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Hey Combat Center fans – Spread the word! The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>.

Autism Awareness Month: TRICARE covers ABA therapy

SHARI LOPATIN

TriWest Healthcare Alliance

Autism in children has become more prevalent than childhood cancer, juvenile diabetes and pediatric AIDS combined.

That's according to Autism Speaks, a national autism science and advocacy organization. The association defines autism as "a group of complex developmental brain disorders." About one in every 110 children is diagnosed with autism.

April is Autism Awareness Month, a month that's been celebrated by the Autism Society since the 1970s, according to their website. Autism Awareness Month highlights the growing need for concern about autism and its potential treatments.

Many different types of treatment exist for an autistic individual. One of the more prominent techniques that's gained notoriety recently is Applied Behavior Analysis, or ABA therapy.

According to the National Institute of Child Health and Human Development, ABA may help reduce problem behaviors associated with autism and teach vital new skills.

As part of the growing recognition of ABA therapy, TRICARE now covers this type of treatment for eligible beneficiaries. It's part of TRICARE's Autism Services Demonstration, an enhanced benefit under the program. Extended Care Health Option is TRICARE's benefit for individuals with disabilities.

Here's how it works

To be eligible for ECHO, a family must first enroll into its service branch's Exceptional Family Member Program. Each service branch has a point of contact to help families enroll. After enrolling, the family needs a referral to register for ECHO, which can be obtained from a provider, or even a self-referral. After a family gets registered in ECHO, they can check their eligibility for the Autism Services Demonstration.

Children eligible for the Autism Services Demonstration must have a diagnosis that falls along the autism spectrum. In addition, they must have an active duty sponsor, be living in the United States, be 18 months or older and be enrolled in the ECHO program through their TRICARE regional contractor.

The TRICARE Autism Services Demonstration covers ABA treatment and other types of therapies that fall under the umbrella of Educational Interventions for Autism Spectrum Disorders. The providers who implement these therapies must be TRICARE-authorized in order for the treatments to be covered. TriWest makes sure to take care of these providers, so they can take care of their patients.

Each month, families pay a cost share for services they receive under ECHO. This monthly cost share depends on the sponsor's pay grade. For more information on the Autism Services Demonstration, including specifics on cost shares, visit <http://www.triwest.com/autism>.

Combat Center Spotlight

Name: Navy Seaman James Louck
Hometown: Paris, Calif.
Job title: Audiology technician and corpsman.
Unit: Adult Medical Care Clinic
Duties: See and treat patients with daily exams, perform hearing tests and handle any ear issues they have.
Significant achievements: Single-handedly performs all hearing tests for Marines.
Favorite part of your job?: "Helping people and treating patients."
Hobbies: Rock climbing, marathon running, exercising.
Time of service: Two years.



Centerspeak

What is your favorite April Fools prank?

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



LANCE CPL. JONAS BALLOGA
 COMPANY B, 3RD LIGHT ARMORED RECONNAISSANCE BATTALION

"My favorite April Fools prank is when you put a whoopee cushion on somebody's chair."



PETTY OFFICER 3RD CLASS MICHAEL STONER
 2ND BATTALION, 7TH MARINE REGIMENT

"My birthday is April 2, so my family will sometimes make me breakfast in bed and when I go to open a present and having it blow up in my face."



STAFF SGT. AMBER D. POSSEMATO
 PROVOST MARSHALS OFFICE

"Being a female I would say telling my significant other that I am pregnant."



STAFF SGT. DERRICK WESTMORELAND
 SUPPORT CO., COMBAT LOGISTICS BATTALION 1

"Get a ring box and inside the box some type of hot sauce and giving it to someone."

Hot Topics

ENROLLMENT SCREENING INTERVIEW

The Columbia University Dean of Admissions, Curtis Rodgers, will be conducting screening interviews in the MCIWEST Commanding General's Conference Room, building 1160, Room 292 at Camp Pendleton, from 1 to 7 p.m. April 5. Marines who pass the interview process will be enrolled and start freshman classes approximately Sept. 1. For more information, contact Casey Roberts at casey@roberts.net or 213-0957.

MYCAA LUNCH AND LEARN SEMINAR

Kaplan Continuing Education is offering a MyCAA Lunch and Learn seminar at MCCC Lifelong Learning, building 1524 N, on Seventh Street, from 11:30 a.m. to 1 p.m. April 14. The event will cover healthcare, business and IT educational certificates offered through their program. To register, call 954-540-6429 or e-mail Amy Steinberg at asteinberg@kaplan.edu by April 12.

HEALTH FAIR

An active duty and base employee health fair will be held April 7-8 at the base theater. It will be presented in two-hour segments each day from 7:30 a.m. to 3 p.m. The fair will offer hearing conservation, men's health, women's health, tobacco cessation, sexual health/STD prevention, behavioral health, Internet addiction, self esteem and sexual assault prevention. For more information call Petty Officer 2nd Class Nicole Gacayan at 830-2002, or Petty Officer 2nd Class George Herrera at 830-2621.

Marine Corps History

March 31, 1801

Commandant of the Marine Corps Lt. Col. William W. Burrows rode with President Thomas Jefferson to look for "a proper place to fix the Marine barracks on." President Jefferson was interested in the welfare of the Corps. They chose a square in southeast Washington, bounded by 8th and 9th Streets, and A & I Streets, because it lay near the Navy Yard and was within easy marching distance of the Capitol. This was the start of 8th & I, the oldest post in the Corps.



Eagle Eyes

Immediately report any suspicious activity 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

830-3937

PART 2 of a 4 PART SERIES

SemperToons Presents: How Easter Eggs get hard for Easter.

Training begins with the "Easter Fitness Test" (EFT), this is the first time "Hard Boil" gets to see what his Yokes are made of.

The EGG-HANG pull-ups are quite hard. The minimum is to do one. Yokes that can't do one EGG-HANG are dropped from training and shipped off to DENNY'S where they become part of the breakfast menu. The worst fear and greatest motivator for a Yoke is, to know if they don't give 100%, they can end up being scrambled into an omelet and served during the 3am club crowd at DENNY'S. (Not a pretty sight)



SEMPERTOONS.COM TO BE CONTINUED
 SEMPERTOONS: CREATED BY GUNNERY SGT. CHARLES WOLF, USMC/RET.

SUDOKU #2131

	1				2	3
4		5		6		
6		3	4	7		
7		1		8	9	
	5	8	3	4		
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3	8					2

CROSSWORD AND SUDOKU PUZZLES COURTESY OF © 2010 HOMETOWN CONTENT

LOSING IT

[Puzzle solutions on A7]

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17				18						19					
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58	59	60						61					62		
63								64						65	
66								67							68

ACROSS

1. Columnist Marilyn__ Savant
4. Language of Kuala Lumpur
9. Couldn't stomach
14. Ill temper
15. Castle of the ballroom
16. Serving a purpose
17. Suffix with human or fact
18. Message via modem
19. De Niro film of '98
20. Beauticians' school class project?
23. Get the pot going
24. It covers the gray
25. In conclusion
29. Dutch artist Jan
31. Sound of relief
32. "___ Day Will Come"
33. Ship shape to the max
37. Short dogs, for short
38. Knave featured in lurid magazines?
41. Word in many college names
42. Gives consent
43. Baseball card collection, e.g.
44. Hearst's captors: Abbr.
45. "...__ finest hour": Churchill
49. Figure skater Yamaguchi
51. Comics bark
54. Egg on
55. "Publish or perish" author unexpectedly hitting the best-seller list?
58. Cheech of Cheech & Chong
61. Skylit courts
62. Ear: Prefix
63. Rink stall tactic
64. Data player Spiner
65. Dog patch diminutive
66. Like many models
67. Snorkel, to Beetle 68. Inc., abroad
31. 1975 Wimbledon champ Arthur
34. Connect via modem
35. Pizarro victim
36. List-ending abbr.
37. Fitness-test rep
38. Hiss at
39. Play opener
40. Letterman trickster
41. "Shame on you!"
44. Tightfisted
46. "Misty" composer Garner
47. Outfielder's yell
48. Neaten, as a napkin
50. Take a cut
51. TV workers' union
52. Pinker inside
53. Kiltie's dance
56. Applies lightly
57. After the bell
58. .001 inch
59. Super serve
60. Fix, as a fight

DOWN

1. Chamber music instruments
2. East
3. Give a Quaalude to
4. Bearing
5. Pistol-packing
6. "Turn on, tune in, drop out" adviser
7. Ouzo flavoring
8. Pup's cry of pain
9. "Whoopee!"
10. Molecule components
11. Pewter component
12. New Haven student
13. Thieves' headquarters
21. Apply more acid to
22. In seventh heaven
26. Gimlet or screw driver
27. Beaming consequence
28. Decade divs.
30. Suffix with peace or neat

OBSERVATION POST

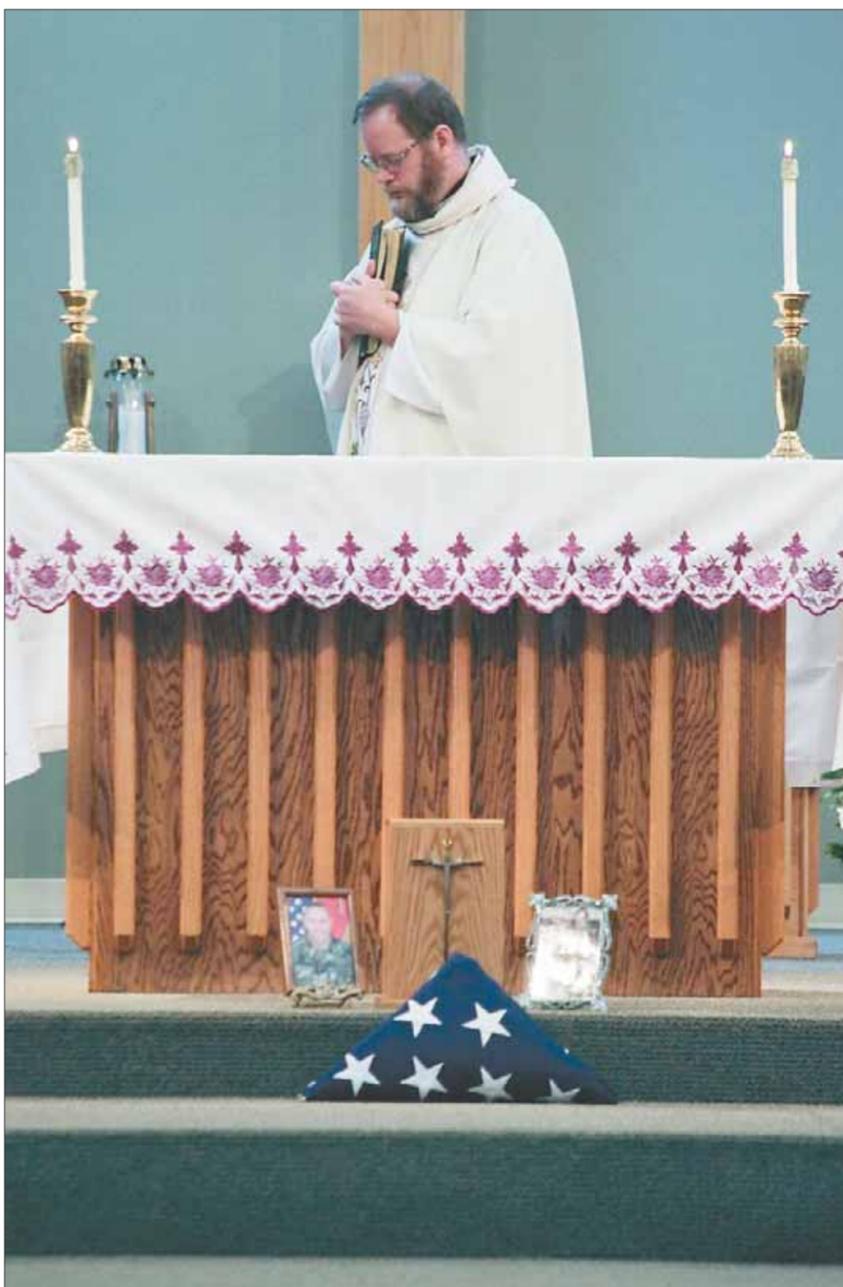
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LANCE CPL. SARAH ANDERSON

Mark Arnzen conducts a memorial ceremony for his brother, Mitchell, in the Combat Center's Catholic Chapel Saturday. Mitchell, a retired Marine major, passed away Feb. 21.

Combat Center remembers retired Marine, dedicated employee

LANCE CPL. SARAH ANDERSON
COMBAT CORRESPONDENT

Friends and family gathered for a specially-dedicated mass at the Combat Center's Catholic Chapel Saturday to honor a Marine who continued serving the Corps even into retirement.

The 45-year-old retired Maj. Mitchell K. Arnzen was the site director for the Combat Center's Marine Air Ground Task Force Integrated Systems Training Center when he passed away due to complications following surgery in Tucson, Ariz., Feb. 21.

The service was conducted by Mitchell's brother, Mark Arnzen, a priest currently leading a church in San Jose, Calif.

"The Marine Corps was his life," Mark said. "[Conducting the service] was a way of honoring him and the Corps he was so fond of."

Mitchell was born the sixth of nine children Dec. 2, 1964, in Cottonwood, Idaho.

Mitchell enlisted in 1983, and served as a Harrier

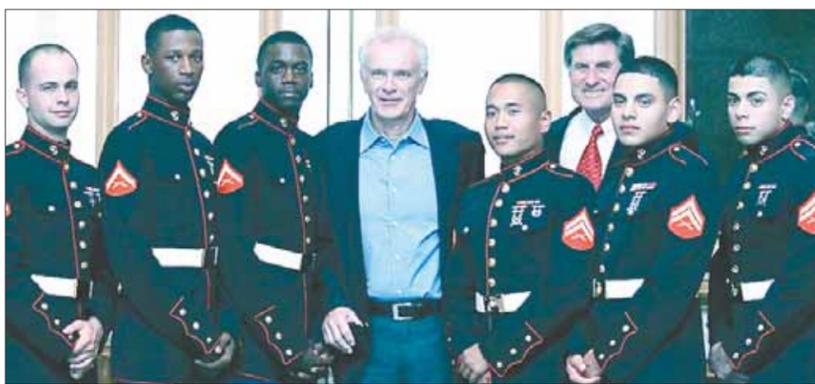
engine mechanic and plane captain. He reached the rank of sergeant before being honorably discharged in 1988. He graduated from the University of Idaho in 1992 and received his commission that same year.

Arnzen retired after 20 years of of active duty serv-

ice as the executive officer for 1st Tank Battalion in 2008.

"Mitchell was a tremendous Marine and he did a superb job taking care of his Marines," said Mike Hawkins, the director of Training and Education,

See ARNZEN, A5



GUNNERY SGT. SERGIO JIMENEZ

Combat Center Marines pose with Ray Moore (left) and Charlie Pasarell, two former tennis professionals and current businessmen and philanthropists, during a gala sponsored by the Assistance League held to recognize community volunteers from Palm Springs and other desert communities at the Renaissance Esmeralda Resort and Spa in Indian Wells, Calif., Wednesday.

GALA, from A1

which provided clothing, school supplies and hearing aids for underprivileged youth and financial assistance to families of service members killed or injured in combat.

The gala helped raise funds for the Assistance League's programs that help to increase youth reading, speaking and comprehension skills and educate children about social issues and physical and learning disabilities. Other programs include supplying volunteers who provide medical, dental, and vision care to impoverished youth and adults, according to the league's website.

Col. George C. Aucoin, the Combat Center's chief of staff, accepted the award, not just for the Marines and sailors, but for all service members who are currently deployed overseas.

Aucoin said the Marines were there as representatives and not as lone recipients.

"Americans don't identify the service and sacrifice of their sons and daughters with one particular service," said Aucoin.

Twentynine Palms is the nearest base in the area, so it is natural for the community to want to reach out to talk about their experiences and

show their appreciation to the Marines, he said.

Just 15 minutes after arriving, Aucoin said he spoke to three different people who sacrificed plenty in their lives. Other Marines said they had similar experiences. Aucoin said he met people who served during Korea and Vietnam, and one woman who shared her family's experience during World War II.

"When her husband went off to fight, she was seven months pregnant," he said. "He didn't see his son until two years later."

Aucoin said these conversations helped shape his acceptance speech. He wanted

the audience to know that the Marines in the room and those who are wearing a military uniform in combat today are not the only ones who deserve the thank yous, bear hugs and pats on the back. To make his point, Aucoin asked all those who have worn a military uniform to stand. More than a quarter of the attendees rose. He spoke of the shared experiences and the shared sacrifices of service members and their families and the audience responded with cheers and applause.

"All those who have served deserve our gratitude," he said to a cheering group, rising to a standing ovation.



GUNNERY SGT. SERGIO JIMENEZ

Combat Center Marines pose with master harpist Tracy Moss after a gala sponsored by the Assistance League held to recognize community volunteers from Palm Springs and other desert communities at the Renaissance Esmeralda Resort and Spa in Indian Wells, Calif., Wednesday.

Tech Expo introduces Combat Center to future

LANCE CPL. ANDREW D. THORBURN
COMBAT CORRESPONDENT

The Officers' Club looked like something out of a science fiction movie, with vendors showing the newest technology available for Combat Center personnel at the biannual Technology Expo, Tuesday.

The expo, which went from 10 a.m. to 2 p.m., featured everything from more efficient light bulbs, printers and storage cabinets to computer systems that can control all the electronics in a room.

"It is a great networking tool," said Kelly Heacock, the event manager for the expo. "We have about 20 companies out here today with their latest and greatest technology, live demonstrations and products."

As the day's event progressed, the vendors were rewarded for their efforts and time with the interest Marines showed in their wares.

"So far we have had some good interest, some have an idea what we do and we are meeting new people," said Scott Olpin, co-owner of Olpin Group, which designs flexible storage units they think Marines can use to store gear. "Several people have stopped



LANCE CPL. ANDREW D. THORBURN

Members of the Combat Center community learn about the benefits of an upgraded computer during the biannual Technology Expo at the Officers' Club, Tuesday.

by, and we have been getting good feedback."

Not only were the vendors pleased with the interest the Combat Center personnel showed, but the Marines left with new ideas and plans for ways to make mission more efficiently.

"It's great the people are very knowledgeable with what they have to offer and have the willingness to say, 'Let's be a team and give you this equipment because we have it. The technology is

there," said Gunnery Sgt. Brian Donaldson, the communications chief for 3rd Light Armored Reconnaissance Battalion, who attended the event. "We need to start getting together these projects and put together a budget to be able to have this technology five years from now."

Heacock said the event planners particularly love hosting the expo at this installation because of the amount of interest the event garners here.

"We do it twice a year because it is such a highly-attended event," she said. "Vendors are very excited to come out here. It is interesting out here, we love working with the Marines, and it is a great group of people."

Heacock said they love getting feedback and suggestions for technologies to add for future events.

To contact the event organizers, call 1-800-832-6468 or email them at teamgov@newark.com.



LANCE CPL. ANDREW D. THORBURN

Participants at the biannual Technology Expo discuss different and new technology available to the Marine Corps at the Officers' Club, Tuesday.

SJA CORNER

Taxes: Two week warning

CAPT. DAVID SEGRAVES

LEGAL ASSISTANCE OFFICE

April 15, sometimes referred to as "Tax Day," is only two weeks away.

This year, it falls on a holiday for the District of Columbia, so taxpayers actually have until April 18 to e-file or have their paper returns postmarked for their federal taxes. Still, state due dates may differ. Taxpayers failing to file their returns may be required to pay penalties and interest on their taxes due.

Even though the Base Tax Center has prepared taxes for more than 2,000 customers, we expect a large number of clients near the deadline. Last year, nearly 30 percent of prepared returns occurred within the last three weeks of the season. We have taken steps to make our services more accessible, but taxpayers who still have not filed need to come to the Tax Center as soon as possible. Waiting until the last minute could lead to long wait times and possibly not receiving the free service.

Those who cannot file their taxes by the deadline (e.g. are still waiting for important tax documents) can receive an extension. Taxpayers living in the U.S. may file a form 4868 and receive a six-month extension to file taxes. Taxpayers need to understand that while they have an extension to file, the IRS will still charge interest beginning on April 18 on any amount due. Any taxpayer whose withholding (amount taken out of your pay) is less than 90 percent of the tax due will also have to pay a penalty.

To avoid these penalties, the Tax Center preparers can estimate a client's tax due and the client can make an estimated payment when they file for the extension. If taxpayers do not pay these estimated taxes, the IRS may levy a late payment penalty, as well.

Service members in a combat zone and their dependents, if married and filing jointly, are eligible for an automatic extension of a minimum of 180 days from the service member's last day in a combat zone or their last day of continuous hospitalization from wounds received in a combat zone.

Taxpayers, their spouses or their units should contact the IRS at combatzone@irs.gov and provide the name, stateside address, date of birth and date of deployment to a combat zone to put the IRS on notice of a taxpayer's deployed status. Do not include social security numbers in these communications.

Currently, the Tax Center is experiencing little to no wait times to see a preparer. To ensure potential clients who cannot leave work are able to use our service, we have extended our hours to 8 a.m. to 7 p.m., Monday through Friday.

We are still available for scheduling preparations at the unit level and are open to scheduling unit appointments outside our normal hours of business if necessary to support training schedules.

Unit leaders should contact our office at 830-4TAX (4829) if interested in scheduling a tax preparation stand-down.



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2ND LT. JOSHUA SMITH

The platoon sergeant of Transportation Platoon, Corps Logistics Battalion, 215th Corps reports to the battalion commander, Afghan National Army Lt. Col. Mumtaz, prior to commencing training aboard Camp Blackhorse, Kabul, March 19. The CLB will deploy to Helmand province in April to provide general logistics support to their fellow ANA soldiers.

Afghan Army to expand logistics capabilities

2ND LT. JOSHUA SMITH
2ND MARINE LOGISTICS GROUP

KABUL, Afghanistan – The Afghan National Army will soon have more robust logistical capabilities in Southwestern Afghanistan. The Corps Logistics Battalion for the 215th Corps of the ANA is currently training in Kabul with guidance and mentorship from Marines and sailors of the 2nd Marine Logistics Group (Forward).

“This is a critical step in enabling the ANA to conduct their own logistics operations,” said Capt. Patrick Ross, the Embedded Training Team officer in charge. “The Marines will serve as direct

mentors to their Afghan counterparts, within their occupational specialty.”

Ross emphasized to his team the “by-with-through” method – absolutely everything must be done by the Afghans, with their understanding of the proper procedures and through their established chain of command. The expected end result is a more autonomous and capable Afghan logistics unit, which can operate effectively without coalition involvement.

The opportunity to work with and mentor Afghan soldiers also serves as a learning experience for coalition forces.

“This is an excellent

opportunity for young Marines to share their knowledge and skills with the Afghan National Army,” said Master Sgt. Daniel Hitzhusen, the ETT staff noncommissioned officer in charge.

The 2nd MLG commanding general, Brig. Gen. Michael Dana, and sergeant major, Sgt. Maj. William Stables, also visited the ANA CLB and met with the Afghan battalion commander, Lt. Col. Mumtaz.

“We have great respect and admiration for U.S. Marines,” Mumtaz said through an interpreter. “Everything they do, they do it with passion. We very

See AFGHAN, A7



LANCE CPL. SARAH ANDERSON

Worshippers remember retired Marine Maj. Mitchell Arnzen during a memorial ceremony Saturday at the Combat Center's Catholic Chapel.

ARNZEN, from A3

Command and Control Center of Excellence, out of Quantico, Va., who closely worked with Mitchell. “He was responsible for training Marines, and he took his job very seriously. We are very proud of him, and he

will be sorely missed.”

Arnzen's personal awards include the Bronze Star Medal, with gold star in lieu of second award; Meritorious Service Medal, with gold star in lieu of second award; Navy and Marine Corps Commendation Medal, with gold star in lieu of second award; Combat Action

Ribbon and the Marine Corps Good Conduct Medal.

The special mass included communion, worship and a time of remembrance.

Mitchell is survived by his mother, Mariel Arnzen; eight siblings; his girlfriend, Jennifer Hare, and a “crusty old Lab” named Lucky Dawg.



LANCE CPL. SARAH ANDERSON

A memorial was placed at the front of the Combat Center's Catholic Chapel Saturday to honor retired Marine Maj. Mitchell Arnzen during his memorial ceremony.

Red Cross dental assistants graduate



LANCE CPL. ANDREW D. THORBURN

Four American Red Cross volunteers, Samrawit Bedard, Crystal Civiello, Rebeca Krohn and Ashely Lopez, received volunteer pins and certificates of completion after graduating from the organization's Dental Assistant Program. In exchange for volunteering for the Red Cross, they received the training and certification to become dental assistants and begin their new careers.

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CAPT. CALEB EAMES

The USS Essex (LHD 2), with the 31st Marine Expeditionary Unit aboard, nears the coast of Japan at sunrise, March 27. The 31st MEU and Amphibious Squadron 11 delivered food, water, comfort items and commercial repair vehicles to residents on the isolated island of Oshima using U.S. Navy landing craft, demonstrating the MEU's expeditionary capabilities in ship-to-shore amphibious operations. Marines and sailors of the 31st MEU are conducting humanitarian aid and disaster relief missions in northeast Japan in coordination with the Japanese Self Defense Forces.



CAPT. CALEB EAMES

The American flag flies at sunrise March 27, aboard a landing craft, launched from the USS Essex (LHD 2), visible in the background.



CAPT. CALEB EAMES

Burned buildings and debris surrounds an Oshima port March 27, the result of the 9.0 earthquake and tsunami. The 31st Marine Expeditionary Unit and Amphibious Squadron 11 delivered food, water, comfort items and commercial repair vehicles to residents on the isolated island using U.S. Navy landing craft, demonstrating the MEU's expeditionary capabilities in ship-to-shore amphibious operations.

DISASTER, from A1

drinkable; that's all we had."

The Marines delivered nearly 2,000 gallons of water to the island. Approximately 900 gallons were brought directly to a junior high school, which was being used as a shelter for 450 locals displaced by the disaster.

"This water will help supply over 3,000 people," Onodera said. "People will now be able to shower, and do things they have not been able to do since the disaster happened."

The Marines also delivered 1,738 Meals, Ready to Eat, 136 tarps and 300 health and comfort kits to the Japan Self Defense Forces to distribute to those in need.

The health and comfort kits contain baby wipes, sun screen, toilet paper, soap, tooth paste and tooth brushes, shampoo and conditioner, lotion, eye drops, foot powder, razors, lip balm and tissues.

In addition to delivering humanitarian aid, the Marines and sailors also transported local electrical utility vehicles from Kesenuma city to Oshima Island, to assist with restoring power to the isolated community.

The trucks were brought from the mainland port of Kesenuma nearby by a U.S. Navy landing craft because the bridge to the island was destroyed by the tsunami.

"This will help us to restore vital lifelines to Oshima from Kesenuma as soon as possible. Oshima island residents are suffering greatly," said JSDF Maj. Shinya Takase, operations officer, 1st Division, 41st Infantry Regiment, in charge of disaster response in Kesenuma. "There is no electrical power at all. These vehicles will help them and help ease the situation. Japanese forces and Marines are doing very well in working through this together. At this moment, there is no other option to get these vehicles to Oshima. That is why we are so grateful for your help."

With the landing craft transporting the vehicles, the vital infrastructure needed by the people of the island began to be repaired. By 5 p.m., the Marines of the 31st MEU received word that electricity had been restored for the first time in 16 days, due to their efforts in assisting the Japanese workers.

"We are extremely grateful for your cooperation and

help," said Sasaki Masaetsu, maintenance manager in Kesenuma who rode an LCU to Oshima Island. "We now have a 400 kilowatt emergency generator, two bucket trucks, one crane and a tools and materials truck, which arrived on your landing craft. We have 450 displaced people here on the island.

"These trucks will help us provide power for the displaced persons' shelters, and the remaining homes, so they can have heat and light," he said. "It is an extreme honor to have the Marines here, we did not expect it, and we are so thankful."

As happy as the Japanese were to receive the supplies, the Marines and sailors of the 31st MEU were just as happy to lend a helping hand.

"To be able to come out here and do this was mind-blowing," said Sgt. Kyle O. Mills, Chemical, Biological, Radiological and Nuclear assessment and consequence management technician, 31st MEU. "We all saw the destruction on the news, but you just don't know what it's like until you are out here experiencing it firsthand. It was great to be able to do something to help these people."

The CBRN Marines were present during the operation as a precautionary measure to monitor radiation levels, ensuring there were no unexpected levels. In the event of any possible contamination, Marines were ready to decontaminate any equipment and personnel exposed.

"We took readings every half-hour to ensure it was safe," Mills said. "For the entire operation, the levels remained completely normal."

As the day came to an end, and the Marines returned to the LCUs, everyone who was involved knew they had made a difference.

"We came here to help our Japanese friends and support them in any way possible," said 1st Lt. Robert Jankowski, the engineering platoon commander with Combat Logistics Battalion 31, 31st MEU. "This operation was very successful. We were able to give help and disperse aid to the displaced. All the Marines did a great job."

The 31st MEU's involvement is part of a larger U.S. government response, after a 9.0 earthquake and subsequent tsunami struck Japan causing widespread damage. The 31st MEU is ready to support our Japanese partners and to provide assistance when called upon.



DIANE DURDEN

The color guard salute the incoming and outgoing battalion commanders during a change of command ceremony for 3rd Battalion, 7th Marine Regiment, at Lance Cpl. Torrey L. Gray Field March 25.



DIANE DURDEN

Lieutenant Col. Clay Tipton and the Marines of 3rd Battalion, 7th Marine Regiment, salute the national ensign during the battalion's change of command ceremony at Lance Cpl. Torrey L. Gray Field March 25.



DIANE DURDEN

Julie Tipton, wife of Lt. Col. Clay Tipton, and their daughters, Bailey, age 14 and Riley, age 11, hold flowers they received during the 3rd Battalion, 7th Marine Regiment change of command ceremony March 25. Tipton relinquished command of the "Cutting Edge," as the unit is called, to Lt. Col. Seth Folsom.

COC, from A1

Strategy and Plans Division, Plans, Policies and Operations, Headquarters Marine Corps.

He said he felt honored and humbled to be selected as the battalion's commanding officer.

"I owe a debt of gratitude [to Tipton] for passing these battle hardened men on to me," Folsom said.

Folsom also acknowledged the challenge of following Tipton's example.

Tipton, from Orville, Ohio, thanked the Marines for their dedication to their mission and sustained focus.

"I have father-like feelings for you," Tipton said. "Put the past away, and look to the future."

"You led by example, in front of these men every step of the way," said Renforth.

Renforth expressed his trust and confidence in Folsom.

"You will continue the legacy of this great battalion," Renforth said.

Folsom turned to the troop formations lined up behind him, and outlined to his Marines his very simple plan to meet Renforth's expectations.

"I will continue to demand excellence from you," he said. "I expect you to demand the same from me."

COMBAT CENTER RELIGIOUS SERVICES

Sunday

Immaculate Heart of Mary

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

9 a.m. - Calvary Fellowship (Contemporary Worship*)
9 a.m. - Children's Church
10:30 a.m. - Redemption (A blend of traditional and contemporary worship)
10:45 a.m. - Children's Church*)

Weekday Events

Immaculate Heart of Mary

Mon.-Fri. 11:45 a.m. - Catholic Mass

Christ Chapel

Mon. - Fri., noon - Prayer

Tuesday

Christ Chapel

9 a.m. - Christian Women's Fellowship* (Sept.-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 and 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 (Sept.-April)
7 p.m. - Gr. 7 and Confirmation

Friday

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
+ Call 830-6456/6482 for confession appointments

Muslim prayer space is available in the Village Center, room 87.
Jewish prayer space is available in the Village Center, room 93.
For information call 830-5430.

SUDOKU

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1	9	5	8	2	3	4	6	7
8	6	2	7	4	9	5	3	1
2	5	6	9	3	7	1	8	4
9	4	1	2	8	6	3	7	5
3	7	8	4	5	1	9	2	6

CROSSWORD SOLUTIONS

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AFGHAN, from A5

much look forward to working with them."

Dana took the opportunity to speak to the Afghan

CLB's transportation platoon. "After nearly 30 years in the Marine Corps, I'm convinced that Afghans are some of the toughest and most resourceful people on

the planet," he said. "We look forward to partnering with you in preparation for your upcoming mission in Helmand."

The ANA CLB will

deploy from Kabul to Helmand province next month, and will be the first logistics unit of its kind to operate independently in the area.

CHILD, from A1

any parent or child at a particular stage of development or situation, it is the pattern of negative behaviors that may require a closer look.

The child:

- Shows sudden changes in behavior or school performance.
- Has not received help for physical or medical problems brought to the parents' attention.
- Has learning problems that cannot be attributed to specific physical or psychological causes.
- Is always watchful, as though preparing for

something bad to happen.

- Lacks adult supervision.
- Is overly-compliant, an overachiever, or too responsible.
- Comes to school early, stays late, and does not want to go home.

The parent:

- Shows little concern for the child, rarely responding to the school's requests for information, for conferences or for home visits.
- Denies the existence of – or blames the child for – the child's problems in school or at home.
- Asks the classroom

teacher to use harsh physical discipline if the child misbehaves.

- Sees the child entirely bad, worthless, or burdensome.
- Demands perfection or a level of physical or academic performance the child cannot achieve.
- Looks primarily to the child for care, attention, and satisfaction of emotional needs.

The parent and child:

- Rarely touch or look at each other.
- Consider their relationship entirely negative.
- State that they do not like each other.

Everyone has the opportunity to be a positive influence on a child. Even if you do not have children of your own, volunteer to help with local youth clubs and sports. Be a role model. Make a difference in the life of a child.

For information on local parenting resources, please call the Marine Corps Community Services New Parent Support Program at 830-7622 or the MCCS Prevention and Education at 830-4950 or 830-1376.

Combat Center Trader Ads

AUTOMOTIVE

CLASSIC 1957 CHEVY PICK-UP. 350 engine, 3 speed automatic, \$6,900 OBO. 361-3509.

C5 CORVETTE FRONT BRA. \$50. 413-4015.

2007 SUZUKI BOULEVARD. Black and chrome, 1600 CC, \$3,000 in extras included. Asking price \$13,500. 401-3739.

2002 CR250. FMF pipe and silencer, paddle tire, eline starter, runs very strong. \$2,600 OBO. 910-3979.

2000 NISSAN XTERRA. 4x4, auto, PDL, PW, roof rack, tow pkg., newer timing belt, 31" BFG's, 132K miles, \$5,000. Call 957-5630.

2008 TOYOTA YARIS. \$10,000 OBO. Approximately 52K miles. Good condition. Consistent maintenance. Call 622-4562.

MISC.

OAK BOOKCASE BUNK BED WITH STORAGE UNIT \$100. 369-4239.

REDWOOD BURL COFFEE TABLE. Beautiful. \$325/offer. 413-4015.

BICYCLE, BABY ITEMS: Schwinn Stingray bicycle, solid wood baby crib, baby walker, stroller, wooden horse and more. All in excellent condition. Call 217-3310.

DIAMONDBACK MOUNTAIN BIKE. Like new. \$100. 413-4015.

The deadline for submitting Trader Ads is noon Wednesday, for the upcoming Friday's newspaper.

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

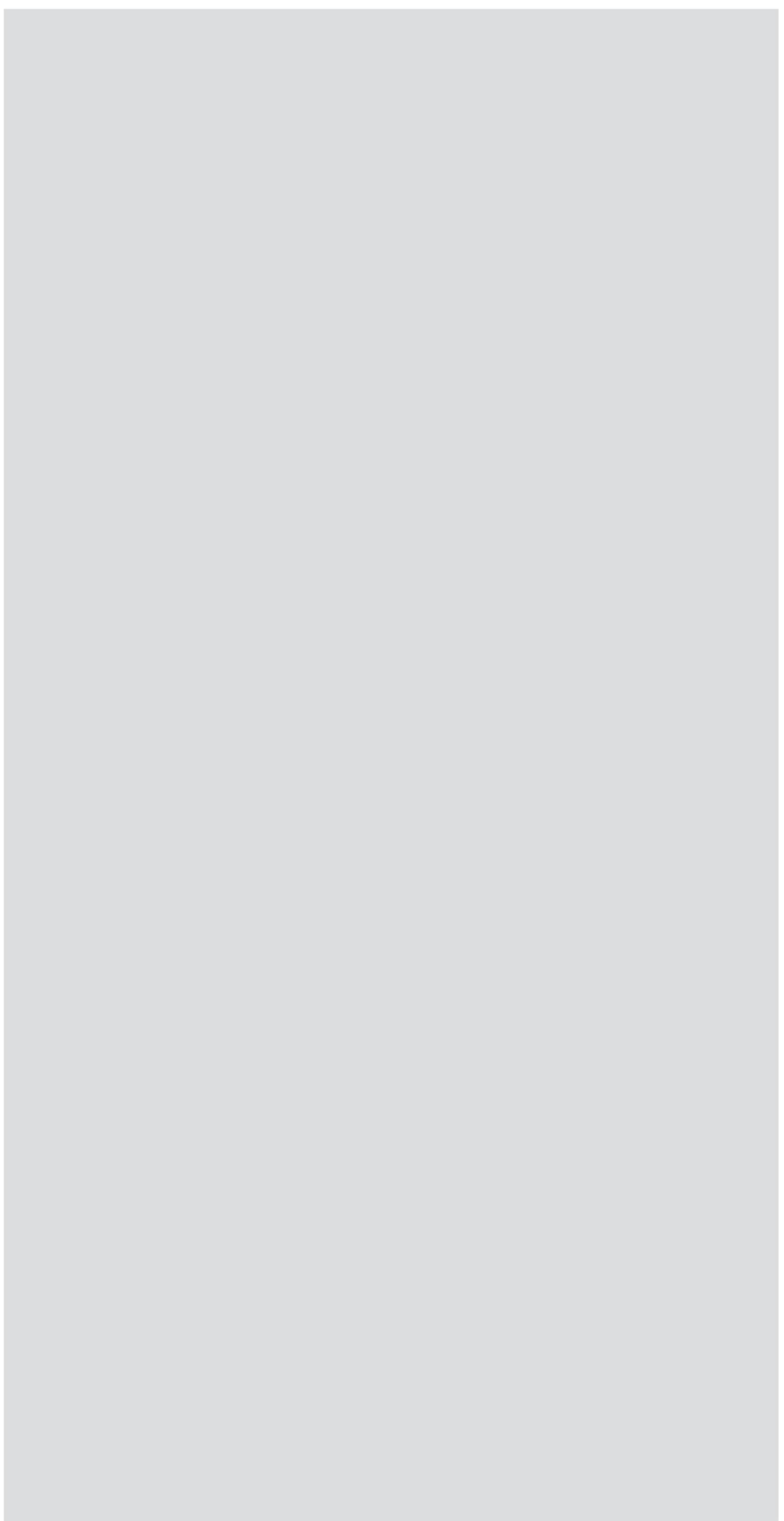
ads must represent incidental exchanged not of sustained business nature.

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.





"Paul" is a welcome comic relief from the average alien invasion film, page B2

Marines scout future opportunities

LANCE CPL. ANDREW D. THORBURN
 COMBAT CORRESPONDENT

Events like the semi-annual Career and Education Fair, held March 23 at the West Gym and Fitness Center, help keep the Combat Center community from becoming part of a frightening statistic.

According to the California Employment Development Department, the unemployment rate is hovering at 12.4 percent for non-military citizens and 9.8 percent for military veterans.

"Last quarter, California Marines drew \$10 million in unemployment insurance claims," said Virginia Sulick, the Combat Center's Career Resource Office manager. "If we can help Marines find jobs before they get out, then we're going to help the Marine Corps as well as the service member."

Many participants said they were taken aback by the size of the event.

"I am very surprised at all the opportunities," said Staff Sgt. Jesse Silva, the administra-

tive chief with Delta Co., 4th Tank Battalion. "It's an eye-opener with all the other people out there looking for jobs."

Hiring companies and schools looking to fill enrollment quotas knew this was a great time to receive new employees and students. With all the competition in the same room, they were putting their best foot forward.

Ken Enfinger, local site manager and recruiter for Troop Transitions, said his company has helped train and secure jobs for many service members as a result of career fairs like this one.

Among the presenters was a success story from the Combat Center.

Austin Sanderson, a student at Yavapai College and Guidance Helicopter School, finished his active duty contract last November and just started his first semester in the school. He credited his time in the military for him being able to complete school.

"If I didn't join the military and learn what it offered me, I probably wouldn't have been able to join this



A representative from a personal security services firm discusses employment opportunities with Marines during the Career and Education Fair at the West Gym and Fitness Center March 23.

LANCE CPL. ANDREW D. THORBURN

course," Sanderson said. "There is a lot of self-discipline in going to school."

Others broadened what being in the military can do

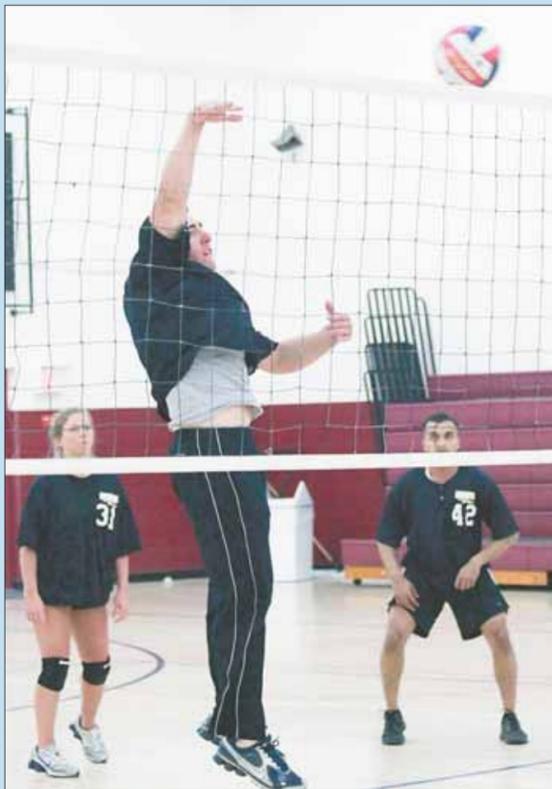
to give young Marines an edge over their peers.

"[The Marine Corps teaches Marines] strength of purpose, organizational skills

and the ability to represent themselves. It's [that] self-confidence a lot of people their age would not be able to pull off," Sulick said.

For more information on upcoming career and education fairs or job opportunities, contact Sulick at 830-4029.

Intramural volleyball league play eases into stretch



LANCE CPL. SARAH ANDERSON

Adam Carson, a player with the Misfits, spikes the ball midair cross court, during a Commanding General's Intramural Volleyball League match against MCCES Tuesday at the West Gym. Misfits won the game against their rival.

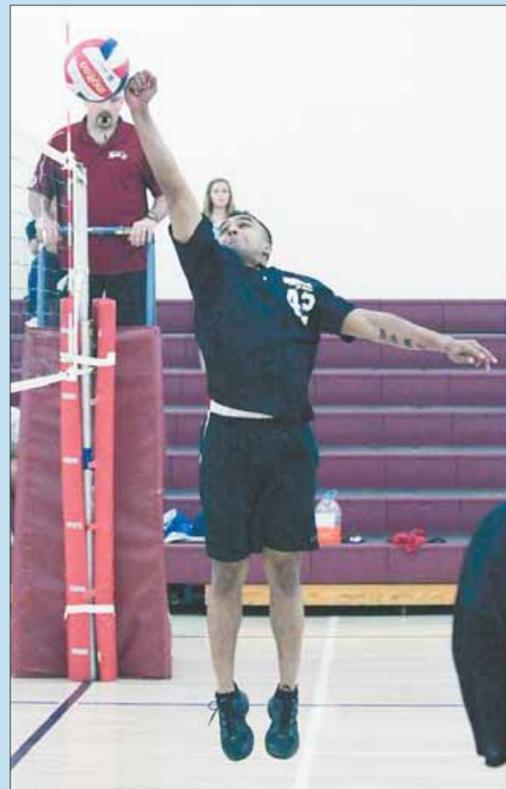


LANCE CPL. SARAH ANDERSON

Two players on the Misfits [left] and MCCES teams challenge each other at the net during a Commanding General's Intramural Volleyball League match Tuesday at the West Gym. Misfits are the top ranked team in the league.

The Commanding General's Intramural Volleyball League standings

Team	Win	Loss
Misfits	2	0
3rd CEB	2	0
MCCES	1	1
East Gym	1	1
Tanks BAS	1	1
Team Wilson	1	1
IPAC	0	1
TMO	0	1
Vital Signs	0	2



LANCE CPL. SARAH ANDERSON

Dhaval Patel, a player on the Misfits team, punches the ball to the other side during a Commanding General's Intramural Volleyball League match against MCCES Tuesday at the West Gym. Misfits won by claiming victory in two games in the match.

NMCRS Charity Golf Tournament to tee off April 8

This year's annual Navy Marine Corps Relief Society Charity Golf Tournament will be held on April 8 at the Desert Winds Golf Course. The event closes out the active duty fund drive in support of NMCRS.

Show time is 8 a.m. with a shotgun start at 9 a.m. There is room for 144 total players, creating teams of four each. Cost is \$60 per player, and

includes the donation to NMCRS, green's fee, club rental, cart rental, one bucket of range balls and lunch following the completion.

To register, contact Capt. Michael Hoyt at 830-4572 or michael.hoyt@usmc.mil. For more information, contact Todd Wade, director of Desert Winds, at 830-4094.



CPL. MONICA C. ERICKSON

Brigadier Gen. H. Stacy Clardy, the Combat Center's commanding general, leans into his drive during the Navy Marine Corps Relief Society golf tournament March 26, 2010.



CPL. MONICA C. ERICKSON

Major Jessica Acosta, the Combat Center's 2010 Active Duty Fund Drive coordinator, speaks with all the participants who attended the Navy Marine Corps Relief Society golf tournament March 26, 2010, at the Combat Center's Desert Winds Golf Course.



Liberty Call

Combat Center Clubs

Excursions Enlisted Club

Fridays: Social food, 5 to 7 p.m.; Ladies' night, 8 to 11 p.m.; DJ Gjettblaque, 8 to 11 p.m.
Saturdays: Variety Night with DJ Gjettblaque 8 to 11 p.m.

Bloodstripes NCO Club

Fridays: Social Hour with Food, 5 to 7 p.m.
Monday: Chicken nuggets and nachos
Wednesdays: Baked ziti, garlic bread sticks, green salad, 4:30 to 6:30 p.m., Bosses Night, 5:30 to 7:30 p.m.
Thursday: Social Hour with Food, 5 to 7 p.m.

Hashmarks 29 SNCO Club

Fridays: Dinner, full menu, 4:30 to 7:30 p.m., Social hour 5:30 to 7:30 p.m., DJ, 8 to 11 p.m.
Mondays: Steak night and full dinner menu 4:30 to 7:30 p.m.
Monday-Friday: All-Hands lunch, 10:30 a.m. to 1:30 p.m.
Thursday: Social Hour, 5 to 7 p.m.

Combat Center Officers' Club

Monday-Friday: Lunch served, from 11 a.m. to 1 p.m.
Taco Thursdays: 5 to 7 p.m.

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

Local Events

Pappy and Harriet's Weekend Line-Up:

Sarah Gayle Meech

Description: The honkytonk singer/songwriter performs
When: 8 p.m., both Friday and Saturday, April 1 and 2
Where: 53688 Pioneertown Road, Pioneertown
For more information, call 365-5956 or visit <http://www.pappyandharriets.com>.

Willie Boy's Weekend Line-Up:

Crossfire

Description: The popular Glam/metal/rock band performs
When: 9 p.m., Friday, April 1

Phoenix Rising

Description: The Nashville rock band performs
When: 9 p.m., Saturday, April 2
Where: Willie Boys Saloon and Dance Hall, 50048 Twentynine Palms Highway, Morongo Valley, 363-3343. or visit <http://www.willieboys.com>

Theatre 29 presents "Pinocchio"

Description: Adapted from the novel by Carlo Collodi
When: 7 p.m., Friday and Saturday through April 9.
Where: Theatre 29, 73637 Sullivan Road, Twentynine Palms
For more information call 361-4151 or visit <http://www.theatre29.com>

Live Music: Crossover with Joel, Kenny and John

Description: Enjoy Yucca Valley newest live music trio
When: 7 to 9 p.m., Saturday March 26
Where: The Rib Company Lounge
56193 Twentynine Palms Highway, Yucca Valley
For more information call 365-1663.

Lower Desert

The Comedy of Sinbad

Description: The TV and film comedian performs
When: 7 p.m., Sunday, April 3
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information call 800-252-4499 or visit <http://www.morongocasinoresort.com>.

Julio Iglesias

Description: The famous pop star performs
When: 8 p.m., Saturday, April 23
Where: Fantasy Springs Resort Casino
84-245 Indio Springs Parkway, Indio
For more information call 800-827-2946 or visit <http://www.fantasyspringsresort.com>.

Stevie Nicks

Description: The famous rock star performs
When: 8 p.m., Friday, May 13
Where: Fantasy Springs Resort Casino
84-245 Indio Springs Parkway, Indio
For more information call 800-827-2946 or visit <http://www.fantasyspringsresort.com>.

The Doobie Brothers

Description: The famous classic rock band performs
When: 6:45 p.m. Saturday, June 18
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information call 800-252-4499 or visit <http://www.morongocasinoresort.com>.

Sunset Cinema

Friday, April 1

6 p.m. – Justin Bieber, Rated G
9 p.m. – Unknown, Rated PG-13
Midnight – The Roommate, Rated PG-13

Saturday, April 2

11 a.m. – **Free Matinee**, Meet the Robinsons, Rated G
2 p.m. – Gnomeo and Juliet, Rated G
6 p.m. – Just Go With It, Rated PG-13
9 p.m. – The Eagle, Rated PG-13
Midnight – I Am Number 4, Rated PG-13

Sunday, April 3

2 p.m. – Big Mamma's House 3, Rated PG-13
6 p.m. – Unknown, Rated PG-13
9 p.m. – Hall Pass, Rated R

Monday, April 4

7 p.m. – Sanctum, Rated R

Tuesday, April 5

7 p.m. – The Roommate, Rated PG-13

Wednesday, April 6

7 p.m. – Justin Bieber, Rated G

Thursday, April 7

7 p.m. – Just Go With It, Rated PG-13

Close encounter of the comedic kind

NEIL POND

AMERICAN PROFILE

"Paul"

Starring Nick Frost, Simon Pegg and Kristen Wiig
Rated R

It's shaping up to be a space-invader summer.

"Battle: Los Angeles," in theaters now, depicts a group of U.S. Marines defending the West Coast against an intergalactic invasion. Soon to come are Harrison Ford and Daniel Craig as Old West gunslingers fighting out-of-this-world outlaws in "Cowboys & Aliens," and "Super 8," the hush-hush collaboration between Steven Spielberg and TV producer J.J. Abrams ("Lost") about something not of this Earth on a terrifying rampage in the Midwest.

In the middle of all this death-from-above anxiety comes "Paul," a refreshingly rollicking, sweetly raunchy comedy about a little green man trying to get home.

Nick Frost and Simon Pegg play Clive and Graeme, a pair of British UFO fanat-



COURTESY PHOTO

"Paul" is a refreshingly rollicking, sweetly raunchy comedy about a little green man who is trying to get home.

ics on a driving tour of American space-alien hot spots, like Area 51 and Roswell, N.M. Though they've spent their entire lives thinking about close encounters, they're totally unprepared for their face-

face with Paul one evening on a deserted stretch of desert highway.

The ensuing misadventure hinges on a frantic race in a rented RV to meet up with Paul's mother ship before government operatives can rein in their prize catch from the long covered-up 1947 UFO crash that left the little guy stranded. Along the way, the plot picks up a couple of angry yahoos, a young woman whose religious views are turned inside-out when she finds out about Paul and a clever assortment of in-jokes about "Close Encounters of the Third Kind," "ET," "The X-Files," sci-fi nerds and other classic bits of pop-cultural stardust.

The merry parade of supporting actors includes Sigourney Weaver, in an especially inspired bit of queen-bee casting that salutes her long-running sci-fi cred, Jeffrey Tambor, Jason Bateman, Blythe Danner, Jane Lynch from "Glee," and from "Saturday Night Live," Bill Hader and Kristen Wiig. Seth Rogan provides the voice for the computer-animated Paul.

Among the movie's many delightful surprises are finding out, in a quick – and quick-witted – flashback, Paul's pivotal role in helping a certain superstar director come up with the idea for an iconic '80s blockbuster about a little extra-terrestrial that loved Reece's Pieces.

In another scene, a roadhouse band plays a familiar-sounding tune with a honky-tonk twist. A main-street theater marquee displays its feature as "Duel," a wink to Spielberg's first full-length, made-for-TV movie from the 1970s.

Paul can be crude, rude and profane. The movie's R rating is for language and a scene of drug use. But he's one cool-dude, cosmic-traveling, slacker pothead, with a couple of alien tricks that come in quite handy in a jam, and a big heart when the situation calls for it.

Is there life out there? If there is, let's hope it's Paul, a little alien who makes us laugh while suggesting a streak of goodness that spans the universe – instead of angry monsters that want to destroy us.



COURTESY PHOTO

Among the movie's many delightful surprises are finding out Paul's pivotal role in helping a certain superstar director come up with the idea for an iconic '80s blockbuster about a little extra-terrestrial that loved Reece's Pieces.



COURTESY PHOTO

The film's misadventure hinges on a frantic race in a rented RV to meet up with Paul's mother ship before government operatives can rein in their prize catch from the long covered-up 1947 UFO crash that left the little guy stranded.

Combat Center Leisure



The Combat Center has a truly awesome getaway right outside its gates. Joshua Tree National Park is world-renowned for its scenery, as well as the species of plants and animals that call it home.

Desert Detours: Joshua Tree National Park



Welcome to "Desert Detours," a series that will follow correspondent Cpl. M.C. Nerl around on his explorations of the high desert, the basin and the valley. The "out-of-five" palm tree rating scale offers at a glance how worthwhile the writer considers a place to be. Locales will be judged on their levels of accessibility, atmosphere, fun and cost. Keep an eye out every week for new shenanigans and hot tips on cool things to do.

STORY AND PHOTOS BY CPL. M. C. NERL

COMBAT CORRESPONDENT

Joshua Tree National Park has long been a haven for outdoor enthusiasts, your occasional self-proclaimed hippie and rock climbers, along with foreign tourists who love to take random pictures of the crazy trees and overweight Americans. However, the average Marine or sailor aboard the Combat Center most likely never takes time to enjoy it on their weekends.

If you're into rock climbing, camping, biking, hiking or just being outdoors, spring is the perfect time to visit the park. It has world-famous rock formations and is a picturesque location for photographers and climbers alike.

The park has many different, well-traveled trails for nature walks and hiking. Distances range from less than a mile at Hidden Valley, to the California Hiking and Biking trail, which is well over 30 miles long. No matter which trail you brave, just remember how hot it gets in the summer if you plan to be out all day.

Speaking of summer, plan trips during the start of fall, or any time in the spring. Joshua Tree's campgrounds are open on a first-come-first-serve basis right

now, as long as your group has less than 10 people.

No matter what activity you go for, one rule to keep in mind is you cannot park your vehicle on the side of the road after 10 p.m., even if you are just stopping for a photo.

For you super lazy tourists, there is also a self-guided, 16-stop vehicle tour, known as the Geology Motor Tour, which highlights the area's famous rock formations.

Also, for the animal lovers, there are more than 20 species of birds dwelling within the park, as well as a multitude of insects and strange creatures. There are even some frog species that live in certain parts of the 1,234 square miles of the park. (Yes, the park is larger than Rhode Island.)

I cannot say enough about how accommodating the park rangers are, how amazing the scenery is or

how easy it is to just get away from it all – that's what it's all about.

All-in-all, I would give the national park 4 out of 5 palm trees. Actually, in this case, 4 out of 5 Joshua Trees.

Editor's Note: "Desert Detours" is a weekly series exploring opportunities for Marines and sailors from a firsthand perspective. All material included therein is the opinion of the writer and does not imply an endorsement by the U.S. Marine Corps or the Department of Defense.



Joshua Tree National Park is named for the famous plants that reside within its boundaries. The park is remarkably close to the Combat Center, located just outside the front gates. The park offers many activities, tours and other resources to both single Marines and families.



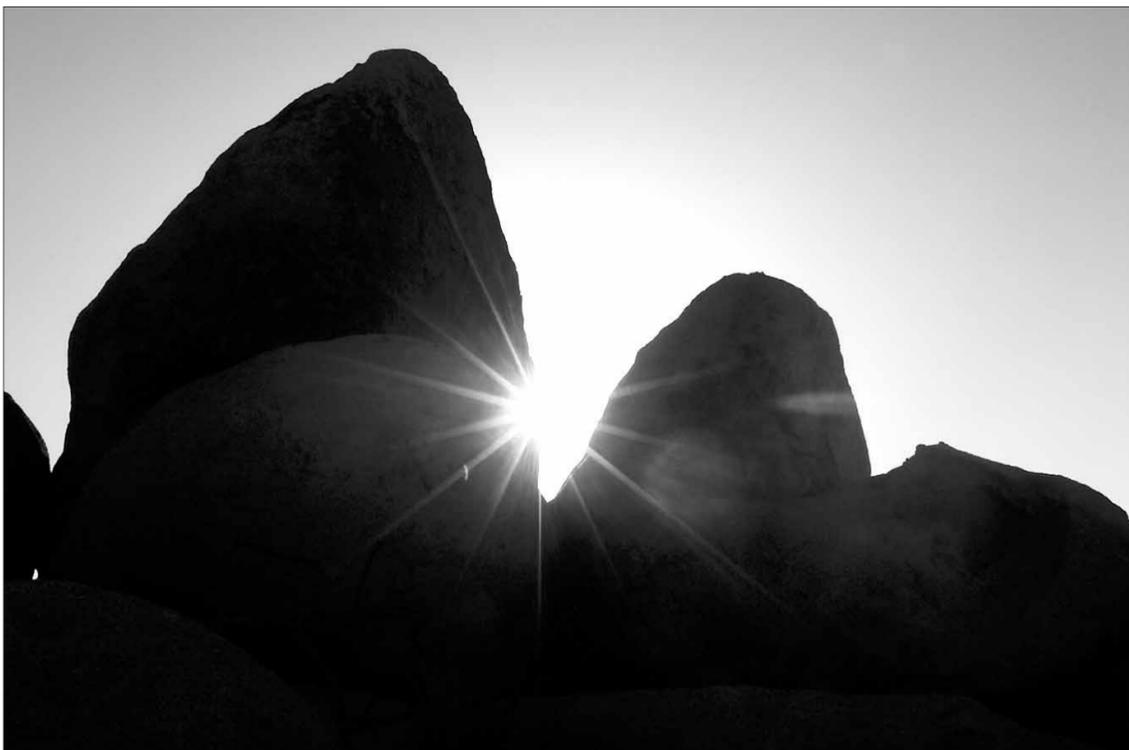
Look at that beauty! Joshua Tree National Park attracts rock climbing fanatics from all over the world. The park includes much more, however. There is also ample space for camping, hiking and biking.



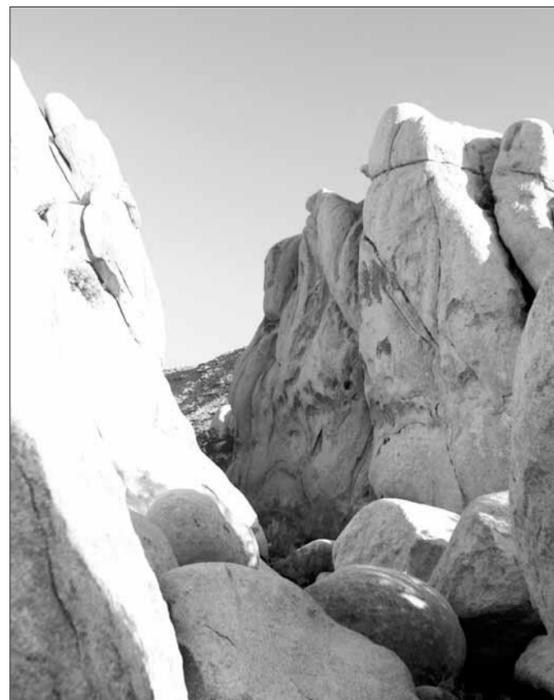
Joshua Trees were once rumored to grow at the gates of Heaven and Hell. They are apparently only found here and in Jerusalem, according to an old park dweller I came across (I confirmed this with a local Joshua Tree expert known only as "Archie").



Painted Lady caterpillars, which will hopefully make it to adulthood to become butterflies, are one of the approximately 250 species that dwell in and around the park.



Joshua Tree National Park is very close to the Combat Center, making it an easy weekend getaway for Marines. One of the park's main attractions is a 16-mile, self-guided Geology Motor Tour, which highlights many of the park's unique rock formations.

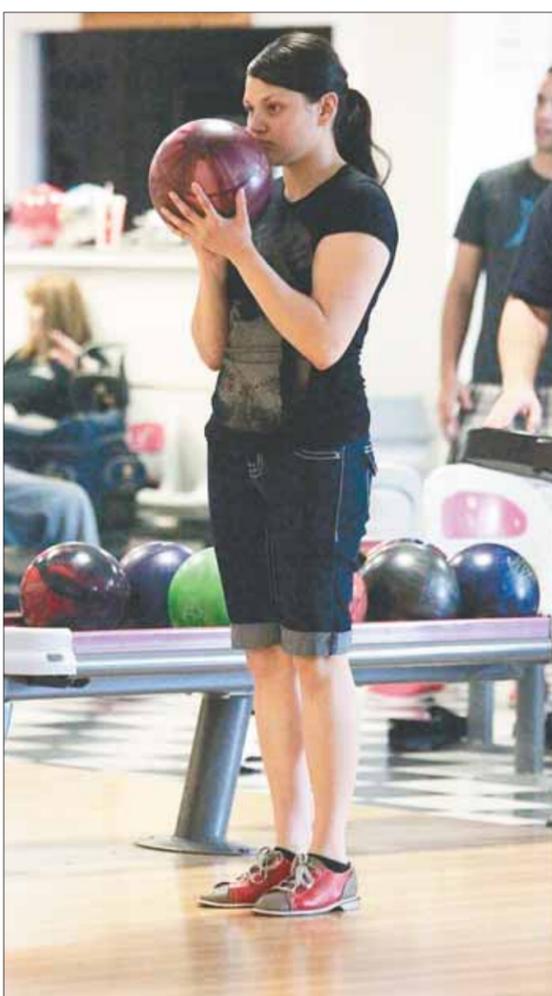


Joshua Tree National Park, right outside the Combat Center's main gate, offers a wide variety of attractions to those who love the great outdoors. The park's ample acreage makes it easy to find places to camp, hike, bike and rock climb.

Athlete of the Week

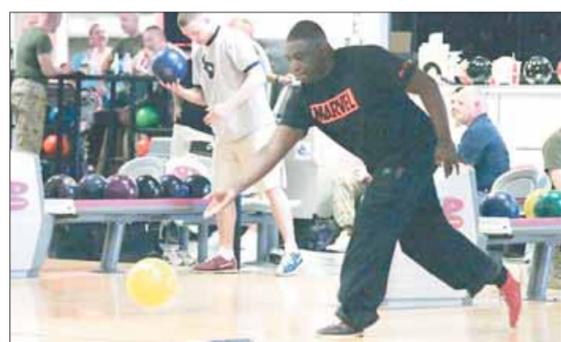


Name: Edwin Nuñez
Unit: Fourth Tank Battalion
Hometown: Jersey City, N.J.
Recognition: Won gold March 19 in the Gracie Barra Season Opener Gi Tournament in Irvine, Calif., and silver March 20 in the Grapplers Extreme in Corona, Calif.
Favorite part of the sport: "It's a challenging sport. You have to improve and evolve as an athlete daily. I like having the ability to impose my will on others physically and mentally."
Advice to any aspiring athletes?: "Train and condition! Train like there's a tournament every day. Endurance wins rounds."



LANCE CPL. SARAH ANDERSON

Sarah Rives, a bowler for Get the Bleep Out of My Way, looks intensely down lane during a Commanding General's Intramural Bowling League game Wednesday.



LANCE CPL. SARAH ANDERSON

Clifford Barker, a bowler with the Yat Yas, chucks his ball down lane during a Commanding General's Intramural Bowling League game Wednesday. The teams compete every Wednesday from 3-5 p.m.



LANCE CPL. SARAH ANDERSON

Cheryl West, a bowler for the Sport This team, throws her ball down lane during a Commanding General's Intramural Bowling League game Wednesday. The tournament will boil down to the championship game June 8.