

# OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

FEBRUARY 2, 2007

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

VOL. 50 ISSUE 4

## 2/7 leaves for fourth tour...



CPL. REGINA N. ORTIZ  
COMBAT CORRESPONDENT

More than 900 Marines and sailors departed the Combat Center over the course of three days Saturday, Sunday and Monday for a seven-month deployment to Iraq in support of Operation Iraqi Freedom.

This is the unit's fourth deployment in support of OIF, said 1st Lt. Raymond L'Heureux, executive officer, Company E, 2/7, during the company's departure.

Families and friends of more than 300 Marines and sailors from Company E and Weapons Company filled the Combat Center's Unit Marshalling Area, where most units send off their troops for deployments Saturday. This was the first and largest group to leave for this deployment, as other companies left in smaller groups throughout the weekend.

CPL. REGINA N. ORTIZ

Family and friends of the Marines and sailors of 2nd Battalion, 7th Marine Regiment wave good-bye to their loved ones as they leave on buses en route to their fourth deployment in support of Operation Iraqi Freedom Saturday.

See 2/7 DEPLOYS, A8

## ... as 7th Marine Regiment returns

LANCE CPL. NICOLE A. LAVINE  
COMBAT CORRESPONDENT

As six buses neared the Combat Center Saturday, families and friends at Victory Field grew anxious for the return of 7th Marine Regiment, who deployed one year ago to Al Anbar province, Iraq, in support of Operation Iraqi Freedom.

"I am just so excited and ready for this," said Bonne Benton, wife of Lance Cpl. Matthew Benton, a native of Woodbridge, Va.

Although the 320 Marines and sailors of the regiment arrived four hours later than scheduled, the welcome home was no less enthusiastic, as a wave of men in uniform collided with the colorful pool of friends and loved ones.

The Marines and sailors of 7th Marine Regiment, known as Regimental Combat Team 7 overseas, worked as a supporting headquarters element for Regimental Combat Team 1, performing tasks such as combined-arms operations which supported theater engagement plans, said Col. William B. Crowe, regimental commander, in a Department of Defense news brief with pentagon spokesman Bryan Whitman.

Crowe said his area of operation, called AO Denver, is one of the largest regimental AO's in Iraq, covering a total area of more than 33,000 square miles and approximately the size of South Carolina.

"Our primary task was to support the development of effective Iraqi security forces, but also the task was to defeat any Iraqi forces in my AO," said Crowe in his brief.

The Marines of RCT-7 were also responsible for the development of Iraqi police forces.

"When we arrived last January and took over transition of authority in February, there wasn't a single Iraqi policeman in AO Denver, in western Al Anbar," said Crowe. "And I'm proud to announce today that there's over 3,000 Iraqi, and we call them shirka, in AO Denver."

The regiment also played an active role in assisting social advancements, protecting the local population and in decreasing the occurrences of Anti-Iraqi Force violence. The American battalion combined with three Iraqi battalions gave the local population the confidence to support their government and police force, said Crowe.

"The rule of law is returning to western Al Anbar and the people want the rule of law," said Crowe. "These people, as most peoples, will want order in their lives and stability. I believe, firmly believe, that we're doing that."

RCT-7 officially transferred authority to Regimental Combat Team 2 in a ceremony held in Al Anbar Province Jan. 25.

Col. Herman S. Clardy III, RCT-2 commanding officer, showed enthusiasm in picking up what RCT-7 left behind.

"RCT-7 did a tremendous job," said Clardy. "If we can be half as successful as they were, our time out here will be well worth the effort."

The success in overseas operations was well worth the effort for the warriors of 7th Marine Regiment, and well worth the wait for the loved ones at home.

The regiment will go on block leave before regrouping and preparing for possible future deployments in support of Operation Iraqi Freedom.



LANCE CPL. NICOLE A. LAVINE

Cpl. Antone Kelley of RCT-7 hugs his wife, Larunda, and friend Shabria Caldwell at Victory Field Saturday after returning from a year-long deployment overseas.

### Weekend Weather

Friday  61/33  
Mostly Sunny

Saturday  64/35  
Sunny

Sunday  70/37  
Sunny

### Inside this issue

- A5: 3rd LAR welcomes new leader
- A6: Patriot Guard escorts 7th Marines
- A9: 3/4 Marines hold their ground in Iraq

### Observations



Celebrating Black History Month

### This Day in Marine Corps History

— 1968 —  
Operation Hue City, Tet Offensive began in Vietnam.



I am honored to send my most sincere congratulations to the Marines and sailors of the 1st Marine Division on the 66th anniversary of your activation. Through the ensuing decades, members of the "old breed" have demonstrated the honorable service and fighting spirit that earned the 1st Marine Division its reputation for

warfighting excellence.

Toughness and valor in some of the most difficult fights of American military history are hallmarks of the 1st Marine Division, playing out on warm Pacific islands, frozen Korean mountains, and the dusty streets of the Al Anbar province.

As you celebrate this anniversary, I encourage you to reflect on your important role in serving our nation's interests and to remember those who did not return from past division campaigns. I speak for countless proud Marines and grateful Americans when I express my heartfelt appreciation for your continuing efforts in maintaining the proud tradition of the 1st Marine Division. Congratulations and Semper Fidelis!

**J. T. Conway, General, U.S. Marine Corps,  
Commandant of the Marine Corps.**

**Sempertoons**

By Gunnery Sgt. Charles Wolf

**3 Days to Set UP Camp...  
4 Hours to Break it Down**



**The Power of "Libo"**

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**C.O.P. Corner**



**Community Oriented Policing**

The proactive voice of crime prevention



Presented by the Provost Marshal's Office Crime Prevention Section

**Children and gun safety**

We all know guns are dangerous. However, what is more dangerous are kids getting a hold of a firearm or a K-Bar. There were seven unregistered weapon incidents that have occurred on base in the last year. These incidents could have harmed your neighbors, your friends and family and worst of all, your children.

This is why it is important to teach your kids about guns and the danger they may present. To the Marines that live in the barracks it is illegal to own an air powered weapon, knives longer than six inches, or an actual firearm.

Marines that live in base housing may have a weapon in housing, but is highly recommended that guns be stored in a gun locker with a gun safety lock of some sort, which are free from the Provost Marshal's Office Physical Security Office or Vehicle Registration Office where you register your weapon. All guests and personnel living aboard MCAGCC fall under county laws, along with base regulations for firearms.

For further information on what weapons are legal and illegal, contact your local county sheriffs office.

For more information on how to discuss related topics with your child, or just to learn more about gun safety, you can refer to Marine Corps Order 1630.6E or your local law enforcement.

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

**NOTICE OF AVAILABILITY OF THE FINDING OF NO SIGNIFICANT IMPACT FOR THE JOINT TECHNICAL DOCUMENT LANDFILL NO. 2 AND PROPOSED MATERIALS RECOVERY AND RECYCLING FACILITY AT THE MARINE CORPS AIR GROUND COMBAT CENTER, TWENTYNINE PALMS, CALIFORNIA**

Per the Council on Environmental Quality regulations (40 CFR Parts 1500-1508) implementing the procedural provisions of the National Environmental Policy Act (NEPA), the United States Marine Corps gives notice that an Environmental Assessment (EA) and Finding of No Significant Impact (FONSI) have been prepared for the Joint Technical Document Landfill No. 2 and Proposed Materials Recovery and Recycling Facility at Marine Corps Air Ground Combat Center (MCAGCC), Twentynine Palms, San Bernardino County, California. An Environmental Impact Statement (EIS) will not be prepared, as this proposed action will not have a significant effect on the human environment.

The purpose of the proposed action is to expand the life of Landfill No. 2 to provide solid waste disposal capacity for the Marine Corps Air Ground Combat Center for at least 30 years. The Proposed Action includes a vertical expansion, which would not change the current limits of the approximate 30-acre landfill footprint, but would result in a steepening of the side slope areas to increase airspace; a lateral expansion to the south of approximately 8.8 acres; and new landfill cell of approximately 33 acres east of the existing landfill. Under the No Action Alternative, expansion of Landfill No. 2 would not occur and the landfill would close at or near mid-2007.

Several alternative locations were considered as potential expansion areas for the existing landfill in the Landfill Optimization Study, Solid Waste Landfill Siting Study for MCAGCC in 1992. A detailed evaluation of approximately 12 alternative locations for an expanded or new landfill was conducted and many locations were determined infeasible because of design and intense construction considerations. The results of the alternatives analysis in the Siting Study concluded the Site E, a 76-acre site east of the existing landfill, should be considered the top candidate for the future landfill at MCAGCC. The proposed eastern expansion area of the Proposed Actions is located entirely within the previously identified Site E. The main reasons for the highest score for this site was its proximity to Landfill No. 2 and the availability of existing access and water utilities.

The EA presents an analysis of the potential environmental impacts associated with the Joint Technical Document Landfill No. 2 and Proposed Materials recovery and Recycling Facility. Resources analyzed include air quality, hydrology and water quality, geological resources, biological resources, cultural resources, land use, visual resources, health and safety, noise, population/housing, transportation and traffic, services/utilities, environmental justice, and hazards and hazardous materials. Air quality impacts were evaluated and found to be below de minimis levels for criteria pollutants. Therefore, a Record of Non-Applicability for Clean Air Act Conformity was prepared and no additional documentation is required. No significant environmental impacts would result from implementation of the proposed action.

Based on information gathered in preparation of the EA, the Marine Corps finds implementation of the No-Action Alternative or the proposed action would not have significant impacts on the natural and human environment and that a FONSI is appropriate.

Both the EA and FONSI addressing this proposed action are on file and may be reviewed by interested parties at the place of origin: Commanding General, Marine Air Ground Task Force Training Command, NREA Division (Attn: Mr. Scott Kerr), Building 1451, Box 788110, Twentynine Palms, California 92278-8110, telephone (760) 830-8240. Copies are available on request.

Marines, Sailors, and cab drivers: MCOS will reimburse AMV licensed cab company for transportation to the Main Gate, Marine Corps Air Ground Combat Center. Drivers: please legally record information from your fare's military ID card. Thank you for participating.

**ARRIVE ALIVE**  
A Combat Center Car Company 367-7433  
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Signature \_\_\_\_\_

**Centerspeak**

**"Who do you want to win the Super Bowl?"**

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



**SGT. DAVID ROHRICH**  
HEADQUARTERS BATTALION,  
COMPANY A

"The Colts, because of the no-huddle offense."



**SGT. MATTHEW FRICKE**  
3/7, WEAPONS COMPANY

"The Bears, because I'm from Illinois."



**PFC. JEREMIAH ADAMS**  
3/7, H&S COMPANY

"The Bears! They're like the underdog team and it's about time they got some."

**OBSERVATION POST**

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**What's on your mind?**

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

Call Cpl. Evan M. Eagan at 830-6213

Or e-mail to: [evan.eagan@usmc.mil](mailto:evan.eagan@usmc.mil)

## HOT TOPICS

### TAX CENTER OPEN

Tax Center hours Monday - Friday 8 a.m. -3:30 p.m.  
 Appointments are recommended. To schedule, call 830-4829.  
 Please bring in the following documents at the time of your appointment:

- All W-2's for yourself and spouse.
- Bank interest or dividend statements.
- Social security cards for everyone on return.
- Proof of your bank account, either MyPay bank printout or blank check, for direct deposit.
- Original power of attorney, if applicable.
- Prior year tax return.

The Tax Center can only prepare returns for active-duty, reserve, retired and dependants of service members.

No rental property or self-employment returns are prepared at the Tax Center. Itemized deductions begin Feb. 15. Please make arrangements for child care.

### PHELPS HALL CLOSING

Phelps Hall will be closed through Sunday in order to remove and replace the linoleum mess deck. Littleton Hall will be open in order to support the Combat Center's feeding mission during the closure.

Littleton Hall's hours of operation are as follows:

#### Weekdays

Breakfast	5:30 – 8 a.m.
Lunch	10:30 a.m. – 1 p.m.
Dinner	4 - 6 p.m.
Takeout	5:30 a.m. - 6 p.m.

#### Weekends

Breakfast Brunch	8 a.m. -11 p.m.
Dinner Brunch	3 - 6 p.m.
Takeout	Closed

The Points of contact are Capt. Knowles at 830-6822 or Chief Warrant Officer 2 Tidwell at 830-7017.

### ROAD CLOSURES

- The Bourke Road and Eighth Street intersection will remain closed. This area will be repaved in the near future to correct a drainage problem.
- Third Street between Brown and Griffin Road will be closed for repaving from approximately Monday to Feb. 23.
- Del Valle Road will be repaved from Adobe to Tenth Street. Stoplights will be installed on Del Valle at the Third and Fifth Street intersections as part of this project. The repaving work will be phased in order to minimize disruptions to traffic flow on Del Valle, but detours onto Mainside will be required. The construction period will be from approximately March 1 to Sept. 1. Please be attentive to all traffic control signs.

## LEISURE ITEMS

### WEDNESDAY STEAK NIGHTS AT THE OFFICERS' CLUB

The Officers' Club will have Wednesday Steak Nights from 5 to 7 p.m. Attendees will enjoy a grilled to order steak, baked potato, Texas toast, and salad. Prices are \$9.75 for members and \$10.75 for non-members. Reservations are requested no later than the Monday before. Call 830-6610 for details and reservations.

### SUPER BOWL XLI PARTY

The Officers' Club, the Staff NCO Club, the NCO Club and the Enlisted Club will each host a Super Bowl XLI Party Sunday beginning at 2 p.m. There will be prize drawings including a TV as the Grand Prize. The Bud Girls will also be at each club for one quarter of the game. Call your club for more details.

### AMERICAN RED CROSS BABYSITTING CLASS

The American Red Cross will be giving a babysitting class Feb. 17 from 8 a.m. to 4 p.m. at their Joshua Tree Chapter. The cost is \$45 and those interested must pre-register. For more information call the Joshua Tree Chapter at 366-5330.

### DEADLINE TO SUBMIT FOR THE SCHOLARSHIPS FOR MILITARY CHILDREN

The deadline to submit applications for the \$1,500 Scholarships for Military Children is Feb. 21. To get an application or to turn in a completed one, please visit the Twentynine Palms Commissary Customer Service office or the secretary's office. For any questions visit <http://www.commissaries.com>, the Commissary or call 830-7572, 830-3003 or 830-3010.

## CHRISTIAN WORSHIP

### ROMAN CATHOLIC SERVICES

#### **Immaculate Heart of Mary Chapel**

Sun 7:30 a.m. Rosary  
 Sun 8 a.m. Catholic Mass\*  
 Sun 9 a.m. Faith Formation/CCD (Bldg1551)  
 Sun 9 a.m. Military Council of Catholic Women (Bldg. 1551)  
 Sun 9:15 a.m. Confessions+  
 Sun 10 a.m. Rosary  
 Sun 10:30 a.m. Catholic Mass  
 Sun 10:30 a.m. Children's Liturgy of the Word  
 Sun 4 p.m. Choir Practice  
 Sun 4:30 p.m. Rosary  
 Sun 5 p.m. Catholic Mass  
 Sun 6 p.m. Cyrus Young Adult Group  
 18-35 years of age married or single (3rd Sunday of the month)  
 Fri 12:15 – 4:30 p.m. Exposition/Adoration  
 Most Blessed Sacrament (1st Friday Each Month)

#### *Ash Wednesday and Holy Days of Obligation Masses*

11:45 a.m. and 5:30 p.m. Immaculate Heart of Mary Chapel  
 11:30 a.m. Robert E. Bush Naval Hospital  
**Village Center**  
 Sun 9 a.m. Military Council of Catholic Women\*  
 Sun 9 a.m. Faith Formation/CCD

### NON-DENOMINATIONAL CHRISTIAN SERVICE

**Christ Chapel**  
 Sun 8 a.m. Worship\*  
 Tue 7 p.m. Praise and Worship\*

### TRADITIONAL SERVICE

**Christ Chapel**  
 Sun 9:30 a.m. Worship

### INDEPENDENT BAPTIST SERVICE

**Christ Chapel**  
 Sun 11 p.m. Worship

### LAY-LED GOSPEL SERVICE

**Christ Chapel**  
 Sun 12:30 p.m. Worship

### LAY-LED APOSTOLIC SERVICE

**Christ Chapel**  
 Sun 3 p.m. Worship  
**Christ Chapel**  
 2 p.m. Study of Book of Acts

### MID-WEEK EVENTS

#### MONDAY

**Immaculate Heart of Mary Chapel**  
 Mon-Fri 11:45 a.m. Catholic Mass

#### **Ocotillo Housing**

7 p.m. Officer's Christian Fellowship  
 Call Lt. Cmdr. Faunce 830-6654 for location

#### TUESDAY

**Immaculate Heart of Mary Chapel**  
 5 – 7:30 p.m. Catechist Meeting (Second Tuesday of the month)  
 4 – 5:30 p.m. Children's RCIA  
 6 p.m. Baptism Class 1st Tuesday each month  
**Christ Chapel**  
 9 a.m. Christian Women Fellowship\*  
**C&E Mess Hall Bldg. 1660**  
 11:30 a.m. Bible Study  
 Chaplain Flint 830-6187  
**Base Housing**  
 6 p.m. All Hands Bible Study  
 Chaplain Taylor 830-7413 for location

#### WEDNESDAY

**Village Center**  
 11:30 a.m. Prayer Meeting in the Prayer Room  
 Chaplain Flint 830-6187  
 6 p.m. Right of Christian Initiation for Adults\*

### Immaculate Heart of Mary

6 -7 p.m. Life Teen/Youth Group#  
**Christ Chapel**  
 5 p.m. IHM Choir Rehearsal  
 5 p.m. Protestant Choir Rehearsal  
 5:30 p.m. Catholic Choir Rehearsal  
 7 p.m. Lay-Led Gospel Bible Study

#### THURSDAY

**Immaculate Heart of Mary Chapel**  
 7 p.m. Knights of Columbus  
 1st Thursday of the Month

### Christ Chapel

7 p.m. Lay-Led Apostolic Bible Study

#### *Legend*

\*Indicates Child Care Provided  
 +Appointments can be made for Confessions by calling 830-6456/6646  
 # Resumes Fall 2006

# Corps announces contracts for mine resistant vehicle

MARINE CORPS SYSTEMS  
COMMAND

PRESS RELEASE

MARINE CORPS SYSTEMS COMMAND, QUANTICO, Va. — Continuing to expeditiously provide the best available solution to save warfighters' lives, Marine Corps Systems Command awarded nine Indefinite Delivery, Indefinite Quantity contracts Jan. 26 and a first delivery order for the testing, production and sustainability of the initial 36 Mine Resistant Ambush Protected vehicles for testing with possible delivery orders for up to a total of 4,100. With its proven record, the MRAP vehicles will save lives by augmenting the current level of mine and

Improvised Explosive Devices protection with a V-shaped hull and raised chassis. The increased survivability performance requirements and production rates are a direct result of theater operational needs. The objective is to produce these vehicles by Dec. 31.

"MRAP vehicles have saved lives," said Capt. Taylor Biggs, Marine Forces Pacific and MRAP vehicle survivor. "The Marines who work in these vehicles have the greatest confidence in its abilities to defeat the bad guys. IEDs are our greatest threat. They frustrate Marines who want to engage targets, not be targets themselves."

MCSC is committed to delivering these MRAP vehicles to operating forces.

"MCSC's acquisition strategy is outcome-oriented. We want the maximum number of survivable vehicles, with performance proven by tests, in the shortest time to deliver," said Paul Mann, MCSC's program manager for MRAP. "In response to our request for proposals, industry responded with quality products and production capacity. We look forward to their success when we validate performance at Aberdeen Proving Grounds; we hope everyone's product is as good as they state so we can expedite production orders. Theater Commanders have an urgent and compelling need for these vehicles. It is up to all of us to act fast."

With the active evaluation participation by the Army, the

Marine Corps serves as the lead agency for procurement of the current requirement of MRAP vehicles under designated Rapid Deployment Capability authority. The Marine Corps, in concert with the Army and Navy's program managers, will work through acquisition, fielding and sustainment. MRAP vehicle requirements include the increased survivability and mobility of Marines, Sailors and Soldiers responding to a variety of missions including operating in a hazardous fire area against known threats such as small arms fire and IEDs.

"These mine-resistant vehicles gave us a capability to safely approach, confirm and in some instances neutralize

IEDs," said Biggs; having served in Iraq from Aug. 2005 to April 2006.

"We have an urgent and compelling need for these vehicles," said Col. Dion King, Army's project manager for MRAP. "We considered lessons learned from many other rapid acquisition programs to ensure that we can deliver safe, effective, reliable and supportable MRAP vehicles to our operating forces as soon as possible."

Supporting such mission profiles, test vehicles from each of the two categories of MRAP vehicles are currently under contract. Category I is the Mine Resistant Utility Vehicle for urban combat operations. Category II is the larger Joint Explosive

Ordnance Disposal Rapid Response Vehicle for multi-mission operations such as convoy lead, troop transport, ambulance, explosive ordnance disposal and combat engineering.

"Success is in the hands of industry," said Barry Dillon, MCSC's executive director. "The vehicles need to have adequate survivability, need to be produced at a high rate and need to be fielded as soon as possible."

Under the IDIQ contracts, each awardee will produce two vehicles of each category for test and evaluation. Contracts have been awarded to the following manufacturers:

- Armor Holdings Aerospace and Defense Group, Sealy, Texas.

- BAE Systems, Santa Clara, Calif.

- Force Protection Industries, Inc., Ladson, S.C.

- General Dynamics Land Systems - Canada, Ontario, Canada; manufactured in York, Pa.

- General Purpose Vehicles, New Haven, Mich.

- International Military and Government LLC, Warrenville, Ill.

- Oshkosh Truck Corporation, Oshkosh, Wis.

- Protected Vehicles, Inc., North Charleston, S.C.

- Textron Marine and Land Systems, New Orleans, La.

"This is a tremendous opportunity for industry and should provide good healthy competition," said Dillon. "We are depending on industry to fulfill their contracts on time, to do what they said they would do in their proposals. We will encourage them to produce vehicles faster while they continue providing quality, safe vehicles."

"Several of the awarded contract vendors indicate they could initially deliver start-up production rates between 30, 60 and 90 days after receipt of production orders," said Mann. "In parallel, we are working to shorten the timeline from vehicle delivery to integration and transportation to theater. The detailed planning for this effort is in progress. Timely delivery of vehicles in the hands of the warfighter is the critical metric."

The current MRAP procurement is focused on the Global War on Terror. Combatant Commanders will determine the allocation of these vehicles in theater based on mission requirements. It is MCSC's duty to provide the equipment to allow them flexibility in this area. The family of MRAPs is added to the portfolio of other protected vehicles in theater to include the M1114s, HMMWVs w/MAK, M1151s and M1152s based on an urgent and compelling need.

MCSC continues to work closely with theater commanders, joint requirements organizations, industry and the joint Science & Technology community to forecast threats and accelerate promising technologies.



## WHAT'S NEXT?

If your EAS is on the horizon, then now's the time to act. Contact an Army National Guard representative at 1-800-GO-GUARD.

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# 3rd LAR recieves new leader of the 'pack'

LANCE CPL. KATELYN A. KNAUER

COMBAT CORRESPONDENT

Lt. Col. Matthew Jones relinquished command of the 3rd Light Armored Reconnaissance Battalion to Lt. Col. James R. Parrington, in a change of command ceremony held at Lance Cpl. Torrey L. Gray Field, Jan. 26.

During his time as commander, Jones led his Marines in security and stabilization operations in support of Operation Iraqi Freedom from March through September 2005.

Although he is leaving the battalion, Jones is confident they will continue to do bigger and better things, and he is proud of the Marines he served with.

"To command such men in combat was the greatest honor and privilege of my life," said Jones. "I'll be watching from the cheap seats as they go on to greater challenges and triumphs under Jim Parrington's leadership. I could not have left the battalion in better hands."

Although Jones is leaving 3rd LAR, his teachings and knowledge will remain with both the senior and junior Marines of the Wolfpack.

"Lieutenant Colonel Jones was an outstanding battalion commander," said battalion sergeant major, Sgt. Maj. Leland Hatfield. "He was concerned and engaged in the welfare of his Marines, their families, and the unit's success as a whole. He possessed a keen sense of understanding of the Iraqi situation that the battalion would face during his tenure and expertly focused the efforts of the unit on the necessary skill sets that ultimately lead to our very successful deployment during OIF 05-07.

"Lieutenant Colonel Jones was an avid reader and his studies have been focused on the threat at hand. I acquired a tremendous amount of knowledge about the region and its dynamics through him. Had it not been for him, I do not think I would have developed the level of understanding I feel I now possess," he continued.

Jones said the things he learned from his Marines, were far too numerous to list, and that he certainly learned a great

deal of knowledge about Iraq, its people, and the challenges there from Marines who had been on two or three tours.

"Most importantly, probably, a clear sense of the amazing things these Marines are capable of," he continued.

Jones is currently awaiting orders for his next assignment.

Parrington comes to the battalion from Training and Education Command, Quantico, Va., where he was in command of the Marine Air-Ground Task Force training section that was responsible for OIF and Operation Enduring Freedom pre-deployment training.

"Commanding the Wolfpack is a tremendous honor and privilege," said

Parrington. "I served in the battalion 15 years ago during Desert Storm/Desert Shield and it is good to be back home."

"I bring a desire to continue the tradition of excellence this battalion has demonstrated since its inception, and has most recently validated during its combat deployment to Iraq," he continued.

Parrington joins the Wolfpack, bringing 20 years of knowledge about the Marine Corps with him, and an eagerness to be part of 3rd LAR once again.

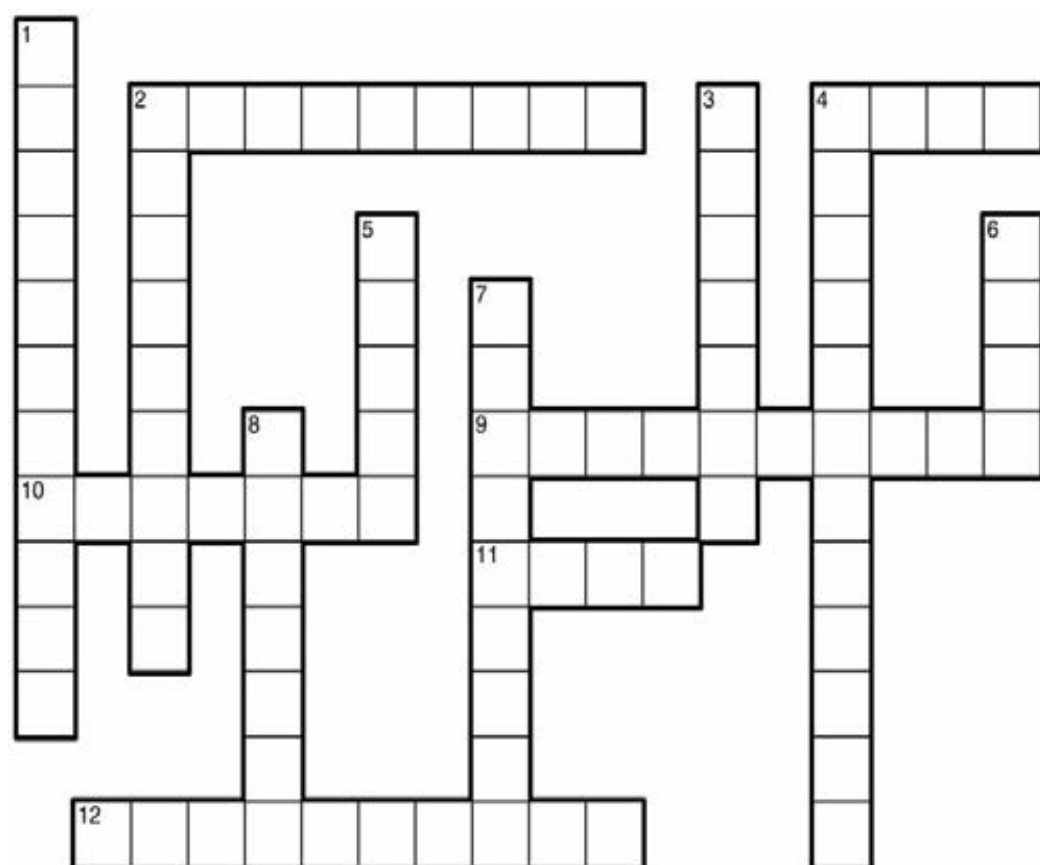
Although the battalion is under new leadership, the mission remains the same, and they will continue preparing to support the Global War on Terrorism.



LANCE CPL. KATELYN A. KNAUER

Battalion sergeant major, Sgt. Maj. Leland Hatfield prepares to hand off the battalion colors to Lt. Col. Matthew L. Jones during the 3rd Light Armored Reconnaissance Battalion change of command ceremony Jan. 26.

## SUPER BOWL TRIVIA



### ACROSS

- MVP of Super Bowl III.
- Who sang the National Anthem at Super Bowl XXXI-II?
- What city has hosted the most Super Bowls?
- First wildcard team to win the Super Bowl.
- The only team that plays home games in a dome to win a Super Bowl.
- What quarterback holds the record for most passing yards in a Super Bowl?

### DOWN

- Who was the first quarterback to start in two Super Bowls with two different teams, and lose both?
- What wide receiver holds the record for most yards gained in a Super Bowl?
- What team won Super Bowl II?
- What player has won the most Super Bowl rings?
- What team appeared in every Super Bowl from '91-'94, and lost them all?
- What current AFC team was the first to win the Super Bowl?
- Youngest head coach to win the Super Bowl.
- What city hosted the first Super Bowl north of the Mason-Dixie line?

[Solutions on A6]





CPL JOSEPH DIGIROLAMO

Military Training Team members for 3rd Battalion, 8th Marine Regiment aim in on targets downrange during an Enhanced Marksmanship Training simulation held at the Combat Center's Range 104. The goal of the MTT is to train and mentor the Iraqi Security Forces.

## Marines train to be foreign military advisors

LANCE CPL. KATELYN A. KNAUER

COMBAT CORRESPONDENT

Bonded by the title Marine, they fight side-by-side. Bonded by the same mission, they fight with trust in the Marines to the left and right of them. As these Marines on the front line fight, the Marines of the Military Training Team train.

The Security Cooperation Education and Training Centers' mission is to coordinate Marine Corps education and training programs in support of Department of Defense security cooperation agreements. It also assists security efforts to enhance interoperability with allied and coalition partners in the conduct of traditional and irregular warfare, as well as support of the global struggle against violent extremism, according to the SCETC Web site.

Military Training Teams train and advise the

Iraqi Army so American troops can come home to their families. They train the Iraqi Army forces to take back control of their country, and have a stabilized military.

Currently 17 Marines from all different military occupational specialties are training for their upcoming deployment to Al Anbar Province, Iraq, where they will relieve a MTT team which is already in place.

"We will do a two week turnover with them," said Maj. Kurt Mogensen, MTT team leader. "We will receive a brief on the status of the battalion and from there we will work with the army, teaching new things and reinforcing material they have already been taught. We will also assess areas that need improvement to get them up and operating independently."

While the Marines are from a wide variety of different jobs, they receive their annual training

with their battalion and then they receive specified training with the other Marines in the MTT.

"Two-thirds of the training is done indoors," said Maj. Samuel Middleton, officer in charge. "The Marines receive culture and language training, which is necessary when you are doing transition training with Iraqi soldiers. It helps the Marines learn how to interact with their Iraqi counterparts. They also receive training with foreign weapons, learning about the RPK [Ruchnoi Pulemet Kalashnikova rifle] and the AK-47 [Avtomat Kalashnikova rifle]."

The Marines receive SCETC training both here and at Marine Corps Base Camp Pendleton. Their training cycle is a total of 10 and-a-half weeks and covers a vast amount of different things the team could be faced with.

"The training is some of the best I have ever had," said Petty Officer 3rd Class Brandon

Bellefeuille. "Going through foreign language training, convoy training and military operations in urban terrain has taught me a lot."

The importance of training the Iraqi Army is significant to the war on terrorism because of several different factors.

"It's important that we train their military so they can have a national strategy and take over their own security and maintain their own independence," said Mogensen.

Pfc. Shaun Muck, turret gunner, agrees, "We need to get the Iraqi Army trained so the rest of our Marines can come home and the [Iraqi] army can take over security of their own country."

While the Marines of the transitional team are small in numbers, the lasting impact they will have on the Iraqis who train with them and the Marines who are grateful to come home because of their work is immeasurable.

**2/7 DEPLOYS from A1**

“We are deploying in order to conduct and support counterinsurgency operations to establish a free and democratic environment in Iraq,” said L’Heureux, about the unit’s primary mission.

This is L’Heureux’s second deployment with the unit and

as he looks forward to working with the Marines and sailors he has deployed with once before, he also feels more responsibility to look out for troops deploying for the first time.

“I tell them they have to be confident in the training they have done in the past few months,” he explained.

“They’ve got to have full trust in the men around them and they’ll do fine.”

As the families and friends were separated from the troops preparing to climb aboard the buses, Jessie Bohanan, wife of Cpl. Adrian Bohanan, reflected on how she felt about his second deployment to Iraq.

“I’m heartbroken he has to go again,” she said. “But I’m glad he gets to help out and be with his guys. I understand.”

Jessie will be making the time pass by keeping busy with work and taking part in the Key Volunteer Network. The Key Volunteer Network supports the military spouses by linking them to the military

member’s command, as a source for information and referral services and by fostering a sense of community within the unit, according to the Marine Corps Community Service official Web site, <http://www.usmc-mccs.org>.

The KVN also hosts a number of events to entertain and build camaraderie among

military spouses with deployed husbands. They build a support system for each member to fall back on, as stated on the Web site. Each unit has a KVN representative. To find a unit’s representative, contact the unit’s family readiness officer, found on most units’ Web sites.

Headquarters and Service Company left early morning Sunday, with more than 250 troops bidding farewell to the Combat Center.

Lance Cpl. Terrance Green, a food service specialist, with H&S, was looking forward to his second deployment with the unit, but knows there will be some differences from the last deployment.

“During our first deployment we were all like brothers, infantry and non-infantry Marines,” he explained. “There are a lot of new guys on their first deployment this time around. We’ll all have to establish that brotherhood again to make things easier on everybody.”

Green is leaving behind his 3-year-old daughter.

“I’m going to miss her,” he said. “She’s still young so she doesn’t really understand what daddy does, but hopefully I’ll get a chance, once she gets to that age, to sit her down and actually let her know what this was about.”

As each of the buses drove past the sidewalk filled with loved ones, tears were shed, hands were waved and pride filled the air as the Marines and sailors started the long road to Iraq to do their jobs of ending terrorism.



# 3/4 Marines deny insurgents land and find, destroy 15 weapons caches, 9 IEDs

CPL. MICHAEL S. CIFUENTES

REGIMENTAL COMBAT TEAM 2

WESTERN AL ANBAR PROVINCE, IRAQ — (Jan. 25, 2007) — Marines serving in western Al Anbar Province, Iraq, spent nearly three weeks finding significant traces of insurgent activity in a stretch of 40 km. along the Euphrates River Valley, here.

Task Force 3rd Battalion, 4th Marine Regiment launched an 18-day battalion-level operation Dec. 29, in an effort to disrupt insurgent activity along the Euphrates River Valley in the eastern region of the battalion's area of combat operations, several miles east of the Iraq-Syria border.

The battalion successfully completed the operation Jan. 15. As a result, roughly 15 weapons and munitions caches were discovered and later destroyed by Explosive Ordnance Disposal Marines from the task force. Nine improvised explosive devices were also found and later rendered safe by EOD technicians during the operation.

"We disrupted [insurgent] activity. We denied him a place to operate. We've deprived him of supplies he needs to target Coalition Forces and Iraqi Security Forces," said Maj. Joseph M. Turgeon, the battalion operations officer and a 34-year-old Cathlamet, Wash., native.

Since their arrival in September, the battalion has been conducting combat operations consisting of foot patrols and vehicle patrols in many Euphrates River cities and villages that lie here. They've also been tasked with mentoring and monitoring the Iraqi Security Forces in the region in an endeavor to help them become a force that can man their country on their own.

Marines serving in the eastern part of the battalion's area of combat operations have reported many incidents of insurgent activity since their arrival here, said India Company Marines.

The operation took place in this region because it's an area that hasn't had much Coalition

presence. The Euphrates River has been an obstacle that Marines have difficulty operating around, and it seems the insurgents have exploited it, said Turgeon.

"The significance of this area is that it's a gateway for insurgents — most that come from Hit and Rawah," said 1st Sgt. Ryan F. Blue, India Company, 3/4's, senior enlisted Marine from Omaha, Neb.

The battalion's India Company and Weapons Company kicked off the operation patrolling through the battalion's area of combat operations' most eastern cities and pushed west. They also left their outposts and spent the cold winter days and nights living in abandoned or unoccupied buildings in the villages to maintain a convenient position in each village or city. The focus of their patrols: to find traces of insurgent activity.

In the villages just south of the Euphrates River, India Company also conducted census patrols, attaining information of the villages' inhabitants by patrolling from house-to-house and speaking with the residents.

The purpose of the census patrols was to get information on the villages' residents and the environment they live in, said Cpl. Eleazar Claudio of India Company.

"In the future, if these males were ever to show up on a high valued target list, we know where they live and who they live with," said the 22-year-old squad leader from San Antonio who led his group of Marines during the patrols.

Another objective for the patrols was to flush insurgents away from the Euphrates River — a popular avenue used by the insurgents, said Claudio.

Blue said he was well aware of the insurgents' movements, referring to insurgents coming to this region from the east and north of the Euphrates, and crossing over the river to set up IED attacks or hide weapons and munitions.

"Just as planned, they'll [insurgents] get scared when we come through," said Claudio, who also believed his company of Marines is a rea-



Cpl. Lewis G. Richards IV looks into what could be a weapons or munitions cache as Lance Cpl. Brandon M. Barnes keeps his rifle pointed toward the cache for security Jan. 11 during a patrol in Haffah, Iraq.

son why the insurgency is leaving the Euphrates River Valley.

Just two days into the operation, four IEDs were found and rendered safe in New Ubaydi and Nazwah, two of the dozens of cities that lie in this Sunni populated region of western Iraq.

Up until the very last days of the operation, hundreds of machine gun rounds, dozens of mortar or artillery rounds and IED making materials were discovered not far from the river banks of the Euphrates.

"Everything we found and all the information we gathered was a result of combined efforts," said Claudio. "Every single set of eyes, ears and boots [contributed] by kicking up trash, looking in holes, searching houses and asking questions."

Marine reservists serving with 4th Combat Engineer Battalion claimed several of the finds after patrolling with metal detectors. "Borris," a 7-year-old military working dog, handled by Cpl. Nathaniel L. Jordan, a 20-year-old from Ellsworth, Maine, also sniffed out hidden weapons and munitions in and around houses.

Marines also found cell phones with base stations and a cache containing five panes of bullet proof glass. Although an awkward find to some, the Marines confiscated the items.

"If we find something we think the Iraqi's don't need, we'll take it," said Cpl. Timothy Casteel, a 25-year-old squad leader from Arlington, Texas, who led his Marines during a patrol that discovered the cache of bullet proof glass panes. "Regardless of what we think the insurgents might use it for, it's one less item they have to use against us."

By keeping the weapons, ordnance and materials the Marines found out of the hands of the insurgents, hopefully lives of Coalition forces and Iraqi Security Forces who operate in this area in the future will be less at risk, said Turgeon.

Even though the civilians of the villages and cities have,

until recently, been caught between insurgent activity and Coalition Forces' operations, Turgeon said he hopes they too become more comfortable with the Marines' presence in their land.

"Perhaps they [Iraqi civilians] will be more comfortable commenting on what's been going on over there," said Turgeon.

After 18 days of patrolling through dirt streets, farmland, pine groves and the Euphrates River bank, the Marines of India Company and Weapons Company executed thorough searches of roughly 20 villages, which lie a short distance north or south of the river.

"We patrolled in small

groups trying to bait insurgents to attack us — nothing happened," said Claudio. "In the mean time, we [gathered] a lot of information from the males that live in these villages and found [a lot] of equipment that belonged to insurgents. I think we did [well], and that's what we're here for."

After President George W. Bush afforded the battalion more time for combat operations by extending their deployment 60 to 90 days, the Marines here say they anticipate less insurgent activity along the Euphrates River Valley here, and more time to gain the "hearts and minds" of the innocent civilians who live and work in the area.



CPL. MICHAEL S. CIFUENTES

Pfc. Jonathan Sierra, Company I, 3rd Battalion, 4th Marine Regiment, patrols through a village off the banks of the Euphrates River in western Al Anbar province, Iraq, Jan. 11.

# Purple is color for those who have bled red

LANCE CPL. R. DREW HENDRICKS

MARINE FORCES PACIFIC

CAMP SMITH, Hawaii — “By order of the president of the United States, the Purple Heart, established by George Washington at Newburgh, 7 August, 1782, during the War of the Revolution, is hereby revived out of respect to his memory and military achievements.” On Feb. 22, 1932, this order was published by the War Department in order to bring back to service an award that had been disregarded for nearly 150 years.

In 1782, the Badge of Military Merit became the first American decoration for conspicuous military service.

While it was a decoration for such service, it was not the first U.S. medal. That status is held by the Medal of Honor, which was approved by Congress in 1862 during the Civil War.

According to “Ribbons and Medals,” written by H. Taprell Dorling, the design of the Badge of Military Merit was a figure of a heart in purple cloth edged with narrow silver lace or binding. This award was only presented to three non-commissioned officers during the Revolutionary War: Sgt. Daniel Bissell of the 2nd Connecticut Regiment of the Continental Line, Sgt. William Brown of the 5th Connecticut Regiment of the Continental Line, and Sgt. Elijah Churchill of the 2nd Continental Dragoons, also a Connecticut regiment.

On the 200th anniversary of Washington’s birth, nearly 150 years after it was last awarded, the Badge of Military Merit was revived as the Purple Heart.

Originally only awarded by the Army, Franklin D. Roosevelt extended the use of the Purple Heart to the Navy, Marine Corps and the Coast Guard after the attacks on Pearl Harbor on Dec. 7, 1941, according to the historians of the Military Order of the Purple Heart. When the Air Force was later established in 1947, the award was extended to Airmen as well.

The Purple Heart is a bronze, heart-shaped medal with a purple ceramic heart incased in the center with a bust of Washington placed on top. Washington’s family crest is centered above the heart. Purple Hearts are made by hand at Graco Awards in Tomball, Texas.

Today the Purple Heart is awarded to service members and civilian nationals who, while serving in any capacity with an armed force of the



LANCE CPL. R. DREW HENDRICKS

The Purple Heart was originally known as the Badge of Military Merit and was awarded to troops who showed uncommon valor or virtue while accomplishing their missions. Today the Purple Heart is awarded to service members and civilian nationals who, while serving in any capacity with an armed force of the United States, are killed or wounded in action against an enemy of the United States.

United States, are killed or wounded in action against an enemy of the United States. The wound received must require medical attention in order to merit the Purple Heart.

Other actions that merit the Purple Heart include those who are killed or wounded as a result of:

- An act of any hostile foreign force.
- Friendly fire while actively engaging the enemy.
- Indirect enemy action. (Example: injuries resulting from parachuting from a plane brought down by enemy fire.)
- Maltreatment inflicted by their captors while a prisoner of war.
- International terrorist attack against the U.S. or a foreign nation friendly to the U.S., after March 28, 1973.

•Military operations while serving outside the territory of the United States as part of a peace-keeping force, after March 28, 1973.

The Purple Heart was also awarded retroactively to all service members who met any of these requirements before Feb. 22, 1932.

The first modern Purple Heart was awarded to Gen. Douglas MacArthur, who was one of the leading forces behind its revival, according to the MOPH.

From July 1958 to March 2003, there have been approximately 235,000 Purple Hearts awarded, according to the Military Awards Branch, Army Human Resources Command.

The most Purple Hearts received by one person is eight. Four Army soldiers share that distinction:

- Richard J. Buck - Four Purple Hearts for his

actions during the Korean War and four during the Vietnam War.

•Robert T. Frederick - Eight Purple Hearts in World War II.

•David H. Hackworth - Four Purple Hearts in the Korean War and four in the Vietnam War.

•Robert L. Howard - Eight Purple Hearts in the Vietnam War; he also received the Medal of Honor, the nations highest military award.

“The Purple Heart is the only decoration that attests, without question, to the bearer having been in combat and one that an individual can not be recommended for,” said Tom Poulter, the National Commander of the MOPH.

The Purple Heart stands as the oldest U.S. military decoration and the first to be made available to the common soldier.





# OBSERVATIONS

FEBRUARY 2, 2007

## From slavery to freedom

Story by  
Gunnery Sgt. Herrick A. Ross

Since 1926, when it was first observed as Negro History Week, the recognition of black history has been observed by many Americans. February 10, 1976, President Gerald Ford made the first Presidential Proclamation of African American History Month. This month was chosen because it is the birth month of both the abolitionist Frederick Douglas, born Feb 14th, 1818, and our 16th President, Abraham Lincoln, born February 12, 1809.

The African experience in the Western World was of moral and spiritual degradation. Easily identified by their dark bronze complexion and distinct physical features, it proved virtually

impossible to blend into the Western European population or escape bondage. Africans arriving in the New World were denied the right to practice their culture and forced to adapt parts of a new culture. The description of the Afro-American was and is considered today by some, one of inferiority and low intellect. The Afro-American has made contributions in almost every area of development in the New World, and recognition of these contributions cannot be denied.

American history was carved by the infiltration of Europeans into Africa. The Europeans would

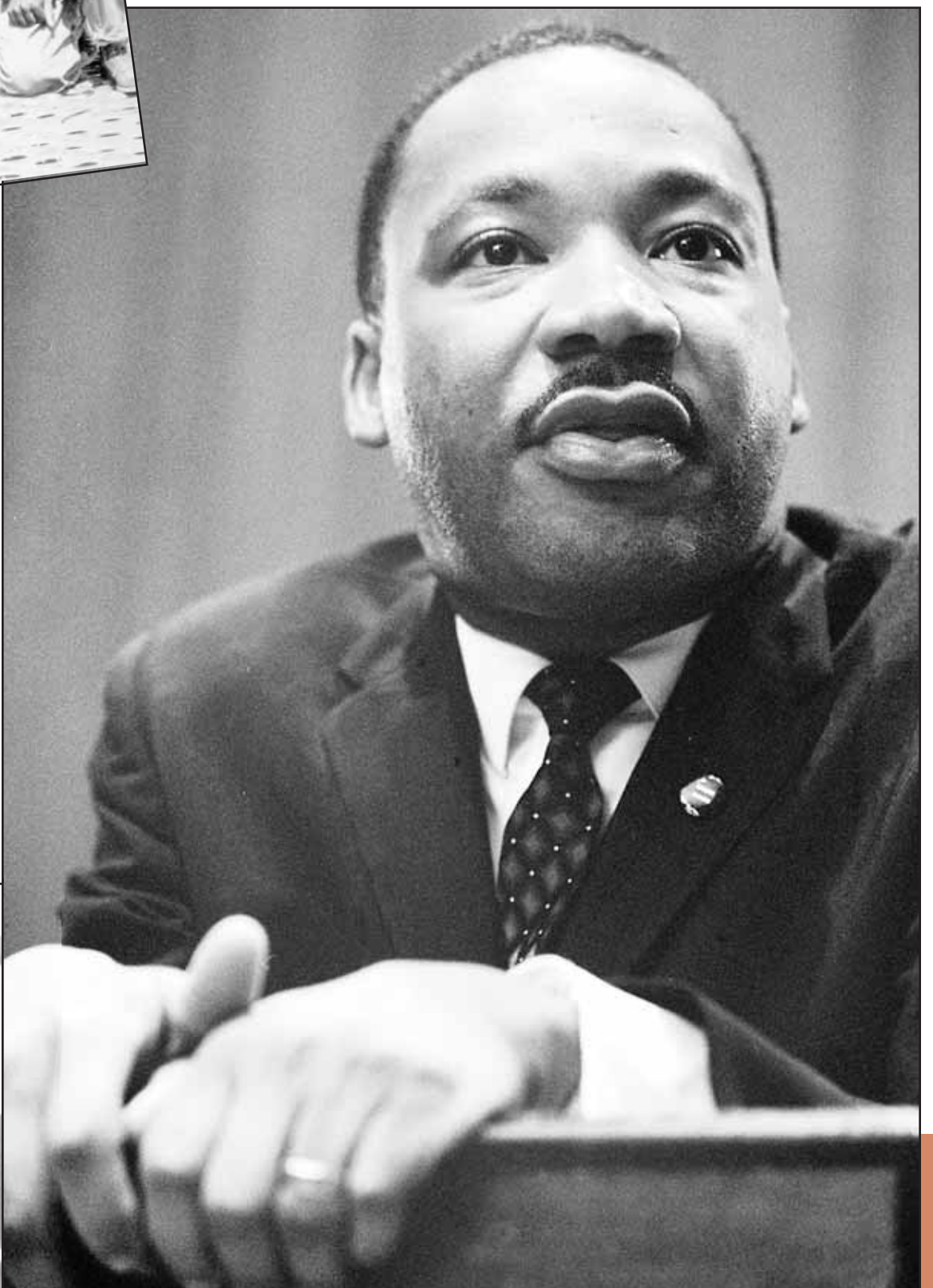
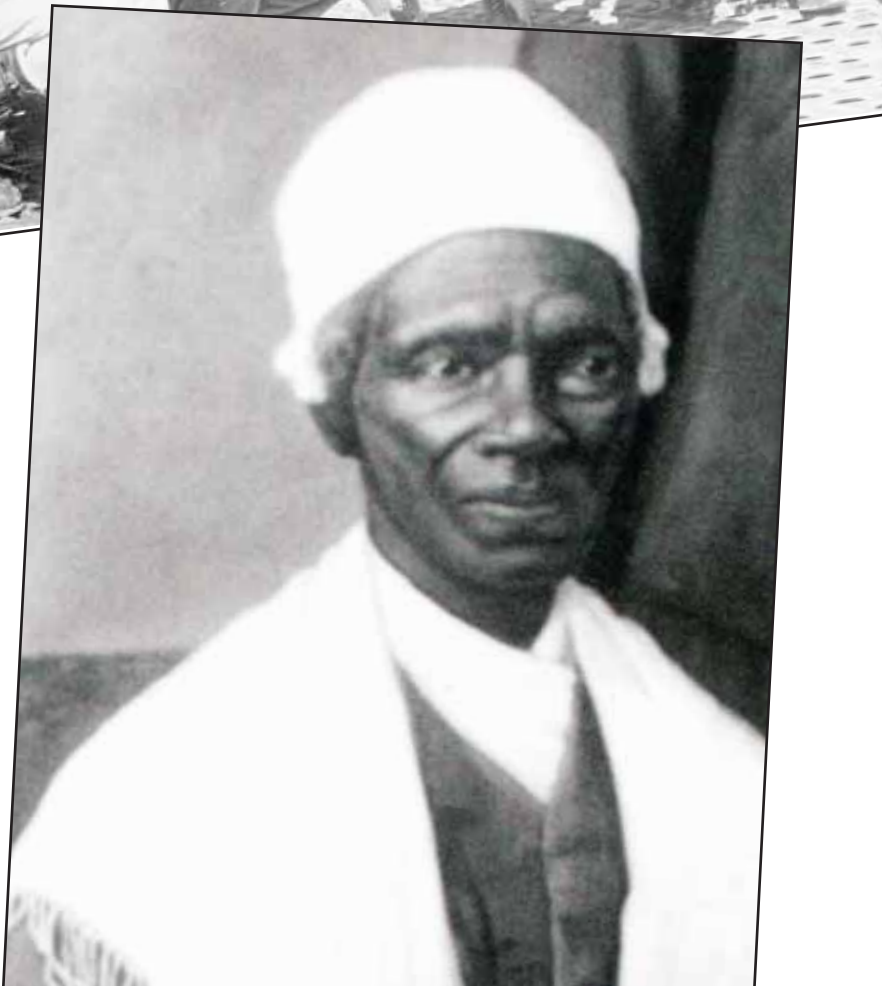
later discover a land that was unknown to them and start the colonies which would become the 50 states of America. A rich land requiring hours of cultivation placed a heavy demand on owners for laborers to maintain the field. American Indians and White indentured workers were initially used. Their population numbers and the difficulty encountered in confining them indefinitely were some of the factors that made them unfavorable resources for long term laborers. The burden eventually fell on the people of Southwestern Africa. Most were taken as prisoners of tribal wars or deceived by Europeans. The dealing of black flesh became a prosperous industry for the New World Colonies. During the 15th century the African slave trade reached new heights. Europeans took advantage of the conflict between the Sudan Empires and Arab invaders. The Europeans sold guns to both sides, and gold and slaves were taken for payment.

So what is African American/Black History Month? Many Americans think that it is a month for Black Americans to celebrate their culture. How wrong they are – the month is for all Americans to celebrate, reflect, and cherish the contributions made by Black Americans to the success and strength of our great nation. As many of our service mem-

bers are going off to join the fight, they go with the knowledge that the Marine, Sailor, Soldier or Airman on their side will protect their flanks.

The presence of Afro-Americans in every battle fought in the name of the United States of America can be documented throughout history. In most instances, Afro-Americans' capabilities during battle have been, and in some instances are today, unjustly questioned. Afro-Americans have distinguished themselves on the battlefield and some have made the ultimate sacrifice. They have not always been recognized, but their commitment dates back to the pre-Revolutionary War. When the American colonies expanded and demanded freedom from England, the call for service members was answered. Controversy often arose as to whether slaves should be allowed to enlist in the Revolutionary Army and take up arms against the British but still Afro-Americans were present in battles as the colonies fought for their freedom. Crispus Attucks preceded the involvement of Afro-Americans in the Revolutionary Army. He was involved in a conflict between Boston citizens and garrison soldiers from Great Britain's Army. Attucks was a runaway slave who became a sailor and the first person to die for the colonies' struggle for freedom.

See FREEDOM, B3



Clockwise from top: Tuskegee Airmen; Dr. Martin Luther King jr.; Rosa Parks; Sojourner Truth. All made significant strides toward equality for African-Americans.

## Healthcare expenses got you down?

# Tricare offers these tips

RICHARD GRAY  
TriWest Healthcare Alliance

Military families can reduce health care costs by taking advantage of money-saving features offered by TRICARE and TriWest Healthcare Alliance.

There are four key ways to save — (1) using generic drugs, (2) having medications delivered by mail, (3) keeping doctor appointments and (4) signing up for automatic payments.

### Choose Generic Drugs

With generic drugs, families can save as much as 40 to 60 percent on prescriptions without skimping on the quality of medications.

The U. S. Food and Drug Administration (FDA) requires that generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts and reports that about 42 percent of brand name drugs currently have generic equivalents.

### Fill Prescriptions by Mail

Fill generic drug prescriptions using the TRICARE Mail Order Pharmacy and save even more — as much as 66 percent off medicines sold at retail pharmacies.

For each prescription filled at a retail pharmacy, the co-pay for a month's supply is \$3 for generic, \$9 for brand name drugs, and \$22 for non-formulary medications. Mail-order customers pay the same amount but receive a 90-day supply — three times the amount they get when paying month-by-month at retail pharmacies.

Prescriptions are shipped in plain, weather-resistant pouches and received within 10 to 14 days after an order is placed, with no shipping and handling costs. Expedited shipping is available for an additional charge.

To enroll in this program, begin by telling your provider you want to use TRICARE's mail-order service and ask that he or she write two prescriptions — one for the first

month to fill immediately at a retail pharmacy and the other for a 90-day supply for the mail-order pharmacy.

A registration form is available by calling 1-866-363-8667, or visiting the Express Scripts Web site, [www.expressscripts.com/TRICARE](http://www.expressscripts.com/TRICARE). Mail the form with the prescription to the address provided on the form. Providers may fax the prescription, but faxes from other locations cannot be accepted.

### Avoid Missed Appointment Fees

One way to waste money is to miss a doctor's appointment or cancel a visit at the last minute, which causes problems for providers. Many TRICARE providers charge patients fees for missed appointments.

TRICARE regulations don't prevent providers from establishing their own policies regarding missed appointment fees. However, the provider must notify patients of this policy in advance and have the patient sign a formal agreement.

Most providers require that patients call to cancel or reschedule an appointment within a specific time, usually within 24 or 48 hours prior to the original appointment.

### Use Automatic Payment Options

Military retirees can save time and the hassle of stamps and post office visits by using TriWest Healthcare Alliance's automatic payment system to pay TRICARE Prime enrollment fees.

There are three automatic payment options available on [www.triwest.com](http://www.triwest.com): monthly allotments deducted from retirement checks; recurring credit card payments automatically charged to your Visa® or MasterCard®; and electronic funds transfers, deductions from a specified checking or savings account.

To register for automatic enrollment fee payments, visit [www.triwest.com](http://www.triwest.com) and select "online payments," then download and complete the applicable form (registered users may complete the EFT form online). Mail the



COURTESY PHOTO

Hold on to your money with tips from Tricare.

completed form and the first three-month payment (check, money order, or credit card information are acceptable) to the address on the form.

# Taking care of your child's teeth

## AMERICAN ACADEMY OF FAMILY PHYSICIANS

Taking good care of your child's teeth is important because even "baby" teeth help your child chew food and speak clearly. Baby teeth also hold space so permanent teeth can grow in straight. If you start your child off with good dental habits, your child will find it easier to keep those good habits forever.

### How should I care for my child's teeth?

You should start caring for your child's gums and teeth at

birth. Gently wipe your baby's gums with a soft, wet cloth after each feeding. When baby teeth appear, start cleaning them with a soft, child-sized toothbrush twice a day. In children up to 4 years of age, use a small, pea-sized dab of children's fluoride toothpaste. It is important to use a small amount of toothpaste so your baby does not swallow too much of it. Swallowing too much fluoride toothpaste can cause spots on your child's teeth.

### What is fluoride?

Fluoride helps make teeth strong and prevents tooth decay. If the water where you live does not have enough fluoride, your doctor may prescribe fluoride supplements (fluoride drops or pills). You would give these drops or pills every day, starting when your child is about 6 months old. Only give as much as the directions say to use, because too much fluoride can cause spots on your child's teeth. Children should take these drops or pills until they are 12 to 16 years old (or until you move to an area with fluo-

ride in the water).

When should I start taking my child to the dentist?

Take your child for a first dental visit within six months of the first baby tooth and by no later than the first birthday. This gives the dentist a chance to look for early tooth problems and to talk to you about how to care for your baby's teeth. It also helps your child feel okay in the dentist's office.

### Does anything help teething?

When teeth come through the gums, it can make your baby cross. The gum may be swollen where the tooth is coming in. You can ease the pain by rubbing the gums gently with your finger, letting your child chew on a teething ring or using a pacifier.

### How does diet affect my child's teeth?

Healthy eating habits lead to healthy teeth. Give your child a variety of foods. Sweets (candy or cookies), starchy foods (crackers) and sticky foods (raisins) stay in the mouth longer, so they can easily cause

tooth decay. If your child wants a snack between meals, offer fruits or vegetables. They're better for growing teeth.

### Is thumb-sucking bad for my child's teeth?

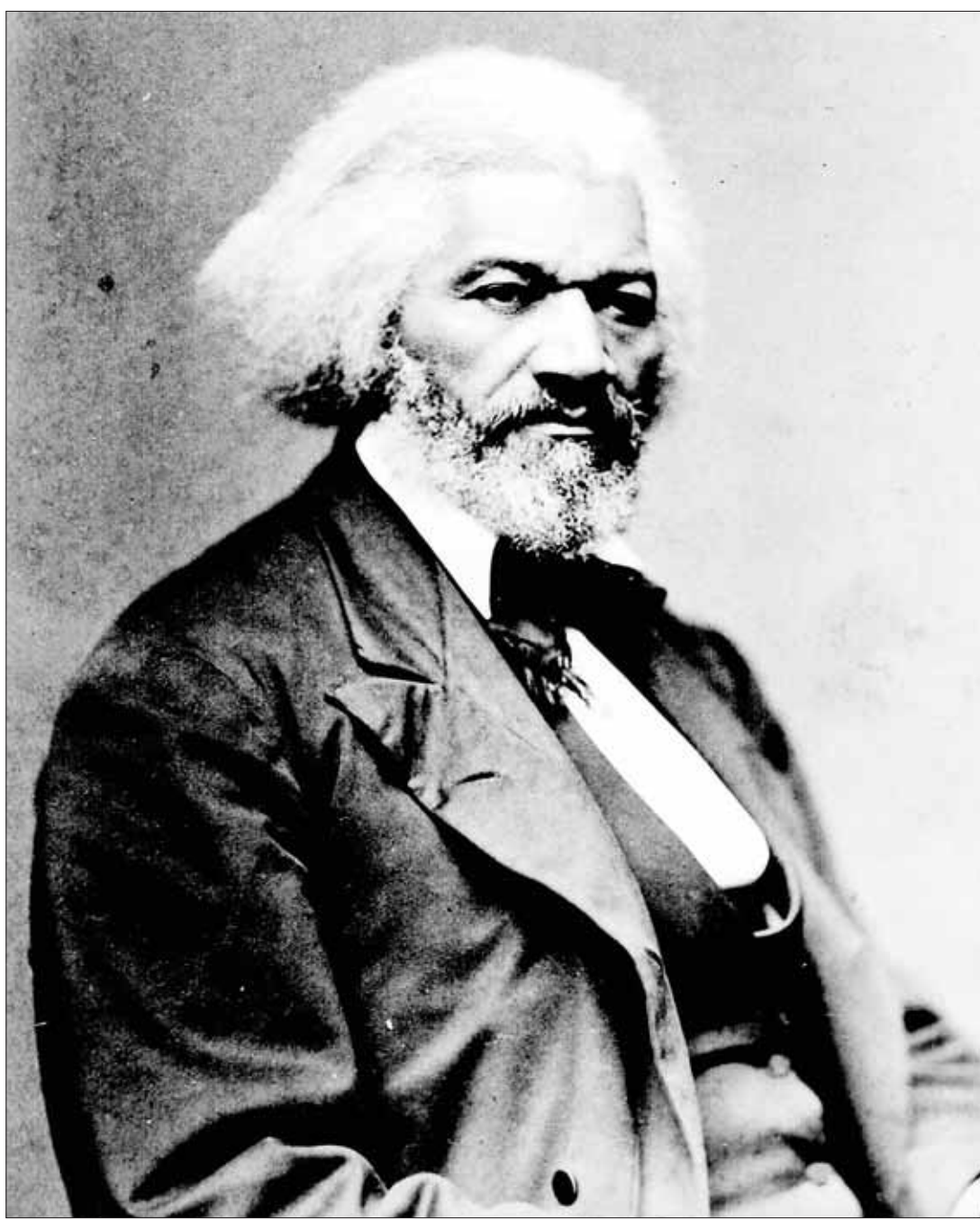
It is normal for children to suck their thumbs, their fingers or pacifiers. Most children give up this habit on their own by the time they are 4 years old and do no harm to their teeth. If your child still has a sucking habit after age 4, tell your dentist. Your dentist can watch for problems as the teeth grow. In most children, there is no reason to worry about a sucking habit until the child is 5 or 6 years old, when the permanent teeth start to come in.

### What is "baby-bottle" tooth decay?

Babies who go to bed with a bottle of milk, formula or juice are more likely to get tooth decay. Because the sugar in formula, milk or juice stays in contact with the teeth for a long time during the night, the teeth can decay quickly.

### Here are some tips to avoid baby-bottle tooth decay:

- Stop nursing when your child is asleep or has stopped sucking on the bottle.
- Try not to let your child walk around using a bottle of milk or juice as a pacifier.
- Start to teach your child to drink from a cup at about 6 months of age. Plan to stop using a bottle by 12 to 14 months at the latest.
- Don't dip your child's pacifier in honey or sugar.



PUBLIC DOMAIN

Frederick Douglass was a major Stationmaster on the Underground Railroad and he helped hundreds of slaves on their way to freedom.

### **FREEDOM from B1**

During the late 1700's Afro-Americans served proudly in the Colonial Militias. They met great opposition to enlisting in the newly-formed Continental Army after the Revolutionary War. Opposition ranged from fear of Afro-Americans with guns (slave uprising) to the concern that the Army would become a haven for runaway slaves. In 1775, only free Afro-Americans that had previously served could re-enlist in the Continental Army. All others were excluded. In 1777, this exclusionary clause was rescinded by General George Washington. The strength of his army had suffered the desertion of nearly three thousand men. By the end of the War, over five thousand Afro-Americans had fought in every major battle

for the freedom from the British.

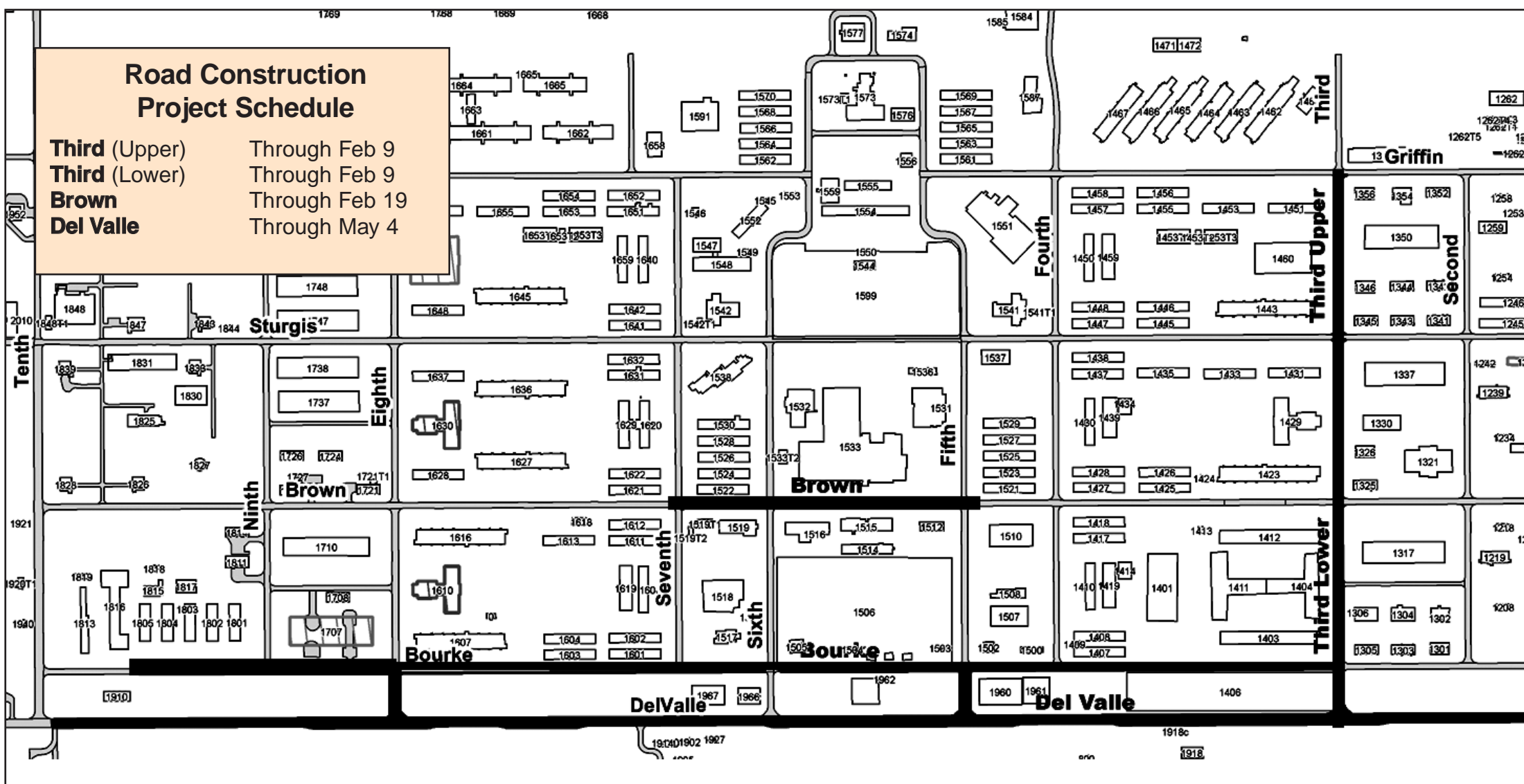
In the past, there were very few published accounts of Black History written in the early 1900's by Blacks or Whites. The material that was published usually gave a distorted perspective to the actual history. Today, with the abundance of sources of information, anyone can research on the significance of African Americans to the foundation of the United States. I encourage and invite everyone to share in and learn about the contributions made by Black Americans such as Annie E. Graham, Howard P. Perry, Warrant Officer Annie L. Grimes, Isaac Walker and SgtMaj Gilbert H. 'Hashmark' Johnson, to our beloved Corps. I also encourage you all to celebrate and embrace this month's special emphasis of the African/ Black Americans.



LANCE CPL. NICOLE A. LAVINE

Julius Smith, Company B, Marine Corps Communication-Electronics School, shoots over the hand of Jerome Hawkins, 1st Tank Battalion, during a game in the Commanding General's Intramural Basketball League Jan. 25 at the East Gym. Tanks went on to win the game 55-47.

# Detours abound aboard Combat Center



This is a map of road construction projects currently underway aboard the Combat Center.

**LT. CMDR. KEVIN M. NORTON**  
*RESIDENT OFFICER IN CHARGE OF CONSTRUCTION*

Paving, paving, paving. Resident Officer in Charge of Construction continues to repave many Combat Center streets. Everyone who found the Marine Corps Exchange should have received a 10% discount on purchases these past two weeks. MCX coupon days related to this project should be over as Brown Road is scheduled to re-open Friday. If Brown Road is still closed, then be sure to get your 10% discount when you shop at the Exchange.

**Current status of paving projects:**

1. Phillips Road between the tank

trail and Camp Wilson – 85% complete. The majority of Phillips Road has been re-opened with the exception of the turnoff area into Camp Wilson. This section is still bypassed with a dirt access road. The new concrete drainage construction at the turnoff is designed to mitigate the flooding experienced in that area. Final paving is scheduled to complete by the end of February.

2. Third Street between Brown and Griffin Road is schedule to be closed Feb. 5-23. This project includes the Sturgis and Griffin intersections. The Brown intersection will remain open.

3. Bourke Road is complete with the exception of the Eighth Street

intersection. An engineering redesign effort had to be accomplished to correct a drainage problem in that area. It is anticipated that this area will be completed by 23 February, in conjunction with the 3rd St project.

The \$3 million project to repave Del Valle Road from Adobe Rd to 10th St is nearing kick-off. Stoplights will be installed at the 3rd St and 5th St intersections as part of this project. Construction is scheduled from 01 March to 01 September. The long construction period provides flexibility to minimize the impact on Mainside traffic flow as much as possible. The Adobe Rd intersection is not part of this project. It is anticipated that

construction will complete before September as long as no major unforeseen events or conditions are experienced during the project.

The current plan is for the contractor to proceed by working in smaller sections of Del Valle, rather than along the entire stretch between Adobe Rd and 10th St. Certain aspects of the project, such as the placement of asphalt, are planned for accomplishment during a swing shift in order to eliminate impact to our 29 Palms "rush hour" periods.

Traffic will of course be hindered within each section the contractor is working. In some sections, traffic will only need to be re-routed in one direction to bypass the construction

zone, with normal traffic flow in the opposite direction. At other sections, traffic in both directions will need to be re-routed onto Bourke Ave for one or two blocks before flowing back onto Del Valle Rd. There should not be any major travel difficulties for delivery trucks, military vehicles, or POV's.

MCCS and Homecoming events at Victory Field and Del Valle Field will not be impacted, either, but traffic detours may be required.

Please be attentive to all traffic control signs in the Phillips Rd, 8th St, 3rd St, and Del Valle Rd areas. Feel free to contact LCDR Kevin Norton at ROICC 29 Palms, 830-7402, with any concerns.













