

OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

APRIL 20, 2007

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

VOL. 50 ISSUE 15

Family, friends honor fallen Marine

LANCE CPL. NICHOLAS M. DUNN
COMBAT CORRESPONDENT

A memorial service was held April 13 at the Combat Center's Protestant Chapel for a fallen Marine assigned to Combat Logistics Battalion 7.

Sgt. Alejandro Carrillo, a 22-year-old motor vehicle operator, was killed in action Jan. 30 on a combat logistics patrol in Al Anbar province, Iraq, while deployed with Security Company, Combat Logistics Battalion 5 in support of Operation Iraqi Freedom.

Carrillo was on his second deployment to Iraq. He was previously deployed from September 2004 to February 2005. Carrillo was chosen for his second deployment and, due to his stellar performance, was assigned to the position of 6th squad leader.

Lt. Col. Steven A. Simmons, the commanding officer of CLB-7, delivered the Commanding Officer's Address at the service.

"I thank him for his service," said Simmons at the end of his address. "I thank his family for his service. We will never forget him."



LANCE CPL. KATELYN A. KNAUER

See MEMORIAL, A6

Sgt. Maj. Timothius M. Robinson, the sergeant major of CLB-5, presents Carrillo's mother, Luisa Bravo, a folded American flag.

RCT-7 Marine earns two awards the hard way

LANCE CPL. NICOLE A. LAVINE
COMBAT CORRESPONDENT

Staff Sgt. Jasper K. Key, communication chief with Regimental Combat Team 7, was awarded the Purple Heart Medal and a Navy and

Marine Corps Commendation Medal at the 7th Marine Regiment Command Post parking lot April 13 for his outstanding leadership and injuries sustained during actions in support of Operation Iraqi Freedom May 25.

Key served with the Military Transition

Team, 2nd Brigade, 7th Iraqi Division, I Marine Expeditionary Force (Forward) from January to December 2006 in support of Operation Iraqi Freedom. It was during this time he sustained his injuries.

"I didn't expect a formation or anything like this," said Key as he scanned the men who attended his presentation. "I thought I'd get a bunch of thanks around the office, but not this."

While on a vehicle patrol in the Al Anbar province area, the last humvee, which was being maneuvered by Key, was struck by a remote-detonated improvised explosive device hidden on the side of the road.

While he and the other four Marines in his vehicle lived, an Iraqi major, who was sitting in the back seat, was killed.

Key's injuries, which included an internal chest wound and lacerations on his arms and legs, kept him bed-ridden for two weeks. After his recovery, Key went right back to work.

The citation for his Navy and Marine Corps Commendation Medal stated that Key was awarded for his positive leadership, patience and superior technical skills, which were vital to the development of 40 Iraq communications officers and soldiers, the accountability and maintenance of more than 600 communication assets and implementation of half a dozen communication assets. Those assets included telephones, Motorola radios, high frequency tactical

radios, and internet protocols. Additionally, his superior performance as a driver and the team's blue force tracker technician for more than 80 convoys was critical to the transition team's success.

"It [communications advisor position] was a great opportunity to work with the military transition team and see a different side of the Iraqi people," said Key.

Lt. Col. Jeffrey J. Kenney, Military Transition Team leader and officer-in-charge for advanced training group for I MEF, sat behind Key when the detonation took place. He said Key was a humble man, but deserved every bit of recognition he received for both awards.

"Staff Sgt. Key is a total combat Marine," said Kenney, a native of Harvard, Conn. "Although all the Marines over there did a great job, Staff Sgt. Key did the work of at least 20 Marines. If I had to go back, I would want to bring Staff Sergeant Key and the rest of these men with me."

Kenney continued to say that he would trust both his sons, who are active duty Marines, under the supervision and leadership of Key without hesitation or doubt.

"If my sons turn out half as good of a man as Staff Sergeant Key, I'll be a proud man."

As Staff Sgt. Key's ceremony concluded, Marines and sailors of every rank approached him to shake his hand, wish him thanks, and credit him with a job well done.



LANCE CPL. NICOLE A. LAVINE

Staff Sgt. Jasper K. Key wears a Purple Heart Medal pinned by Col. William B. Crowe for injuries sustained during his duties in Iraq in May supporting Operation Iraqi Freedom.

Weekend Weather

Friday		69/44 Cloudy, chance of rain
Saturday		72/52 Sunny
Sunday		77/53 Cloudy & windy

Inside this issue

- A4: 3/4 advance party returns
- A6: Marines obligated to serve jury duty
- A8: Cooks of the Valley grill it up

Observations



Local author holds book signing

This Day in Marine Corps History

— 1861 —

Marines helped burn Norfolk Navy Yard to prevent Confederate seizure.

MAGTFTC SAFETY ACCIDENT PREVENTION SAFETY GRAM

001-14

Safety office; (760) 830-8465

Drunk drivers how to spot and remove them

How often have you seen someone driving down the road and you were pretty sure was drunk, or at least driving dangerously? Haven't you said to yourself, "I wish a Police officer or an MP was here to see this and pull this guy over!"

In 2006 drunk drivers caused 16,885 people in the United States to die in alcohol-related motor vehicle crashes, representing 39% of all traffic-related deaths nationwide. Locally during 2006 in San Bernardino county, California; drunk drivers killed 135 persons, injured 1,841 persons, and 10,895 DUI arrests occurred. While these statistics are alarming, the easiest method for removing a drunk drive is through actively identifying them and reporting them to the appropriate authorities.

Drunk drivers give off numerous clues to their dangerous condition. Learn to spot them, avoid them in traffic, and report them to the proper authorities. The following information will help you the driver, identify drunk drivers and keep them off the roadways:

1. Drunk drivers have trouble staying in the right position in their lane of traffic. Look for:

- Weaving
- Swerving
- Straddling the lines that mark lanes
- Turning with too wide a radius
- Drifting around within their lane
- Almost hitting something.

2. They don't brake and accelerate normally:

- They stop too far away or too close to things
- They brake in a jerky manner.
- They speed up or slow down for no apparent reason.
- They drive more than 10 mph under the speed limit.

3. They don't pay attention and have lost

situational awareness:

- They drive in the wrong lane or the wrong way on a one-way street.
- They have slow response to traffic signals or markings
- They stop for no apparent reason
- They drive without headlights at night
- They fail to signal, or signal and then do not following through with the turn

4. They show poor judgment:

- They follow too closely
- They change lanes improperly or dangerously
- They make illegal or improper turns resulting in driving on something other than the street
- They display unusual behavior

5. How to Report a drunk driver while on the roadways of California:

- Call 911 and tell them you wish to report a drunk driver
- Give the exact location of the vehicle, including the name of the road or cross streets and the direction the vehicle is traveling
- Give a complete description of the vehicle, such as make, model, color and license plate
- Describe the manner in which the vehicle is being driven.

6. How to Report a drunk driver while aboard MCAGCC

- Call 830-6800 and tell the MP Desk Sergeant that you need to report a drunk driver
- Give the exact location of the vehicle, including the name of the road or cross streets and the direction the vehicle is traveling
- Give a complete description of the vehicle, such as make, model, color and license plate.
- Describe the manner in which the vehicle is being driven.

Accidents are an unacceptable risk to mission accomplishment!

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By Gunnery Sgt. Charles Wolf



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C.O.P. Corner

Community Oriented Policing

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Presented by the Provost Marshal's Office Crime Prevention Section

Homecoming

This is the most important time of our lives, when a loved one comes home. There are some important things that need to be taken into consideration when husbands, wives, and significant others come home.

One of the most important things to be on the look out for is Combat/Operation Stress. Some signs to look for are:

Emotional/ Mental

- unusual anxiety, fear, guilt or spiritual issues
- persistent numbness, despair or depression
- severe negativity, irritability or anger
- obsessive thoughts, flashbacks, hallucinations or nightmares
- poor concentration or memory loss
- loss of confidence

Physical/Behavioral

- trouble falling/staying asleep
- jumpiness/reactions to loud noises
- unusual fatigue, slow reactions
- heavy feeling
- uncharacteristic aggressiveness, recklessness or carelessness
- abuse of alcohol or other drugs

If you notice any of these signs, don't be afraid to seek help.

For more information visit buildings 1437 or 1438 Counseling Services or call the A.I.D. L.I.F.E hotline at 1-800-479-3339.

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

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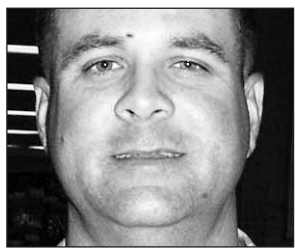
Signature _____

Marines, Sailors, and cab drivers: MCAGCC will reimburse any 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 I.D. card. Thank you for participating.

Centerspeak

"If you could be a Marine in any era when would it be"

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



CHIEF WARRANT OFFICER 2 EDDIE H. FERNANDEZ
1ST BATTALION, 24TH MARINE REGIMENT



LANCE CPL. ADAM D. HERZOG
1ST BATTALION, 24TH MARINE REGIMENT



PFC JUSTIN R. BONZATO
1ST BATTALION, 7TH MARINE REGIMENT

"I'd be in right now. All the things we are doing for our country right now are turning points in the world's history."

"I would want to be with my grandpa at Iwo Jima"

"The beginning, because I want to see the way it was started and how it developed into what it is today."

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 830-5472

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

OBSERVATION POST

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HOT TOPICS

TAX CENTER CLOSES

The Tax Center, located at Bldg. 1551, closes today. It will be open from 8 a.m. to 3:30 p.m. If you need assistance with your taxes please go to the Tax Center today. If you need tax preparation assistance after the tax center closes today, your options available online are:

TaxCut Basic Online by H&R Block at www.militaryone-source.com is available for active duty, guard, reserve, regardless of activation status, and family members. There is no income limit. This tax program will prepare and e-file one federal and one state return per military member. If there are additional states you may prepare and then mail those in. A toll free number is available for tax questions. The number is 800-730-3802.

IRS.gov lists free file services that are limited to taxpayers with an Adjusted Gross Income of \$52,000 or less. Some services have age limitations, i.e. if you are age 50 or under. Some companies offer free state tax return preparation and e-filing and others may charge fees. Visit IRS.gov and click on 2007 Free File for more information.

HOSPITAL EXPANSION PROJECT UNDERWAY

The Robert E. Bush Naval Hospital Pharmacy expansion project is underway. This project involves enclosing the alcove area between Mental Health and the main hospital. During the project there will be a moderate amount of noise and dust in this area. Since the Galley patio area is near the construction site, noise and dust levels may be higher than normal. Please take this into consideration if you choose to eat lunch in this area. Access to and from the patio area will be limited to the Galley and ground floor entrances since the stairs in the patio area will be secured.

This construction will also affect access between the main hospital and the clinics. The public corridor that leads from Mental Health to the hallway in front of the Radiology Reception Desk will be secured. Public travel between the Laboratory/Radiology/Pharmacy/ER areas and the clinics will have to be routed through the hospital's main entrance.

The staff access hallway behind the clinics will not be affected. Please do not direct patient and visitors to use this hallway since it poses significant security and privacy issues. When it is expedient to good medical care, patients may be personally escorted by a hospital staff member; however, this should be done discretionally. The projected completion date for this project is approximately late July.

If you have questions or concerns, please feel free to either contact the Director of Public Health Services at 830-2206 or the Facilities Manager at 830-2395.

CAC INFORMATION

For those individuals needing to have their pin unlocked or reset, please come to Bldg. 1529. This building is located across from Taco Bell. For those individuals needing a new card or need to have certificates added to their CAC,

please go to the DEERS ID center located in Bldg. 1551.

VISTA DEL SOL PORTABLE AIR CONDITIONER TOWN HALL

The Military Family Housing Office will host the final town hall meeting for Vista Del Sol residents concerning the issuance of portable air conditioners. The meeting will be held at the Protestant Chapel, Bldg. 1541 Saturday at 9 a.m. Residents are required to attend this brief prior to being issued portable air conditioners.

ROAD CLOSURES

Del Valle Road will be repaved from Sixth to Tenth Streets beginning around Monday. Northbound traffic will be routed up Sixth Street to Brown Road, then down Tenth Street back to Del Valle Road. Southbound traffic will be routed up Tenth Street to Brown Road, then down Sixth Street back to Del Valle Road. Please be attentive to all traffic control signs.

LEISURE ITEMS

SNCO CLUB CASINO NIGHT

Hashmarks Staff NCO Club will host another popular Casino Night on April 27. Doors open at 4:30 p.m. and play begins at 6 p.m. The evening is open to NCOs, SNCOs and Officers. For more information, call 830-6610.

CYTP TEEN LOCK IN AND BBQ

CYTP will be hosting a Teen Lock In and barbecue Friday until Saturday from 8 p.m. to 8 a.m. at YATO Bldg. 692. The teens will enjoy an evening of barbeque, games and movies. Space is limited so make your reservations now. The cost for teen members is \$5 and \$10 for all others. For more information, or to sign up, call 830-3227 ext. 276.

SMP CABAZON OUTLET MALL TRIP

The Single Marine Program will be taking a trip to the Cabazon Outlet Mall Saturday. We will be departing the Zone at 10 a.m. The cost for transportation is \$5. You asked for it! You got it! Come and shop at all your favorite stores like Tommy, Liz, GUESS, Greg Norman, PUMA, Sunglass Hut, Oakley and many more. For more information, please call 830-4767.

LIFELONG LEARNING LIBRARY HOST NO TV WEEK

Lifelong Learning Library will host No T.V. Week April 23 - 27. Pledge to spend the week without the T.V. Fill out activity charts and turn them in. Families can compete with others and win prizes. Register through today at the Lifelong Learning Library. Everyone is invited, families or groups of friends. For more information, call 830-6875.

MCCS HOST CAREER FAIR

The Marine Corps Community Services Career Resource

Office will host a Career Fair Wednesday from 9:30 a.m. to 1:30 p.m. at the Community Center, Bldg. 1004. This is a great opportunity for transitioning military personnel, spouses and retirees to speak with prospective employers regarding careers as they transition to civilian life. More than 50 employers will be in attendance to provide information for exciting careers. Business dress or uniform of the day is highly suggested. Bring plenty of resumes and come ready to interview. Open to all eligible patrons. For more information call Career Resources Office at 830-7225.

RIDGE RUN 2007

In the spring of each year, Range 100 springs to life, bringing with it both anticipation and anxiety. These emotions are felt by the many of more than 250 people who show up for one of the largest sporting events the Combat Center holds annually. Hosted by the Naval Hospital, the 21st Annual Ridge Run will take place April 27, with registration starting at 6 a.m. The event offers a modest 5k course, which is mostly flat, as well as a rugged and challenging 8k course. The 8k course will take runners over, around, and through the ridges and peaks that serve as a backdrop for the Naval Hospital. Squads and individuals are welcome to register for either of the courses. The participation fee ranges from \$5 to \$15, depending on your category and whether or not you want a T-Shirt. Those interested or needing more information should contact Lt. j.g. Tom Nelson at 830-2029 or Lt. j.g. Thida Buttke at 830-2474.

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 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 Fri 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 9 a.m. Worship*

LAY-LED INDEPENDENT BAPTIST SERVICE

Christ Chapel

Sun 11 a.m. Worship

LAY-LED GOSPEL SERVICE

Christ Chapel

Sun 12:30 p.m. Worship

LUTHERAN SERVICE

Immaculate Heart of Mary Chapel

Thurs. 4:30 p.m. Worship & Communion

MID-WEEK EVENTS

MONDAY

Immaculate Heart of Mary Chapel

Mon-Fri 11:45 a.m. Catholic Mass

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

Chap Flint 830-6187

Base Housing

6 p.m. All Hands Bible Study

Chap Taylor 830-7413 for location

WEDNESDAY

Village Center

11:30 a.m. Prayer Meeting in the Prayer Room contact Chap Flint 830-6187

6 p.m. Right of Christian Initiation for Adults*

Immaculate Heart of Mary

6 -7:00 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

7:00 p.m. Lay-Led Gospel Bible Study

THURSDAY

Immaculate Heart of Mary Chapel

4:30 p.m. Lutheran Divine Service with Communion

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

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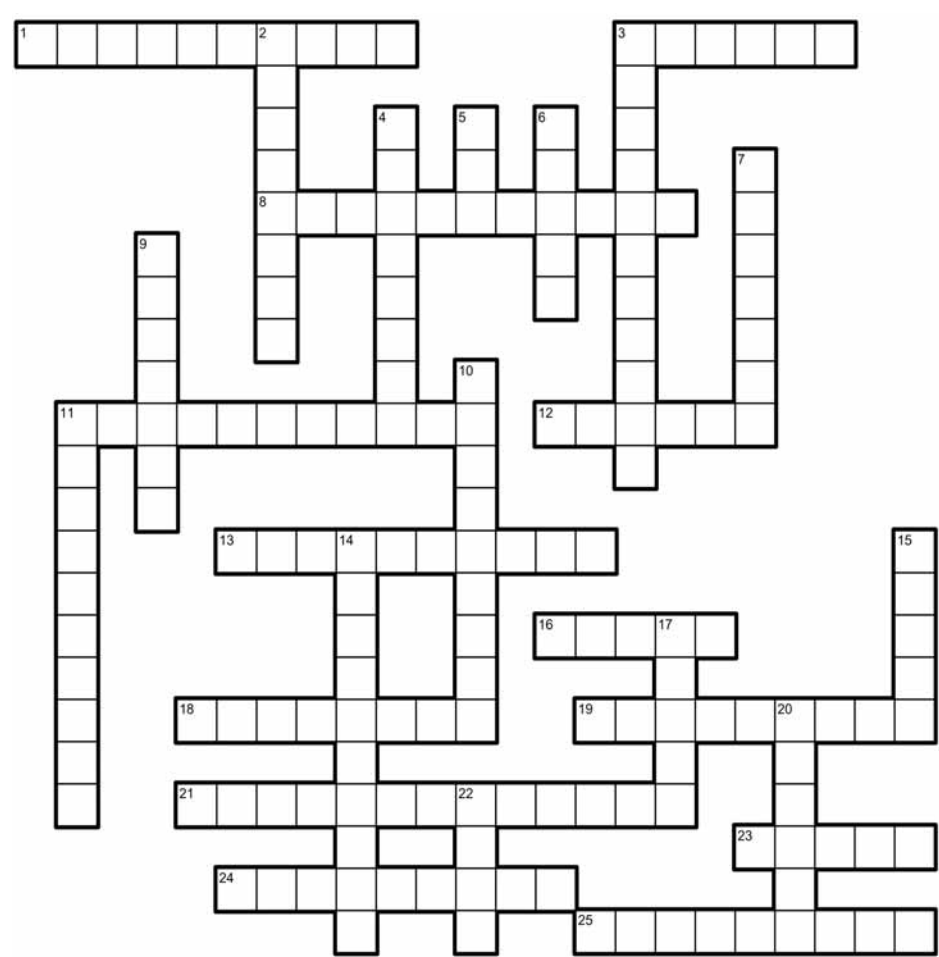
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Your mission changes every day. And you need a convenient, compliant way to acquire the essential supplies you need to get it done. GSA Global Supply offers a vast selection of the products the Marines need to function - in war time and all others. Gain access to our products with your government purchase card or DoDAAC, browse our product offerings and order directly from GSA Global Supply by phone, fax or our web site. Or, you may order GSA Global Supply products through GSA Advantage!, DOD EMALL, or electronically via MILSTRIP requisition. Should your mission require an item that GSA Global Supply doesn't currently offer, our procurement experts are available to help you locate it. Whenever you order from GSA Global Supply, you can order with confidence - knowing that you're adhering to FAR, JWOD, socioeconomic and environmental mandates. Most importantly, GSA Global Supply allows you to purchase more of what you need through a more streamlined, easy-to-navigate, fully supported process. For more information or to place an order, visit www.GSAGlobalsupply.gsa.gov. Or call our customer service representatives at 1-800-525-8027.

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FIELD GEAR



ACROSS

- 1. Small, camouflaged backpack used for patrolling
- 3. Kevlar material that covers and protects your head
- 8. Soft hat with a brim all around
- 11. Protective vest
- 12. Rifle, pistol or Ka-Bar
- 13. Used with a red lens
- 16. Worn under footwear; some stink
- 18. Protects ears from loud noises that cause damage.
- 19. Tissues used for field showers... or toilet paper
- 21. Kills germs and bacteria on hands
- 23. High-Mobility Multipurpose Wheeled Vehicle
- 24. Water container that straps to your back
- 25. Chemiluminescent stick

DOWN

- 2. Snacks
- 3. Toiletry items
- 4. Lotion that protects the skin from sun burn
- 5. Meal Ready to Eat
- 6. small, portable shovel (_ - _)
- 7. Small, green water container
- 9. Identification worn around neck at all times
- 10. Camouflaged blouse and trousers
- 11. Source of communication; 0621 - _ _ _ _ operator
- 14. Protective shaded eyewear
- 15. Protective footwear laced to your feet
- 17. Detachable bayonet (_ - _)
- 20. A soft surface to sleep on
- 22. Individual First Aid KIT

[Solutions on A6]

3/4 advance party returns, main body close behind



Cpl. Robert M. Clark, a Fresno, Calif., native, hugs his gradmother, Rosie, and grandfather, Alexander, upon his return home from a deployment in support of Operation Iraqi Freedom.

LANCE CPL. NICOLE A. LAVINE
COMBAT CORRESPONDENT

The Combat Center welcomed home 25 Marines and sailors from 3rd Battalion, 4th Marine Regiment as they returned home from their fourth deployment April 13 at Victory Field.

The unit, also known as the "Darkside," began deploying Marines and sailors to Al Anbar province, Iraq, in August of last year. For roughly 60 percent of the unit, this was their first deployment.

The Darkside, with its upstanding reputation as the first Marine unit to be deployed to Baghdad and as the Marine unit who assisted in the tearing down of the Saddam Hussein statue at Fardus Square, continued to protect a nation fighting for the means to control insurgency and violence.

While in Iraq, 3/4 patrolled cities along the Euphrates River, mentored local Iraqi Security Forces, and maintained security on the Ramana Bridge, which

stretches across the Euphrates River and was built in December 2006.

The Ramana Bridge replaced the Ribbon Bridge, which served as a short-term tactical element in counterinsurgency action, according to an article written by Cpl. Michael S. Cifuentes, a combat correspondent attached to 3/4.

Actions were taken in that location because of the lack of coalition forces in the past. The river, which has been a perpetual obstacle for Marines, has seen much insurgent activity for that very purpose, said Maj. Joseph M. Turgeon, battalion operations officer.

In addition to conducting foot and vehicle patrols, assisting Iraqi Security Forces with their proficiency and strengthening the independence and authority of the new Iraqi Police Force and Iraqi Army, the unit proactively launched a battalion-level operation to disrupt insurgent activity along the river in December of last year. The 18-day operation was completed Jan. 15, and

resulted in the discovery and destruction of almost 15 weapons and munitions caches, as well as detailed searches of more than 20 villages lying near the river. Even after the operation, the battalion discovered more than 155 improvised explosive devices, 12 land mines, and more than 78 weapons caches hidden along farm land and streets along Euphrates River cities.

The hard work and proficient execution of duties earned the Marines and sailors of 3/4 a visit from two important men.

Gen. James T. Conway, the commandant of the Marine Corps, and Sgt. Maj. John L. Estrada, the sergeant major of the Marine Corps, visited Marine Base Camp Al Qa'im, Iraq, April 6.

During the visit, Conway reminded Marines and sailors that despite the political debates about the necessity of American forces' presence there, the American public still stands behind the men and women making the great sacrifices.

The rest of the battalion is scheduled to return next month.

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I Co., 3/4 walks beat, prepares for return

CPL. MICHAEL S. CIFUENTES
COMBAT CORRESPONDENT

Task Force 3/4, has been deployed to Al Anbar province since September. Since then, they have found and rendered safe more than 155 improvised explosive devices and 12 land mines. They've also found more than 78 weapons caches. They currently serve under Regimental Combat Team 2, a command responsible for more than 30,000 square miles and 5,500 U.S. Marines and sailors in Al Anbar province.

Col. H. Stacy Clardy, commander of RCT-2, said the Marines manning this area of combat operations are responsible for the security and stability of Al Anbar and Iraq and "these IEDs are designed to destroy and destabilize; to create fear and mistrust."

Long days and nights of patrolling these Euphrates River cities are still paying off, say the Marines here, as they continue to round up wanted and suspected insurgents. The Marines are also tasked with working alongside the local Iraqi Security Forces, imparting with them military tactics and procedures essential for manning this country on their own.



Marines with Company I, 3rd Battalion, 4th Marine Regiment, patrol through farm terrain recently with their heads down and eyes peeled in search of improvised explosive devices and weapons caches just off the banks of the Euphrates River in Iraq's western Al Anbar province.



A Marine mobile assault platoon with Company I, 3rd Battalion, 4th Marine Regiment, stop and dismount passengers during a vehicle patrol in Iraq's western Al Anbar province.



Lance Cpl. Andrew R. Crowell, a Marine rifleman with Company I, 3rd Battalion, 4th Marine Regiment, shakes hands with some of the young locals Iraqis during a patrol in a farm region right off the banks of the Euphrates River in western Al Anbar province, Iraq.



Cpl. Blake C. Born, a Marine rifleman with Company I, 3rd Battalion, 4th Marine Regiment, gives a couple pens to two Iraqi children during a patrol in a farming region just off the banks of the Euphrates River in Iraq's western Al Anbar province.

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MEMORIAL from A1

Following the commanding officer's address, 1st Lt. Kimberly Byrd, the executive officer of Security Company during the deployment, delivered Carrillo's eulogy.

"He was everything the Marine Corps expects of a non-commissioned officer," said Byrd. "He led by example. Anything that he required the Marines to do, he was right there with them each step of the way."

"To this day, when I think of Sgt. Carrillo, all I can do is smile," she added. "Although his death is absolutely heart-breaking, we should, as he would do, smile."

Cpl. Abismael Rodriguez and Sgt. Jason Sherwood spoke on Carrillo's behalf by delivering the Marine's Tribute. Then Lance Cpl. Ericka Sanchez read a Bible scripture, Isaiah 40:27-31, in Carrillo's memory.

A slide show was presented after the scripture reading to honor Carrillo. The show contained pictures of Carrillo with his fellow Marines in Iraq and of Carrillo with his family. The final slide read: "Sgt. Carrillo - gone but never forgotten."

Carrillo is survived by his wife Maria and his son Alejandro jr.; his father Daniel and his mother Luisa Bravo; two brothers, Juan and Luis, his half-sister Diana, and his step-brother Alan.

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SOLUTIONS



COURTESY PHOTO

Marines who are summoned for jury duty are required to serve by law, however, many Marines are not aware of this requirement. Only a Marine's battalion commander or commanding general may exempt them from serving.

Marines obligated to fulfill civic duty

LANCE CPL. NICHOLAS M. DUNN
COMBAT CORRESPONDENT

Marines from the Combat Center are constantly summoned to serve jury duty in the local community.

The question is: do they have to comply? The answer is yes.

"If a Marine gets pulled for jury duty in San Bernardino County, not only are they required by law to serve, but it's also their civic duty," said Maj. Lisa B. Muscari, the military justice officer at the Staff Judge Advocate office. "I feel that Marines owe it to their community. Plus, Marines have strong ideals, making them good for the job."

According to Secretary Navy Instruction 5822.2, there is an automatic State Court exemption for all general/flag officers and commanding officers, and all personnel assigned to the operating forces; in a training status; and those stationed outside the United States are exempt from serving on state juries. In addition, there is a discretionary exemption given to all spe-

cial courts-martial convening authorities, who may make a determination to exempt members from State and Local Juries, if jury duty would unreasonably interfere with the performance of their duties, or adversely affect the readiness of the command as a whole.

"Marines make up a large population in this area," said Jessica Brown, an administrative assistant at the Joshua Tree Courthouse. "We need them to serve jury duties. They are called up just as often as the general population."

"Unfortunately, Marines try to get out of jury duty almost every time they're called up," added Brown.

"What Marines don't know is that you can't excuse yourself from jury duty," said Mascari. "Only their battalion commander or commanding general can excuse Marines. If you have issues, you must consult your chain of command."

There are other ways of being excused from jury duty, said Brown. You are only required to serve once every year, so if you have already served that year, you can be

excused. Also, if a Marine is preparing to deploy, currently deployed, has just returned home from deployment or is on block leave, they can also be excused.

Brown added that Marines get paid a certain amount of money to serve on juries, depending on how many days of work they miss.

"Most cases last approximately one week, but some may take as little as three days to complete," said Brown.

"I think it's important for Marines to remember that when they stand jury duty, they are representing the base and the Marine Corps," said Muscari. "They should feel obligated to perform those duties for their community. Plus it could be an interesting learning experience for them."

Now, Marines can be armed with the knowledge that unless special circumstances apply, they are required by law to serve on a jury when summoned.

For more information regarding jury duty, or legal advice, contact the Legal Assistance office at 830-6111.

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Chicago execs learn what it's like to be one of the few, the proud

SGT. MEL LOPEZ
HEADQUARTERS MARINE CORPS

WASHINGTON — As part of the Commandant of the Marine Corps' new outreach initiative, 11 senior civilian business leaders visited the National Capital Region April 13 to discuss concepts and programs critical to today's military.

The men are part of the Vistage Group, an organization of business owners and chief executives from the Chicago area who made up the first-ever Marine Corps Business Executive Forum. This enduring program is designed to provide a brief glimpse of the operations of the Corps from an insider's point of view.

The group's one-day visit to the Washington area started with a tour of the Pentagon, where the men were able to see some of the inner-workings of the entire United States' military.

The tour was followed by a current operations brief by Lt. Col. Lawrence Oliver, Current Operations Group Head, Policy, Plans and Operations, Headquarters, Marine Corps. Also on-hand for the initial brief was HQMC Judge Advocate Division Director Brig. Gen. James Walker, and HQMC Public Affairs Director Brig. Gen. Robert Milstead.

The Marines used this time to briefly discuss operations in Iraq and Afghanistan, as well as the organizational structure of the Marine Corps, the disposition of the various Marine Corps units and the military's peacekeeping effort in the Middle East.

Next stop for the executives was Weapons and Training Battalion at Marine Corps Base Quantico where the group first received an overview of the Corps' Precision Weapons Section. SSgt. Kenneth Bain, PWS repairman, provided a detailed brief on the different types of weapons systems used by Marines in battle such as the M16A2 service rifle, the M-9 Beretta pistol and the M-40 sniper rifle.

Bain also took time to showcase some of the more specialized weapons including the bolt-action M24 sniper rifle, the Marine Expeditionary Unit (Special Operations Capable) variant of the M-9 pistol, and the competition version of the M16A2 service rifle used in national matches.

Not to leave the forum members with an unfulfilled thirst for firepower, the group was given the opportunity to throw some lead down range.

After detailed safety and handling instruction, and a two-hour delay because of a forest fire on the range, the group was finally able to get behind a "hot" weapon. They fired a number of rounds from the M-9, M-16 A2, M-4, AK-47, M-249 Squad Automatic Weapon, and the M-240G Machine gun.

"I've been around guns for a number of years," said George Cochran, former soldier and chief executive officer of the Cochran, Corinia and Waller law firm from Chicago, Ill. "Being able to fire weapons that I've never been able to fire before gave me a great respect for weaponry."

The tour ended with a trip to the National Museum of the Marine Corps, where the

executives viewed various exhibits such as the original Medals of Honor worn by Marine icon Sgt. Maj. Dan Daly and the original flag that was raised when the Marines stormed the island of Iwo Jima in World War II.

Joe Romanowski, CEO and owner of Machinery Systems, Inc., Schaumber, Ill., felt the tour of the museum was probably the most sobering and influential part of the trip. He recalled stories of a friend and former Marine who described his days at the Chosin Reservoir during the Korean War.

"He told me many stories about how cold it was and how [the Marines] were stuffing newspapers down their [trouser] legs and around their bodies," he described. "They were just trying to do anything they could to keep warm."

Romanowski was impressed at how the Chosin Reservoir exhibit captured the Marines' experience in such detail.

As a former Chief Executive Officer of a Chicago based news company, Richard Gilbert's view of the Marine Corps has always been

highly favorable, but he said there was something special about interacting with the Marines that made a lasting impression on him.

"These young men and women are patriots, and we're just lucky to have [people] like that," said Gilbert.

As the group's chairman, he noticed everyone was very amazed with the devildogs' visible work ethics.

"I think what impressed me was when I saw the businessmen come in contact with these Marines and say 'wow!'" Gilbert exclaimed, talking about how each member of his group was impressed with the professionalism and conduct of all the Marines involved in putting the day's events together. "I don't know what they're going to do when they end their career in the Marine Corps, but we'd sure as heck like to get them involved in our companies!"

Cochran reiterated Gilbert's comments about the camaraderie he observed within the Marines.

"I saw a sense of teamwork and a sense of belonging to something special that struck



SGT. MEL LOPEZ

Sgt. Jacob Librizzi, instructor at the Small Arms Weapons Instructor School at Marine Corps Base Quantico, Va., teaches a Vistage group member the basics of sight alignment and sight picture while aiming at a target downrange.

me in so many ways throughout the course of the meetings today."

Milstead stated that the event will become an enduring program where other civilian business executives are invited to D.C., for a "Marine Corps Day."

"We need to engage the

civilian community," added Milstead. "We're a military at war, not a nation at war ... and I think there's great value to this."

He stated the forum was a successful event. He believed that the group left with an admiration for what Marines do day in and day out that the

businessmen otherwise would not have known.

"They are leaving with an appreciation for the Marine Corps and for our young men and women in uniform, and for what we do as a Corps. And that is something they didn't have when they started today."

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The Cooks of the Valley grill up steaks for the Combat Center

LANCE CPL. KATELYN A. KNAUER
COMBAT CORRESPONDENT

Neither high winds nor sand could keep The Cooks of the Valley from grilling up steaks for Marines, sailors, civilians and family members aboard the Combat Center April 13 at both Littleton and Phelps Mess Halls.

Small in numbers, but big at heart, a group of 75 cooks from Bakersfield, Calif., cooked 11,000 12-ounce Harris Ranch New York steaks for the Combat Center.

The Cooks of the Valley, started by Tom Anton who is an attorney from Bakersfield, started off small with delivering steaks to smaller ships. After the attack on the World Trade Center in 2001, the group expanded in size and outreach.

The first Big Grill took place aboard the USS John C. Stennis, May 23-27, 2002. Followed by Big Grills on the USS Harry S. Truman in October 2002, the USS Abraham Lincoln in April and May 2003, one at the Navy-Air Warfighter Talks in April 2004,

Expeditionary Strike Group Three in June 2004, Stryker Brigade Combat Team in September 2004, USS Ronald Regan in August 2005, Commander Naval Air Forces in November 2005, USS Theodore Roosevelt in January 2006, USS Ronald Reagan in June 2006 and now the Combat Center.

"Counting the steaks we have grilled here, I say we have cooked about 72,000, 12-ounce Harris Ranch New York steaks," said Anton.

The menu consisted of steaks and baby carrots provided by The Cooks of the Valley along with macaroni salad, potato salad, rolls, baked beans, hot dogs and beverages, which were provided by the messhalls.

The Cooks of the Valley not only donated money out of their own pocket, but time as well, traveling to different places to show their appreciation for service members.

"This is a way of saying thank you with a piece of home," said Lester Surgener, a member of The Cooks of the Valley. "It's a chance to give troops a nice meal before they



Pfc.'s Thomas Herritz and Andrew McBride enjoy a 12-ounce steak cooked up by the Cooks of the Valley at Littleton Mess Hall on April 13.

go into harm's way."

The Big Grill was available to active duty military members, family members and Department of Defense civilians.

"I think that it's outstanding that they came down here and cooked," said Lance Cpl. Matthew Kies, Company A, Marine Corps Communication-Electronics School. "It's deli-

icious. I wish we ate like this every day."

Lance Cpl. Christopher Rowe, Baker Company, 1st Battalion, 7th Marine Regiment agrees.

"The food is awesome," he said. "This is a good gesture saying they support our efforts whether it's here or in Iraq."

Along with appreciative service members came several appreciative family members.

"This is such a good way to show support," said Patricia Spencer, wife of Lance Cpl. Matthew Spencer. "People can say they support troops all day long, but actions speak louder than words. It's nice that they let family members come out, and I have enjoyed it."

At the end of the day as the grills cooled off and military members left the mess hall with full bellies and smiling faces, the Cooks of the Valley knew their job was done.



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Marine Corps top commander and sergeant major visit 3/4 battalion in Iraq

CPL. MICHAEL S. CIFUENTES
2ND MARINE DIVISION

CAMP AL QA'IM, Iraq — U.S. Marine Gen. James T. Conway, Commandant of the Marine Corps, said Al Qa'im, Iraq, a region in northwestern Al Anbar Province, is a model for the rest of Iraq to look up to.

He said Al Qa'im's stability is a direct result from the success Coalition Forces had during combat operations here over the past four years and the cooperation and support from the Iraqi citizens.

Furthermore, Conway imparted a "hats off" to the Marines and sailors serving in the Al Qa'im area with Task Force 3rd Battalion, 4th Marine Regiment, a Twentynine Palms, Calif.-based battalion, during a recent visit with them here, April 6.

"This used to be the 'wild, wild west,'" said the newly appointed 34th Commandant of the Marine Corps. "There have been some great battalions that have been through here and paid through blood, sweat and tears to make [Al Qa'im] what it is today."

Alongside Conway during the visit was the Sergeant Major of the Marine Corps, Sgt. Maj. John L. Estrada, who, at the time, had 19 days left as the Corps' most senior enlisted Marine.

"You all have made a difference — a positive difference — for the rest of Iraq and people all around to look at," said Estrada, 15th sergeant major of the Marine Corps.

The two traveled throughout Al Anbar Province, the largest province in Iraq, to visit more than nearly 25,000 Marines and sailors in a period of four days.

Their most stressed issue of discussion was American support of the U.S. troops serving in Iraq and support of the ongoing war on terrorism.

"There's a lot of debate going on as to whether or not we need to be here and whether or not we need to stay much longer," said Conway. "What you don't need to mistake is that means people have lost their support as for what you are doing out here.

"There's a certain timeline here that we see it takes us to do the job, and [President George W. Bush] is going to try to give us that time so we can do our business here and leave with our heads held high," added Conway.

Conway also spoke about upcoming plans with manufacturing and distributing new equipment and gear that will be essential in saving lives in combat.

Since their deployment to the Al Qa'im, region in September, Task Force 3/4 has found and rendered safe more than 155 improvised explosive devices and 12 land mines. They have also uncovered more than 78 weapons caches, hidden in the streets and farmlands of the several Euphrates River cities that lie here.

U.S. Marine Col. H. Stacy Clardy, commander of Regimental Combat Team 2, a Marine Corps command responsible for more than 30,000 square miles and 5,500 Marines and sailors in Al Anbar Province, was on one of the patrols with Task Force 3/4's India Company when they discovered an IED on the side of the road March 7.

"These IEDs are designed to destroy and destabilize; to create fear and mistrust," said Clardy. "Through patrolling, we learn our areas of operation, gain valuable information about the people we are tasked to protect and the enemy we are tasked to defeat, and teach our fellow Iraqi Security Forces how to conduct combat operations and fight insurgents."

The Marines with Task Force 3/4 were also tasked with patrolling and working alongside the 1-year-old Iraq Police and the Iraqi Army here, imparting with them military tactics and procedures essential to manning their country on their own. Long days and nights of patrolling alongside the Iraqi Security Forces have paid off for the Marines as the Iraqi police and army are patrolling more on their own and growing less dependent on U.S. forces.

"My goal for Al Qa'im is to continue the path of progress. In fact, I am specifically tasked by each level of command above me to maintain the suc-



Gen. James T. Conway, commandant of the Marine Corps, speaks with Marines and sailors aboard Marine base Camp Al Qa'im, Iraq, April 6.

cess attained by the sacrifice of the Marines and sailors who served in this area," said Clardy. "They recognize the strategic value of this success. I am committed to do whatever is necessary to keep Al Qa'im securely in the embrace of a strong Iraqi Security Force and the partnered Coalition Forces."

Mission Complete

Working into their eighth month of what was supposed to be a seven-month deployment, the Marines and sailors of Task Force 3/4 are anticipating a safe return home.

"Yes, we've been doing a great job here and not only did we accomplish every mission we executed, but they all functioned really well," said Lance Cpl. Pierre H. Donaldson II, a 24-year-old rifleman from Detroit who is part of a Military Transition Team, a group of servicemen assigned specifically to mentor, monitor and train the Iraqi Army. "But, I feel like our time we served here is culminating. We maintained combat effectiveness for eight months... I feel like it's time to go home now."

Task Force 3/4, which is comprised of not only the southern Calif.-based battalion but as well as other Marine

Corps, U.S. Navy and U.S. Army units attached to the task force for different assignments and logistical support, have achieved the job Conway said the Marine Corps command has exactly hoped they would do when they were put in this region of coalition operations.

"Hats off to you, gang, for the job that you've done," said Conway. "You can go home with your head held high."

As a result from bringing up to speed the Iraqi Security Forces, providing them with mid-level leadership training, distributing Marine units throughout the region for patrolling the streets, rendering safe explosive devices and bringing down wanted insurgents, the Mayor of Al Qa'im

region says this area is "the safest place" in Al Anbar Province.

"[The Marines and sailors] should be equally proud of the success they enjoy in this latest deployment to Al Anbar," said Clardy. "They are making a tremendous difference in the security of the United States and in the world through their commitment and valor. The Al Qa'im region is a beacon of hope for the rest of Al Anbar and Iraq."

The battalion's fourth combat deployment to Iraq since their initial push to Baghdad in March 2003 is coming to an end. One of the few battalions in the Marine Corps to deploy four times in support of Operation Iraqi

Freedom, 3/4, dubbed "Shanghai 3/4" for assigned duties in garrison in Shanghai, China, in 1927, prepares for a redeployment home.

Just like most Marines and sailors here, Estrada said he's happy the battalion is going home to their families soon.

"There's a lot of sacrifices today, being a Marine," said Estrada to the Marines and sailors of Task Force 3/4. "We have been at war longer than we've been at war in WWII. This is the most battle hardened Marines we've had in a long, long time. And you are part of it. You have made history and you've added to our proud and great tradition. I look forward to you going home soon."

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Corpsman earns Purple Heart in Iraq

NAVAL AIR WEAPONS STATION CHINA LAKE
PRESS RELEASE

NAVAL AIR WEAPONS STATION CHINA LAKE, Calif. – For wounds received in action Dec. 11 in Iraq, Hospital Corpsman 3rd Class Henrique J. Soares was honored April 5 with a Purple Heart during the Individual Augmentee Appreciation Barbecue held in the China Lake Commissary's parking lot. The barbecue honored all IAs, both past and present, who have detached from tenant commands assigned to China Lake.

According to the citation read by Cmdr. Thomas Driver, officer-in-charge of the Branch Health Clinic, where Soares is currently stationed, a police transition team and a team of 20 Iraqi police were engaged with approximately 30 enemy personnel in a prolonged battle near the hospital in Iraq. The team was engaged from four different locations, pinning them in their positions. During the engagement, an Iraqi police lieutenant received two gunshot wounds. Completely disregarding the

effective machine gun fire from enemy positions, Soares immediately moved to the lieutenant and positioned him in an area that was thought to be covered from enemy fire. After stabilizing the patient, Soares' position started to take heavy enemy automatic fire. He was subsequently shot with a single round in the left shoulder, which passed through his upper torso, exiting through his right shoulder.

"He had the presence of mind to stay calm, even though he had no feeling below his shoulder blades," read Driver. "His professionalism and calmness was fused into his team members as he explained the proper procedures in dealing with his type of injury. HM3 Soares' courageous actions, initiative and complete dedication to duty reflected great credit upon himself and were in keeping with the highest traditions of the Marine Corps and the United States Naval Services."

While the citation was being read, Capt. Mark O. Bowman, commanding officer, Navy Hospital Twentynine Palms, parent command of the Branch Health Clinic pinned the prestigious medal on Soares.



Capt. Mark O. Bowman, commanding officer, Navy Hospital Twentynine Palms, pins the Purple Heart on Petty Officer 3rd Class Henrique Soares. COURTESY PHOTO



This is Relay For Life, a 24 hour community event where people come together to remember loved ones, inspire others, and celebrate life. It's your chance to make a difference in the fight against cancer. The money you raise will fund lifesaving research, education, advocacy, and service programs. Call us to register your team for this unforgettable event. This is the American Cancer Society.

Saturday, April 28
Starts at 9AM
Yucca Valley High School Track

Anyone interested in helping the cause or finding out more information about the American Cancer Society is welcome! Cancer Survivors are encouraged to Join us at 9am.



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OBSERVATIONS

APRIL 20, 2007

Local author, Marine wife helps children cope with deployments



LANCE CPL. NICHOLAS M. DUNN

Jenny Sokol signs a copy of her book "I'm a Hero Too" Tuesday at the Twentynine Palms Public Library.

RACHELLE STIGER
SPECIAL TO THE OBSERVATION POST

When her husband first deployed to Iraq in 2003, Marine wife Jenny Sokol combed bookstores and online book venues for a children's book about deployment for her kids, now ages 4 and 6. The only children's books she found on military life, Sokol said, didn't convey the very real anxiety of having a parent at war.

Sokol said she remembers thinking, "I can't be the only one who wants this for their children." So she set her sights on writing a book that addresses the concerns of today's military kids.

In Sokol's newly published book, "I'm a Hero Too", a little boy deals with the sadness of saying goodbye to his dad and the worry of knowing his dad is often in danger. In the end, the boy realizes that he is a hero himself for making it through such a difficult situation. Ideas for coping with deployment are woven throughout the story, directed at 4- to 10-year-olds.

It's a book that Sokol wishes had been available to military families earlier in the war. "It's something that should've been out there," she said.

After two deployments and two simplified home-made versions of the book, Sokol decided to make her dream a reality. But, the process of getting published wouldn't be as easy as she hoped. "I got a lot of rejection," she said. "That sort of rattled me."

When Sokol pitched the book to publishers, they told her that its target audience was too niche of a market for their profit likes, and that the topic would be too serious for kids. She decided, instead, to finance the publishing of her

own book through a self-publishing company called AuthorHouse. "I had no editor. I basically just hired an illustrator and told him what I wanted on every page," Sokol said.

Sokol said she doesn't expect to make her money back on the sales of her book. "It's a very niche book. You're not going to buy it unless you're military," she said.

That's why she's approached organizations that serve military families about having copies of her book donated to families with kids through their programs and at pre-deployment briefs. Copies of the book can be bought and donated through her website www.jennysokol.com. "To come across that book or have it donated, you don't feel so alone," Sokol said.

Through her book, Sokol wants every military family to know: It's not just the dad who's a hero; it's the whole family who's making a sacrifice.

Of course, Sokol also said she hopes this book is the beginning of a writing career. To that end, she has arranged several book promotions on the radio and at libraries and organizations. Her most recent appearance was at the Twentynine Palms Public Library, where she sold 55 books and was surprised to see mothers crying while she read the book to their kids.

Sokol graduated from the Naval Academy with a Bachelor of Science in English and served five years with the Navy. She has written a weekly column on military life and motherhood for the Orange County Register since 2003.

Her husband is an instructor for Mojave Viper at TTECG. Their family will be moving in June to Fort Leavenworth in Kansas.

As summer season looms, heat illness prevention, essential to survival in desert

LANCE CPL. KATELYN A. KNAUER
COMBAT CORRESPONDENT

It's in the high 90's and the sun seems to be following you wherever you go, making you feel as if you're standing in a sauna. You look at your buddy and notice he's kind of pale and that the heat is getting to him. Do you know what to do if he is suffering from a heat injury? Do you know what to do to protect yourself?

With summer about to kick into full swing, it's important that heat injury treatment and prevention are reviewed. Don't fall victim to the desert weather.

Heat flags are placed all around base to indicate what level of physical activity units should participate in.

The green flag, which is the lowest level, is flown if the temperature is 80 to 84.9 degrees. Discretion is required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.

The yellow flag is flown if the temperature is 85 to 87.9 degrees. Strenuous exercise and activity such

as close order drill should be curtailed for new and unacclimated personnel during the first three weeks of heat exposure.

The red flag is flown if the temperature is 88 to 89.9 degrees. Strenuous exercise should be curtailed for all personnel with less than 12 weeks training in hot weather.

The black flag, which is for the most severe weather, is flown when temperatures reach 90 degrees and above. Physical training and strenuous exercise is suspended for all personnel excluding operational commitment not for training purposes when the black flag is flown, according to the Naval Hospital Web site, <http://164.167.141.93/29palms/heatstress.htm>.

There are three general types of heat illnesses starting with heat cramps, then heat exhaustion, followed by the most severe: heat stroke.

"Heat illnesses are the result of elevated body temperatures due to an inability to dissipate the body's heat and decreased fluid level," said Petty Officer 1st Class Byron D. Jensen, leading Petty Officer Directorate of Public Health Services. "Remember that the mildest heat injury can potentially

turn into a severe life threatening emergency if not treated properly and quickly."

Heat cramps, the first stage of heat illness, are characterized by muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are an early signal that the body is having trouble with the heat. Treatment for heat cramps includes having the person move to a cooler place and having them rest in a comfortable position. Lightly stretch the affected muscle and replenish fluids. Give a half glass of cool water every 15 minutes. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse, according to the American Red Cross Web site, http://www.redcross.org/general/0,1082,0_243_4426,00.html.

Heat exhaustion, the second stage of heat illness, is characterized by cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Generally the body temperature will be near normal. Treatment for heat exhaustion

See SUMMER HEAT, B2

HEAT CONDITION FLAG COLORS

GREEN
80° – 84.9°*

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

YELLOW
85° – 87.9°*

Strenuous exercise and activity must be reduced for new, un-acclimated personnel during the first three weeks of heat exposure. Avoid outside classes.

RED
88° – 89.9°*

Strenuous exercise must be halted or reduced for new, un-acclimated personnel 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.

All unit PT must have water available

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

*According to the Wet Bulb Globe Temperature index

Sexual assault: fact vs fiction

Sexual Assault Awareness Month, held this month, continues to reinforce the Department of Defense's goal to eliminate sexual assault within the Armed Forces. The DoD Sexual Assault Prevention & Response Program consists of prevention, education and training, coupled with a comprehensive response capability that focuses on victim support, enhanced reporting procedures, and system accountability. DoD continues to strive toward achieving maximum safety and well-being for all its members.

DoD uses the following definition of sexual assault in its training and education program. Sexual assault is defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault includes rape, nonconsensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts. Sexual assault can occur without regard to gender or spousal relationship or age of victim. "Consent" shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated or unconscious. Some commonly held beliefs regarding sexual assault are exposed below, coupled with facts to challenge them.

FICTION: Rapes rarely occur.
FACT: On average, 526 Americans per day reported being sexually assaulted in 2005.
 -Calculation based on data from the Department of Justice's National Crime Victimization Survey, 2006.

FICTION: Men are never the target of rape.
FACT: One in 33 men (3%) and one in six women (17%) reported experiencing an attempted or completed rape at some time in their lives.
 -Tjaden and Thoennes, Full Report of the Prevalence, Incidence and Consequences of Violence Against Women, 2000.

FICTION: Assaults rarely know their victims.
FACT: Over 70 percent of victims know their attacker.
 -Department of Justice's National Crime Victimization Survey, 2006.

FICTION: Once a restricted report has been made to your local SARC, you cannot change your preference from restricted to an unrestricted report.*
FACT: Of the 435 restricted reports, 108 victims elected to change to the unrestricted reporting option, raising the total number of MCIO criminal investigations of Sexual Assault to 2,047 in 2005.
 -DoD CY05 Annual Report to Congress - Sexual Assault in the Military Services

FICTION: Men are never the target of rape.
FACT: One in 33 men (3%) and one in six women (17%) reported experiencing an attempted or completed rape at some time in their lives.
 -Tjaden and Thoennes, Full Report of the Prevalence, Incidence and Consequences of Violence Against Women, 2000.

Tatitlek Management Incorporated is taking applications for Mojave Viper Security Personnel

Job applications are being accepted for positions of Security Guard II to provide security support for the Mojave Viper project. Vacancies will be filled for both weekday and weekend shifts, with pay differential for nights and weekends. Retired, former, or active law enforcement or military with current ID card or DD-214, or applicants with a California Private Security Guard credential are preferred. Security experience of more than two years may be accepted in lieu of other requirements. Associate's or Bachelor's degree a plus. Job pays \$12-15 per hour with non-taxable SCA fringe. Applications are being taken at MCAGCC Career Fair April 25, or call Pete at 534-3009.

SUMMER HEAT from B1

includes getting the person out of the heat and into a cooler place. Remove or loosen tight clothing and apply cool, wet cloths, such as towels or sheets to their body. If the person is conscious, give them cool water to drink. Make sure the person drinks slowly. Give a half glass of cool water every 15 minutes. Do not give liquids that contain alcohol or caffeine. Let the victim rest in a comfortable position, and watch carefully for changes in his or her condition.

Heat stroke, the most severe stage is characterized by hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high, as high as 105 degrees. If the person was sweating from heavy work or exercise, skin may be wet; otherwise, it will feel dry. Treatment for heat stroke includes calling 9-1-1 or your local emergency number. Move the person to a cooler place. Quickly cool the body. Immerse victim in a cool bath, or wrap wet sheets around the body and fan it. Watch for signals of breathing problems. Keep the person lying down and continue to cool the body any way you can. If the victim refuses water or is vomiting or there are changes in the level of consciousness, do not give anything to eat or drink, according to the American Red Cross Web site.

While knowing the signs and treatment for heat injury is important, knowing how to

prevent them is paramount.

Slow down and avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m. Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor, out of the sunshine. Try to go to a public building with air conditioning each day for several hours. Remember, electric fans do not cool the air, but they do help sweat evaporate, which cools your body. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's heat energy. Drink plenty of water regularly and often because your body needs water to keep cool. Drink plenty of fluids even if you do not feel thirsty. Water is the safest liquid to drink during heat emergencies. Avoid drinks with alcohol or caffeine in them. They can make you feel good initially, but intensify the heat's effects on your body. This is especially true about beer, which dehydrates the body. Eat small meals and eat more often. Avoid foods that are high in protein, which increase metabolic heat and avoid using salt tablets unless directed to do so by a physician, according to the American Red Cross Web site.

As the temperatures continue to rise as we head into summer, knowing how to prevent, recognize the symptoms of, and treat heat injuries could save someone's life.

Movies and recreation for the upcoming week at the Sunset Cinema

Today
 6 p.m. Black Snake Moan (R)
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Tuesday
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Wednesday
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Thursday
 7 p.m. 300 (R)

Saturday
 2 p.m. The Astronaut Farmer (PG)
 6 p.m. Ghost Rider (PG-13)
 9 p.m. The Number 23 (R)

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 9 p.m. Reno 911 (R)



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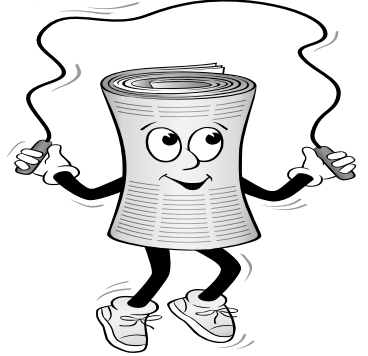
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Norma Vitro, a base volunteer, and Maj. Paul Davis, Deputy Director of Marine Corps Community Services, hold a check representing the amount of money the Combat Center saved due to countless hours volunteers put in around the base last year at the 9th Annual Base Volunteer Recognition Event Thursday at the Community Center.

LANCIE CPL. NICK DUNN

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