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#### **OBSERVATION POST** ARIN G E 0 R R 0 U N D 0 $\mathbf{M}$ B N

**VOL. 53 ISSUE 35 SEPTEMBER 3, 2010** Serving The Twentynine Palms Community Since 1957

### **CMC Labor Day** message

On Sept. 5, 1882, the Unites States celebrated the first Labor Day in recognition of the strength and 'esprit de corps' of American trade and labor organizations. We continue to pay tribute to those who helped make our country great. Our warriors today greatly benefit from the superior equipment and services provided by the American worker and our industrial base.

Enjoy this holiday and the much deserved time off. Don't forget to include risk management and force preservation in your activities. Take care of yourself, your families, friends, and fellow warriors. Come back to work refreshed and reenergized. Your Marine Corps needs each and every one of you in the fight.

Semper Fidelis, James T. Conway, General, U.S. Marine Corps, Commandant of the Marine Corps.

#### Commanding **General's Education Town Hall rescheduled**

In the interests of providing a more productive and informative event, the Commanding General's Education Town Hall meeting has been rescheduled for Oct. 20, from 5 to 6 p.m. at the Tactical Training Exercise Control Group theater.

The Commanding General will be ioined by members of the Morongo Unified School District's administrative staff and will discuss and take questions on the current 2010-11 school year budget situation, educational issues, and transportation changes. Active participation by the base community is encouraged.

#### PFC. SARAH ANDERSON COMBAT CORRESPONDENT

In August of 1782, Gen. George Washington introduced the concept of the Purple Heart when he had a desire to award his soldiers for acts of bravery. With the lack of funding, Washington turned to his wife, Martha, to make hearts out of purple velvet with the word 'Merit' sewn in the middle. This was the beginning of the Purple Heart.

Washington presented the first Purple Hearts, then called the "badges of Military Merit,"

to three of his soldiers in 1782. Wednesday, Lance Cpl. Tiofilo Corona, Jr., a heavy

**Mechanic receives Purple Heart** 

equipment mechanic with the 3rd Combat Engineer Battalion, received his own Purple Heart.

In May, Corona, 20, from Charlotte, Texas, was driving a Mine Resistant Ambush Protected (MRAP) vehicle during a route clearance mission in Afghanistan, when his front left tire ran over a pressure plate improvised explosive device. The 60-pound explosion, which

#### See MECHANIC, A6



PFC. SARAH ANDERSON

The 3rd Combat Engineer Battalion remain behind element waits in formation before Lance Cpl. Tiofilo Corona Jr. receives his Purple Heart Sept. 1. Corona sustained a broken foot after his vehicle was hit by an improvised explosive device in Afghanistan.



#### PFC. SARAH ANDERSON

Lance Cpl. Tiofilo Corona Jr., a Marine with the 3rd Combat Engineer Battalion salutes after receiving a Purple Heart Wednesday at the 3rd CEB command section. Corona's vehicle was hit with an improvised explosive device last May in Afghanistan.

### K-9 welcomes home last two Marines from Afghanistan



#### LANCE CPL. **ANDREW D. THORBURN** Combat Correspondent

Friends, family and co-workers waited as the sun set for the return of the last two K-9 dog handlers from their unit to return from their deployment in Afghanistan Tuesday. Lance Cpls. Christopher Wallace and Jose Rivera, both dog handlers with the Provost Marshal's Office, III Marine Expeditionary Force Military Working Dog platoon, returned home after spending about two months longer in Afghanistan than the 13 other Marines who deployed together earlier this year. "It feels awesome to be back home," said Wallace, a Kansas native. "I am going to rest and relax. We have been going, going, going, so it will be nice to just lie down, relax and take my mind off of everything.' Not one Marine from the two Marines' shop was missing from the waiting crowd.

ness officer for Headquarters Battalion. "Everybody is here willingly for just two people. It is really nice to have this small group support because I think that is what makes a difference."

When the truck carrying the two Marines drove around the back of the building, everyone gathered with excitement evident on all of their faces.

LANCE CPL. ANDREW D. THORBURN

Marines and family welcome home Lance Cpls. Christopher Wallace and Jose Rivera, both dog handlers with the Provost Marshal's Office K-9 Unit, after their return from a deployment to Afghanistan Tuesday.

'They are what every unit should be," said Kathleen Schmitt, the family readi-

"The first thing we are going to do is send these Marines home to spend some time with their families," said Cpl. Chris Reinhardt, a dog handler. "I am sure they can't wait to see their heroes home."

"It feels really good to have them back," added Maj. David D. Jones, the Provost Marshal. "All of us are really excited to get them back safely after an extension to help out the Marine Corps a little bit longer. They did a good job, and they got back home safely, and that is all that matters right now."

When the hugs and handshakes were done and the Marines made it back to their rooms, they found a delightful surprise of home baked cookies and new grooming gear provided by Schmitt as a welcome home gift with that mother's touch.

### Marine Corps' prevention program fights to lower suicide rate

#### LANCE CPL JACOB D. OSBORNE

Headquarters Marine Corps

ARLINGTON, Va. – At a rate of 24 deaths per 100,000 people, 52 Marines took their lives last year.

Having exceeded the rate of civilian suicides, as well as its sister services, the Corps initiated the Marine Corps Suicide Prevention Program in hopes of reducing the number of suicides.

"Since we launched our new course, 'Never Leave a Marine Behind,' privates to sergeants now make up a smaller proportion of

our suicides than they did previously," said Col. Grant Olbrich, section head of Marine Corps Suicide Prevention Program, Marine Corps Base Quantico, Va.

The course is taught, trained and mandated to all Marine noncommissioned officers and the length of the course varies depending on the needs of the unit. The instructors of the course are fellow NCOs that have finished the Train-the-Trainer course and are certified for the training.

"We initially targeted our NCOs due to their unique position to impact their peers and the younger Marines they lead," Olbrich added.

The reason NCOs are in such an exclusive situation is because they work more closely with junior Marines and typically know them better, he said.

"It is very important to get to know your Marines. If you get to know them then you will know when they are getting out of character," said Brenda Ray, a health and education coordinator at Marine Corps Logistics Base Albany, Ga.

Olbrich said multiple stressors are usually a precursor to suicide or an attempt.

"If someone in your shop is having some difficulties, has experienced some significant loss in their life, or has demonstrated a desire to die, you need to take on the responsibility of getting them to a care-giving professional for an evaluation," said Cmdr. Charles R. Kessler, chaplain for Marine Corps Air Station Beaufort, S.C.

Depression could be a sign that somebody is considering suicide, but some people show a renewed sense of calm because they have come to terms with their problem, Kessler said.

He added that 75 to 80 percent of all suicides are related to depression, but there is no typical or common reason for someone to commit suicide.

Abusing alcohol or drugs, deliberately injuring themselves, extreme mood swings, giving away of personal possessions, talking about wanting to die and threatening suicide are all common signs that someone is suicidal, Kessler said.

The Marine Corps Suicide Prevention Program has paired up with the Tragedy Assistance Program for Survivors to help families who are victim to suicide.

"TAPS is recognized nationally as

See SUICIDE, A3



**Countering IEDs** ~ See A3



Chuck wagon delivers ~ See A4 | Three stripes up ~ See A7





'Dawg' food ~ See B1



### Check out EXCLUSIVE Fight Club 29 photos

Visit the official MCAGCC facebook page by seaching "The Combat Center at Twentynine Palms" at http://www.facebook.com

#### Suicide Prevention Week:

Family first to notice signs of distress

#### SHARI LOPATIN

TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the "new normal." But others you wonder about: bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much. Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one before it's too late.

But where can you turn if you're not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit throughout 21 western states.

#### **Online Care**

For life issues such as stress management, relationship problems and self-esteem, you can connect with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest Online Care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions. To be eligible for TRIAP, you must meet one of the following criteria:

• An active duty service member (includes

- Guard/Reserve members who've been activated)
- An active duty service member's spouse
- An active duty family member 18 years or older
- Guard/Reserve members who've purchased coverage under TRICARE Reserve Select
- Eligible for TRICARE benefits under the Transitional Assistance Management Program

Want more information? Curious to see what kind of help a counselor offers, even if it's guidance for you to help your spouse? Visit http://www.tri west.com/OnlineCare to get started.

#### **Other TriWest Resources**

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment, and during deployment.

• Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.



What are your plans for

Labor Day weekend?

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

PFC. RAYMUNDO ORTIZ

COMPANY A, MARINE CORPS COMMUNICATION-

ELECTRONICS SCHOOL

oing to San Diego to

see my family."

PFC. MITCHELL GUERRA COMPANY A, MARINE CORPS COMMUNICATION-ELECTRONICS SCHOOL









#### Centerspeak **Hot Topics**

#### 9-11 MEMORIAL SERVICE

A 9-11 Memorial Service is scheduled for Sept. 10 at the Christ Chapel at 11:30 a.m. to honor and remember those who lost their lives Sept. 11, 2001, and in the War on Terror that followed.

#### STAFF CLUB LATIN NIGHTS

Thursdays are Latin Nights at the Hashmarks Staff Noncommissioned Officers Club. Dance lessons are from 6 to 7 p.m. Couples and singles are welcome! The floor will be open at 7 p.m. for social dancing with a wide array of Latin music. This event is free and is open to all staff NCOs, civilian equivalents and their guests.

#### YOUTH CHEERLEADING

Children 5-14 are eligible with proof of age to participate in the Commanding General's Youth Cheerleading. Cost is \$15 and includes use of uniform and award. Registration begins Sept. 20 to Nov. 5, or until program is filled. For more information call 830-8421 or visit http://www. mccs29palms.com.

#### **CO-ED SOFTBALL** LEAGUE

Combat Center personnel can sign up for the Commanding General's Co-Ed Softball League. Teams are limited to 16 players plus one coach. The preseason starts Oct. 6 and regular season starts Oct. 13. Games are played Wednesday nights on Felix Field from 6-9 p.m. Deadline to register and mandatory coaches meeting on Sept. 28, at noon in building 1341. For more informa-tion call 830-4092 or visit http://www.mccs29palms .com.

Marine Corps History					
Sept. 2, 1945					
The Japanese officially surren- dered to the Allies on board the battleship MISSOURI in Tokyo Bay.					

**GOOSE EGGS** 



Report any suspicious activity immediately which may be a sign of terrorism, including:

- 1. Surveillance
- 2. Suspicious questioning
- 3. Tests of security
- 4. Acquiring supplies
- 5. Suspicious persons
- 6. Trial runs
- 7. Deploying assets





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

### SUDOKU #1921



CROSSWORD AND SUDOKU PUZZLES COURTESY OF © 2010 HOMETOWN CONTENT

[Puzzle solutions on A9]

11

10

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13

- Behavioral Health Contact Center, 888-TRI-WI (874-9378): Information about your behavioral health benefit and help finding a counselor.
- TriWest Behavioral Ĥealth Portal: http:// www.triwest.com/BH: This portal is filled with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.
- "Help from Home" video series: http://www. triwest.com/HelpFromHome: Watch "Help From Home," a free series of online videos (also available as a free DVD set) that offers advice from other families and experts who've lived through it, firsthand.

2ND LT. JEREMIAH WOOD INFANTRY OFFICERS COURSE STUDENT raining until the 17th."

### **Combat Center Spotlight**

Name: Angel R. Rios

Hometown: Juana Diaz, Puerto Rico Job title: Occupational Safety and Health Specialist

Duties: Respiratory protection manager, confined space manager, Alive at 25 instructor and trained trainer, attitudinal instructor.

What do you like most about your job?: Working with Marines

Significant achievements: Only trained trainer for the Alive at 25 program in the Marine Corps and is currently in the process of certifying 60 instructors to teach Alive at 25. Hobbies: Baseball, softball, umpiring

Time of service: 21 years as active duty Marine, 4 years of civilian service.

Time aboard the Combat Center: 13 years



#### **Observation Post**

#### **Commanding General** Brig. Gen. H. Stacy Clardy III

Public Affairs Officer - Capt. Nick Mannweiler Public Affairs Chief - Gunnery Sgt. Sergio Jimenez Press Chief/Editor - Sgt. Heather Golden Layout, Design - Leslie Shaw

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# 'Amphibian,' logistics Marines train to foil IEDs

**STORY AND PHOTOS BY PFC. SARAH ANDERSON** 

Combat correspondent

Improvised explosive devices are the number one casualtyproducing weapons in Afghanistan. The Marine Corps is taking measures to make certain the Marines facing that threat have the knowledge and training necessary to avoid such attacks.

Combat Center Marines from Combat Logistics Battalion 7 and Company D, 3rd Assault Amphibian Battalion, prepared for their upcoming deployment to Afghanistan by participating in an IED training course at Range 800 Sept. 24-26.

'The enemy does not go toe-to-toe with us," said Mike Fay, a counter IED instructor for Range 800. "It is important for them to learn about the number one cause of casualties in Afghanistan."

The upcoming mission will be unique for both units. CLB-7 and 3rd AABN have never deployed together, so working together in this environment was an invaluable opportunity and a good way to build much needed camaraderie, said Capt. Keith Charles Brenize, the company commander of Company D, 3rd AABN.

The instructors made the excercise as real as possible so the Marines could get a feel



A simulated improvised explosive device goes off next to a humvee during a scenario designed to teach Marines how to react to a real IED prior to their deployment in support of Operation Enduring Freedom. The exercise was held at Range 800 on Sept. 26.

for what could happen and learned what actions to take under different situations.

"This is the most accurate training IED environment they before get to Afghanistan." said Don Mischke, another counter IED instructor. "When they come here they get real world scenarios." Understanding IEDs is a crucial part in keeping Marines safe, he added.

The Marines spent the beginning of the course in a classroom where they learned the basics and proper procedures to take during an IED attack.

During the following two

days, the Marines ran scenarios which included finding IEDs and implementing the proper handling procedures for exploded IEDs.

During a convoy scenario, a simulated IED went off beside a humvee, and the Marines inside were pronounced severely wounded.

"I was worried about the Marines, I felt helpless," said Pfc. Francisco Valdez, a motor transport operator and the driver of the hit vehicle. "It surprised me. It's pretty realistic.'

The Marines had their first taste of what an IED was like. Wounded friends,

strategy and procedure to follow, and the anxiety of waiting to find out exactly what happened. A wave of reality hit the Marines when they thought about an actual IED killing or injuring them.

The instructors taught the Marines that the enemy is trying to destroy them through cowardly means, but is working to their advantage, Marchadier said. The course is put in place to keep the Marines one step ahead.

As the Marines' knowledge progressed, so did their confidence in the training, Valdez said. "I felt my team is here to get better, we are doing good, and getting the concept."

"I didn't know much about the IEDs," said Cpl. Ernesto Loredo, a radio operator with 3rd AABN. "The course helped me with a lot of knowledge.

Loredo said he is now confident in his Marines' ability to react well to any IED attacks they may face in Afghanistan.

"I think they will be calm and ready for it."



Lance Cpl. Tony Vang [left], a Marine with the 3rd Assault Amphibian Battalion, carries Lance Cpl. De'andre Rogers, also with Company D, 3rd AABN, who received simulated shrapnel in his leg during a scenario designed to teach Marines how to react to a real Improvised Explosive Device attack. The Marines of the Combat Logistics Battalion 7 and 3rd AABN participated in the IED training course at Range 800 Sept. 26.



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PROFLAME



Herve Marchadier, a counter improvised explosive device instructor, debriefs Marines from Combat Logistics Battalion 7 and Company D, 3rd Assault Amphibian Battalion after successfully completing an IED exercise at Range 800 Sept. 26. Marchadier went over the scenario with them and re-capped what they did well and what they need to work on.

#### SUICIDE, from A1

the leading provider of comfort and care to anyone who has suffered the loss of a military loved one," Olbrich said. "Our Casualty Affairs Branch at Headquarters Marine Corps and local chaplains from the

unit are always available to assist grieving families."

Corps The Marine Suicide Prevention Program is only one of many to help prevent suicide. Also available is the chaplain services, counselors, suicide hotlines, unit medical, chain of com-

mand and many more. "Education is the key to

prevention. We need to let Marines know that there is help," Ray said.

For more information on suicide prevention, visit www.usmc-mccs.org/suicide prevent.



### Steaks, burgers replace MREs for Marines in Safaar

#### STORY AND PHOTOS BY CPL. SKYLER TOOKER

Regimental Combat Team 7

COMBAT OUTPOST RANKEL, Afghanistan – The Marines with Company L, 3rd Battalion, 1st Marine Regiment, and their Afghan counterparts did not have to search out their favorite Meals, Ready-to-Eat, Aug. 19.

That's because the Meals-

on-Wheels convoy showed up and cooked them a hot meal at Combat Outpost Rankel in Garmsir, Afghanistan.

The Marines with the Meals-on-Wheels traveled four hours to deliver a well-deserved hot meal to the 3rd Bn., 1st Marines, and the Afghan National Army soldiers in the fight. The convoy, comprised of all volunteers from Regimental Combat Team 7,



Marines with Meals-on-Wheels from Regimental Combat Team 7 all volunteered to come out and cook hot food for the Afghan National Army and Marines with Company L, 3rd Battalion, 1st Marine Regiment, in Combat Outpost Rankel, Garmsir District, Helmand province, Afghanistan, Aug. 19.

traveled to various unit positions throughout Helmand province providing hot meals to service members "outside the wire" who typically eat packaged, dehydrated meals from their MREs. Scoring a packet of peanut butter or candy, or coming across their favorite MRE is the most satisfaction they usually get from their twice-a-day meals.

The meals-on-wheels Marines cooked and served steak, chicken, hotdogs, hamburgers and ice-cold beverages.

"This is a great morale booster for all the Marines, sailors and soldiers out here," said Lance Cpl. Matt Wilson, a team leader with Weapons Platoon, Co. L, 3rd Bn., 1st Marines. "Especially for the (Marines and Afghan soldiers) who have been with us throughout the whole push down here, because it gives us a break from MREs."

Normally the Marines search out their favorite two MREs to ensure they get the food they want for the day. Once the 3rd Bn., 1st Marines, saw the Meals-on-Wheels convoy roll in, they







The Marines with Meals-on-Wheels from Regimental Combat Team 7 joke around with the Marines with Lima Company, 3rd Battalion, 1st Marine Regiment, while serving them a hot meal at Combat Outpost Rankel, Garmsir District, Helmand province, Afghanistan, Aug. 18. Meals on Wheels not only provided more food than could be eaten, they also left a grill and extra food and drinks for Lima Company to later have a cookout of their own.

were not even thinking about MREs anymore, as the sounds and scents of burgers, hot dogs and steaks grilling captured their imagination.

"It is a good day when Meals-on-Wheels comes out and provides us with a hot steak and cold Coke," said Wilson, 25, from Greenwood, Ind.

Lance Cpl. Gary Mishoe, a Marine with Meals-on-Wheels, said this is his 15th time coming out and serving a hot meal to Marines in southern Afghanistan, and he gets the same result every time – extremely grateful Marines.

"I think it is great that we get to come out here and recognize all the Marines down here," said Mishoe, a motor transport operator for RCT-7. "This is a way we can give them a break from their everyday lives down here. It gives them something to look forward to when we come out here."

When Meals-on-Wheels comes out, it gives everyone a chance to sit down and enjoy a home-cooked meal and relax, Mishoe said.

"We appreciate the Marines with Meals-on-Wheels coming down here and recognizing us, by providing us with a good meal," said Wilson. "It means a lot to us out here."

The Marines and ANA soldiers were very grateful for the food they received. They understand the risk these Marines took driving down on dangerous roads to provide them with a meal to remember.

"I think this is a great thing, and we should do this more often for the Marines who are in the fight non-stop every day," Mishoe said. "They deserve this."



Marines with Meals-on-Wheels from Regimental Combat Team 7 serve the Afghan National Army soldiers a hot meal at Combat Outpost Rankel, Garmsir District, Helmand province, Afghanistan, Aug. 18.



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#### TOUGH MINDED OPTIMISM by Lou Gerhardt

Several months ago I wrote a column about M. J. "Mac" Dube and promised to write another column about this genuinely strong and good man in due time.

Well, the time has come!

Colonel M. J. Dube, retired Marine Corps officer, received the Silver Star for gallantry in action in a powerful and moving ceremony August 20 aboard the Marine Corps Air Ground Combat Center.

Mac served in the Corps for almost 37 years. He was an outstanding Marine who fought with passion and unfaltering courage in heavy combat. He was awarded four (not one, not two, not three) bronze stars each with a "V" for valor. He was wounded three times and received three (not one, not two) purple hearts. In addition he received many other ribbons, citations, awards and commendations from the United States and other nations.

Mac is a sensitive, loving, and faithful husband. He and his wife Patti have been happily married for better than 39 years and have twin sons Erik Sean and Marc Christopher. They also have five grandchildren.

Mac is a proud father and is always happy to tell you how his sons are doing in their chosen careers at any time.

In addition, Mac has always been a dedicated and involved citizen. He has served on many boards and committees including eight as a member of the Twentynine Palms City Council, three of which as mayor.

In his personal life Mac is a very disciplined man. He controls his mind and is constantly improving his understanding of life and people. He holds a degree from San Diego State in Educational Psychology and is still studying and thinking about completing work on a master's degree.

 $\ensuremath{\mathsf{M}}\xspace.$  J. Mac Dube is my kind of man. He is a hero of mine.

This message sponsored by:

Tom Mc Bride First Class Navy Corpsman (Retired) Twentynine Palms, CA

Dr. Lou can be reached at 760-367-4627 800-995-1620 res19mxc@verizon.net



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### **3rd MAW supports 26th MEU helos bound for Pakistan**

#### SGT. DEANNE HURLA

**3rd Marine Aircraft Wing** (Forward)

CAMP LEATHERNECK, Afghanistan – The 3rd Marine Aircraft Wing (Forward) proved its versatility and flexibility as they stepped up to support the 26th Marine Expeditionary Unit on its way to Pakistan – without compromising its already-intense combat operations support.

The Marines of 3rd MAW (Fwd) spent about a week preparing before the first helicopter and Marines with Marine Medium Tiltrotor Squadron 266 (Reinforced), 26th MEU, arrived, Aug. 22. The 26th MEU is on its way to relieve the 15th MEU and bring humanitarian aid to the people of Pakistan. When the call came into 3rd MAW (Fwd) for support, there was no hesitation.

"When you receive a task, you don't say 'It's impossible' or 'We can't,' we say 'We'll make it happen," said Sgt. Maj. Anthony Spadaro, the 3rd MAW (Fwd) sergeant major. "There is no such thing as the impossible for us. There are only challenges and challenges that are met."

The Marines rose to the

life to the 31st give Commandant of the Marine Corps Gen. Charles Krulak's concept of the "three block war." This concept involves a unit taking part in full-scale military action, peacekeeping operations and humanitarian aid all within about three city blocks. In the case of 3rd MAW (Fwd), it applies to the expanse of one flight line.

challenge by continuing to

A light attack helicopter squadron is taking the fight to the enemy from one end; medium and heavy helicopters squadrons down the line are transporting cargo and personnel to support counter insurgency operations for Afghanistan; and now the MEU detachment is positioned at the other end preparing for humanitarian assistance missions.

"We're not just air-centric, we're three-block-war-centric," Spadaro said.

Before this joint-effort concept could become reality. Marines here had to build a temporary home for their visitors. Marines from the 3rd MAW (Fwd) logistics section and Marine Wing Support Squadron 274 set to work preparing a work space for the incoming detachment.



SGT. DEANNE HURLA

Marines from 3rd Marine Aircraft Wing (Forward), move an empty tent transport box in preparation to pull out the next tent here Aug. 21. The Marines set up a temporary site with four tents for an incoming detachment of Marines from the 26th Marine Expeditionary Unit. 3rd MAW (Fwd) Marines prepared the site for Marine Tiltrotor Squadron 266 (Reinforced), 26th MEU, before the unit brought in four CH-53E Super Stallions headed to support humanitarian relief efforts in Pakistan. 3rd MAW (Fwd) Marines spent about a day preparing and setting up the site for the detachment.

"The biggest thing here is the ground where you are going to lay tents and where you will be working," said Capt. Pollard Ham, the logistics operations officer. "You have to make sure the ground is level. That in itself is its

own evolution, then tents and electronics need to go in."

Logistics Marines constructed four climate-controlled tents and fitted them with flooring. They finished preparing the tents just in time for MWSS-274 to begin

running wires for computer and phone access and setting up generators for power.

When a unit comes on deck it's important to cover all the functions of logistics, Ham explained. The logistics section must account for engineering requirements, food, water, billeting and other life support logistic requirements.

The planning process took about a week, but the Marines accomplished their

See HELO, A10

#### MECHANIC, from A1

was closely beneath him, blew upward through the floorboard, breaking his foot and ankle. He was immediately evacuated for medical care.

"Heavy equipment mechanics are usually inside the wire," said 1st Sgt. Joe L. Bartee, the remain behind element sergeant major for 3rd CEB. "Being a lance corporal, a young Marine, and doing things outside his [Military Occupational Specialty] and receiving a Purple Heart, is commendable and admirable.

Corona, like many Marines who are recognized for a job well done, said he feels like he was simply doing his duty.

Soon after his return to the Combat Center, Corona, who

his platoon had lost their lives in Afghanistan. To Corona, that loss completely overshadowed his own injuries. Receiving a Purple Heart was the last thing on his mind.

"It wasn't something I was looking to get," he said. "I was just doing what I was supposed to.'

"That's what we are all about in the Marine Corps," Bartee said of Corona, who joined the Marine Corps in July 2008. "It doesn't matter your rank, it's what you do. He went out there and did his job. He was doing his mission and job. We are proud of every Marine out there. We are behind our guys."

While deployed, he formed strong friendships, ones he said he wants to get back to.

Corona was sent home joined the Corps in July 2008, early to give his injuries time to learned two of his friends in heal. His unit is still out there like my family," he said. "All my to come home in October.



PFC. SARAH ANDERSON

Lance Cpl. Tiofilo Corona Jr., [right] a Marine with the 3rd Combat Engineer Battalion, receives a Purple Heart Wednesday at the 3rd CEB command headquarters. Corona's vehicle was hit with an improvised explosive device, fracturing his foot while in Afghanistan.

and he said, if given the option, he would jump on the opportunity to get back to the fight with his fellow Marines.

"All the guys over there are

good friends are over there." Unfortunately for Corona, he will not be able to get back into the fight and join his friends, 3rd CEB is scheduled

### **Federal Impact Aid**

#### **COL. J.P. HOLDEN**

MAGTFTC/MCAGCC CHIEF OF STAFF

Morongo Unified School District will be conducting a short survey of all families in the school district regarding parental employment.

The information obtained from this survey is very important in identifying military families and households where one or both parents work at the Combat Center. The information shared on this card is confidential and used only for the required report to the federal government.

The federal government provides funding to the schools based on information from this survey. In the past, this additional funding increased opportunities for schools in the district. This funding will allow the district to provide additional instructional opportunities, which in turn, benefits all children.

I urge you to please take the time to complete the survey. School funding in California is very tight and any help that we can provide will improve education in our community.

It is our hope that each and every one of our mil-

itary families will provide the necessary information on the survey and return it to their child's school. Your help is greatly appreciated.



Training

# Sergeants Course Marines look sharp, set standards

#### LANCE CPL. WILLIAM J. JACKSON

Combat correspondent

"Present, clean and serviceable," said a faculty advisor for Sergeants Course.

These words were used repetitively during the Marines' initial inspection.

The Marines of 1st Platoon stood patiently in front of their racks, as Gunnery Sgt. James Petty, the 1st Platoon Faculty Advisor, efficiently examined his Marines, showing them how to properly inspect their own junior Marines. He noted any unserviceable uniforms, items or discrepancies that didn't conform to Marine Corps Order P1020.34G, along with the corrective actions to fix the problem.

"Our goal as [faculty advisors] is to teach, coach and mentor the Marines," said Gunnery Sgt. Benjamin Hester, staff noncommissioned officer in charge for the Sergeants Course.

The inspection taught the students a methodical system of inspecting Marines, who are known for their attention to detail and to ensure their uniforms fit properly for graduation.

The platoon was taught to

inspect every Marine the same way head-to-toe, said Sgt. William MacDonald, a radio repairman from Marine Corps Communication-Electronics School Headquarters Company.

Tradition is part of the Marine Corps, and it's held in high regards for noncommissioned officers in the Sergeants Course aboard the Combat Center.

"We instill in our students the importance of being a leader in today's Corps by holding several discussions regarding future challenges that most sergeants encounter with their Marines," Petty said. Topics such as warfighting, ethical decision making, mentors in violence prevention, and value-based integration training are also covered during the eightweek-long course.

"We show them what 'right' looks like by our example, performance evaluations, classes, and all while explaining to them that, 'This is how you should do it with your Marines,'" Petty said. "We take the time to explain the purpose behind everything that we do here, which all ties into the importance of leading of Marines and maintaining the Marine Corps' standards."

The Noncommissioned Officer Creed states junior Marines are a reflection of their leaders, Petty said. By not upholding the standards, such as uniform regulations, leaders are teaching their Marines that lower standards are acceptable.

The leadership course is here to equip the Marines with the tools to better educate their junior Marines, said Gunnery Sgt. Benjamin Suter, Deputy Director for the Combat Center's Sergeants Course.

Four full platoons, or 80 Marines, are registered for Class 6-10.

"In the last two years, we've never missed that mark," Suter said.

However, a class doesn't always graduate 80 Marines, Suter added. "Our motto is 'You get out what you put into it.""

Editor's Note: This is part one of a series documenting Sergeants Course Class 6-10 on their journey to becoming the best leaders the Corps has to offer.









Gunnery Sgt. James Petty, 1st Platoon Faculty Advisor for Class 6-10, measures the ribbon placement on the Service C uniform of Sgt. Jesus A. Fernandez, a helicopter airframe mechanic for Marine Medium Tiltrotor Squadron 161, Marine Corps Air Station Miramar, Calif. Class 6-10 learned the proper procedures for inspecting uniforms Tuesday.

### SEPTEMBER DETIDEE ADDECIATION



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#### SEPTEMBER 3, 2010 A9

### **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 **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 Friday** 10:30 a.m. - Traditional Worship\* 10:45 a.m. - Children's Church 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) **Immaculate Heart of Mary** 3:30-5:30 p.m. - Military Council of Catholic Women Wednesday **Immaculate Heart of Mary** First Wednesday, 6 p.m. - Baptism preparation class First Wednesday, 7 p.m. - Knights of Columbus Thursday **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

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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.

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

HELO, from A6

new inhabitants.

set-up mission in about a day and the site was ready for its

"Anytime you don't have to set up when you get there it makes everything easier," said Staff Sgt. Guy Row, the maintenance control staff non-commissioned officer in charge for VMM-266 (Rein). "Having it already prepared just means we had more time to work on our aircraft."

VMM-266 (Rein) Marines arrived late in the evening of Aug. 22 in an Air Force C-17 Globemaster III cargo plane

with a single CH-53E Super

Stallion and approximately

15 Marines. Marines from

Marine Heavy Helicopter

Squadron 361, 3rd MAW



SGT. DEANNE HURLA

Cpl. Joseph Ford, a supply Marine from 3rd Marine Aircraft Wing (Forward), hammers a stake into the ground during a temporary site setup here Aug. 21.



#### SGT. DEANNE HURLA

Marines from 3rd Marine Aircraft Wing (Forward), unload a tent during a site set-up here Aug. 21. The Marines set up four tents for a detachment of Marines from Marine Medium Tiltrotor Squadron 266 (Reinforced), 26th Marine Expeditionary Unit, who will be supporting humanitarian relief efforts in Pakistan.



craft and other cargo. "It's a very tight and timeconsuming process to unload a C-17," Row said. "The plane's struts have to be raised and lowered so the landing gears adjust and allow room for the plane to be off-loaded. There is only about one-totwo inches of clearance from the top of the plane to the

The squadrons worked together to successfully unload the aircraft, but not without supervision from higher echelons. The logistics mobility Marines from 3rd MAW (Fwd) oversee the offload of the strategic assets like the C-17, explained Chief Warrant Officer 2 Louis Seals, the 3rd MAW (Fwd) mobility officer.

"Any major evolution where you have multiple agencies that are going to converge into one place, you need someone to [monitor] all the business that happens in that process," Seals said.

Throughout the first week, VMM-266 (Rein) brought in two more helicopters and is expecting one more, each requiring a meticulous off-load.

"Not only are we doing the rotation of 3rd MAW (Fwd) personnel and aircraft in and out of theater. now we are also supporting the reception, arrival and assembly of the [26th MEU's aircraftl." Seals said. "It's just an

additional task to our combat operations."

However, the extra work does not bother the Marines.

"It feels good, we all know we're here to fight this war, but to support another effort for the Marine Corps, we're all about it," said Master Gunnery Sgt. Scott Singer, the logistics chief for 3rd MAW (Fwd). "That's why we're out here today getting it done."

"We make it happen," Spadaro said. "The beauty of this is no one ever looks on the 'I can't,' everyone always looks on 'make it happen.' I don't think [I can't] is in our vocabulary."

VMM-266 (Rein) will have the aircraft fully assembled in the coming days and will soon be joined by the rest of the 26th MEU in Pakistan. Meanwhile, 3rd MAW (Fwd) has shown the Marine Corps truly is America's expeditionary fighting force and is just as flexible, adaptable and expeditionary as it has been for the last 234 years.



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### **B1**

CEN

## 'Feed the Dawgs' feeds 29 Palms K-9 handlers

#### **COMPILED BY THE OBSERVATION POST STAFF. PHOTOS BY** LANCE CPL. ANDREW D. THORBURN

The sounds of kids laughing, dogs barking and more than 50 pounds of steaks sizzling filled the air during the 2nd annual "Feed the Dawgs" barbeque for the hungry Marines and families of the Provost Marshal's Office K-9 Unit at the Combat Center Saturday.

The "Feed the Dawgs" organization is made up of former service members who worked in the K-9 units and their families who volunteer to come to military installations and provide a good time and good food to current military K-9 units.

"Everyone is pumped up," said Staff Sgt. Michael Skillings, PMO's kennel master. "This is a good time for the families to get together."

The Marines spend much of their time training and working with their dogs, said Skillings, a Milbridge, Maine, native. "Feed the Dawgs" knows this and

wanted to make sure the Marines know they haven't forgotten about their former K-9 comrades.

"We are all about the 'boots,'" said Jon Hemp, one of the organization's

AIR

The most senior Marine present, Capt. Eric Kaltrider [right], the operations officer for Provost Marshal's Office, hands the most junior Marines present, Pfc. Ryan Hale, a dog handler with Provost Marshal's Office K-9 Unit, a steak during the 2nd annual "Feed the Dawgs" barbeque at the Combat Center Saturday.



"Feed the Dawgs" volunteers stay busy serving more than 50 pounds of steak to the Provost Marshal's Office K-9 Unit during the 2nd annual "Feed the Dawgs" barbeque at the Combat Center Saturday.



"Feed the Dawgs" volunteers served more than 50 pounds of steak to the Provost Marshal's Office K-9 Unit durbarbeque at the



Jon Hemp, a cofounder of "Feed the Dawgs," and Kenneh Neal, a lifetime

ing the 2nd annual "Feed the Dawgs" Combat Center Saturday.

member of the Vietnam Dog Handler Association, talk with Marines from the Provost Marshal's Office K-9 Unit during the 2nd annual "Feed the Dawgs"

## **All-Marine runner strives for stronger stride**

CPL. ANDREW S. AVIIT

COMBAT CORRESPONDENT

For some Marines, runtimes seem like fixed numbers on their physical fitness test scores, but for Cpl. Sage Koch the times only get shorter.

A self-proclaimed average runner from Bismarck, N.D., Koch has been working on his run during the course of 11 years earning himself a spot on the Marine Corps running team and he doesn't plan on slowing down anytime soon.

"I was just a regular Joe like anybody else. I started from the bottom and

worked my way up," he said, recalling his humble beginnings as a runner.

His competitive stride was first put to the test in middle school, as Koch began running for the school's track and field team.

"The first event I ever ran was a mile," Koch said, "For me, it was good for relaxation to help me with the daily stress.

As he progressed through to high school, he found that becoming a freshman not only meant tougher classes, but also a more serious attitude towards his running. "As I became older, competition became more a part of the picture, and along with track, I also started running cross country," Koch said.

Although running was his passion, not all running made him happy.

The closest he ever came to running in a sprint event was an 800, but it wasn't by choice, he added. "I hated that race. The coach would always put me in it so that I could get my speed up, so that I could run that faster mile.'

After graduating high school, Koch accepted a cross country scholarship to a nearby community college, but after a year decided he



**CPL. ANDREW S. AVITT** 

Cpl. Sage Koch, an armorer with the Combat Center's Sergeants Course, has been running for 11 years and currently runs for the All-Marine Running Team.

needed something different and enlisted in the Marine Corps in March of 2008.

"I wanted to get out and see the world," he said.

He currently holds a three mile time of 15:19, which has earned him the name "Smoke" from the Company A, Headquarters Battalion, First Sgt. Thomas Russi who unholsters the name every time he sees Koch in the gym.

With a runtime like that, Koch said he had trouble finding a running partner, until about six months ago.

Sarah Raschiatore, also a running enthusiast and a physical trainer at the Combat Center's East Gym began, running with Koch and training for various running events.

"Sage is very passionate about running," she said, "He loves it and has a great positive attitude and mental strength for it."

Although Koch is the best he's ever been, he continues to get stronger and has transferred his focus on running longer and longer races, she said. "He's building up his miles."

Since January, he has been keeping track of the miles

See RUNNER, B3

#### **Combat Center women take on Camp Pendleton**



#### LANCE CPL. WILLIAM J. JACKSON

A player for the Combat Center women's soccer team [right] chases after a player from the Marine Corps Base Camp Pendleton soccer team to get possession of the ball on Sunday at Hospital Field, Camp Pendleton. The women played a six-on-six scrimmage.



#### **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 & green salad, 5:30 to 7:30 p.m.

#### Hashmarks 29 SNCO Club

Fridays: Social hour 5:30 p.m., DJ, 8 p.m. to 1 a.m. Saturday: UFC Fight, Edgar vs Penn, Doors open at 6 p.m. coverage is 7 p.m. to midnight, Aug. 28 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. Thursdays: Latin Dance Lessons, 6 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. Saturday, Sept. 11: Patriot Day

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

#### **Local Events**

#### Sara Petite & The Sugar Daddys

Description: The popular country artist performs When: 8 p.m., Friday and Saturday, Sept. 3-4 Where: Pappy and Harriet's 53688 Pioneertown Road, Pioneertown For more information, call 365-5956 or visit http://www.pappyandharriets.com.

#### The 25th Annual Putnam County Spelling Bee

Description: Hilarious Tony winning comedy When: 7 p.m., Fridays and Saturdays until Sept. 25 Where: Theatre 29 73637 Sullivan Road, Twentynine Palms For more information call 361-4151or visit http://www.theatre29.com.

#### Mummies of the World, adult bus excursion

Description: Visit the Mummy Exhibit at the California ScienCenter. Pre-registration is required. When: 8 a.m. to 6 p.m., Tuesday, Sept. 14 Where: The Joshua Tree Community Center 6171 Sunburst Avenue, Joshua Tree. 366-8415

### Inspiration Place, Children's Museum and Discovery Center

Description: Children's learning activities, classes When: 10 a.m. to 5 p.m. Tuesday-Friday 10 a.m. to 4 p.m. on Saturdays. Where: 6461 Cholla, Twentynine Palms For more information call 641-9275 or visit http://www.inspirationplace29.com.



Rapper-turned-actor Bow Wow [rigth], plays Kevin, a young man from the projects who wins the lottery and tries to keep it a secret until he can cash in.

### 'Lottery Ticket' misses the jackpot

#### NEIL POND

American Profile

"Lottery Ticket" Rated PG-13

When a young man in the projects of Atlanta hits the lottery jackpot, he finds friends – as well as enemies – popping up everywhere.

In "Lottery Ticket," rapper-turned-actor Bow Wow (formerly "Little" Bow Wow) plays Kevin, who buys a lottery ticket on a whim. After he discovers he's won the whopping \$370 million payoff, he tries his best to keep it a secret until he can turn in the ticket and safely get the check.

But, of course, the secret gets out, and pretty soon everyone seems to know – thug, who's determined to steal Kevin's ticket and cash it in as his own.

"Lottery Ticket" is being promoted as a comedy, and it certainly has a few good laughs. The fine all-black cast includes comedian Bill Bellamy, Terry Crews from TV's "Everybody Hates Chris," the always-solid Keith David and Loretta Divine, and another rapperturned-actor, Ice Cube (also the executive producer), in a standout performance as a reclusive, washed-up boxer who delivers the movie's knock-out punch, both figuratively and literally.

As Kevin tries to stay one step ahead of the bad guys, he finds out how all that glitters isn't gold, especially when it comes to sexy girls him serious attention.

But the laughter comes punctuated with a steady stream of PG-13 violence, including one particularly nasty back-alley beatdown and one character showing another just how tightly and how excruciatingly long – he can use his hand to squeeze something. In another scene, we hear about the unpleasant fate that awaits Kevin if he fails to pay back an ill-conceived "gift" from an extortionist. It involves a saw, Kevin's legs and a meat grinder.

This dark, menacing "street" undertow tends to displace the hilarity, and it also drains the movie's otherwise positive messages about friendship, the temptations of money and standing up for what's right.

Plus, the plot's twists and turns play off just about every stereotype, cliche and contrivance you could stir up from its mix of setting (an urban housing project), characters (an array of colorful hangersout and hangers-on) and circumstance (a lowincome teenager who suddenly finds out he's about to be rolling in dough).

**COURTESY PHOTO** 

"Lottery Ticket" means well, but its slapdash mishmash of elements never meshes into a satisfying movie or a story that carries any real comedic, dramatic or emotional payoff. Want to see a great film about a kid from the projects who suddenly strikes it rich? Rent "Slumdog Millionaire."

#### **Lower Desert**

#### **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.

#### **Sheryl Crow**

Description: The American singer-songwriter, musician and actress performs When: 8 p.m., Saturday, Sept. 18 Where: Agua Caliente 32-250 Bob Hope Drive, Rancho Mirage For more information call 888-999-1995 or visit http://hotwatercasino.com.

#### **Bachman & Turner**

Description: The rock 'n' roll giants are reunited When: 8 p.m., Saturday, Oct. 16 Where: Spotlight 29 Casino Resort 46-200 Harrison Place, Coachella For more information call 866-377-6829 or visit http://www.spotlight29.com.

#### **Sunset Cinema**

#### Friday, Sept. 3

6 p.m. – Despicable Me, Rated PG 9 p.m. – Inception, Rated PG-13 Midnight - Cyrus, Rated R Saturday, Sept. 4 11 a.m. - Free Matinee, Alice in Wonderland, Rated PG 2 p.m. - Ramona and Beezus, Rated G 6 p.m. - The Sorcerer's Apprentice, Rated PG 9 p.m. - Salt, Rated PG-13 Midnight - Predator, Rated R Sunday, Sept. 5 2 p.m. - Cats and Dogs: Revenge of Kitty Galore, Rated PG 6 p.m. - Charlie St. Cloud, Rated PG-13 9 p.m. - Dinner for Schmucks, Rated PG-13 Monday, Sept. 6 2 p.m. - Despicable Me, Rated PG 6 p.m. - The Sorcerer's Apprentice, Rated PG 9 p.m. - Predators, Rated R Tuesday, Sept. 7 7 p.m. - Salt, Rated PG-13 Wednesday, Sept. 8 7 p.m. - Dinner for Schmucks, Rated PG-13 Thursday, Sept. 9 7 p.m. – Despicable Me, Rated PG

including the neighborhood

who suddenly want to pay

Cinema	Showtimes Effective 9/3/10 - 9/9/10
Machete (R)	Going The Distance (R)
Everyday: 2:15, 4:30, 6:45, 9:00	Everyday: 2:15, 4:30, 6:45, 9:00
Nanny McPhee (PG)	Last Exorcism (PG13)
Everyday: 2:15, 4:30, 6:45, 9:00	Everyday: 2:15, 4:30, 6:45, 9:00
1 (760) 365-9633	www.cinema6theatre.com





**COURTESY PHOTO** 

Eventually, the secret gets out and soon friends and enemies are popping out from everywhere.



Admission \$8.00 per person (Children under 10 free)

### San Diego Chargers electrify Miramar, get taste of Corps

#### LANCE CPL. ALEXANDRA M. HARRIS

MARINE CORPS AIR STATION MIRAMAR

MARINE CORPS AIR STA-TION MIRAMAR, Calif. -More than 400 spectators gathered at the Marine Corps Air Station Miramar Youth Sports Complex for an upclose view of the San Diego Chargers during their 4th Annual Military Appreciation Day Aug. 20.

The team rehearsed plays for their preseason game against the Dallas Cowboys Aug. 21.

"[The event] shows the community does care about the military," said Staff Sgt. Rupert Palmer, the motor transportation chief with Marine Wing Support Squadron 373, Marine Wing Support Group 37, 3rd Marine Aircraft Wing, I Marine Expeditionary Force.

The Chargers' cheerleaders also performed for the crowd. Following their routine, both cheerleaders and players interacted with the audience by taking photos with fans and autographing miniature helmets, Chargers cards and jerseys.

After the signing, the Chargers presented a signed jersey to Maj. Gen. Thomas L. Conant, the 3rd Marine Aircraft Wing commanding general, and Col. Frank A. Richie, the MCAS Miramar's commanding officer. Richie also presented the Chargers with a Military Appreciation Day plaque. After the presentation, the players walked

offensive drills.

MCAS Miramar practiced with the Chargers, including Cpl. Donnie Gilray, an airframe mechanic for Marine Fighter Attack Training Squadron 101, Marine Aircraft Group 11, 3rd MAW, I MEF, and a former quarterback for the air station's football team, the "Falcons." Gilray performed several passes for the

Gunnery Sgt. Michael Brown and Palmer, both former drill instructors, gave the Chargers a taste of what it takes to become one of the few and the proud.

"It feels amazing to get to work with the Chargers," Brown said. "I've been looking forward to crushing their defensive players.'

The former drill instructors also showed the Chargers the consequences for having a lack of motivation, Palmer added. The DIs had the players perform several minutes of pushups, while enduring "motivating" screams from Brown and Palmer.

After a hot afternoon of fun, the Military Appreciation Day ended with crowds of sunburned fans still trying to catch a glimpse of their favorite players.

"We appreciate the Chargers coming out," said Cpl. Michael Pride, with the Wounded Warrior West-Battalion. "They were shaking hands and were genuine





LANCE CPL. ALEXANDRA M. HARRIS

Gunnery Sgt. Michael Brown, a former drill instructor, "motivates" a San Diego Chargers player during the 4th Annual Military Appreciation Day at the Miramar Youth Sports Complex Aug. 20. More than 400 spectators visited the field to receive autographs and take pictures with the Chargers and their cheerleaders.

MILITARY

when they interacted with us. It shows that even celebrities know what we're doing. It was a good way for them to show their appreciation for us."





LANCE CPL. ALEXANDRA M. HARRIS

Major Gen. Thomas L. Conant, the commanding general of the 3rd Marine Aircraft Wing, spends time with Travis Johnson, a defensive end with the San Diego Chargers, during the 4th Annual Military Appreciation Day at the Miramar Youth Sports Complex Aug. 20. During the event, the Chargers had a walk through practice for their preseason game against the Dallas Cowboys Aug. 21.

#### **RUNNER**, from B1

he's ran in base-wide competitions such as the Road Runner Challenge and other training. He has just passed the 2.000 miles mark.

The Road Runner challenge helps to keep track of his mileage and the competition always encourages him to give it his all, he said.

"I want to run professionally, but I've got a long way to go. But if I keep at it I know good things will come," he said.

Although that's the ultimate goal, Koch sees himself back at college running competitively while he earns his degree. "I'm running about 70 miles a week; that's a lot, where as some professional runners run 130 or 140 miles a week."

"People always ask me how do I do it, and I tell them, 'You've just got to do it. You've got to push your body and your limits to get better."

The only way for improvement is by practice, and the best time for practice is now, he said. "If everyone starts at the bottom there's only one way to go but up."

He will continue to train for upcoming competitions in Santa Monica, Calif., Dayton, Ohio, and The Marine Corps Marathon in Arlington, Va.



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For complete information on this opportunity, visit the program's website:

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# Athlete of the Week

Name: Joanna M. Martinez Hometown: Laredo, Texas Unit: Marine Wing Support Squadron 374

Job title: Motor technician operator and refueler

**Recognition:** Midfielder for Combat Center's Women Soccer Team

**Favorite aspect of sport:** "It's a stress reliever for a bad day at work. Soccer never lets you down, you always have fun."

Advice for aspiring athletes: "Be committed and put 100 percent effort into it."

### Remember Those Who Served with a tribute in Military Memories A special section to be placed

in the Hi-Desert Star, The Desert Trail and Observation Post for Veterans Day 2010



#### spouse or family members who served in the military in wartime or in peace Submission Deadline: Sept. 30

Hi-Desert Publishing Co. welcomes stories, photos and memorabilia about you, your

Please send stories, photographs and memorabilia to: **Hi-Desert Publishing Co. - Military Memories 6396 Adobe Road, Twentynine Palms, CA 92277** You may bring submissions to The Desert Trail office, 6396 Adobe Road, Twentynine Palms, or the Hi-Desert Star office at 56445 Twentynine Palms Highway, Yucca Valley or e-mail them to

osullivan@deserttrail.com. If you have questions or need help writing your story, call Kelly O'Sullivan at (760) 367-3577.

#### DAWGS, from B1

cofounders, to the K-9 gathering at the barbeque. "We know you work hard and deserve to come home knowing that we appreciate the sacrifices you do for our country."

Once the steaks were ready, Hemp gathered picnic-goers at the dining tables for a group prayer for all willing to participate.

After the prayer, Tech. Sgt. Angel Landrau, the kennel master for Davis-Monthan Air Force Base, Ariz., requested the group take a moment to remember and honor fallen K-9 service members and dogs from all military branches who gave their lives during the Operation Enduring Freedom.

The most senior Marine present, Capt. Eric Kaltrider, the operations officer for PMO, then presented the most junior Marine, Pfc. Brian Hale, a dog handler, with the first piece of steak.

"Feed the Dawgs" has 14 military K-9 unit on their schedule for 2010 barbeques and has already served more than 3,000 pounds of food this year.

For more information on the organization, visit the "Feed the Dawgs" website, http://feedthedawgs.com.



#### LANCE CPL. ANDREW D. THORBURN

Sergeant Christopher Diaz, a specialized search dog trainer with the Provost Marshal's Office, plays a game of horseshoes during the 2nd annual "Feed the Dawgs" barbeque at the Combat Center Saturday.



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