

FLIGHT JACKET

Marine Corps Merit Award winning newspaper

Vol. 13 No. 15

Marine Corps Air Station Miramar, Calif.

April 15, 2011

Remembering a hero



Sgt. W. Zach Griffith

Friends and family of Lt. Col. Mario Carazo gather in Carlsbad, Calif., for the official presentation of a memorial banner April 18. Officials in Carlsbad started the, "Salute to our Military Heroes" banner program, which honors service members by displaying their name, photograph, and branch of service. Carazo's banner is mounted on a streetlight downtown on Roosevelt Street and will remain for a year, then will be taken down and presented to the family. Carazo, a Marine helicopter pilot who was based out of Camp Pendleton, died during combat operations in Afghanistan's Helmand province. July 22, 2010.

Out with the old, in with the new Commandant announces next sergeant major



Sgt. Ben J. Flores

Commandant of the Marine Corps Gen. James F. Amos announced Sgt. Maj. Micheal Barrett as his selection for the next sergeant major of the Marine Corps. Barrett recently returned from Afghanistan where he served as the Sergeant Major of Regional Command Southwest and I Marine Expeditionary Force (Forward). He currently serves as the sergeant major of 1st Marine Division at Marine Corps Base Camp Pendleton, Calif. Barrett will replace Sgt. Maj. Carlton W. Kent, who has served as the Sergeant Major of the Marine Corps since April 25, 2007. The relief and appointment ceremony and Kent's retirement are scheduled for June 9 at Marine Barracks Washington. **GO TO SERGEANT MAJOR, PAGE 3**

Plain clothes agents police their own

Cpl. Ryan Rholes

COMBAT CORRESPONDENT

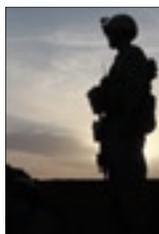
Thousand-piece puzzles are intricate and complicated even though a manufacturer packs those pieces together for you. Imagine having to use

your own intelligence, initiative and cunning to find those pieces scattered through yourself before beginning to piece them together. Welcome to the world of criminal investigations.

GO TO CID, PAGE 3

MCAS Miramar
Website

www.miramar.usmc.mil



MARINE & LOCALS COMBINE EFFORTS TO SECURE DELARAM

Marines with Regimental Combat Team 8's Police Advisory Team work with the Afghan Uniformed Police in Delaram, Afghanistan to help stabilize and bring safety to the region. See page 4 for full story.



GET BACK TO THE BASICS; RETREATS OFFER RELAXING RELEASE

Taking a stroll through one of the many nature reserves in San Diego County may offer more than just pretty scenes. Getting back to nature may be a great stress reliever. See page 5 & 6 for full story.

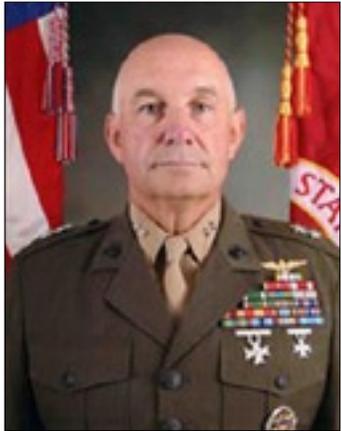
REACH US



EDITORIAL
(858)-577-6000

FLIGHT JACKET

Reaching new heights with sobriety



Maj. Gen. Thomas L. Conant
Commanding General
3rd Marine Aircraft Wing



Col. Frank A. Richie
Commanding Officer
MCAS Miramar

Maj. Jay Delarosa
Public Affairs Director

Gunnery Sgt. Steven Williams
Public Affairs Chief

Staff Sgt. Tiffany Carter
Internal Information Chief

Sgt. W. Zach Griffith
Editor

Cpl. Z.L. Majors
Layout and Design Specialist

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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



Cpl. Z. L. Majors

Sgt. Michael Walmsley, a section leader of the Electronics Maintenance Platoon with Headquarters and Headquarters Squadron, scales a rockwall during the 60-Hour Challenge aboard the air station April 8. Marine Corps Community Services held the event to encourage 60 hours of sobriety among the service members of Miramar.

Religious Services

The Chaplain's Office, located in Building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call (858)-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant
Worship Service

9:30 a.m. Protestant
Children's Worship

11 a.m.
Roman Catholic Mass

Religious Education/Sunday:

9:30 – 10:45 a.m.
Catholic CCD Children K-12

10 a.m. Protestant
Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m.
Catholic Mass

Mon. 6:30 p.m. Contemporary
Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m.
Night Bible Study,
Classroom in the Chapel area

Tues. 6 a.m.
Morning Prayer Service
and Study Group

Islamic Worship Service:

Fri. at noon.
Located in the Chapel or visit
www.icsd.org

Jewish:

Jewish Outreach at
(858) - 571 - 3444
www.jewishinsandiego.org

CID,

CONTINUED FROM PAGE 1

These plain-clothes agents spend their careers investigating the bad, ugly and worst, making sure the Marine Corps stays clean by weeding out those who don't belong. Play your cards right, and you could share the honor of working long and volatile hours, mountains of paper work, dangerous assignments and gut-wrenching crime scene analysis with the Criminal Investigations Division.

The arduous process begins by making sure Marines are eligible for the job. Applicants must have a minimum general/technical score of 110, be eligible for a top secret clearance, and suffer from no mental or emotional issues that would impair their ability to do the job. Marines must also be releasable from their current military occupational specialty, and only senior corporals or sergeants with less than two years time in grade are eligible for the military occupational specialty.

"When Marines lateral move to this MOS, they are given a lot of personal responsibility and a lot is expected of them," said Master Sgt. Jason Periard, the chief investigator at the CID office here. "If we take a senior sergeant, he will pick up staff sergeant to quickly; before he is ready to be a technical subject matter expert while also handling a collateral duty."

To help make CID agents efficient and self-sufficient, each staff noncommissioned officer serving in the job field is expected to fill a collateral duty – like serving as an evidence custodian – in addition to serving as an investigator, explained Periard.

Once a Marine meets entry criteria, he or she will conduct a one-on-one interview with the chief investigator. The interviews are conducted informally, yet the interviewer garners much information from the session. The CID chief discerns how articulate, confident, inquisitive and dedicated a Marine is. No matter how much the conversation meanders, each question has a purpose and every response reveals vital details.

After the initial interview, approved Marines will appear in service dress uniforms before a three-person panel for a more formal screening board.

"It's more of a 'profile' board," said Periard, who conducts the

screening boards here. "We are trying to learn who the Marine is, where he comes from and how he thinks. We want to learn his personality and decide if he is mature enough to do this job."

Marines who pass this board begin a 20-week on-the-job training (OJT) process. They spend the first eight weeks working alongside military policemen, and the following 12 weeks working with a senior CID agent.

If approved for the MOS after the 20 weeks of OJT, CID candidates proceed to the Army Apprentice Special Agent Course at Fort Leonard Wood, Missouri. Here, students learn report writing, crime-scene analysis, interview and interrogation techniques and receive plain-clothes range training.

The school is nationally acclaimed and is more like a college campus, explained Periard. Although there are physical aspects to the school's curriculum, students face a heavy academic schedule.

After graduation, freshly minted CID agents return to their duty stations, but seldomly remain with their same command. A common misconception is that a Marine can spend another three years on their current station. However, that is rarely true.

"I have young Marines telling me they want to stay here, but most Marines should expect orders within a year of finishing school," said Periard.

Agents can lead exciting careers and enjoy ample, unique opportunities, including serving a three-year stint with Naval Criminal Investigative Service. They attend many follow on schools and obtain several qualifications that make them extremely competitive in the civilian job market. And the opportunities are not limited to non-combat roles.

Another common misconception about CID is that it is a non-deployable job. However, these agents attach to Marine Expeditionary Forces and serve on the front lines conducting battlefield forensics and performing garrison missions while forward. They help identify trends and build criminal cases against insurgents.

Although challenging, the job field is also rewarding. CID agents work hard, yet the experience, accomplishment and development that comes along with the hard work can prepare Marines for an exciting career and successful life.

SERGEANT MAJOR,

CONTINUED FROM PAGE 1

WASHINGTON — Commandant of the Marine Corps Gen. James F. Amos announced the next Sergeant Major of the Marine Corps April 11.

Sgt. Maj. Micheal Barrett, 1st Marine Division's sergeant major, is set to take charge as the senior enlisted Marine in the Marine Corps. He's scheduled to succeed Sgt. Maj. Carlton Kent, the current Sergeant Major of the Marine Corps, during an appointment and relief ceremony, and Kent's retirement ceremony held at Marine Barracks Washington June 9.

Barrett recently returned from a deployment to Helmand province, Afghanistan, where he served as Regional Command Southwest's sergeant major.

Amos said Barrett is "the best of the best," and will continue to serve the Corps as Amos' senior enlisted advisor.

"Sgt. Maj. Barrett, through his long and distinguished service to our nation, has demonstrated that he is particularly well-suited to

serve as my senior enlisted advisor through the challenges ahead," said Amos.

Barrett enlisted as an infantryman in March 1981. In addition to Afghanistan, his combat deployments include serving in the Persian Gulf War as a sniper with 3rd Battalion, 9th Marine Regiment, and two tours in Iraq as battalion sergeant major of 2nd Battalion, 7th Marine Regiment.

Kent has served as the Sergeant Major of the Marine Corps since April 25, 2007. He graduated recruit training March 1976 at Marine Corps Recruit Depot Parris Island, S.C. In his 35 years of service, Kent has led Marines in various billets to include senior drill instructor and battalion drill master at Marine Corps Recruit Depot San Diego, chief drill instructor and first sergeant at Naval Aviation Officers Candidate School in Pensacola, Fla., and sergeant major of I Marine Expeditionary Force at Marine Corps Base Camp Pendleton, Calif.

Kent said, "My time on active duty is coming to an end, and I'm honored to pass the sword of office to Sgt. Maj. Barrett. He is a true warrior and will continue the great legacy our Corps."

Job fair visits MCAS Miramar



Sgt. W. Zach Griffith

Marines from MCAS Miramar meet representatives from different private corporations and law enforcement agencies job fair aboard the air station April 13. Marines who plan on leaving active duty will have an easier time in the civilian world if they prepare and have jobs waiting for them.

MCAS Miramar reminds everyone to recycle plastics, paper, cardboard and electronics at the Miramar Recycling Center.

A Marine with the Police Advisor Team, RCT-8, watches the main road in Delaram, Afghanistan, from his post at the district center. The Marines have been manning posts at the center while supporting the Afghan Uniformed Police.



Afghans, Marines work together securing Delaram

**Story and photo by
Lance Cpl. James Frazer**

COMBAT CORRESPONDENT

FORWARD OPERATING BASE DELARAM II, Afghanistan – The people of Delaram have felt the effects of war for decades. In spite of the conditions around them, Marines with Regimental Combat Team 8’s Police Advisory Team are working with the Afghan Uniformed Police here to help refine techniques the police force has learned and develop their professional knowledge as they work together to keep the town safe and free of crime.

Gunnery Sgt. Robert Jacobs, the PAT chief for the Marines at Delaram, said he feels the Marines and AUP have covered a lot of ground, despite some of the inherent challenges of the mission, such as the language barrier and the Afghan people’s mistrust of foreigners.

“It’s been a slow process,” Jacobs said. “You can’t expect to have the job done in a month, and you can’t expect the Afghans to immediately understand everything you try to teach them. By building off of the Police Advisor Teams that came before us, we’ve been able to play a support role and help them help themselves.”

Jacobs and his Marines are helping the Delaram district’s police force take on almost any challenge it might face. Through classes and practical application events, the AUP has begun taking its own steps to smooth out the process of law enforcement and protect Afghan citizens in an effective, self-sufficient way.

“The Marines are still going on patrols and manning posts,” said the Jacksonville, N.C., native, “but there’s almost nothing we do now that the AUP isn’t in-

involved in, in some way, and that’s the objective. They’re the ones who are responsible, and we’re just here to support them.”

The relationship the Marines and AUP have been developing is instrumental in establishing the police as a force of security and protection, Jacobs explained. One of the biggest challenges the Marines face is building up new relationships as new AUP members join or rotate to a new station.

“All of the AUP here are from outside the area, which causes some friction,” said 1st Lt. Phillip Saunders, the officer in charge of the Delaram PAT. “Historically in Afghanistan, it’s hard to trust someone who’s not from the same tribe or area. Most of the friction between the AUP and the citizens in Delaram is caused by the tribalism.”

The Florence, Ky., native said the AUP is working to ensure the relationships built between citizens and the police continue growing as new members join the force. It’s an ongoing project that the AUP and Marines have been tackling together.

“We want to show them we’re here to help them,” Jacobs said. “The AUP recognizes the relationships are important to supporting the long-term goal of creating a police force the public can trust to protect them.”

Between manning posts, patrolling, and the administration and logistics of police work, Jacobs described the Marines’ mission as a demanding and challenging task, but it is a key factor to ensuring an effective AUP security force.

“You can’t have a government without security and vice-versa,” Saunders said. “Long term, we want Afghans running an Afghan government the Afghan way. Our Marines are doing a great job, and it’s going to take missions like ours to help make that goal a reality.”

FLIGHT JACKET

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Lose yourself and be found

Story and photos by Sgt. W. Zach Griffith
COMBAT CORRESPONDENT

The wilderness is scary to some, solace to others. It's the unseen, inanimate enemy that Bear Grylls fights weekly, or the place Siddhartha went to shed his earthly belongings and seek enlightenment. While most people aren't looking at experiencing either of those extremes, getting away from your living room and out into the world can be a great way to spend a day or two. While driving around San Diego, there may not seem to be a lot of opportunities to commune with nature beyond the occasional unlucky rabbit or squirrel that took its chances with I-5 and lost, but there are several options for the nature seeker.

For the harder-core outdoorsman who doesn't want to drive too far, there's Mount Woodson in Poway. The trail starts at Lake Poway and loops for a difficult 6.4 miles. According to hiking guides online, the trail is "not for the faint of heart."

Those with younger children or without a diabolical need to prove something can check out Torrey Pines State Reserve's Razor Point Trail and Yucca Point Trail.

Both are just over a mile long and located in northern La Jolla.

Either way, something that makes you feel accomplished or puts you in a better mood promotes overall good health.

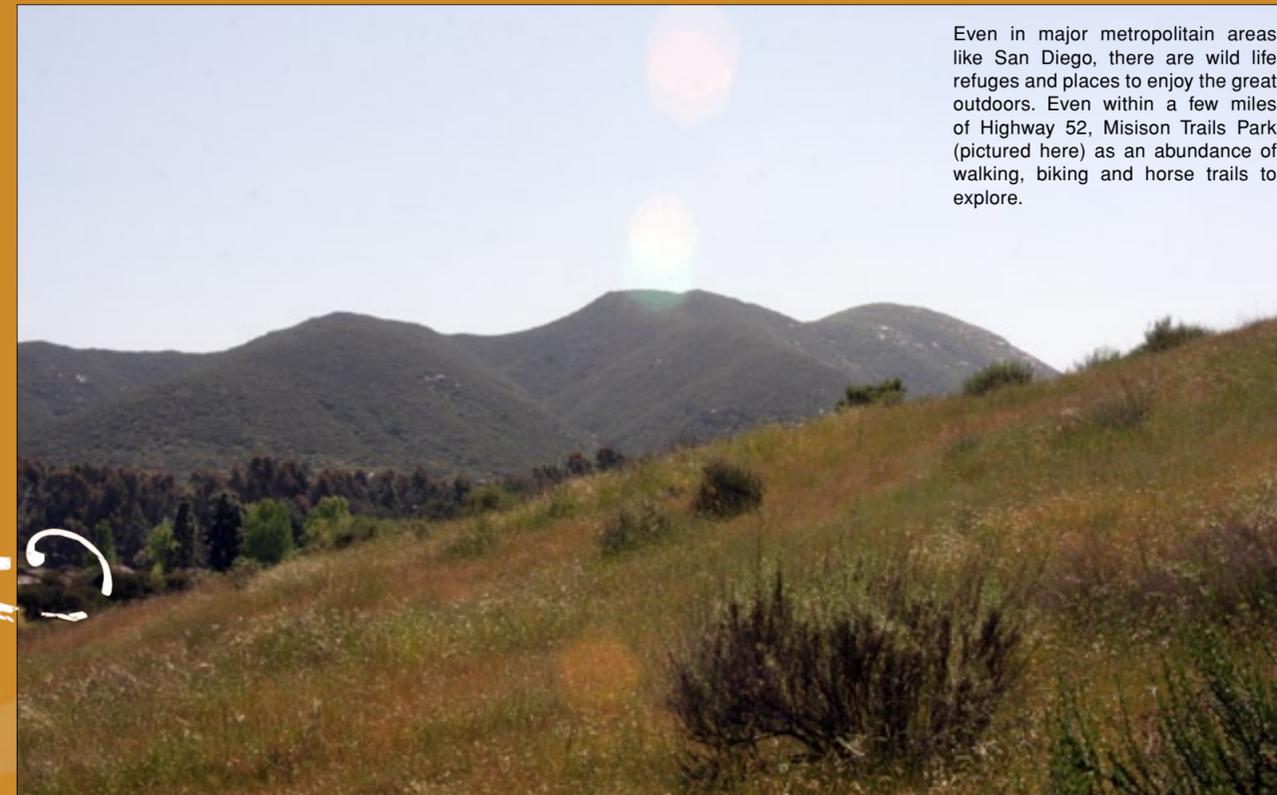
"It allows me 'cool down' time from other more stressful parts of life," said Martin Harris, a student at University of San Diego. "Biking is good for the environment and keeps my legs looking good. Generally, people who bike or hike are very mellow, interesting people that are fun to be around."

Beyond personal experience, the benefits of going outside caught the attention of the scientific community. Associate Professor Frances Kuo, founder and director of the Landscape and Human Health Lab at the University of Illinois at Urbana-Champaign, and colleagues published a study examining the relationship between levels of vegetation and crime rates in 98 apartment buildings in a Chicago public housing development. According to the study, Mental Health Benefits from Nature: Green Exercise Reduces Depression and Aggression in Adults and Kids, housing blocks with high levels of greenery had 48 percent fewer property crimes and 56 percent fewer violent crimes compared with housing blocks that had little or no vegetation.

According to University of Michigan psychology researchers Marc Berman, John Jonides and Stephen Kaplan, memory performance and attention spans improved by 20 percent after people spent an hour interacting with nature, versus those who spent an hour in an urban environment.

The benefits could be related to the exercise involved with outdoor activities, or some deep-seated animal part of our brains that crave being out in the wide world.

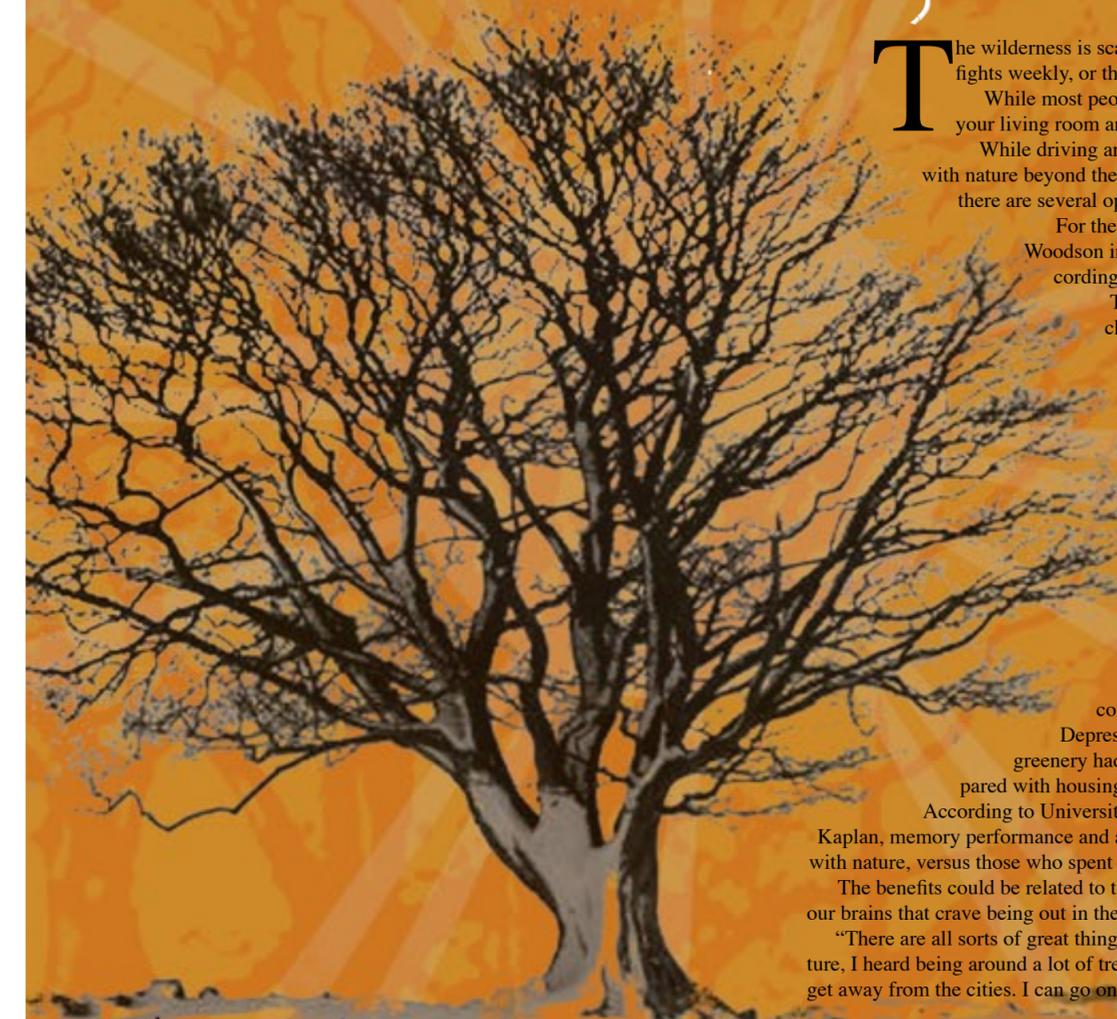
"There are all sorts of great things about getting out in the world away from the modern world: fresh air, adventure, I heard being around a lot of trees helps boost immunity," said Michael Ballard, an avid hiker. "It's just great to get away from the cities. I can go on all day."



Even in major metropolitan areas like San Diego, there are wild life refuges and places to enjoy the great outdoors. Even within a few miles of Highway 52, Misison Trails Park (pictured here) as an abundance of walking, biking and horse trails to explore.



A Western Fence Lizard heats up on a rock along one of the trails at Mission Trails Park. Many parks in San Diego are also wildlife refuges and have an abundance of creatures living in them. Hikers do need to keep an eye out for more dangerous creatures like rattle snakes. The Western Fence Lizard is harmless.



Empathy should be leadership trait



Sgt. W. Zach Griffith
COMBAT CORRESPONDENT

Editor's note: Sgt. Griffith is a regular contributor to the Flight Jacket and the editor of the publication.

There needs to be an addition to the Marine Corps leadership traits.

We all know, or at least have heard, JJ DID TIE BUCKLE. While it might make the acronym make less sense than it does now, we need another "E."

That "E" is for empathy.

There's a lot of touchy-feely association with empathy. For some of our more grizzled leaders, I imagine they see a lot of hugging and crying. This is not always the case.

Empathy is "the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another."

Empathy can be used in several ways both in leadership and in warfare.

For leaders, to be empathetic to your troops is hugely important. If you can't understand the troubles a Marine is going through, you won't be able to use the best leadership techniques.

For instance; one of your Marines

has lost focus, the quality of their work has gone down. They go from being a productive, inspired young Marine to what many consider a dirt bag. The change might be quick, overnight they have a new personality, or it could take months. If that Marine's leader doesn't take into account events in that Marine's life and jumps down their throat, the problem could get worse.

If that Marine is suffering from PTSD, or other mental anguish from personal hardships, having someone in their grill giving them the good ol' knife hand is not going to help things. More than likely, it will make things worse.

Granted, sometimes it takes a swift kick in the rear to get us in line, but it's being able to empathize and know what the individual Marine needs that solves more problems.

Empathy is also useful in warfare. Being able to know the enemy, their culture, and the way they think makes

for better strategizing. In the war on terror, we are fighting a religious ideal. We need the support of the citizens of the countries which support terrorist activities. If we can empathize with why they might dislike America (given the years of propaganda they've been fed about how their suffering is our fault) and change that opinion through acts of good will and charity, then we can prevent future generations from having those same negative feelings.

It's not easy to empathize with those who are our fundamental enemies, no easier than it might be to empathize with someone that just robbed your house. Yet, once you see a story from another point of view, you see the starvation, desperation and a lack of hope, it might be easier to see why people feel the way they do. If you know why someone feels the way they do, you can more easily take the appropriate action to mend or build new bridges.

East and West lock & load for NBA postseason



Cpl. Steven H. Posy
COMBAT CORRESPONDENT

Editor's note: Cpl. Posy is a regular contributor to the Flight Jacket and an avid sports fan.

While things heated up in the Eastern Conference as Miami edged out Boston for the second seed, the red-hot Lakers lost five straight to cool off in the West.

The 2011 playoff picture is complete and the fun begins, as the first round is set to tip-off this week.

Chicago is the Eastern Conference first seed, and they will meet the Indiana Pacers in what will be comparable to a tune up fight for a boxer. The Bulls are way too good to lose to the Pacers and should take the series in four relatively easy games. They are tied with the Spurs for the league's best record, and they are gaining serious momentum going into this postseason. Their superstar guard Derrick Rose is at his peak and is the first in line for the MVP award this year.

Miami turned up the heat going into the playoffs, winning some big games during the home stretch. They should roll through Philadelphia and into the second round. LeBron James has finally taken over the team and is the second runner up for the MVP award this year. His statistics match his two previous MVP seasons, and maybe with the help of Dwayne Wade and Chris

Bosh, he can capture his first title.

Chicago, Boston, Miami and Orlando will make for an amazing second round in the fight for the Eastern Conference championship. Although, the Bulls hold the best record, the Celtics are expected to return to the finals this year.

The Western Conference also has great second-round potential as the Spurs, Thunder, Lakers and Mavericks should advance to the semi-finals.

The Lakers are expected to win it all this year, but they're five-game skid at the end of the season has alarmed many, and with Andrew Bynum's recent knee injury, things are looking rocky for the defending champs.

The Oklahoma City Thunder are the surprise from the West this season, as they have improved to 56-26. Their scoring machine Kevin Durant is unstoppable and they have added veteran Kendrick Perkins to their front court, which gives them some serious depth.

As the season comes to a close, the time of the year that all basketball fans have waited for since last summer, is finally here. One thing for sure is that we're in for a heck of a ride and we will see some of the best playoff basketball



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FRIDAY 15 SATURDAY 16 SUNDAY 17 MONDAY 18 TUESDAY 19 WEDNESDAY 20 THURSDAY 21

Beyond the Brief:
Fight like a Girl Level 2
 6:30 – 8:30 p.m.
 Youth & Teen Center
 858-577-4588

Club Night with a DJ and the American Honey Girls
 7 – 11 p.m.
 Legends Sports Grill
 858-693-1543

WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588
- QOL Golf: Two Hours After Twilight free Golf for Active Duty 858-577-4155

Devil Dog Duathlon
 8 a.m.
 Camp Pendleton
 www.camppendleton-races.com

***MCX Spring Festival Bunny Photos, Egg Hunt & More**
 11 a.m. – 2 p.m.
 MCX Main Store

MCCS FREE PRIZE GIVEAWAYS...
 ITT/Travel Office: Old Town Trolley Gift Pack
Winner will be drawn on April 30
Stop in and fill out an entry form today!



Alcoholics Anonymous and Al-Anon Meetings
 6:30 p.m.
 Counseling Center
 858-577-6585



EFMP Informational Series
 9:30 – 10:30 a.m.
 M&FP Conference Room
 858-577-4668

***MCAS Miramar Education Fair**
 10 a.m. – 2 p.m.
 The Hub Miramar Room
 858-577-1801

SHOP AT THE MCX...

April Furniture Sale

April 6 - 17

Get It Done With Style Sale

March 23 - April 3

Dollar Day Wednesday Golf for Miramar Active Duty
 858-577-4155

***Navy Marine Corps Relief Society Budget for Baby Class**
 9 – 11 a.m.
 L.I.N.K.S. House
 577-1807

Floor Hockey Tournament Registration Deadline
 858-577-1202
 to register

L.I.N.K.S. Session for Marines
 12 – 4:30 p.m.
 L.I.N.K.S. House
 Visit your FRO to register

Stress Management I
 1 – 3 p.m.
 Counseling Center
 858-577-6585 to register

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MCX SPRING FESTIVAL ON THE MAIN STORE PROMENADE

Stop by the MCX Main Store Promenade on Saturday, April 16 from 11 a.m. – 2 p.m. for the MCX Spring Festival. There will be Photos with the Easter Bunny, an Egg Hunt, Face Painting, Astro Jumps, Youth Center Dancers, Giveaways and More. There will be a full afternoon of family fun!

MCAS MIRAMAR EDUCATION FAIR

The MCAS Miramar Education Center will be hosting an Education Fair on Tuesday, April 19 from 10 a.m. – 2 p.m. in The Hub Miramar Room. The event will feature 45+ colleges and vocational/tech partners, funding options, visitation and application preparation, deadlines, free literature, door prizes and more. Call 858-577-1801 for more information.

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ANNOUNCEMENTS



Get help paying for child care
 Visit the National Association of Child Care Resource and Referral Agencies website at www.naccrra.org to see information on eligibility for assistance to pay for and find child care services. Contact 1-800-424-2246 for information.

ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the “Customer Suggestion Box.”

It collects feedback on services provided by installations throughout the Department of Defense. To submit a suggestion visit the ICE website at <http://ice.disa.mil>.

Miramar Volunteer Income Tax Assistance (VITA) Center

VITA offers free tax preparation services to all active duty personnel and their family. The hours of operation are Monday through Friday, 8 a.m. - 6 p.m. For more information, please call 858-577-1040.

Important Phone Numbers
Victim Advocacy 24-hour Hotline
858-864-2815

Eagle Eyes
877-356-EYES (3937)

Military One Source
800-342-9647

D-Stress 24-hour Hotline
877-476-7734
 (All calls are strictly confidential)



WHAT'S PLAYING... AT THE BOB HOPE THEATER

BOB HOPE THEATER

Fri. April 15:
 The Adjustment Bureau (PG-13) 6:30 p.m.
 *I Am Number 4 (PG-13) 9:00 p.m.

Sat. April 16:
 Swap Meet 8:00 a.m. – 4:00 p.m.
 Beastly (PG-13) 6:30 p.m.
 Big Momma's: Like Father, Like Son (PG-13) 9:00 p.m.

Sun. April 17:
 *Gnomeo and Juliet (G) 1:00 p.m.
 *Unknown (PG-13) 6:30 p.m.

Wed. April 20:
 Rango (PG) 6:30 p.m.

Thurs. April 21:
 FREE Admission: Mars Needs Moms (PG) 2:00 p.m.
 The Adjustment Bureau (PG-13) 6:30 p.m.

*Indicates Last Showing