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Cpl. Andrew Greenfield, squad leader, 3rd Battalion, 4th Marines, 7th Marine Regiment, runs to cover during immediate action practical application exercise held as part of the Tactical Small Unit Leaders' Course aboard the Combat Center, July 14.

## **'Darkside' kicks off TSULC**

### STORY AND PHOTOS BY CPL. THOMAS MUDD

"In the Marine Corps, your buddy is not only your classmate, [...] he is also the Marine under your command. If you don't prepare yourself to properly train him and support him on the battlefield then you're going to let him down. That is unforgivable," Lt. Gen. Lewis Burwell "Chesty" Puller told his men in 1936.

Puller's words still ring true today and the Marines of 3rd Battalion, leaders advanced patrolling and leading techniques such as engaging targets in unique situations and identifying the best opportunities to ambush the enemy.

"The purpose of this course is to improve leadership at the squad and fire team level," said 1st Lt. Simeon Wrobel, executive officer, Company K, 3/4. "TSULC helps us reinforce the basics that the Marines learned while at [infantry training battalion]. Unlike a regular course, we focus on the 'Darkside' [standard operating procedures] and how we would handle certain situations. Utilizing these courses has made the small unit leaders more confident and capable." The curriculum teaches Marines topics ranging from patrolling to the use of various tactics and methods to overcome scenarios that they may come across while deployed.



## E to O: Enhance Your Leadership Potential

### STORY BY CPL. LOGAN BLOCK

Earning the title United States Marine is a remarkable accomplishment in itself. But for some, it is just the beginning. Becoming a leader is what Marines strive to do, and for those who possess exemplary leadership skills, transitioning from enlisted to officer (E to O) can be the next leadership opportunity in their career.

There are Marine Corps programs that allow enlisted Marines to transition into the officer ranks, whether active duty or reserve, which enables Marines to take their leadership skills to the next level.

"These programs provide enlisted Marines who possess officer qualities the opportunity to achieve



PHOTO BY STAFF SGT. KEN MELTON

2nd Lt. Patrick Poorbaugh is pinned to his new rank of second lieutenant by his mother, Kim Grierson, during a commissioning ceremony at the Low Memorial Library Rotunda, Columbia University, New York City, May, 21, 2015. Poorbaugh became the first Marine in 40 years to commission from the school. Poorbaugh is a Mackinaw, III., native, and graduated with a degree in Political Science from the College of General Studies.

their goals of obtaining a higher level of leadership," said Camille Lomax, supervisor of military human resource specialist.

There are four E to O programs in the Marine Corps. They are the Enlisted Commissioning Program (ECP), Marine Corps Enlisted Commissioning Educational Program (MECEP), Meritorious Commissioning Program Reserve (MCP-R), and Reserve Enlisted Commissioning Program (RECP).

In order to analyze and select the best qualified enlisted Marines, the Marine Corps Recruiting Command hosts three boards a year for each program.

4th Marines, 7th Marine Regiment, tested their ability to uphold this ideal as they conducted the Tactical Small Unit Leaders' Course aboard the Combat Center July 14, 2016.

Squad and team leaders within the battalion conducted exercises on patrolling and immediate action to improve upon themselves and their leadership tactics and skills. TSULC teaches young

"For some of the corporals that came to 3/4,

Cpl. Trent Maxell, fire team leader, 3rd Battalion, 4th Marines, 7th Marine Regiment, takes cover during an immediate action practical application exercise held as part of the Tactical Small Unit Leaders' Course aboard the Combat Center, July 14.

MECEP is the most common program used to transition from enlisted to officer.

"This program gives Marines the opportunity to fill an institutional need while simultaneously pursuing a personal and professional goal," said Major Steve Reamy, a product of MECEP who now serves as the Market Research and Analysis Officer, Marine Corps Recruiting Command. "It also gives Marines in the program the unique opportunity to mentor NROTC midshipmen: students who will be their peers upon graduation and commissioning. I encourage any qualified Marine who may be interested in the program to give it a long look."

MECEP provides active duty Marines a chance

See Leadership pg. A6

See Rush pg. A6

### Look up, pay attention story by bob pilrainen, center safety

Generally April is the month we talk about distracted driving, but with the new Pokémon Go craze, I thought it might be good to talk about not only driving distracted, but walking as well.

Since its release on July 6, there been numerous reports of accidents both driving, and walking. Some of these include people having to be rescued after walking off a cliff, a driver backing into a patrol car in Quebec City, slightly injuring the officers, and 15-year-old girl being hit by a car after she stepped off a curb and into the street without looking because she was playing the game.

I realize that this game has gotten people off the couch and out walking, and meeting new people, but if you are concentrating so hard on this game, you put yourself in harm's way. This does not just include stepping off into the street. There have been people mugged playing the game the game as well, because they weren't paying attention to their surroundings, and ended up in trouble.

Folks, I've said this before; multitasking for the brain is a myth. Human brains do not perform two tasks at the same time; it switches from task to task. So every time we are concentrating on something other than driving, or say walking we are at risk of getting hurt or worse.

Enjoy the game; get out and get fresh air and meet new people. However, not when you're driving, and if you find yourself out and about walking and playing the game, please pay attention to your surroundings and traffic around you. **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. Osvaldo L. Ortega III.



U.S. Marines with 1st Battalion, 1st Marine Regiment, Marine Rotational Force – Darwin, prepare for a possible attack at the break of dawn during Exercise Hamel in Cultana Training Area, South Australia, Australia, July 9, 2016. Exercise Hamel is a trilateral training exercise with Australian, New Zealand, and U.S. forces to enhance cooperation, trust, and friendship.

Stay safe!



Reprinted from the Observation Post July 22, 1977

## Guns of the Mojave blaze away Desert Warfare 29 Palms style

Warfare doesn't always break out in the nicest locations, and nearly 3,000 Marines, airmen and soldiers have moved into the blazing Mojave Desert to tax desert supply techniques to the limit. These troops are the "opposition forces" in the Brave Shield XVI.

The "bad guys," or opposition forces, do have some advantages even though they will be facing a numerically superior tank force also composed of the Army, Marine and Air Force units. They will be "dug in" on the Bullion Mountain Range and Joint Task Force units ("good guys") will have to roust them out. The backbone of the ground opposition force is formed by the 2-1 Infantry Battalion, 9th Div., Ft. Lewis, Wash., and by 3rd Battalion, 7th Marines, 1st Marine Division. The ground troops will be supported by armored elements of the 3-116th Battalion, Oregon National Guard from La Grande.

It takes a lot of work to make the exercise possible, let alone livable, in a land of sagebrush, rock and sand where daytime temperature often exceed 120 degrees.

The first problem is to move the necessary food and water to the opposition forces who are located more than 70 miles from the nearest adequate supply point. They must have more than 30,000 gallons of water a day for drinking and showers. They need 27,000 meals every three days.

Desert conditions are rough on equipment. Sophisticated communications equipment link together aircraft, base camps and tactical units. This equipment is in need of constant repair, the victim of severe heat and dust.

The burden of all this repair work and supply falls directly on the 183 maintenance Co., part of the 43rd Support Group of Ft. Carson, Colo. The company has help from two other active Army units and six National Guard and Army Reserve Units. The 250 men and women must labor 24 hours a day to move supplies and keep up with repairs. "We can fix anything from a 38 cal. Pistol to a M-60 battle tank," said Lieutenant Bill Nichols, Maintenance Platoon Leader for the 183rd. Lt. Nichols has only been in the Army nine months but said he's received three years experience in the past three weeks.

The 786th Quartermaster Co. an Army Reserve unit from Logan, Utah, must supply an ever increasing amount of fuel during the tactical phase of the exercise. They have set up "hot refueling points" for helicopters. In this exercise, helicopters touch down and keep their engines running while refueling.

Other units supply transportation for opposition forces combat units and perform front-line maintenance on tanks and other tactical vehicles. Morale is quite high, in spite the hectic the hectic pace. "About the only time I hear a complaint is when someone feels he or she isn't busy enough," said Captain Jason Currey, 183rd Maintenance Company Commander. "And that's the exception rather than the rule out here!"

### CROSSWORD

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|     | Escalator part                     | 17 |     |    |    |    | 18 |    |    |    |    |    | 19 |    |    |
|     | Actor Jackman<br>TLC provider      |    |     | 20 |    | 21 |    |    |    |    |    | 22 |    |    | -  |
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|     | Takes a spill<br>"Dracula" heroine | 25 | 26  | 27 |    |    |    |    | 28 | 29 |    |    |    |    |    |
| 20  | Harker<br>Back door, say           | 30 |     |    |    |    |    | 31 |    |    |    | 32 |    | 33 | 34 |
|     | Tan and Fisher<br>Takes five       | 36 |     |    |    |    | 37 |    |    |    | 38 |    |    | 39 |    |
| 25  | Isolated mountain                  | 40 |     |    | 41 | 42 |    | 43 |    |    |    | 44 | 45 |    |    |
| 30  | Tharp of dance<br>Long absence     |    |     |    | 46 |    | 47 |    |    |    | 48 |    |    |    |    |
|     | Harps' kin<br>Vitamin bottle info  |    | 49  | 50 |    |    |    |    |    | 51 |    |    |    |    |    |
|     | Fudd of cartoons<br>Kind of trip   | 52 |     |    |    |    |    | 53 | 54 |    |    |    |    | 55 |    |
|     | Corolla part                       | 56 | t - | Ì  | †  |    | 57 |    |    | l  | 1  |    | 58 | 1  | 59 |

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

### In Oceanside:

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

### In San Diego:

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

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- Dream Crystal, 15366 Highland Ave.
- Sports Auto Sales, 1112 National City Blvd.

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### In Twentynine Palms:

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

### In Yucca Valley:

- Yucca Tobacco Mart, 57602 29 Palms Hwy.
  Puff's Tobacco Mart, 57063 29 Palms Hwy.
  In Palm Springs:
- Whispering Palms Apts., 449 E. Arenas Road - NYPD Pizza, 260-262 N. Palm Canyon Drive

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

### WHAT I'VE LEARNED

## Charles Lynn, Mass. Former Public Affairs Chief, MCAGCC SANTANAR REAL

Sgt. Charles Santamaria, former Combat Center Public Affairs Chief, talks about what led him to the Marine Corps and how it has shaped him into who he is today.

> Growing up, my family moved around a lot. My earliest memories were in Brooklyn and Queens, two boroughs of New York City.
> I grew up poor, which I'm not ashamed of. It reminds me to cherish what I have, and that has made me humble.

**>While we never really had much,** we were very close as a family. Anytime we could go and spend time together, that's what we did. My mother was the main disciplinarian of the house and my dad worked a lot.

**>Being in the environment** that I was in, many of my friends' families also had low income. One of the challenges I face as a result was low confidence. It was a big obstacle for me learning to come out and trust people.

**>Going into middle school,** I was very introverted and didn't like to talk a lot. I went through middle school in Massachusetts and was introduced to a Junior Reserve Officer Training Corps program, endorsed by the Marine Corps. It was great because it challenged my introverted nature and taught me to be outgoing.

> It was a great experience and I met a lot of friends there. One reason I became friends with the other cadets was because when they found out I was poor; they didn't care and were always there for me. I think a big part of becoming friends is accepting you for all the things you may think are wrong about yourself. They accept those flaws and show you theirs and through that, you build trust.

**>Before I joined the Marine Corps,** the sergeant major said I couldn't do it. I was short, skinny and I weighed nothing. The only exposure I had to anything military was that program. I looked at the Marine Corps and put it, and still put it, on a pedestal.

**>My instructors** were really great people. I felt like if I joined the same organization that made those two men the people that they are today and obtain a fraction of that in my own character, than I wanted to do whatever it takes to achieve that goal.

**>One thing I've always wanted to stress** is that there is not a single person who embodies everything you need as a leader; there is no perfect leader. The best way to become a good leader, begin as a follower, take a piece from each mentor, all the good things you want from them, and leave the rest. In the Marine Corps, you see such a wide variety of leaders that you can pick and choose all the good qualities from each of them and make them your own.

>Always aim to make the next generation better than you. You can be the best infantryman, communicator or mechanic, but if the next person who comes after you is not as good as you or [not] better than you, then you have not done enough to give back to the Marine Corps. A big part of what the Marine Corps is its idea of legacy. Building a legacy is passing on as much as you can to the person who is going to take your place.
>Being in public affairs was a blessing in disguise. In this job field, you get a really large snapshot of the different occupational fields that the Marine Corps offers. Because of all the research that we end up doing, you find out so much about why every single [military occupational specialty] in the Marine Corps is important. You see all these outstanding Marines that put so much into their job because they care about the mission. As a communicator, you have to take all that passion and put it into words on paper.



a wide variety of leaders that you can pick and choose all the good qualities from each of them and make them your own. **Always aim to make the next generation** better than you. You can be the best infantryman, communicator or mechanic, but if the next generation better than you. You can be the best infantryman, communicator or mechanic, but if the next generation better than you. Phiking is about enjoying nature and what the Earth has

**>I've had multiple opportunities** to see the Bridgeport mountain warfare instructors and they were amazing Marines. They seem bulletproof. They put their bodies through so much strain learning the things they will teach other Marines for mountain survival. The experience motivated me to get out and explore.

>Since then, the highest I've climbed is Mount Whitney, the

given us. Being able to put you bare necessities in a pack get the right shoes and equipment on and just go; don't look back. I feel that's the definition of freedom.

**>I think hiking really relates to life.** You're not always going to be in the same place, you're not always going to be secure, and you always have to look forward. If you look back you will get caught up in the past and not notice what's in front of you.

**>My friend and I were in Joshua Tree National Park** hiking when a 17-year-old fell 40 feet off a rock. We were the only two people around so we ran up and wrapped him up in tarp and disinfected his cuts while we waited for help. It was really incredible to be the first ones there and to help him out in any way we could.

**>As I transition** out of the Marine Corps, I'd like to enter the medical field. Further down the line, I'd like to become an emergency room doctor and save people's lives. I want to be able to, with my own two hands and a set of tools, be able to bring some one back from the brink of death if I can. I feel like that is the greatest honor I could ever have and it is a big goal for me. I know it's going to take time but I've never wanted anything more.



# **DoD Safe Helpline Support to Sexual**

### STORY BY AMAANI LYLE

At first glance, the wall of multicolored adhesive notes could be routine reminders or phone messages common in a busy work center in this high-rise office space here.

But this is no typical workplace, and the notes are anything but ordinary.

Scrawled on the notes are simple yet profound messages of thanks for hope, support and help with facing one of the most underreported crimes in the United States and a challenge within the U.S. armed forces: sexual assault.

Staff at the Department of Defense Safe Helpline recently spoke with DoD News to discuss how they provide 24/7 anonymous, live, oneon-one crisis intervention, support, information and resources to members of the DoD community who have been affected by sexual assault.

Confidential Crisis Intervention

Launched in February 2011, the Safe Helpline serves as DoD's sole sexual assault hotline and is operated by the DoD Sexual Assault Prevention and Response Office, or SAPRO, through a contract with the Rape, Abuse, and Incest National Network, known as RAINN, the nation's largest anti-sexual violence organization.

Scott Berkowitz, RAINN president, said the Safe Helpline was created to support and complement existing services provided by DoD's sexual assault prevention and response programs. The Safe Helpline provides live, confidential, and worldwide telephone, text, and online intervention and referral services specifically tailored to the military community and designed to help build confidence in the reporting process.

Since 2011, more than 60,000 sur-

ing a refined sexual assault resource search tool, a self-care mobile app and an online secure group chat service called the Safe HelpRoom.

Helping People in Need

"It's a hard thing when you first disclose a sexual assault, [and] creating this space so that members of the DoD community can do that really enables them to get the help that they need," Berkowitz said. "vital, victim-centered" resource.

"A user can be assured that the individual on the other end of the line has [his or her] sole interest in mind," Blanc said. "There is no such thing as a typical call or chat, because every caller, every situation, is different. The Safe Helpline staff is trained to build the trust and rapport needed to get every individual user the help he or she needs."

**66** "Having a place where there are trained, compassionate people who can provide a positive first response can make all the difference," Scott Berkowitz added. "Sometimes they don't even have the words to describe what has happened to them and they need a safe environment to talk that through."

The initial disclosure has a critical impact on a survivor's path to healing, he said. "Having a place where there are trained, compassionate people who can provide a positive first response can make all the difference," he added. "Sometimes they don't even have the words to describe what has happened to them and they need a safe environment to talk that through."

This can be especially true for male survivors, as stereotypes and stigmas can make reporting even more difficult. Irene Jacobs, a Safe Helpline staffer, said safety and reliability are what can make the ultimate difference to a caller.

"Knowing that I am often the first person that [a survivor] discloses the incident to gives me a great sense of duty to connect them to the best resources possible," Jacobs said. "Using the crisis intervention skills and best practices I learned in training, I am able to help them understand their options in terms of reporting and the next steps they want to take. For example, if a survivor feels ready, Safe Helpline staff can connect them to a local sexual assault response coordinator or [sexual assault prevention and response] victim advocate to make a report and access follow-on care and services." The Safe Helpline aims to continually improve its services to meet the needs of sexual assault survivors, and the staff takes great care to ensure day-to-day quality assurance with every call and online chat. "Because we are anonymous and confidential, we do not record or maintain transcripts of any of our calls or chats," Usher said. "Therefore, in order to provide quality control and quality assurance, we do real-time

supervision. This ensures that anyone using the Safe Helpline is getting all the right resources and support."

Self-Care Mobile App Raises Bar

Sometimes ensuring users get the right resources means having to create their own, as in the case of the DoD Safe Helpline self-care mobile app. The Safe Helpline staff observed that users sought a way to deal with sexual assault-related insomnia, anxiety, flashbacks and other challenges while on the go.

"While there were prevention and safety apps, there were none that existed specifically tailored for military sexual assault survivors to help them connect to resources and manage the short- and long-term effects of sexual assault," Berkowitz said. "So we saw that as a gap in meeting the needs of victims." In response, the DoD Safe Helpline self-care mobile app was introduced in 2012 allowing users to create personalized self-care plans and access exercises from their mobile phones. The app features informative resources for active duty, National Guard, reserve, Coast Guard and transitioning service members, and shares information about the effects of sexual assault, prevention, and recovery.

Downloadable free from the iOS and Android app stores, content on the DoD Safe Helpline app can be accessed anywhere in the world without an internet connection. "If you are on a ship or out in the middle the desert and you need to access a resource to decrease stress, you don't need to have Wi-Fi in order to do that," Berkowitz said.

The DoD Safe Helpline selfcare mobile app received the 2013 American Telemedicine Association President's Award for Innovation.

Connecting Survivors

Another resource that survivors often requested was a way to connect with others who had also experienced sexual assault.

vivors, family members, colleagues and others have reached out to Safe Helpline for support, and in more than 1 million instances, people have accessed information and resources through the Safe Helpline website.

From its inception, RAINN has joined forces with DoD SAPRO, the military services, the National Guard Bureau, the Coast Guard, and the Labor and Veterans Affairs departments to guide the continued development of Safe Helpline services. In addition to the telephone helpline, the online helpline and "Info by Text," Safe Helpline services also include transitioning service member support, an enhanced website featur"There's a sense of shame, selfblame and fear of being judged when talking about a sexual assault, and all of those are amplified in cases with male survivors," said Denise Usher, a Safe Helpline shift manager. "We know the reality of sexual assault is that the scenarios in which they're perpetrated can vary. Sexual assault is about consent, and has nothing to do with somebody's masculinity. Perpetrators are just very adept at figuring out how to commit assaults."

Building Trust and Rapport is Key Liz Blanc, DoD SAPRO victim assistance program analyst and Safe Helpline operations manager, described the Safe Helpline as a

"The research has always shown that connecting to other survivors is an incredibly powerful aid in the recovery process," Berkowitz explained. Still, he acknowledged that when doing preliminary research about existing chat rooms and online forums, he and the Safe Helpline team discovered survivors would often turn to unmoderated chat rooms and online forums that couldn't meet their needs. "There were a lot of chat rooms and other types of public message boards where we saw survivors putting themselves out there and being exposed to negative comments

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and bad information," he said.

The Safe HelpRoom began 2013 as an online chatroom where survivors of sexual assault in the military can connect with and support one another in a moderated, secure environment. Like the telephone hotline, online helpline and Info by Text services, the Safe HelpRoom is also available 24/7.

The Future for the Safe Helpline "Some people come to the Safe Helpline just minutes after they are assaulted, but some come years later," Berkowitz said. "We want to be a place where people are always comfortable reaching out; we want to make sure that the help we offer is what they're looking for and that it supports their recovery. This means continuing to innovate and develop new resources that support the needs of survivors." While the collaboration between DoD SAPRO, RAINN, and the military services has yielded significant improvements in care for military members, Blanc and Berkowitz said they hope the need for the effort will one day subside.







is no such thing as a typical call or chat, because every caller, every situation, is different."

"DoD has taken great strides to address the problem of sexual assault. I'm optimistic that those will continue and that over time we will be able to reduce the number of sexual assaults," Berkowitz said. "Until that point, we are working hard to make the Safe Helpline a source of confi-

dential, anonymous help – a resource that people trust."

Members of the DoD community who have been affected by sexual assault can access 24/7, secure, confidential, anonymous support through the DoD Safe Helpline at https://safehelpline. org, or by calling (877) 995-5247.

### You

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



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### Rush from pg. A1



Marines with 3rd Battalion, 4th Marines, 7th Marine Regiment, learn about patrolling techniques during the Tactical Small Unit Leaders' Course held aboard the Combat Center, July 14.



Marines with 3rd Battalion, 4th Marines, 7th Marine Regiment, learn about patrolling techniques during the **Tactical Small** Unit Leaders' Course held aboard the Combat Center, July 14.

this training helps refresh what we learned in ITB as well as improve ourselves for our Marines," said Cpl. Damian Allen, TSULC student, 3/4. "I came from security duty, so this is an opportunity to reorient myself and make myself a better leader. This course largely benefits the Marines and the lessons we learn here can be taught to our junior Marines to improve the unit as a whole."

3/4 will finish this iteration of TSULC with livefire exercises to reinforce their skills of patrolling and engaging enemies as well as build confidence for the small unit leaders with in the unit.



Cpl. Trent Maxell, teamleader, 3rd Battalion, 4th Marines, 7th Marine Regiment, sights in during an immediate action practical application exercise held as part of the Tactical Small Unit Leaders' Course aboard the Combat Center, July 14.

### Leadership from pg. A1

to go to a four-year college full-time. The Marine will maintain his or her active duty status and pay, along with all benefits, while attending college. Prior to attending college, the selected Marines must attend and complete Officer Candidate School (OCS). After MECEP Marines graduate from college, they are commissioned a Second Lieutenant and proceed to the The Basic School (TBS) to continue their required Marine officer training. "I chose to do MECEP because it was

a means for me to get my education, and to be able to lead Marines in a greater capacity than a non-commissioned officer or staff non-commissioned officer," said Captain Michael Cooley, plans officer with Marine Corps Recruiting Command.

ECP is similar to MECEP, except this program is for enlisted Marines who already have their four-year degree. Once selected for ECP, the Marines go to the next OCS class after their board,

for reserve Marines. RECP requires an enlisted Marine to be enrolled in the Selected Marine Corps Reserve (SMCR) Program with a four-year baccalaureate degree. If approved for the program, they will attend OCS and become appointed a commissioned officer in the Marine Corps Reserve. MCP-R is a program in which commanding officers nominate qualified enlisted SMCR Marines or To be eligible for MCP-R, the Marine must have an Associate level degree or 75 credit hours toward a Bachelor level degree complete.

The first board for Fiscal Year 2017 released the results on 18 July. 31 Marines were selected for MECEP and 23 were selected for ECP. For more information on these programs, and to find out if you have what it takes to

and then attend TBS.

MCP-R and RECP are both programs sioning in the Marine Corps Reserve. mil/Unit-Home/Officer-Programs/

Marines in the Active Reserve Program become a United States Marine Corps for assignment to OCS and commis- Officer, visit https://mcrc.usmc.afpims.



# Weekinphotos Eagle Wrath 2016

A U.S. Marine with Marine Wing Support Squadron 171 stationed at Marine Corps Air Station Iwakuni, Japan, shoots an M2 .50-caliber heavy-machine gun as part of a machine-gun range during exercise Eagle Wrath 2016 at Combined Arms Training Center Camp Fuji, Saturday. The annual exercise focuses on providing aviation-ground support to an assigned aviation combat element while reinforcing skills that Marines learned throughout their military occupational specialty schooling and Marine Combat Training.







A U.S. Marine with Marine Wing Support Squadron 171 stationed at Marine Corps Air Station Iwakuni, Japan, shoots an M2 .50-caliber heavy-machine gun as part of a machine-gun range during exercise Eagle Wrath 2016 at Combined Arms Training Center Camp Fuji, Saturday. The squadron plans to complete their unit annual training requirements throughout three stages, which focus on air base ground defense and Marine Corps common skills that Marines are unable to train for locally.

A U.S. Marine with Marine Wing Support Squadron (MWSS) 171 stationed at Marine Corps Air Station Iwakuni, Japan, shoots an M2 .50-caliber heavy-machine gun as part of a machine-gun range during exercise Eagle Wrath 2016 at Combined Arms Training Center Camp Fuji, Saturday.

### Photos by Lance Cpl. Aaron Henson



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### Sum<u>merlime</u> Recipe Contest

Summer is here! Time to fire up the grill, start the bonfire, and pour the drinks! Enter your favorite (original) summer recipes into our Summertime Recipe Contest. Readers are invited to submit their favorite summertime recipes.

- The categories for submission are -

### Grilling Campfire Cooking Summer Drinks Summer Desserts (Up to 2 entries per category, per participant)

### Deadline for entry is 5pm August 1st

Recipes will be judged by chefs/cooks from Morongo Basin eateries. The top winner from each category will be put in a drawing to win a Brinkman Grill, donated by Home Depot.

### Submitting your recipe:

 Please submit your name, phone number, and indicate which category your recipe should be considered for.

--- Up to 2 entries per category, per participant will be considered

– You can mail your recipe to the Hi Desert Star, 56445 Twentynine Palms Hwy, Yucca Valley, CA 92284, email rcrabtree@hidesertstar.com, or drop it off Mon-Fri 8-5 before the August 1st deadline.

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## Sound Advisory: ITX 5-16

There will be increased sound in the local area due to I Marine Expeditionary Force conducting Integrated Training Exercise 5-16 and Large Scale Exercise 16 aboard the Combat Center for the next 30 days.

Integrated Training Exercise, formerly known as the Combined Armed Exercise and Enhanced Mojave Viper, is the longest-lasting activity that occurs aboard the Combat Center and is comprised of an intensive training cycle involving a series of progressive live-fire exercises that assesses the ability and adaptability of a force of approximately 3,500 active duty or Reserve Fleet Marine Force Personnel.

Large Scale Exercise is designed to challenge commands across the spectrum of the Marine Air Ground Task Force. The exercise focuses on improving the warfighting skills of senior commanders and their staffs, developing a common understanding of MAGTF doctrine, and enhancing the capabilities to employ a MAGTF in a joint environment. The end state is that MAGTF commanders and their staffs possess the requisite warfighting skills to optimize operational success.

To submit a sound report, Visit: http://www.29palms.marines. mil/Staff/G5CommunityPlansPAO/ SoundReporting.aspx Call: (760) 830-9222 or Email: SMBPLMSSOUNDREPORTING@ usmc.mil



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## *My brother's keeper: 'First Team'* Marine saves sailor from drowning



### PHOTO BY CPL. MEDIAN AYALA-LO

Lance Cpl. Troy Yakin, landing support specialist, 1st Battalion, 7th Marine Regiment, is credited with saving the life of Senior Chief Hospital Corpsman Ralph Duron, senior enlisted leader, 21 Area Branch Clinic, Naval Hospital Camp Pendleton, on June 29. Duron was caught in a riptide with a dislocated shoulder while surfing at Del Mar Beach aboard Marine Corps Base Camp Pendleton, Calif., when Yakin responded to his cries for help.

### STORY BY CPL. MEDINA AYALA-LO

tanding well above six foot tall, with a clean haircut, fresh shave and an air of confidence, Lance Cpl. Troy Yakin is what many would consider a typical Marine. But even the most typical of Marines have a thread of heroism woven within. Whether at home or on the battlefield, answering the call of duty is less of a cognitive thought than it is an instinct.

"Do I think I'm a hero? No," Yakin said. "I didn't think twice about it. I didn't think he was dying, I just thought I was helping somebody out."

On the morning of June 29, 2016, Yakin, a landing support specialist with 1st Battalion, Marine Regiment, 7th two Marines from and his unit were visiting Del Mar Beach aboard Marine Corps Base Camp Pendleton, Calif. In the days leading up to that morning, they had been conducting a joint inspection for 11th Marine Regiment. With their tasks completed earlier than expected, Yakin and his co-workers decided to go to the beach.

"When we were at the beach everybody was having a good time," Yakin said. "People were surfing, body boarding, all that fun stuff. There was a swimmer who had wandered out too far so the life guard went to get him. It was around that time that someone started screaming for help."

The person in need was Senior Chief Hospital Corpsman Ralph Duron, senior enlisted leader, 21 Area Branch Clinic, Naval Hospital Camp Pendleton. Like his fellow beach-goers, Duron was

enjoying his time in the

ocean. The nearly 9-foot

waves crashing above

didn't faze him until he

was unexpectedly thrown

wave and tossed," Duron

said. "In the process, my

left shoulder was dislo-

cated and the leash of my

surfboard snapped. At

the same time, I'd gotten

caught in a rip current far

from shore. I was in a very

as long as he could with

one arm, to little avail.

Realizing his eminent

danger he began to call

nowhere and put his life at

risk by going into this rip

"He flew in out of

He side stroked for

"I was pummeled by a

from his board.

bad spot."

for help.

current to swim us both to safety," Duron said of Yakin. "Throughout his rescue, he reassured me and pulled us both out of the situation."

By the time they got back to shore Duron was in a great amount of pain and on the verge of blacking out from lack of air. Still, he managed to obtain Yakin's first name and unit before Yakin slipped

66 "He flew in out of nowhere and put his life at risk by going into this rip current to swim us both to safety," Duron said of Yakin. "Throughout his rescue, he reassured me and pulled us both out of the situation."

back into the ocean.

"From a surfer's perspective, the waves were nice," Yakin said. "They were pushing 8 or 9 feet. But it wasn't like a set would roll in, then the waves would subside. It was set after set, just constant pounding."

According to Duron, Yakin's actions that day saved his life.

"All I thought was 'the ocean's kicking people's butts today. I should get out there'," Yakin said. "I didn't really think about the riptides and the undertow people warn you about. I didn't really think about that because I'm a swimmer."

A good foundation Yakin was born in Newark, Del., raised by his mom, and surrounded by his cousins. His childhood could be classified as a happy one.

"My mom's always been one hundred percent behind me in whatever I do. No matter how ridiculous the dream was, she would always support it," Yakin said. "She always trusted me to have good judgement and she had this rule; 'if you're not bleeding or broken, I don't care.' Now my mom is like my best friend. I know that as long as she's around, I have somewhere to go home to."

At the age of 3, Yakin and his mother moved from Delaware to Galveston, Texas. The city proved to be a change of pace from the easy going environment living by the shore provided him and his family. They would return to Delaware every other summer and visit the ocean, so throughout his life Yakin was never far from water.

"I've been swimming since I was 3. I had a pool in my backyard, I was always on a swim team; it was fun," Yakin said. "All my life I've always been told you can do whatever you set your mind to. Swimming became one of those things."

Over the years, Yakin broadened his horizon and got involved in sports such as track, soccer, baseball, wrestling and football. As he grew older his focus shifted from which sports he would play that season to the direction his future would take.

"I was turning 17 and my parents gave me that one life decision; get a job, continue with school or get out," Yakin said.

After graduation, Yakin eventually told his mother he wanted to join the military and she, ever supportive, agreed to go with him to the recruiting station.

A good deed

For Yakin, life goes on. He continues to be a contributing member of his unit and acknowledges his actions were due, in part, to him being stationed with 'First Team.'

"I definitely have to credit the 'no hesitation' toward my chain of command," Yakin said. "Everybody in 1/7 is an aggressor, it's not like us to blend in. My leadership taught me it's about getting the mission done."

On the morning of June 29, Yakin's mission became to help a man in need. From his perspective he did nothing extraordinary, but in the eyes of his leadership and the man whom he helped, his actions that day far surpassed the call of duty. His presence equated to a life being saved with exponential returns.

"As a seasoned Navy corpsman with multiple deployments, saving lives is my job," Duron said. "Troy went out of his way to save mine as well as place his in harm's way without hesitation. I believe his actions reflect honor on himself, his unit, and the Marine Corps as a whole. I am honored to call Marines like Troy 'brother.""





### Combat Center Events

Dunham Mess Hall will be closed until further notice due to required maintenance and repairs. Units and individuals that patronize Dunham Hall should use Littleton Mess Hall, Bldg. 1660 or Phelps Hall, Bldg. 1460. The best times for units to avoid the student lines at Littleton Hall are 1030-1100 and 1300-1330. While repairs are in progress at Dunham Hall, both Littleton Hall and Phelps Hall will operate under extended hours.

Sandy Hill Lanes Bowling Center is holding their 60 Days of Summer event allowing children ages 5-18 to bowl free now through August 13. Adults can join by purchasing a family pass. For more information call 760-830-6422.

Hashmarks Staff Noncommissioned Officer Club hosts Steak Night every Monday from 4:30 p.m. to 8 p.m. and Friday. The event is open to all hands Monday and SNCOs on Fridays. For more information, contact 760-830-5035.

### Sunset Cinema

Friday, July 22 5:00 p.m. - Finding Dory, PG 7:30 p.m. – The Conjuring 2, R 10:30 p.m. - Independence Day: Resurgence (3-D), PG-13

### Saturday, July 23

12:30 p.m. - Finding Dory, PG 3:00 p.m. – Teenage Mutant Ninja Turtles: Out of the Shadows, PG-13 5:30 p.m. - Warcraft (3-D), PG-13 8:00 p.m. - Now You See Me 2, PG-13 11:00 p.m. - Free State of Jones, R

### Sunday, July 24

12:00 p.m. - Central intelligence, PG-13 2:30 p.m. - Finding Dory, PG 5:00 p.m. – Independence Day: Resurgence (3-D), PG-13 8:00 p.m. - The Shallows, PG-13

### Monday, July 25

5:00 p.m. – Finding Dory, PG 7:00 p.m. - Free State of Jones, R

### Tuesday, July 26



## **Just Keep Swimming**

The forgetful little blue fish from 'Nemo' makes a splash of her own

NEIL POND

### 'Finding Dory'

Starring the voices of Ellen DeGeneres, Albert Brooks, Ed O'Neill, Ty Burrell & Idris Elba Directed by Andrew Stanton & Angus MacLane

"Just keep swimming, just keep swimming," said Dory, the little blue tang in Finding Nemo, the 2003 Disney/Pixar hit about a father clownfish's acrossthe-ocean search for his abducted son.

And keep swimming she has—Dory now splashes right into her own movie, a sea-worthy spin-off about her own search for the loving parents she

Nemo and Marlin eventually come to the surface. Two sea lions (The Wire's Idris Elba and Dominic West) fiercely guard their rock from interlopers. Ed O'Neill is a hoot as Hank, the misanthropic camouflaging "septopus" (an octopus with only seven tentacles) who longs to remain in captivity rather than return to the wilds of the ocean. Modern Family's Ty Burrell cracked me up as Bailey the beluga whale, so proud of his abilities of echolocation, the sonarlike location of objects by reflected sound. Paired with Destiny (Kaitlin Olsen from It's Always Sunny in Philadelphia), a nearsighted whale shark, they're quite a team.

There's a road full of adorable otters, a loveably dorky ocean loon, Becky, who doesn't say a word, and a great running joke about real-life actress Sigourney Weaver, who's heard but never seen. From the opening Pixar short (Piper, about a little sandpiper) to the credits (when Hank the octopus gets one last time in the spotlight), it's all great fun, rollicking adventure and quite heartwarming. Director Andrew Stanton, who also steered WALL-E and Finding Nemo, and co-director Angus MacLane keep the pace lively, the jokes funny and the message clear: Friends are family, too. There may be tears, and little ones, especially, may be more affected than grownups about Dory's wrenching separation from her parents and her unflappable hopes that she will find them. This is, after all, the House of Mouse, the company that gave us Bambi, Pinocchio and Dumbo-not to mention Old Yeller, The Lion King and that flashback scene in Up.

2:30 p.m. - Pocahontas (NDVD-Free Admission), G barely even remembers. 4:30 p.m. - The Shallows, PG-13 6:30 p.m. - Independence Day: Resurgence, PG-13

### Wednesday, July 27

2:00 p.m. – The Little Mermaid (NDVD-Free Admission), G 4:00 p.m. – Now You See Me 2, PG-13 6:30 p.m. – The Conjuring 2, R

### Thursday, July 28

5:00 p.m. – Teenage Mutant Ninja Turtles: Out of the Shadows, PG-13 7:30 p.m. - Me Before Your, PG-13

### Friday, July 29

5:00 p.m. – Star Wars: The Force Awakens (NDVD-Free Admission), PG-13 8:00 p.m. - Free State of Jones, R 11:00 p.m. – Independence Day: Resurgence, PG-13

In Finding Dory, which takes place one year after the events of Finding Nemo, Dory-still coping with her lifelong inability to remember anything-suddenly recalls a memory fragment of her mother and father (Diane Keaton and Eugene Levy). Overjoyed that she has a family, she sets out on a quest to locate them, bringing along young Nemo and Marlin, his reluctant dad.

Ellen DeGeneres once again provides the voice of Dory, with a perfect grasp of the delicate emotional shadings of comedy, drama and trauma in her struggle to piece together the shards of her past as she leaves her colorful coral reef and heads to the dark, debris-clogged shores of California. Albert Brooks reprises his role as Marlin, and newcomer Hayden Rolence is Nemo.

The new movie does a great job, just like Nemo, of creating a world teeming with aquatic creaturesalthough we meet most of them not under the sea, but inside a marine institute, which is where Dory,

But remember what Dory says: Just keep swimming, just keep swimming. You'll make it.





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An AV-8B Harrier II with Marine Medium Tiltrotor Squadron 264, 22nd Marine Expeditionary Unit, lands on the flight deck of the amphibious assault ship USS Wasp, Monday. The 22nd Marine Expeditionary Unit, Deployed with the Wasp Amphibious Ready Group, is conducting naval operations in support of U.S. national security interests in Europe.



PHOTO BY CPL. RACHAEL ZILLIOX

Marines provide security while participating in a mechanized assault training exercise during the Southern California portion of Rim of the Pacific 2016 aboard Marine Corps Base Camp Pendleton, Monday. The mechanized assault training provides partner nations the opportunity to integrate and communicate with each other for future operations.



PHOTO BY STAFF SGT. JESSE R. STENCE

U.S. Marines come ashore, via Assault Amphibious Vehicles and U.S. Navy Landing Craft Air Cushion hovercraft, at Kawaihae Pier, Hawaii, July 15. The Marines are participating in Rim of the Pacific 2016, a multinational military exercise, from June 29 to Aug. 4 in and around the Hawaiian Islands.



PHOTO BY CPL. GABRIELLE QUIRE

Marines with 4th Tank Battalion, 4th Marine Division, Marine Forces Reserve, perform a beach landing on a landing craft air cushion during their annual training aboard Marine Corps Base Camp Pendleton, Calif., Saturday. Annual training exercises ensure that Reserve Marines are trained and prepared for any future operation or contingency.

