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CENTER ARINE AIR GROUND COMBAT C O R P S

OCTOBER 3, 2008

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

VOL. 51 ISSUE 40

Magnificent 7th welcomes new CO

Lt. Col. Michael P. Hubbard relinquished command of 7th Marine Regiment to Col. Randall P. Newman in a change-ofcommand ceremony at Lance Cpl. Torrey L. Gray Field Wednesday.

Hubbard, a native of Lynchburg,

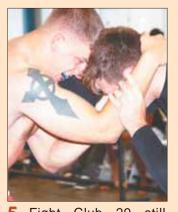
continue to serve the regiment as its executive officer.

Newman, a native of Economy, Ind., came to the regiment from the Office of the Secretary of Defense where he served as a military assistant for the executive secretary of the Department of Defense.

After the invocation by Navy Lt. Cmdr. Andrew Wade, chaplain with Headquarters Company, 7th Marines and the marching on of the colors, Marines from Headquarters Company,







Rifle and pistol matches

commence fire

Fight Club 29 cracking skulls

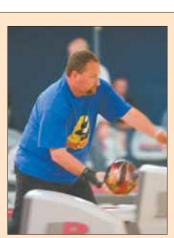




Marines keep CFT in



mind during workouts



Midweek Madness strikes the bowling alley

This Day in Marine Corps History -October 3, 1912-

Marines fought in the Battles of Coyo Tepe and Barranca Hills during the Nicaraguan Campaign.



Combat casualties surviving at higher rate

Col. Randall P. Newman, commanding officer of 7th Marine Regiment, stands at attention next to Lt. Col. Michael P. Hubbard, 7th Marines' executive officer, during a pass and review of the regiment after assuming the duty of regimental commander at a changeof-command ceremony at the Combat Center's Lance Cpl. Torrey L. Gray Field Tuesday.

PFC. KEVIN M. BEEBE JR.

HEADQUARTERS MARINE CORPS

WASHINGTON, D.C. — The ratio of casualties dying from combat wounds in the Long War, less than one in ten, is lower than that of recent 20th-century wars, including Operation Desert Storm, according to a recent comparison study.

The Center for Strategic and International Studies has shown 9.7 percent of wounded American service members died in Operation Iraqi Freedom, a contrasting figure to 22 percent in Vietnam and 17 percent in Desert Storm.

Rear Adm. William M. Roberts, medical officer of the Marine Corps, said vast improvements in combat casualty care are to thank for present-day survivability; moreover, Marines and sailors not in the medical field are doing a welcomed share of the lifesaving.

Prevention, training and education, as well as actual battlefield treatment, are saving lives.

In Iraq, medical treatment has moved closer to the fight and on a grander scale than in the past, staying available within one-hour rings around combat operations. Known as the "golden hour," this time of opportunity is the first 60 minutes after a severe trauma injury. If the wounded can receive swift medical attention in this time, they have the greatest chance of survival.

Marines and field corpsmen alike know and administer "buddy" first aid. "I think (the survival rate) has a lot to do with the quickness in which medical attention is received," said Seaman Greg Norman, a corpsman with 3rd Battalion, 6th Marine Regiment. This immediate,

See CASUALTIES, A10



GUNNERY SGT. SCOTT DUNN

Battlefield corpsmen are largely responsible for the decreased number of casualties dying from combat wounds in the Long War.

\$1 mil at stake for uniform power system

COMBAT CORRESPONDENT

The Combat Center is hosting the first-ever Wearable Power Prize competition at Del Valle Field from Sept. 23 through Saturday in support of Defense Research and Engineering.

The competition, dubbed the 2008 Director Defense Research and Engineering Wearable Power Prize, is hosted by Dr. William S. Rees Jr., Deputy Under Secretary of Defense for Laboratories and Basic Science.

"This competition is a large-scale public

method to develop and test power systems for the equipment that our warfighters carry," wrote Rees in a sponsorship message brochure about the competition. "These participants have produced a wide variety of technical ways to generate power for a sustained period of time in a small package."

The intent of the competition is to grant a first place prize of \$1 million to the individual or team who creates a wearable power system that meets the requirements to be used by modern warfighters. Second and third place

See UNIFORM, A9



Nathan Ernst and Mike Gorski of Adaptive Materials Inc. prepare a prototype system for connection to a computer system for the 2008 Director Defense Research and Engineering Wearable Power Prize competition at Del Valle Field Sunday.

A2 OCTOBER 3, 2008 **OBSERVATION POST**

TRICARE Tips for Breast Cancer Prevention

TYLER PATTERSON

TriWest Healthcare Alliance

October is Breast Cancer Awareness Month. The American Cancer Society estimates that more than 180,000 new cases of breast cancer will be diagnosed in 2008, making breast cancer the second most common form of cancer in American women.

Breast Cancer Awareness Month is dedicated to one of the most powerful tools in your anti-cancer arsenal: knowledge. Proper prevention and detection are easily handled by simply making a few smart lifestyle choices and scheduling regular screenings.

What Causes Breast Cancer?

While no one knows exactly what causes breast cancer to develop in some people and not in others, science has identified many high risk factors which increase an individual's chances of developing it. You can avoid many of these risk factors simply by making some healthy choices.

- Exercise. In addition to its many other benefits, studies suggest people who exercise have a decreased chance of developing any cancer, not just breast cancer.
- Quit smoking. Not only will your heart, lungs, and mouth thank you, but after a few years, your added risk of developing any cancer will drop substantially.
- Maintain a healthy body weight. The Centers for Disease Control and Prevention lists being overweight as a cancer risk factor. Even if exercise isn't for you, you can still keep trim without breaking a sweat. Walk for 10 minutes a night and see a nutritionist to get off to a great start.
- Limit your alcohol consumption. Having more than one drink a day is considered a high risk factor.

TRICARE Has You Covered

TRICARE provides a robust benefit to help you screen for and identify this potentially life-threatening but curable problem, including physical examinations for women 40 and older. Annual mammograms for women 39 and older, or 35 and older for those at high risk of developing breast cancer are also covered.

An Ounce of Detection...

Even if you engage in no high- or moderate-risk behavior, it is still possible to develop breast cancer, which is why scheduling regular examinations is so important. The best approach to early detection incorporates both monthly self-examinations and annual mammography.

For more information about your TRICARE entitlement visit TriWest's Web site, http://www.triwest.com. You may also contact TriWest directly at 1-888-TRIWEST (874-9378). To learn more about your self-examination options and breast cancer itself, try visiting http://www.cancer.gov and http://www.breastcancer.org.

5-year survival rate following early detection of breast cancer



Employee Spotlight

Name: Sal Martinez

Job Title: Consolidated Material Support Center, General Services Administration, assistant manager. **Organization:** General Services Administration

Job Duties: To fill in for all managerial duties when the manager is not present, special orders and requests made to GSA.

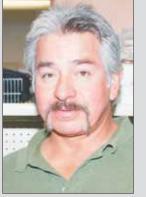
Hometown: Roseville, Calif.

Hobbies: Golfing and motorcycle riding.

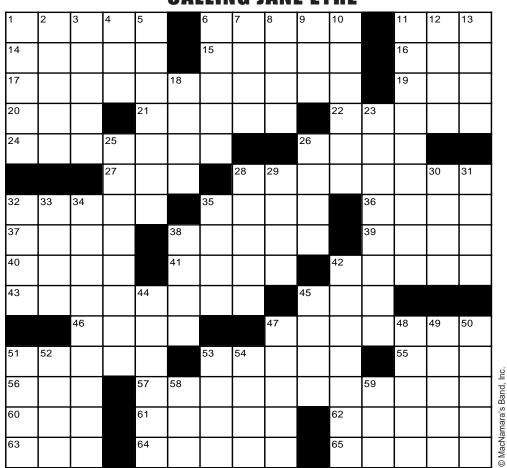
What Do You Like Most About Your Job: The

people I work with and the challenges that come with supplying the Combat Center.

Military Service: Air Force, 4 years **Time At The Combat Center:** 10 years



CALLING JANE EYRE



ACROSS

- 1. Huge hit
- 6. "Animal House" getups
- 11. Seuss's cat container 14. Skier's wear
- 15. Impossible to miss
- 16. Part of a prof's e-mail address
- 17. End of the Napoleon palindrome
- 19. Fleming, who created Dr. No
- 20. Recycled item 21. Ping-Pong ball
- applications 22. Vibes
- 24. Hollywood hopeful
- 26. Sidelines cheer 27. Suffix with auction
- 28. Ring hold
- 32. Poetic dawns 35. Talk show host
- Hannity

36. __ survivor 37. "What am __?"

- (auction query)
- 38. Like a moonscape 39. Eliot Ness, e.g.
- 40. In the flesh
- 41. Paper mill material
- 42. __ a clue (isignorant) 43. Subject of Jose
- Canseco's 'Juiced' 45. King in 1922 news
- 46. Tenant's burden 47. Lighten up
- 51. Ditch digger's tool
- 53. Chips or popcorn, perĥaps
- 55.__ polloi 56. Fish in garden pond
- 57. One way to vanish
- 60. Botch the job 61. Swab's time off
- 62. Like St. Olaf
- 63.__ Willie Winkie 64. Boston airport
- 65. Swarming pests

DOWN

- 1. Job details, briefly
- 2. Corday's victim 3. Where the action is
- 4. Schuss, say
- 5. Gives a hard time to 6. Namely, in legalese
- 7. "Hansel and
- Gretel" prop 8. Salon goos
- 9. Wall Streeter, for short
- 10. Risked, as a wager
- 11. Passed-down
- valuables
- 12. Paradise evictee 13. Ahi, e.g.
- 18. Mimicking one
- 23. "You're in good hands" company 25. Produced a likeness
- of 26. Reb's foe
- 28. Makes well 29. OK Corral name
- [Solutions on A11]

58. Opposite of paleo-

59. "Smoking or ___?"

30. Tartan-sporting

32. Wire measures

33. Passing notice

34. Leeds is on it

45. Dash gauge

47. Polished off

48. Surname at Tara

49. Pass off as genuine

50. Shows the door to

51. Distort, as a story

52. Sponge feature

53. Without a date

54. Scotia lox

35. Variety of poker

38. Rod at a pig roast

42. Corn grower's task

44. Former SpeakerTip

group 31. Role for Reeve or

Reeves

Centerspeak

If there was one thing you could change about the Combat Center, what would it be?

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



PFC. BRANDON SELWAY COMPANY K, 3RD BATTALION, 11TH

would have the PX ■ open earlier, because every now and then I'll lose something that they don't always sell at the 7-day store."



MAJ. BRYAN BOYLE EXERCISE SUPPORT DIVISION

d change the location of Lake Bandini so the base no longer smells."



STAFF SGT. DANIEL BELEC 3RD COMBAT ENGINEER BATTALION

66 Twouldn't treat the O-■ Course as a range, so I don't have to call, schedule it, get a radio, contact BEARMAT and request to go hot, just so I can take my Marines there to PT."

OBSERVATION POST

Commanding General Brig. Gen. Charles M. Gurganus

Public Affairs Officer Jennie E. Haskamp Gunnery Sgt. Chris W. Cox Public Affairs Chief

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Editor Cpl. Michael S. Cifuentes Sgt. Regina N. Ortiz Press Chief Leslie Shaw Layout, Design

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FRI. 10/3

Solid Ray Woods Soul

Time: 7:30 p.m. Where: Pappy & Harriet's, 53688 Pioneertown Rd. Pioneertown For more info call 365-5956

SAT. 10/4 & SUN. 10/5

Orchid Festival in Landers

Time: 10 a.m. - 5 p.m. Where: Gubler Orchids, 2200 Belfield Blvd., Landers For more info call (800) GUBLERS or visit http://www.SunsetRotary.com

FRI. 10/3 & SAT. 10/4

Jenni Rivera

Time: Fri. at 9 p.m.. Sat. at 8 p.m. Where: Morongo Casino Resort & Spa, 49500 Seminole Dr., Cabazon. For more info call (800) 252-4499

SAT. 10/4

Art Opening: Art Queen "Saints & Crosses 2008"

Time: 7 p.m. Where: Art Queen, 61855 29 Palms Hwy., Joshua Tree, For more info visit http://www.sharielf.com

FRI. 10/3 & SAT. 10/4

Last 2 chances for Theatre 29's "Camelot" Time: 7 p.m.

SAT. 10/4

Time: 8 p.m.

springsresort.com

Where: Theatre 29, 73637 Sullivan Rd. 29 Palms. For more info call 361-4151

Concert: Gretchen Wilson

Where: Fantasy Springs Resort

Casino, 84-245 Indio Springs

Pkwy. Indio. For more info (800)

827-2946 or http://www.fantasy

For more info call 365-8185

Time: 4:00 pm

Creedence Clearwater

Time: 8 p.m. Where: Spotlight 29 Casino, 46-200 Harrison Pl., Coachella For more info call (800) 585-3737 or visit http://www.spotlight29.com

FRI. 10/3 & SAT. 10/4

Starry Nights Festival

Time: Fri. 6-10 p.m.. Sat. 2-10 p.m. Where: Hi-Desert Nature Museum, 57090 29 Palms Hwy. Yucca Valley

For more info call 369-7212

SAT. 10/4

Revisited & America

FRI. 10/3 THRU SUN. 10/5

The Desert Run OHV, benefiting

Morongo Basin Search & Rescue

Where: Johnson Valley OHV Park.

Hwy. 247 @ Bessemer Mine Rd.

SUN. 10/5

Art Reception: Robert Arnett, **Andy Weddington**

Time: 12 - 3 p.m.Where: 29 Palms Art Gallery, 74055 Cottonwood Dr., 29 Palms For more info call 367-7819 or visit http://www.29palmsartgallery.com

The Core welcomes Combat Center gamers

LANCE CPL. ZACHARY J. **NOLA**

COMBAT CORRESPONDENT

The Combat Center welcomed the opening of The Core, a new eightseat personal computer gaming center, at The Zone recreational center Monday.

"It's a PC gaming center for active duty Marines and sailors," said Guy Thompson, an information technology specialist for Corps Community Marine Services. "It's a good way to keep Marines occupied; it's a place to have a good time."

Thompson, a native of Fayetteville, N.C., said the center, which is sponsored by the Drug Demand Reduction program, offers top of the line computers and equipment worth an estimated \$150,000.

He said the goal of The Core is to recognize the Combat Center's avid gamers by offering custom built mouse pads, headphones, keyboards and 24-inch liquid crystal display panels.

"All the components are expressly for gaming," said Thompson who built each \$4,000 PC tower by hand.

For example the keyboards at The Core have additional keys so players can modify their boards to meet their personal gaming needs, and the mouse pads allow for greater control of the mouse when playing a first-person shooting

Games currently being offered include "Halo 2," "Star Wars Battlefront," and "Ghost Recon Advanced Warfighter," while additional titles to be added in the future include "Crysis: Warhead," "Brothers in Arms: Hell's Highway," and "Fallout 3."

In addition to game updates, the PC systems will also be kept up to date, with technical refreshes occurring every six months and four addi-

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tional seats coming in mid-October. "My goal is to outspend the Pfc. in his room," said Thompson.

Beth Ayash, DDR coordinator, said in 2003 Headquarters Marine Corps released a substance abuse version of the popular PC game "First to Fight" to train Marines on how to identify symptoms of substance abuse and to start a Corps-wide effort to educate Marines through means they can

identify with. Thompson said he, along with DDR and MCCS, led a combined 18-month effort to make the center a reality.

"MCCS put in a lot of financial commitment to make this happen," said Thompson.

Ayash said the mission of DDR is to provide educational awareness and deterrent programs, such as The Core, for Marines and sailors.

"If you're using drugs you can't be mission capable," said Ayash, a native of Atlanta.

In addition to providing Marines with a drug-and alcoholfree alternative, The Core also provides Marines and sailors with the means to socially interact with their brothers-in-arms and play on top of the line equipment without paying for their own systems, she said.

This also provides Marines with systems they may not be able to afford," said Ayash.

Alexandria Waldeck, an administrative assistant at SMP said they were happy to support DDR and are excited because it offers Marines and sailors free entertainment.

'That's really important," said Waldeck, who is the wife of Lance Cpl. James Waldeck, a rifleman with Company B, 1st Battalion, 7th Marine Regiment. "We're trying really hard to keep the guys involved and entertained at the base."

Waldeck said SMP staff will

help with providing games, reserving service members seats, and making sure the center is enjoyed.

When first arriving at the center, attendees will be expected to fill out a simple registration form with their first and last name, rank, and unit. Once that is complete players may occupy a seat for one hour.

Players may be asked to leave their military identification card with the recreational center staff when checking out games, and once the additional four seats are added in October, gamers will have the opportunity to reserve one of those four seats for up to four hours at a time.

"The future is going to be bright for this," said Thompson.

Up next for The Core, a War Hammer Online Rally is scheduled for Oct. 21 at 6 p.m. Food and refreshments will be provided.

The Zone will be adding more video game systems and pool tables in the near future, as well as new foosball and ping pong tables.

The SMP Haunted House will be Oct. 30 and 31 from twilight to 10 p.m. Participants must be at least 13 years old to enter.

For more information about The Core or The Zone recreational center call 830-8454 or visit http://www.mccs29palms.com/pa ges/gymsRec/theCore.html

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LANCE CPL. ZACHARY J. NOLA

Pvt. Jonathan Rhodes, a rifleman with Company K, 3rd Battalion, 4th Marine Regiment, plays Halo 2 at Combat Center's new 8seat personal computer gaming center dubbed The Core at The Zone Recreational Center Sept 29.

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A4 OCTOBER 3, 2008 OBSERVATION POST

MUSD, Combat Center revamp services for special needs students

SGT. REGINA N. ORTIZ

Press Chief

When it comes to education, the Combat Center's school liaison, Exceptional Family Member Program, and the Morongo Unified School District work together to ensure one thing - all MUSD students are offered the best education possible.

This is the intent for all students, but the focus on students who have special needs has resulted in modifications of MUSD's Learning Disabled Program that started this year.

"In an effort to ensure a quality and compliant educational program for students with disabilities participating in the LD Program kindergarten through sixth grade - the Morongo Unified School District has recently implemented grade-level format changes within the program," said Kathi Papp, Special Education Local Plan Area director, MUSD, and a native of Hastings, Neb.

The change in format will decrease the grade span from seven grade levels within a classroom to three to four, and in some classes, less than that. For example, within Twentynine Palms there are four elementary schools and depending on the child's grade, he or she will attend either Twentynine Palms Elementary School or Oasis Elementary

School, according to a letter sent in May from the school district to the parents of the children affected by the change.

'Previously, all students in the elementary LD Program had been clustered in multi-grade classrooms," explained Papp. "This format required primary-aged students, kindergarten, first, second and third grade, to be placed in classrooms with upper elementary-aged students, fourth-, fifth- and sixth-graders.

"This often created a less than ideal situation for both the students and the teachers. Teachers assigned to these classrooms were responsible for up to seven grade level curriculums, as well as the social and emotional well-being of their students," she continued.

Now, a kindergarten through third grade class and a fourth grade class of the LD Program has been established at Twentynine Palms Elementary. Fifth and sixth grade classes have been established at Oasis Elementary. The district provides transportation to students who are required to go to a school outside of their attendance area.

'The MUSD has targeted the problems in the past and provided a solution," said Titus Burns, EFMP manager and an Indianapolis native. "This [the changes made to the LD Program] provides more one-on-one attention, enhancing opportunities to learn."



In an effort to ensure a quality and compliant educational program for students with disabilities, the Morongo Unified School District has recently implemented gradelevel format changes within the program.

Tina Paulson, the Combat Center's school liaison from Tucson, Ariz., agreed.

"This is a very good thing," she said. "There is much more one-on-one teaching, smaller classes, individual care and education

See MUSD, A9

ishers. Point contact is Capt. Jason Roberts at 830-6786. **BLOOD DRIVE**

MCCES FUN RUN

The 6th consecutive Marine

Corps Communications-

Electronics School Fun Run

is scheduled for 7 a.m., Oct.

31. This event will include a

5K Halloween costume con-

test fun run, a 10K race, an

individual half-marathon,

and a five-person team half-

marathon. The start/finish

line is located in front of

MCCES building 1831. Register in advance and receive a T-shirt (large and X-large available.) The regis-

tration tent will open at 5:30

a.m. Prizes will be awarded

for the best Halloween cos-

tumes. Medals will go to the

top three overall and age

group male and female fin-

ishers (12-19; 20-29; 30-39;

40+) for the 5K, 10K and individual half-marathon. Also, medals will go to the

1st, 2nd and 3rd place fivemember team half-marathon

competition. Runners are

eligible for multiple awards.

Finisher certificates to all fin-

TODAY There will be a blood drive at the West Gym parking lot today from 9 a.m. to 1 p.m. There will also be another blood drive Oct. 17 at the same location.

FIRE PREVENTION CHILI LUNCH

Pre-sale tickets are now on sale for the 11th Annual Chili Lunch at Combat Center Fire Department on Oct. 10. Tickets are discounted at \$2 each (\$3 at the door) and are good for a bowl of firehouse chili or a hot dog -- all proceeds are donated to charity via the annual Combined Federal Campaign. For tickets contact your fire inspector or call the Fire Administration Office at 830-5239.

OCT 5: KIDS PFT

The next Kids' PFT will be held on Sunday from 2 - 4 p.m. at the Community Center. This program matches children of those forward deployed with Marines and sailors to provide positive role models, establish community ties, and promote physical activity through free play. For more information or to register, please email kidspft 29palms@live.com or call the Protestant Chapel at 830-6464. Visit our blog to see pictures from previous events and helpful hints: http://kidspft29palms.blogspot.com.

SEUP STORAGE

MTU aims high for intramurals

LANCE CPL. NICHOLAS M. **DUNN**

COMBAT CORRESPONDENT

Combat Center's Marksmanship Training Unit began the Commanding General's Intramural Rifle and Pistol Matches Thursday.

Nearly 30 Marines from MTU and the Marine Corps Communications-Electronics School began the competition after the opening ceremony Thursday morning at MTU.

These matches are designed to bring Marines together in a competitive environment that focuses completely on the fundamentals of marksmanship," said Chief Warrant Officer 2 Fredrick T. Keeney, MTU range officer-incharge. "It gives the Marines a chance to come shoot and be hailed for their skills.

'The most important thing is when we send the Marines back to their units, they will be able to teach their fellow Marines about the fundamentals of marksmanship," he added.

In these intramurals, the Marines will not only be competing to see who is the best marksman with a rifle and pistol, they will also be conducting their annual

weapons qualifications and earning the combat marksmanship coach military occupational specialty.

'The way this works can benefit the Marine Corps as a whole," said Keeney, a Spring Hill, Kan., native. "By earning the combat marksmanship coach MOS, they can pass their knowledge along to their fellow Marines when they go back to their units.'

Before the tournament began, the 28 shooters attended six-hour classes for three days that extensively covered the fundamentals of marksmanship, he added. The classes included knowledge of weapons handling, firing positions, coaching techniques and many other facets of marksmanship.

The shooters are now on the second day of the two-and-a-half week competition, which features firing tables on every MTU rifle and pistol range.

For the rifle, they will be following the division match course of fire, which consists of a 20-round slow fire from the standing position at 200 yards, a 10-round rapid fire with a reload in the sitting position at 200 yards, another 10round rapid fire in the prone from 300 yards, and a 20-round slow fire in the prone from 500 yards.

Other firing courses will be



LANCE CPL. NICHOLAS M. DUNN

Gunnery Sgt. Anthony Ruffo, the Headquarters Battalion operations chief, uses a spotting scope to find his shot on his target 200 yards away during the Commanding General's Intramural Rifle and Pistol Matches at the rifle range Thursday.

mixed in, like team shooting, where two Marines must fire on the same target, synchronizing their shots to complete the course of fire. The shooters will also have to complete written examinations during the competition to qualify for the combat marksmanship coach MOS.

Keeney said although marksmanship has always been a staple of Marine Corps tradition, the art of competitive shooting in the Marine Corps goes back to the turn of the 20th century when Marines would compete in the National Rifle

Association and Competition in Arms Program matches.

Staff Sgt. Gabriel Green, a MCCES instructor and one of the competitors, feels the intramurals and other competitive shooting matches are highly beneficial to the Marine Corps' mission.

Green said the Marines coming out to shoot can not only learn the fundamentals of marksmanship in depth here, but can advance to other matches throughout the Marine Corps and gain even more knowledge to carry with them.

The Marines' sion of marksmanship will not only benefit them, but their units as well, he added. When

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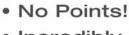
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NCUA



OBSERVATION POST A5 OCTOBER 3, 2008

Combat Center fighters take title at Grapplers Extreme

CPL. NICOLE A. LAVINE

COMBAT CORRESPONDENT

The Combat Center mixed martial arts team claimed the novice team trophy in its third amateur graptournament in San pling Bernardino, Saturday.

Seven team members from Fight Club 29 fought in the Grapplers Tournament Extreme at the Army National Guard armory in San Bernardino, Calif., bringing home a total of three gold medals, two silver and one bronze, said Mark M. Geletko, Fight Club 29 head coach.



CPL. NICOLE A. LAVINE

Fight Club 29 members who won gold and silver medals pose outside the Army National armory Guard in San Bernardino, Calif., after the **Grapplers Tournament Extreme** amateur competition Saturday.

Of the seven fighters, four have fought in previous grappling tournaments with the team.

Omar Askew, the team's welterweight competitor, has competed in three grappling tournaments in the past and was one of the fighters who took home the gold.

Askew said he believes attitude and good technique are the cornerstones to winning a solid fight.

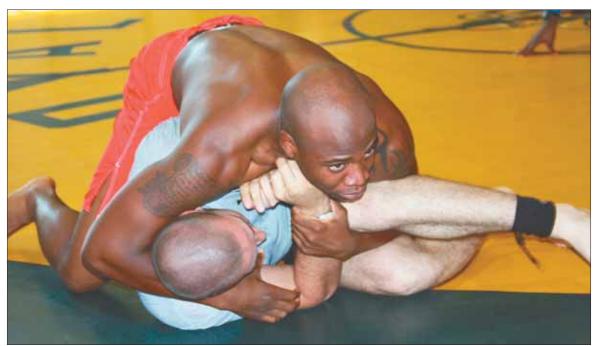
"I think the reason I won this tournament is because I was able to walk out onto the mat relaxed and calm," said Askew, an Atlanta native. "When you keep your patience, you're able to maneuver and manipulate the match and execute your moves. You can respond to your opponent and listen to the instructions your coach gives you at the same time.'

David Dew, junior middleweight fighter, fought his way to gold through three opponents as if he was not a beginner fighter, said Geletko.

Brian Perez, a middleweight competitor who also won gold, said he believes physical conditioning is his strong point and there is always room for improvement.

"I think I can work on everything," said the Blythe, Calif., native, about his performance. "I can't pinpoint any one thing to improve on. You can always

get better."
Fight Club 29 members dominated the middleweight class to the point where two fight club members had to fight each other. Perez stepped on the mat facing fellow 165-pound teammate Daniel



Omar Askew, welterweight fighter with Fight Club 29, listens to his coach's instructions while maintaining side control of an opponent at Grapplers Tournament Extreme in San Bernardino, Calif., Saturday.

Marquez and came out on top.

Perez attributes the team's success on the mat to uncompromising practice and training endured by each member, as well as the coaches.

"I'm not surprised the team did so well," Perez said. "We all trained hard, and I fully expected everyone to do as well as they did. I knew from our hard work that we'd take

away the gold medals."

John Romero, the team's grappling coach, played a major role in the team's success by leading rigorous ground fighting training, said Geletko.

"He was our key to getting all

those wins through submissions," said the Pittsburgh native. "I think our conditioning was a big reason we got gold medals. You could see at the ends of a lot of those fights that our guys had a lot of gas left when the opponents didn't.'

Although the team did not fight many matches due to the small competitive field at the tournament, Gelekto said he was pleased with their performance.

"I was pretty satisfied with how the team did, especially coming in with as many beginners as we did," he said.

Romero said he was equally satisfied with the team's accom-

plishments and hopes to watch each member improve through the progression of the grappling quarter this winter.

"The team came a long way in the short time we spent on the ground," said Romero, a Phoenix native. "They did a great job, and I'm proud of each one of them. We just have to keep pushing and making everyone better."

The team is scheduled to compete in another amateur Grapplers Tournament Extreme in San Diego in October, said Geletko.

To learn more about the team or for a schedule of events call 830-6330.



A6 OCTOBER 3, 2008

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OBSERVATION POST A7 OCTOBER 3, 2008

Combat Fitness Test official October 1; get ready

CPL. NICOLE A. LAVINE

COMBAT CORRESPONDENT

Effective Oct. 1, Marines will be required to take the Combat Fitness Test as part of training, according to ALMAR 032/08.

The CFT will be mandatory in both active duty semi-annual training and reserve annual training Marine Corps-wide.

The first year of the CFT will be the initial phase-in period in which the score is determined as either pass or fail, according to the ALMAR. A scoring system will be added next fiscal year after the phase-in period is complete.

For Marines who have not yet taken the CFT, like Sgt. Eric Milks, an assultman with Company A, 1st Battalion, 7th Marine Regiment, the change in the nature of the test may work to some Marines' advantages.

Milks, a Hamburg, N.Y., native, said he views the CFT as a wise way to harden Marines' bodies in preparation for combat.

You won't always be in garrison," said Milks. "I think it's better to do exercises in boots and uts [utilities] and use things like ammo [ammunition] cans because you won't always have a gym to go to when you're in country.'

Milks added that despite his

muscular build, he has never been a strong runner.

"I'm really good at heavy lifting, but endurance for long distance running is something I just don't have," he said. "I think the difference between the PFT [Physical Fitness Test] and CFT will help guys like me. It'll expand the view outside the realm of the PFT."

Sgt. David Perwitt, a scout sniper team leader with Weapons Company, 3rd Battalion, 4th Marine Regiment, said he believes the CFT will offer a chance for improvement for individuals who normally struggle with PFTs.

"I think the CFT will be easier for bigger, stronger guys," said the Klamath Falls, Ore., native. "It's annoying when the 125-pound guy shows up and smokes everyone.'

Lance Cpl. Omar Bouquett, a warehouse clerk with Exercise Support Division, took his first CFT June 20.

"Honestly, I can say that the CFT is a lot faster-paced than the PFT," said Bouquett, a Miami native. "In the CFT, you're moving all the time. There are different things in the CFT that make it more interesting than the PFT. Between the two, I think people can really see what their strengths are."

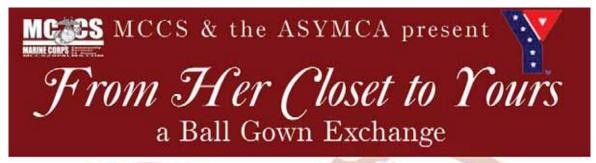
In addition to the physical

view it as an opportunity to excel in the ranks once a scoring system is instigated.

aspect of the CFT, Marines also the CFT transitioning to a scoring system after its phase-in period.

"I don't like the idea of it being a pass or fail test," he said. "Then Perwitt said he likes the idea of if you get guys who push themselves hard, they get no more than the guys who (don't put out)."

For more information about the CFT, refer to the ALMAR or to Marine Corps Order 6100.13.





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CPL. NICOLE A. LAVINE

Lance Cpl. Scott Olson, rifleman with 1st Battalion, 7th Marine Regiment, performs bicep curls at the West Gym Tuesday. Bicep curls are one form of exercise that can improve performance on the Combat Fitness Test being implemented Oct. 1.

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for free at the Ball Gown Exchange on Saturday, October 11th from 11 a.m. - 3 p.m. at the Community Center.

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For more information, please call 830-5086.



A8 OCTOBER 3, 2008 **OBSERVATION POST**

MTU. from A4

the competitors return from the intramurals or any other match, they can begin training their fellow Marines so they can improve their rifle and pistol scores, and gain a new understanding of marksmanship.

Green said the matches will also give Marines the opportunity to familiarize themselves with marksmanship more than once a year during their annual qualification time.

"Competitive shooting has a season, just like any other sport," he said. "There are tournaments going on Marine Corps-wide all year long. Just think, if more Marines came to these, it would be a never-ending avalanche of

knowledge rolling downhill."

Keeney agreed with Green, saying he also feels the Marine Corps is beginning to lose sight of marksmanship as a necessity.

"I think the biggest thing about the intramurals is that they put an emphasis on marksmanship we're beginning to lose focus on it," he said. "Many commanders seem hesitant to let their Marines

come out and participate in the intramurals because they may not see the immediate benefit of it.

"When people think about the Marines, three things come to mind," added Keeney. "They remember us for shooting, physical fitness and our appearance, like when we drill or the way we wear our uniforms. I believe that, over time, we as an institution

have lost some of our foundation in marksmanship."

After two-and-a-half weeks of firing, the intramural matches will wrap up Oct. 17 with a closing ceremony conducted at MTU. The Marines will return to their units as combat marksmanship coaches and be able to train their fellow Marines to be more efficient with their rifles and pistols.



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OBSERVATION POST A9 OCTOBER 3, 2008

Gutter talk well underway at Midweek Mayhem

LANCE CPL. MICHAEL NERL

COMBAT CORRESPONDENT

The Combat Center's Midweek Mayhem winter bowling league, held at Sandy Hills Lanes, has just entered its third of 32 weeks of competition.

There are currently nine teams registered for the league with six to seven openings for teams. The league will be accepting new teams through the end of October, according to Kent West, a bowling recreation assistant with Sandy Hills Lanes and a native of San Gabriel, Calif.

The league's grand prize is approximately \$8,000, which has been built up from entry fees paid by each team, said Brent Hughes, a bowling recreation assistant with Sandy Hills

"Payments are collected weekly for each team before they begin bowling," said Hughes who was born in Portland, Ore., and raised in Twentynine Palms. "The prize money is distributed at the end of the year to the champions and to the teams with the next highest amount of game points.'

The league standings are determined by the amount of points each team earns in a night, Hughes said. Each team



Daryck Fickel, a bowler with the Japonkies and a native of Paola, Kan., picks up a spare during the third of three games Tuesday night during week three of the Sandy Hills Lanes' Midweek Madness bowling league.

plays three games a night and is awarded one point for every

"Each team has the potential to earn four points every week," Hughes said. "In addition to the three points you can earn from winning games, you also earn one point for having the most pins out of the game."

Hughes added that the championship game this year will be held in Las Vegas like last year. Last year South Point Casino held the championship, this year's location, however, has yet to be determined.

The standings as of week two have three teams in a tie for first place. Sport This and

Team 9 are all undefeated in this year's standings as of week

Team 9, however, has only four victories to the other teams' eight, because they joined during the second week of the season.

Second place is held only by Dumb Luck, who is 4-4.

Third place is contested by several teams with identical records. Game Over, Divided by Division, and Team 6 all have similar records of three wins and five loses.

The Japonkies are in fourth place with a record of two wins

See BOWLING, A11

UNIFORMS from, A1

winners will receive prizes of \$500,000 and \$250,000 respectively.

The events began Sept. 22 with the staff check-in and orientation period, and the hour bench testing began Sunday.

Initially, 169 competitors registered for the competition in November, but only 20 teams underwent the 92-hour bench test here, said Sandra Wright, WPP team liaison.

The bench test worked by taking a power draw from each prototype to simulate use of a variety of power systems ranging from GPS to night vision equipment, said David Edwards, special assistant to the DUSDLABS.

Cables that connect to the wearable power system to a computercontrolled power rigging system reads voltage and energy emitted from the system, explained Edwards.

The prototype is connected to a channel with a load profile that will vary over time," he said. "Each prototype is given the exact same load profile to keep it fair for all the contestants."

In order to make it to the finals, a prototype system had to not only sustain power throughout the draw load, but also maintain safe temperatures, be able to provide both 14 and 28 volts of energy and be a reasonable weight, said Edwards.

For some contestants like Scott Schoeffel, European business development manager with Ultralife Corporation, this was their first enrollment in this type of competition.

Schoeffel said he believes the competition is a way to further technology that can have a great impact on the lifestyles of deployed service members.

"We have worked with the military for years," said Schoeffel, a Virginia Beach, Va., native. "We're always looking to improve operations and help military members. This competition fits our normal business plans and works with previous programs we've done. I think this will be the next evolutionary step for us."

Contestants who passed the 92hour bench test Thursday will continue in the competition and perform a four-hour field test Saturday. The field test requires individual contestants or teams to wear their own prototypes while varied levels of load power tests the voltage, amplitude and endurance of the prototype, said

"We want to offer soldiers and troops flexibility to power different devices," said Dan Ross, event coordinator. "This is almost like a wish list for what soldiers want. They know better than others what kind of equipment is demanded of them in the field.'

Edwards explained that once all requirements are met, the winning prototype will be determined by which system weighs the least.

The finalists for the field test were certified Thursday, and the winner will be announced tomorrow after the final field test on Saturday at 3 p.m., said Edwards.

MUSD from, A4

to achieve success.

"Every student learns differently, regardless of disabilities," Paulson continued. "Now, there still might be different levels of disabilities, but more one-on-one is available.'

Paulson's primary mission is to bridge the communication between Combat Center families and MUSD. Burns and the EFMP team work specifically with families with members who have special needs, whether medical or educational.

Paulson and Burns have been communicating with the district and parents to make sure this change is a smooth transition for Combat Center families.

There are monthly meetings between Heidi Burgett, the Special Education Program manager, Paulson, Burns and Papp to discuss any issues or concerns, brainstorm future parent and/or teacher training and presentation topics, and to ensure the lines of communication remains open and positive, said Papp.

If parents or family members have questions or concerns in regards to the school district, Paulson or Burns help get the answers and the concerns heard. Also, if the district has anything they need to voice to the families, Paulson and Burns get the word out to Combat Center personnel.

Burns and the EFMP team are also there for families to help advocate for the special needs students' education.

All students with disabilities have an Individualized Education Plan developed to specifically target their needs. A team of parents, teachers, administrators and outside agencies convene to discuss the most appropriate program placement for the student's identified area of special education, keeping in mind appropriate and available services, said Papp.

When the IEP is presented to a student's parents or guardian, Burns or one of the two EFMP case workers are available at the request of the parents or guardians to attend the meeting to ensure the most adequate services are offered in the IEP, said Burns.

While Paulson and Burns work diligently to meet the needs of the families, the Community Advisory Committee, established by MUSD, provides parents, community members and district

staff the opportunity to participate in discussions, decision-making processes and evaluation of the special education policies and programs within the district. Meetings are held four to five times per school year, said Papp.

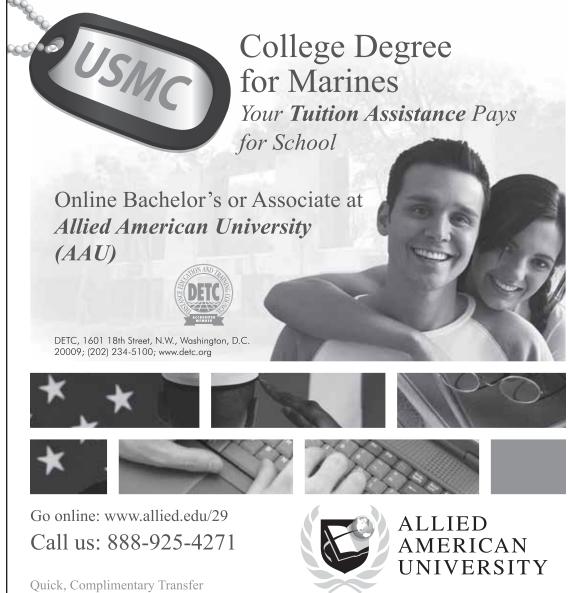
We want families to understand we are here for them," said Burns.

"However, we understand there's a limit to what MUSD can provide. We are continually working with the parents and district to ensure our children are receiving the best education that can be provided."

Paulson, Burns and Papp agreed all entities' intents were to provide the best quality of services available.

To contact Paulson, call 830-1574, or visit the Web site, https://www.29palms.usmc.mil/ visit/schoolliaison/.

To contact EFMP, call 830-7740. Also, contact EFMP for the Community Advisory Committee meeting schedule.



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CASUALTIES, from A1

on-site treatment is "the difference maker," said Norman.

Casualties sustained by first aid survive their wounds or injuries 90 percent of the time, according to Roberts.

The en route care is just as critical, Roberts said. Shock-trauma platoons and forward resuscitative

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surgery systems, which are fastacting emergency response teams that can administer medicine and surgery, are keeping more casualties alive and seeing them transported to the next level of care.

Designated helicopters that also fly combat missions are evacuating casualties from danger zones. No Marine or naval helicopter fleet is dedicated solely to

emergency evacuations, but Roberts insists that does not mean lifesaving is compromised. "I do not know of a single case," said Roberts, about helicopters not being able to retrieve a wounded Marine or sailor.

Shock-trauma platoons, in essence, are rolling emergency rooms consisting of 25 people, including emergency physicians, physician assistants, nurses, corpsmen and Marines. A forward resuscitative surgery system is a mobile unit that deploys as Marine combat-service support and is staffed with two surgeons, a nurse, an anesthesiologist and four corpsmen. Casualties still alive in this care have a 97 percent chance of surviving, Roberts said.

From these small emergency rooms, casualties are transported to hospitals in Iraq cities such as Al Asad, Baghdad or Balad, and on to Landstuhl Regional Medical Center in Germany for advanced surgeries and re-evaluation.

Marines and Navy corpsmen are receiving more training on first aid and casualty care. Marines must pass written and practical first-aid tests in basic training, and corpsmen attend courses after basic corps school to hone their skills.

Field Medical Training Battalion, which makes basically trained corpsmen and prepares sailors for service in the Fleet Marine Force, teaches "care under combat," taught by teachers who have served in Operation Iraqi Freedom.

This eight-week course uses indepth simulators to help reenact lifelike combat situations to help prepare for combat, said Navy Lt. Juan Rosario, training company commanding officer, Field Medical Training Battalion East.

The new teaching techniques are leaving corpsmen with "increased medical skill," he added.

The training battalion also teaches sailors Marine Corps Martial Arts, land navigation and rifle marksmanship.

'It was definitely a good school," said Norman. "You learn a lot from (the veterans') experiences. It's not like learning from a book."

In training such as the Tactical Combat Casualty Care Course and the Navy Trauma Training Course, "corpsmen are learning from trained experts and each other's experiences," Roberts said. The Navy Trauma Training Course is a four-week, "unbelievably rigorous experience" that takes an entire team preparing to deploy and trains them under stressful conditions where they treat injuries similar to those that they will see in combat.

"They are putting everything they've learned to use," said Norman.





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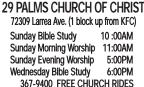
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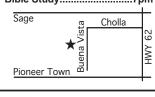


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the Observation Post, applicants must provide Permanent Change of Station orders and have the ad approved by Base Housing. This ensures the Combat Center Trader is not used for commercial real estate endeavors.

Ads are run on a first-come, first-serve, space available basis. If you have questions please call 830-3762.

BOWLING, from A9

and six losses, and Unknown is last in the league so far, with only one victory and seven losses.

The league is not only open to service members, but Combat Center civilians are also welcome to participate, Hughes said.

Many civilian bowlers take part in the league. John Williams, who bowls for the Japonkies, is a civilian who works aboard the Combat Center.

"I've been bowling here for around three years," said Williams, a Parkersburg, Iowa, native. "The rest of the team and I enjoy it because it's fun for us, and we get to enjoy camaraderie with our co-workers. We decided to roll into this league after the last one and have fun and enjoy it."

Williams added they had a decent performance in last year's season, but are bowling still for fun after work.

For information on joining the league, you may contact Sandy Hills Lanes at 830-6422, or go to the bowling alley and pick up a form to register a team. Entry fees are \$18 for a one-time sanction fee to the United States Bowling Conference and \$15 a week for play.

REGIMENT, from A1

1st Battalion, 7th Marine Regiment, and 3rd Battalion, 4th Marine Regiment, performed a manual of arms for Hubbard and Newman.

Once Sgt. Maj. Michael Kufchak, the regimental sergeant major, conducted the passing of command, Maj. Gen. Thomas D. Waldhauser, 1st Marine Division commanding general, addressed Newman, Hubbard and the audience.

Waldhauser thanked the Combat Center band for their opening performance, family members present and absent, and Hubbard for his work around the Combat Center as the regiment's commanding officer, which included helping with the construction of an academic resource center in the Combat Center's

main exchange.

"Mike, we thank you for all you have done with 7th Marines," said Waldhauser.

To end his remarks, Waldhauser welcomed Newman to the division.

"We look forward to you being part of the blue diamond and the 1st Marine Division," said Waldhauser, a native of South St. Paul, Minn.

Once he was finished, Waldhauser passed the microphone to Hubbard, who thanked the local community, the base's family readiness officers, the band, and his wife, Shazia.

Hubbard also made sure to thank the Marines and sailors of the regiment and asked them to give Newman the same effort they gave him as the commanding officer.

"It has been an honor to serve with you," said Hubbard. "As Col. Newman takes over command, serve him as you did me."

When Newman, whose personal decorations include the Bronze Star Medal with Bronze V and gold star in lieu of second award, spoke, he thanked his family, his wife's family, and his Marine Corps family, for whom Newman feels a great deal of respect for.

Newman, who is married to the former Hillary Dandrow of West Lafayette, Ind., also addressed the Marines of the regiment and told them his goal was to pull his weight and earn his place amongst them.

"It's truly an honor to join your ranks," said Newman, who was commissioned in December 1987 upon graduation from Purdue University, West Lafayette, Ind.

Newman and Hubbard stood side-by-side for a pass and review of the regiment, "Anchors Aweigh," and "The Marines Hymn," before Newman, the 85th commanding officer of the Magnificent 7th Marines, was greeted and congratulated by the Marines, sailors and members of the Combat Center community.

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SOLUTIONS

CHRISTIAN WORSHIP

Sunday

Roman Catholic Services Immaculate Heart of Mary Chapel

Faith Formation/CCD-8 a.m. Confessions+ - 8:45 a.m. Rosary - 9 a.m. Catholic Mass* - 9:30 a.m. Children's Liturgy of the Word 9:30 a.m. Confessions+ - 4:15 p.m.

Confessions + - 4.15 p.m. Choir Practice - 4 p.m. Rosary - 4:30 p.m. Catholic Mass - 5 p.m. **Protestant Services**

Christ Chapel
Lay-Led Independent Baptist
Breakfast, West Wing - 8:30 a.m.
Non-Demominational Service
Worship - 9 a.m.
Children's Church - 9 a.m.
Sunday School - 10:15 a.m.
Youth Group 6 p.m.

Pastor-Led Lutheran Worship Worship-NHTP Chapel-11:15 a.m.

Lay-Led Gospel Service Worship - 11:30 a.m.

Legend
* Indicates Child Care Provided
+ Appointments can be made for
Confessions by calling 830-6456/6482

Weekday Events Immaculate Heart of Mary Catholic Mass Mon-Fri - 11:45 a.m. (except holidays)

Monday Christ Chapel Praise & Worship Rehearsal-4 p.m.

Immaculate Heart of Mary Catholic Mass, Mon-Fri -11:45 a.m. (except holidays) Tuesday Christ Chapel Christian Women's

Christian Women's Fellowship* - 9 a.m., (September – May)

Immaculate Heart of Mary Children's RCIA - 4–5:30 p.m. Catechist Meeting - 5–8 p.m. (Second Tuesday each month) Baptism Class - 6–7:30 p.m. (First Tuesday each month)

C&E Barracks Building 1666Bible Study - 6:30 p.m. Chaplain Hester 830-6187

Wednesday Christ Chapel

Praise Band Rehearsal - 6 p.m. Food/Fellowship - 6:30 p.m. Non-Denomination Bible Study-7 p.m. Lay-Led Gospel Bible Study-7 p.m.

Immaculate Heart of Mary Military Council of Catholic Women* - 9:30 a.m. Sept. – May Youth Teen - 6 p.m. Knights of Columbus - 7 p.m. (1st Wednesday each month)

Thursday Immaculate Heart of Mary RCIA-6-7:30 p.m. Resumes Sept. 11 C&E Barracks Building 1666 Bible Study - 11:30 a.m., Chaplain Moran 830-6187

Friday Christ Chapel Gospel Rehearsal - 5 p.m. Immaculate Heart of Mary Exposition/Adoration of the Blessed Sacrament 12:15-4:30 p.m.

(First Friday each month)





Grumpy at 760-792-4143 E-mail: grumpy@JoshuaSprings.org

A12 OCTOBER 3, 2008

OBSERVATION POST

































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55189 29 PALMS HWY., YUCCA VALLEY

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* Redemtion certificates total \$500 @ \$25 per month in exchange for gas receipts greater than \$100 per month. One per household. \$5 refundable deposit required. 9-11 weeks for shipping and handling from date of registration. Program material available at dealership. While supplies last.