

OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

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LANCE CPL. M. C. NERL

Marines training with the Combat Center's Advisor Training Group fire AK-47s during a Combat Marksmanship Program shoot at Range 113A July 14. The Marines are bound for Operation Enduring Freedom this fall.

Foreign weapons training for Afghanistan deployment

LANCE CPL. M. C. NERL
COMBAT CORRESPONDENT

Most Marines know their rifle like the back of their hand. However, while working with foreign militaries overseas, they will encounter and need to be familiar with, other weapons systems.

The Advisor Training Group aboard the Combat Center teaches Marines and sailors headed to train forces overseas how to handle and operate foreign weapons, said Staff Sgt. Stuart Almon, the range safety officer for the exercise and a native of Durant, Okla.

The training gives them a basic understanding of weapons like the Singular Valve Decompression Rifle, Kalashnikov's Machinegun-Modernized rifle and the AK-47, one of the easiest to use in the world, said Almon.

"We teach the same tech-

niques as we would with our weapons."

Almon said. First they basic combat zero the weapons, then run through a Combat Marksmanship Program shoot. They also fire the weapon in full auto from their shoulder to get a feel for what it's like, because Marine Corps' rifles don't shoot in automatic, he said.

"It was kind of weird getting behind the RPK at first," said Lance Cpl. Christopher Mooney, a radar operator with Police Mentor Team 1st Battalion, 10th Marine Regiment from Marine Corps Base Camp Lejeune, N.C. "I had to work to change my position because I'm used to a 240, but after I got settled it was a lot of fun to shoot it."

Some of the more senior Marines, like Gunnery Sgt. Michael Stanton, a member of

See WEAPONS, A5



LANCE CPL. M. C. NERL

Marines load rounds into ammo belts July 14 as other Marines prepare to fire on the firing line at the Combat Center's Range 113A. The Marines were trained in foreign weapons by the Advisor Training Group here.

'War Dog' Marine awarded Silver Star

LANCE CPL. ANDREW D. THORBURN
COMBAT CORRESPONDENT

In the chaos and danger of battle, Marines are trained to look out for each other, take control and bring chaos to their enemy.

Corporal Daniel Hickey, a machine gunner with 1st platoon, Company G, 2nd Battalion, 7th Marines, did all these things and helped save lives in Afghanistan in 2008 while he was a lance corporal. For his actions, he was awarded a Silver Star during a ceremony at Lance Cpl. Torrey Gray Field, July 16. Hickey demonstrated great heroism during combat when his patrol came under attack by medium machine gun fire and rocket propelled grenades during an ambush.

"We were doing a routine patrol in an area not normally patrolled," Hickey, a team leader with 2nd Bn., 7th Marines. "We started taking contact from our right flank. After we started taking contact, my vehicle commander told my driver to stop."

Hickey said the commander dismounted the vehicle and fired on the enemy. In a fierce exchange, the vehicle commander was struck in the upper right thigh and went down. Hickey exited the vehicle and pulled the commander into the cab while returning fire with his squad automatic weapon.

"My squad leader came back around with his truck, blocked in front of me because there was another position that was engaging us," said Hickey a North Bend, Ore., native. "I ran over to his door and told

See SILVER, A8



CPL. ANDREW S. AVITT

Corporal Daniel Hickey, a team leader with 2nd Battalion, 7th Marine Regiment, stands tall bearing his Silver Star and holding his award citation in front of his battalion while his battalion commander speaks at Lance Cpl. Torrey Gray Field, July 16.



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Medical training ~ See A3



Afghan police lifesaving ~ See A4



Weight lifting ~ See 7



Soccer champs ~ See B1

Marines, sailors conduct emergency medical training

CPL. PAUL D. ZELLNER II
COMBAT CORRESPONDENT

Marines and sailors from Combat Logistics Battalion 3, III Marine Expeditionary Force combined with augmented Marines and sailors from Okinawa-based units, participated in First Responder Lane Training during an Enhanced Mojave Viper pre-deployment training experience July 15.

The training is designed to give Marines and sailors a chance to practice first responder medical skills, set up security, call in a casualty evacuation and secure a casualty collection point.

While most of the Marines and sailors expected this sort of training to take place during EMV, they didn't expect the simulated casualties to be so realistic. The casualties used during this training evolution were real amputees dressed in Marine camouflage and, after some help from make-up artists, their wounds appeared fresh.

"When [Marines and sailors] see us actually missing limbs it brings a whole new reality to the training," said James "Pops" Sullivan, a bilateral leg amputee, actor and role player for Strategic Operations, a company contracted by the military to provide more realistic training.

To develop the scenario, Marines patrolled on foot



CPL. PAUL D. ZELLNER II

Marines from Combat Logistics Battalion 3, rush to aid four simulated casualties inside a Humvee mangled by a simulated improvised explosive device during an Enhanced Mojave Viper pre-deployment training evolution at Twentynine Palms, July 15. The casualties were actually civilian amputees and actors used to make the training more realistic.

along a road until the sound of an incoming mortar was heard and they instinctively hit the deck. Almost instantly, cries of help could be heard from four simulated casualties inside of a mangled Humvee.

As the patrol set up a 360 degree security around the vehicle the rest of the squad approached the wounded.

Most of the "wounded" had severe injuries and several

had amputations to one or both of their legs or arms. The Marines and sailors began to apply tourniquets and move the wounded to a secured casualty collection point approximately 50 yards to the rear.

"This allows [trainees] to see how they're going to respond both mentally and physically to realistic combat wounds," said Chief

John Pellior, evaluator with the Tactical Training Exercise Control Group, Marine Corps Air-Ground Combat Center Twentynine Palms. "It will help prevent the shock so their reaction time will be quicker."

While the wounded were being assessed and treated, other Marines called in a mock CASEVAC using the nine-line procedures taught

in a previous class. Some of the patients acted as if they were in shock and tried to fight off the Marines helping them. The exercise continued until all of the patients were correctly treated and stabilized.

The Marines and sailors, who took part, were evaluated by trainers stationed at the Combat Center. They received after action briefs

and advice from the evaluators and medical personnel overseeing the exercise.

"The training overall was helpful not only to me but also for my junior Marines on their first deployment," said Sgt. Robert Torres, military policeman and 1st squad leader, Military Police Platoon, CLB 3. "It helped us realize how serious these injuries can be and how to respond without the shock."

One role player said he was grateful for the opportunity to help Marines train, and for the gratitude he received in return.

"I've had a couple guys come back and find me just to tell me thank you," said Sullivan, who lost both his legs in a construction accident. "It's our way of giving back; otherwise we wouldn't be out here in 110 degree heat."

The amputees are not the only ones who are thankful for the experience.

"This is one of the most realistic training events I've ever been through," said Torres, a 26-year old native of Decatur, Texas. "This definitely enhanced our unit capabilities and small-unit leadership."

The reinforced CLB-3 will deploy in support of 1st Marine Logistics Group (Forward) to Afghanistan soon. They will be joined by more than 400 Marines and sailors augmented from Okinawa.

1st Tanks come home



PFC. SARAH ANDERSON

Lindy Seto greets her husband Cpl. Michael Seto, an ammo technician for 1st Tank Battalion, upon his return from deployment with the Black Sea Rotational Force in Romania, at the 1st Tank Bn. supply parking lot Saturday. The battalion spent nearly three months training with more than 10 partner nations throughout the Black Sea, Balkan, and Caucasus regions. During each peace keeping operation, the Marines and sailors instructed partner nation forces in combat operations including martial arts and nonlethal weapons techniques.

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Marines teach Afghan police lifesaving techniques

LANCE CPL. JEREMY FASCI

REGIMENTAL COMBAT TEAM 7

GARMSIR DISTRICT, HELMAND PROVINCE, Islamic Republic of Afghanistan — Marines and sailors with the police mentor team, 3rd Battalion, 1st Marine Regiment, conveyed to each Afghan National Police checkpoint surrounding Hazer Joft, July 5, to provide police with tourniquets, bandages and combat lifesaving skills.

The Marines with the PMT provide weekly training to the ANP located at the checkpoints and the district governor's compound in Hazer Joft. Teaching the classes in the extremely cramped buildings where the police officers eat, sleep and relax does not deter their enthusiasm.

Corpsmen taught the proper use of tourniquets, pressure dressings and different types of bleeding during the combat lifesavers course. The officers were immediately given the opportunity to practice the new techniques on each other. This is the most important part of the training and for most of the officers, their favorite.

"Some of them are really good at it," said Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3/1. "Giving them the stuff and actually watching them do it makes them more receptive to it and it sticks more."

Ultimately the goal is to provide the ANP the basic skills that are necessary for them to sustain themselves. Marines cannot teach them everything they need to know in such a short period of time.

Focusing their teaching on bare necessities allows for a quicker impact.

"We can continue to train them, but the end state being with no Marine mentor involvement, can they do it on their own?" asked 1st Lt. Brice C. Turner, the platoon commander and acting team leader in Master Sgt. Jason Cawthons' absence. "Whether they are receptive or not it just takes more training at the less receptive checkpoints."

The ANP admire the Marines and aspire to be like them helping the PMT train by example.

"They just want to fight like us. You will see them walking around and they have their boots bloused, but they don't know why, and a couple of them have taped flashlights to their rifles because we have flashlights on ours," said Frantz, 24, from Mattoon, Ill. "I think that as long as we keep putting ourselves out there for them and doing that training for them, they are going to pick it up and put it to good use."

Officers who have graduated from the police academy are usually the ones who take the training more seriously. Supporting themselves, families and protecting their community makes channeling their priorities during training exercises very difficult for Marines.

Performing the training at the ANP posts allows the team to cater the training to the needs of the police officers that are located there. Training each post commander extensively makes continued application of the skills taught easier.

"It's more of a 'train the trainer mentality,' where the post commander can train his police on how to apply a tourniquet, why



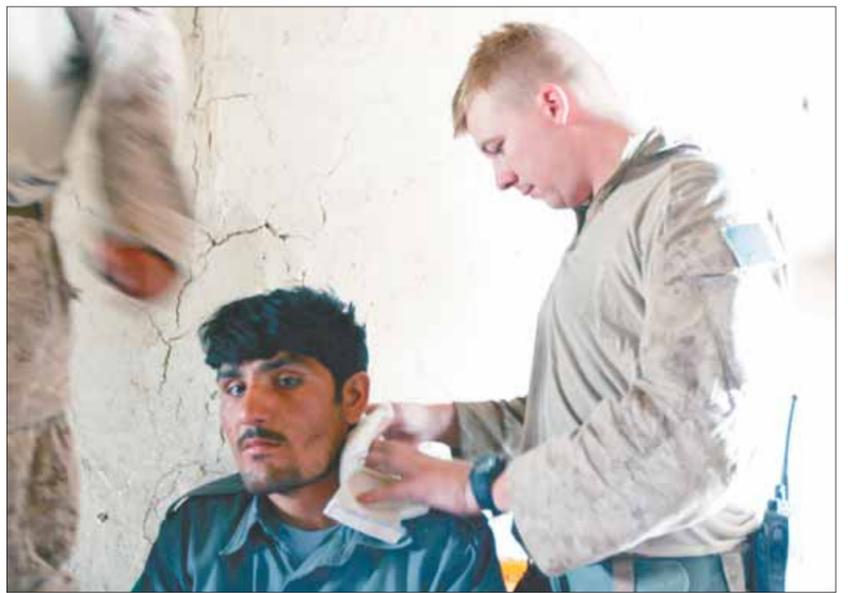
LANCE CPL. JEREMY FASCI

A member of the Afghan National Police practices putting a tourniquet on Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3rd Battalion, 1st Marine Regiment, during a combat lifesaver course at one of the ANP posts surrounding Hazer Joft, July 5. Performing practical application portions of the course is one of the best ways to help the members of the ANP understand what is being taught to them because of the language barrier.

you need to apply a pressure dressing instead of a tourniquet to the neck and why not to use a tourniquet as a belt," said Turner, 24, from Encinitas, Calif. "We teach those lessons so if someone does get hurt around here, they can save each others lives."

Combat lifesavers course is one of many different types of training provided by the PMT that will help the ANP succeed over time. The quick impact of these short courses builds the knowledge of a greater number of officers in a shorter period of time.

"They fight just like we do, so it's good for them to have that training in case any of them get hit," Frantz said.



LANCE CPL. JEREMY FASCI

Petty Officer 2nd Class Zachary E. Frantz, a corpsman with the police mentor team, 3rd Bn., 1st Marines, shows members of the Afghan National Police how to apply a dressing to the neck during a combat lifesaver course at one of the ANP posts surrounding Hazer Joft, July 5. Understanding which dressing to use for the different types of wounds is very important for the police to understand when performing combat lifesaving skills.

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LANCE CPL. M. C. NERL

A Marine with Police Mentor Team 1st Battalion, 10th Marine Regiment, fires the final shots of a basic combat zero of his AK-47 at Combat Center Range 113A July 14. The Marines trained in foreign weapons with the Advisor Training Group.



LANCE CPL. M. C. NERL

Lance Cpl. Christopher Mooney, a Marine training with Police Mentor Team 1st Battalion, 10th Marine Regiment, fires the PKM machine gun July 14 at Combat Center Range 113A.

WEAPONS, from A1

PMT 1st Bn., 10th Marines, confessed it was a great challenge to learn the new systems.

The Fall Brook, Iowa native has deployed four times working with both the Iraq and Afghan army, who had used many of the weapon systems taught throughout the shoot.

"Those guys used these weapons on patrol with us, but I've never bothered to learn more about weapons like the PKM.

Stanton said some concepts were easier to grasp than others.

"My father had a Kalashnikov when I was a kid," he said. "I've messed with it a little before, so that wasn't too hard for me today. The weapons like the SVD and PKM though are a lot different.

Armed with the new

knowledge most Marines said they feel confident that they can use it effectively if the need arises during their

upcoming deployment to Afghanistan in support of Operation Enduring Freedom in the fall.

Battle of the Builds' Hai Kai Thai receives Scion



PFC. SARAH ANDERSON

The Kai Hei Tai design team from the Combat Center, poses with the new 2010 Scion. The team turned in a new design for the car to the Battle of the Builds competition. They now have only eight weeks and \$15,000 to bring their design to life. Out of hundreds of entries, the team was selected among the top three in the country and best design in the Marine Corps. The judging will be in the first week of October. The winners of the competition will receive a \$14,000 reward.

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2009 Annual Water Quality Report

In our desert environment, water is everyone's responsibility

MCAGCC NREA OFFICE

Continuing Our Commitment

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

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

This report was compiled by the MAGTFTC, MCAGCC 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 e-mail chris.elliott@usmc.mil.

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 at 800-426-4791.

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 U.S. 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.

While your drinking water meets EPA's standard for arsenic, it does contain low levels of arsenic. EPA's standard balances the current understanding of arsenic's possible health effects against the costs of removing arsenic from drinking water. EPA continues to research the health effects of low levels of arsenic, which is a mineral known to cause cancer in humans at high concentrations and is linked to other health effects such as skin damage and circulatory problems.

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. MCAGCC is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When water has been sitting in your plumbing for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to two minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

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. It is open the third Saturday of every month from 9 a.m. to 1 p.m.

For more information on proper disposal of unwanted

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Source Wells Primary Drinking Water Standard							
Aluminum (mg/L)	1	0.2	0.05	ND-<0.05	2009	No	Erosion of Natural Deposits
Antimony (mg/L)	0.006	0.006	0.006	ND-<0.06	2009	No	Erosion of Natural Deposits
Arsenic (mg/L)	0.01	0.01	0.0036	0.0020-0.0093	2009	No	Erosion of Natural Deposits
Barium (mg/L)	1	1	0.1	ND-<0.1	2009	No	Erosion of Natural Deposits
Beryllium (mg/L)	0.004	0.004	0.001	ND-<0.001	2009	No	Erosion of Natural Deposits
Cadmium (mg/L)	0.005	0.005	0.001	ND-<0.001	2009	No	Erosion of Natural Deposits
Chromium (mg/L)	0.05	0.05	0.0113	0.0038-0.018	2009	No	Erosion of Natural Deposits
Cyanide (mg/L)	0.15	0.15	0.1	ND-<0.1	2009	No	Wastewater Discharges or Industrial Emissions
Fluoride (mg/L)	2	2	0.53	0.3-0.7	2009	No	Erosion of Natural Deposits
Iron (mg/L)	0.03	0.03	0.212	0.01-1.3	2009	No	Erosion of Natural Deposits
Mercury (mg/L)	0.002	0.002	0.001	ND-0.001	2009	No	Wastewater Discharges or Industrial Emissions
Methyl-tert-butylether (mg/L)	0.013	0.013	0.003	ND-0.003	2009	No	Leaking Underground Storage
Nitrate (NO3) (mg/L)	45	45	4	2.3-7.0	2009	No	Erosion of Natural Deposits
Nitrite (NO2) (mg/L)	10	10	0.1	ND-0.1	2009	No	Natural Deposits of Agriculture Runoff
Nickel (mg/L)	0.1	0.1	0.01	ND-0.01	2009	No	Discharges from Industry
Perchlorate (mg/L)	0.006	NA	0.004	ND-0.004	2009	No	May be Found Naturally or Manufactured for Industrial Use
Radium 228 (pCi/L)	5	5	0.121	ND-0.253	2009	No	Erosion of Natural Deposits
Total Coliform Bacteria	1	0	0	ND-1	2009	No	Naturally Present in the Environment
Source Wells Secondary Drinking Water Standard							
Chloride (mg/L)	250	250	19.09	8.9-30	2009	No	Erosion of Natural Deposits
Color (CU)	15	15	3	<3-3	2009	No	Erosion of Natural Deposits
Manganese (mg/L)	0.5	0.05	0.02	ND-0.02	2009	No	Erosion of Natural Deposits
Sulfate (mg/L)	500	250	29.3	18-41	2009	No	Naturally Present in the Environment
Total Dissolved Solids (mg/L)	1000	500	176	140-230	2009	No	Erosion of Natural Deposits
Zinc (mg/L)	5	NA	0.05	ND-0.05	2009	No	Naturally Present in the Environment
Distribution System							
Copper 90th Percentile	1300	170	28	0.37-75	2009	No	Plumbing Corrosion
HAA5 (Haloacetic Acids) (mg/L)	0.06	NA	0.005	ND-0.005	2009	No	By-Product of System Chlorination
Lead 90th Percentile	15	2	8.6	ND-610	2009	No	Plumbing Corrosion
TTHMs (Total Trihalomethanes) (mg/L)	0.08	NA	0.0032	0.0011-0.0053	2009	No	By-Product of System Chlorination
Total Coliform Bacteria	1	0	0	ND-1	2009	No	Naturally Present in the Environment

Coliform Bacteria: Coliforms are bacteria that are naturally present in the environment and are used as indicators that other potentially harmful bacteria may be present.
Table Definitions
ND (Not detected): Indicates that the substance was not found by laboratory analysis.
Unit: Standard unit of measurement for this constituent
pCi/L (picocuries per liter): A measure of radioactivity

NA: Not applicable
ppm (parts per million): One part substance per million parts water (or milligrams per liter)
MCL (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs (SMCLs) are set to protect the odor, taste, and appearance of drinking water.

MCLG (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. EPA.
PHG (Public Health Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California EPA.
ppb (parts per billion): One part substance per billion parts water (or micrograms per liter)



COURTESY PHOTO

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

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Perry L. Ford, Senior Pastor

Service Times:
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Holy Eucharist 10:00 A.M.

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CPL. PAUL D. ZELLNER II

A Helicopter Support Team from Landing Support Platoon, Combat Logistics Battalion 3 awaits a CH-53 Super Stallion to get near enough to attach the M777A2 Howitzer artillery gun to it during an Enhanced Mojave Viper pre-deployment training evolution at Twentynine Palms, Calif., July 15. The external loads expedite the transport of cargo and equipment to supported units within the area of operations.

Carrying the weight

CPL. PAUL D. ZELLNER II
COMBAT CORRESPONDENT

Marines from Landing Support Platoon, Combat Logistics Battalion 3 (reinforced), Combat Logistics Regiment 3, 3rd Marine Logistics Group, III Marine Expeditionary Force participated in Ground Air Integration Training as part of Enhanced Mojave Viper pre-deployment training, July 15.

The landing support specialists had to properly prepare, rig and attach two M777A2 Howitzer artillery guns to a CH-53E Super Stallion for transportation to a designated landing zone.

"The purpose of the training was to increase the proficiency of Helicopter Support Team operations while integrating the air combat element, ground combat element and logistics combat element in preparation for our upcoming deployment," said 1st Lt. Joseph Borgardt, Landing Support Platoon commander, CLB-3.

The Helicopter Support Team also used this opportunity to cross-train with artillery Marines from 1st Battalion, 10th Marines, out of Camp Lejeune and aircraft from Marine Heavy Helicopter Squadron 465, and Marine Medium Helicopter Squadron 163 out of Marine

Corps Air Station Miramar. "While in country the Marines will be exposed to external loads ranging from equipment to chow and water," said Borgardt, a native of Hawaii. "The proficiency of landing support Marines in HST operations will facilitate and expedite transport of equipment and cargo to supported units within our area of operations."

Aside from lifting the artillery, the landing support Marines also rigged and attached a 450-pound cement block to a CH-46 Sea Knight over 30 times to simulate a cargo lift.

"The training was important especially for our junior Marines who don't have much experience with external loads," said Sgt. Jeff Addison Jr., the HST commander, Landing Support Platoon, CLB-3. "It was also great for us to get some training in with the wing so we can

be ready in case a HST mission pops up while we're in country."

While underneath the respective aircraft, the Marines must ground the electricity from the hitch and then secure the cargo by hand while the helicopter is hovering just feet above them.

"It's pretty intimidating being under such a big helicopter like the CH-53," said Lance Cpl. Kyle Jernberg, a landing support specialist with Landing Support Platoon, CLB-3. "But we accomplished our mission with no flaws, so we feel confident we can do it while deployed."

Landing Support Platoon will deploy with CLB-3 reinforced in support of 1st Marine Logistics Group to Afghanistan in the fall. The reinforced battalion includes more than 400 Marines and sailors augmented from Okinawa.

Semper Fi Fund receives check from Combat Center banks



LANCE CPL. ANDREW D. THORBURN

Sherri Bevan, the branch manager for the Fort Sill National Bank, and Lt. Col. David Bernatovich, the bank liaison for the Combat Center pose with FSNB employees as they present Lisa Holden, the community events coordinator with Semper Fi Fund, a \$3,000 grant on behalf of FSNB and the Armed Forces Network. "Semper Fi is a non-profit organization that provides financial assistance and quality of life solutions for Marines and sailors, as well as members of the Army, Air Force and Coast Guard who have served in support of Marine forces," Holden said. "Even though they receive grants from big corporations it is grants like this that moves everyone forward." For more information on the Semper Fi Fund visit their Web site at <http://www.semperfund.org> or call (760) 725-3680.

Visit the official MCA GCC facebook page by searching "The Combat Center at Twentynine Palms" on facebook

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him what had happened." He told Hickey to get back in the vehicle and move out of the area. "We went back eight, nine hundred meters

away. Set up a casualty collection point and called in the bird, triaging him the whole time."

When news of the engagement and the actions of Hickey reached the forward operation base, his friends were not surprised of his actions.

"It seemed just like something he would do," said Lance Cpl. Nick Wang, a mortarman with 2nd Bn.,

7th Marines. "He is all about his friends, family and his guys. He did his job well and knew what he needed to do at all times."

Looking back, Hickey credits the extensive live fire training he received for getting him through that day.

"All the ranges we did, the training, basically all the live fire we did, helped out a lot cause once [the ambush] happened the training kicked right in and I knew what I had to do," Hickey said.

Two years after the fire-fight Hickey stood tall with a newly pinned Silver Star on his chest as Lt. Col. John M. Reed, the 2nd Bn., 7th Marines, battalion commander, took to the mic at Lance Cpl. Torrey Gray Field to commend Hickey and Marines like him for their devotion to duty.

"Cpl. Hickey is a hero. There is no doubt that his actions as courageous as they were on the battlefield saved many lives, the citation that described Cpl. Hickey's selfless valor is inspiration to say the least," said Reed, addressing the audience. Turning to Hickey he continued, "You are part of the reason that together as 2/7 we are ready for all and yielding to none."



CPL. ANDREW S. AVITT

Corporal Daniel Hickey, a team leader with 2nd Battalion, 7th Marine Regiment, shakes hands with Lt. Col. John M. Reed, his battalion commander, after receiving the Silver Star during an awards ceremony at Lance Cpl. Torrey Gray Field July 16.

The Silver Star



The Silver Star was established by President Woodrow Wilson as a "Citation Star" during World War I, and was solely a U.S. Army award, though it was presented by the War Department (U.S. Army) to members of the Navy and to U.S. Marines. In 1932 it became the Silver Star by the actions of Army Chief of Staff General Douglas MacArthur.

Since its creation it is estimated that more than 100,000 Silver Stars have been awarded with about 400 recipients since 2001.

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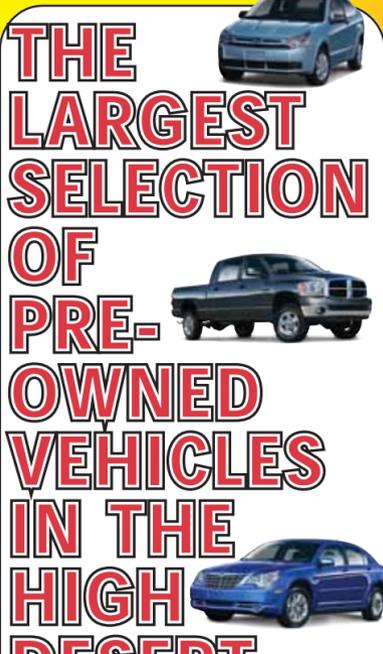
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Did You Know?

There is the same amount of water on the planet today that there was from the very start of this planet's existence. So you ask, "why the need to conserve water?" Although we are surrounded by water, most is not drinkable without a significant level of treatment. In fact, only three percent of the world's water is fresh water and, of that, two thirds is stored in icecaps and glaciers. That leaves only one percent of the world's water available for drinking.

Around The House

The large amount of soaps, detergents, and cleaners entering the sewer system can exert a toxic effect on the microbes responsible for treating human waste and can, in effect, "wipe out" the biological processes at work in the sewage treatment plants. Please...

DO...Use only the amount of cleaning products necessary for the job.

DO...Use environmentally friendly cleaners intended for household cleaning.

Water conservation measures are an important first step in protecting our water supply. Such measures not only save the supply of our source water but can also save you money by reducing your water bill. Through conservation and water reduction we can ensure water quality is maintained and extend available water resources for future generations. There are several ways everyone can conserve water.

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

- Use low-flow showerheads and faucet aerators to reduce water use while maintaining flow.

- Repair drips and leaks to save up to 3,280 gallons of water a year.

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

Population growth of our planet means more people who need water for everyday use, which in turn means less water for everyone and a greater strain on technolo-

gy to purify other sources of water. Working to protect our precious water supplies is critical.

Water reduction/conservation is everyone's responsibility.

Investing in our future

Challenges facing installation utilities are similar to those faced by other utilities in the area: water supply, aging infrastructure, and population growth. The Combat Center continues to work on improving the quality of the water system. Several contracts were issued and millions of dollars were spent on repairing and upgrading the potable water system.

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

Where Does My Water Come From?

All domestic water supplied to MCAGCC is groundwater from the Surprise Springs subaquifer of the Twentynine Palms Groundwater Basin. This water is extracted by 11 production wells at a depth of 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 the California Department of Health Services as a safeguard against possible microbial contamination due to repairs or maintenance of the system.

DO NOT...Use excessive amounts of soap, detergents and cleaners.

DO NOT...Dump or dispose of excess or unused cleaners or detergents in a sink, tub, or toilet.

DO NOT...Use harsh detergents, such as acid-based cleaners.

Combat Center Religious Services**Sunday****Immaculate Heart of Mary Chapel Roman Catholic Services**

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 p.m. - Choir Practice

4:15 p.m. - Confessions+

4:30 p.m. - Rosary

5 p.m. - Catholic Mass

Christ Chapel

8:30 a.m. - Lay-led independent Baptist

breakfast in the West Wing

Non-denominational:**Calvary Chapel-AGC**

9 a.m. - Contemporary Worship*

9 a.m. - Children's Church

10:30 a.m. - Sunday School, building

1551*

Interdenominational:**Good Shepherd**

9:15 a.m. - Sunday School, building 1551*

10:30 a.m. - Traditional Worship*

10:45 a.m. - Children's Church

Lay-led Gospel Service

12:15 p.m. - Worship

Youth Group

6 p.m. - Jr. and Sr. High School Youth

Weekday Events**Immaculate Heart of Mary**

Monday - Friday, 11:45 a.m. - Catholic

Mass

Christ Chapel

Monday - Friday, noon - Daily Prayer

Tuesday**Christ Chapel**

9 a.m. - Christian Women's Fellowship*

(September through May)

6:30 p.m. - "EKKLESIA" Assemblies of God

Fellowship

Immaculate Heart of Mary

3:30-5:30 p.m. - Military Council of Catholic Women

Wednesday**Christ Chapel**

Noon - Communion

Immaculate Heart of Mary

First Wednesday, 6 p.m. - Baptism preparation class

First Wednesday, 7 p.m. - Knights of Columbus

Thursday**Christ Chapel**

6 p.m. - Praise Band Rehearsal

Immaculate Heart of Mary

9 a.m. - Adult Class

6 p.m. - Children RCIA

6:30 p.m. - RCIA (September-April)

7 p.m. - Gr. 7 and Confirmation

Friday**Christ Chapel**

5 p.m. - Gospel Rehearsal

Immaculate Heart of Mary

First Friday each month, 12:15 p.m., 4:30 p.m. -

Exposition/Adoration Most Blessed Sacrament

Legend

* Indicates child care is provided

+ Appointments can be made for confessions by

calling 830-6456/6482

Muslim prayer space is available in the Village Center, room 87.

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For more information call 830-5430.

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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 830-6213.



Stay & Play Big Bear

“Old Miner’s Days Festivities”

On Aug. 7 and 8, Bartlett Parking Lot is transformed into a logging town for the Logger’s Jubilee. There will be amateurs and pros at the Logger’s Jubilee, says Sarge Miskell, president of the Old Miners Association. The events will be fan favorites like ax throwing, pole climbing, log sawing and more. There are also a number of vendors at the jubilee selling a variety of wares, food and beverages.

On Aug. 28, the Old Miners Association hosts its first-ever outhouse race, also in the Bartlett Parking Lot. Each team has five people, one driver, the other four push the outhouse along the course, which is about 100 yards. Privies must be built to certain specifications, according to Van Sorrels, OMA treasurer. The outhouses are on wheels and pushed through the course.

Outhouse races are popular in other areas of the country, Miskell says. Outhouse races can be found in Arkansas where the annual Arkansas BeanFest and Outhouse races are held in the Ozarks each October, in Breckenridge, Colo., in Michigan and Washington. The Conconully, Wash., outhouse races have been happening for 25 years, and like its counterpart in Mackinaw, Mich., the race is on snow.

Entry fee for the Outhouse Race is \$100 per team. For information on how to enter, contact Gary Stobert at 909-253-9480.

For more information on Logger’s Jubilee, call Bill Douglass at 909-273-0069.

Moonridge Animal Park Blues for the Zoo

August 7

BLUES FOR THE ZOO celebrating 50 Years of Sanctuary with a line-up of world class Blues artists. It will be held at Big Bear Lake’s Swim Beach Outdoor Amphitheater (located at 41220 Park Avenue in Big Bear Lake). The concert will raise funds to support the Moonridge Animal Park’s wildlife rehabilitation program.

The lakeside setting offers a scenic backdrop for an afternoon of internationally recognized musicians along with a selection of local arts and crafts and a freshly prepared food/beverage menu.

Headlining the afternoon of music is the Delta Guitar Slingers, an all-star group featuring three heralded guitarists from the Blues’ current generation of virtuosos. Guy Davis, an east coast acoustic singer-songwriter, steeped in the folk tradition shares the bill. Rounding out the day are Southern California favorites Cafe R&B.

Profits from the charity concert will benefit the

Moonridge Animal Park, which rose from the ashes of the 1959 forest fires that devastated the natural ecosystem of the San Bernardino Mountains. The Moonridge Animal Park is distinguished as the only zoological facility in the United States located in an Alpine/Sub-Alpine environment, dedicated to the preservation of its indigenous species. The park is a fully licensed, designated care and rehabilitation facility for injured wildlife and confiscated animals. The majority of the rehabilitated animals are successfully released into the wild. If unfit after rehab treatment, the animals are given a “Home for Life” at the park. Some of the animals making a home at the Moonridge Animal Park include grizzly bears, bison, timber wolves, bobcats, bald eagles, Canadian lynx, coatmundis, raccoons and mule deer.

Tickets, are on sale now. They are \$30 in advance and \$35 at the gate. Music runs from 3:00pm to 7:30pm with gates opening at 2:00pm. Beach chairs and blankets are welcome for lawn festival-style seating, no coolers please (a fine selection of food and beverage will be available on site). Parking on the grounds is \$3.00 per vehicle. Tickets may be purchased at the Moonridge Animal Park Gift Shop (43285 Goldmine Drive in Big Bear Lake), online at <http://www.moonridgezoo.org>, or via telephone from the Big Bear Chamber of Commerce, 909-866-4607

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BigBearCityRenaissanceFaire.com

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B1

Technicality hands MCCES championship

PFC. SARAH ANDERSON
COMBAT CORRESPONDENT

After hard fought battles and a built-up rivalry throughout the season, the championship game between the Headquarters Battalion,

and Marine Corps Communications-Electronics School promised to be the ultimate showdown, instead, it ended as the ultimate letdown for both teams.

Prior to arriving at the Commanding General's

Intramural Soccer League final match, at Felix Field July 14, MCCES went the entire season undefeated. "We are confident," said Terence Harrell, the coach of the MCCES team, before the game. "We had

an outstanding season."

For HQBN, the championship game was determined to be one of the hardest matches they played. "It was going to be the battle of the strongest two teams. Everybody knew it was going to be MCCES and HQBN," said Misker Derseh, the assistant coach for the HQBN team.

The teams lined up in the center of the field World Cup style to face the flag as the national anthem played. The hype on the field was rising as the players took their positions. After just one minute of play, HQBN took MCCES by surprise and scored the first goal.

"We shocked them," Derseh said. "Throughout the season, MCCES has always attacked their oppo-

nent, they have never been attacked, and it worked."

Overconfidence was an issue on the MCCES team as they realized HQBN came to play, said Harrell.

The game intensified with one team scoring and the other striking back immediately.

At the start of the second half, HQBN led 3-2.

"We played with an element of frustration, no one ever scored on us first," said Harrell.

The MCCES team did not play well, said Rene Renteria, a player for the MCCES team. "HQBN was the better team that day. We were never down [in goals] during the season, so when we were, we didn't know how to react."

In the final moments of

the game, HQBN ran down the field on a breakaway and scored one final goal, solidifying their 4-2 victory over a dejected MCCES team.

HQBN was on top of the world while MCCES had accepted defeat.

Then a league official stunned the players, coaches and fans when he announced the disqualification of HQBN due to a rules violation. MCCES was crowned champion.

"The rule is, in order to qualify for the championship playoffs, a player must be on the roster of two regular season games," said Skip Best, the athletic director for Marine Corps Community Services.

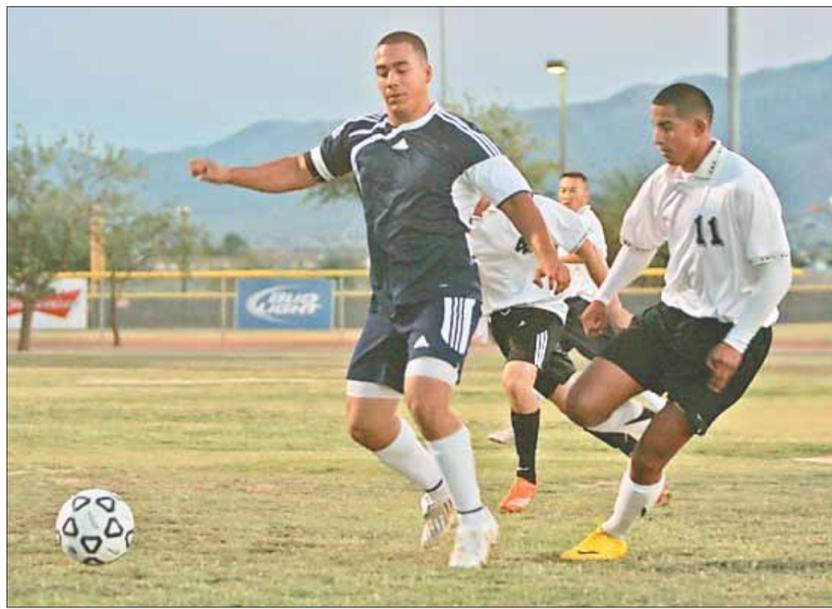
A name on the HQBN

See **SOCCER, B4**



PFC. SARAH ANDERSON

A player for the MCCES team dribbles the ball down field during the Commanding General's Intramural Soccer League Championship game against HQBN July 14 at Felix Field.



PFC. SARAH ANDERSON

A player for the HQBN team shields the ball during the Commanding General's Intramural Soccer League Championship game against MCCES July 14 at Felix Field.



LANCE CPL. ANDREW D. THORBURN

Keenan Nash, a wide receiver for the Marine Corps Communications-Electronics School team, charges past the defensive line during a team practice Wednesday, at Del Valle Field.

Football teams gear up for intramural season

LANCE CPL. ANDREW D. THORBURN

COMBAT CORRESPONDENT

The time of crashing bodies, cheering crowds, and flying pigskins, is coming up fast for the Combat Center.

The Commanding General's Intramural Football League begins Aug. 30 and team signups Aug. 6. Teams are already beginning to form, and practice sessions have begun all over.

"Marines, they like to hit people," said George Schadegg, a sports spe-

cialist for the Combat Center. "So when they get out of the field and they want to take out their aggressions. We give them a nice controlled environment to do it. That's why they love it so much they get to release some aggressions."

The game is good for stress but also for unit camaraderie, said Christopher George, the offensive and defensive line coach for the Marine Corps Communications-Electronics School team.

"Marines really group together

See **FOOTBALL, B3**

Cool PT alternative in summer heat

PFC. SARAH ANDERSON

COMBAT CORRESPONDENT

There are a plethora of choices when picking an aerobics class, but one offers a cool way to workout out in the hot desert sun and remain comfortable.

The Combat Center's water aerobics class meets every Monday, Tuesday and Thursday throughout the summer, 5 p.m. until 6 p.m.

"It's a lot of fun," said Yvonne Warfield, the aerobics coordinator and instructor of the water aerobics class. "Depending on the size of the group we do a variety of

workouts, like ply metrics, aerobic bands, and cardio."

"Being in the water works out your core and causes you to maintain better balance because the water is constantly swaying you, and you need to push against it," she said.

Water aerobics is the perfect way to beat the heat.

"It's refreshing, a good way to cool off in the summer," said Diana Seniguar, who participates in the program. "It's a good class and we get a lot out of it."

Water aerobics also benefits people with joint pain or injuries. There are no harsh

impacts on joints like those caused by running, Warfield said.

"It helps with my bad knees," said Linda Deutsch, who has been attending the program for two years. "It's great exercise."

It's also not just for women. Many men are under the misconception that the word 'aerobics' has a 'ladies only' connotation. The rumors are wrong, men are more than welcome to come and workout, Warfield said. "I have trained units before in my class; they always get a better workout than what

See **AEROBICS, B4**



PFC. SARAH ANDERSON

Nicole Gacayan exercises with floatation devices during the water aerobics class Tuesday at the Training Tank.



Liberty Call

Combat Center Clubs

Excursions Enlisted Club

Fridays: Social food, 5 to 7 p.m.; Salsa dancing, 7 to 8 p.m.; Ladies' night, 8 to 10 p.m.; DJ Vlad, 8 to 11 p.m.
Saturdays: Variety Night with DJ Gjettblaque, 8 to 11 p.m.
Wednesdays: Karaoke with DJ Gjettblaque, 8 to 10 p.m.

Bloodstripes NCO Club

Mondays: Free chicken nuggets/nachos, 5:30 to 7:30 p.m.
Wednesdays: Baked Ziti, garlic sticks and green salad, 5:30 to 7:30 p.m.

Hashmarks 29 SNCO Club

Fridays: DJ, 8 p.m. to 1 a.m.
Monday-Friday: All Hands Lunch, 10:30 a.m. to 1:30 p.m.
Mondays: Steak night, 5 to 8 p.m.
Wednesdays: Karaoke, 5 to 7 p.m.

Combat Center's Officers' Club

Monday-Friday: Lunch served, from 11 a.m. to 1 p.m.
Mondays: Steak night, 5 to 8 p.m.

For complete calendars, visit <http://www.mccs29palms.com>.

Local Events

Outdoor Show-Exodus: Features Carlee Hendrix, War Drum, Will Sturgeon, News of the Fire

Description: An outdoor mini-music festival
When: 8 p.m., Friday, July 23

Arthur Magazine presents: Psychedelic Times in the High Desert featuring The Radar Brothers, Sleepy Sun and Assembly Head

Description: A tribute to psychedelic rock 'n' roll
When: 8 p.m., Saturday, July 24

Where: Pappy and Harriet's
53688 Pioneertown Road, Pioneertown
For more information, call 365-5956 or visit <http://www.pappyandharriets.com>.

The Town of Yucca Valley Music Festival "The Yucca Valley High School Alumni Band"

Description: Featuring big band era music
When: 7 p.m., Saturday, July 24

Where: Yucca Valley Community Center ball field
Dumosa Avenue north of Twentynine Palms Highway.
For more information call 369-7211 or visit <http://www.yucca-valley.org>.

Theatre 29 presents The Pajama Game

Description: A romantic comedy set in a pajama factory
When: 7 p.m., Friday, July 16 and Saturday, July 17

Where: Theatre 29
73637 Sullivan Road, Twentynine Palms
For more information call 361-4151 or visit <http://www.theatre29.com>.

Lower Desert

REO Speedwagon

Description: The rock 'n' roll legends perform their hits
When: 9 p.m., Saturday, July 30

Where: Agua Caliente,
32-250 Bob Hope Drive, Rancho Mirage
For more information, call 888-999-1995 or visit <http://hotwatercasino.com>.

The Comedy of Bill Maher

Description: The famous political humorist performs
When: 8 p.m., Saturday, August 29

Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information, call 800-252-4499 or visit <http://www.morongocasinosort.com>.

Engelbert Humperdink

Description: The pop legend performs his hits
When: 8 p.m., Saturday, Sept. 11

Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information, call 800-252-4499 or visit <http://www.morongocasinosort.com>.

Don Henley

Description: The classic rock legend performs
When: 8 p.m., Friday, Sept. 17

Where: Fantasy Springs Resort Casino
84-245 Indio Springs Parkway, Indio
For more information call 800-827-2946 or visit <http://www.fantasyspringsresort.com>.

Sunset Cinema

Friday, July 23

6 p.m. – The Karate Kid, Rated PG
9 p.m. – Sex & The City 2, Rated R
Midnight – Get Him to the Greek, Rated R

Saturday, July 24

11 a.m. – Free Matinee, Alice in Wonderland, Rated PG
2 p.m. – Marmaduke, Rated PG
6 p.m. – Killers, Rated PG-13
9 p.m. – Prince of Persia, Rated PG-13
Midnight – The A-Team, Rated PG-13

Sunday, July 25

2 p.m. – The Karate Kid, Rated PG
6 p.m. – Knight and Day, Rated PG-13
9 p.m. – Jonah Hex, Rated PG-13

Monday, July 26

7 p.m. – The A-Team, Rated PG-13

Tuesday, July 27

7 p.m. – Sex and the City 2, Rated R

Wednesday, July 28

7 p.m. – Marmaduke, Rated PG

Thursday, July 29

7 p.m. – Prince of Persia, Rated PG-13



COURTESY PHOTO

Super villain, Gru, plans for his most ambitious, headline-grabbing heist of all. He intends to steal the moon. To do it, he'll need the help of an army of scurrying little minions called nubbins.

'Despicable Me' a delightful surprise

NEIL POND

AMERICAN PROFILE

"Despicable Me"

Rated PG

If you think "Despicable Me" is just another hyperkinetic kids movie with lots of slapstick, silly characters and slick, noisy, computer-animated mayhem, you may be missing a real summer treat.

It's all that, to be sure, but also a clever, robustly imaginative movie with a big heart that matches its broad humor, and some of the niftiest 3-D in any film so far this year.

The story centers on a "super villain" named Gru, who's being upstaged by a younger super villain, an annoyed geek who calls himself Vector. Gru and

Vector live in a bizarre world that boils down to the two rivals' ever-escalating game of global one-upmanship: Who's got the wildest, wickedest destructo-gadget? Who's the least prone to outbursts of kindness? Who's the most despised, the most despicable?

When Vector steals an Egyptian pyramid, Gru counters with a plan for his most ambitious, headline-grabbing heist of all: the moon. To do it, he'll need the help of his army of scurrying little minion nubbins, a shrink ray, and the façade provided by a trio of cookie-selling orphan sisters.

The little girls give the movie its emotional center, as Gru finds his hard, cold evil edge giving way to soft, warm paternal instincts he never knew he had.

Steve Carrell of TV's "The Office" provides the voice of Gru, a cross between Boris Badinoff from "Rocky and Bullwinkle," Austin Powers' nemesis Dr. Evil and Cousin Fester from "The Addams Family." He's an odd-looking character, all torso and spindly legs, with a crooked, pointed nose. Carrell crafts a voice for him that's thick and Russian-sounding, and the real-life actor all but disappears inside the creation. You have to keep reminding yourself that Steve Carrell's in there somewhere.

Russell Brand voices Gru's British lab chief,

prone to mixing up the orders for the assembly line. Julie Andrews is Gru's grumpy, impossible-to-please mother, whose lack of interest in her young son's science projects led to his skewed adulthood. Jason Segel is Vector.

It's all for fun with loads of sight gags and delicious visual details, including some absolutely eye-popping 3-D moments: a wild rollercoaster ride and an end-credits segment that plays with the in-your-face format in a way children will find hilarious.

Grownups will enjoy the sly embedded references to other movies and in-jokes, particularly an inspired bit of "Godfather" parody.

"Despicable Me" has no big-screen pedigree, nor is it based on a comic book or a classic children's story. It's not connected in any way to Disney or Pixar, and its director and writers don't have names you'd recognize. It's the first movie from a new "family entertainment" movie division of Universal called Illumination Pictures.

It seems to come, as they say, from out of nowhere.

But if it's any indication of things ahead, I can't wait to see what the folks at Illumination do next. In Hollywood, where such delightful, sunny surprises often seem in short supply, we could use more movies like "Despicable Me."

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Inception (PG13) Everyday: 1:30, 6:00, 9:00	Salt (PG13) Everyday: 1:30, 4:00, 6:30, 9:00
Sorcerers Apprentice (PG13) Everyday: 1:30, 4:00, 6:30, 9:00	Ramona & Beezus (G) Everyday: 1:30, 4:00, 6:30, 9:00
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TOUGH MINDED OPTIMISM

by Lou Gerhardt



Have you noticed that despite the chilling economic climate that has troubled our entire High Desert many businesses and professional people have enthusiastically begun new activities?

That's absolutely correct! While many businesses have closed their doors, even more optimistic and positive thinking men and women have opened new doors and we have more businesses and professional people in the High Desert than ever before.

When a restaurant in Morongo Valley ceased its operation bold and imaginative entrepreneurs began remodeling a former restaurant and it will open soon.

When a café in Joshua Tree went out of business no less than three restaurants or cafes rose up to take its place.

And in Twentynine Palms I can point to no less than a dozen new businesses of various kinds that have opened in recent months.

Last week an office supply store in Twentynine Palms shut down and immediately Itsutrade's Boxes at the Stater Bros. Mall doubled its inventory and announced that they had anything and everything a person could possibly want in the way of office supplies. Itsutrade's Boxes also handles incoming and outgoing Fed-X and UPS items of all sizes. In addition, they have a notary public on site. My friend Lynn, the proprietor, is a tough minded optimist who truly believes in the High Desert and its future.

Well, there you have it, just a reminder that all is really well Basin-wide. Before too long we'll look back at these temporarily tough economic times and be pleased and proud of the resiliency of so many businesses and professional people from Morongo Valley to Wonder Valley.

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COURTESY PHOTO

Gru finds his hard, cold evil edge giving way to soft, warm paternal instincts he never knew he had.



COURTESY PHOTO

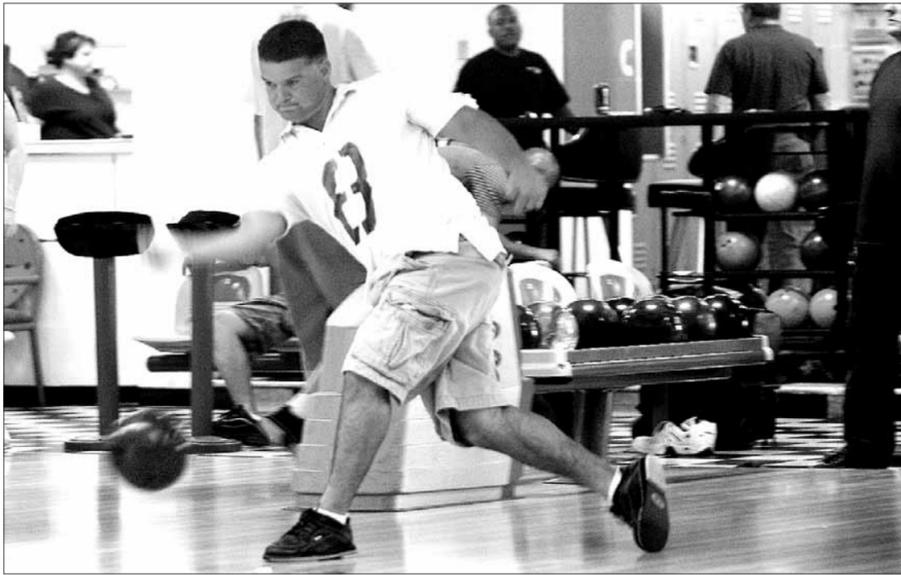
Gru hides his evil plan behind a facade of three cookie-selling orphan sisters.

Combat Center Sports



PFC. SARAH ANDERSON

Michael Harris, a player for the "Awesome.JPEG" team, hurls the ball down lane during a Commanding General's Intramural Bowling League game Wednesday at Sandy Hill Lanes.



PFC. SARAH ANDERSON

Rick Ericson, a player for the "Cuban Pete's Rollers" team, throws the ball down lane during a Commanding General's Intramural Bowling League game Wednesday at Sandy Hill Lanes.

Intramural Bowling Standings

Rank	Team	Wins	Losses	Rank	Team	Wins	Losses
1.	Cuban Pete's Rollers	55	17	11.	Awesome JPEG	35	37
2.	Sport This	54	18	12.	DBL.Secret Probation	34	38
3.	A Co. MCCES	50 1/2	21 1/2	13.	Pocket Rockets	32	40
4.	We Don't Give a Split	44 1/2	27 1/2	14.	ESD-Gutterly Rediculous	29 1/2	42 1/2
5.	Paper Pushers	44	28	15.	HQBN	23	49
6.	IPAC, IMB, HQBN	43 1/2	28 1/2	16.	Beer Frames	23	49
7.	Scared Spittless	42	30	17.	Ultimate House Wives	21	51
8.	ESD-OPS	38	34	18.	We Have Cookies	19 1/2	52 1/2
9.	Hit or Miss	37	35	19.	Abusement Park	11	61
10.	Wii Bowlers	36 1/2	35 1/2	20.	Bye	0	0

FOOTBALL, from B1

when it comes to team sports," George said. "Its not about I's it's about team, and they are going to come

out here and function as a team. They are going to play as a team. It's going to build that camaraderie within the unit as well and that's what it's all about."

With so many Marines loving the sport the Combat Center has an average of six teams per year with the games Monday and Wednesday or Tuesday and Thursday, depending on the units training schedule, said George. The teams have started to turn in their rosters and conditioning their players, he said.

Supporters will be excited about the games as much as the teams will be, said Schadegg and George.

George said he expects a lot of people to come out and support the teams, especially if they are doing well. "If the team does well I promise you, your fellow Marines will come out and support you," he said.

The team to beat this year is the Marine Corps Communications-Electronics School since

they beat the reigning champions last year and won the Best of the West game against Camp Pendleton. The Combat Center has won the Best of the West the past three years in a row. "We are going to be a force to be reckoned with because we started earlier than everyone else," said Dominique Ballard, a wide receiver for the MCCES team.

As the start of the season draws closer, all teams will be craving not just the base title, but the Best of the West as well.



LANCE CPL. ANDREW D. THORBURN

Stephen Baker, the quarterback for the Marine Corps Communications-Electronics School team, looks for an opening during a team practice Wednesday, at the Del Valle Field. The Season begins August 30 and the team signups deadline is Aug. 6.

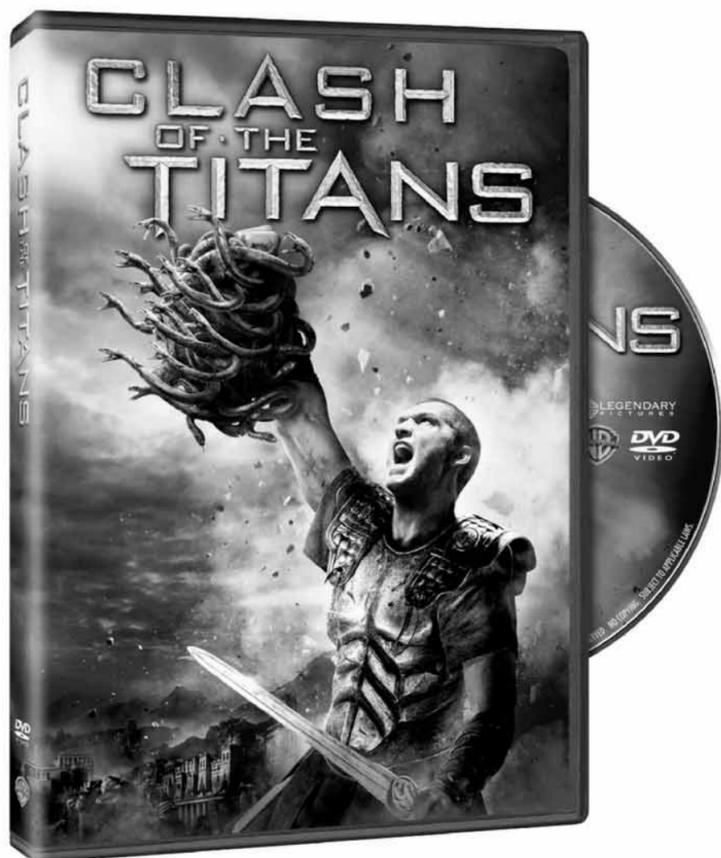
Athlete of the Week



Name: Sarah Raschiatore
Hometown: Pittsburg, Pa.
Job title: Recreation Assistant
Unit: East Gym
Recognition: Ran in the San Diego Marathon and finished in the top one percent. She competed against 30,000 people.
Favorite aspect of the sport: "It teaches me about who I am. I learn to have a strong mind and body."
Advice for aspiring athletes: "Don't give up, keep going. You will learn how strong you can be because everyday is a challenge."

OWN IT JULY 27

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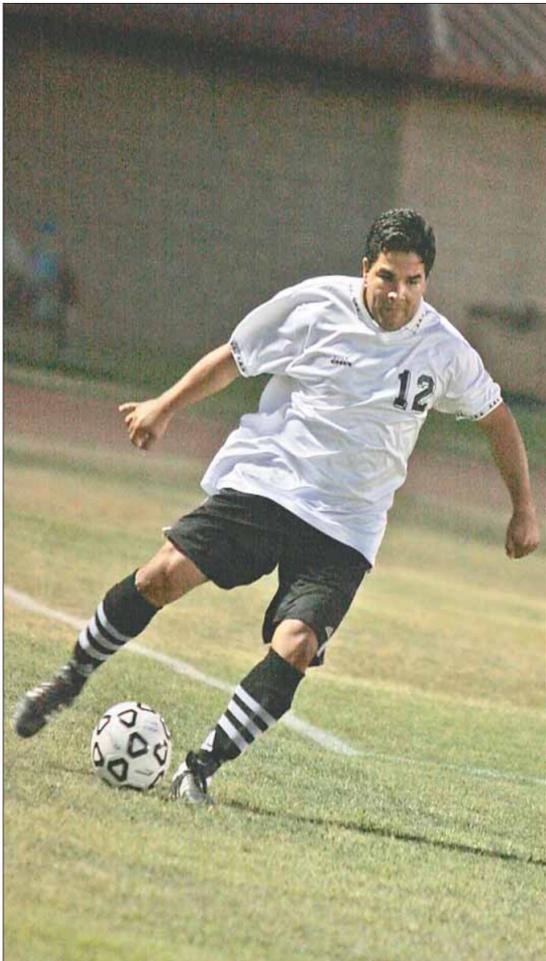
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JULY 23



PFC. SARAH ANDERSON

Andres Castillo, a player for the MCCES team dribbles the ball during the Commanding General's Intramural Soccer League Championship game against HQBN July 14 at Felix Field.

SOCCER, from B1

team was not found on two rosters, making him ineligible. "That was no way to win. We lost and should have played a second game," Renteria said.

HQBN was not happy either. "We were mad, MCCES was mad. It's unfortunate we messed up on the rosters, but Skip did the right thing. The ruling was fair," Derseh said.

"Personally it was a sour way to lose but rules are out there to be abided by and I respect that," he added.

The championship did not have the familiar screaming, jumping and water jug

dumping on the coach depicted on ESPN, but instead, the MCCES team reluctantly took the trophy after their long hard and controversial fight.

"It is not the way I would have liked to end a flawless season," Harrell said. "In a sense of pride and true spirit of the game, no one likes to lose like that on a technicality, but in the true spirit of the game, no one should be forced to win like that either."

Harrell also extended an invitation to the HQBN team, "If at any time HQBN wants to play friendly to settle things, we would be happy to do so."



PFC. SARAH ANDERSON

Yvonne Warfield, the Combat Center's aerobics coordinator and water aerobics instructor, hands out aerobic bands to the participants of the water aerobics class Tuesday at the Training Tank. This is only one of the many aerobic courses the Combat Center offers.



PFC. SARAH ANDERSON

Cynthia Nelson [left], and Heather Hess work out with floatation devices during the water aerobics class Tuesday at the Training Tank.

AEROBICS, from B1

they expect." Medically, women who are pregnant and still wish to remain in shape benefit from the class. "I am pregnant, working out this way has nice slow impacts so it doesn't hurt," said Cynthia Nelson, who participates in the program. "It's really nice."

Being active is important, but continuing the same routine of physical training gets old and it's easy to get bored, Warfield said. "This is a great way to stay active."

For more information about the water aerobics class, contact the training tank at 830-6212. For questions about other aerobics classes contact Yvonne Warfield at 830-3381.

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