

OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

JULY 10, 2009

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

VOL. 52 ISSUE 27

Red Cross lists no cost CPR class

LANCE CPL. MONICA C. ERICKSON
COMBAT CORRESPONDENT

The Combat Center's American Red Cross is hosting a no cost, one-time only child and infant cardiopulmonary resuscitation class for active duty and retired service members and their families July 25 at building 1707 from 8 a.m. to 1 p.m.

The Red Cross here received a grant from their national headquarters, which will be used to instruct 100 military members and their families on the proper way to perform child and infant CPR. Learning CPR through the Red Cross normally costs \$25 to \$55.

Jade Gregg, the chair of volunteers for the American Red Cross here, said people with a military or dependent identification cards are allowed to attend, but she recommends children be 12 years or older to receive the full effect of the class.

"Knowing CPR is extremely important, especially for all the spouses who are home alone with their children," said the San Diego native. "If their child is unresponsive, they need to know what to do to keep their child alive while waiting for help to arrive."

The class will show participants the proper way to perform CPR on infants and children, first by video, then by hands-on technique using mannequins.

Brandy Hunter, the Combat Center's American Red Cross records chair, has had to use these life-saving techniques before and urges everyone to sign up for the class.

"If you know what you are doing, you can save a life," said Hunter, a Boise, Idaho, native. "You never know when you're going to need these skills, and it is important to keep yourself informed and educated."

To sign up for the class, contact Candace Fritz with the Morongo Basin American Red Cross chapter at 365-5501.

3/11 provides umbrella of security in Afghanistan



SGT. SCOTT A. WHITTINGTON

Lance Cpl. Ryan W. Simms, an 18-year-old radar operator with 3rd Battalion, 11th Marine Regiment, looks through a bore site to ensure the AN/TPQ-36 is lined up correctly Tuesday, while Sgt. Calvin R. Wauchope a 21-year-old radar team leader and Westport, Conn., native, supervises. The radar can detect incoming artillery or rockets up to 24 kilometers away.

SGT. SCOTT WHITTINGTON
2ND MEB

HELMAND PROVINCE, Afghanistan — When enemy insurgents fire mortars or rockets at U.S. and coalition troops, a long beep resonates and a small blip appears on the screen of counter battery radar Marines.

That beep and blip can start a fire mission for the Marines of

3rd Battalion, 11th Marine Regiment.

Marines like Sgt. Calvin R. Wauchope, a radar team leader, monitor the sky using the AN/TPQ-36 radar, a system that can ascertain the location of a round's impact and origin before it even hits. The Westport, Conn., native has a team of eight Marines working 24-hour shifts and closely monitoring the radar, which can see

up to 24 kilometers. The radar mostly covers troops in the open, convoys and bases.

If the machine goes down, radar technicians go to work to get it up and running. The radar operators and technicians live less than 20 feet from their equipment to facilitate quick responses and troubleshooting.

"It's exciting knowing we track the people that shoot at us," said Cpl. Robert L. Squires,

19, advanced field artillery tactical data system operator with 3/11. "No one can get away from us."

Once the blip appears on their screen, the information is relayed to the combat operations center where Squires, a Moline High School graduate, monitors the fire mission system. He passes the information simultaneously

See SECURITY, A4



CPL. NICOLE A. LAVINE

The first and fastest Marines lead the way during the first 5K Coyote Desert Fun Run hosted by the Combat Center's Installation Personnel Administration Center at Victory Field July 2.

Combat Center personnel participate in first 5K Coyote Desert Fun Run

CPL. NICOLE A. LAVINE
COMBAT CORRESPONDENT

Marines, sailors, family members and civilians strapped on their running shoes and gathered at Victory Field for the first Headquarters Battalion Installation Personnel Administration Center 5K Coyote Desert Fun Run here July 2.

As the air horn blared, runners who had been tense with anticipation sprang from their positions down a paved road with no thoughts

of a trophy or cash prize at the finish line.

The event raised more than \$2,000, which will go toward providing transportation, meals and lodging for junior Marines for upcoming trips, said Chief Warrant Officer 3 Sandy Alvarez, the deputy director for IPAC here. Registration was set at \$15 and included a free t-shirt. Shirts could also be purchased by non-runners for \$7.50.

The run kicked off at the intersection of

See RUN, A5

Improving quality of life at MWTC

LANCE CPL. M. C. NERL
COMBAT CORRESPONDENT

MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. — Families of the service members assigned to Mountain Warfare Training Center Bridgeport, Calif., gathered Wednesday after work to discuss the future possibilities of changes coming to the base.

The meeting's purpose was to gather input from the families about changes needed to make their lives aboard the remote base easier, like building a commissary and a gas station in the base housing area in Coleville, Calif., said Terry Phillips, a director with Facility Programming and Consulting in Houston, who hosted the meeting.

"It's a big brainstorming session," said the Houston native. "We know changes need to be made, but aside from a possible commissary and gas station, we don't know what yet."

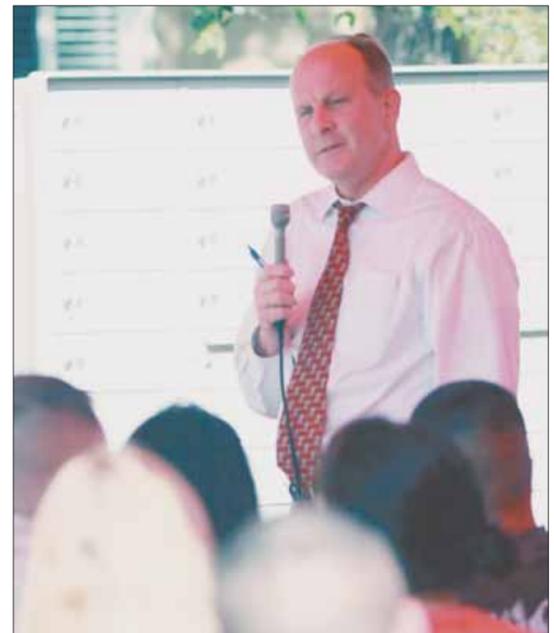
"The commissary and gas station are still specula-

tive ideas as well," Phillips said. "But, it looks like those two look more realistic than anything else."

The idea of a commis-

sary was the first and most important deal being discussed at the session, he

See IMPROVE, A3



LANCE CPL. M. C. NERL

Terry Phillips, a director with Facility Programming and Consulting, spent Wednesday answering questions from Marines and sailors' families aboard Mountain Warfare Training Center Bridgeport, Calif., about how to improve their quality of life in base housing.



'That's some high quality H₂O'
See A6



Waterlogged
See A8



'...and the rockets red glare...'
See B1



Motorhead
See B1

EFMP manager clarifies policy

OBSERVATION POST STAFF

The Exceptional Family Member Program assists and advocates for families with special needs children in the military, said Titus Burns, the Combat Center's EFMP manager. Any child who requires special education or has complex medical issues, to include mental health, can be considered for enrollment in EFMP.

Qualifying families will be screened by Headquarters Marine Corps EFMP on a case by case basis, he said. Upon screening, Headquarters Marine Corps EFMP will assign families to stations according to availability and accessibility of medical services.

For more information about the program call the EFMP office at 830-7740.

A skill of the eyes and mind

JOHN FLEMING

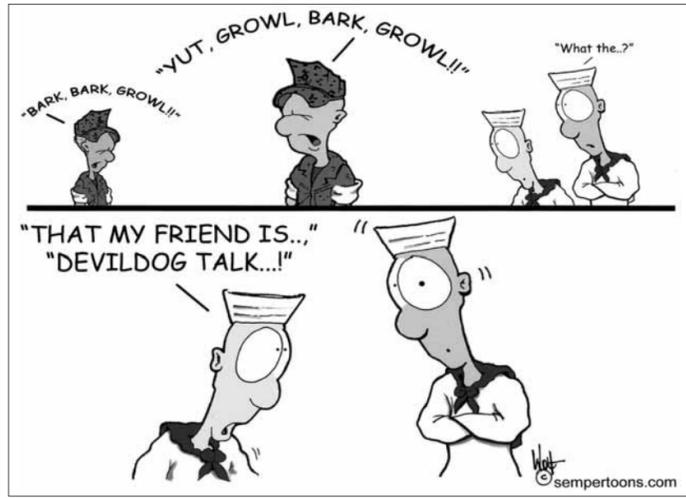
Baseball, golf, tennis... you name it and chances are the standing rule is "keep your eye on the ball." But in many other sports, the key to success is looking to where you want to be; not right in front of you. And this is especially true for motorcycling. All the best riders are constantly evaluating the road ahead. They are looking for obstacles in the road, evaluating the radius of upcoming curves, keeping a watchful eye for other vehicles that may enter the motorcyclist's right-of-way and a host of other factors.

What many riders don't realize is that looking well ahead will not only increase their margin of safety...it will also enable them to become better, more confident and smoother riders.

Every week my coaching partner, Frank Santiago and I spend three days evaluating, correcting and helping motorcyclists to become better riders. One of the habits that we often deal with is looking down instead of looking ahead. One of the skills we coach is "look to where you want to go."

Without fail, during our post-course critiques, the most frequently mentioned area of improvement for most riders is the "head turn." According to one recent student, "I can't believe how much more my confidence and smoothness have improved, all because of a simple thing like looking through a turn."

John Fleming is a RiderCoach with Cape Fox Professional Services, providing motorcycle safety training for Marines and sailors aboard MAGTFTC. To submit your comments or contributions about motorcycling, his email is michael.j.fleming@usmc.mil



SEMPERTOONS: CREATED BY GUNNERY SGT. CHARLES WOLF, USMC/RET.

Combat Center Spotlight

Name: Army Spc. Nathan Kuhnle
Unit: Southern California District Veterinary Command, Twentynine Palms Veterinarian Services
Job Title: Noncommissioned officer in charge of the veterinarian clinic
Job Description: Primary mission is to support the military working dogs but services are also provided for pets owned by military families.
What do you like most about your job? "The satisfaction of helping out the family members of Marines."
Hobbies: Going to college and working out
Military Service: four years
Time spent at the Combat Center: One-and-a-half years



OBSERVATION POST

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Hot Topics

RECRUITING SCREENING TEAM VISIT

The Headquarters Marine Corps Recruiting screening team is coming to the Combat Center July 15. The team will be screening all pre-designated Marines for this special duty assignment. The screening will be at building 1707, classroom D from 7:45 a.m. to 4:30 p.m. Marines will report in the Service "C" uniform for the informational briefing at 8 a.m. Marines not pre-selected for screening but interested in assignment to recruiting duty should see their unit career retention specialist for screening prior to the visit. For more information, contact the Combat Center CRS Staff Sgt. Gayden at 830-6171 or see your unit CRS.

JULY 11-12: DIRT BIKE, ATV SAFETY COURSE

The dirt bike and all-terrain vehicle courses are coming to the Combat Center July 11. We can take up to 16 riders for each class. This is your chance to hone your skills and develop better riding habits. To become qualified to teach either course, this is your first step in becoming an instructor. You are required to have your own dirt bike or ATV. Vehicles must be in good running condition, and you must have the proper protective equipment. The point of contact will be the Traffic Safety Office, building 1447. For any additional questions, please call 830-6154.

AUTOMATED HOUSING REFERRAL NETWORK

Visit the Automated Housing Referral Network at <http://www.AHRN.com> to find housing before you pack! Sponsored by the Department of Defense, AHRN.com listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings. In AHRN.com, you will find a variety of housing options to choose from. Listings include property descriptions, pictures, maps, links to local schools, and contact information. If you would like to rent your home, sell your home for sale by owner, or are looking for another service member as a roommate in your current home, you may post an ad free of charge on the site. Visit AHRN.com to start searching or posting today!

This Day in Marine Corps History

July 11, 1798

President John Adams signs an act establishing the U. S. Marine Corps.

Centerspeak

What is the greatest invention of your generation?

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



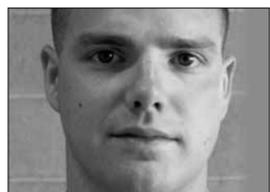
STAFF SGT. BRIAN GADDIS
7TH MARINE REGIMENT,
HEADQUARTERS AND SERVICE CO.

"I'm a gamer, so I'll have to say the Xbox."



PVT. DERIEL HERNANDEZ
3RD BATTALION, 7TH MARINE REGIMENT,
HEADQUARTERS AND SERVICE CO.

"Touch screen, it helps you navigate through systems better."



SGT. ZACHARY CARTER
MARINE UNMANNED VEHICLE SQUADRON 3,
AIR MAINTENANCE

"Internet phones, easier to stay in touch, more convenience such as banking on the go."

SUDOKU #1493

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CROSSWORD AND SUDOKU PUZZLES COURTESY OF © 2009 HOMETOWN CONTENT

OUT WITH IT

[puzzle Solutions on A5]

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ACROSS

- Joy of "The View"
- Sporty Mazda
- Slap on
- Dateless, say
- Name on a dogtag
- Aussie bounder
- Petitioned the Lord
- Broadway's "Les__"
- Sci-fi visitors
- Many August births
- Cause to expand
- Holds for questioning, say
- Kid-__ (children's shows)
- Expressed relief, in a way
- Like a rabbit's foot, supposedly
- Demon's doing
- With 68-Across, "A Natural Man" Grammy winner
- JFK guesstimate
- Cat's nine
- Slip behind
- Royal flush part
- Tilt-A-Whirl, e.g.
- Vegas array
- Was significant
- Prankster's spheroid
- Galena, for one
- Dumpster emanation
- Sing like Ella
- Poker payoff
- Zero-star review
- Hurled insults on the court
- Fire truck tool
- Studio sign
- Alison, who won a Pulitzer for "Foreign Affairs"
- Title for Mick Jagger
- See 37-Across
- Maze word

DOWN

- __ on a true story"
- Make rhapsodic
- Jack up
- "Go on..."
- "The Osbournes" genre
- Wearing a long face
- "As __ saying..."
- __ takers?"
- __ off (sore)
- The "A" in 38-Across
- Mammal that rolls into a ball
- 2/3 of DIY
- Catch some Z's
- __ up (confined)
- Fleur-de-__
- Puffin's cousin
- Party hearty
- Time to party hearty, maybe
- Insult, slangily
- Navy mascot

- OOO, on cards
- "Why don't we?"
- Lone Star States ch.
- Appliance with a magnet
- Tyler of "The Lord of the Rings" movies
- Altar assent
- Nuclear power apparatus
- Grunge rock hub
- Leary's hallucinogen
- Baseball's Griffey Jr.
- Cases for gastroenterologists
- Drink in "Beowulf"
- Dizzy display
- Old-time anesthetic
- Healthful retreats
- Curb-side cry
- Mandlikova of tennis
- Name in power tools
- Perry Mason's field
- Do a 10K

Children learn importance of giving through American Red Cross

LANCE CPL. MONICA C. ERICKSON
COMBAT CORRESPONDENT

The Combat Center's American Red Cross is looking for a few good children ages 12 to 18 to participate in their Summer Youth Volunteer Program from now until August 11 throughout the installation.

The program is designed to set children up with different offices on base as they volunteer and to help their assigned section with work.

"This is a great opportunity for the youth to reach out and help the community," said Danuelle Boone, a 17-year-old youth volunteer. "We had to volunteer for school, and I didn't know how to get started, and then I got into the American Red Cross and it is great because it really feels like you are making a difference."

So far, children are volunteering at the Robert E. Bush Naval Hospital, the East Fitness Center, the Lifelong Learning Library the American Red Cross and the Sandy Hill Lanes bowling center. Other sections that requested volunteers are the Career Resource Office, the office of the Staff Judge Advocate and the Wood Hobby Shop.

"We have a great group of children volunteering this year," said Kim Loucks, the youth programs chair for the American Red Cross. "It is an extremely unique program, but it is working out really well."

While volunteering, children may be required to answer phones, file papers and clean. Children will also have the opportunity to work side-by-side with their military counterparts and learn the important aspects of the job to see if they want to pursue that career field.

Many children choose to volunteer at the hospital because they believe it would make a bigger impact, said Loucks, a Windham, N.Y., native. "At the hospital they have the opportunity to sit with patients, read to them, carry samples to and from the lab, and possibly even prepare a room."

Although only 13 volunteers are participating in the program, the American Red Cross will be accepting youth until the end of July. Children also have the opportunity to continue to volunteer throughout the school year.

"I love the hands-on approach to the

volunteer work we do," Boone said. "We really get to get in there and do something that makes a difference. We're helping the Marines and sailors get their jobs done and it is great."

Four students from the Morongo Unified School District have also been accepted to participate in the Youth Volunteer Program through the MUSD

Work Force Program, despite having no connection to the base.

These students are paid volunteers, and are seniors or high school graduates.

For more information regarding the Summer Youth Program, or the American Red Cross, contact their office at 830-6685.



LANCE CPL. MONICA C. ERICKSON

Rayele Elmore, a 17-year-old American Red Cross volunteer, attaches a cuff to a mock patient's arm while learning how to read vitals during her time at the Robert E. Bush Naval Hospital Wednesday.

IMPROVE, from A1

said. Residents of base housing and the surrounding small towns could benefit from having a large-scale shopping center in their immediate area.

"We all agree to the fact a commissary would be a huge help around here," he said. "We're very far away from places with big name, low price stores. People here have to drive to Carson City [Nev.] or other larger places to buy

groceries at a good price."

Phillips hinted at another possibility of interest to the Marines and sailors' families — a gas station located on or near base housing.

"A possibility for a gas station out here would be another

idea for the families," he said. "It would have to be used for privately owned vehicles in place of the one on base, which is for government vehicles. They have a waiver to sell gasoline, as well as use it on government property."

One Marine aboard the base liked the idea of having a gas station out near base housing, in lieu of using one on base for both.

Building a gas station in base housing would make this job easier, said Sgt. Mark D. Wade, a bulk fuel specialist at MWTC, and a native of Ocean City, Md. Instead of acting as a gas station attendant for POVs, I can focus more on maintenance and fuel supply checks at the pumps.

In addition to a new commissary and gas station, more plans are in the works to improve quality of life for service members and families aboard MWTC.



LANCE CPL. M. C. NERL

Sgt. Maj. Douglas E. Power, the sergeant major of Mountain Warfare Training Center Bridgeport, Calif., talks with a Marine Corps Community Services representative Wednesday at the focus group held at base housing to discuss a future commissary for the isolated base.

Early out for Marines to pursue education

CPL. MARGARET CLARK HUGHES
COMBAT CORRESPONDENT

Though Marines have the chance to deploy, travel and have multiple opportunities most people never experience in their lives, many still miss out on the more common ones, like going to college.

However, deployments, secondary schools, family obligations or inconsistent working hours, may restrict a Marine's ability to attend college. Some are already four or more years behind many of their peers, but the military does help those who are preparing to separate from active duty and want to pursue a higher degree.

According to Marine Corps Order P1900.16, Marines have the opportunity for an early release from active duty to further their education.

Before everyone jumps on the bandwagon, the early release for education can only be within 90 days of their original End of Active Service date and they must start full-time courses lasting three months or more in college, technical school or vocational school during that time frame, said Jeff Fourier, the Combat Center's education services officer.

Not everyone can use this opportunity to go to school early though, there are certain criteria the Marine must fall under before their package can be submitted through their chain of command for approval.

According to the order, Marines must be eligible for an honorable discharge, their services must not be essential to the command's mission, they must not have completed advanced technical training and must not have received compensation during their current enlistment, including re-enlistment bonuses.

If they qualify, Marines must submit a package

through their command at least four weeks prior to the new requested EAS date with proof of acceptance, enrollment and payment to the school of their choice, Fourier said.

The Marine must then decide if he or she wants to use the Post-9/11 GI Bill or the Montgomery GI Bill, if they paid for it during their enlistment, said Lynda Burns, a Department of Veterans Affairs representative for Copper Mountain College. "It's important to make the right decision as to the best GI Bill for you," she said. "Remember that you can use the old GI Bill, Chapter 30, and then change to the new GI Bill, Chapter 33, however, once you choose the Chapter 33, you cannot change back."

To decide which GI Bill is the right choice, refer to the Department of Veterans Affairs GI Bill Web site at www.gibill.va.gov to weigh the benefits of each, she said. Once the decision is made and an application is submitted to the VA for the GI Bill chosen, the approved application can be proof for tuition paid for a submitted package.

Marines can also see if they qualify for the Department of Education's Federal Student Aid program at www.fafsa.ed.gov, which helps pay for tuition fees for colleges around the country and could qualify them for grants, Burns said.

If a Marine stays in California, the California Community Colleges Boards of Governors Fee Waiver, commonly referred to as a BOG, permits enrollment fees to be waived for all eligible California residents attending a community college in the state. Marines stationed in California have a one-year waiver as a resident after their EAS, Burns said.

For more information on early release from active duty for education or to receive an example packet and a copy of the order, contact the Education Office at 830-6881.

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PMO gives rules, tips on bicycle safety

LANCE CPL. MONICA C. ERICKSON
COMBAT CORRESPONDENT

An egg is dropped on the kitchen floor and breaks open. This is very similar to what can happen to a bicyclist's head when he or she is in an accident and isn't wearing a helmet.

The Combat Center's Provost Marshal's Office Crime Prevention Section has been spreading the word about bicycle safety, especially during the summer months to keep base personnel safe while riding their bicycles.

According to Carey A. McElroy, PMO's physical security specialist, and crime prevention and Drug Abuse Resistance Education officer, bicyclists can stay safe by following the rules of the road and always using proper protective gear.

"Go with the flow of traffic and use hand signals when turning," said McElroy, a Delta, Ohio, native. "It can prevent injury or even save your life; for example using proper reflective gear and a helmet."

Aboard the Combat Center, anyone who is riding a bike is required to wear a helmet, McElroy said. California state law requires riders under 18 to wear a helmet. When dark, riders are required to wear a reflective belt or vest.

According to PMO's monthly Community Oriented Policing publication, 50



LANCE CPL. MONICA C. ERICKSON

The Combat Center's Provost Marshal's Office Crime Prevention Section has been spreading the word about bicycle safety, especially during the summer months to keep base personnel safe while riding their bicycles. When riding a bike aboard the installation, people are required to wear a helmet and during the night, a glow belt or vest.

percent of bicycle deaths could have been prevented if the rider had been wearing a helmet.

McElroy also cautions motorists to be aware of their surroundings so they can avoid hitting bicyclist.

"When sharing the road with a bicyclist, motorists should always use caution when passing them, paying close attention to the clearance and distance of both oncoming traffic and the bicy-

clists location," McElroy said.

Lance Cpl. Devin James Soria, a military policeman and a bicycle safety officer for PMO, said motorists need to know they are not more important than a bicyclist when sharing the road and to always use caution when passing them. He also reminds riders they are a small object compared to a vehicle and it is a lot more difficult for them to be seen, especially at night.

The COP publication gives riders a handful of

tips while operating their bike aboard the installation including: check their bicycle for proper air pressure and tire tread, ensure breaks are working properly and obey all traffic signals, signs and pavement markings.

The publication also suggested riders wear clothing that will protect them from a fall and to be aware of the surroundings.

For more information regarding bicycle safety, contact PMO's Crime Prevention Section at 830-6094.



SGT SCOTT A. WHITTINGTON

Cpl. Joseph R. Franklin a 22-year-old radar operator with 3rd Battalion, 11th Marine Regiment and Klamath, Ore., native, calls in a target acquisition during a counter fire training mission Tuesday.

SECURITY, from A1

to the fire direction officer and fire direction control center. The FDO contacts the unit operating in the impact location to verify an explosive hit. If it is confirmed, the FDO will determine if artillery can fire on the enemy launch site. Sometimes howitzer fire is not the best way to shoot back due to dense civilian populations or landmarks of historic or cultural significance. While these and other considerations are influencing the decision to fire, the FDC determines which battery will fire, the type of round to be used, and the range to target information.

"Nothing takes priority but getting safe reliable data to the gun line," said Staff Sgt. Desmond D. Onezine, 30, battalion assistant operations chief, and Lafayette, La., native. "If we don't, we could hit our own troop or innocent civilians."

Onezine added that artillery has played a vital role on the battlefield since its inception, earning it the title "King of Battle." Ground

artillery has a faster response than air support - three minutes maximum.

The infantry can be confident in the accuracy of artillery, according to Cpl. Trent B. Istre, FDC operator. "We can tailor to their needs with a variety of support." "We can bring the rain, or we can bring the light," said Istre about the various rounds artillery uses, which include both high-explosive and illumination rounds.

3/11 is currently participating in Operation Khanjar as an element of Regimental Combat Team 3. To this point in the ongoing operation, the artillery battalion has only had the need to fire illumination rounds and has not fired any high-explosive rounds. These actions reflect the NATO International Security Assistance Force tactical directive that explains the top priority of coalition forces - to protect the Afghan people, rather than kill the insurgents.

Operation Khanjar commenced July 2 and involves nearly 4,000 Marines and sailors from Marine Expeditionary Brigade - Afghanistan and more than 600 Afghan national security forces working to secure population centers along the Helmand River valley.

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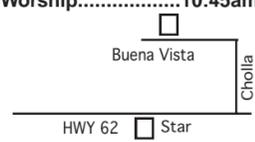
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<p>Church of Christ Sunday Bible Study 9:30 am Worship 10:30 am 1:30 pm Ladies' Bible Classes 11am Wed. Wed. Bible Study 5pm 7021 Airway, Yucca Valley • 365-9215</p>	<p>Yucca Valley Church of Religious Science Healing Lives & Building Dreams Reverend Ron Scott Sunday Celebration & Junior Church 10 AM 7434 Bamock Trail, Yucca Valley 365-2205 yvcrs.org</p>	<p>Desert Hills Presbyterian Church 56750 Mountain View Trail Yucca Valley • 365-6331 1st Service 10:00 AM w/Sunday School Bible Studies, Choir A Friendly and Loving Congregation!</p>	<p>DESERT CONGREGATIONAL CHURCH</p> <p>Call for free van ride Sunday 10:00 A.M. - Worship Sunday School ages 4-10 yrs Visitors Welcome</p> <p>Sunday Concert Series • Call for info 29 Palms • 5688 Sunrise Drive • 361-0086</p>	<p>FIRST CHRISTIAN CHURCH 365-4014 56284 Buena Vista Dr. Pastor Bob Alexander</p> <p>SUNDAY Bible School.....9:30am Worship.....10:45am</p> 
<p>St. Joseph of Arimathea Episcopal Church God Loves You As If You Were His Only Child. Holy Eucharist 10:00 A.M. Onaga at Church St., Y.V. 365-7133</p>	<p>Good Shepherd Lutheran Church (Missouri Synod) WORSHIP SERVICE 9:00 AM SUNDAY SCHOOL 10:30 AM LIVING UNDER THE SON 59077 Yucca Trail, Yucca Valley CHURCH: 365-2548 Preschool & Daycare: 369-9590</p>	<p>JESUS HOUSE OF PRAYER Calvary Chapel Fellowship Pastor Joey & Carol Joseph 6415 Outpost Road Joshua Tree Sunday Services 9am, 10:30am & 6:00pm call (760)366-7420 Website: JHOPCC.ORG</p>	<p>United Methodist Church of Twentynine Palms 6250 Mesquite Springs Road Phone: 367-7338 Sunday School: 8:30 a.m. - Worship: 9:30 a.m. (Child Care Provided) Pastor Beth Glass "open hearts, open minds, open doors"</p>	<p>OASIS COMMUNITY CHURCH 6631 Utah Trail, 29 Palms Service Times Sunday 9:00 am, 11:00 am Nursery provided at 9:00am & 11:00am 367-7812 www.oasiscommunitychurch.com</p>
<p><i>"The will of God will never take you where the grace of God will not protect you."</i></p>	<p>Two Mile Apostolic Tabernacle 74301 Two Mile Rd., 29 Palms (Next to Luckie Park) "Where Jesus Embraces You" Sundays 10:00 am 6:00 pm Wednesdays 7:30 pm Website: TwoMileApostolic.com 760-367-0080</p>	<p>First Baptist Church of 29 Palms Childcare Available Sunday Services Sunday School 9:15 a.m. Morning Worship 10:30 a.m. Evening Service 6:00 p.m. Wednesday Services Prayer/Bible Study 6:30 p.m. Young Married Couples Ministry 6:30 p.m. www.fbc29.org 6414 Split Rock Ave., 29 Palms, CA 760-367-7561</p>		

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Top superfoods for all-star heart health

SHARI LOPATIN

TriWest Healthcare Alliance

These top five "superfoods" from The American Dietetic Association and the "Nutrition Action

Health Letter" will not only make you feel good, but will help protect you against heart disease, the top killer of adults in the U.S.

1. Beans. The ADA says beans are truly a superfood

because each tiny bean has a powerful combination of protein, fiber, vitamins and minerals. Researchers have also found that diets including beans may reduce the risk of heart disease and

certain cancers.

2. Wild salmon. The omega-3 fats in salmon can help reduce the risk of sudden-death heart attacks. Plus, salmon caught in the wild has less PCB contami-

nants than salmon raised on a farm.

3. Mushrooms. Stocked full of antioxidants that help protect cells from free radicals, which can lead to cancer and sometimes heart disease, mushrooms are a great source of potassium, copper and certain B-vitamins.

4. Garlic and onions. For the full effects, stay away from onion and garlic powders and stick to the whole vegetable. The ADA reports that research shows these two foods may help lower LDL (bad) cholesterol, control blood pressure, prevent blood clotting, act as antioxidants to reduce cancer risk, and even promote immunity. You may need to eat one garlic clove daily to make a difference.

5. Blueberries. These fun little berries are bursting with antioxidants, more so than many larger berries. In addition to fighting off heart disease and cancer, blueberries can also fight aging. They're loaded with dietary fiber and vitamins A and C.

Surprise superfood: dark

Top 5 superfoods

1. Beans
2. Wild salmon
3. Mushrooms
4. Garlic and onions
5. Blueberries

chocolate

Eating heart-healthy can be a special treat, too. The ADA reports that recent research shows components of the cocoa bean and dark chocolate could positively impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure. In fact, dark chocolate may help limit the build-up of plaque in arteries by lowering LDL (bad) cholesterol, raising levels of HDL (good) cholesterol and reducing blood pressure.

For more healthy tips and TRICARE-related information, visit TriWest's Healthy Living Portal at www.triwest.com/beneficiary/healthy_living.



COURTESY ILLUSTRATION

Researchers have also found that diets including the top five "superfoods" will help protect you against heart disease, the top killer of adults in the U.S.

CHRISTIAN WORSHIP

Sundays

Immaculate Heart of Mary Chapel Roman Catholic Services

8 a.m.-Faith Formation/CCD
September through May building 1551
8:45 a.m.-Confessions+
9 a.m.-Rosary
9:30 a.m.-Catholic Mass*
9:30 a.m.-Children's Liturgy of the Word
4:15 p.m.-Confessions+
4 p.m.-Choir Practice
4:30 p.m.-Rosary
5 p.m.-Catholic Mass

Christ Chapel

Lay-led independent Baptist breakfast
8:30 a.m.-West Wing

Non-denominational:

Calvary Chapel-AGC
9 a.m.-Worship*
9 a.m.-Children's Church
10:30 a.m.-Sunday School*

Lay-led Gospel Service

11:30 a.m.-Worship building 1707

Pastor-led Assemblies of God worship

9:30 a.m.-Sunday School
10:30 a.m.-Worship

Legend

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

Weekday Events

Monday-Friday

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

Tuesday

Christ Chapel
9 a.m.-Christian Women's Fellowship*
September through May
Immaculate Heart of Mary
4-5:30 p.m.-Children's RCIA
5-8 p.m.-Catechist Meeting (Second Tuesday each month)
6-7:30 p.m.-Baptism Class (First Tuesday each month)

Wednesday

Christ Chapel
7 p.m.-Lay-led Gospel Bible Study

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

Thursday

Christ Chapel
6 p.m.-Praise Band Rehearsal
Immaculate Heart of Mary
6-7:30 p.m.-RCIA
Resumes Sept. 11
C&E Barracks building 1666
11:30 a.m.-Bible Study
Chaplain Moran 830-6187

Friday

Christ Chapel
5 p.m.-Gospel Rehearsal
Immaculate Heart of Mary
12:15 p.m.-4:30 p.m.-Exposition/Adoration Most Blessed Sacrament (First Friday each month)

RUN, from A1

Fifth and Bourke Street, curved left at First Street, extended to the hills beyond Griffin Road, and linked to Mainside again at Sixth Street before finishing at its starting point near Victory Field.

Master Sgt. Kelly Crawford, the staff noncommissioned officer in charge of the

Explosive Ordnance Disposal team here, entered the race with his EOD technicians for the camaraderie and to help raise money for the battalion's cause.

"We feel it's important to support our battalion," said Kelly, a Corvallis, Ore., native. "We're killing two birds with one stone - we're conducting physical fitness while also

having the opportunity to interact with members of the battalion we never see."

The participating Marines and sailors were also invited to bring family members and friends to join in.

Sgt. Savanna Malendoski, a warehouse clerk at the Consolidated Material Support Center, brought her twin sister, Sara, to participate while visiting from Perth, Australia.

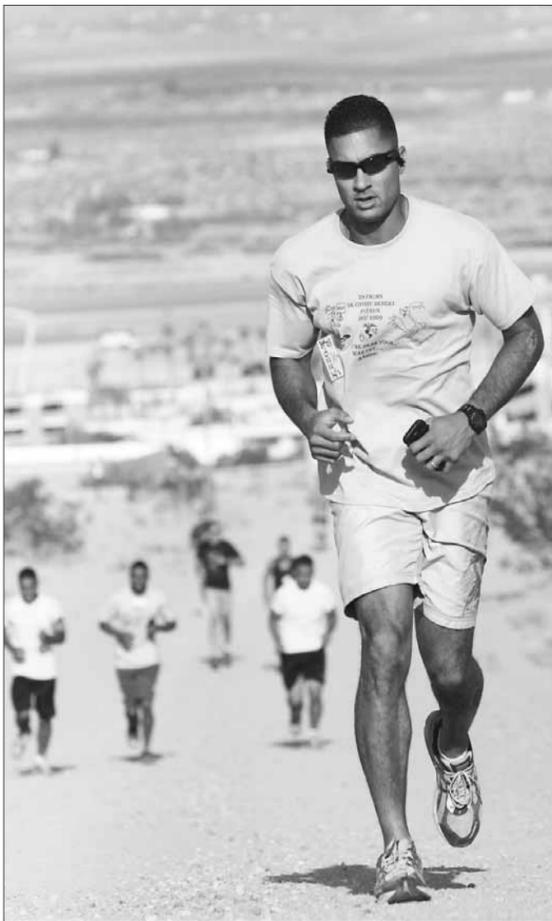
"She can participate in this and have fun with us," Malendoski said about bringing her sister. "She can also experience a portion of what we have to do for score twice a year."

After all the runners had crossed the finish line, first, second and third place win-

ners were announced in four categories: 30-and-over males, 30-and-over females, 30-and-under males, and 30-and-under females.

The first-place winners in each category were: Cpl. Daniel Thornton, Company K, 3rd Battalion, 7th Marine Regiment, for 30-and-over males; Melissa Dowd, wife of SSgt. Brant Dowd, Company A, Marine Corps Communication-Electronics School, for 30-and-over females; Lance Cpl. Noe Pena, Company C, MCCES, for 30-and-under males; and Sgt. Iris Duran, CMSC, for 30-and-under females.

IPAC will host the race again this time next year.



CPL. NICOLE A. LAVINE

Gunnery Sgt. Robert Brown, the orders chief with IPAC here, won third place for the 30-and-over males category in the first 5K Coyote Desert Fun Run here July 2.

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6	3	5	7	4	1	8	2	9
3	9	4	6	8	7	5	1	2
2	8	1	9	3	5	4	6	7
5	7	6	4	1	2	9	8	3
1	4	9	2	5	8	7	3	6
8	6	3	1	7	9	2	4	5
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Former Secretary of State Colin Powell is a tough minded optimist. It was Powell who said with deep conviction "perpetual optimism is a force multiplier."

Believe it, my friends, and anticipate with optimism tomorrow, next week, and all your days.

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NREA 2008 annual water quality report

Continuing Our Commitment

The Marine Corps Air Ground Combat Center is proud to once again present our Consumer Confidence Report. This edition covers all testing completed from January 1, 2008 through December 31, 2008. We are pleased to report that our compliance with all state and federal drinking water laws and standards remains exemplary.

We are committed to delivering the best quality drinking water to all residents aboard MCAGCC. We will remain vigilant in meeting the challenges of source water protection, water conservation and community education while continuing to serve the needs of our water users.

Under the "Consumer Confidence Rule" of the Federal Safe Drinking Water Act, community water systems are required to report water quality information to the consuming public annually.

Information About Drinking Water

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the U.S. Environmental Protection Agency's Safe Drinking Water Hotline (800) 426-4791.

This report was compiled by the Natural Resources and Environmental Affairs Water Resources Office. For more information about this report, or for any questions relating to your drinking water, please contact Chris Elliott, water resources manager, at 830-7883 or email chris.elliott@usmc.mil.

Important Health Information

Some people may be more vulnerable to contaminants in drinking water than the general population. Immunocompromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants may be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. The EPA Center for Disease Control and Prevention guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Drinking Water Hotline at (800) 426-4791.

Water System Advisories

Sampling results in water systems occasionally exceed a drinking water standard. Although this does not present a health concern to the general public, the following water system advisory applies.

In March 2008, MCAGCC received five positive samples out of 36 for total coliform bacteria. Coliform are bacteria that are naturally present in the environment and are used as an indicator that other, potentially harmful bacteria may be present. Coliform were found in more samples than allowed and this was a warning of potential problems.

Although the system was secured and disinfected to ensure that there were no issues, the California Department of Public Health issued a citation for Exceedance of Total Coliform Rule. Affected areas were immediately notified and information was published in the April 23 edition of the Observation Post.

No Drugs Down the Drain

Pharmaceutical waste remains a threat to water supplies. One way to reduce this threat is to dispose of all over-the-counter drugs and prescriptions properly. Do not flush drugs down the drain.

Old medicine can be taken to the San Bernardino County Community Household Waste Collection Center located at 62499 Twentynine Palms Highway, Joshua Tree. They are open the third Saturday of every month from 9 a.m. to 1 p.m. For more information on proper disposal of unwanted medicines, visit <http://www.nodrugsdownthedrain.org>.

MCAGCC is committed to the sustainment and protection of the environment. This report is printed on 30 percent post consumer recycled fiber to help reduce waste and minimize impact on the environment while meeting the mission of the Marine Corps.

Did You Know?

Water conservation measures are the first step in protecting our water supply. They not only save the supply of our source water but also save you money by reducing your water bill.

Protecting our water supplies is critical. Learn more about water and what can be done to protect and conserve it.

Although we are surrounded by water, most is not drinkable. In fact, only 3 percent of the world's water is fresh water and of this, 2/3 is stored in icecaps and glaciers. That leaves only 1 percent of the world's water available for drinking.

All domestic water supplied to MCAGCC is groundwater from the Surprise Springs subaquifer of the Twentynine Palms Ground Water Basin. This water is extracted by 11 production wells at a depth between 500 and 700 feet located in a protected area of the Sand Hill Training Area.

This water has consistently been of such high quality in nature that it routinely meets or exceeds all EPA and

California Department of Public Health Services primary and secondary drinking water standards without any treatment required (other than basic disinfection) before distribution. Basic disinfection is required by California Department of Health Services as a safeguard against possible microbial contamination due to repairs or maintenance of the system.

Challenges facing MCAGCC utilities are similar to those faced by other utilities in the area—water supply, aging infrastructure, and population growth. MCAGCC issued eight contracts to repair and improve the quality of the water system. A total cost of over \$7 million was spent on repairing and upgrading the potable water system.

Today, a system consisting of 11 potable water wells and 8 reservoirs with a storage capacity of 11 million gallons serves the military and civilian workforce of MCAGCC through a series of pipelines that extend over 84.2 miles of service area.



COURTESY PHOTO

A clarifier at the Combat Center's Wastewater Treatment Facility removes solids that settle to the bottom of the water.

Water Conservation Tips

Watch how much water you use when doing dishes, brushing teeth, showering, and washing your car. Follow these easy tips to reduce your use.



1. Fix leaks. A faucet that drips can waste up to 3,280 gallons of water per year.

2. When brushing your teeth, do not leave the water running.



3. Use a shutoff nozzle on your hose to prevent water running constantly.

4. Do not wash sidewalks or driveways. Use a broom or leaf blower.



5. Use a faucet aerator on your sink to reduce water use while maintaining flow.



6. More water is used in the bathroom than any other place in the home.

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'It was the worst decision of my life...'

LANCE CPL. MONICA C. ERICKSON

COMBAT CORRESPONDENT

According to the Combat Center's Provost Marshal's Office Crime Prevention Section, 36 people in the United States die and approximately 700 more are injured every day in motor vehicle crashes that involve an alcohol-impaired driver.

PMO has been working hard to ensure base personnel know the consequences of drinking and driving, yet Marines and sailors are still drinking then getting behind a wheel.

Gunnery Sgt. Kris McCullough, a 31-year-old data chief for the communications shop with Tactical Training Exercise Control Group, has first-hand experience with drinking and driving and the consequences he and his family had to face.

"On Nov. 4, 2007, I was hanging out with some friends and had a few drinks," McCullough said. "I got into my car and ashed my cigarette out the window and got pulled over. That's how it all got started."

At the time McCullough was at the top of his career. He had just been selected for gunnery sergeant and was in the middle of transitioning to a different unit.

"This is the biggest regret in my entire life professionally and personally it was

absolutely destructive and I am still paying for it," he said. "It was humiliating. Every Friday I would tell my guys, 'Hey, don't drink and drive,' and then here I am. I had become an outcast in the Marine Corps—everybody treated me completely different. Everybody looked at me completely different.

"It's the shame of doing something so stupid," he said. "I just became that guy who everybody pointed at and said, 'don't be like him.'"

McCullough was pulled over within a block of his house and was one of the few Marines who drew the lucky straw and didn't lose rank. However, he received a nonjudicial punishment, a year-long suspension on his license and his rank was held back for a year and a half.

"I got really lucky because most people lose rank," McCullough said.

The average cost for driving under the influence is approximately \$12,000. McCullough, who is married and has three children, is still feeling the effect of his fines and payments for his DUI.

Gunnery Sgt. Roy Buchanan, the operations chief for PMO, explained the normal route a Marine or sailor would take after getting a DUI.

"If you receive a DUI out in town, the average fees run approximately \$12,000 in court fees, bail costs, impound and storage fees,



LANCE CPL. MONICA C. ERICKSON

Driving under the influence can amount up to \$12,000 in fines in court fees, bail costs, impound and storage fees, but does not include lawyer fees, and installation of the ignition interlock device depending on their blood alcohol content. According to the National Highway Traffic Safety Administration, about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.

but does not include lawyer fees, and installation of the ignition interlock device depending on your BAC [blood alcohol content]," said Buchanan, a Newport Beach, Calif., native. "Your license will be revoked for up to one year, plus you will have to attend mandatory classes for your DUI which is 6 month long on average and cost varies."

Buchanan continued by

saying once they are fined, they have to worry about their chain of command and being charged by their unit.

The double jeopardy law does not exist, Buchanan said. "Ultimately depending on the severity of the offense you can be dishonorably discharged."

McCullough said his DUI opened his eyes. Looking back, he can say his experience was the worst and the

best thing to happen to him.

"Before I got my DUI, I drove drunk all the time," he said. "Not just a little bit drunk, but hammered. I thought, 'hey, this isn't a big deal, I'm driving just fine.'"

"But now I realize, all it would have taken was one night, and I would have had an accident," he explained. "I could have killed someone. I have three kids and a wife, and in one night I

could have ended their lives by going to jail for the rest of mine. Not to forget, I could have taken somebody away from their family. I could have killed someone."

McCullough has learned from his experience, and since his DUI resorts to staying sober or finding a designated driver for the night.

"There is no need to drink and drive," he said. "There is always another option."



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The deadline for submitting Trader ads is noon Wednesday, for the upcoming Friday's paper.

Trader Ad Forms are available at the Public Affairs Office and may be filled out during normal working hours at Bldg. 1417.

Ads may also be submitted through e-mail, but will only be accepted from those with an @usmc.mil address. If you are active duty, retired military or a family member and do not have an @usmc.mil address you can go to the PAO page of the base

Web site at: <http://www.29palms.usmc.mil/dirs/pao/> and complete a request to publish an ad.

The limitations for ads are: 15-word limit, limit of two ads per household and the Trader may be used only for

noncommercial classified ads containing items of personal property offered by and for individuals authorized to use this service. Such ads must represent incidental exchanged not of sustained business nature.

Ads for housing rentals will not be considered for the Combat Center Trader.

To have a "House For Sale" ad run in 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.

Midshipmen make splash at MWTC

LANCE CPL. M. C. NERL
COMBAT CORRESPONDENT

MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. — Naval Reserve Officer Training Corps midshipmen from all around the country learned basic mountaineering skills Sunday at Mountain Warfare Training Center Bridgeport, Calif., as part of their mountain warfare training.

The midshipmen learned how to survive in the wilderness and navigate mountainous terrain, which included crossing streams, said Maj. Matt Ganley, a Marine officer instructor from Tucson, Ariz.

“The stream crossing and survival classes are part of what we’re doing here for the 10 days we have,” Ganley said. “We’re doing additional training on top of that to get the students more acquainted to real training in the Marine Corps.”

“The students are going to do day and night land navigation, rappelling, top roping, terrain appreciation movements and hiking through the mountains,” he said.

Ganley said the midshipmen come from all over the country and generally do not have the opportunity to experience this type of training environment.

“They’re going to get a great understanding from their training,” he said. “They’ll have a good grasp for how training evolutions function, and gain a better grasp for the Marine Corps’ training philosophies.”

The cadets seemed to understand the value of the knowledge and enjoy the training, despite some of the obvious challenges.

“The hump up here was tough with the thin air and hills,” said Midshipman Sam Daniels, a native of Indianapolis. “I’ve never been to Afghanistan before, but I bet this place is as close as it gets to over there. When I’m a lieutenant I can’t wait to bring my Marines up here.”

The instructors who trained the midshipmen also felt they were providing a valuable and rewarding service to their guests.

“These people are all college kids,” said Cpl. Justin Bystrom, a Unit Training



LANCE CPL. M. C. NERL

Naval Reserve Officer Training Corps midshipmen fight against the stream Sunday at the Mountain Warfare Training Center in Bridgeport, Calif., when they learned to cross streams in the mountainous terrain.

Group instructor at MWTC, and a native of Denver. “They don’t know much about the Marine Corps yet, especially practical things all Marines need to know.”

“They may read a book or two on the Marine Corps in college, or get classes at [Virginia Military Institute] but here they’re going to get some real life lessons on what happens in the Marine Corps, and how we actually train,” he said. “It’s good to know that I’ll be able to make sure one of these guys, who might end up being my future platoon commander, learns something.”

After more than a week of mountain warfare training, the cadets will return to their respective colleges with new knowledge of modern Marine Corps training and tactics.



LANCE CPL. M. C. NERL

Midshipmen struggle to make their way through the water Sunday at Mountain Warfare Training Center Bridgeport, Calif.



LANCE CPL. M. C. NERL

Midshipmen walk with their arms linked together as they cross a stream Sunday at Mountain Warfare Training Center Bridgeport, Calif., as part of their mountain warfare training.

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July Schedule						
5 - DH @ OC Pioneers 7:05	6	7 - Vs. Santa Barbara Foresters 7:05	8 - Vs. Denver Cougars 7:05	9	10 - Vs. Tri-City Thunder 7:05	11 - Vs. Tri-City Thunder 7:05
12	13	14 - DH @ L.A. Thrashers 1:00 & 4:00	15 - Vs. North County Waves 7:05	16	17 - Vs. East L.A. Dodgers 7:05	18 - Vs. East L.A. Dodgers 7:05
19	20	21 - Playoff (Tentative)	22 - Playoff (Tentative)	23 - Playoff (Tentative)	24 - Vs. Bay Cal Yankees 7:05	25 - All Star Game & Home Run Derby 6:15
26	27	28	29	30	31	

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B1

Independence booms over Combat Center

LANCE CPL. MONICA C. ERICKSON AND PFC. MICHAEL T. GAMS

COMBAT CORRESPONDENTS

More than 8,000 Marines, sailors, their families and community members flooded the Combat Center's Victory Field Saturday to celebrate Independence Day.

The night kicked off at 6 p.m. with a performance by

Marines Got Talent and ended at 9 p.m. with the largest fireworks display in the Morongo Basin.

Patrons enjoyed music from the Combat Center Band and Deep 6, a local band made up of Marines and civilians. Deep 6 played a wide range of songs from well-known artists including Sublime, AC/DC, Black Crowes and Taylor Swift.

Vendors were spread throughout the field providing refreshments for the attendees while they enjoyed various games provided, including a water slide, rock wall, Jupiter Jump, one-on-one basketball, an obstacle course and a paintball enclosure.

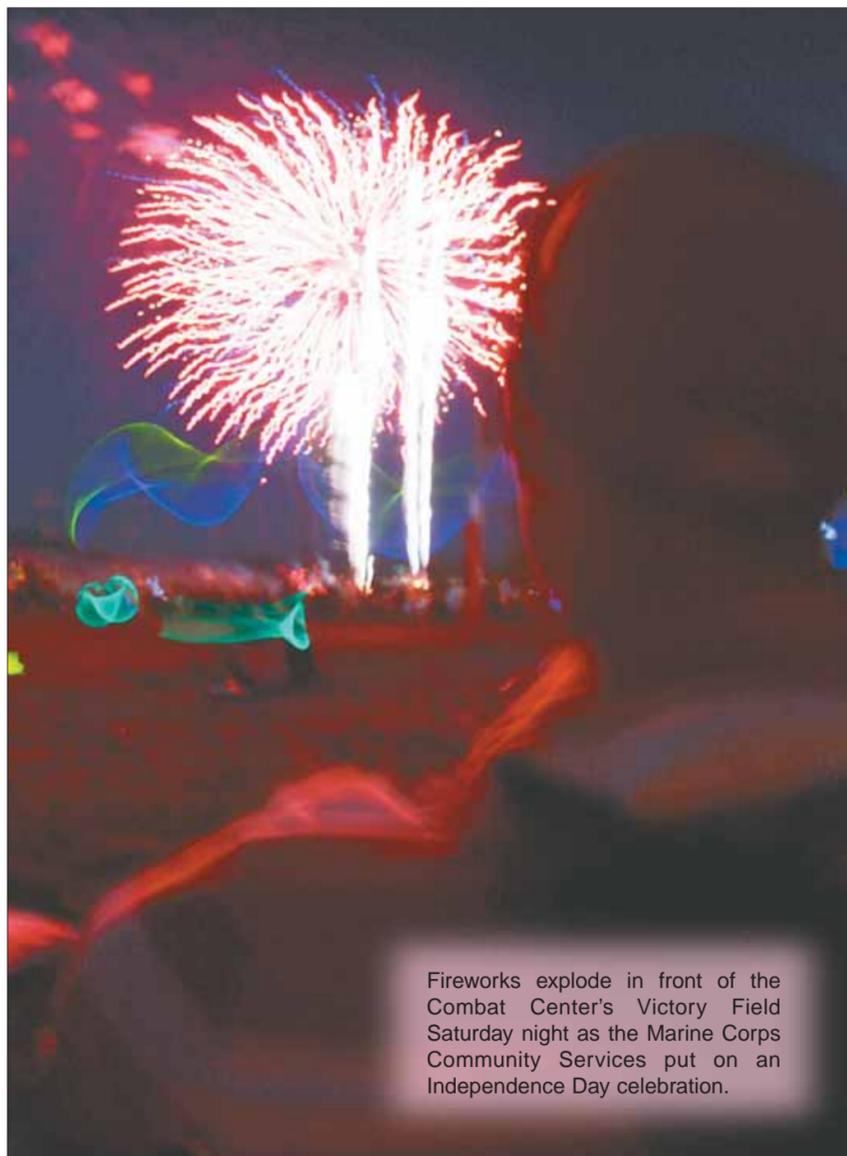
Cheers erupted from

See **FOURTH, B4**



PFC. MICHAEL T. GAMS

Lance Cpl. Jerrod Tisko, an unmanned aerial vehicle mechanic with Marine Unmanned Aerial Vehicle Squadron 3, watches the Morongo Basin's largest fireworks display with a friend at the Combat Center's Victory Field Saturday evening.



Fireworks explode in front of the Combat Center's Victory Field Saturday night as the Marine Corps Community Services put on an Independence Day celebration.

PFC. MICHAEL T. GAMS

Combat Center Marine keeps classic engines running

CPL. NICOLE A. LAVINE

COMBAT CORRESPONDENT

A person's hands tell much about the work he or she does. For one Marine, he is happiest when his hands are covered in grease and buried in the engine of a car.

Gunnery Sgt. Tim Warren, the special reaction team commander with the Combat Center's Provost Marshal's Office, has possessed a deep fondness for automobiles and mechanics since he was a young boy growing up in Binghamton, N.Y.

Warren learned basic mechanics on his first car, a 1965 Chevrolet Malibu, he got when he was 16. What started out as checking oil and changing tires with his grandfather, father, uncle and stepfather turned into the beloved, complex hobby it is for Warren today.

"I learned a lot just by watching them fix cars as a kid," Warren said about his male role models. "It seems

like there was always a car that could get worked on."

Warren said his uncle, Jim, also raced top-fuel dragsters in his youth and inspired Warren's appreciation for hotrods.

According to Warren's mother, Joan Diaferio, Warren needed little help after that to build, quite literally, on his inspiration.

"I remember when he was about five, he would spend hours in his Power Wheels driving up and down the street we lived on," she said.

Diaferio added she still has a piece of artwork Warren gave her when he was ten depicted a 1930s-era car he created during Sunday school.

"I remember thinking of that picture in my head when I made that," Warren said. "I remembered seeing it somewhere and knowing I liked it right away."

"He's loved cars as long as I've known him," said Joe Diaferio, Warren's stepfather of more than 25 years.

"Before he was old enough to drive them, he was drawing pictures of them. It's something you have to be born with."

Warren said he recalls his first years getting real grease under his nails.

"I was around 17 or 18 when I started getting real junker cars," Warren said. "I didn't have a lot of money, so I would buy these \$500 cars and fix everything from the breaks and shocks to the tires. I remember running out of gas all the time, so my friends and I would push it to the gas station and just nickel-and-dime our way along. I tried to make the best of what I had."

Automobile mechanics hold a certain magic for Warren he claims cannot be found elsewhere.

"For me, there's gratification in taking on the challenge of seeing how all that hard work can come together into a vision you created," Warren

See **CLASSIC, B4**



CPL. NICOLE A. LAVINE

Gunnery Sgt. Tim Warren, the special reaction team commander with the Combat Center's Provost Marshal's Office, sits inside his prized 1947 Chevrolet Fleet Master Coupe outside the Catholic Chapel Tuesday. This is only one of more than 15 cars Warren has owned and rebuilt since his teenage years.

Mountain Marines and Bridgeport celebrate 233 years

LANCE CPL. M. C. NERL

COMBAT CORRESPONDENT

BRIDGEPORT, Calif. – Marines from Mountain Warfare Training Center Bridgeport, Calif., supported the nearby town of Bridgeport Saturday during the town's celebration of Independence Day.

The coordination between the base and the local community has been a tradition since MWTC's early days half a century ago and has had small changes this year, said Col. Norman L. Cooling, the commanding officer of MWTC, and a native of Baytown, Texas.

"The celebration has been there since the 1900s," Cooling said. "The base has been supporting it since the 1950s.

We've always added things to the parade like the color guard. The extra horsemen here have been a recent addition to the parade that I can't remember in recent history."

In addition to supplying a color guard and Marine instructors from the Animal Packers Course, MWTC also provided a BVS-10 Viking, a newer version of the all-terrain Hagglunds BV-206.

Cooling said he and the base sergeant major, Sgt. Maj. Douglas E. Power, also contributed to the parade, not in their presence, but how they presented themselves.

"Sgt. Maj. Power and I were riding on horseback," he said. "We had the regu-

lar mules in the parade as well, but the sergeant major and I won the award for best horsemanship in the parade."

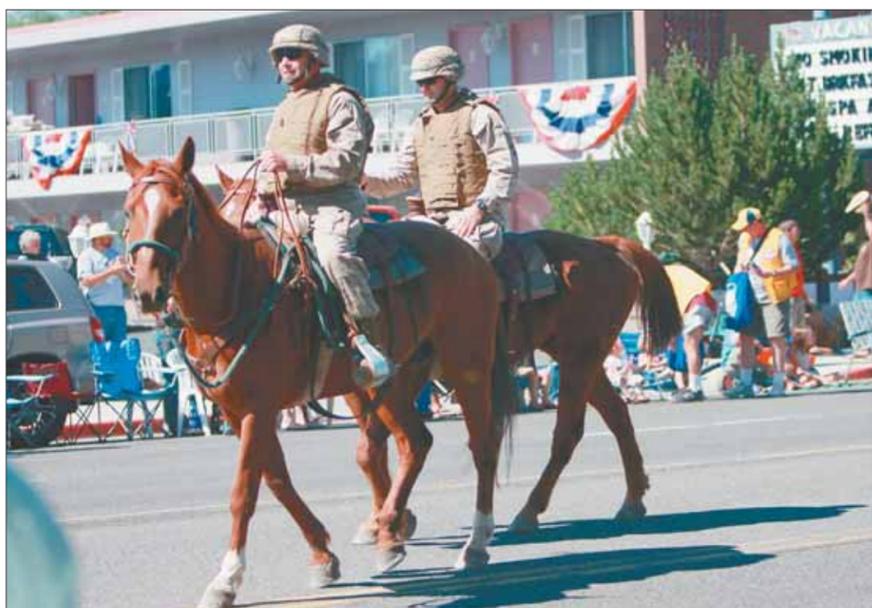
Cooling said the parade is a big deal to the town. They have taken a lot of pride in it since the event's creation.

"It's a huge marketable event for the town," he said. "It's one of their biggest events they have for the entire year. A small town like Bridgeport relies on tourism for part of the summer as part of what keeps them going."

"We're proud to support such a big event for the people in town," he said. "They're our fellow mountain people."

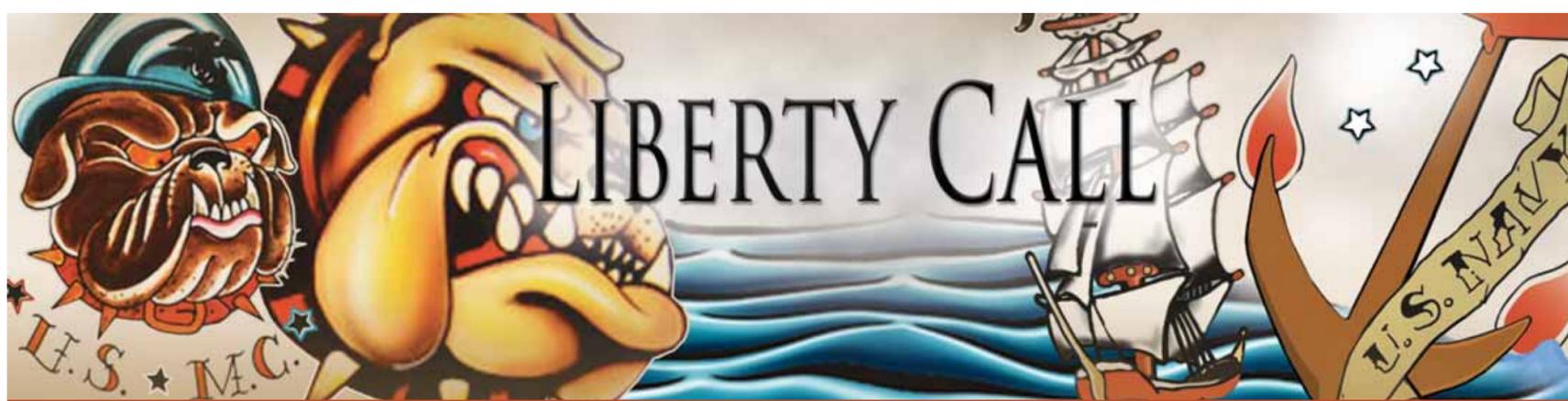
Residents of the small

See **PARADE, B2**



LANCE CPL. M. C. NERL

Sgt. Maj. Douglas E. Power, the sergeant major of the Mountain Warfare Training Center and Col. Norman L. Cooling, the commanding officer in the Independence Day parade in the town of Bridgeport, in which they won Best Horsemanship.



FRI. 7/10 Music: The Rock Spiders Time: 7:30 p.m. Where: Pappy and Harriet's 53688 PioneerTown Road PioneerTown For more info call 365-5956 or visit http://www.pappyandharriets.com	FRI. 7/10 Elvis Costello and The Imposters Time: 9 p.m. Where: Agua Caliente 32-250 Bob Hope Drive Rancho Mirage For more info call (888) 999-1995	SAT. 7/11 15th annual Yucca Valley Summer Music Festival Time: 7 to 9 p.m. Where: Yucca Valley Community Center Complex 57090 29 Palms Highway Yucca Valley For more info call 369-7211 or visit http://www.yucca-valley.org .	SAT. 7/11 Tribute to the Police "The Police Experience" Time: 8 p.m. Where: Fantasy Springs Resort Casino 84-245 Indio Springs Parkway Indio. For more info call (800) 827-2946 or visit http://www.fantasyspringsresort.com	SAT. 7/18 Liza Minnelli Time: 8 p.m. Where: Morongo Casino Resort and Spa 49500 Seminole Drive Cabazon. For more info call (800) 252-4499 or visit http://www.morongocasinoresort.com
SAT. 7/18 Tribute to Journey Time: 8 p.m. Where: Fantasy Springs Resort Casino 84-245 Indio Springs Parkway Indio. For more info call (800) 827-2946 or visit http://www.fantasy-springsresort.com	SUN. 7/19 Pit Bull With LMFAO Time: 8 p.m. Where: Spotlight 29 Casino Resort 46-200 Harrison Place, Coachella. For more info call 866-377-6829 or visit http://www.spotlight29.com	SAT. 8/1 Timothy Bradley vs Nate Campbell, Jr. Welterweight Championship Time: Doors open at 4 p.m. Undercard begins at 5 p.m. Where: Agua Caliente 32-250 Bob Hope Drive Rancho Mirage. For more info call (888) 999-1995	SAT. 8/22 An evening with ZZ Top Time: 8 p.m. Where: Agua Caliente 32-250 Bob Hope Drive Rancho Mirage For more info call (888) 999-1995	FRI. 8/28 Los Tigres Del Norte Time: 9 p.m. Where: Morongo Casino Resort and Spa 49500 Seminole Drive Cabazon. For more info call (800) 252-4499 or visit http://www.morongocasinoresort.com

'Food, Inc.' will change the way you think about what you eat

NEIL POND

AMERICAN PROFILE

Food, Inc.

Rated PG

An expose of the links and kinks in America's food chain, this eye-opening documentary will change the way you think about what you eat.

It comes as no surprise to find out that huge companies control much of what ultimately makes its way into our tummies. But you'll be awed, and likely alarmed, to watch "Food, Inc." connect the dots across a spectrum of sprawling mega-farms, bleak slaughter houses, lax government regulations and bulging corporate pocketbooks.

The movie's "Think before you chew" message is humanized by a series of real-life characters—the borderline-income family of four that can't afford healthy meals when fresh produce is priced higher than fast food; the mother-turned-activist who lost her toddler son to a hamburger tainted with E. coli; the Indiana farmer facing the crushing wrath of a

corporate seed giant; the organic yogurt producer delighted to finally get his product into the commercial mainstream.

You'll also learn some fascinating—and disturbing—things about corn, soybeans, cattle, chickens and pigs. The industry's quest to grow things "faster, fatter, bigger, cheaper" has been pursued, the movie says, at the expense of worker safety, consumer health and environmental responsibility.

None of the companies mentioned in the movie, including Monsanto, Tyson, Perdue and Smithfield, granted the filmmaker's request for interviews. Ultimately, their stonewall silence only reinforces the premise that there's something hidden—and rotten—in the corporate kitchen.

"The industry doesn't want you to know the truth about what you eat," says one of the film's sources. "Because if you knew, you might not want to eat it."

Yes, there are scenes of animals going to, or meeting, their food-to-be fates. But



COURTESY PHOTO

"Food, Inc." is a fascinating and frequently disturbing look at the corporations controlling what ultimately ends up in our tummies. This documentary will change the way you look at what you eat.

the "knowing" is far worse than the "showing." The movie doesn't linger on the killing floor. And it's not anti-meat. It just wants you to know a bit more about what you're biting into when you chomp down on that burger—and consider the

alternatives. It ends with several helpful, and hopeful, suggestions for things everyone can do: Buy and eat organically raised meat and produce, shop at farmers' markets, strive to find out more about the things you eat, where they're from and how

they're processed. I suspect a lot of the audience for this movie is already somewhat aware, or even well aware, of the ground covered by "Food, Inc." In that sense, it's preaching to the converted. But for everyone else, particularly those

who may have never really thought much about the subject, it presents some serious food for thought. But one word of caution: Eat before you see it. After it's over, the idea of a swing through the drive-thru might not be so appetizing.



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5:00	5:25	5:30	5:40	5:45	6:00	6:10	7:00

15	MCAGCC-Palm Springs	Friday		
Palm Springs Airport	Indian Canyon & Andreas (Casino)	Indian Canyon & Tacheva (Hospital)	Stater Bros WallMart	MCAGCC
7:00	7:10	7:15	7:50	8:30

15	MCAGCC-Palm Springs	Saturday/Sunday					
Base Post Exchange	Building 1664	Subway	29 Palms Community Center	29 Palms Staters	Joshua Tree Park Blvd.	Stater Bros WallMart	Palm Springs Airport
10:00	10:25	10:30	10:40	10:45	11:00	11:10	11:45
4:00	4:25	4:30	*4:40	*4:45	*5:00	*5:10	*5:45

15	MCAGCC-Palm Springs	Saturday/Sunday		
Palm Springs Airport	Indian Canyon & Andreas (Casino)	Indian Canyon & Tacheva (Hospital)	Stater Bros WallMart	MCAGCC
12:00	12:10	12:15	12:50	1:35
*6:00	*6:10	*6:15	*6:50	*7:35

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PARADE, from B1

mountain town appreciate the support from MWTC not just in their celebrations, but in their everyday lives.

"I love seeing the Marines around every year," said Doug Marian, a life-long Bridgeport resident. "We almost forget about you guys up there in the mountains. If I could

thank all the guys and girls out there for keeping me and my family safe, I would go door to door if I had to."

The events of the 147th Fourth of July celebration in Bridgeport slowly drew to a close with the knowledge that the Marines at MWTC will join the community again next year to celebrate the nation's independence.



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LANCE CPL. M. C. NERL

Marines from the Mountain Warfare Training Center Bridgeport, Calif., carry the colors during the Independence Day parade in the town of Bridgeport, Saturday, which is a tradition since the early days of the base.

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Public Enemies (R) Fri-Tues: 12:00, 3:00, 6:00, 9:00	Harry Potter And The Half Blood Prince (PG13) Tuesday - Midnight Show Wed - Thurs: 12:00, 3:00, 6:00, 9:00	• ADULTS \$8.00 • SENIORS \$6.00 • CHILDREN \$6.00 www.cinemasixtheatre.com

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Combat Center sports



LANCE CPL. MONICA C. ERICKSON

Erik Danko, a forward with MCCES, winds up for a shot during the final game of the Commanding General's Intramural Soccer League playoffs Wednesday at Felix Field. CEB beat MCCES 3 to 2, and moved on to play against HQBN in the championship game.



LANCE CPL. MONICA C. ERICKSON

Chris Kubicki, (center) a player for CEB, lunges past John Sones, a mid-fielder for MCCES.



LANCE CPL. MONICA C. ERICKSON

Alexis Baez, (left) a forward with MCCES, shoots past defending CEB player Nitesh Pymagam during the final game of playoffs.



LANCE CPL. MONICA C. ERICKSON

Eric Danko, a forward for MCCES, leans back as he prepares to kick the ball past CEB defenders.



LANCE CPL. MONICA C. ERICKSON

Bobby Bolles, (center) a defenseman with CEB, leaps over an opponents legs after he kicks the ball away.

Intramural Softball League

Team	Wins	Losses
Scrappers	16	2
MWSS-374	16	2
VMU-3	14	5
Tanks	14	5
ESD Warriors	13	5
CLB-7	12	5
7th Marines	11	7
3/11	11	7
3rd CEB	11	7
Hospital	11	9
MCCES HQBN	9	9
NAV PERS	8	10
PMO	8	11
IPAC	7	11
ESD Hooligans	7	11
PMO K-9	7	11
G-6	5	13
Dirty Dozen	5	14
CMA	5	14
2/7	3	17
Dental	0	18



CPL. MARGARET CLARK HUGHES

3/11's catcher Bryan Warloe attempts to tag Ripper's third baseman Roger Martinez before he touches home plate during a Commanding General's Intramural Softball League game at Felix Field Wednesday night.

Athlete of the Week



Name: William Redmon
Age: 31
Job title: Ground radio intermediate repair
Recognition: Competed in the Commanding General's Intramural Racquetball Tournament.
Major sports accomplishments: "I have been playing for only a few months, but I can now play off the back glass properly."
Favorite aspect of the sport: "Racquetball relies more on the individual player instead of a whole team."
Advice for aspiring players: "Get out and practice, it is the only way you are going to get better. Play against different people and learn different playing styles."



CPL. MARGARET CLARK HUGHES



CPL. MARGARET CLARK HUGHES

Ripper's second baseman Marlon Romero prepares to catch the ball before 3/11's pitcher Jason Thomas hits the bag.

3/11's first baseman Tom Dougherty reaches for the ball before Ripper's right outfielder Quincy Donohue runs through first during a Commanding General's Intramural Softball League game at Felix Field Wednesday night. Ripper ended the game with a 20-9 victory.



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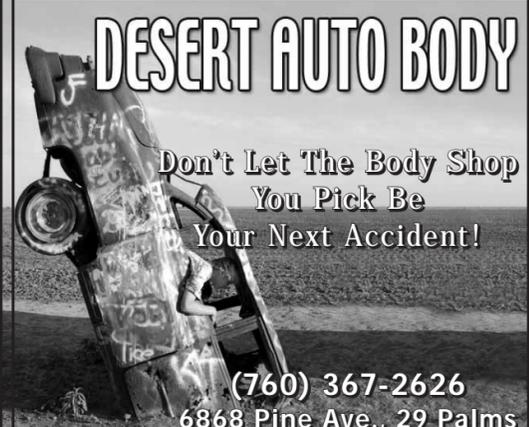
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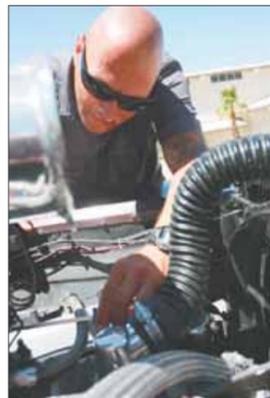
CLASSIC, from B1

said. "You're not competing with anyone, really. It's about self-gratification."

Of the 15 or more cars Warren has owned, he said he was most fond of his 1956 Chevrolet Bel Air.

"I think it was because of the amount of work I put into it," Warren said. "I ended up selling it to my uncle about five years ago when I was in [Marine Corps Recruit Depot] Parris Island [S.C.]. I knew he'd appreciate the work I did on it."

Despite his appreciation



CPL. NICOLE A. LAVINE

Gunnery Sgt. Tim Warren is a classic car enthusiast who has owned more than a dozen classic cars and puts countless man-hours toward their restructure.

for the hobby, Warren said he wanted to avoid being a mechanic in the Marine Corps so the pastime quality would remain preserved while he turned wrenches and bolts.

"I might have lost the enjoyment if it became my full-time job," Warren said.

Friends and family members have long noticed Warren's steady affection for classic cars.

"Whenever he comes home on leave, we'll practically live in the garage," Joe said. "We say we'll be back in an hour, and the hour turns into four."

Warren said the knowledge and skills he has gained over the years allowed him to lend a helping hand to anyone in mechanical need. He advises that any new mechanic or car enthusiast becomes educated in the trade by questioning owners of their ideal cars. He has also displayed his car in at least five shows since January, including the Twentynine Palms Street Fair and Car Show, which gave him the opportunity to network with other car enthusiasts.

"Take time to ask around when you see something you like," he said. "Learn how broad the spectrum is as far as what you can do with your car. Everyone has something different they can contribute to your ideas."



PFC. MICHAEL T. GAMS

Marines, sailors, their families and members of the local community mingle at the Combat Center's Victory Field to take part in the Independence Day celebration Saturday.

FOURTH, from B1

the crowd as Brig. Gen. Charles M. Gurganus, the Combat Center's commanding general thanked everyone for attending the celebration with the base, and mentioned all the sponsors who helped make the night possible.

As it grew dark, the lights on the field flickered out, and everyone settled down to watch the fireworks. As the first flare popped into the sky,

oohs and ahhs echoed throughout the field.

Kelly Cox, a resident of Twentynine Palms, Calif., who brought her one-year-old daughter, said the event was one of the best Fourth of July celebration she has ever witnessed, mostly due to her daughter's reaction to the fireworks.

"It was so adorable, she kept trying to reach out and grab the fireworks as they lightened up the sky," she said. "This entire night has been one good

thing after another. I'm surprised, yet very happy, so many people showed up to support these Marines and celebrate this holiday with them."

Deborah Hastings-Smith, a resident of Joshua Tree, Calif., brought her family of five to the Combat Center for the festivities.

"I've been coming here for years," she said. "It's always been great fun, great fireworks and they put so much into the celebration. It really helped get me in the Fourth of July mood."

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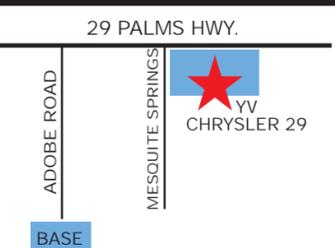


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