



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**



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.

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

# 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](http://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 Reserve, 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.

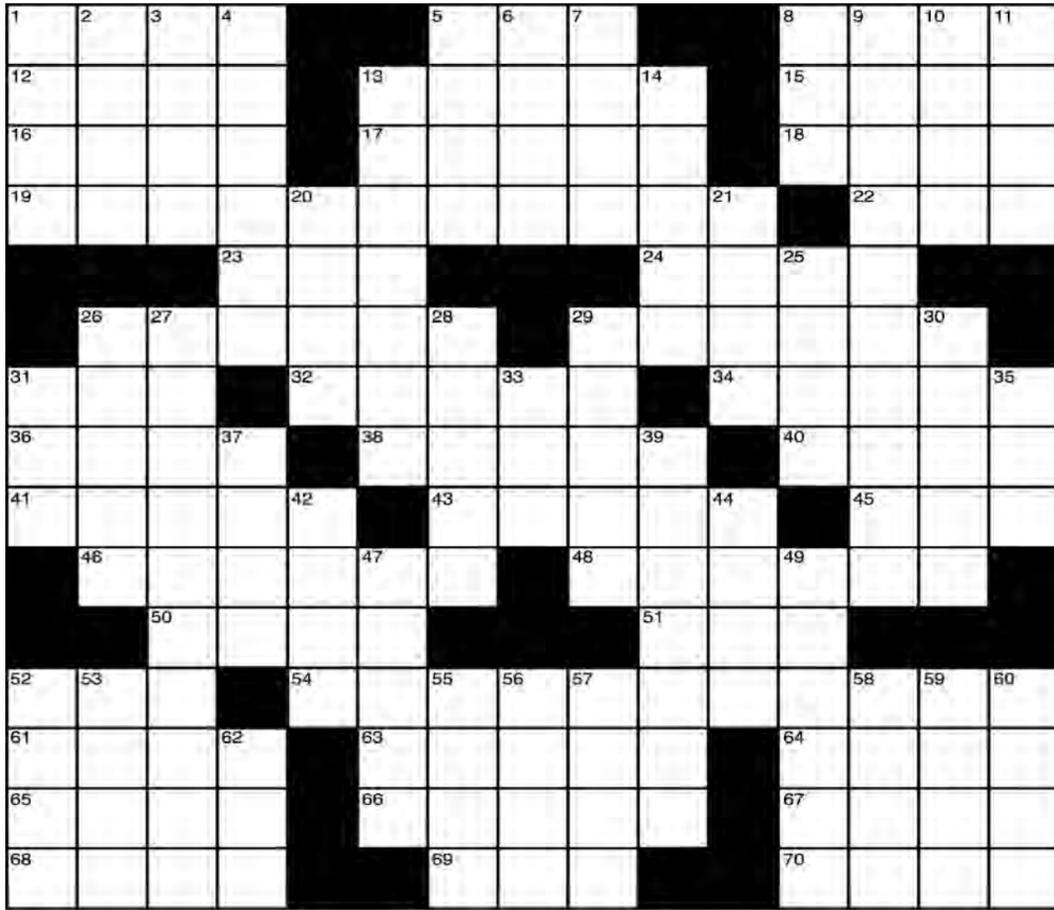
Also in Vietnam, 3rd Tank Bn. earned a bronze star for its National Defense Service

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



### 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

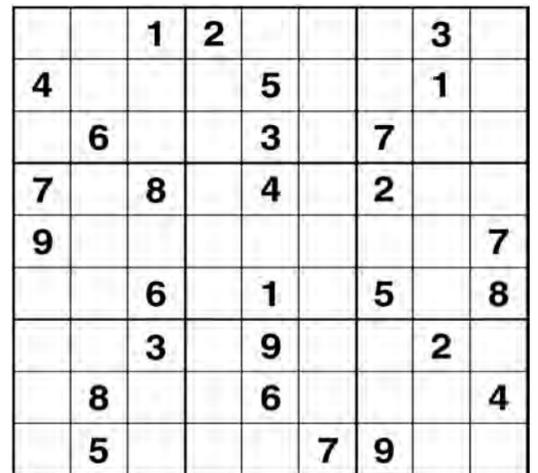
### Brett James Mortensen

Born September 9, 2017  
Born to Michelle and David Mortensen

### Henry Warren Conn

Born September 10, 2017  
Born to Larry and Tonya Conn

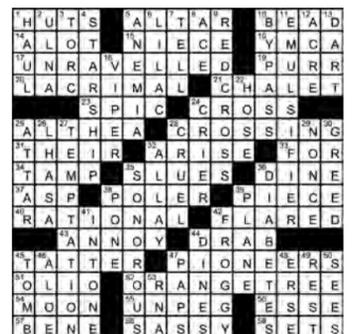
## SUDOKU



© 2009 Hometown Content

Difficult

Last week's answers



## OBSERVATION POST

**Commanding General** - Maj. Gen. William F. Mullen III  
**Installation Sgt. Maj.** - Sgt. Maj. Michael Hengdes  
**Public Affairs Officer** - 1st Lt. Karen Holliday  
**Deputy Public Affairs Officer** - Ms. Lauren Kurkimiris  
**Public Affairs Chief** - Cpl. Medina Ayala-Lo  
**Press Chief** - Lance Cpl. Isaac Cantrell

The Observation Post is published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense or the United States Marine Corps, under exclusive written contract with the Marine Corps Air Ground Combat Center. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of the Observation Post are not necessarily the official views of, or endorsed by, the United States government, the DOD, or the United States Marine Corps. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD or Hi-Desert Publishing of the services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Editorial content is prepared by the Public Affairs Office, MCAGCC, Twentynine Palms, Calif. 92278. All photos, unless otherwise indicated are Official USMC Photos. Questions can be directed to the Public Affairs Office, located in building 1417, during normal working hours at 830-6213 or FAX 830-5474. The Observation Post is made with 60 percent recycled paper.

## 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 CAMPBELL

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

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.

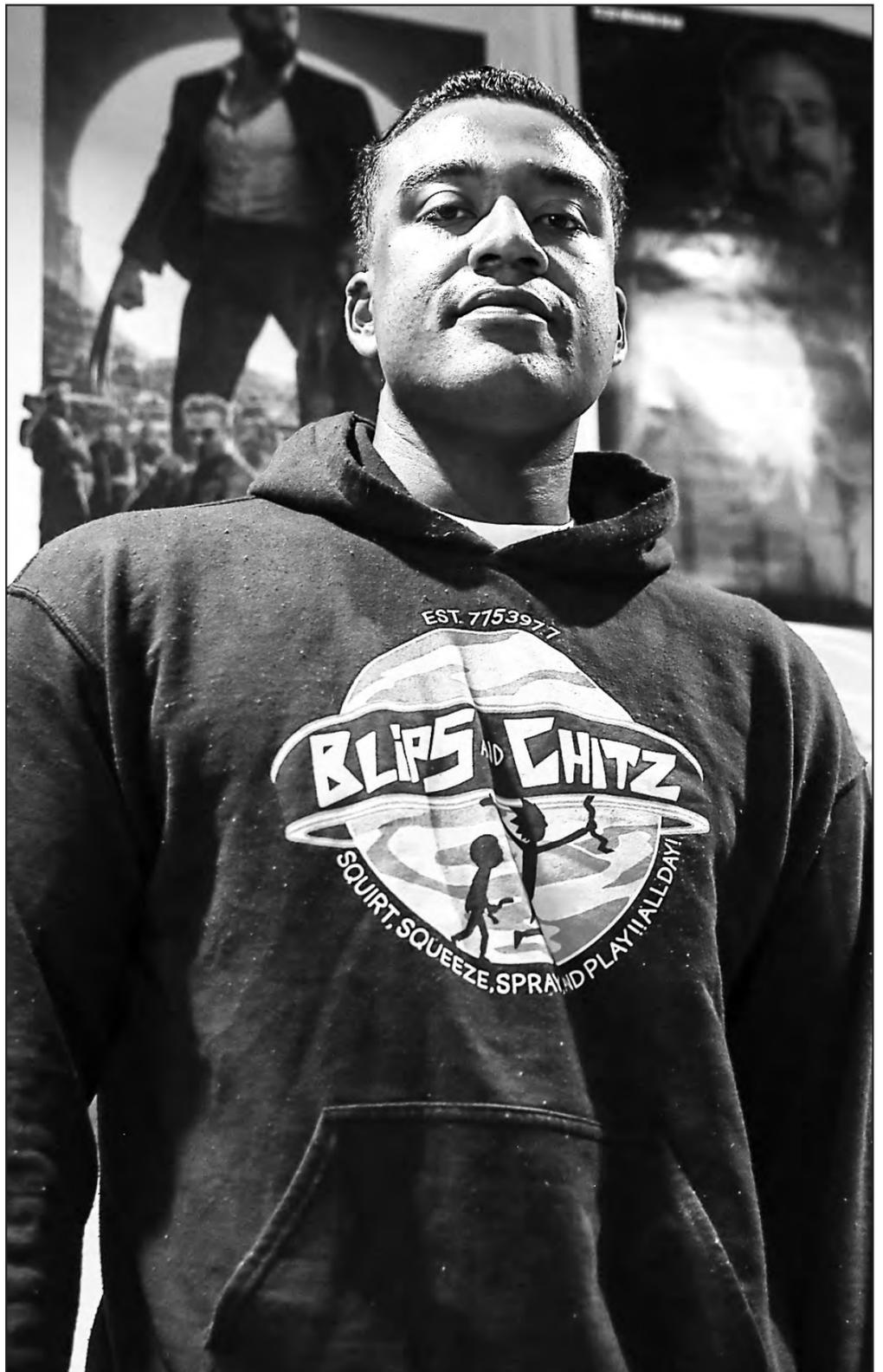
>I think that fitness in the Marine Corps helps build camaraderie. When I'm working out with my unit, we push each other to achieve our best results.

>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



## A GREAT MORTGAGE CAN MAKE DREAMS COME TRUE

With interest rates still near historic lows, it's a great time to buy a home.

- > No-money-down (100% financing) purchase options<sup>1</sup>
- > No Private Mortgage Insurance (PMI) on many loans
- > \$1,000 Mortgage Rate Match guarantee<sup>2</sup>
- > Up to \$5,050 cash back when you use RealtyPlus<sup>®</sup> to buy or sell your home<sup>3</sup>

Our trusted home-buying experts can help you get started today!

**NAVY FEDERAL**  
Credit Union

ARMY  
MARINE CORPS  
NAVY  
AIR FORCE  
COAST GUARD  
VETERANS

navyfederal.org  
1-888-842-6328

Federally insured by NCUA. Product features subject to approval. 100% financing loans may include an additional funding fee, which may be financed up to the maximum loan amount. Available for purchase loans only. <sup>1</sup>Special offer available for purchase and refinance first mortgages. Certain product exclusions may apply. You must lock your rate with Navy Federal prior to submitting rate match request to qualify for this offer. Loan Estimate from competing lender must be dated and received within three calendar days of locking your interest rate at Navy Federal. Please note that other documentation used to show competitors' terms will not qualify for offer. The terms of the competing loan must be identical to Navy Federal's loan; for example, a 30-year, fixed-rate product with mortgage insurance is not identical to a Navy Federal 30-year, fixed-rate product that does not have mortgage insurance. If the loan does not close within the commitment period, the rate match may be voided. Note: The initial Loan Estimate from a wholesale lender/broker is not an acceptable document for a rate match submission unless the Lender Information section on the Loan Estimate is completed. To receive \$1,000, you must provide a signed, executed copy of the final Closing Disclosure and a copy of the mortgage note within 30 calendar days of your loan closing with the original competing lender. Offer not valid if original loan terms or conditions change prior to closing. Once approved, \$1,000 will be automatically deposited into your Navy Federal account within 30 calendar days of receiving the necessary documentation. Recipient is solely responsible for any personal tax liability arising out of this incentive. <sup>2</sup>Cash back from \$400 to \$5,050 is available in most states. No cash back in AK, LA, MS, OK. The program is not available in Iowa or outside the U.S. You must be referred by RealtyPlus to a program real estate broker/agent and be represented by the assigned RealtyPlus real estate firm at closing to qualify. Standard listing fees apply. Contact RealtyPlus for terms and conditions. © 2017 Navy Federal NF0113471 (8-17)



# ★ ★ ★ ★ ★ Around the Corps ★ ★ ★ ★ ★ Marines assist with Hurricane Irma Recovery

Photos by Lance Cpl. Erin Ramsay



Marines, with the Marine Corps Air Station Beaufort, Security Augment Force, pick up debris from Laurel Bay, military housing complex in Beaufort, S.C., Sept. 12. Debris was cleared to ensure a safe return for those who evacuated due to Hurricane Irma.



Lance Cpl. Joe S. Clever, with the Marine Corps Air Station Beaufort, Security Augment Force, picks up debris aboard MCAS Beaufort, S.C., Sept. 12.



Marines, with the Marine Corps Air Station Beaufort, Security Augment Force, pick up debris from Laurel Bay, military housing complex in Beaufort, S.C., Sept. 12. Debris was cleared to ensure a safe return for those who evacuated due to Hurricane Irma.



Marines, from Marine Corps Air Station Beaufort, load sandbags into a truck from barracks room doors aboard MCAS, Beaufort, S.C., Sept. 11. Sandbags were placed to minimize damage in preparation of impacts caused by Hurricane Irma.



Marines, with the Marine Corps Air Station Beaufort, Security Augment Force, pick up debris from Laurel Bay, military housing complex in Beaufort, S.C., Sept. 12. Debris was cleared to ensure a safe return for those who evacuated due to Hurricane Irma.

## JOIN US IN WORSHIP MORONGO BASIN

**The EPISCOPAL CHURCH WELCOMES YOU**  
St. Joseph Of Arimathea  
56312 Onaga, Yucca Valley  
(760) 365-7133  
rsmith6427@att.net  
Holy Eucharist Sunday 10:00 a.m.  
Mutual Ministry 3rd Fri of the month 9:00 a.m.

THIS WEEK'S SPOTLIGHT CHURCH  
Family friendly, gospel focused  
**crossview**  
Bible Church  
Pastor Stephen Jones  
Sunday Worship at 10:30 am

Family friendly, gospel focused  
**crossview**  
Bible Church  
Pastor Stephen Jones  
Sunday Worship at 10:30 am  
56374 Onaga Tr., Yucca Valley  
760-365-5771

**Skyview Chapel Church of God**  
Worship Service  
Sun. 10:30 A.M. & 6:00 P.M.  
Wed. Bible Study 6:00 P.M.  
7475 Sunny Vista Rd., Joshua Tree  
Pastor Abe Casiano  
Church (760) 366-9119  
www.skyviewchapel.org

56374 Onaga Trail  
in Yucca Valley  
(760) 365-5771  
www.fsbcyv.org

**DESERT CONGREGATIONAL CHURCH**  
Sunday 10:00 A.M. - Worship  
Sunday School Child Care  
PASTOR ALLAN MORROW  
29 Palms • 5688 Sunrise Drive  
760-361-0086  
www.desertcongregationalchurch.org

Pastor J. Andrew Goodwin  
**Two Mile Apostolic Tabernacle**  
(760) 367-0080  
www.twomileapostolic.com  
Pentecostal by Experience & Apostolic by Doctrine  
Sunday Worship 10:00 am  
Wednesday Bible Study 7:00 pm  
74301 Two Mile Road 29 Palms

**First Christian Church**  
Unconditional Love - Unconditional Surrender  
(760) 365-4014 56284 Buena Vista Dr.  
Sunday 9:30am & 11am  
Wed. Bible Study 5:30pm

Sunday Morning 10am  
Wednesday Night 7pm  
**Calvary Chapel LANDERS**  
EST. 1963  
55474 New Dixie Mine Rd. Landers, CA 92285  
Phone: 760.364.2791 www.cclanders.com

**St. Martin-In-The-Fields EPISCOPAL CHURCH**  
Sunday School & Eucharist 10:00 am  
Sunday Gospel Meditation 9:00 am  
Tues. 12 Step Church 6:30 - 7:05 pm  
Wed. Morning Prayer 7:30 am  
Vicar, Peggy Ventris  
\*Celebrating God's love for all God's Children\*  
72348 Larrea Road • www.stmartinschurch29.org  
(760) 367-7133

**Blessed Sacrament Catholic Church**  
Mon-Thursday 8:00 am  
Saturday 4:30 pm  
Sunday 8:00 am, 10:30 am  
\*Spanish Mass 12:00 pm 1st Sunday  
6785 Sage Ave.  
29 Palms, CA 92277  
760-367-3343  
blessedsacramentchurch29palms.com

**Desert Hills Presbyterian Church**  
Pastor Wayne Morrow  
Sunday School & Worship 10 am  
Wednesday Bible Study 4 pm  
760-365-6331 • www.deserthillspc.org  
56750 Mountain View Trail, Yucca Valley

**Spread the Word!**  
Promote your services in our  
**JOIN US IN WORSHIP SECTION**  
Only \$20/wk. in all 4 of our local papers\*  
(760) 365-3315 The Hi-Desert Star  
For more information and to place your ad Call  
(760) 367-3577 The Desert Trail

**Living Waters Worship Center**  
Let's Grow Together  
Pastor James Goodline  
7347 Church St., Yucca Valley  
Sun. 11:00 am 6:00 pm Wed. 7:00 pm  
lwccpastorjames@aol.com  
760-910-3678

We're on **facebook**  
more than 170,000 likes  
Join the online community  
Visit us at www.facebook.com/thecombatcenter

**A Great Place to Live!**  
Resident Owned Mobile Home Park  
• Senior Membership Park 55+  
Homes & Lots Available • Best Rates In The Morongo Basin  
Amenities Include Pool, Clubhouse, And Enclosed Dog Play Area  
If you're 55+, you might want to see if this park is for you. Apache Mobile Home Park is a resident owned senior park.  
**Spacious Double Wide**  
**FOR SALE** **2 Bdrm. 2 Ba.**  
**\$36,000**  
New Deck • Move In Ready • New AC  
**APACHE MOBILE HOME PARK**  
56254 29 Palms Hwy., Yucca Valley California 92284  
**760-365-3853**  
www.apachemobilehomepark.com

# 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

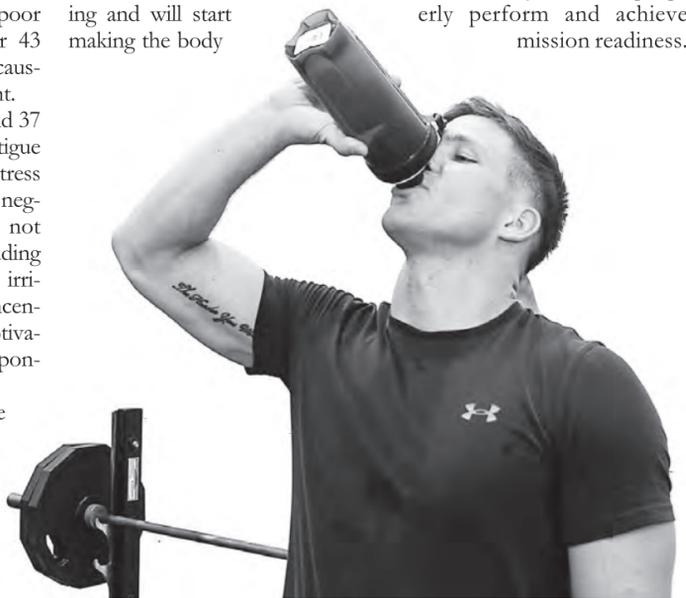
more tired and less alert to preemptively cancel out the effects. As a result, the person begins to feel less of the actual effects of the coffee and get sleepier. Without additional caffeine they will only become more irritable, stressed and tired. However, excess caffeine can interfere with sleep and 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.



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.



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.

**Look at What's New at The Roost Café!**

Yes, we still have **FRIDAY NIGHT Music & Prime Rib** plus...

**TIMELESS CLASSICS**  
MUSIC YOU KNOW & LOVE

WITH **Keisha D**

**SATURDAYS ENTERTAINMENT 6:30 DINNER & DANCING**

**THE ROOST Sports Café & Bar**

at HAWKS LANDING GOLF CLUB  
55100 MARTINEZ TRAIL, YUCCA VALLEY, CA 92284  
(760) 365-0033

NO COVER

Hours: SUN-WED 7AM-5PM • THURS & FRI 7AM-9PM  
SATURDAYS 7AM-10PM

55100 Martinez Trail, Yucca Valley CA  
(760) 365-0033 x2

**Golf • Dine • Enjoy!**

**Early Bird RATE \$30<sup>00</sup>**  
All Tee Times before 9am Mon.-Thurs.

**Every Day Play 12 or 18 all day for ACTIVE DUTY MILITARY \$25<sup>00</sup>** Includes Cart

**LEARN TO GOLF OR IMPROVE YOUR GAME!**  
Youth Clinics & Adults Clinics

Open Daily 7am

**Hawk's Landing GOLF CLUB**

**SAVE THE DATE!**  
2<sup>ND</sup> Annual **WJB OPEN GOLF Classic**  
October 6-7, 2017

**LARGE BUCKET PLUS 2 BEERS Buckets & Beer Special!**  
EXPIRES 9/22 **only \$15**

**760-365-0033** 55100 Martinez Trail, Yucca Valley  
www.hawkslandinggolf.com

# WeekINPhotos



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.

*Nation's No. 1 Longtime Serving Communities Together*

AN ACQUITTORATIONS SERVICE INC.

Marshall Kipp, CEO/President

## 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

<p><b>PERSONAL CARE ITEMS</b></p> <ul style="list-style-type: none"> <li>Bar Soap/Handsoap</li> <li>Shampoo &amp; Conditioner</li> <li>Toothpaste/Toothbrushes</li> <li>Feminine Products</li> <li>Combs/Brushes</li> <li>Baby Wash</li> <li>Diapers (Especially sizes 4-6)</li> <li>Toilet Paper</li> <li>Hand Sanitizer</li> <li>Basic First Aid Supplies</li> <li>Ziplock Bags (Qt and Gallon)</li> <li>Paper/Plastic Plates &amp; Bowls</li> <li>Plastic Utensils (Forks &amp; Spoons)</li> <li>Can Openers</li> </ul>	<p><b>CLEANING SUPPLIES &amp; OTHER NEEDS</b></p> <ul style="list-style-type: none"> <li>Bleach</li> <li>Buckets</li> <li>Brooms/Mops</li> <li>Paper Towels</li> <li>Lysol Wipes</li> <li>All-Purpose Cleaners</li> <li>Sponges</li> <li>Kitchen Sized Garbage Bags</li> <li>Dawn Dish Soap</li> <li>Cleaning Gloves</li> <li>Work and/or Rubber Gloves</li> <li>Dust Face Masks</li> <li>18 Gallon Rubber Maid Containers to Salvage Items From Homes</li> <li>Duct Tape/Masking Tape</li> </ul>	<p><b>Face Masks</b></p> <ul style="list-style-type: none"> <li>Rubber Boots (Ladies Size 6,7,8,9, &amp; 10)</li> <li>Mold Removal Spray (Comm. Grade)</li> </ul> <p><b>FOOD</b></p> <ul style="list-style-type: none"> <li>Non-Perishable Food That Can Survive a Truck Ride to Texas.</li> </ul> <p><b>Suggested Items Include:</b></p> <ul style="list-style-type: none"> <li>• Mac &amp; Cheese</li> <li>• Dry Beans, 1 lb Bags</li> <li>• Cereal and Oatmeal</li> <li>• Ground Coffee</li> <li>• Ramen Noodles</li> <li>• Canned Meat (Spam, Vienna, etc.)</li> <li>• Snacks for Kids</li> </ul>
--	---	---

## 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.

**Limited Time Offer!**

# \$39.99

Month

for 12 Months  
+ \$14.95 / Mo. Internet

HIGH SPEED INTERNET  
as low as  
\$14.95 / Mo

**FREE**

SAME DAY INSTALLATION  
in up to 6 rooms

**DISH OFFERS**

PRO & COLLEGE GAMES  
with qualifying packages

**FREE**

PREMIUM CHANNELS  
For 3 months

skatvz HBO ENTERTAINMENT

Offer subject to change based on premium channel availability.

## FREE Hopper 3

WITH sling.

- Instantly skip commercials\*
- Record up to 16 different shows at the same time.\*

\*Features must be enabled by customer. Available with qualifying packages. Monthly DVR service fee applies.

**CALL NOW - SAVE UP TO 30%!**

# 1-800-671-3350

Restrictions apply. Call for more information. Offer ends on 6/21/17.

## Cinema 6

Showtimes Effective  
9/15/17 - 9/20/17

<b>American Assassin (R)</b>
1:30 4:00 6:30 9:00
<b>Wind River (R)</b>
1:30 4:00 6:30 9:00
<b>The Hitmans Bodyguard (R)</b>
1:30 4:00 6:30 9:00
<b>I.T. (R)</b>
1:30 6:00 9:00

Starting next Friday 9/22/17

- Kingsman & The Golden Circle
- The Lego Ninjago Movie

**1 (760) 365-9633**  
[www.cinema6theatre.com](http://www.cinema6theatre.com)



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.

# SERVICE DIRECTORY

## AIR CONDITIONING & HEATING

**ADVANCED MECHANICAL**  
760-228-2934

AIR CONDITIONING, HEATING & EVAPORATIVE COOLER SERVICES  
Sales • Service • Repair & Installation  
METAL DUCT FABRICATION

MIKE COLCLASURE  
LIC 880070

SENIOR & MILITARY DISCOUNTS

- Duct Cleaning
- Evaporative Coolers
- Mitsubishi Mini-Split
- Sheet Metal
- Free Estimates
- New Unit Installation

**Diversified**  
Heating & Cooling

"Comfort With Integrity"

(760) 365-6740  
Honest & Reliable Service  
ROBBY THIELE OWNER Lic #932767

THE Troubleshooting specialist.  
if I can't repair it you'll know why.

**\$120 OFF MAJOR REPAIRS** (\$350+)  
5% SENIOR DISCOUNT  
HEAT PUMP SPECIALIST

**ANTHONY AIR 760-449-8363**  
SERVING THE HVAC INDUSTRY SINCE 1978

## ALTERNATORS & STARTERS

FREE Starting & Systems Check  
Starter & Alternators for anything  
Auto Electric - RV's - Trailer Brakes

No appointment needed

**ACE**  
ALTERNATORS

760-365-5489  
7185 Mohawk Trail, Yucca Valley

Interstate Batteries

## CLEANING SERVICES

**Maria's**

Professional  
**CLEANING & MOVING**

- Residential Cleaning - 30 years
- Office Buildings
- Walls • Commercial
- Rentals & Real Estate
- Construction Clean up
- Windows/Blinds
- Heavy Vacuuming • Ovens

Excellent References  
Free Estimates

Insured  
Lic # 10886

760-333-0493

**Mike's Janitorial and Carpet Cleaning**

- Carpet Cleaning for Commercial & Residential
- Windows & More!

Ph: 760-367-7685 5430 Bailey Ave.  
Cell: 760-408-6777 29 Palms, CA 92277

## CONCRETE / MASONRY

**CONCRETE**  
Over 25 Years Experience Locally  
Drives, Patios House Slabs Also  
Carpentry Rm. Additions, Etc  
No Job Too Small!

Call Bill Lic. #409280  
760 365-6724 760 217-2805  
Office Cell

**DC "we do grading"**  
DILLON CONCRETE

ALL PHASES OF CONCRETE  
RESIDENTIAL & COMMERCIAL  
CONCRETE STAMPING • DRIVEWAYS • WALKWAYS

760-362-3196  
LIC # 911873 YUCCA VALLEY

## CONSTRUCTION / ELECTRICAL

James L. Clayton Lic#856762  
760-774-8609 B-1 & C-10

**JLC**

Construction & Electrical Services

Residential & Commercial Remodeling & Repairs - Electrical - Plumbing - Painting - Stucco - Carpentry - Concrete Installation & Repairs - Flood Damage  
10% Senior Discount

Local Small jobs "ok" Email: JamesLClayton@aol.com  
Over 20 years of experience

## CONSTRUCTION / REMODELING

**GOODPASTER CONSTRUCTION**

New Construction, Complete Remodeling, Additions,  
Kitchen & Bath, Interior-Exterior Repairs  
Serving the Monrovia Basin since 1984  
No job too Small or too Large  
"Bonded & Insured"  
Lic. #503172  
760 228-1985

License No. 790018

**Monument Homecrafters**

Custom Homes • Room Additions  
Remodeling • Home Repairs  
(760) 219-3622 Benny Kraemer

**Home & Construction Services**

General Contractor, Custom Built Homes  
760-218-4337  
Andy Canada Lic 929885

## CONSTRUCTION / REMODELING

~ CUSTOM CABINETS  
~ KITCHEN & BATH REMODELING  
~ INTERIOR ALTERATIONS  
~ ROOM ADDITIONS  
~ HOME REPAIRS

**JR STANT COMPANY**

Call Jim 760-408-3026  
LIC.#258220

## CONSTRUCTION / STUCCO

Lic. 870567 36 Years Experience Insured

**A & D Plastering**

Meeting all your stucco needs

(760) 366-8908 Andy Shaw  
(760) 808-0644 cell Owner, Joshua Tree

## CONTAINERS/CABINS

**WE BUY CABINS**  
949-689-2773  
AS IS • ALL CASH

**WE BUY CONTAINERS**  
AS IS • WHERE IS  
949-689-2773

## ELECTRICAL SERVICES

NEED US TODAY? WE'RE ON THE WAY!  
SAME DAY SERVICE GUARANTEED

✓ We Answer Live 24/7  
✓ We Provide Service 24/7

**760-369-1002**  
www.DesertElectrician.com

GUARANTEED 100% Customer Satisfaction

- PROFESSIONAL ELECTRICIANS
- UPFRONT PRICING
- FAMILY & LOCALLY OWNED

**Desert Electric**

760-369-1002

Lic # 879507 © 2017 Desert Electric. All Rights Reserved.

## FIREWOOD

**JOSHUA TREE FIREWOOD**

(760) 219-WOOD (96663)

BUY LOCAL  
JOSHUA TREE FIREWOOD.COM

**Alvarez Firewood**

Firewood Sale  
Prices Starting at Only \$275

(760) 668-1740 Cell  
(760) 228-0409 Alex

**FIREWOOD**

- Avocado • Eucalyptus
- Olive • Orange • Mixed

Call Isaias Espinoza  
1-951-487-8508  
FREE DELIVERY  
760-282-7163

**Advertise**

Your Business here in our Service Directory and receive a **FREE AD** under in our classified section.

Hi-Desert Publishing Co.  
(760) 365-3315 or (760) 367-3577  
People you know, news you can trust  
www.hidesertstar.com • www.deserttrail.com

## HAULING

**FREE ESTIMATES**

**\$45 & UP** SAVE TIME & MONEY  
CALL LOU HAUL  
Get The Best For Less!  
760-974-7618

STATE OF THE ART EQUIPMENT

We LOVE to Barter • Land Clearing  
Interior & Exterior Clean Up • Trash Removal  
All Terrain Bobcat • Dump Trailer for Haul-Offs  
Dirt & Drainage Expert • Tree Trimming  
Break & Take Everything & Much More!

Special Discounts for  
Law Enforcement, Fightfighters, Teachers & Seniors

**CALL 760-974-7618**

## GARAGE DOOR SERVICES

WE WILL MEET OR BEAT ANY ADVERTISED PRICE!

**PRECISION**  
GARAGE DOORS & GATES, INC.

Residential • Commercial • Industrial  
SALES • INSTALLATION • REPAIRS

- Wide Variety of Garage Doors
- Our Doors Come With Manufacturer Upgrades At No Extra Charge!
- Wide Variety of Window Styles Including Leading "Stained" Glass
- Garage Door Openers

20 Years Experience  
Free in-Home Estimates

CALL  
**760 369-4911**  
Lic. # 876883

WE DO WROUGHT IRON GATES & ELECTRIC OPENERS

## HANDYMAN

**TOM WHITE**  
Maintenance

- Quality Work • Roofing • Swamp Coolers
- Painting • Yard Work • Clean Up & Hauling
- Rental Property Clean Out & Refurbishing

20 Yrs exp. (unic) • FREE ESTIMATES • Refs. Avail.

Call me!  
**760-780-2540**

## HAULING

got trash?  
**ON TIME & READY**

RUBBISH REMOVAL /  
CLEAN-UP & HAUL AWAY

FOR THE REALLY TOUGH JOBS:  
DIFFICULTY IS NO PROBLEM!

**\$50 & up**

- Remove Bulky Discarded Items
- Property Clean-Up / Trash Hauling
- Land Clearing / Trees, Brush, etc.
- Stump Removal / All Sizes!
- Knockdown Break & Take Anything!
- Interior & Exterior Demolition

**760-364-9092**

Lic # MC/CA 296970



## HOME MAINTENANCE

**Dual Pane Windows**  
**Patio Sliding Doors**  
**Sun Shade Screens**  
**Glass & Door Repairs**

**760-953-9704**  
Call for a free estimate

**HUNTERS MOBILE SCREEN**

## LANDSCAPING

FOR ALL YOUR LANDSCAPING NEEDS

TURF/SOD IRRIGATION  
LANDSCAPE CURBING  
DECORATIVE GRAVEL  
CLEAN-UPS

FREE ESTIMATES!

**DESERT GREEN LANDSCAPING**  
760-364-3019  
JIMMY REED, OWNER  
Lic./Bonded Lic. C-27 792196

## HAULING

## LANDSCAPING

**YARD SERVICE & HAULING**

- Clean-up
- Weed Removal
- Tree Trimming
- Hedge Trimming
- Gardening • Trash Removal

FREE ESTIMATES Monday - Friday 8:00 to 5:00  
CALL: Kris Subratie @ 760-406-1777  
Best rates in town • Environmentally friendly • Guaranteed satisfaction "no job too small!" Lic.# 003428

**Alvarez Landscaping**

SMALL & LARGE JOBS • FREE ESTIMATES  
20 YEARS EXP. • WEEKLY & MONTHLY RATES

- IRRIGATION SYSTEMS • PLANTS
- CLEAN-UP • GRAVEL & CURBING
- TRIMMING • PRUNING & TOPPING • TRACTOR SERVICE
- HAULING • TREE REMOVAL

760 366-0167 • 760 228-0409  
LICENSED & INSURED CA LIC.# 1028775

**SUPERIOR LANDSCAPES**  
Residential and Commercial

Landscape Maintenance • General Cleanup  
Irrigation • Trimming Hauling  
Palm Tree Service • Tree Care  
• Weekly or Monthly

Professional & Dependable  
superiorlandscapes87@yahoo.com  
(Unlic.)

**Thomas Brockman**  
Owner & Operator  
760-401-4128

## PAINTING

**ARTISAN PAINTING CO.**  
Since 1992 • Lic #645469 • Insured & Bonded

Also Handyman Services • Since 1978

Plumbing, Framing & Finish Work  
Drywall, Cleanouts & Hauling  
"One Call Does it All!"

760-898-2588 or 760-369-2351

## QUALITY PAINTING

- Interior & Exterior
- Residential & Commercial
- Excellent Prep

**Brian Sargeant • 760-365-2538**

## PLUMBING

**SEWER CONNECTIONS**  
FREE CONSULTATIONS

- No job too small
- Water heaters
- Sewer hookups

**Mike the Plumber**  
Since 1989 Leaky Faucets to Major Repairs

**760-219-MIKE (6453)**

Ask For Your Military & Senior Discounts  
miketheplumber.biz  
LIC# 920049

## ROOFING

**WE COVER YOUR ROOF**  
Established in 1937

**T. CARSON ROOFING**  
Licensed and Insured  
CA. Lic. #845428

Thurman Carson  
Owner  
P.O. Box 1675  
Twenty-nine Palms, CA 92277

Yucca Valley call (760) 365-3510  
29 Palms call (760) 362-1229

## Johnson Roofing

"We are on top of your roof"

**Michael Johnson**  
Free Estimates

Ph. 760-361-2069 Cell 760-835-9132  
Lic# 910927  
Now accepting credit cards

## TAXI SERVICES

Yucca Valley  
Joshua Tree  
29 Palms  
Pioneertown  
Pappy & Harriets

**TAXI**  
**Lucky 777 Cab**  
24 HOURS

LET US HANDLE TRANSPORTATION NEEDS  
THIS IS THE DAY THE LORD HAS MADE!

CA:DRIVER/VERIZON.NET  
WWW.LUCKY777CAB.COM

(760) 660-9115

## TILE

**Shumate's Tile**

A Better Value  
Quality Craftsmanship  
No Short Cuts  
Serving The Hi-Desert for 22 yrs.  
Free Estimates, Free Design  
Consultations & Renderings

(760) 228-1958 Cell (760) 333-5981  
LIC. #745888

# DO YOU HAVE AN IDEA TO IMPROVE THE CORPS?

Welcome to the Second Annual Logistics Innovation Challenge

## Mobile Apps that Improve Logistic Support

Can you build an App that supports the mission of one (or even all!) of the six tactical functions of Logistics?

The most promising ideas will be selected for a collaborative rapid prototyping event in the San Diego-area.

Winning ideas may be implemented Corps-wide!

Ideas may be submitted individually, but teams are encouraged.

For more Information, come to Building 1431

MCAGCC Fabrication Laboratory

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



MCAGCC  
FABLAB



**TOMORROW**  
**HOT SEAT MADNESS**  
WIN YOUR SHARE OF  
**\$5,000**  
IN CASH & FREE PLAY  
**6pm - 10pm**  
DRAWINGS EVERY 30 MINUTES  
PLAY WITH YOUR CLUB 29 CARD IN TO WIN!

**TONIGHT • 8pm**  
**LIVE AT THE ROCK**  
FRIDAY CONCERT SERIES  
**FREE TRIBUTE TO OZZY OSBOURNE**

**MUST BE 21+ FOR SHELLY'S LOUNGE**

**IT'S ALL RIGHT HERE!**  
www.TortoiseRockCasino.com | 760-367-9799  
13629 Borwick Hotel, Poway, CA 92121

**WING NIGHT**  
EVERY MONDAY, TUESDAY & WEDNESDAY 1:30pm - 9pm  
**75¢ ea.**  
MINIMUM ORDER 6 WINGS

**THIS PLACE ROCKS!**

**TORTOISE ROCK CASINO**

SLOT MACHINES TABLE GAMES DASIGRILLE SHELLY'S LOUNGE

**Relax**  
*with the paper*

Thursdays & Saturdays with the **Hi-Desert Star**  
Thursdays with **The Desert Trail**  
Fridays with **The Observation Post**

**Hi-Desert Publishing Co.**  
*People you know, news you can trust*

**Now on Base! Bldg. 1863**  
*All work done in house!*

• Dry Cleaning • Nametapes  
• Chevrons • Cami Repair  
• All Minor & Major Alterations  
• Belt Loop Repair  
• Zipper & Crotch Repair  
• Button Replacement

*\*Same day service available*

**Silver Hanger Cleaners**  
**KEEPING 29 PALMS LOOKING GOOD**  
**Base 760-830-6825**  
Hours M-F 0800-1700 • Base Bldg 1863  
**760-361-6224**  
Hours M-F 7-7 Sat 8-2 • 6376 Adobe Rd, 29 Palms CA

# 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 backside 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.

# BEAT THE HEAT

## 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.

### Officer's Club pool hours

Mon, Tues, Thurs, Fri

- Lap Swim: 5 a.m. to 7 a.m.
- 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.

Sat/Sun

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

Closed Wednesdays

### Family Pool hours

Mon, Wed, Thurs, Fri

- 11 a.m. to 7 p.m.

Sat/Sun

- 11 a.m. to 6 p.m.

Closed Tuesdays

For more information on the Officer's Club pool, call 760-830-7250. For more information on the Family Pool, call 760-830-6727. For more information on the Training Tank, call 760-830-6212.

### Training Tank hours

Mon through Fri

- Lap Swim: 5 a.m. to 7 a.m. and 11 a.m. to 1 p.m.
- 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.

Sat/Sun

- Recreational Swim: 11 a.m. to 5 p.m.

## Sunset Cinema

### Friday - Sept. 15

5:30 p.m. Annabelle: Creation R  
8:00 p.m. The Hitman's Bodyguard R  
10:20 p.m. Atomic Blonde R  
**Saturday - Sept. 16**  
12:00 p.m. The Nut Job 2: Nutty By Nature PG  
2:10 p.m. The Glass Castle PG 13

5:00 p.m. The Dark Tower PG 13  
7:20 p.m. Logan Lucky PG 13  
9:50 p.m. Annabelle: Creation R  
**Sunday - Sept. 17**  
12:00 p.m. The Emoji Movie PG  
2:00 p.m. The Glass Castle PG 13  
4:40 p.m. Logan Lucky PG 13  
7:10 p.m. The Hitman's Bodyguard R

### Monday - Sept. 18

6:30 p.m. The Dark Tower PG 13  
**Tuesday - Sept. 19**  
6:30 p.m. Annabelle: Creation R  
**Wednesday - Sept. 20**  
6:30 p.m. Last Showing: The Emoji Movie PG

### Thursday - Sept. 21

6:30 p.m. Last Showing: Atomic Blonde R  
**Friday - Sept. 22**  
5:30 p.m. The Glass Castle PG 13  
8:10 p.m. The Hitman's Bodyguard R  
10:20 p.m. Annabelle: Creation R

### TREASURE HUNT 705

New moving blankets \$5 (760) 865-0434

queen bed frame \$125 (760) 552-9634

Washer & Dryer, new \$150 (760) 552-9634

Queen bed \$100; DBL \$75 760-408-1131

### TREASURE HUNT 705

Freezer, upright, 1 yr old \$100 760-408-1131

beaded necklaces \$10 760-365-0176

4 Tires/Rim 16" \$150 OBO 760-894-9863

FREE sm Agave Cacti. In town 760-660-1238

### TREASURE HUNT 705

Pokemon \$50 for 442-269-0933

### STATEWIDE ADS 700

**ID YOU KNOW** Information is power and content is King? Do you need timely access to public notices and remain relevant in today's highly competitive market? Gain an edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the Smart Search Feature. For more information call Cecelia @ (916) 288-6011 or www.capublicnotice.com (Cal-SCAN)

**PREGNANT? CONSIDERING ADOPTION?** Call us first. Living expenses, housing, medical, and continued support afterwards. Choose adoptive family of your choice. Call 24/7. 1-877-879-4709 (Cal-SCAN)

**ELIMINATE CELLULITE** and Inches in weeks! All natural. Odor free. Works for

### STATEWIDE ADS 700

men or women. Free month supply on select packages. Order now! 844-703-9774. (Cal-SCAN)

**Lowest Prices on Health & Dental Insurance.** We have the best rates from top companies! Call Now! 888-989-4807. (Cal-SCAN)

**Do you owe over \$10,000 to the IRS or State in back taxes?** Our firm works to reduce the tax bill or zero it out completely FAST. Call now 855-993-5796 (Cal-SCAN)

**A PLACE FOR MOM.** The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-550-4822. (Cal-SCAN)

**Stop OVERPAYING** for your prescriptions! SAVE! Call our licensed Canadian and International pharmacy, compare prices and get \$25.00 OFF your first prescription! CALL 1-800-273-0209 Pro-

### STATEWIDE ADS 700

mo Code CDC201625. (Cal-SCAN)

**Got an older car, boat or RV?** Do the humane thing. Donate it to the Humane Society. Call 1-800-743-1482 (Cal-SCAN)

**Safe Step Walk-In Tub!** Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less Than 4 Inch Step- In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-799-4811 for \$750 Off. (Cal-SCAN)

**DID YOU KNOW** Information is power and content is King? Do you need timely access to public notices and remain relevant in today's hostile business climate? Gain the edge with California Newspaper Publishers Association new innovative website capublicnotice.com and check out the FREE One-Month Trial Smart Search Feature. For more information call Cecelia @ (916) 288-6011 or www.capub-

### STATEWIDE ADS 700

licnotice.com (Cal-SCAN)

**DID YOU KNOW** 144 million U.S. Adults read a Newspaper print copy each week and 7 IN 10 Americans or 158 million U.S. Adults read content from newspaper media each week? Discover the Power of Newspaper Advertising. For a free brochure call 916-288-6011 or email cecelia@cnpa.com (Cal-SCAN)

**EVERY BUSINESS** has a story to tell! Get your message out with California's PRMedia Release - the only Press Release Service operated by the press to get press! For more info contact Cecelia @ 916-288-6011 or http://prmediarelease.com/california (Cal-SCAN)

**OXYGEN - Anytime.** Anywhere. No tanks to refill. No deliveries. The All-New Inogen One G4 is only 2.8 pounds! FAA approved! FREE info kit: 844-359-3976. (Cal-SCAN)

### STATEWIDE ADS 700

**WANTED!** Old Porsche 356/911/912 for restoration by hobbyist 1948-1973 Only. Any condition, top \$ paid! PLEASE LEAVE MESSAGE (707) 965-9546 (Cal-SCAN)

**DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND.** FREE 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care of. Call 800-731-5042 (Cal-SCAN)

**Water Damage to Your Home?** Call for a quote for professional clean-up & maintain the value of your home! Set an appt today! Call 855-401-7069 (Cal-SCAN)

**Got Knee Pain? Back Pain? Shoulder Pain?** Get a pain-relieving brace - little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-796-5091 (Cal-SCAN)

**Social Security Disability?** Up to \$2,671/mo. (Based on paid-in amount.) FREE evalu-

### STATEWIDE ADS 700

**ation!** Call Bill Gordon & Associates. 1-800-966-1904. Mail: 2420 N St NW, Washington DC. Office: Broward Co. FL., member TX/NM Bar. (Cal-SCAN)

**GUITARS WANTED!** Local Musician will pay up to \$12,500 for pre-1975 Gibson, Fender, Martin and Gretsch guitars. Fender amplifiers also. Call toll free! 1-800-995-1217 (Cal-SCAN)

**Cut the Cable! CALL DIRECTV.** Bundle & Save! Over 145 Channels PLUS Genie HD-DVR. \$50/month for 2 Years (with AT&T Wireless.) Call for Other Great Offers! 1-888-463-8303 (Cal-SCAN)

**DISH TV.** 190 channels. \$49.99/mo. for 24 mos. Ask About Exclusive Dish Features like Sling and the Hopper. PLUS HighSpeed Internet, \$14.95/mo. (Availability and Restrictions apply.) TV for Less, Not Less TV! 1-855-734-1673. (Cal-SCAN)

### HELP WANTED 300

### HELP WANTED 300

#### Looking for a new job opportunity?

If you're known for your outgoing personality and great communication skills, then check out our Sales and Customer Service position.

Experience is helpful. Must have computer & typing skills, the ability to multi-task in fast-paced work environment, be self motivated, & a team player with the ability to meet strict deadlines.

For immediate consideration, please send a letter selling your personality along with resume to [cmelland@hidesertstar.com](mailto:cmelland@hidesertstar.com) or come in to fill out an application in person M-F between 8am-5pm at: 56445 29 Palms Hwy., Yucca Valley, CA. 92284

Equal Opportunity Employer



Hi-Desert Publishing Co.  
People you know, news you can trust  
Hi-Desert Star (760) 365-3315  
The Desert Trail (760) 367-3377  
www.hidesertstar.com www.deserttrail.com

## POLICIES FOR HI-DESERT PUBLISHING CO. CLASSIFIEDS

### EQUAL HOUSING OPPORTUNITY

All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 as amended, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation or discrimination."

This newspaper will not knowingly accept any advertisement for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at 1-800-424-8590.

### EMPLOYMENT ADVERTISING POLICY

This newspaper does not knowingly accept employment ads that indicate an age preference, from employers covered by the Age

Discrimination Act, or knowingly accept ads expressing a preference of sex, where no bona fide occupational qualification exists under the Fair Employment Act from employers covered by that act. Nor, do we in any way condone employment that discriminates on a basis of race, religion, ancestry or national origin. For further information regarding occupational qualifications and employers covered, contact the Fair Employment Practice Commission.

### NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor or materials) must be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at [www.cslb.ca.gov](http://www.cslb.ca.gov) or by calling 800-321-CSLB. Unlicensed contrac-

tors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

### SERVICES OFFERED POLICY

This newspaper does not accept responsibility for services offered, by any advertiser, using this newspaper. Please carefully evaluate any services advertised, and do not use that service unless you have checked the references, and know and understand all terms of agreement and conditions between you and the advertiser.

California State law requires that contractors, builders, and landscapers who perform work for \$500 or more, including materials and labor, must be licensed. License numbers should be so indicated in their advertising.

Family child care providers are required by

state law to be licensed, and facility license numbers must be indicated in all advertising. Unlicensed contractors should also be indicated in their advertising.

Please refer questions to Contractors State License Board, 1250 East Cooley Drive, Suite 200, Colton, CA 92324

### GENERAL POLICY

Please check your ad the first day it runs to see that all the information is correct. This will ensure your ad is exactly what you want readers to see. Call us the very first day your ad appears to make any changes or corrections. This way, we can credit you for the first day if any error occurred. The Publisher wants to do everything possible within the confines of good taste and legal constraints to help you advertise your products or services to your best advantage. The newspaper does reserve the right to edit or reject any copy or illustration.

Local Bargains, Garage Sales, TV Listings, Happenings and More!

# The Classifieds

Hi-Desert Star (760) 365-3315 www.hidesertstar.com • The Desert Trail (760) 367-3577 www.deserttrail.com • The Observation Post www.hidesertstar.com/observation\_post



Buying · Selling · Trading · Helping · Saving

## LOTS & ACREAGE 120

**LAND FOR SALE VISIT**  
www.basinwidefoundation.com

## MOBILE HOME SALES 125

**MORONGO VALLEY**  
Large 2 bd/1ba. screened in porch, corner lot, remodeled. \$8500 firm. (760) 363-7241

## YUCCA VALLEY

\*\*\* **REDUCED** \*\*\*  
In Quiet 55+ Mobile Home Park - quaint 1bd /1bath + bonus room, covered patio & carport, shed, fenced yard. \$4,500. 760-365-5571, 209-322-4425, 760-507-6332

For Sale or Rent **NEVER LIVED IN:** 2bd / 2ba mobile home 55+ park. All new appliances, great floor plan. W/D hkups, Pool. \$55K OBO. Owner will finance w/20%. \$850/mo. to rent. No reasonable offer refused. Call 760-365-5571, 209-322-4425, 760-507-6332.



Owner will carry - 2bd/1ba. in Adult Park, New carpet & paint, covered carport, porch, backyard views of Hawks Landing Golf Club, amenities, pool & laundry. Bus stop. Small pet Ok. \$12,000obo. 760-401-1194

## APT. & DUPLEXES 200

**Happy Living Starts Here at...**



• Near Hwy & Local Businesses



• Roomy & Quiet  
• Handicap Friendly Units Avail.



• Covered Carports  
• Ample Parking



• Large Closets  
• Plenty of Storage Space

**ONE BEDROOM 1 BATH FOR ONLY \$729 PER MONTH**

HALTER SUNSET VILLAGE APTS

50+ COMMUNITY

6036 Sunset Rd. Joshua Tree, CA.

For more info, call 760-366-3218 or visit us online at: www.halterhousing.com

E-mail: sunsetvillage@verizon.net

## APT. & DUPLEXES 200

### JOSHUA TREE

2 bdrm \$560 Ready to Move In! Near Sunburst Park. ss/ssi ok, deposit negotiable 760-774-5369

**Quail Spring Apts.** Ask about our MOVE-IN SPECIALS!!! 2bd/2ba, single story, private patios, pool, spa, clubhouse, small pet okay. apartmentsinjosuatree.com. Call 760-366-3388

### YUCCA VALLEY

58710 29 Palms Hwy #A. 2bd/1.5 ba, walk in closet, single garage & Indry hkups. \$650/mo. 562-217-3702 Or call John to see inside. 760-362-2013

Y.V. 1bd/1ba, fenced yard, wood floors. \$575 Mo + Sec. Trash pd. Call 480-276-4176

## MOBILE HOME RENTALS 210

### JOSHUA TREE

Mobile homes available for rent at Lazy H Mobile Home Park and Tree Haven Manufactured Home Community located in beautiful Joshua Tree CA. Please contact the on-site manager Terry Cannone at 760-336-2212 for more information

### MORONGO VALLEY

Triple wide, private rm entry, master bdrm, Pool, clubh, SS/SSI welcome. \$399. Dep. neg. 760-774-5369

## APT. & DUPLEXES 200

**QUAIL SPRINGS VILLAGE**  
Pool, Spa & Clubhouse  
2 Bdrm / 2 Bath • Single Story  
Private Patios • Small Pet OK  
apartmentsinjosuatree.com  
**\$750 monthly**  
Ask for current Move-In Special  
Call Today!  
**760-366-3388**

## GARAGE SALES

### JOSHUA TREE

Fri, Sat, Sun 9/15 - 9/17 8am-4pm 60731 Latham Tri JT. Lots of good things.

### YUCCA VALLEY

Sign Shop Retiring Sat. Sept. 16 7am - 2pm 7387 Elk Trail Y.V

To place your classified ad call 760-365-3315

## UNFURNISHED HOUSES 220



### SALES

### LEASING

### PROPERTY MANAGEMENT

**760-365-8880**

cbroadrunner.com

BRE# 01517134

### 29 PALMS

Small 1bd for rent in 29P. Fenced yard. \$525 mo +dep. Call 760-963-7508

### JOSHUA TREE

Experienced carpet installer with Carpet / Vinyl experience. Must have own truck & tools. Ref's preferred. Call 760-365-7779 or email KJL1974@yahoo.com.

## HELP WANTED 300

### Service & Repair Plumber

wanted. Must have clean driving record, pass drug test, excellent people & customer service skills. Exp. required. Honesty & integrity, highest priority. 760-219-6453

## HELP WANTED 300

### Experienced ONLY Waiters & Waitresses, cashier, cooks & kitchen help

needed for busy restaurant. Call 760-668-5153

## Advertising Sales Leader

We have an exciting opportunity for an Advertising Sales Leader to join our dynamic and forward-thinking sales team! We provide the culture, tools, and environment for you to achieve unlimited success by offering great ideas and marketing solutions to local businesses.

The Advertising Sales Leader directs a team of account executives, develops new accounts, retains and grows existing key accounts, and is focused on generating revenue and the customer's return on investment. If you are motivated and driven, like taking on challenges, finding creative solutions, helping people, helping yourself, have a sense of humor, like to have fun—and think on your feet, we want to talk to you. We are looking for a person who would like to grow with our company and community at Hi-Desert Publishing Company, located in Yucca Valley at 56445 29 Palms Hwy. Please send resume to cmland@hidesertstar.com.

## APT. & DUPLEXES 200

**QUAIL SPRINGS VILLAGE**  
Pool, Spa & Clubhouse  
2 Bdrm / 2 Bath • Single Story  
Private Patios • Small Pet OK  
apartmentsinjosuatree.com  
**\$750 monthly**  
Ask for current Move-In Special  
Call Today!  
**760-366-3388**

## GARAGE SALES

### JOSHUA TREE

Fri, Sat, Sun 9/15 - 9/17 8am-4pm 60731 Latham Tri JT. Lots of good things.

### YUCCA VALLEY

Sign Shop Retiring Sat. Sept. 16 7am - 2pm 7387 Elk Trail Y.V

To place your classified ad call 760-365-3315

## ROOMS FOR RENT 223

### JOSHUA TREE

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

## HELP WANTED 300

### Service & Repair Plumber

wanted. Must have clean driving record, pass drug test, excellent people & customer service skills. Exp. required. Honesty & integrity, highest priority. 760-219-6453

## HEALTH & FITNESS 420

### NORDIACTRACK C800 TREADMILL.

New, never used, in original package. Paid \$1140, will sell for \$900. Call 760-367-6595 or 760-219-8760.

## SERVICES 435

Experienced carpet installer with Carpet / Vinyl experience. Must have own truck & tools. Ref's preferred. Call 760-365-7779 or email KJL1974@yahoo.com.

## AFFORDABLE LANDSCAPING

Everything from weed pulling, tree trimming, gardening, gravel & clean-up to Haul aways. \* Free Estimates \* 10+ Years exp. Call **ELIJAH & LUCAS 760-552-5409 760-553-0607**

## RENOVATIONS, 30yrs exp.

Painting, drywall, textures, everything else. Instant quotes. Call James 760-220-7499

## AIR CONDITIONING & HEATING

Your comfort is our business & TOP Priority! HVAC Service & Install, All Makes & Models • EPA Certified, Sales, Remodels, Cut-Ins, Preventive Maintenance, Refrigerant Recovery & Handling, Troubleshooting Specialist. All credit cards accepted. Serving the HVAC industry since 1978. Call Anthony Air 760-449-8363

## AIR CONDITIONING & HEATING

Evaporative Cooler Service, Repair & Installation Metal Duct Fabrication. 24 Yrs Exp. Senior Disc. Advanced Mechanical. Mike (760) 228-2934 Lic#880070

## ALTERNATORS

Starters & Alternators for anything. Auto Electric - RV's, Trailer Brakes, Interstate Batteries "No Appointment Needed" Call 760-365-5489

## CLEANING/MOVING

28 yrs experience. Packing/Unpacking. Rentals, Construction clean-ups, Real Estate. Maria's Professional Cleaning & Moving. Insured, 760-333-0493 L#10986

## UNFURNISHED HOUSES 220

### RON'S RENTALS

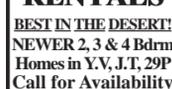
**BEST IN THE DESERT!**  
NEWER 2, 3 & 4 Bdrm Homes in Y.V., J.T., 29P Call for Availability (760) 408-1230

## UNFURNISHED HOUSES 220

### Tri-Valley Realty

LIC#00841552

Sales & Property Management



**29 Palms - 2 bedroom, 1 bath home with natural gas wall heat, evap. cooler, brick fireplace, and attached double garage. Located near shopping. MLS#JT17168164 • \$104,900**

### YUCCA VALLEY

56052 Desert Gold ..... \$1300

3 bd. 2ba. inside laundry, fireplace, 2 car garage, fence.

7081 Barberry ..... \$1050

Nat gas, large living room, 2 car garage. No pets.

www.trivalleyrealtymls.com

760-365-3331 • 760-365-8353

Ideal Mall, 56659 29 Palms Hwy., Suite A

## HELP WANTED 300

Work 2 days/week. Get paid over \$600/mo. 442-269-1258

Experienced tile installer. Must be able to do showers and floors, have own truck & tools. Ref's preferred. Call 760-365-7779 or email KJL1974@yahoo.com.

## LEGAL SERVICES 414

### Lynnette's Legal Document Assist. Family Law, Notary, Evictions, Power of Attorney (760) 366-1941

## HEALTH & FITNESS 420

### NORDIACTRACK C800 TREADMILL.

New, never used, in original package. Paid \$1140, will sell for \$900. Call 760-367-6595 or 760-219-8760.

## SERVICES 435

Experienced carpet installer with Carpet / Vinyl experience. Must have own truck & tools. Ref's preferred. Call 760-365-7779 or email KJL1974@yahoo.com.

## AFFORDABLE LANDSCAPING

Everything from weed pulling, tree trimming, gardening, gravel & clean-up to Haul aways. \* Free Estimates \* 10+ Years exp. Call **ELIJAH & LUCAS 760-552-5409 760-553-0607**

## RENOVATIONS, 30yrs exp.

Painting, drywall, textures, everything else. Instant quotes. Call James 760-220-7499

## AIR CONDITIONING & HEATING

Your comfort is our business & TOP Priority! HVAC Service & Install, All Makes & Models • EPA Certified, Sales, Remodels, Cut-Ins, Preventive Maintenance, Refrigerant Recovery & Handling, Troubleshooting Specialist. All credit cards accepted. Serving the HVAC industry since 1978. Call Anthony Air 760-449-8363

## AIR CONDITIONING & HEATING

Evaporative Cooler Service, Repair & Installation Metal Duct Fabrication. 24 Yrs Exp. Senior Disc. Advanced Mechanical. Mike (760) 228-2934 Lic#880070

## ALTERNATORS

Starters & Alternators for anything. Auto Electric - RV's, Trailer Brakes, Interstate Batteries "No Appointment Needed" Call 760-365-5489

## CLEANING/MOVING

28 yrs experience. Packing/Unpacking. Rentals, Construction clean-ups, Real Estate. Maria's Professional Cleaning & Moving. Insured, 760-333-0493 L#10986

## UNFURNISHED HOUSES 220

### RON'S RENTALS

**BEST IN THE DESERT!**  
NEWER 2, 3 & 4 Bdrm Homes in Y.V., J.T., 29P Call for Availability (760) 408-1230

## UNFURNISHED HOUSES 220

### Tri-Valley Realty

LIC#00841552

Sales & Property Management



**29 Palms - 2 bedroom, 1 bath home with natural gas wall heat, evap. cooler, brick fireplace, and attached double garage. Located near shopping. MLS#JT17168164 • \$104,900**

### YUCCA VALLEY

56052 Desert Gold ..... \$1300

3 bd. 2ba. inside laundry, fireplace, 2 car garage, fence.

7081 Barberry ..... \$1050

Nat gas, large living room, 2 car garage. No pets.

www.trivalleyrealtymls.com

760-365-3331 • 760-365-8353

Ideal Mall, 56659 29 Palms Hwy., Suite A

## SERVICES 435

CONCRETE - Driveways, patios, house slabs. Also carpentry & room add'ts. No job too small. Call Bill at Bloomfield Construction (760) 365-6724. lic#409280

CONCRETE-Dillon Concrete. Grading. All phases of concrete. Residential & Commercial. Concrete stamping, driveways, walkways. Lic#911873. Call Today! 760-362-3196

## CONSTRUCTION-Remodeling, Additions, Kitchen & bath, interior, exterior repairs & new construction.

Call Goodpaster Construction. Serving the Morongo Basin Since 1984. (760) 228-1985 Lic#503172

## CONSTRUCTION & HOME SERVICES - Custom Built Homes, Remodels, Additions, Concrete, Framing, Drywall, Stucco, Etc. Senior/Military Discount 760-218-4337

## CONSTRUCTION - Complete Kitchen & Bathroom Remodeling. Room Additions, Interior Alterations, Service Calls. J R Stant Company (760) 408-3026

## CONSTRUCTION & ELECTRICAL - Residential and Cmercl. Remodeling & Repairs. Electrical, Plumbing, Painting, Stucco, Carpentry, Concrete, Flood Damage. 10% Senior Disc, 20+yrs. Exp. JLC Construction 760-774-8609 L#856762 B-1 & C-10

## FIREWOOD - Alvarez Firewood, 1/2 Cord or full cords available. Free Delivery. Call Alex 760-228-0409 or 760-668-1740

## FIREWOOD - Alvarez Firewood, 1/2 Cord or full cords available. Free Delivery! Call Isaias: 951-487-8508

## GARAGE DOORS Residential, Commercial Industrial, Sales, Installation, repairs 20 yrs exp. All work guaranteed. Precision Garage Doors & Gates, Inc. 760-369-4911 Lic # 876883

## HANDYMAN - Roof Repair, Swamp coolers, Painting, Yard Work, Maintenance, Clean Up & Hauling,

## CONCRETE - Driveways, patios, house slabs. Also carpentry & room add'ts. No job too small. Call Bill at Bloomfield Construction (760) 365-6724. lic#409280

## CONCRETE-Dillon Concrete. Grading. All phases of concrete. Residential & Commercial. Concrete stamping, driveways, walkways. Lic#911873. Call Today! 760-362-3196

## CONSTRUCTION-Remodeling, Additions, Kitchen & bath, interior, exterior repairs & new construction.

Call Goodpaster Construction. Serving the Morongo Basin Since 1984. (760) 228-1985 Lic#503172

## CONSTRUCTION & HOME SERVICES - Custom Built Homes, Remodels, Additions, Concrete, Framing, Drywall, Stucco, Etc. Senior/Military Discount 760-218-4337

## CONSTRUCTION - Complete Kitchen & Bathroom Remodeling. Room Additions, Interior Alterations, Service Calls. J R Stant Company (760) 408-3026

## CONSTRUCTION & ELECTRICAL - Residential and Cmercl. Remodeling & Repairs. Electrical, Plumbing, Painting, Stucco, Carpentry, Concrete, Flood Damage. 10% Senior Disc, 20+yrs. Exp. JLC Construction 760-774-8609 L#856762 B-1 & C-10

## FIREWOOD - Alvarez Firewood, 1/2 Cord or full cords available. Free Delivery. Call Alex 760-228-0409 or 760-668-1740

## FIREWOOD - Alvarez Firewood, 1/2 Cord or full cords available. Free Delivery! Call Isaias: 951-487-8508

## GARAGE DOORS Residential, Commercial Industrial, Sales, Installation, repairs 20 yrs exp. All work guaranteed. Precision Garage Doors & Gates, Inc. 760-369-4911 Lic # 876883

## HANDYMAN - Roof Repair, Swamp coolers, Painting, Yard Work, Maintenance, Clean Up & Hauling,

## CONCRETE - Driveways, patios, house slabs. Also carpentry & room add'ts. No job too small. Call Bill at Bloomfield Construction (760) 365-6724. lic#409280

## CONCRETE-Dillon Concrete. Grading. All phases of concrete. Residential & Commercial. Concrete stamping, driveways, walkways. Lic#911873. Call Today! 760-362-3196

## CONSTRUCTION-Remodeling, Additions, Kitchen & bath, interior, exterior repairs & new construction.

Call Goodpaster Construction. Serving the Morongo Basin Since 1984. (760) 228-1985 Lic#503172

## CONSTRUCTION & HOME SERVICES - Custom Built Homes, Remodels, Additions, Concrete, Framing, Drywall, Stucco, Etc. Senior/Military Discount 760-218-4337

## CONSTRUCTION - Complete Kitchen & Bathroom Remodeling. Room Additions, Interior Alterations, Service Calls. J R Stant Company (760) 408-3026

## CONSTRUCTION & ELECTRICAL - Residential and Cmercl. Remodeling & Repairs. Electrical

# Subaru salutes your service.



Subaru supports you on and off the road with the Subaru Military Incentive Program, a vehicle discount program for active-duty military personnel. Ask your retailer about saving \$1,300–\$3,300 off the Manufacturer's Suggested Retail Price (MSRP)\*, depending on model and accessories.



Subaru is a registered trademark. Vehicle shown with available accessories. \*MSRP does not include tax, title, and registration fees. Limited time offers subject to change without notice. Valid in the U.S. only, except Hawaii. Terms and conditions apply. Prior sales excluded. Certain models may be excluded. May not be combined with all Subaru incentives. Contact your local participating Subaru retailer or VIP Program Headquarters at vipprogram@subaru.com or 1-800-VIP-0933 for further assistance.



Legal Disclaimer: "Purchase or lease any new (previously untitled) Subaru and receive a complimentary factory scheduled maintenance plan for 2 years or 24,000 miles (whichever comes first.) See Subaru Added Security Maintenance Plan for intervals, coverages and limitations. Customer must take delivery before 12-31-2017 and reside within the promotional area. At participating dealers only. See dealer for program details and eligibility."

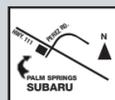
**palmsprings**  
**subaru**

67925 E. Palm Canyon Drive  
Cathedral City, CA 92234

**SALES:** 888-462-5309  
**SERVICE:** 888-348-7440

M-F: 7:30 – 8 p.m. Sat.: 10:00 – 6 p.m. Sun: 11:00 – 5 p.m.

[www.palmspringssubaru.com](http://www.palmspringssubaru.com)



Subaru, Crosstrek, Forester, Legacy, Outback, and EyeSight are registered trademarks. Pandora is a registered trademark of Pandora Media, Inc. SiriusXM is a registered trademark of SiriusXM Satellite Radio, Inc. \*EPA-estimated hwy fuel economy for 2017 Subaru Legacy 2.5i models. Actual mileage may vary. \*\*EPA-estimated hwy fuel economy for 2017 Subaru Outback 2.5i models. Actual mileage may vary. \*\*\*EPA-estimated hwy fuel economy for 2017 Subaru Forester 2.5i CVT models. Actual mileage may vary. \*\*\*\*EPA-estimated hwy fuel economy for 2017 Subaru Crosstrek CVT models. Actual mileage may vary. †Based on manufacturer-reported interior volumes according to the EPA's Midsize Car class as of April 2016. ††Activation with subscription required. Includes one-year trial subscription to Safety Plus connected service. See your retailer for details. †††Blind-Spot Detection, Lane Change Assist, and Rear Cross-Traffic Alert are systems designed to assist the driver by monitoring the rear and side areas of the vehicle during a lane change or reversing and are not a substitute for safe and attentive driving.