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Vol. 57 Issue 22

# SEASON OF CHANGE

# Combat Center commanders pass the torch

# 3/7 'The Cutting Edge'



CPL. NED JOHNSON

Lt. Col. Edward Greeley (left), the incoming battalion commander of 3rd Battalion, 7th Marine Regiment, takes the battalion guidon from Lt. Col. Seth Folsom (right) at Lance Cpl. Torrey L. Gray Field June 28.

## Robert E. Bush Naval Hospital

#### Lance Cpl. D. J. Wu Combat Correspondent

The Combat Center's Robert E. Bush Naval Hospital received a new commanding officer June 28, as Navy Capt. Jay Sourbeer relieved Navy Capt. Ann Bobeck of command at the hospital.

"A few minutes ago you witnessed a time honored Navy tradition in a change of command ceremony," Bobeck said . "With a few simple words the torch of leadership was passed from one to another."

Sourbeer comes to the Combat Center after serving as the executive officer of Naval Hospital Oak Harbor, Wash.

"It's a humbling blessing and an honor to be entrustd to lead within this team," said Sourbeer. "We have a great team and a noble mission and I know we will learn from each other and do great things as we face the challenges ahead."

1st Tank Battalion 'Tanks'



LANCE CPL. ALI AZIM

Two M1A1 Abrams tanks cross barrels on the edge of Lance Cpl. Torrey L. Gray Field during 1st Tank Battalion's change of command ceremony June 30.

# Lance Cpl. Ali Azimi Combat Correspondent

Two tanks blocked the road with barrels crossed, a statement to Combat Center personnel that 1st Tank Battalion had an announcement to make.

Lt. Col. Gregory T. Poland received command of 1st Tanks from Lt. Col. Timothy E. Barrick June 30 during a change of command ceremony at

Lance Cpl. Torrey L. Gray Field. Poland has been awarded the bronze star, meritorious service medal and a number of other awards and citations. He has served in Operation Enduring Freedom as well as serving multiple tours in Iraq.

stepped in front of the formation of tankers on the

See TANKS, page A6

## Headquarters Battalion

# Lance Cpl. Ali Azimi Combat Correspondent

Lt. Col. Michael A. Bowers took command of Headquarters Zeman and Bowers stood at Battalion from Lt. Col. Phillip M. Zeman during the unit's change of command ceremony at Lance Cpl. Torrey L. Gray Field Monday.

playing a number of ceremonial songs, to include the national anthem and the Marines hymn.

In front of the formation, attention in anticipation of the big moment.

# **Teaching Green**

Reservists learn expeditionary energy

#### Diane Durden Public Affairs Specialist

Marines and sailors from across the United States began arriving at the Combat Center last week to prepare for Large Scale Exercise-1/ Javelin Thrust 2012, the Corps' prototype exercise demonstrating Marine Expeditionary Brigade-level operations.

To prepare for the exercise, Marines from Marine Forces Reserve units and 2nd Tank Battalion received training on the Ground Renewable Expeditionary Energy Network System and the Solar Portable Alternative Communications Energy System June 28, during a class held by Marine Forces Pacific Experimentation Center personnel at Camp Wilson.

As the Marine Corps implements the Commandant's Marine Corps Expeditionary Energy Strategy and Implementation Plan, Marines must be able to operate systems that will provide expeditionary energy utilizing renewable and sustainable energy sources.

Shortly after arriving, the students were given the components of a GREENS system and asked to assemble it with minimal guidance from the instructors.

"The system is very easy to set up," said Ken King, facility manager, Marine Forces Pacific Experimentation Center. He said



DIANE DURDEN

Lance Cpls. Chris Joe and Chris Bracco, data technicians, 6th Communications Battalion, connect solar panel components to the converter of the Ground Renewable Expeditionary Energy Network System during a class at the Western Area Research Test and Evaluation Center June 28.

Barrick and Poland

Rear Adm. C. Forrest Faison III, commander, Naval Medicine West and Naval Medical Center San Diego presided

#### See HOSPITAL, page A6



LANCE CPL. D. J. WU

Navy Capt. Jay Sourbeer, the new commander of Robert E. Bush Naval Hospital, stands with his wife during a change of command ceremony June 28.

"It is truly a bittersweet moment," said Zeman. "It has been challenging, intellectually demanding at times, but absolutely worth it and absolutely rewarding."

Hq. Bn. Marines marched in formation onto the field with rifles in hand. Beside them stood a formation of 3rd Marine Aircraft Wing Band Marines,



After two years as the commanding officer of Hq. Bn., Zeman relinquished command to Bowers, handing over the Marine Corps flag thus transferring the leadership and responsibilities of command to his successor.

"I am deeply humbled to be here," Bowers said. "I work for the Marines, not the other way around, and I am so proud to do so."

> Lt. Col. Michael Bowers, incoming battalion commander, Headquarters Battalion, and his par-Carolyn ents, and William Elgin, enjoy the pre-ceremony concert performed by 3rd Marine Aircraft Wing Band.

having them set the system up beforehand emphasized this ease of usage and provided equipment familiarization, which enhanced the classroom presentation.

"The hardest part was figuring out which cables went with what," said Lance Cpl. Kevin Bhamdeo, communications technician, 2nd Tanks.

Following the step-by-step instructions printed on the equipment, Bhamdeo and three Marines took approximately 15 minutes to get the system up and running.

With only 10 lightweight components, a complete set can fit into the back of one HMMWV for transportation.

GREENS is a 300-watt, photovoltaic/battery power system that provides continuous power to Marines in the field. Designed to provide power to multiple types of equipment, it allows operating forces a source of power without being dependent on fossil fuel generators and vehicles. This can reduce the need for transportation and storage of fossil fuels in a deployment zone.

"Our adversaries target resupply convoys,"

#### See **ENERGY**, page A6

# **RECP** saves energy Updated story

The Marine Corps is implementing a Resident Energy Conservation Program at all its military family housing areas. The goal of this program is to reduce energy costs. Savings from this program will be used to improve Marine Corps housing areas and therefore improve the quality of life for its residents.

The RECP is already in effect at Marine Corps Base Hawaii and Marine Corps Air Station Beaufort, N.C has been proven to be an effective energy conservation program.

To get the RECP underway at MCAGCC, average energy use for each type of housing will be determined. This information will be used to determine an energy baseline for each house. If residents stay within 10% of their baseline, they will be unaffected. The vast majority of families living in one of MCAGCC's housing areas will fall into this category. However, if a family exceeds their baseline by more than 10 percent, they will be billed for this excessive usage. Conversely, if a family's energy usage is more than 10 percent below their baseline, they will receive a credit.

A three-month mock billing period will begin in the spring of 2013 and actual billing will begin in the summer of 2013.

Residents will receive a letter explaining the program in more detail. If you would like more information fell free to contact the housing office at any time. For more information call 830-6611.





SGT. HEATHER GOLDEN

Retired Col. Philip Cisneros (left), this year's Veteran of the Year recipient, from the 65th Assembly District of the California Legislature, shows off his award at the Combat Center's Officers' Club.

#### Sgt. Heather Golden Combat Correspondent

One local retiree stood out among the other 680,000 residents of the 65th Assembly District of the California Legislative Assembly when he was recognized as the area's Veteran of the Year 2012 June 29, during a ceremony at the Officers' Club.

Retired Col. Philip C. Cisneros was selected as one of 80 veterans, for each of the state's districts, to receive the annual honor. The 65th District is one of the largest and most densely populated in California. These 80 veterans were selected out of the 38 million people who call California home.

Assemblyman Paul Cook nominated Cisneros, and traveled to the Combat Center to personally present him with the award. He said Cisneros was his top choice for his military accomplishments, combat action and continued

work within the local military retiree community.

"This is a real honor for me," Cook said. "I do a lot of events, but this one is very gratifying, to pay homage to a Marine Corps icon and an icon in the community."

The assemblyman, also a retired Marine colonel, met Cisneros, who saw combat in both Vietnam and Korea, when they were both active duty officers at Quantico more than 40 years ago.

"Here is someone indicative of a veteran," he said. "He is a veteran with a capital 'V.' He's a symbol of the sort of great veterans we have in our midst. He's truly an icon and historical figure. He should be a role model to so many people."

Cook then cited Cisneros' drive to succeed as a deciding factor and reminded the small gathering present that Cisneros grew up and entered the Marine Corps during a time that was ripe

DIANE DURDEN

# This Week in Combat **Center**



Reprinted from the Observation Post dated July 9, 2004 Vol. 50 Issue No. 26

# Marine sniper, co gunny, receives Bronze Star

#### By Lance CPL. Heidi E. Loredown

His job title and billet description haven't changed much, but his work day is much different than it was a year ago.

Gunnery Sgt. John H. Coughlin Jr., a Boston, Mass., native, was recently presented with one of the military's highest honors during an award ceremony June 7 at the parade field.

Coughlin received the award for distinguishing himself through meritorious performance while serving as company gunnery sergeant, Headquarters and Service Company, 3rd Battalion, 4th Marines, in support of Operation Iraqi Freedom from March 21, 2003 to April 23, 2003, according to the award's citation.

Throughout that period, Coughlin's sniper abilities were unmatched as he was able to protect the battalion's command post from receiving casualties.

In the battle for Al Kut, Iraq, he helped secure the northern flak of the battalion from the enemy who was trying to engage the Marines with small arms and rocket-propelled grenades. At the Nahr Diyalah River, Staff Sgt. Coughlin ran through four blocks of unclear urban terrain constantly under blistering enemy direct fire. His skills as a sniper were proven as he rode into the teeth of enemy fore atop a high mobility multipurpose-wheeled vehicle. His precision fires were integral to the battalion winning that battle and rocket fire in Kilo Company and India Company.

As he reached Kilo Company's position he began to immediately engage targets to protect their fire support team The team was in pursuit of suitable fire positions where they could engage enemy troops in support of an exposed position atop a building. They took enemy rocket-propelled grenade and small arms faire on a near-continual basis. Coughlin killed 26 enemy troops in the course of four battles.

Maj. Matt J. Baker, deputy director, Marine Corps Community Servises, did the honors and pinned the award on Coughlin. Baker met the gunnery sergeant three years ago when he was the executive officer of 3/4. Now Baker and Coughlin serve together in Headquarters Battalion.

"I am indebted to the gunny for letting me pin this award on him. No one deserves the award more than he does. This [staff noncommissioned officer] is much more than the citation points out," said Baker. "If we can point out anybody from \_ that was the glue and kept the battalion together, this gentleman here is that man. I can tell you I want him beside me in any situation. He receives the award with a combat 'V' device, which signifies his valor. He epitomizes that and I can't think of a better person to receive this."

Coughlin felt the honor was a direct representation of the efforts of all involved.

"I was just thinking, nobody is in front of us," said Coughlin, referring to his fourblocked sprint while he dodged bullets. "We ended up bisecting Kilo and India Company. I am happy to receive this award mostly because of the guys that were with me at the time. Not everybody sees action will receive an award. I had eight Marines on my team. One was a lieutenatnt and then I had two corporals from [Communications and Data.]"

Coughlin, 38 years old, is now the gunnery sergeant of Bravo Company, Headquarters Battalion. Coughlin accepted the award as his tow daughters looked on.

"My daddy is getting an award for being in Iraq," said six-year-old Ashley. "I was really sad when he left us. I just missed him a lot when he was gone."

Although they did not know why their father was a here, Ashley and her 10-year-old sister Cassie were happy to have their daddy back at home.

# Too busy? 10 ways to work exercise into your life Shari Lopatin and Meghean Cook

#### **OFF-LIMITS** ESTABLISHMENTS

MCIWest off-limits establishments guidance prohibits service members from patronizing the following locations. This order applies to all military personnel.

#### In Oceanside:

- Angelo's Kars, 222 S. Coast Hwy, Oceanside, Calif., 92054
- Angelo's Kars, 226 S. Coast Hwy, Oceanside, Calif., 92054

#### In San Diego:

- Club Mustang, 2200 University Ave.
- Club San Diego, 3955 Fourth St.
- Get It On Shoppe, 3219 Mission Blvd.
- Main Street Motel, 3494 Main St.
- -Vulcan Baths, 805 W. Cedar St.

#### In National City:

- Dream Crystal, 15366 Highland Ave.

- Sports Auto Sales, 1112 National City Blvd.

#### HOT TOPIC

#### **MCMAP INSTRUCTOR COURSE**

There will a Marine Corps Martial Arts Program instructor course at the Combat Center's dojo July 9-27. Students can contact the dojo at 830-0290, or check out their new Sharepoint site for more information. The site features information about MCMAP, instructor re-certification and how to sign up for the instructor Official link course. https://ehqmc.usmc.mil/ org/mccdc/TECOM/ subcmds/TRNGCMD/ schools/mcces/dojo/ default.aspx

Local off-limits guidance prohibits service members from patronizing the following locations.

#### In Twentynine Palms:

- Adobe Smoke Shop, 6441 Adobe Rd.
- STC Smoke Shop, 6001 Adobe Rd.
- -K Smoke Shop, 5865A Adobe Rd.

#### In Yucca Valley:

- Yucca Tobacco Mart, 57602 29 Palms Hwy.
- Puff's Tobacco Mart, 57063 29 Palms Hwy.

#### In Palm Springs:

- Village Pub, 266 S. Palm Canyon Dr.

For the complete orders, but not off-limits, check out the Combat Center's official website at http://www.marines.mil/units/29palms

### SUDOKU #2584-M



#### **BAKIN'**

PUZZLES COURTESY OF © 2011 HOMETOWN CONTENT



#### TriWest Healthcare Alliance

Between your job, your kids, and maybe even your deployed spouse, you often wonder how you can exercise more or even at all.

Perhaps if the day expanded to 48 hours, regular exercise would seem more reasonable. Since that won't happen, here are some tips to work more exercise into your busy life.

1. Make it a priority. Schedule time in your calendar for the week, and keep it like any other important appointment. Make a plan. What days will you exercise? What will you do? How long? There are 1,440 minutes in the day. Can you find 30 to exercise?

2. Get an exercise partner. When you know someone is relying on you, you are less likely to skip your workout.

3. Try exercising in the morning. As the day goes on, many things can happen to derail your plans for an afternoon or evening workout.

4. Sign up for a class or a local 5k race. If you are financially invested, you will be less likely to skip the exercise session.

5. Find something you enjoy! Try something new and exciting. Remember, exercise does not have to be in a gym.

6. Squeeze in bursts of exercise throughout your day. Use a 15-minute work break or 15 minutes of your lunch to walk. Or, use the stairs instead of the elevator...you get the drift.

7. Exercise while you watch TV. Lift weights or use commercial breaks to complete push-ups, sit-ups, or jumping jacks.

8. Keep a pair of walking shoes with you (at work, in the car). This way you can take advantage of any time you have to squeeze in exercise.

9. Get your family involved. Walk or ride bikes after dinner-together!

10. **Keep track** of your exercise to see your progress.

For more tips on living a healthy life, visit TriWest's Healthy Living Portal.

#### **OBSERVATION POST**

Commanding General - Brig. Gen. George W. Smith Jr. Public Affairs Officer - Capt. Nick Mannweiler Deputy Public Affairs Officer - 1st Lt. Sin Y. Carrano Public Affairs Chief - Gunnery Sgt. Leo A. Salinas Press Chief/Editor - Cpl. Sarah Dietz Layout, Design - Lance Cpl. Lauren A. Kurkimilis

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58	+	+	+	-	69	-	+	+	+		70	+	+	+

#### ACROSS 1. Unmannerly sort 5. Printers' measures 10. They impart

bitterness to beer 14. Church recess 15. Sachet emanation 16. Assist in wrongdoing 17. One of two on a diamond 19. Hermitic 20. Richards of "Jurassic Park" 21. Beer lover's heaven 23. Get underway 24. On the bounding main 25."\_\_\_\_ the dirty rotten..." 29. Hi from Hawaii 33. Sheepskin receiver 37. Take habitually 38. Like many O. Henry stories 39. Vintner's prefix 40."\_\_\_ by the bell!"

42. Farmland measure

#### 46. Supply grub to 47. Wolfgang Puck eatery 3. Port of old Rome 48. Work the dough 50. Car engine connection 5 Lawyer's assistant, 52. Streetwise, perhaps 57. Raises trivial objections 61. Prepares for a crash 62. Golden Rule word 63. Social elite 65. Without purpose 66. "Circle of Friends" author Binchy 67. Elder or alder 68.Smoke-?filled room fillers 69. Knight's mount 70.Srs.' exams

43. River in a Strauss waltz DOWN 1. Rummy yummies 45. One of the Clantons 2. '60s poster genre 4. Pave over briefly 6. Apr. addressee 7. Baseball's "Georgia Peach" 8. Indifferent to right and wrong 9. Big band section 10. Result of compro mise, figuratively 11 Bassoon's kin 12. Stationer's supply 13. Editor's "leave it" 18.Opposite of ecto-? 22. Have on 26.Rag, to a Molotov cocktail 27. Botanist Gray 28. "Rosemary's Baby" writer Ira 30. First word of "The Raven"

31. Add to the payroll 32. Didn't merely pass 33. Mount Olympus dwellers 34. Use a sickle 35. Paquin or Magnani 36. Tommies' WWI allies 38. Prelude to an invention 41.\_\_\_out (just manage) 44. Chucklehead 48. Stay with 49.Ste. Jeanne \_ 51.Urban eyesores 53. \_\_\_\_ and all (as is) 54. Integra maker, once 55. Revert to 12:00, say 56. Park, Colorado 57. Groucho remark 58. Bring to naught 59."\_\_\_ never fly!" 60.Graf \_ 61. Raised, as racehorses 64.12/24 or 12/31



Whatever you're looking for, you can find it in the **Observation Post Classified section** 

#### Lance Cpl. D. J. Wu Combat Correspondent

amily members of 2nd Battalion, 7th Marine Regiment got a chance to experience a day in the life of their loved ones during the battalaion's Jayne Wayne Day event June 29.

The guests were shipped out to Range 101 on 7-tons for a day in the desert, learning the ins-and outs of Marine Corps weapons and vehicles.

"We wanted the family members to see a little bit of what their Marines do," said 1st Lt. Alexander Navia, platoon commander, 2nd platoon, and officer in charge for Jayne Wayne Day. "We don't have these kinds of events that often, so when we do, we want the families to have a good time."

A highlight of the event was when the families got the chance to shoot one of the Marine Corps' newest weapons, the M27 Infantry Automatic Rifle, a rifle 2/7 is integrating into their training to use during their upcoming deployment to Afghanistan.

"We're one of the only units with the new IAR. It'll be interesting to see what the families think of it," Navia said.

The participants also competed in shooting the M4 rifle, a rifle some Marines conduct their annual rifle qualification with.

"This is a really good event for the families to network," said Jennifer Woods, wife of Sgt. Maj. Michael Woods, battalion sergeant major, 2/7. "It really gives them a chance to get to know one another in the community."

Guests also got to check out the different weapons systems that the battalion uses on a daily basis and get a feel for the Tube-launched Optically-Tracked Wire command data link guided missile launcher.

The families checked out Humvees and climbed inside a Mine Resistant Ambush Protected vehicle.

"All of this stuff gets the families together for a fun day," Navia said. "It's an opportunity to know the rest of the people in the 2/7 community before their Marines have to deploy again."



LANCE CPL. D. J. WU

[Above] Family members of 2nd Battalion, 7th Marine Regiment, Marines load into 7-ton vehicles during the 2/7 Jayne Wayne Day event June 29. [Below] 2/7 spouses and family members gear up shortly before loading the 7-ton vehicles to travel to Range 101 during the 2/7 Jayne Wayne Day event June 29.



# **CONSERVATION&** SUSTAINABILITY 2011 Consumer Confidence Report

#### **Continuing Our Commitnent**

MAGTFTC, MCAGCC is proud to present our 2011 Consumer Confidence Report. This edition covers all drinking water testing completed from January 1, 2011 through December 31, 2011. We are pleased to report that our compliance with all State and Federal drinking water laws and standards remains exemplary.

As always, we are committed to delivering the best quality drinking water to all personnel aboard MAGTFTC, MCAGCC. Through continued vigilance we meet the challenges of source water protection, water conservation, and community education while meeting the needs of all our water users.

\*\*\*Este informe contiene informacion muy importante sobre la calidad de su agua beber. Traduscalo o hable con alguien que lo entienda bien. \*\*\*

This report was compiled by the MAGTFTC, MCAGCC Natural Resources and Environmental Affairs (NREA) Water Resources Office. For more information about this report, or for any questions relating to your drinking water, please contact Chris Elliott, Water Resources Manager, at (760) 830-7883 or email chris.elliott@usmc.mil.

#### **Important Health Information**

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

#### **Contaminants In My Drinking Water?**

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

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

#### Lead Information

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. MAGTFTC, MCAGCC is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline (800-426-4791) or at http://www.epa.gov/safewater/lead.

#### **Arsenic Information**

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

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

## Water Conservation

#### **Protecting a Critical Natural Resource**

Water conservation requires a change in attitude by everyone. It starts with the realization that there isn't enough drinkable water anywhere in the world that allows everyone to consume or use an unlimited amount. Sooner or later the quantity and/or quality of a water resource will degrade if users remove more from the source than is being replenished by the environment. This is most important in our desert environment, where rain comes only several times each year, and the demand for water is high.

Once water-conservation awareness becomes part of daily life, the effort to reduce wastefulness is a simple next step: "As a rule, only open the faucet when you need to, use just what you need, and close it quickly when you are done."

Conservation can be achieved with simple changes in the way we use water. Remember, conservation (wise use) and sustainability (extending a finite supply) are words we often hear and they are never more important than when talking about our water resources here at MCAGCC. Let's leave some water behind for the next Marines.

#### Where Does My Water Come From?

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

This water has consistently been of such high quality in nature that it routinely meets or exceeds all EPA and California Department of Public Health Services primary and secondary drinking water standards without any treatment required (other than basic disinfection) before distribution. Basic disinfection is required by California Department of Health Services as a safeguard against possible microbial contamination due to repairs or maintenance of the system.

#### **Investing In Our Future**

Challenges facing MAGTFTC, MCAGCC Utilities are similar to those faced by other utilities in the area: water supply, aging infrastructure, and population growth. MAGTFTC, MCAGCC issued multiple contracts to repair and improve the quality of the water system. Some of the contracts issued were: TRACRS Water and Electricity; GTF Water Improvements; Replace Water Point Building; and Repair Fire Mainline Deficiencies, Rifle Range. Just over 32 million dollars were spent on repairing and upgrading the potable water system in 2011.

MAGTFTC, MCAGCCC's drinking water system consists of 11 potable water wells and 12 reservoirs with a storage capacity of 15 million gallons that serves the military and civilian work force through a series of pipelines that extend over the 84.2 mile service area.

#### No Drugs Down The Drain

Pharmaceutical waste remains a threat to water supplies. One way to reduce

0 71

this threat is to dispose of all over-the-counter drugs and prescriptions properly.

#### DO NOT FLUSH DRUGS DOWN THE DRAIN.

Old medicines can be taken to the San Bernardino County Community Household Waste Collection Center located at 62499 29 Palms Highway, Joshua Tree. The hours of operation are the third Saturday of every month from 9 a.m. to 1 p.m.

For more information on proper disposal of unwanted medicines please visit www.nodrugsdownthedrain.org.

#### Program Spotlight

The Range Sustainment Branch (RSB) is a section within the Qualified Recycling Program (QRP) aboard the Marine Corps Air Ground Combat Center (MCAGCC). RSB is a two part organization started in February of 2000 consisting of the Range Clearance and Material Processing Teams. RSB is unique among Marine Corps Bases and other Department of Defense (DoD) installations for its ability to safely demilitarize and process collected munitions for sale.

The Range Clearance Team works individually and with other base unit/organizations to ensure safer training areas aboard the Combat Center. The team consists of 6-8 personnel led by one Unexploded Ordnance (UXO) Technician which collects munitions ranging from small arms to 2000 lb. practice bombs. Once materials are collected, checked, and separated they are brought to the Material Processing Team.

The Material Processing Team also receives munitions and range debris from other DoD installations including Edwards AFB, Marine Corps Base Yuma, and Marine Corps Base Camp Pendleton. Materials received are sorted and staged in preparation for processing and demilitarization. The demilitarization process includes melting of aluminum and zinc, smashing and deforming of brass, and shredding of light steel into unrecognizable strips.

The Range Sustainment Branch ensures a cleaner, safer and sustainable training area in support of the Marine Corps mission. In Fiscal Year 2011 QRP as a whole produced over 10 million pounds of material for sale which enabled QRP to donate \$800,000 to the Marine Corps quality of life programs.

Did you know that not even 1% of the world's fresh water supplies are available for human consumption?

#### Water Quality Data

MAGTFTC, MCAGCC conducts extensive water quality testing. No contaminants were found at levels higher than the EPA allows. As a result of the continued commitment to bring the safest, best quality water to everyone at MAGTFTC, MCAGCC, our water continues to meet or exceed all primary drinking water standards and most secondary standards. The table provided is a snapshot of last year's water quality details about what your water contains, and how it compares to standards set by regulatory agencies. The presence of contaminants in the water does not necessarily indicate that the water poses a health risk. Unless otherwise noted, the data presented in this table are from testing done in the calendar year of the report. The EPA or the State requires us to monitor for certain contaminants less than once per year because the concentrations of these contaminants do not change.

Substance (Unit of Measure)	MCL	PHG (MCLG)	MCAGCC Water	Range of Detection	Sample Date	Violation Yes/No	Typical Source
		3	Source Well	Primary Drinki	ng Water S	standard	
Aluminum (mg/L)	1	0.2	< 0.05	ND-< 0.05	2010	No	Erosion of Natural Deposits
Antimony (mg/L)	0.006	0.006	< 0.005	ND-<0.006	2010	No	Erosion of Natural Deposits
Arsenic (mg/L)	0.01	0.01	0.004	0.0020-0.0078	2011	No	Erosion of Natural Deposits
Barium (mg/L)	1	1	<0.1	ND-< 0.1	2010	No	Erosion of Natural Deposits
Beryllium (mg/L)	0.004	0.004	< 0.001	ND-< 0.001	2010	No	Erosion of Natural Deposits
Cadmium (mg/L)	0.005	0.005	< 0.001	ND-< 0.001	2010	No	Erosion of Natural Deposits
Chromium (mg/L)	0.05	0.05	< 0.011	ND-0.011	2010	No	Erosion of Natural Deposits
Cyanide (mg/L)	0.15	0.15	0.1	ND-<0.1	2010	No	Wastewater Discharges or Industrial Emissions
Fluoride (mg/L)	2	2	0.55	0.2-0.9	2010	No	Erosion of Natural Deposits
Iron (mg/L)	0.03	0.03	0.11	< 0.1-0.15	2011	No	Erosion of Natural Deposits
Mercury (mg/L)	0.002	0.002	< 0.001	ND-<0.001	2010	No	Wastewater Discharges or Industrial Emissions
Methyl-tert-butylether (mg/L)	0.013	0.013	0.003	ND-<0.003	2011	No	Leaking Underground Storage
Nitrate (NO3) (mg/L)	45	45	4.9	3.6-6.8	2011	No	Erosion of Natural Deposits
Nitrite (NO2) (mg/L)	1	1	<0.1	ND-<0.1	2010	No	Natural Deposits or Agricultural Runoff
Nickel (mg/L)	0.1	0.1	< 0.01	ND-<0.01	2010	No	Discharges from Industry
Perchlorate (mg/L)	0.006	NA	0.004	ND-<0.004	2010	No	May be Found Naturally or Manufactured for Industrial Use
Radium 228 (pCi/L)	5	5	0.078	ND-0.78	2010	No	Erosion of Natural Deposits
Total Coliform Bacteria	1	ND	ND	ND-1	2011	No	Naturally Present in the Environment
		8	ource Wells	Secondary Drin	king Water	Standard	
Chloride (mg/L)	250	250	18	ND-20	2010	No	Erosion of Natural Deposits
Color (CU)	15	15	<3	<3-3	2010	No	Erosion of Natural Deposits
Manganese (mg/L)	0.5	0.05	< 0.02	ND-<0.02	2010	No	Erosion of Natural Deposits
Sulfate (mg/L)	500	250	27	ND-28	2010	No	Naturally Present in the Environment
Total Dissolved Solids (mg/L)	1000	500	175	140-230	2010	No	Erosion of Natural Deposits
Zinc (mg/L)	5	NA	< 0.05	ND-<0.05	2010	No	Naturally Present in the Environment
				Distribution Sy	rstem		
Copper 90th Percentile	1300	170	28	0.37 - 75	2009	No	Plumbing Corrosion
HAA5 (Haloacetic Acids) (mg/L)	0.06	NA	< 0.005	ND-<0.005	2011	No	By-product of System Chlorination
Lead 90th Percentile	15	2	8.6	ND - 610	2009	No	Plumbing Corrosion
TTHMs (Total Trihalomethanes) (mg/L)	0.08	NA	0.0016	ND-0.0016	2011	No	By-product of System Chlorination
Total Coliform Bacteria	>1 or 5%*	0	0	ND	2011	No	Naturally Present in the Environment

#### **Table Definitions**

**ND** (Not detected): Indicates that the substance was not found by laboratory analysis.

**Unit:** Standard unit of measurement for this constituent

**pCi/L** (picocuries per liter): A measure of radioactivity

NA: Not applicable

**ppm** (parts per million): One part substance per million parts water (or milligrams per liter) **MCL** (Maximum Contaminant Level): The highest level of a contaminant that is allowed in drinking water. Primary MCLs are set as close to the PHGs (or MCLGs) as is economically and technologically feasible. Secondary MCLs (SMCLs) are set to protect the odor, taste, and appearance of drinking water. **MCLG** (Maximum Contaminant Level Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs are set by the U.S. EPA. **PHG** (Public Health Goal): The level of a contaminant in drinking water below which there is no known or expected risk to health. PHGs are set by the California EPA.

**ppb** (parts per billion): One part substance per billion parts water (or micrograms per liter)

**Total Coliform Bacteria:** Coliforms are bacteria that are naturally present in the environment and are used as indicators that other potentially harmful bacteria may be present.

#### with racial discrimination.

"Here's somebody who came from the ghetto," Cook said. "It was in a racist environment against Hispanics and Latinos. Here's someone who overcame all that. Talk about an inspiration to anybody of diversity. This is someone who came up and beat the odds."

Of the small handful of men and women invited by Cisneros who attended the lunch, only two were nonmilitary. He said for this occasion he wanted to be surrounded by those who had also devoted their lives in service to their country.

"I wanted to have other veterans here so I could recognize what they had done, and sort of share with them the meaning of this award," he said.

Cisneros, who said he was "obviously honored" and "overwhelmed," also said he holds a less lauded

facebook

view of his life's work. He, like many veterans put in the spotlight before him, said he only did what he feels is right, no more and no less.

"What the heck did I do to deserve it?," Cisneros said, referring to his current work as the volunteer coordinator with the base's Retiree Activities Office. "I do things, but I do them because I want to. I get something personal out of it. It keeps you busy. It keeps you alive. And I'm older than dirt, so I have to keep busy."

The group of five-tosix volunteers, including Cisneros, sponsors annual Memorial Day services and is responsible for the Retiree Marine Corps Birthday Ball every year. "He doesn't just retire and

sit by the pool," Cook joked with those gathered. "I'm pretty sure he's been on active duty for 75 years."

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#### ENERGY, from A1

King said. "Minimizing the use of convoys saves lives." Marines were also provided instruction on the use of SPACES, a smaller, more portable version of GREENS.

SPACES is small and light enough to be carried by an individual. It uses solar power to recharge batteries during patrols.

"(SPACES), I'm sold on instantly," said Sgt. Cruz Galvan,

#### HOSPITAL, from A1

over the change of command. They both spoke to the audience about Bobeck and Sourbeer.

"You are witnessing the transfer of leadership from one outstanding officer to another, as Capt. Ann Bobeck passes the mantle of command to Capt. Jay Sourbeer," said Faison.

The change comes after Bobeck's two years as the commanding officer of the hospital. In conjunction with the radio operator, 3rd Civil Affairs Group, I Marine Expeditionary Force. "I would love to have one of those."

Editor's Note: LSE-1/JT-12 will be a live and synthetic scenariodriven, simulation-supported exercise designed to train 1st Marine Expeditionary Brigade and Marine Forces Reserve units in MEB-level Marine Air Ground Task Force operations that will incorporate all elements of the MAGTF. The goal is to demonstrate and refine a MAGTF's core capabilities.

change of command, Bobeck retired from the Navy Medical Service Corps after 29 years of service. Bobeck took time during the ceremony to remember her time in the Navy and at Naval Hospital Twentynine Palms.

"Twentynine Palms is a unique community and a unique Navy hospital in the middle of the Mojave Desert with one of the operationally significant missions for a (continental United States) hospital in the Navy," Bobeck said.

#### TANKS, from A1

field. There, the commanders exchanged the Marine Corps flag, symbolic of the exchange of authority of the battalion.

"This parade is not just about the change of command. It is also about what these Marines and sailors have accomplished have done since the last time they took the parade deck two years ago. And these Marines have done a lot," Barrick said. "I am extremely proud of their accomplishments."

Unfortunately not all of 1st Tanks was able to make it to the ceremony. Company A is forward deployed and will welcome their new commanding officer upon their return.

"I look forward to working with all these Marines for the next two years," Poland said . "Providing for our commanding general the best tank battalion he could ever need."



LANCE CPL. ALI AZIMI

Lt. Col. Gregory T. Poland (left) receives command of 1st Tank Battalion from Lt. Col. Timothy Barrick June 29, during the battalion's change of command ceremony at Lance Cpl. Torrey L. Gray Field.

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¿Commanding General's Intramural

# Combat Center soccer kicks off

Story by Lance Cpl. Lauren A. Kurkimilis

he heat is rising with the start of summer, and the Commanding General's Intramural Soccer League season fired up June 12.

The league consists of eight teams and the team members are made up of active duty military, dependents and other Department

of Defense personnel. "The league is pretty competitive," said James Borke, sports specialist, Marine Corps Community Services. "There are four or five teams that stay neck and neck when it comes to scoring."

30

Despite the triple-digit temperatures, the soccer players came out to compete multiple times a week, with family and friends.

"Each team plays twice a week," said Borke. "There are two games each night at 5:30 p.m. and 7 p.m., Monday through Thursday at Felix Field."

The league is broken up in two pools. The teams play every other team within their pool twice throughout the season. They play every team from the other pool once.



LANCE CPL. LAUREN A. KURKIMILIS

There isn't one team that seems to be the best. I think it's really going to come right down to the last week to judge who might win."

- James Borke

"There isn't one team that seems to be the best, I think it's really going to come right down to the last week to judge who might win," said Borke.

The single elimination playoffs are scheduled for Monday, July 30 through Thursday, Aug. 2., at Felix Field. "Everyone makes it to the finals, but how well they play throughout the season determines what seat they get in the playoffs," said Borke. "Every win earns a team three points. If a game is tied, the win is determined by penalty kicks. The winner of a tiebreaker will still get three points, and the losing team will get one." The soccer league pits teams of Marines and sailors against each other, but ultimately is set up to promote morale and camaraderie. "The two teams from (Marine Corps Communication-Electronics School) seem to be the most competitive with each other," said Borke. "All the teams will sometimes jokingly talk trash to one another, but over all the atmosphere is very sportsmanlike. Everyone is just out here to have a good time."







CPL. SARAH DIETZ

CPL. SARAH DIETZ

**[Top]** HQBN forward Chad Gerlach, stops the ball from going out of bounds during a game against Naval Hospital Code Blue, June 26 at Felix Field.

[Above, left] HQBN forward Horacio Vieyra steals the ball from Naval Hospital Code Blue player Jesus Gallardo, June 26. [Above, right] Naval Hospital Code Blue player, Jesus Gallardo, throws the ball onto the field June 26.

[Below] CLB-7 Banditos player, Patrick Morse, kicks the ball into the goal, winning the point, June 25.



# SoccerTeams

## Naval Hospital Code Blue

**CLB-7 Banditos** 

**MCCES** Men

MCCES Unified Football Club

**3rd CEB** 

**MWSS 374 Rhinos** 

**HQBN IPAC** 

Tanks

LANCE CPL. LAUREN A. KURKIMILIS



#### **Combat Center Clubs**

#### **Excursions Enlisted Club**

Friday: Social hour with food, 5 - 7 p.m. followed by DJ Gjettblaque, 8 - 11 p.m., Ladies Night Saturday: Variety Night, DJ Gjettblaque 8 - 11 p.m. Thursday: Social hour, 7:30 - 9:30 p.m.

#### **Bloodstripes NCO Club**

Friday: Social hour with food, 5 - 7 p.m. Wednesday: Free gourmet bar food, 5 to 7 p.m. Thursday: Social hour, 7 - 9 p.m.

#### Hashmarks 29 SNCO Club

Friday: Social hour, 5:30 - 7:30 p.m. Monday-Friday: All-hands lunch from 10:30 a.m. - 1:30 p.m. Monday: Steak night and full menu, 4:30 - 8 p.m. Tuesday: Social hour, 5 - 7 p.m. Thursday: Social hour, 5 - 7 p.m.

#### **Combat Center Officers' Club**

Monday: Steak night, 5 - 7:30 p.m. Monday-Friday: All-hands lunch, from 11 a.m. - 1:30 p.m. Thursday: Taco Night, 5 - 7 p.m.

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

#### Local Events

#### **Seussical The Musical**

When: Every Friday, Saturday & Sunday, June 29- July 28 Where: Theatre 29 73637 Sullivan Rd., Twentynine Palms, Calif. For tickets and information call 316-4151 or visit http://www.theatre29.org

#### **Free Line Dance Lessons**

Learn to dance to traditional country music When: 5 - 9 p.m., every Sunday Where: Willie Boy's Saloon and Dance Hall 50048 29 Palms Hwy, Morongo Valley, Calif. For more information, call 363-3343.

#### **Club Mercy Presents Lucero**

Live performance of the country-rock band When: 9 p.m., Sunday, July 8 Where: Pappy and Harriet's Pioneertown Palace 53688 Pioneertown Rd., Pioneertown, Calif. For more information, call 365-5956.

#### Lower Desert

#### **Ron White**

Stand-up comedian entertains live When: 8 p.m., Saturday, July 7 Where: Agua Caliente 32-250 Bob Hope Dr., Rancho Mirage For more information call 888-999-1995 or visit http://hotwatercasino.com

# **Prequel to 'Alien' asks mind-bending question**



#### COURTESY PHOTO

A team of 21st century explorers crosses the universe to find the secrets of life only to discover something much more ominous in "Prometheus," director Ridley Scott's sci-fi epic that stirs faith, science and human creation itself into a big-budget, outer-space horror show.

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#### **NEIL POND**

#### "Prometheus"

Noomi Rapace, Starring: Charlize Theron and Michael Fassbender Directed by Adam Shankman 124 min., R

The movie's had fans buzzing for months, stoked to see how the British filmmaker would craft the prequel to his series of "Alien" blockbusters, which launched, you may recall, in 1979 with Sigourney Weaver fighting a nasty, acid-spewing, spawn-spewing extraterrestrial insect-i-zoid.

"Prometheus" does, indeed, loop interested viewers back around to the roots of the iconic franchise, explaining how and why its long-rippling chain of humans-vs.-aliens events got put into motion. But it's got another agenda, too, and it's a whopper.

Students of mythology will recall that Prometheus was the Greek titan who got a big attaboy for creating man from a lump of clay, but then got booted from Olympus for stealing fire. That might sound like a relative minor, tsk-tsk offense, but Zeus took it badly, sentencing Prometheus to an eternity chained to a rock as punishment.

In the movie, the symbolism of Prometheus hangs heavily over just about everything. Right up front, it provides the name of the starship carrying the expedition to the desolate, gaseous moon on which their adventure will unfold, and also the name of the mystery-shrouded mission role as the original "Girl on which they're embarked. With The Dragon Tattoo." The small crew, who've made the long, two-year trip loaded question, but teasingin deep-sleep hibernation, is ly leaves the answer for a motley group of geologists another and other specialists don't another movie. Sci-fi fans learn the gist of the job for hoping for more will just have to wait---and keep they've been hired until they've been awoken just looking to the heavens.

before landing. Also aboard are the two scientists (Noomi Rapace and Logan Marshall-Green) who connected the dots between cave carvings, hieroglyphics and other clues from early civilizations on Earth that all seem to point to the same place in the sky.

There's also the salty captain (Idris Elba) that you suspect will get going when the going gets tough, and the icy commander in chief (Charlize Theron), whose motives for the mission are soon revealed to be not quite so noble.

But most fascinating of all is the ship's robot David (Michael Fassbender), who's been fashioned as to look and act as a human. But what's he hiding? The role is pivotal to the plot, Fassbender is riveting in it, and it's one of the movie's most overt links to its original "Alien" pedigree.

The sense of danger and possible doom seep into practically every scene. And once the malevolence finally does manifest, in explosions of blood and goop and graphically invasive penetrations by tendrils that spell trouble no matter what kind creature they spring from, it's as icky, action packed and pulse pounding as fans of "Alien" have come to expect.

But for sheer movie oneupsmanship, Rapace selfadministers an excruciatingly invasive emergency medical procedure that breaks new ground for boldly going where no "Alien" character has gone before---and later earns her character an inside reference to her previous

"Prometheus" asks a big,

mission...and

#### **Montgomery Gentry**

Country duo evokes sound and spirit of Southern rock When: 8 p.m., Sunday July 8 Where: Spotlight 29 Casino Resort 46-200 Harrison Place, Coachella, Calif. For more information call 866-377-6829 or visit http://www.spotlight29.com.

#### **Al Green**

Legenday soul music singer performs When: 8 p.m., Friday, July 20 Where: Morongo Casino Resort and Spa 49500 Seminole Drive, Cabazon, Calif. For more information call 800-252-4499 or visit http://www.morongocasinoresort.com.

#### Adam Lambert

Former American Idol contestant performs When: 8 p.m., Saturday, July 21 Where: Fantasy Springs Resort Casino 84-245 Indio Springs Parkway, Indio For more information call 800-827-2946 or visit http://www.fantasyspringsresort.com.

#### Sunset Cinema

#### Friday, July 6

6 p.m. - Battleship, Rated PG-13 9 p.m. - Safe, Rated R Midnight - The Dictator, Rated R Saturday, July 7 10:30 a.m. - Free Matinee Dr. Seuss: The Lorax, Rated PG 12:30 p.m. - Dark Shadows, Rated PG-13 3 p.m. - The Avengers 3D, Rated PG-13 6 p.m. - What to Expect When You're Expecting, Rated PG-13 9 p.m. - The Dictator, Rated R Midnight – Chernobyl Diaries, Rated R Sunday, July 8 12:30 p.m. - Men in Black 3, Rated PG-13 3 p.m. - The Avengers, Rated PG-13 6 p.m. - Men in Black 3 3D, Rated PG-13 9 p.m. - Chernobyl Diaries, Rated R Monday, July 9 7 p.m. - Dark Shadows, Rated PG-13 Tuesday, July 10 7 p.m. - The Avengers 3D, Rated PG-13 Wednesday, July 11 2 p.m. - Battleship, Rated PG-13 6 p.m. - The Dictator, Rated R Thursday, July 12 5:30 p.m. - Dark Shadows, Rated PG-13

8:30 p.m.-The Avengers, Rated PG-13

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#### kers**Teach** Police visit 1st Tank Battalion to learn more about tankers, tanks, combat operations

aOfficer Chris Brunt, Costa Mesa Police does, its capabilities and we had some good Department, hasn't been near a tank since his days as a Marine tanker more than 10 years ago.

With a little help from 1st Tank Battalion, Brunt got to temporarily relive his past, and bring a few of his fellow Costa Mesa officers along for the ride.

The group visited the unit's tank ramp June 28, explored the massive battle vehicles and spent an afternoon with the men who bring the tanks to life.

"It's always good to have people observe what Marine tankers do and the equipment the military is using today," said Lance Cpl. Phillip Lim, gunner, 1st Tanks. "We showed them around, what the tank

talks with them."

The officers pulled up next to the M1A1 Abrams tank on their black and white motorcycles. In front of the tank stood a number of different types of rounds and a red sign with a list of facts about the tracked vehicle, but what drew the eyes of the officers was the giant barrel pointing out at them.

"This isn't something that any of them have ever seen up close, except from TV," Brunt said. "You can tell by the look on their faces, they're really excited."

Brunt was assigned to 1st Tanks in 1998 as a motor transport operator and spent the following two years at the Combat Center. Even with his own history with the battalion, he still held an air of excitement as he toured the tracked vehicle.

"You always miss it," he said.

His Marine past was what sparked the idea of making the three-hour drive, Brunt said. The officers got in some riding time, and Brunt guessed it would give the rest of the police officers an experience they'll never forget.

He was right.

"We were really excited to get out here and see the tanks," said Officer David Makiyama, CMPD. "They're much bigger than I expected. You're getting the presentation and you see the tank. But then you get on, and you're like, 'Wow.""

# Lance Cpl. Ali Azimi

The men toured the tanks and asked the Marines questions about the vehicles and the Marines' experiences with them.

"They're a really good group of people, very professional," Lim said. "We got to show our trade, and in exchange they showed us what they use, too."

The day ended with the Marines getting to try out some of the officers' equipment. They sat on the motorcycles to get a feel of the officer's life and even tried out the radar gun, pointing it at cars traveling on Del Valle Road and checking their speeds.

As the visit drew to an end, the group expressed hopes of future visits between the tankers and the CMPD officers.

> [Left] Tankers with 1st Tank Battalion and police officers with Costa Mesa Police Department learn about each other's equipment, June 28 at the 1st Tanks ramp.

[Right] Costa Mesa police officers tour an M1A1 Abrams tank to learn the mechanics of the vehicle.

