

# OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

APRIL 27, 2007

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

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## RCT-7 honors fallen comrades from recent OIF deployment

LANCE CPL. KATELYN A. KNAUER

COMBAT CORRESPONDENT

Marines stand equipped with rifles outside Sunset Cinema. They are the guardian angels. Inside the theater are Marines who have served or will serve in the sandy terrains of Iraq. From major generals all the way down to privates they sit together in solemn silence, all to honor those who have made the ultimate sacrifice.

Marines, sailors, family and friends joined together to remember 72 fallen comrades at the base theater April 19.

The memorial remembered Marines, sailors and soldiers who lost their lives while serving a year-long deployment with Regimental Combat Team 7, 1st Marine Division, during combat operations in area of operations Denver from

Feb. 21, 2006 to Jan. 20, 2007.

The memorial is to remember the individuals, for the unit and families and to prepare the Marines to go to war again, said Col. William B. Crowe, commanding officer, 7th Marine Regiment.

Many felt the memorial did just that.

"It's important that we hold memorials for the simple fact that they have done the country a great honor," said Lance Cpl. Jonathan A. Norman, technical network specialist, Headquarters Company, 7th Marine Regiment, who has served one deployment.

"They went to a foreign land they didn't know, fought and died for their country and they deserve to be memorialized and remembered for their courageous actions."

While a screen depicted the picture, unit and hometown of each fallen comrade, a single rifle, helmet

and pair of boots was displayed center stage. Simple in appearance the display represents an old military tradition practiced on the field of battle.

The helmet and identification tags signify the fallen comrade. The inverted rifle with a bayonet signals a time for prayer, a break in the battle to pay tribute to the fallen. The combat boots represent the final march of the last battle. From the rifle, hung 164 sets of dog tags, which represent the men from RCT-7 who lost their lives since Operation Iraqi Freedom began in 2003.

As each name was called, a single bell chime was rung by Cpl. Joshua Ward, mobile multi-channel equipment operator, Headquarters Co., 7th Marines. Along with others who participated in the ceremony, Ward took his duty as closure to losing fellow Marines.

"It was an honor," said Ward. "I had a lot of good friends that got killed over there. It was my way of saying goodbye. I felt proud. I felt sorry that my friends were gone, but felt proud to be able to serve next to people like that."

At the end of the ceremony a rifle volley, along with the playing of "Taps" was preformed. Marines throughout the theater stood at the position of attention, some rigid faced, some with glazed eyes and some not holding back their emotions at all, as tears rolled down their cheeks.

Seventy-two Marines, sailors and soldiers lost their lives, but will never be forgotten.



LANCE CPL. KATELYN A. KNAUER

A memorial, with 164 sets of dog tags hanging around the grip of an M-16A2, was placed on stage to honor the service members who have been killed since Operation Iraqi Freedom began while attached to Regimental Combat Team 7.



LANCE CPL. KATELYN A. KNAUER

Service members watch a slideshow with the picture, unit and hometown of each warrior killed while attached to Regimental Combat Team 7 during their recent deployment in support of Operation Iraqi Freedom.

## Kent assumes Corps' senior enlisted billet



CPL. EARNEST J. BARNES

Sgt. Maj. John L. Estrada passes the sword of office to Commandant of the Marine Corps Gen. James T. Conway during his post-and-relief ceremony Wednesday at Marine Barracks Washington.

STAFF SGT. CHRISTINA C. DELAI

HEADQUARTERS MARINE CORPS

WASHINGTON — Sgt. Maj. Carlton W. Kent assumed the position as the 16th Sergeant Major of the Marine Corps from Sgt. Maj. John L. Estrada during a post-and-relief ceremony Wednesday evening at Marine Barracks Washington.

During the ceremony, Estrada passed the sword of office to Commandant of the Marine Corps Gen. James T. Conway who then passed the sword to Kent. The passing of swords between Marine Corps leaders signifies the completion of one tour and the beginning of another.

"I think the next few years [for the Corps] are going to be exciting," said Estrada, during an interview earlier this week. "It's even more exciting to see General Conway's vision of where he's taking our Corps. I would love to be a part of

it — but all good things come to an end."

Estrada will retire later this year after completing more than 34 years in the Marine Corps.

Kent, who has been in the Marine Corps for more than 31 years, has served in various key billets throughout his career to include as a Marine security guard, drill instructor, and Naval Aviation Officers Candidate School drill instructor. He has also served as sergeant major of 2nd Recruit Training Battalion and Recruit Training Regiment, Marine Corps Recruit Depot San Diego, Calif., and sergeant major of Marine Forces Europe.

It was Kent's time as sergeant major of I MEF and the motivational comments he made to thousands of Marines in Iraq before the battle for Fallujah in 2004 that will stand out in the memories of Marines for years to come.

See KENT, A5

### Weekend Weather

Friday  91/60  
Hot & Sunny

Saturday  94/64  
Hot & Sunny

Sunday  94/66  
Hot & Partly Cloudy

### Inside this issue

- A6: 3/12 Marines return
- A9: Technology Expo
- A10: Crash fire rescue

### Observations



Stunt show dedicated to fallen Marines

### This Day in Marine Corps History

— 1805 —

Lt. Presley O'Bannon raised the American Flag over Derna, Tripoli.

# C.O.P. Corner

## Community Oriented Policing

The proactive voice of crime prevention



Presented by the Provost Marshal's Office Crime Prevention Section

# Domestic Assaults

Some victims of a domestic assault don't even admit it really happened. As a result they don't leave the abuser and it happens repeatedly. Domestic violence can happen anywhere and everywhere. Most of the time it's because victims don't have the right information to help them out.

Here are some tips to help prevent and keep verbal altercations from escalating into a domestic violence situation.

The first step is anger management. In order to keep situations from escalating you have to control your anger.

### Controlling Your Anger

- Admit you're angry: Talking about your feelings can help calm you down.
- Deal with it: Talk about the problem or just count to 10.
- Don't brush it off: Ignoring your feelings can make anger worse.
- Identify and understand the cause: Figure out what caused you to get angry.
- Walk away: To keep the situation from getting out of hand, leave the area.

### Redirect the Anger

- Find a hobby: Add something new to your usual routine. For example, take up painting or collecting things.

- Exercise: This will help you to blow off some steam.

If you think someone is being abused but don't really know for sure, here are some warning signs.

- Injuries and Excuses: When there are frequent injuries seen by others, the one being battered may talk about being clumsy, or have elaborate stories of how the injuries occurred. The truth about the source of injuries will not usually be told unless the one listening can be trusted and the victim wants help to end the relationship.

- Absences from Work or School: This happens when severe beatings or other trauma related to domestic abuse occurs.

- Accusations of Having Affairs: This is a common tactic used by batterers as an attempt to isolate their partners and as an excuse for a beating.

- Personality Changes: A very outgoing person, for instance, becomes quiet and shy around his/her spouse.

- Fear of Conflict: Conflicts with co-workers, friends, relatives, and neighbors can create a lot of anxiety.

- Blaming Others for Everything: For example, a simple drive somewhere could turn into a violent situation if the batterer blames the partner and/or children for getting them lost.

- Self-blame: You may notice someone taking all of the blame for things that go wrong.

- Aggressive or Care-taking Behavior in Children: Often the class bully is a child who sees violence in his home (directed at mom, or at some or all of the children in the home). Children who seem very grown-up and are sensitive and attentive to others' needs may see violence at home as well.

For more information on domestic violence and how to prevent it, visit websites [www.ncpc.org](http://www.ncpc.org) or [www.msu.edu](http://www.msu.edu).

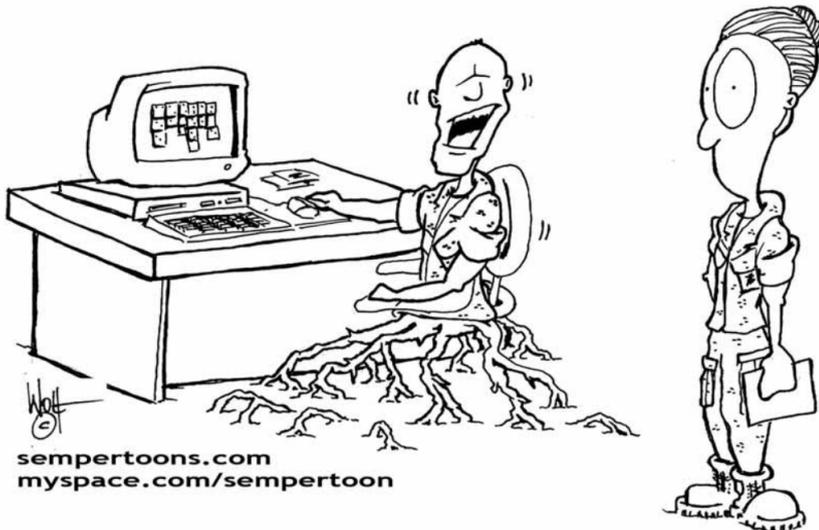
The following services are available to on-base personnel and residents through Crime Prevention: literature, briefs, education, crime assessments, safety tips, the Stranger Danger program, McGruff the Crime Dog, the Officer Friendly program, the Property Marking program, and the Child Identification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

Presented by the Provost Marshal's Office Crime Prevention Section

## Sempertoons

By Gunnery Sgt. Charles Wolf

AFTER MY 4TH YEAR,..THE ROOTS GREW!  
SINCE THEN, I'VE BEEN MY  
MONITOR'S WORST NIGHTMARE!!



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HOME STEADER'S

## Resident satisfactory survey

### From the Family Housing Office to Vista Del Sol residents:

The Resident Satisfaction Survey is being presented to establish your feedback. Last year's survey was a great success thanks to you and your neighbor's participation. We have reviewed the results and developed action plans to continue to improve our service and facilities. This survey will help us to continue to better understand your needs, determine areas to focus improvements, and is invaluable in helping us

improve your housing. We ask that you please complete the enclosed survey, which takes approximately 10 minutes to complete. Use the prepaid, self-addressed envelope to return your response. If you want to comment on a particular issue or to be contacted regarding a specific concern, please complete the Comment Sheet, and include it in your return envelope. The Comment Sheets are forwarded directly to the Housing Office for appropriate follow-up action. If you have an emergency situ-

ation that requires immediate resolution, please contact the Housing Office directly. Your response on the survey form is completely confidential. CEL & Associates, a private sector consulting firm, is engaged to execute this survey and compile the results. The Vista Del Sol neighborhood results are to be tabulated and reports are to be provided to Headquarters Marine Corps and the Housing Office for review and appropriate action. Thank, you very much for taking the time to help us assess where we can improve.

## New hours for SJA Legal Assistance Office

### Business Hours:

Monday - Thursday 7:30 a.m. - 4 p.m.  
Friday 7:30 - 10:30 a.m.

### Attorney Hours:

By Appointment:  
Monday 8 - 10:30 a.m.  
Wednesday 8 - 10:30 a.m.

### Walk-In Only: (first five will be seen)

Tuesday 8 - 10:30 a.m.  
Thursday 1 - 3 p.m.

### Paralegal Hours:

Call 830-6111 for appointments

### Notary Public and Power of Attorney

### Pick up times:

Wednesday 1 - 3 p.m.  
Friday 8 - 10:30 a.m.

### Will Execution Hours:

Friday 8 - 10:30 a.m.

Appointments are made every Friday at 7:30 a.m., by phone for the following week by calling 830-6111.

## Centerspeak

"If you could ask the sergeant major of the Marine Corps any question what would it be?"

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



LT. COL. MICHAEL S. BODKIN  
HEADQUARTERS BATTALION



CPL. ELMER CASTILLO  
HEADQUARTERS BATTALION



CPL. JOSHUA WINFREY  
HEADQUARTERS BATTALION

"When are you coming to see us?"

"What's the possibility of changing the promotion system?"

"Why are we still using NMCI?"

## 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](mailto:evan.eagan@usmc.mil)

## OBSERVATION POST

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## HOT TOPICS

### 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.

### 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.

### HEAT CONDITION FLAG WARNING SYSTEM

Summer is coming. MCAGCC Heat Condition Flag Warning System will start effective May 1. It is a leader's responsibility to be aware of heat conditions and to take steps to prevent heat casualties. All organizations on base responsible for informing subordinate units must be aware of the current flag condition and ensure that the information is distributed as appropriate. Leaders should review Combat Center Order 6200.3D for information concerning prevention of heat casualties, first aid for casualties and the flag condition warning system. The G-3 point of contact for the warning system is Staff Sgt. McMillon who can be reached at 830-6662. The current heat index can be checked at the Naval Hospital's Web site at <http://164.167.141.93/29palms/>.

## LEISURE ITEMS

### SNCO CLUB CASINO NIGHT

Hashmarks Staff NCO Club will host another popular Casino Night today. 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.

### RIDGE RUN 2007

In the spring of each year, Range 100 springs to life, bringing with it both anticipation and anxiety. These emo-

tions 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.

### WOOD HOBBY SHOP SPRING CRAFTS FAIR

The Wood Hobby Shop will be hosting a Spring Craft Fair Saturday from 10 a.m. to 4 p.m. in Bldg. 1342. Sign up for your free booth space and to display and sell your homemade crafts and woodworking projects. Enjoy free broasters chicken. This event is open to all eligible patrons. If you have any questions in regards to this event, please call 830-7214.

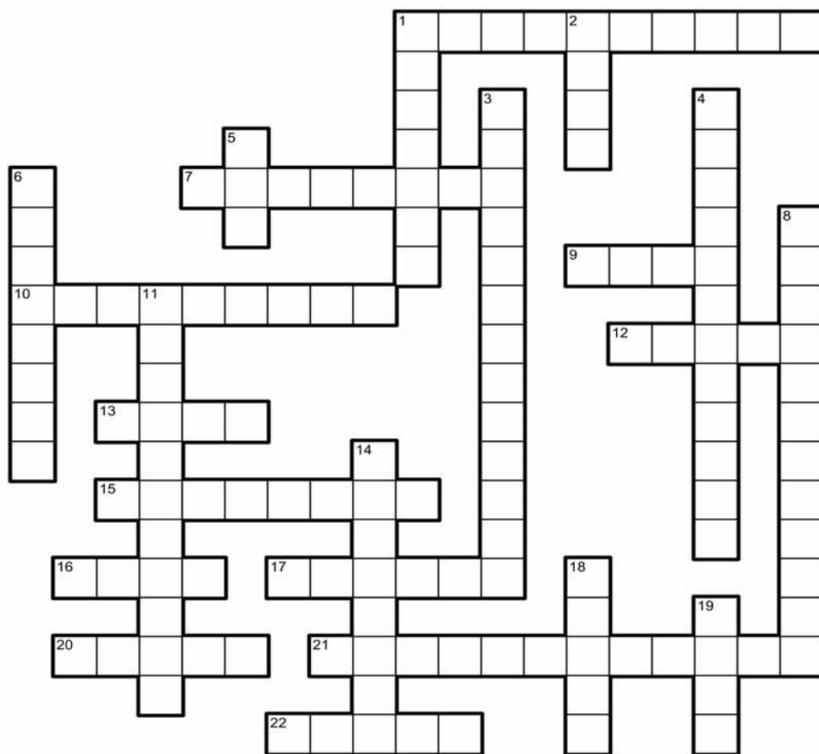
### NATIONAL DAY OF PRAYER BREAKFAST

On Thursday, you are invited to a prayer breakfast at 6 a.m. at the Officers Club. The cost will be \$5.75 per person and will be collected at the door. Please contact Chaplain Flint to RSVP, or for more information call 830-6187 or email at [eric.flint@usmc.mil](mailto:eric.flint@usmc.mil).

### MCX HOST THE OEF "MOTHER'S TO BE HIGH TEA CELEBRATION"

The Marine Corps Exchange will be hosting the Operation Enduring Families event, "Mother's To Be High Tea Celebration" Thursday at the Main Exchange from 2 to 4 p.m. The tea will include guest speakers from the Naval Hospital, Clinique, West Gym, New Parent Support, Bright Beginnings and Marine Corps Community Services Special Events along with refreshments and giveaways.

## CAMPING



### ACROSS

- Used to illuminate at night.
- They fly, bite and drink your blood.
- A small body of water.
- Be careful not to touch this plant. It's poisonous.
- They crowd the forest.
- A portable shelter.
- Used for keeping fires going (compound word).
- Little creatures that reside in the woods.
- Authority figure of the forest. Park \_\_\_\_\_.
- Another name for a path through a forest.
- Important ingredient of smores.
- A long, narrow boat.

### DOWN

- Catching fish as a sport.
- A walk through the forest.
- "Only you can prevent forest fires." - \_\_\_\_\_.
- Used to keep bugs off of you.
- Used to sit on next to a campfire.
- Used to roast marshmallows (compound word).
- Scary tales to tell around the campfire (two words).
- A pouch to sleep in.
- A very large hill. In Colorado they are known as the "Rocky \_\_\_\_\_s".
- Very little sources of light. Some fly.
- Large heavenly source of light during the night.

[Solutions on A6]

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### MINUTES FROM THE BASE

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For additional photos please visit my website at [JanTrotterRealEstateGroup.com](http://JanTrotterRealEstateGroup.com)

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# MARSOC 'Ironman' goes the distance to honor, support fallen, injured Marines



LANCE CPL. JOSEPH R. STAHLMAN  
 Capt. Andrew Christian is joined by his son as he completes the 2007 Ironman Arizona triathlon in Tempe Ariz., April 15.

LANCE CPL. JOSEPH R. STAHLMAN  
 COMBAT CORRESPONDENT

MARINE CORPS BASE CAMP LEJEUNE, N.C. — People swim, cycle and run for a variety of reasons; for fun, fitness or competition. Capt. Andrew Christian, a Marine assigned to U.S. Marine Corps Forces, Special Operations Command, does all three in memory of fellow warriors killed and injured in the Global War on Terrorism and to raise money to help support their families.

While deployed to Iraq in 2006 as a member of a Military Transition Team, the Neenah, Wisc., native was authorized two weeks of leave to return to the United States and run the San Diego Rock 'n' Roll Marathon in June of that year. He completed the 26.2-mile run while carrying a 3 x 5 foot American flag and crossed the finish line in three hours and 23 minutes.

The flag Christian carried was in the back of a HMMWV in Iraq Feb. 20, 2006, when one of his teammates, Staff Sgt. Jay Collado, was killed while en route to train soldiers of the 1st Battalion, 4th Brigade, 8th Iraqi Division.

Collado died from injuries sustained during an insurgent attack with an improvised explosive device and two other members of the team, 1st. Lt. Justin

Waldeck and Staff Sgt. Chris Claude, were severely wounded.

Following the attack, Christian and his team discussed ways to honor their fallen and injured comrades and decided to raise scholarship money for Collado's six-year-old daughter.

"We gained a lot of funds simply by word of mouth," said Christian, the branch head for 1st Special Missions Training Branch, Marine Special Operations School, MARSOC.

But to really get the word out, they had to advertise and find great Americans and corporations willing to donate to their cause.

Friends, family members and other supporters of America's troops donated thousands of dollars when they learned of Christian's commitment to carry the U.S. Colors during a marathon — and of his reasons for doing so.

"Carrying the flag is a way for me to honor Staff Sergeant Collado and show all Americans that our true heroes are making the ultimate sacrifice every day in Iraq and Afghanistan," Christian said.

True to the amphibious tradition of the Marine Corps, the four-time marathon-runner would not be satisfied until he attacked his objective from the sea: He set his sites on the Ironman Arizona triathlon in Tempe, Ariz., and com-

mitted to carrying his U.S. flag through the harsh desert heat and 30-mile-per-hour winds for a marathon's distance once again — but this time after swimming 2.4 miles to shore and completing a 112-mile bicycle ride.

Christian contacted a company that agreed to sponsor his cause to raise money, both for the daughter of his fallen teammate and for the Injured Marine Semper Fi Fund. The sponsor then asked three-time Ironman World Champion, Peter Reid, to be Christian's coach and prepare him for the competition.

With the memory of Collado's death and his wounded teammates' lengthy rehabilitation process on his mind to motivate him, Christian began a rigorous four-month training plan that included training time with some of the top professional athletes in the Southern California area.

Triathletes must find ways to stay motivated throughout the months of extreme physical training required to complete an Ironman race. Christian found all the motivation he needed by thinking of his fellow Marines.

Christian often spent six or more hours per day bike riding and running to prepare, but he said there is no easy way to carry a flag. He

See IRONMAN, A5

By day,  
accountant.

By night,  
punk rocker.

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## IRONMAN from A4

carried the Colors on several runs early on in his training, but quickly realized the weight of the flag would cause him to suffer no matter what he did and instead focused his efforts on getting into top physical shape.

"An Ironman requires you to train at odd hours to get in your mileage. I spent a great deal of time swimming, riding and running between (3 and 7 a.m.)," Christian said. "Training like this is time consuming and forces you to develop a strict time-management schedule.

"In four short months, Reid took me from 177 pounds to 160 pounds and put me in the best shape of my life," Christian said. "Without the support of Reid, I wouldn't have been able to accomplish what I did."

When race day finally arrived, Marines from Christian's unit were on hand to show their support.

"It was truly an honor and a privilege to watch Christian carry the American flag during the race," said Master Sgt. Charles H. Padilla, the staff non-commissioned officer in charge of 1st SMTB, MSOS, MARSOC. "To be there and watch him on the course, you get a good appreciation of what he accomplished and what type of man he is."

While carrying the flag during the marathon portion of the triathlon, Christian received support from his fellow runners and spectators alike.

"I received comments like 'Go USA' and 'We support the Marines,'" Christian said. "I had several people stop, salute the flag and yell 'Semper Parv' as I ran by."

Throughout the race, the crowd's cheers motivated him, and though the weight of the flag bore down on his arms and shoulders, Christian never gave up.

"The thought of not finishing didn't cross my mind," said the husband of 17 years and father of one. "I knew carrying the flag would make me suffer, but when you think about a wounded Marine's situation, your pain subsides very quickly."

Christian neared exhaustion as he entered the last 50 meters of the race and was joined by his 13-year old son who came to his father's side to run the final stretch beside him.

"This is something my son will remember for the rest of his life. It was really special having him there at the finish line," said Christian. "Training for this made me sacrifice a lot of time with my family, but they understood it was for a great cause."

Christian crossed the finish line after 10 hours and 54 minutes of non-stop physical exertion with the American flag held high in remembrance of America's fallen and in support of their families and surviving wounded warriors.

He finished the race 185th out of 2,066 entries.

"The memory of my fallen teammates gave me the motivation to finish strong," Christian said.

"Christian is a natural leader and an exceptional role model, not just as a Marine, but in his personal and family life," said Lt. Col. Anthony R. Herlihy, officer in charge, 1st SMTB, MSOS, MARSOC. "He upholds the highest standards for himself and inspires others to excel."

Together, Christian and his team of fellow Marines have raised more than \$30,000 dollars for Collado's daughter and \$50,000 for the Injured Marine Semper Fi Fund.

## KENT from A1

"You're all in the process of making history," Kent told his Marines in 2004. "This is another Hue city in the making. I have no doubt, if we do get the word, that each and every one of you is going to do what you have always done - kick some butt."

Kent spent 13 months straight in Iraq as the senior enlisted leader.

"I am looking forward to being able to continue to serve with the great Marines [and] sailors we have in our Corps," said Kent, who served as the I Marine Expeditionary Force, Camp Pendleton, Calif., sergeant major, prior to his current assignment. "I look forward to being a combat multiplier for Marines and their families by getting out and hear-



PF. JACOB H. HARRER

Sgt. Maj. Carlton W. Kent receives the sword of office from Commandant of the Marine Corps Gen. James T. Conway during his post-and-relief ceremony Wednesday.

ing what their issues are and making recommendations to our commandant."

## 1/24 Marines, sailors show no reservations about return



LANCE CPL. NICOLE A. LAVINE

Marines from 1st Battalion, 24th Marine Regiment form a line at the Reserve Support Unit after returning to the Combat Center April 18 from a deployment in support of Operation Iraqi Freedom.

## LANCE CPL. NICOLE A.

## LAVINE

COMBAT CORRESPONDENT

More than 300 Marines and sailors with 1st Battalion, 24th Marine Regiment, arrived at the Combat Center for out-processing April 18 at the Reserve Support Unit building after a seven-month deployment in support of Operation Iraqi Freedom.

The reserve unit, which was activated in June, deployed last September and supported Regimental Combat Team 6 in Al Anbar province, said Sgt. Tyler M. Stover, protocol chief for 1/24.

"This homecoming is different than most others because the families can't be here," said Stover. The Marines and sailors of 1/24 are required to go through a

series of post-deployment and transition classes before being released, he said.

Although the men didn't have the opportunity to hug family and friends when they got off the buses, many said they were still excited to be home.

"After being gone so long, it feels as good as you would want it to," said Petty Officer 3rd Class Sean L. Morgan, a corpsman with the battalion, about coming home.

Others felt mixed emotions as they set foot on the base.

"It's a little mixed," said Lance Cpl. Ronald R. S. Collins, a rifleman with Company A, upon returning home. "We lost quite a few guys over there, and coming back without them feels like we left them behind. Everybody made great sacrifices to be here today."



LANCE CPL. NICOLE A. LAVINE

Combat Center chief of staff, Col. James R. Braden, greets Staff Sgt. Craig Grob as he steps off a bus after returning from a deployment April 18.

**Cinema 6**  
**MOVIE TIMES 365-9633** Showtimes Effective 4/27/07 - 5/3/07

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# 3/12 Marines, sailors return home

LANCE CPL. NICHOLAS M. DUNN

COMBAT CORRESPONDENT

The Combat Center's West Gym was buzzing with activity when 139 Marines and sailors from Battery L, 3rd Battalion, 12th Marine Regiment returned home from Iraq April 18.

Battery L spent the past seven months deployed in support of Operation Iraqi Freedom.

While in Iraq, the battery served in four locations throughout Al Anbar Province, said Staff Sgt. James Bellows, the battery liaison chief for Battery L. They provided artillery support and conducted security patrols in Combat Outposts Rawah and North. They also served as a provisional infantry unit in Barwanah and conducted mobile artillery raids in Al Asad.

After seven long months, the Marines and sailors received a warm welcome from friends and family.

"Our son doesn't know we flew here from Philadelphia," said Tom Dougherty, the father of Lance Cpl. Tom Dougherty, an artilleryman assigned to Battery L.

"We told him we were just going to go out for dinner," added Lynn, Dougherty's mother.

"We're just so proud of him and glad to have him home," said Tom.

Tom and Lynn Dougherty said that while their son was deployed, it was very difficult for them.

"I was very nervous," said



LANCE CPL. NICHOLAS M. DUNN

Marines from Lima Battery, 3rd Battalion, 12th Marine Regiment stand in formation inside the West Gym shortly after returning from a deployment in support of Operation Iraqi Freedom April 18.

Tom. "Time went by slow. I did a lot of internet surfing and watching the news to get information, but at the same time, I didn't want to hear anything."

Bill and Patty Saucier, the parents of Cpl. Joe Saucier, said their son has been deployed to Iraq twice and was also deployed to Okinawa once. Saucier is an artilleryman with Battery L.

"Every time Joe has been deployed, I've felt like I'm sitting in a trauma waiting

room," said Patty. "I was always nervous and always scared. Now I feel really relaxed, like I can finally exhale. I'm almost giddy."

The buses arrived at the West Gym at approximately 7:30 p.m. After a brief dismissal ceremony, the returning Marines and sailors were rushed by their family and friends.

"It feels kind of weird to be home, but it's good to be back," said Dougherty after reuniting with his parents. "I feel like we really made a change over there, and it's a

good feeling."

"It feels really good to be home," said Saucier. "This is my last tour. I'm getting out in June."

"Deploying wasn't too bad," he added. "You have your buddies there to support you and letters from home really keep you moving."

Now that they have returned from their deployment, Battery L is going on block leave and will go through Mojave Viper training in June in preparation for a future deployment.

**FLASHLIGHT SOLUTIONS**

CROSSWORD PUZZLE:

Across: 1. MOSQUITO, 2. LAKE, 3. TREE, 4. BUSH, 5. CANOE, 6. TRAIL, 7. RANGER, 8. MARSH, 9. MALLOW, 10. BUGS, 11. FIREWOOD, 12. TENT, 13. POISON, 14. IVY, 15. FIRE, 16. TRAIL, 17. CANOE, 18. MALLOW, 19. BUGS, 20. FIREWOOD, 21. TENT, 22. POISON, 23. IVY, 24. FIRE, 25. TRAIL, 26. CANOE, 27. MALLOW, 28. BUGS, 29. FIREWOOD, 30. TENT, 31. POISON, 32. IVY, 33. FIRE, 34. TRAIL, 35. CANOE, 36. MALLOW, 37. BUGS, 38. FIREWOOD, 39. TENT, 40. POISON, 41. IVY, 42. FIRE, 43. TRAIL, 44. CANOE, 45. MALLOW, 46. BUGS, 47. FIREWOOD, 48. TENT, 49. POISON, 50. IVY, 51. FIRE, 52. TRAIL, 53. CANOE, 54. MALLOW, 55. BUGS, 56. FIREWOOD, 57. TENT, 58. POISON, 59. IVY, 60. FIRE, 61. TRAIL, 62. CANOE, 63. MALLOW, 64. BUGS, 65. FIREWOOD, 66. TENT, 67. POISON, 68. IVY, 69. FIRE, 70. TRAIL, 71. CANOE, 72. MALLOW, 73. BUGS, 74. FIREWOOD, 75. TENT, 76. POISON, 77. IVY, 78. FIRE, 79. TRAIL, 80. CANOE, 81. MALLOW, 82. BUGS, 83. FIREWOOD, 84. TENT, 85. POISON, 86. IVY, 87. FIRE, 88. TRAIL, 89. CANOE, 90. MALLOW, 91. 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## MAGTFTC SAFETY ACCIDENT PREVENTION SAFETY GRAM 001-15 Safety office; 830 8465

# Ergonomics: repeated strains add up to injuries

Among the fastest growing types of occupational injury and illnesses today are Cumulative Trauma Disorders.

While these problems are not new, they have become a more serious problem in today's workplace. One reason is that many tasks have been automated and simplified to the extent that a worker does the same motion over and over. A certain movement may be repeated hundreds of times in an hour. With this kind of repetition, small injuries such as muscle strains are not given a chance to heal. The result over a period of time is painful inflammation of the tissues and possible permanent disability.

CTD's can be tendon or nerve disorders.

In Tendon Disorders, symptoms are pain at rest or while carrying out certain activities, and tenderness to the touch. Tendons in the shoulder, the elbow and forearm are particularly susceptible. Examples of tendon disorders are tendonitis and "trigger finger" which is an inflammation of the tendons located at the base of the fingers.

In Nerve Disorders, symptoms include pain, tingling, numbness, weakness and lack of coordination in the affected area. A well-known example of a CTD affecting the nerves is Carpal Tunnel Syndrome (caused by repeated motions such as those occurring in occupations involving keyboarding, cashiering, and assembly-line manufacturing). We'll discuss this more in depth later.

Check your work habits against these hazards that can lead to CTD's.

- Force and exertion
- Rapid Movements
- Repetitive Movement
- Extreme Postures
- Insufficient rest and recovery time between tasks

Being aware of how tasks and work tools affect you is the first step in helping to prevent Cumulative Trauma Disorders.

Use good posture and avoid hunching over your workstation. Also avoid excessive twisting and reaching.

Keep your arms and hands in a comfortable, relaxed neutral position. Keep your elbows at a 90-degree angle and hold your wrists straight. This is particularly important if you do a lot of data entry

work at the keyboard.

Whenever possible, arrange your workstation for comfort and injury prevention (your assigned Safety Specialist will be glad to assist you). Keep materials in front of you and within reach to avoid twisting and stretching. If your feet do not comfortably reach the floor, the use of a footrest can help to reduce back strain.

Carpal Tunnel Syndrome

Use these tips to lessen the chance of Carpal Tunnel Syndrome.

- An adjustable chair
- A 3-way adjustable keyboard platform with built in wrist rest
- Mouse pad with built in wrist rest
- 2-way adjustable acrylic document holder
- Monitor at the proper height for the worker

Carpal Tunnel Syndrome; (an injury caused by repeated motion or vibration that can cause permanent disability in some cases) occurs gradually over a period of time. Tissues become damaged and never have a chance to repair themselves.

If the abuse continues, permanent disability can result.

- CTS affects workers in a variety of operations
- Cashiers
- Keyboard operators
- Electronic circuit assemblers
- Electricians
- Carpenters

In fact, anyone who makes repeated movements of the hand and wrist as a significant part of their working day is at risk.

The carpal tunnel is the name for a small channel that runs through the center of the wrist. Tendons and a major nerve run from the arm to the hand though this passage. Repeated work, vibration or impact can cause the tissue to swell, and this squeezes the nerve and tendons. The result is numbness and pain in the fingers and hands.

Some of the first symptoms are tingling, numbness and clumsiness. After awhile, the tingling turns into a steady burning pain. As the condition becomes worse, the pain is severe and the hand can become so weak that it cannot grasp or pinch.

Here are some ways to prevent Carpal

Tunnel Syndrome:

- Get in the habit of working with your wrist straight, not twisted at an angle
- Adjust your workstation so your body & hands are in a "neutral" position.
- Use your whole hand to grip tools.
- Make use of the specially designed tools that allow you to work with your wrist in a correct position. You can use wrist braces to help keep your wrist straight (do NOT use them to help keep your wrists and hands from hurting if you are already experiencing any of the symptoms previously mentioned UNLESS specifically prescribed by your doctor. Use keyboard and mouse wrist and hand rests to help keep your wrists straight.
- Give your hands a break by switching tasks. Don't do the same motion hour after hour.
- Pause regularly to do limbering-up exercises with your hands. Also do exercises to strengthen your hands and arms.

If you suspect you might have Carpal Tunnel Syndrome or have any other work related injury or illness, report it to your supervisor immediately. Treatment might include rest, physical therapy, splints, medication or surgery. If you allow the problem to continue, it will just get worse and you might even end up permanently disabled.

Carpal Tunnel Syndrome and other CTD's are serious business. They can sideline you permanently from work and from the things you like to do in your free time. It's a lot smarter to prevent it now than to cure it later.

If you need assistance to improve your workstation, feel free to call MAGTFTC Safety at 830-4232 or 830-8465.

Ergonomic Checklist for Computer Work When Sitting at Your Workstation, Are Your:

- Ears, shoulders, and hips aligned?
- Back's natural curves maintained?
- Shoulders relaxed?
- Elbows close to your body?
- Forearms parallel to the floor?
- Wrists and hands straight?
- Knees even with or slightly lower than your hips?
- Feet resting comfortable on the floor?

Have You Checked Your:

- Chair height?
- Lower back support?
- Computer monitor position and height?
- Screen contrast and brightness?
- Placement of task lamps and window blinds?
- Telephone setup?
- Position of input devices (such as a mouse or trackball)?

To get your blood moving and to relieve muscle tension, get up from your desk 2 or 3 times an hour. During these breaks, be sure to:

- Shrug your shoulders
- Shake you arms
- Stretch you legs and back
- Rotate your ankles and wrists
- Close your eyes for a few seconds

Ergonomic Checklist for Industrial Work During Your Shift, Do You:

- Take breaks to stretch and rest muscles during repetitive motion?
- Lift objects with your leg strength (rather than your back)?
- Carry heavy objects close to your body?
- Push objects with your weight instead of pulling them?
- Keep you body position neutral, without twisting or slouching?
- Limit contact stress by using the right tool for the job?
- Have padding on tool handles or wear special gloves to reduce vibration?
- Wear the right equipment when working in hot, cold, or noisy environments?

Have You Checked Your:

- Work height so you can work without slouching over or reaching up?
- Shoes to be sure they provide comfort, support, and shock absorption?
- Body position, periodically changing the way you stand and sit?

To get your blood moving and to relieve muscle tension, take a break from work when you can. During these breaks, be sure to:

- Shrug your shoulders
- Shake you arms
- Stretch you legs and back
- Rotate your ankles and wrists
- Close your eyes for a few seconds

## Accidents are an unacceptable risk to mission accomplishment!

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# 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. Life Teen/Youth Group  
 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)

### 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. Sunday School\*

Sun 9 a.m. Worship\*

Wed 7 p.m. Praise & 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

## 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

Chaplain Flint 830-6187

### WEDNESDAY

### Village Center

11:30 a.m. Prayer Meeting in the Prayer Room

contact Chaplain Flint 830-6187

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

### Christ Chapel

5:30 p.m. Catholic Choir Rehearsal

6:00 p.m. Praise & Worship Rehearsal

6:00 p.m. Pre-Service Food/Fellowship

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

7:00 p.m. Praise & Worship Service

## 1ST THURSDAY EACH MONTH

7 p.m. Knights of Columbus

## LEGEND

\*Indicates Child Care Provided

+Appointments can be made for

Confessions by calling 830-6456/6646

# Resumes Fall 2006

# What is TSGLI, who's eligible ?

## KANE WALSH, LT MC USN

BATTALION MEDICAL OFFICER, 1ST TANK BATTALION

Marines and sailors injured in Iraq or Afghanistan may be eligible for a payment of \$25,000 to \$100,000 through the Traumatic Service members' Group Life Insurance, an accessory insurance program associated with SGLI intended to partially compensate wounded warriors with severe injuries.

All service members who are covered under SGLI were automatically included in the new program, which took effect Oct. 1, 2005. The cost of SGLI increased by \$1 per month at that time.

The policy was retroactively provided to Oct. 7, 2001, for those service members who were injured in OIF/OEF, or deployed outside of the United States in an area eligible for the combat zone tax exclusion.

While the schedule for payments is as complex as the various injuries our service members have suffered in combat, a few examples are provided here to give a general idea of the payment schedules.

1) \$25,000 payments are issued for injuries such as:

- a. Permanent loss of hearing in one ear
- 2) \$50,000 payments are issued for injuries such as:

a. Loss of one hand, or thumb and index finger of same hand

b. Loss of one foot

c. Permanent loss of sight in one eye

3) \$100,000 payments are issued for injuries such as:

a. Loss of eyesight in both eyes

b. Loss of both hands

c. Loss of both feet

d. 3rd degree burns to 30% or more of the face and body

e. Becoming paralyzed

An additional consideration used in determining payments involves the presence of coma and/or the inability to carry on at least two activities of daily living. Activities of daily living includes such activities as dressing oneself, using the restroom, bathing, transferring from bed to chair, or maintaining continence.

For those service members who were in a coma, either medically induced or due to the

injury itself (i.e. traumatic brain injury), \$25,000 is paid on the 15th day, and an additional \$25,000 is paid on day 30, 60, and 90, up to \$100,000.

For those service members who were not in a coma, but were unable to perform activities of daily living, \$25,000 is paid on the 30th day, with an additional \$25,000 paid on day 60, 90 and 120, up to \$100,000.

For those service members who have received a traumatic brain injury to receive payment, they must have either been in a coma for the specified time, or been unable to perform two or more activities of daily living for the specified time. At this time, those with post-concussive syndrome who do not meet any other criteria are not receiving payments.

Typically, the payments are additive, meaning that, for example, if someone lost a hand and was unable to perform two or more activities of daily living for 30 days, the payment would be \$75,000. Someone who lost an eye and was in a coma for 15 days should receive \$100,000.

For those Marines and Sailors who died of wounds received, for their beneficiary to receive the TSGLI payment, they must have survived seven days from the time of injury.

An appeal process is in place for those service members who feel their injuries, although not covered under the schedule of losses, should be compensated. After two denials through the Marine Corps or Navy TSGLI offices, a request may be submitted for reconsideration through the Naval Board of Review.

The application process for TSGLI begins with the service member or their representative filling in Part A of Form GL.2005.261, available for download at the TSGLI homepage. Once completed, a physician or other medical provider completes Part B, then the service member's command completes Part C, at which point the paperwork is submitted to the respective service's TSGLI office.

Forms, FAQ's, service contacts, full schedule of losses, and other information regarding the TSGLI program may be found at <http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm>, or contact your unit medical officer or primary care manager.

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# New tech showcased at Combat Center

LANCE CPL. NICHOLAS M. DUNN

COMBAT CORRESPONDENT

A technology exposition was held April 17 at the Combat Center's Officer's Club at approximately 9 a.m.

The expo displayed a variety of new technologies and tools that could be used by the Marine Corps and other branches of service.

"We expect 25 vendors and about 175 people to come today," said Mary Ton, the assistant director of special projects at National Conference Services Inc.

NCSI is an organization that hosts tech expos on military bases and government installations across the country, added Ton. They also host expos in England, Germany and Italy.

Some of the items featured at the expo were wireless communications, electronic storage devices and hardware, radio systems, electronic distributors selling laptops, hard drives and other hardware devices, tool kits for mechanical and facility maintenance, and even furniture distributors.

Marines and civilians employed at the Combat Center browsed the numerous display booths while sales representatives pitched their merchandise.

"What we do is video teleconferencing, and network

design and integration. We give the military and the civilian government the means to talk to each other in real time and share data," said Anthony J. Hill, the director of federal sales for ProTelecom. "It's the only software-based video teleconferencing system on the market. You can turn a tent into a custom conference room."

Hill had three different systems on display. There was a desktop unit for PCs, a laptop-compatible unit and a deployable unit, known as the Mobile Responder, which is designed for use in the field.

"All units are currently in production and are being deployed throughout the Department of Defense and civilian government," commented Hill. "We've already been working with the 2nd Marine Expeditionary Force and the 2nd Marine Division, designing their network infrastructure and command conference rooms."

Software wasn't the only thing on display that day. Jamie Bullock, a regional account manager for Red River Computer Company, was representing Panasonic at the expo.

"Panasonic has a product out called Toughbook," said Bullock. "You can drop them, run them over - a Toughbook even stopped a bullet once. The computer was toast, but the person carrying it was okay."

"The Toughbook is also



Anthony J. Hill, the director of federal sales for ProTelecom, pitches a sale on his company's new video teleconferencing system to Gunnery Sgt. Herrick Ross, the Combat Center's equal opportunity advisor.

water resistant and has an extremely low failure rate," added Bullock.

While hardware and software were the hot topics of the expo, there were vendors with less-technological products on display. Ted Miklasz, a federal account manager for Corporate Express, was pitching sales for furniture and

office supplies.

"Corporate Express is the world's largest office supply distributor," said Miklasz. "Unlike familiar names, such as Office Depot or Staples, we deal strictly on a business-to-business level. We also sell Krueger International products."

Krueger International is an office furniture distribu-

tor. KI also had a representative at the expo.

"Training is no longer just an instructor standing up and talking," said John Martin, the local representative for KI. "It's become a lot more complicated and a lot more technologically advanced. We're here because many of our products are compatible with modern

office technology."

These were just a few of the distributors featured at the expo. There were many more, each with their own interesting product to sell.

The next stop for the NCSI expo was Marine Corps Base Camp Pendleton, Calif., followed by Marine Corps Air Station Miramar, Calif.

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**Mary Nicoll**  
Visitation to be held Wednesday, 4/25, 5pm to 9pm at Wiefels Funeral Chapel in 29 Palms. Rosary Service to be held at Blessed Sacrament Church Thurs., 4/26, starting at 9:30am. Funeral Mass will follow at 10am. Graveside Service to follow at 29 Palms Cemetery.

**Mary Barber**  
Visitation to be held Wednesday, 4/25, 6pm at Wiefels Chapel in Yucca Valley. Funeral Services to be held Thurs., 4/26, 5pm at the Church of Jesus Christ of Latter-Day Saints in 29 Palms.

**Carl Miller**  
Services to be held in Kansas

**Mary O'Brien**  
Private Inurnment at Rose Hills Cemetery in Whittier, CA

**David Bourne**  
Private Inurnment at Riverside National Cemetery

**Marnesha Allen**  
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**Robert Delacy**  
Private Inurnment

**Mountain Valley Memorial Park**  
Joshua Tree, CA 92252  
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**Rebecca Waring**  
Memorial Service, Sat., 4/28, 11am  
Mountain Valley Memorial Chapel

**Emily Bjelland**  
Services are Private

**Elmer Frakes**  
Services are Private

**Kiley Roses**  
Celebration of Life, Sat., 4/28, 10am  
Joshua Springs Calvary Chapel

**Katherine Barber**  
Services are Pending

**Gloria Daniels**  
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**Treasure Roberts**  
Visitation Fri., 4/27, 10-11:30am, Memorial Service follows at Mountain Valley Memorial Chapel

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# MOTHER'S

to be Hi-Tea

Thursday, May 3rd from 2 to 4 p.m.

Hosted by MCX, this OEF event will be at the Main Exchange.

Join us for:

- Guest Speakers from the Naval Hospital, Clinique, MCCS Special Events, West Gym, New Parent Support, Bright Beginnings

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LANCE CPL. KATELYN A. KNAUER

MWSS-374 Marines use the jaws of life to begin removing the roof of a vehicle used in a mock car crash scenario during vehicle extrication training Wednesday.



LANCE CPL. KATELYN A. KNAUER

MWSS-374 Marines remove the roof of a car to gain access to the mock car crash victim during vehicle extrication training Wednesday.

# Crash Fire Rescue performs vehicle extrication

**LANCE CPL. KATELYN A. KNAUER**  
COMBAT CORRESPONDENT

You're traveling down Highway 62 getting out of Twentynine Palms for the weekend, and you see a car roll over on its side after hitting a patch of sand and overcorrecting.

Would you know what to do in a scenario like that? Crash Fire Rescue Marines from Marine Wing Support Squadron 374 participated in a vehicle extrication training exercise Wednesday to prepare them for such scenarios.

The training was the first the unit has done in about a

year and is now planning on conducting vehicle extrication quarterly.

"Basically this is training for a car accident, single and multiple," said Warrant Officer Matthew P. Wiczorek, Aircraft Rescue Firefighting officer.

The Marine in charge assesses the situation and ensures it's safe to proceed. He then determines the safest way to remove any injured persons from the vehicle and executes the removal of the person or persons by a number of different methods, such as removing the windshield, using the jaws of life,

using power spreaders and shears, and removing the roof, Wiczorek said.

Before the Marines were able to begin the practical application, they received two classroom periods of instruction on the proper procedures of vehicle extrication from Sgt. Daniel Pare, section leader.

Pare attended the Advance Rescue Technician course under the program train the trainer at Goodfellow Air Force Base, San Angelo, Texas, where the Department of Defense's Fire Academy is located.

"After they are certified to train the Marines at their duty stations, this is when they

return and pass the training on to the rest of the firefighters," said Wiczorek.

The training included two cars that were upright, one car on its roof, one car on its side and a multiple car accident.

"Our main focus for this training was proper scene size up, stabilization of the vehicles, proper techniques and overall safety," said Pare.

Several groups were assembled for the different scenarios and included an incident commander who was in charge of directing people and delegating tasks; a rescue officer, second in command, who made sure the victim was

treated and handled appropriately; then the safety officer who made sure the car was stabilized, tools were used properly and the appropriate gear was worn. Additionally there was a group of other aircraft rescue firefighters who were in charge of the actual vehicle extrication.

Lance Cpl. Michael Truelsen, who served as the incident commander for team one during the training, admits that it is stressful and several things run through your head while completing it, but he knows it is important training.

"If this happens in real life

you have 60 minutes to get the victim on the surgery board," said Truelsen "It's up to you to get them out and stabilized as soon as you can."

What Truelsen is referring to is the golden hour, which is the first 60 minutes after the crash occurs. A victim's chance of survival is higher if they can be treated within an hour after the trauma. That leaves a 30 minute window for the Crash Fire Rescue team—Fifteen minutes to respond to the accident and 15 minutes to perform vehicle extrication and have the victim ready for medical evacuation.

See RESCUE, A11

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**RESCUE from A10**

As the Marines performed the vehicle extrication, some for the first time since their military occupational specialty school, they ran into some problems, but saw overall what they did well and what needed improvement.

"I learned you have got to take out all the tools as fast as you can," said Lance Cpl. Ociel Lerma, rescue officer.

Lance Cpl. Damian Bachman, who served as the safety officer seemed confident in his team and their abilities.

"Safety went well," said Bachman. "We had minor things that we took care of right away; we tried to keep everything safe. Safety is paramount. Things went well and nobody got hurt."

Along with the possibility of using vehicle extrication here at the Combat Center, it is also likely that they will do this while serving overseas in places like Iraq.

"We went outside the wire to rescue LAV's [light armored vehicles] and vehicles that caught

on fire," said Cpl. Courtney Calhoun, aircraft rescue firefighter. "We would go put out the fires, see if there was anything we could salvage and move it off the convoy route to make it safe for everyone else."

So whether it is stateside or overseas, the MWSS-374 Crash Fire Rescue team will be ready for all possible circumstances by keeping up to date on their training.

"The training makes the Marines more proficient at safely removing and evaluating the injured persons involved in an accident, both overseas and here in the states," said Wieczorek. "This training enhances our ability to save lives. An accident could happen anywhere at any time, having personnel trained to handle the situation will increase the chances of survival for a victim of an accident."

The Marines who participated in the training, walked away with knowledge that could help them assist in saving someone's life and the experience to assist with a crash if they were to be driving and come across an accident.



LANCE CPL. KATELYN A. KNAUER  
A Marine with MWSS-374 removes the front windshield of a car during a mock car crash Wednesday.



LANCE CPL. KATELYN A. KNAUER  
To gain entry into the vehicle during extrication training, a Marine with MWSS-374 breaks out the passenger window.



LANCE CPL. KATELYN A. KNAUER  
MWSS-374 Marines remove a "victim" from a simulated car crash Wednesday during vehicle extrication training.

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PHILIP A. CHAMBERS

This emissions testing equipment was set up on the tank trail near the ground fuels issue point.

# Universities, NREA test off-road vehicle emissions levels

**PHILIP A. CHAMBERS**  
*AIR RESOURCES MANAGER*

The week of April 16 to 20 provided space for the University of Nevada; University of California, Riverside; the Naval Facilities Engineering Service Center at Port Hueneme, Calif.; and the Natural Resources and Environmental Affairs office here the time needed to complete on-base testing of off-road vehicle emissions levels.

This testing is needed to develop more accurate air pollution estimates than currently available for MCAGCC and other mil-

itary bases using similar equipment. Default EPA emissions factors for criteria pollutants from non-road engines are not relevant to more modern engines and have been determined to be of poor quality. They are believed to overestimate emission rates several fold, and they do not account for different operation rates and fuels typical of military bases.

Of increasing importance, consideration is now also being given to more stringent regulation of ultra fine particles and hazardous air pollutant emissions for which reliable emission factors are non-existent for non-road sources. In California, carbon dioxide emissions are coming under special scrutiny

related to potential effects on climate. Lacking real-world measurements of these emissions, military facilities will need to use overly conservative emissions estimates that may result in future regulatory action. This Strategic Environmental Research and Development Program will assist in providing MCAGCC much of this needed information.

A thank you goes out to 1st Tank Battalion's motor transportation officer Chief Warrant Officer 2 Kerim Miller, Master Sgt. Alan Arnold, Staff Sgt. Willie Jackson and several 3rd Light Armored Reconnaissance Battalion motor transportation drivers who gave their support to these measurements.

## Yucca Valley Ford Center

*Says*

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# OBSERVATIONS

APRIL 27, 2007

## Motorcycle stuntmen show their support

*Show dedicated to fallen Marines*

CPL. PATRICK J. FLOTO  
COMBAT CORRESPONDENT

THOUSAND PALMS, Calif. – Secluded in the small tract of desert sand wedged between numerous mountain ranges, Thousand Palms is a quaint little town.

However, there was nothing peaceful about the hundreds of menacing sport bikes roaring loudly as their aftermarket parts were pushed to the limit, not to mention the crowd riding in on them.

More than 100 service members rode to the “Support the Troops Motorcycle Show” here Saturday alongside professional stunt riders from motorcycle clubs hailing from all over the west coast.

“I’ve come out to pay my respects doing something I love,” said Eric Whitcomb, also known as ‘E-Dub’, who comes from Anaheim Hills, Calif. “Every year, I do the motorcycle rodeo at Pendleton and plan on doing this one every year it happens. These guys deserve our best.”

Although the live bands and death-defying stunts performed by the motorcyclists provided a healthy dose of both entertainment and adrenaline for the Marines, the main event centered around three souped-up 1963 Chevy Nova memorial race cars.

Roaring loudly and proudly, the memorial cars are stenciled with the immortal battle cry “OORAH!” The memorial cars are dedicated to all of the fallen and living Marines of the war in Iraq and Afghanistan, one of

which has the names of the fallen plastered over its desert camouflage paint job.

“I was listening to the news briefs, and we only hear statistics and faceless names of the fallen,” said Kevyn Major Howard, sponsor of the memorial cars and “Rafterman” from the famous Marine Corps film “Full Metal Jacket”. “I want to celebrate the fallen in life, something that we can all get behind and pay homage to while remembering their sacrifice.”

This motorcycle show in rural Southern California marked the first public appearance of the memorial cars, who have a long journey ahead of them if Howard meets his mission.

“I want to celebrate life and inspire pride in hometowns across America on our way to the Washington Monument,” Howard explained. “That’s only the short term goal. The ultimate goal would be to ship these over and hold a drag race in Baghdad’s Green Zone. Our American brothers and sisters are dying for us over there, and I want them to know how much we care.”

In addition to the memorial cars, Howard has taken more than a thousand portraits of living service members as well as a brief story of their lives.

“I’m tired of seeing our brothers and sisters become statistics,” Howard said. “I want everyone in this nation to know about our heroes that are making sacrifices every day.”



CPL. PATRICK J. FLOTO

Eric Whitcomb, also known as ‘E-Dub’, celebrates his win after drag racing at the “Support the Troops Motorcycle Show” Saturday in Thousand Palms, Calif.



CPL. PATRICK J. FLOTO

2nd Lt. Sheenia Stuart, a logistics officer with Marine Wing Support Squadron 374, sings the national anthem at the “Support the Troops Motorcycle Show” Saturday.



CPL. PATRICK J. FLOTO

Nathan Hall of San Diego-based motorcycle club SicRiders (yellow bike) and Eric Whitcomb perform street stunts at the “Support the Troops Motorcycle Show” Saturday in Thousand Palms, Calif.

# Annual Joshua Tree Park bike run

The annual tour through the park bike ride is scheduled for May 19. The tour will start at Yucca Valley High School at 6 a.m. and proceed through Joshua Tree National Park. Arrive early to sign waivers and receive ride instructions. All riders must wear helmets. Funds will support our community and children.

Family and friends are welcome to join the participants at the finish in Luckie Park. Light refreshments for riders will be available. Feel free to bring a picnic for those joining you.

The tour will have professional bike mechanics to provide roadside assistance when needed, EMTs to attend to any injuries sustained during the ride, and several sweep vehicles to provide assistance to any rider who cannot finish under their own power.

**Fees:**

<b>Single Rider.</b>	<b>\$60</b>
<b>Family (up to 3 riders)</b>	<b>\$70</b>
<b>Club (up to 5 riders)</b>	<b>\$100</b>
<b>Military single</b>	<b>\$50</b>
<b>Military Family</b>	<b>\$60</b>

# May LINKS CAX class open for registration

**What:** A class for every spouse in every house to learn about the Marine Corps, this lifestyle, and its benefits. Meet other spouses in your same shoes, and get educated!

**Date:** May 22 and 23 from 9 a.m. to 12:30 p.m., Graduation is from 12:30 to 1 p.m.

**Place:** LINKS Trailer, Bldg. 696T.

Child Care will be provided if registered by May 8. Register at Marine Corps Family Team Building Office in the Village Center or by calling 830-4163.

## Movies and recreation for the upcoming week at the Sunset Cinema

<p><b>Today</b> 6 p.m. Wild Hogs (PG-13) 9 p.m. I Think I Love My Wife (R)</p>	<p><b>Monday</b> 7 p.m. The Number 23 (R)</p>
<p><b>Saturday</b> 2 p.m. The Astronaut Farmer (PG) 7 p.m. Premonition (PG) 9 p.m. Zodiac (R)</p>	<p><b>Tuesday</b> 7 p.m. Pride (PG)</p>
<p><b>Sunday</b> 2 p.m. Wild Hogs (PG-13) 6 p.m. Pride (PG) 9 p.m. Black Snake Moan (R)</p>	<p><b>Wednesday</b> 7 p.m. Wild Hogs (PG-13)</p> <p><b>Thursday</b> 7 p.m. Zodiac (R)</p>



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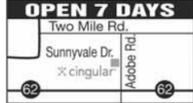
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