



LANCE CPL. TERRY HAYNES

A Marine and his teammates take part in a dodgeball tournament as part of the Semper Fit Summer Challenge aboard Marine Corps Recruit Depot Parris Island, August 8. The summer challenge is a program that promotes a healthy, active lifestyle and builds unit cohesion.

Semper Fit Program provides support for Combat Center patrons

STORY BY LANCE CPL. NATALIA CUEVAS

Semper Fit is a combination of physical fitness, health promotion and recreational support. The primary focus of the Semper Fit program is to provide activities that promote and educate living a healthy lifestyle.

“We serve a group of people who put their lives on hold to serve our country” said Brad Brimhall, director, Semper Fit, “Semper Fit’s job is to provide this fighting force with the best that our industry has to offer.”

The program offered by Semper Fit directly relates to individual combat readiness. They serve as the main mechanism through which a variety of services and activities that support an active lifestyle

See **Semper Fit** A6

Marines from the Headquarters Battalion and the Marine Corps Communication-Electronics School teams, congratulate each other following an intramural soccer game at Felix Field aboard the Combat Center, May 1. Marine Corps Community Services, in partnership with Semper Fit, hosts an intramural soccer league for units aboard the installation. HQBN came out victorious with a score of 3-1.



CPL. MEDINA AYALA-LO



CPL. MEDINA AYALA-LO

Marines from the Headquarters Battalion football team gather for a motivational talk during the Marine Corps Community Services Sports hosted Football Jamboree at Felix Field, Sept. 14, 2016.

National Preparedness Month: Flash Flooding

STORY BY
CPL. DAVE FLORES

Though the Mojave Desert is dryer than most climates, flash floods can be a very real threat. Flash floods occur when excessive water fills normally dry creeks or river beds along with currently flowing creeks and rivers, causing rapid rises of water in a short amount of time. They can happen with little or no warning.

As a part of the Presidential Policy Plan Directive-8: National Preparedness, a directive passed in 2011, the Combat Center is participating in September’s National Preparedness Month. During the second week of September, G-7, Mission Assurance, has focused on flash flood preparation.

“Flash floods are the most dangerous kind of floods, because they combine the destructive power of a flood with incredible speed and unpredictability,” said Michael Quintana, chemical biological radiological or nuclear defense protection officer, G-7. “Since we live in areas prone to flash floods, plan now to protect your family and property.”

Flash floods can happen any time of the year, but seasonal thunderstorms during the spring and summer months can bring heavy rain and cause severe flooding. Areas like the southwestern United States are affected by seasonal monsoon storms during this time of year. Flash floods are typical during this season.

To properly prepare

for a flash flood, it is important to have a plan for when they occur. If a flash flood occurs, it is important to get to high ground, away from typical flood areas such as ditches, ravines, dips or low spots, and canyons. Identify where to go to reach high ground as quickly as possible.

Do not attempt to cross flowing streams or drive on flooded roadways, as road beds may be washed out under flood waters. Avoid parking or camping along streams and washes, particularly during threatening conditions.

It is important to make a written evacuation plan, emergency communication plan and to build an emergency kit.

Kits should include items such as: water, enough for one gallon per person per day; food, enough for three days; a first aid kit; personal sanitation supplies; a flashlight and a local map.

“Having a plan is the first step in protecting your family. Don’t assume that someone will be there to help you and your family immediately,” said Quintana. “Remember that you could be on your own for quite a while. As we all know, a disaster can strike at any time and being prepared as much as possible can help families survive when things get difficult.”

For more information on National Preparedness Month, or a template on building an emergency kit and communication plan, visit ready.marines.mil.

Inside the Observation Post

Volume 61, Issue 36

- A2 Combat Center History
- A3 What I’ve Learned
- A4 Hurricane Irma Recovery
- A5 Stop the Stress
- A6 Week in Photos
- B1 Combat Center’s X Games
- B2 Movie Schedule/Pool Hours



X Games Action Sports Show comes to Combat Center
See page B1

Marine Corps’ Top Shot

Every week, thousands of fans cast their votes for the best photograph posted on the Corps’ Facebook page. This week’s top shot comes from Lance Cpl. Niles Lee.



Marine Corps Sgt. Ben Tomerlin (left), a platoon sergeant with 14th Marine Regiment, 4th Marine Division, Marine Forces Reserves, and Lance Cpl. Jacob Ramirez (right), an MKR15 Wrecker operator with Detachment Bravo, Marine Wing Support Squadron 473, Marine Air Craft Group 41, 4th Marine Aircraft Wing, MARFORRES, walk supplies through a flooded street in Orange, Texas, Sept. 3. 14th Marines and Detachment Bravo both based out of Fort Worth, Texas, traveled to Orange to transport supplies to locals affected by Hurricane Harvey which landed in eastern Texas.



Reprinted from the Observation Post
September 11, 1987

Third Tank Battalion celebrates 45th birthday

Third Tank Battalion will celebrate its 45th anniversary with a cake cutting ceremony at noon, Sept. 18 at the battalion's parking lot. Everyone is invited to attend, Maj. Gen. Gene A. Deegan, commanding general, will be the guest of honor.

The battalion was activated on Sept. 16, 1943 to Camp Pendleton. From there the battalion was deployed to Warkworth, New Zealand.

Joining the battle for the Pacific in World War II, the treads of Third Tank rolled through the smoke, sweat and blood of island battlefields, including the campaigns of Bougainville, Guam and Iwo Jima.

The unit received the Presidential Unit Citation with one bronze star for its contribution in the battle of Iwo Jima. The unit was also awarded the WWII Victory Streamer.

The battalion was deactivated Jan. 7, 1946, but was reactivated March 5, 1952. It was deployed to Japan in 1953 and served in various locations until it was assigned to the FMF during 1958, and re-assigned to 3rd Marine Division in 1963.

The unit received its first Meritorious Unit Commendation in Vietnam for "heroism, outstanding performance and meritorious achievement," Jan. 28 through May 31, 1968.

A detachment from the battalion received another MUC for action against the North Vietnamese Army on Aug. 15, 1968.

Also in Vietnam, 3rd Tank Bn. earned a bronze star for its National Defense Service Streamer, the Vietnam Service Streamer with two Silver Stars and the Vietnam Cross of Gallantry with Palm.

During April and May 1975, elements of the battalion participated in Operation Frequent Wind, providing security for evacuation of Vietnamese refugees.

The battalion was deactivated June 16, 1976, only to be reactivated here July 1, 1976.

CROSSWORD

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- Across**
1. French for Christmas.
5. A sum of money paid by the citizens of a particular country to support their government.
8. _ Thicke, played Jason Seaver on the TV show, Growing Pains.
12. _ Blame, German singer/composer.
13. An ancient Greek city-state.
15. _ Lugosi, the original Count Dracula.
16. John _, played Michael O'Rourke in the film, Fort Apache.
17. Once and _, TV show starring Sela Ward that ran from 1999 to 2002.
18. _ Street, a situation comedy starring Loni Anderson that ran from 1986 to 1987.
19. Wild uproar, tumult or chaos.
22. Acronym for Department of State.
23. A TV contest show that ran in the late '60s and was hosted by Vincent Price.
24. Something, like a glove, thrown down by a medieval knight as a token of challenge to combat.
26. Women's handbags.
29. To give a steep slope to.
31. Abbreviation for teaspoon.
32. First name of the character adopted by Steve Douglas in My Three Sons.
34. A town in Surrey, England, south of London, famous for its racetrack.
36. Burt _, played Dick Grayson/Robin in the TV show, Batman.
38. Alternative spelling of the female name Sarah.
40. The _ is on the other foot.
41. To say something with a loud voice.
43. Hindu currency.
45. Of unsound physical or mental health.
46. Manic disorders.
48. Swedish rock group known for the song, "The Final Countdown."
50. A support for a lance.
51. The point of a pen.
52. Millicurie.
54. A sharing of interests or activities between two people.
61. Synonym for iota.
63. Demi _, played Molly Jensen in the romantic thriller, Ghost.
64. Any sound considered with reference to its quality, pitch, strength, source, etc.
65. To flog or thrash.
66. A series or flight of steps.
67. Consumes or devours food.
68. _ Martinelli, Italian actress spotted by Kirk Douglas on a 1954 magazine cover and known best for her role in the 1955 film, The Indian Fighter.
69. Acronym for earned run average in baseball.
70. The gait of a horse
- between a walk and a run.

- Down**
1. Designates the midway between spring tides that attain the least height.
2. A female name from the Scandinavian word meaning "holy."
3. Impetuous ardor.
4. A room or place where food is kept.
5. An independent country in western Africa whose capital is Lome.
6. _ Alda, played Captain Benjamin Franklin Pierce on the TV show, M*A*S*H.
7. Roman numeral for 13.
8. _ Vigoda, played Detective Phil Fish on the TV show, Barney Miller, from 1975 to 1977.
9. An act or instance of leading.
10. Likewise; in the same manner.
11. Negative votes.
13. Treats with extreme care.
14. Lies comfortably or closely.
20. Latin for "existence."
21. A light stick with a flat head sometimes used in place of a cue in billiards.
25. Empty spaces or intervals.
26. A sacred song or hymn.
27. Characterized by a state of tumult.
28. Says or utters in a quick, sharp manner.
29. Weird or uncanny.
30. The last name of the character played by Edie McClurg on the TV show, The Hogan Family.
31. A member of a Pygmy people of Burundi, Rwanda and Zaire.
33. First name of Paul Buchman's cousin on the TV show, Mad about You.
35. _ Torme, musical advisor for the TV variety show, The Judy Garland Show.
37. A sand hill or ridge formed by the wind usually in arid regions or near lakes or oceans.
39. Into separate parts or pieces.
42. Abbreviation for discount.
44. A member of a Native American tribe who once lived along the southern shore of Lake Erie.
47. Minute quantity.
49. Abbreviation for obstetric.
52. Invented or created.
53. Acronym for the Channel Tunnel Rail Link.
55. A small particle or speck.
56. To make a loud sound or din.
57. A Greek nymph and mother of Miletus.
58. Frost or rime.
59. Slang for in debt to.
60. An annoying person, animal or thing.
62. Acronym for Master of Business Administration.

BIRTH ANNOUNCEMENTS

Brian Alexander Bolivar
Born September 2, 2017
Born to Alejandro and Marissa Bolivar

John Arthur Cook
Born September 5, 2017
Born to Kathryn and Stephen Cook

Emri Kain Beever
Born September 7, 2017
Born to Raven Winters and Andre Beever

Trey Kipling Minigh
Born September 8, 2017
Born to Kaylie and Paul Minigh

Brett James Mortensen
Born September 9, 2017
Born to Michelle and David Mortensen

Henry Warren Conn
Born September 10, 2017
Born to Larry and Tonya Conn

SUDOKU

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Difficult

Last week's answers

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5	2	3	1	8	7	9	6	4
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OBSERVATION POST

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Press Chief - Lance Cpl. Isaac Cantrell

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Lance Cpl. Christian Lopez
Lance Cpl. Natalia Cuevas
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OFF-LIMITS ESTABLISHMENTS

- MCIWest off-limits establishments guidance prohibits service members from patronizing the following locations. This order applies to all military personnel.
- Off Limit Establishments as of Oct 25, 2016**
- Adobe Smoke Shop, 6441 Adobe Road, Twentynine Palms
 - STC Smoke Shop, 6001 Adobe Road, Twentynine Palms
 - Puff's Tobacco, 57063 29 Palms Highway, Yucca Valley
 - Yucca Tobacco Mart, 57602 29 Palms Highway, Yucca Valley
 - NYPD Pizza, 260-262 North Palm Canyon Drive, Palm Springs
 - Sam's Smoke Shop, 16520 West Main Street, Barstow
 - Teazer's Bar & Grill Nightclub, 14269 Seventh Street, Victorville
 - Angelo's Kars, 222 & 226 S. Coast Highway, Oceanside
 - Denny's Parking Lot, 692 E Street, Chula Vista
 - Burger King & McDonald's, 28th Street (parking lots), San Diego
 - Club Mustang, 2200 University Avenue, San Diego
 - Club San Diego, 3955 4th Avenue, San Diego
 - Get It On Shoppe, San Diego
 - Main Street Motel, 3494 Main Street, San Diego
 - Trolley Stations, Palomar Street & San Ysidro, San Diego
 - Vulcan Baths, 805 W. Cedar Street, San Diego
 - Dream Crystal, 1536 Highland Avenue, National City
 - Sports Auto Sales, 1111 National City Boulevard, National City

WHAT I'VE LEARNED

Marcus

Los Angeles, Ca. Combat photographer, Combat Camera, Headquarters Battalion

CAMPBELL

CAMPBELL PLANS ON GOING TO FILM SCHOOL TO ONE DAY DIRECT HIS FAVORITE GENRE OF FILM, COMIC BOOKS AND SCIENCE FICTION. HE WOULD ALSO LIKE TO VENTURE INTO OTHER TYPES OF FILM AS HE BECOMES MORE EXPERIENCED.

>I was born and raised in Los Angeles, so I've been in southern California since I was born.

>I didn't really play a lot of sports growing up, but I spent a lot of my time skateboarding. It was a way for me to disconnect and focus on myself.

>I have two younger sisters. I'm closer to my older sister because we grew up together, and I visit her from time to time while she's going to school in LA.

>My older cousin was my role model growing up. He joined the Navy shortly after September 11th and since then he has seemed to really have his life together. I aim to follow in his footsteps.

>I decided to choose the job field of Combat Camera to improve on something I already loved. I have been able to learn so much in the time I've been in already. From angles, to editing, I could talk all day about that stuff.

>Even before I joined the Corps, I had an interest in film and photography. I used to film all the stuff that I did with my friends, from skateboarding to just hanging out.

>I decided to join the Marine Corps after high school. I wanted to give myself something to push for. Before the Marine Corps I weighed a lot more, so I had to push myself when it came to exercising while in the poolee program.

>The biggest positive impact the Marine Corps has had on my life is definitely my new found love for fitness. For some, joining the Marine Corps helps them to stay fit, for me it helped me find it. I worked at Cold Stone Creamery beforehand and didn't have the same drive as I do now.

>I think that fitness in the Marine Corps helps build camaraderie. When I'm working out with my unit, we push each other to achieve our best results.

>I am excited to take this job overseas to my new duty station in Iwakuni, Japan. Although I will miss Southern California, it will be a nice change of scenery.

> I plan on getting out after my first enlistment and going to film school in Los Angeles. My dream job is to become a director. I feel like I have the imagination for different films, but I feel like I will be best at taking someone's story they give me, and giving it the right look and feel on film.

>Something I love about film is that people don't realize how much work goes into the movies they see on film. Everything from the lighting temperature to trying to get the cameras to work the way the director wants, that's what most impressive to me.

>This may sound cheesy, but something I've always tried to live by is "always be the hardest working person in the room." It's a quote from Dwayne "The Rock" Johnson, but it really motivates me. Whether it's editing, working out, or just learning something new, I constantly push myself to be the best I can, and that usually means working the hardest to get there.



Interviewed by Cpl. Dave Flores, photographed by Lance Cpl. Isaac Cantrell



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Stop the stress!

Changing eating, sleeping habits can help

STORY BY
VALERIE O'BERRY

In August Semper Fit Dietitian Lauren King discussed the relationship between food, sleep and stress with active duty military members and their families as well as retired military and Department of Defense civilian employees.

“The brain is the number one organ in the body and if the brain is not functioning properly it can result in extreme irritability and stress,” King said. “Everyone knows they need to manage their stress and take care of their bodies; however, unhealthy habits often inhibit many from being fully operational.”

Nutrition is the key contributing factor, King believes, which systematically begins stress.

According to the American Psychological Association research shows the connection between stress and food as people tend to eat high-calorie, high-fat foods during periods of stress and as a result store more fat opposed to when they feel relaxed.

The APA found 38 percent of adults admit they have unhealthy eating habits, which results in stress, with 30 percent of adults admitting to skipping meals and 27 percent of adults claiming the habit is a vice related to combat stress.

While the majority of these adults who skip meals due to stress claim a lack of appetite a smaller minority claim they did not have the time.

King believes Marines and civilians often consume unhealthy foods during the work day due to the lack of preparation for the day ahead.

“Like any machine that needs the right energy to perform, the body needs the good quality proteins, carbohydrates and hydra-

tion to operate efficiently,” King said. “If the body is not treated properly it can wreak havoc on the body’s ability to conduct its normal routines.”

The APA found that after most adults partake in unhealthy food habits approximately half of adults admit to feeling disappointed in themselves, feeling bad about their bodies and feeling sluggish or lazy. And those who skip meals attest to similar effects.

According to King, proper energy can be achieved through the day by avoiding the vending machine and choosing to bring apples with peanut butter or whole wheat crackers with cream cheese to snack on at work.

“By eating the right foods people on base can get a lot more work accomplished and will have the proper energy to sustain them throughout the day,” King said.

However, the adverse effect of a poor diet can result in many things from heart disease to high blood pressure and dehydration to obesity.

But, King believes that most of the severe effects such as heart disease and high blood pressure may develop over time, where more immediately, proper rest can be severely impacted by a poor diet.

“One stressor that many can relate to is the inability to focus on work when hungry, thus setting people up for longer hours of work than normal,” King said. “If people are taking work home with them or worried about the work they did not finish the prior day then they are probably not getting the seven-to-eight hours of sleep recommended each night.”

King said the brain is like a computer as it needs proper rest to reset itself and work more efficiently the next day.

The APA cited a study conducted by the National Science



CPL. ALEXANDER MITCHELL

HM2 Ashley Tockweiler, a corpsman with Special Purpose Marine-Air Ground Task Force Crisis Response-Africa, gives a nutrition class at Instituto Comprensivo “Salvo Basso” Scordia, Italy on May 5, 2016. The Marines and sailors taught a class about healthy eating habits and general nutrition, then gave a physical training exercise demonstration.

Foundation which revealed approximately 40 million Americans suffer from more than 70 different sleep disorders, with 60 percent of adults admitting to having sleep problems a few nights a week or more.

In the same study, 40 percent of adults admitted to experiencing daytime sleepiness, which interfered with their daily activities a few days each month, with 20 percent reporting problem sleepiness a few days a week or more.

APA found the average adult gets less than seven hours of sleep with 80 percent of adults admitting their sleep was poor and unsatisfactory. Another 43 percent admitted to stress causing them to lie awake at night.

The APA study also found 37 percent of adults report fatigue or feeling tired because of stress with many adults reporting negative consequences from not getting enough sleep, including many feeling sluggish, lazy, irritable and having trouble concentrating due to a lack of motivation to take care of their responsibilities.

Where many find solace in coffee, as more than 2 billion people enjoy a cup every morning, King believes that this may not be the answer.

“Caffeine can be a healthy way to start the day, but in moderation,” King said “If you don’t get enough sleep caffeine can be an inhibitor as people tend to depend on it more, thus creating a reliance on it.”

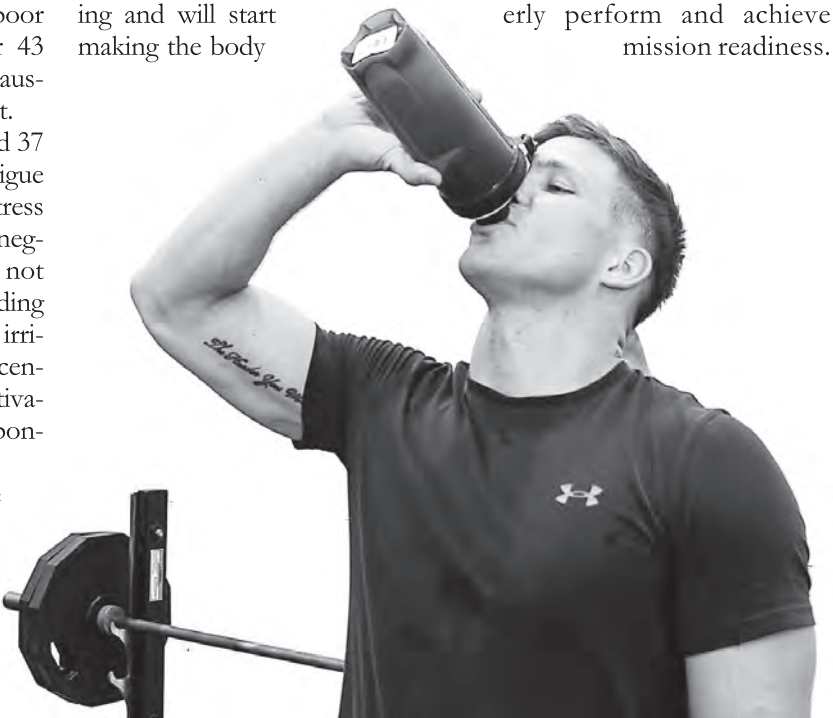
According to King, by not eating well and drinking too much caffeine, these tendencies can cause severe damage to the body and deplete it of energy.

A study conducted by the Food and Drug Administration found drinking coffee can present similar tendencies to that of a stimulating drug where often-times the brain tries to prepare itself to combat the effects.

This is why if someone drinks coffee every morning, their brain receives cues when the smell or sight of coffee is present. The brain believes a caffeine intake is coming and will start making the body

more tired and less alert to preemptively cancel out the effects. As a result, the person begins to feel less of the actual effects of the coffee and get sleepier. Without additional caffeine they will only become more irritable, stressed and tired. However, excess caffeine can interfere with sleep and trigger dehydration, which can zap energy and cause headaches, rapid heartbeat and irritable digestive systems.

So as eyes weigh heavy and stomachs hunger across base, it is important to bear in mind, there are no substitutes for what the body needs to properly perform and achieve mission readiness.



CPL. LOGAN SNYDER

Sgt. Joshua Tammeus, motor transporter chief, U.S. Marine Corps Forces Command, practices proper nutrition and consumes a protein shake between sets during his workout April 28, at Hopkins Hall Gym aboard Camp Allen, Norfolk, Va. Tammeus required maximum effort for his gym session, and took appropriate measures to ensure his body would be able to support his high intensity workout.



LANCE CPL. JULIO MCGRAW

Ellen Damaschino, Cooking Matters tour Leader, explains the nutrition diagram to Erika Molden, tour participant, during the Cooking Matters tour of the Commissary Oct. 9, 2014. Throughout the tour, participants asked questions about shopping for healthier food while keeping price in mind.

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LANCE CPL. SANTINO MARTINEZ

Marines with Battalion Landing Team 2nd Battalion, 6th Marine Regiment, 26th Marine Expeditionary Unit, board an MV-22 Osprey aircraft to provide relief efforts in the U.S. Virgin Islands aboard the amphibious assault ship USS Kearsarge (LHD 3), in the Caribbean Sea, Sept. 11. The 26th MEU is supporting the lead federal agency in providing humanitarian relief (and/or search and rescue) efforts for Hurricane Irma.



LANCE CPL. TOJYEA MATALLY

A Marine with Battalion Landing Team 2nd Battalion, 6th Marine Regiment, 26th Marine Expeditionary Unit, helps a civilian airport employee deliver water for distribution purposes in the humanitarian effort for victims of Hurricane Irma at the St. Thomas Cyril King E. Airport, St. Thomas, U.S. Virgin Islands, Sept. 11. The 26th MEU is supporting the lead federal agency in providing humanitarian relief (and/or search and rescue) efforts for Hurricane Irma.



SEAMAN VANCE HAND

Lance Cpl. Tyler Hunt, right, a Seattle native, assigned to the 15th Marine Expeditionary Unit aboard the amphibious assault ship USS America (LHA 6), participates in a tactical recovery of aircraft and personnel evacuation drill in the ship's vehicle stowage area during Alligator Dagger.



CPL. BRYANN WHITLEY

Sgt. Ethan Mawhinney, a Marine Air Ground Task Force planner with U.S. Marine Corps Forces, Special Operations Command, competes in an 880-meter Tactical Hill Climb during the Marine Corps third annual HITT Tactical Athlete Competition at Camp Pendleton, Calif., Aug. 28th through 31st. Mawhinney won this year's competition, successfully defending his title two years in a row as Male Division Champion at the 2017 competition.



CPL. JODSON GRAVES

An AV-8B Harrier pilot assigned to the 24th Marine Expeditionary Unit parks his aircraft on the flightline at Morón Air Base, Spain, Sept. 7. The 24th MEU sent aircraft and personnel to conduct maintenance while on station at Morón.

Semper Fit From A1

are provided to Marines and sailors. Semper Fit hosts a multitude of intramural sports including tackle and flag football, basketball, volleyball, softball, cross country and 3-on-3 and 5-on-5 basketball tournaments. Any Combat Center patron who wants to take part in an intramural sport can contact Semper Fit at 760-830-6857.



LANCE CPL. CHARLES SANTAMARIA

Soccer players with Headquarters Battalion pose for a group photo after winning championship indoor soccer game at the East Gym Dec. 5, 2013.

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Coachella Valley Helping Hurricane Harvey Relief

Families in the Houston and surrounding Cities are in immediate and long term need of recovery Assistance. The people of Katy, Texas have been extremely hard hit. Katy Christian Ministries, a not for profit social services organization that serves the Katy/West Houston area is assisting with local relief efforts. Along with Xavier College Prep, members of The Coachella Valley Chapter of the National Charity League and several local businesses, we ask that you assist in this effort by Donating New Personal Care Items, Cleaning Supplies and Non-Perishable Food. All donations will be transported to Katy Christian Ministries via a 50 foot trailer generously donated by Marshall Kipp of Advanced Transportation Services. The truck will depart Xavier Prep for Katy, Texas on Monday, September 18th.

Now Through Friday, September 15, 2017

Please donate new Personal Care Items, Cleaning Supplies and Non Perishable Food.

Donations can be dropped off at:

- Xavier College Preparatory High School
- Fresh Juice Bar in Palm Desert or La Quinta
- Realty Executives Desert Lifestyles in Old Town La Quinta
- Cord Media in Palm Desert

More Information Call: Kimberly Oleson at (760) 799-5577 or Whitnee Romano at (760) 831-0439

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Innovation Challenge Timeline:

Idea submission deadline: 08 September 2017

Submission Review and Finalist Selected: 05-15 September 2017

MARADMIN to announce finalists: 19 September 2017

San Diego-area Hackathon: Planned 27-29 October 2017



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X Games Action Sports Show: Defying Gravity



LANCE CPL. CHRISTIAN LOPEZ

Dustin McCarty, professional BMX rider and X Games athlete, performs a nothing during the X Games Action Sports Show at the Marine Corps Exchange parking lot aboard the Combat Center, September 9. The X Games Action Sports Show was a one day event where professional skaters and BMX riders provided entertainment for Marines, sailors and their families.

STORY BY LANCE CPL. CHRISTIAN LOPEZ

On an unexpected rainy day in Twentynine Palms, not even the dreary weather could stop the roaring cheers of Combat Center residents as they watched extreme sports athletes brighten their day through gravity-defying tricks.

Marine Corps Community Services hosted the X Games Action Sports Show at the Marine Corps Exchange aboard the installation, September 9th, 2017, in which professional skaters and BMX, bicycle motocross, riders performed their most technical tricks to provide entertainment for Combat Center patrons.

MCCS hosts many events throughout the year focused on improving the morale of Marines, sailors

and their families.

The X Games is an extreme sports competition presented bi-annually by ESPN, Entertainment and Sports Programming Network, where athletes compete for medals, as well as money and prizes. The action sports show was a small variation of the X Games, which gave viewers a taste of what the athletes can do.

"I thought it was a great idea," said Billy Marks, professional skater. "When I was asked to participate, I didn't even have to think about it."

The X Games Action Sports Show opened with an exhibition introducing each of the extreme sports athletes. Shortly after, a volunteer was called from the crowd to be jumped over by BMX rider, Dustin McCarty.

The volunteer was asked to stand atop a vert ramp with his arms spread while McCarty flew over him by mere inches.

The exhibition wrapped up with a plethora of backflips and aerial acrobatics, followed by a much awaited meet and greet, during which Combat Center patrons could meet the X Games medalists and ask questions.

The action sports show also included a DJ performing live, the giveaway of signed skateboards and bikes, a Japanese comfort food truck, and beer alongside Budweiser representatives.

"It was such a privilege to be able to come out here and perform for the service members and their families," said Jared Eberwein, professional BMX rider.



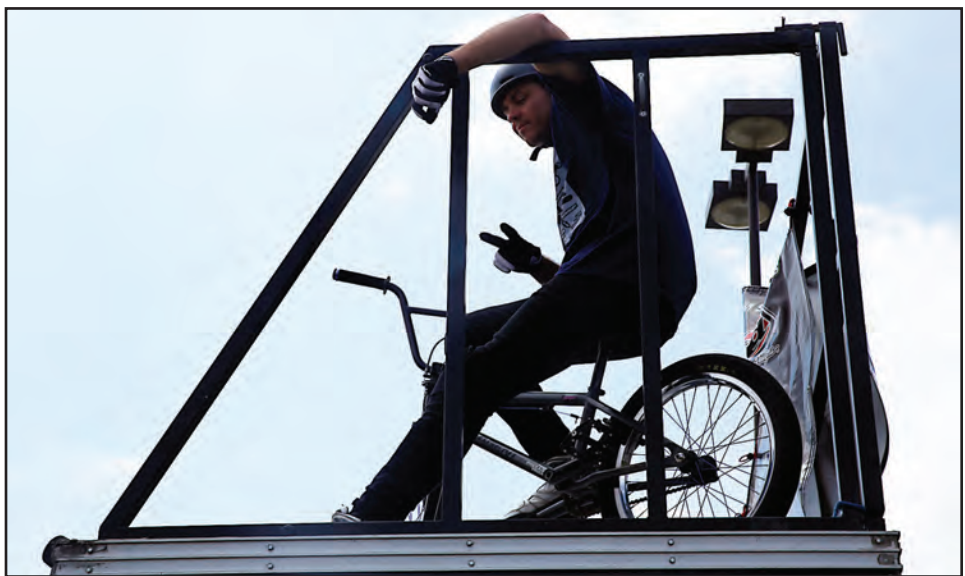
LANCE CPL. CHRISTIAN LOPEZ

Taylor McClung, professional skater and X Games athlete, performs a 50-50 grind during the X Games Action Sports Show at the Marine Corps Exchange parking lot aboard the Combat Center, September 9.



LANCE CPL. CHRISTIAN LOPEZ

Garret Hill, professional skater and X Games athlete, performs a no comply backslide board slide during the X Games Action Sports Show at the Marine Corps Exchange parking lot aboard the Combat Center, September 9.



LANCE CPL. CHRISTIAN LOPEZ

Jared Eberwein, professional BMX rider and X Games athlete, poses for the camera atop a half pipe as he waits for his turn to entertain the crowd during the X Games Action Sports Show at the Marine Corps Exchange parking lot aboard the Combat Center, September 9.



LANCE CPL. CHRISTIAN LOPEZ

Jared Eberwein, professional BMX rider and X Games athlete, performs a 360 during the X Games Action Sports Show at the Marine Corps Exchange parking lot aboard the Combat Center, September 9. The X Games Action Sports Show was a one day event where professional skaters and BMX riders provided entertainment for Marines, sailors and their families.

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head to the pool

Beat the heat this summer by heading to one of the many pools aboard the Combat Center. The Officer's Club pool has lifeguards who are available to assist children who have trouble swimming. The family pool, located on Cottontail Road, offers swim lessons for non-swimmers. For swimmers who wish to swim competitively, the family pool also offers "team-ready" classes, which teach competitive strokes, starts, turns, and finishes.

The Training Tank is open now.

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- Unit Training: 7:30 a.m. to 10:30 a.m.
- Open Swim: 1:30 p.m. to 6 p.m.

Mon-Fri

- Lap Swim: 11 a.m. to 1 p.m.

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- Open Swim: 11 a.m. to 1 p.m.

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- Unit Training: 7:30 a.m. to 10:30 a.m. and 1:30 p.m. to 3:30 p.m.
- Recreational Swim: 4 p.m. to 7 p.m.

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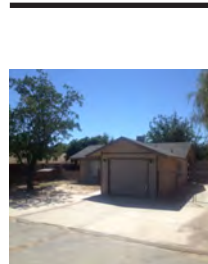
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ROOMS FOR RENT 223

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29 Palms
2 Wks FREE rent!! \$275/mo. + \$150 deposit. Female strongly pref. 2 Weeks FREE rent in Nov! 760 774-9562

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