, 2006) -- Marines here say the amount of insurgent attacks against Coalition and Iraqi military forces have drastically decreased since three Marines eliminated two insurgents in a counterattack in front of the forward operating base here last month.

Marines assigned to the Hawaii-based Kilo Company, 3rd Battalion, 3rd Marine Regiment said the outcome of the counterattack sent a message to the insurgents: they will be outgunned and overpowered in a firefight with Marines and Iraqi soldiers.

Marines have spent the past four months patrolling the dusty streets of Haqlaniyah – a city of 30,000 just south of Haditha in western Al Anbar Province – to disrupt insurgent activity and provide security for the city's residents.

In the past few weeks, Iraqi soldiers – who are partnered with 3rd Battalion – began spearheading daily patrols throughout the city, which Marines say was once a breeding ground for the insurgency.

Just six weeks ago, Marines led the patrols, outnumbering their Iraqi counterparts each time they stepped "outside the wire." Now, the Iraqis outnumber the Marines, and make all tactical decisions during each mission – a stark contrast from when the Marines arrived in Iraq four months ago.

"The progress the soldiers are making is outstanding because they have done it in such a short amount of time," said 1st Sgt. Vincent Santiago, 35, Kilo Company's senior enlisted advisor. "The insurgents are noticing the progress the soldiers are making and I believe it is scaring them (insurgents) because there have been very few attacks in the last month."

Moreover, the frequency of Iraqi soldier-led patrols in this city nestled along the Euphrates River has increased two-fold in recent months.

By year's end, the soldiers will be able to lead patrols without the assistance of the Marines, said Sgt. Mennen Suleiman, non-commissioned officer in charge of Kilo Company's Military Transition Team – groups of U.S. service members responsible for mentoring and assisting Iraqi Security Forces towards independent operations.

"The soldiers are in the front of patrols and are moving through the city with a sense of confidence," said Suleiman, 26, a native of Kearney, Neb. "They are making the decisions during the patrols and are not looking back at the Marines for that nod of approval like they used to."

Currently, soldiers here are operating at the squad and platoon levels with little to no assistance from Coalition Forces. Still, more challenges lie ahead, and more training is required, before Iraqi military units here can operate fully independently.

Once the soldiers demonstrate they can operate as a company, they will quickly learn how to conduct operations at the battalion, brigade and division levels, said Suleiman.

Suleiman spends most of his days refreshing the soldiers' basic military skills, such as map reading, entry into enemy-held establishments, marksmanship and proper reporting methods. The soldiers are then teaching the skills to the new soldiers who arrive in the company.

As the soldiers continue to demonstrate their abilities to lead patrols and operate independently, the number of Marines accompanying soldiers on missions is continually decreasing, said Suleiman, who is fluent in Arabic and was born in Kirkut, Iraq.

"The Marines are great teachers and are very patient with us," said one Iraqi soldier assigned to 2nd Battalion, 2nd Brigade, 7th Iraqi Army Division – the Iraqi battalion partnered with 3rd Bn., 3rd Marines. "We are getting more and more confident everyday and soon we will not need the Marines at all when we go on patrols."

However, Suleiman said the soldiers need more equipment such as humvees and radios to be more effective on patrols.

"It is easy to teach the soldiers because they are eager to learn and want to be in charge out there on the streets," said Suleiman, following a three-hour combined U.S.-Iraqi patrol. "They have bonded with the Marines and take everything we have taught them to heart. The more they learn, the closer we come to bringing troops home."

However, though attacks against U.S. and Iraqi forces have decreased recently, there are still occasional random attacks against U.S. and Iraqi troops in the city.

Last week, a Marine was standing post near the U.S. forward operating base here when he was shot at by insurgents. The following week an improvised explosive device, roadside bombs placed by insurgents along Iraq's roadways, detonated beside a humvee.

Now more than half-way into their seven-month deployment, Kilo Company's Marines have not lost their focus on their mission at hand, said Santiago.

The Marines are patrolling the city night and day and are being very flexible with the fast-paced operations, he said.

Third Battalion is scheduled to return to the United States later this year. They'll be replaced by another Hawaii-based U.S. military unit.



SGT. ROE F. SEIGLE
Sgt. Benjamin Snyder, a squad leader assigned to the Hawaii-based Kilo Company, 3rd Battalion, 3rd Marine Regiment peeks around a corner during a four-hour patrol in the streets of Haqlaniyah, Iraq

Health Care Consumer Council addresses concerns, programs

LANCE CPL. REGINA N. ORTIZ

COMBAT CORRESPONDENT

Members of the Health Care Consumer Council gathered in the Commanding General's Conference Room July 19 to discuss medical care procedures and services aboard the Combat Center.

Representatives from tenant commands, the retirement community and Naval Hospital, Twentynine Palms, talked about concerns which included hospital telephone access, medical readiness, orthopedic training, chiropractic care, the newly renamed Adult Medical Care Clinic, formerly Military Sick Call and the Wet-Bulb Globe Temperature Index system.

The council of about 10 individuals, was welcomed by the hospital's commanding officer, Capt. Robert J. Engelhart, who had called the meeting.

The council meets quarterly to ensure the community members are receiving the appropriate care, said Lt. Wendy Stone, customer relations officer.

The first concern discussed was in regard to patients' telephone access to the hospital. Some of the council members stated the current system was not effective and bothersome while attempting to speak to the appropriate person concerning an issue.

Stone presented the plan of action to be taken to fix the problem. A new \$86,000 phone system is scheduled to be implemented to tell patients what number in the queue they are, keep an up-to-date recorded message of better sound quality, and track staff members on their customer service efficiency, by timing each call and hold time.

Until the system is in place, patients having difficulty reaching a hospital staff member can call the front desk at 830-2655. If that fails, the patient can call the department head of the phone system at 830-2475. Further problems with telephone access can be directed to Stone, 830-2475.

The next order of business discussed was medical readiness

among Combat Center troops. The hospital's goal is to have 100 percent of the tenant commands ready to deploy at any moment, said Stone.

The plan set for that goal is to have service members go into the Adult Medical Care Clinic during their birth month to make sure their records are up-to-date, and any procedures needed to be done are taken care of. This includes periodic full physicals, dental, laboratory work, immunizations and individual medical equipment, such as eye glasses and gas mask inserts, she explained.

A suggestion from another council meeting has been put in place since then, and the status of the program was brought up at this meeting. Corpsmen have been training in providing care for one of the most commonly seen minor injuries among troops, foot injuries.

Corpsmen are being trained by the hospital's resident orthopedic specialist every month to handle on-the-spot minor foot injuries and physical therapy, said Stone.

Another addition to the hospital is a chiropractor. So far, the care is only contracted, and will not be in place until the end of August. This care will be available to active duty service members only, for reasons not disclosed in the contract, said Stone.

Another topic discussed by council members was the Wet-Bulb Globe Temperature Index and flag conditions posted across the Combat Center. With a high number of heat casualties and the high-temperature season only half complete, concerns about the system's effectiveness were brought up by the council.

Lt. j. g. Thomas W. Nelson, industrialist hygienist, suggested that the leaders among each unit start taking action to notify each troop of the heat conditions and what precautionary measures to take to prevent heat casualties.

Special attention to the environment and the gear worn by troops in training should be given during a high flag condition. Hydration is important, but also a balanced diet and consump-

tion of electrolytes helps to reduce heat injuries, said Nelson.

For current flag conditions, call 830-1780 or log on to <http://164.167.141.93/29palms/>.

The meeting ended after all questions and concerns were addressed. The council meetings are scheduled every third Wednesday of every third month. For any information on health care or services, contact Stone at 830-2475.

HEAT CONDITION FLAG COLORS

GREEN
80° – 84.9°*

Exercise can be conducted and discretion is required for all heavy exercise unless acclimatized to desert conditions.



All unit PT must have water available

For current Heat Condition Flag status, call 830-2190.

RED
88° – 89.9°*

Strenuous exercise must be halted or reduced for Marines and Sailors who haven't had up to 12 weeks to acclimatize.

BLACK
90°* – ABOVE

All outdoor activities and training must be suspended. Weather conditions are too dangerous for exercise or movement outside.

*According to the Wet Bulb Globe Temperature index

SPORT SHORTS

MOMMY AND BABY AEROBICS

MCCS Aerobics has added a new Mommy and Baby Aerobics Class every Monday and Tuesday at 12:30 p.m. in the Community Center. Come and enjoy fitness for you and fun for your baby. For more information please call 830-4131.

PILATES CLASS

MCCS Aerobics has added a Pilates Class every Tuesday at 5:30 p.m. and every Thursday at 9 a.m. in the Community Center. Build core strength and flexibility with this exciting Pilates class. For more information please call 830-4131.

LEISURE

VAN POOL

Any Combat Center personnel interested in participating in a Van Pool from the Palm Springs, Morongo Valley, Yucca Valley or Joshua Tree areas please contact Mr. James Walters via email at james.d.walters@usmc.mil or at 830-6500. The Department of the Navy provides monetary incentives for Van Pools that qualify. Visit <http://www.fmo.navy.mil/services/tip/tip.htm> for additional information.

SPOUSAL SUMMER SMASH BINGO

MCCS will host Operation Enduring Families, "Spousal Summer Smash Bingo" at the Community Center building 1004 today from 6 to 8 p.m. Be part of a night of fun, food, and prizes. Plan to arrive early, seats fill up fast. For more information, call 830-3380.

SUMMER MOVIE MATINEES FOR KIDS AND FAMILIES

The Community Center will be hosting Summer Movie Matinees every Friday through August 18. Admission and popcorn are free. Food and covered drinks are allowed. All movies are G or PG rated. The list of movies is as follows:
Today: Cheaper by the Dozen
Aug. 4: Shark Tale
Aug. 11: Chronicles of Narnia
Aug. 18: The Incredibles
For more information call 830-3380.

FREE BOWLING

Sandy Hill Lanes Bowling Center is offering free lunch time bowling every Monday from 11 a.m. to 1 p.m. Shoe rental is additional.

Did You Know?

The average life span of a major league baseball is 5-7 pitches.

Naval Hospital defeats HQBN



A Naval Hospital player works his way down field in the Commanding General's Intramural Soccer League playoffs at Felix Field Monday.

LANCE CPL. KATELYN A. KNAUER

COMBAT CORRESPONDENT

Naval Hospital defeated Headquarters Battalion 8-5 in the Commanding General's Intramural Soccer League double elimination playoffs Monday night at Felix Field.

Naval Hospital started off slow in the beginning while HQBN started off strong and went into the second half with a 4-1 lead.

"We always seem to start off slow then we get the flow and momentum going and we end strong," said Paul Netzel, Naval Hospital coach.

In the second half, one of HQBN's players received a red card and automatic ejection. The loss of a player affected the whole team.

"The red card hurt us in the end," said Jose Hernandez-Sanchez, HQBN forward and goal keeper. "Players were pulling more weight after that. Everybody was pulling double shifts for one person missing, and in the end everyone gets tired quicker. Ten against 11 is a big deal when you're playing in the game."

With less than 15 minutes left on the clock, Naval Hospital's Jeremy Reuter scored bringing the score to 4-2. To bring the margin even closer with less than 11 minutes left Reuter scored again.

As the clock hit zero and the game went into stop loss time the Naval Hospital played hard and Reuter scored, tying the game just minutes before the referee blew the whistle.

The game went to penalty kicks where it was best of five. Nervous goalies manned their nets but Naval Hospital brought it home 4-1.

"We lost it at the end," said Alvaro Pineda, HQBN forward. "Basically the whole team was playing offense when some of them should have been playing defense. They had a lot of counterattacks that we could have stopped."

"This win is bittersweet," said Netzel. "These guys have worked hard all season they deserve this."

It was a close game, but in the end it was Naval Hospital who left with a victory.

"There are no excuses why we lost last night," said Thann Sak, HQBN. "The game was a battle against David and Goliath, and in the end David came out victorious."

Naval Hospital will move on in the playoffs, whereas HQBN is now eliminated after losing last week's game to Tanks, 2-1.



Headquarters Battalion's Thann Sak dribbles the ball away from a Naval Hospital player in the Commanding General's Intramural Soccer League playoffs Monday.

MCCS Water Aerobics makes splash at Combat Center

LANCE CPL. REGINA N. ORTIZ

COMBAT CORRESPONDENT

With temperatures reaching 115 degrees this summer, Combat Center community members are looking for the coolest way to exercise.

Four years ago, Yvonne Warfield, Marine Corps Community Services aerobics coordinator, introduced the community to water aerobics, and it has become one of the most popular MCCS exercise programs since then, she said.

From triathletes to pregnant women, an average of 25 to 30 participants join Warfield at the Combat Center's Training Tank and Officer's Club Pool to cool down from the long summer day's heat while burning calories.

"It's suitable for anyone to take part in these classes," explained Warfield. "It's what you put into it as an individual that you take with you."

The class is a series of running laps, aerobics and jumping exercises using resistance bands, water weights, water noodles and the resistance of the water to work muscles and build heart rate, she explained.

Most participants enjoy the time spent in the water, like Kim Hubbard, 21 years old, military spouse, who has been taking part in the class for two years.

"The best part is it's hot, and we get to be in the water," said Hubbard. "It's a pretty good workout, too, but I don't think of



Yvonne Warfield, MCCS aerobics instructor, demonstrates a water aerobic move for her class Monday.

See WATER, B2

WATER

it as a workout because I'm busy enjoying the water."

Who wouldn't mind enjoying a nice dip in the pool while seeing results like Sandra Brown, military spouse, has seen?

"I've been doing it for three weeks and lost three pounds," the 33-year-old explained. "The most noticeable result was the way my clothes fit more loosely."

Brown has seen the most results from the leg exercises using the water noodles, she said.

Jennifer Zehner, a long-time runner and bicyclist, was disappointed when her doctor told her she couldn't do the exercises she loves in this heat while being pregnant, she said.

"I'm six and a half months pregnant, and my doctor was concerned about dehydration from the heat," she explained. "So I'm trying to get a good workout without dehydrating."

Her husband, Jonathan Zehner, an electro-optical ordnance repairer with 1st Tank Battalion, comes with her to the class, not only to support her, but to train for his next triathlon, he said. "Some say that they don't feel any soreness or anything, but it's what you put into it that gets you a good workout from it," he said. "It's been great for my triathlon training."

The class takes place every Monday, Wednesday and Friday at the Combat Center's Training Tank, building 1508 at 6 p.m. and also Friday at 11:15 a.m. at the Officer's Club pool. For more information call 830-4131.



More than 20 Combat Center community members attended Marine Corps Community Services Water Aerobics class Monday.

LANCE CPL. REGINA N. ORTIZ

Water exercise facts:

Buoyancy supports the body and allows you to make larger movements than you can on land.

Intensity increases as you increase the size and speed of your movements.

Drink plenty of fluid to avoid dehydration, which you may not notice because you're not feeling or seeing the effects of sweat or body heat.

Water provides 12% to 14% more resistance than air, so moving through it is like having weights all around your body.

Working out in the water can be a great way to gain cardiovascular stamina, improve strength and flexibility, enhance body contours, increase circulation, rehabilitate healing muscles, and control weight.

Facts compiled from www.webmd.com

CREDO provides solitude for personal, relationship growth

LANCE CPL. REGINA N. ORTIZ

COMBAT CORRESPONDENT

Need some time away from the daily grind? Need some alone time with your spouse? Need to get back to your roots?

The Chaplains' Religious Enrichment Development Operations offers two types of getaways for the price of "free" to all active duty service members and their spouses to fulfill these needs.

Every month there are personal growth and marriage enrichment retreats offered to the troops aboard most Marine Corps installations. The Combat Center links up with Camp Pendleton and makes their way to solitude at various retreat facilities, said Petty Officer 3rd Class David Jackson, religious ministries specialist, Camp Pendleton.

Some locations for the retreat include St. Anthony's Retreat Center near Sequoia National Forest, Palomar Christian Conference Center in Palomar Mountain, Calif., Luther Village in Oak Glen, Calif., and Highland Hot Springs in Beaumont, Calif.

The personal growth retreat provides people time to pursue personal and spiritual growth in a natural, quiet setting, said Lt. Cmdr. Emile G. Moured, deputy director, Combat Center Religious Ministries Directorate.

The retreat is not specifically religious in content. However, it is encouraged to apply personal faith and beliefs to enhance each individual marriage, he explained.

"It gives people a chance to understand themselves better," said Moured. "Also, it's a chance to develop new perspectives in their relationships with God, family, friends, shipmates, the military and the broader world. Many participants have described this three-day experience as a turning point in their lives."

There are no radios, DVD players or even cell phones allowed on the personal growth retreat or the marriage enrichment retreat, said Jackson.

The marriage enrichment retreat is a three-day relationship refresher for married couples. With no other option but to spend time with each other and talk, couples also take advantage of the hiking trails and recreation offered by the retreat facilities, said Jackson.

"There are times when the chaplains get all the couples together for discussions," he explained. "But it is never any form of marriage counseling. The main focus is improving listening and communication skills to better relationships between married couples."

The retreat leaders lead optional exercises, discussions and talks which will address challenges faced by couples today. There are group meetings, and also private time for couples to build the relationship they desire, said Moured.

"No one is required to participate in group discussions. You take part as you wish," he said.

The chaplains emphasize forgiveness and listening. Some couples have said they almost forget the importance of these things after being married for a while, said Jackson.

"Me and my wife realized how important it is to keep those types of communication lines open," he explained. "In order for us to grow as a couple, we must forgive each other and move on."

Active, reserve, guard and retired service members, and Department of Defense civilian employees, are eligible to attend with their spouses.

The next retreat is scheduled for Aug. 11 to 13.

For more information about CREDO retreats, call 830-4989 or 725-4954.

Mommies get fit with their babies

SGT. ROBERT L. FISHER III

COMBAT CORRESPONDENT

After Amalia Schoken, aerobics instructor, gave birth to her now 5-month-old daughter Ophelia Gisele Schocken, she wanted to provide an aerobics class for new mothers, which also included their babies.

The Community Center introduced a Mommy and Baby Aerobics class for new mothers and their infants.

It's a good, low-impact workout, said Schoken, whose husband, Cpl. Adam Schoken, works at the Installation Personnel Administration Center. Because the class is low-impact, it is also safe for pregnant women.

Mothers place their babies in a seat or carry them in an infant carrier during each workout. Schoken also provides sling carriers for those who do not have an infant carrier.

Those who have joined the class said they enjoyed being able to meet and workout with other new mothers.

The class has yielded such good results Schoken plans to continue the class even after her daughter becomes too big.

Classes are held Monday's and Wednesday's at 12:30 p.m. at the Community Center. For more information call 830-3380.



SGT. ROBERT L. FISHER III

Claudia Galaviz does crunches with her 7-month-old son, David, in the new Mommy and Baby exercise class at the Community Center July 20.



SGT. ROBERT L. FISHER III

Celeste Talavera holds her 11-month old son, Rocky, in the air as part of the workout in the new Mommy and Baby exercise class at the Community Center July 20.



SGT. ROBERT L. FISHER III

Marin McCarthy, 2-year-old daughter of Tracy McCarthy, works out along with the mothers in the new Mommy and Baby exercise class at the Community Center July 20.



SGT. ROBERT L. FISHER III

Cherise Sickles works out with her 3-month-old daughter, Kaeden, in a baby carrier in the Mommy and Baby exercise class.

More than just one foot in front of the other

LANCE CPL. TRAVIS J. CREWDSON
MCB QUANTICO

MARINE CORPS BASE QUANTICO, Va. "I do alright on the pull-ups and get all of my crunches, but it's the run time that kills me."

How many times have you heard this? Many Marines know that running is their weakest area of the physical fitness test, yet they do one of two things: nothing and perform poorly, or physically exhaust themselves by over-training.

A saying Marines often use is "work smarter, not harder," meaning there is usually a better way to get something done if it is planned out first, instead of charging into a project with little thought or strategy. The following tips will help runners of any experience level with training, technique, nutrition, stretching and motivation.

To fuel up for a workout, Amby Burfoot, writer for *Runner's World* magazine, recommends having a piece of fruit or an energy bar about two hours before lacing up the shoes. An hour later, consuming a small sports drink will ensure adequate hydration and also provide sufficient sodium and potassium for a healthy workout.

When it comes time to run, walking for two or three minutes for a warm-up before a workout will help warm up the body's engine, and another two-or three-minute walk afterward will help the body cool down from the running "high."

Many sources suggest runners should not stretch prior to running because muscles should be warmed before they are stretched during a workout. Stretching can be done after a light workout or after warm-ups for harder workouts. In the evening, especially while watching television, is a great time to stretch again to avoid pains the next day



LANCE CPL. TRAVIS J. CREWDSON

Runners trying to improve their times should take a good look at their overall plan before simply running themselves into the ground. Gear selection, nutrition, stretching and warm-ups are sometimes greater factors than harder training in improving performance.

that can cause runners to skip a workout.

"Basically all clinicians working with athletes believe that improving flexibility is a good step toward injury prevention," said Lisa Krivickas, a physiatrist who led a study on the effects of stretching in New Jersey. "And that's particularly true for overuse injuries, which are the most common injuries among runners."

As for running itself, form is more important than many people believe. Runners should hold their arms comfortably at their sides while running, aiming for maximum relaxation. Bend the

arms 90 degrees at the elbows and swing them straight forward and back from the waist. Bend the fingers into a relaxed grasp and do not let the hands sway back and forth across the middle of the torso. One way to detect a break in proper form is to run with a yardstick, or similar tool, in each hand, if the arms are moving horizontal, the sticks will visually amplify the effect.

In hot, sunny weather, wearing sunscreen is important to prevent sunburn that can cause demotivation and skipping workouts. Sunglasses and a visor or hat

should be worn to keep the sun off the face, which will help to relax the facial muscles. Expect to run slower in hot, humid weather, and take more walking breaks as necessary. Running in the early morning or late evening can help ease the effects of the warmer seasons.

It is important to remember that occasionally skipping a running workout for cross-training is beneficial in resting major running muscle groups and breaking up a monotonous workout schedule. Biking 30 to 40 minutes, using an elliptical trainer in a gym, or doing weight training

makes for excellent cross-training workouts.

"If you've been dealing with nagging heel pain, now's the time to heal that heel," said Jim and Phil Wharton, internationally known personal trainers and therapists. "If you have poor running form, focus on strengthening your core. While there's no universal off-season for running, your body will benefit most from a break after a hard effort."

Do not be alarmed if it happens, but less experienced runners often develop shin splints or sore knees. These pains should pass quickly if you treat them immediately

with ice packs after a workout. Place a cold pack on the shins or knees for 15 minutes. If the pain persists, take a few days off before resuming the training program.

For clean air and healthy lungs, try not to work out on or near busy streets or during rush-hour traffic. Find low-traffic streets where car exhaust will be dispersed quickly. As often as possible, try to run in parks or on bike trails. Success may come quickly to some less experienced runners, but the race is never won if runners continue to compete against themselves.