



OBSERVATION POST

MCAGCC TWENTYNINE PALMS



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Re-up money

Corps releases bonuses for FY 2013

Lance Cpl. Ali Azimi
Combat Correspondent

One of the Commandant's priorities is keeping the skills of experienced Marines and Marine leaders to sustain the strength and effectiveness of the Marine Corps. The Selective Reenlistment Bonus program offers Marines willing to reenlist additional benefits to staying in active duty.

The first-term reenlisting Marines are eligible for the SRB program after July 1, 2012, and career Marines after Oct. 1, 2012. This includes any first-term or career Marines reaching their end of current contract between Oct. 1, 2012, and Sept. 30, 2013, per MarAdmin 375/12.

The program offers different amounts of bonuses depending on the Marines' grade upon their date of reenlistment, military occupational specialty they are reenlisting in and the number of months of additional obligated service. No SRB payment will exceed \$90,000.

SRB amounts are capped at 48 months of service, meaning 49 months of service will not receive a larger bonus. The minimum months of obligated service to receive SRB stands at 36 months. Anyone who is reenlisting for an additional 36-47 months of service may be eligible to receive a reduced bonus.

The SRB may also be suspended due to boat space within the specified MOS and reenlistment authority will not include SRB once retention requirements are met.

The end of current contract, rather than the end of active service date, will determine SRB eligibility.

Prior service Marines looking to reenlist may also be eligible for the Broken Service SRB program, giving them a bonus as they work toward joining active service. The program is suspended during the rest of fiscal year 2013 but may be activated due to retention needs. Marines must have less than a 4-year break in order to be eligible.

For more information about the SRB or BSSRB refer to MarAdmin 357/12.

TOP 15 BONUSES

1ST TERM MARINES

MOS	E3	E4	E5+
0211-	55,500	63,500	69,750
0372-	0	63,500	69,750
2336-	0	59,000	64,750
7257-	39,500	45,250	49,750
0261-	35,750	40,750	44,750
0321-	35,750	40,750	44,750
0689-	0	0	44,750
2651-	35,750	40,750	44,750
6842-	35,750	40,750	44,750
0241-	0	36,250	39,750
2676-	31,750	36,250	39,750
7314-	31,750	36,250	39,750
2621-	27,750	31,750	34,750
2631-	27,750	31,750	34,750
6326-	23,750	27,250	29,750

Large Scale Exercise 1

Largest annual Marine Corps reserve training



LANCE CPL. ALI AZIMI

Marines with Company G, 2nd Battalion, 25th Marine Regiment, carry a simulated casualty on a stretcher to a CH-46E Sea Knight helicopter during a tactical recovery of aircraft and personnel exercise July 9, while conducting Large Scale Exercise-1/Javelin Thrust 2012.

TRAP mission preps reservists for combat

Lance Cpl. Ali Azimi
Combat Correspondent

The roar of the propellers above the helicopter was deafening. A screech rang throughout the hull, where eight Marines and the flight crew sat. Their only form of communication was hand signals, but those sitting side-by-side had the luxury of screaming into each other's ears, hoping the message was comprehended down the row of seats.

The air was cooler at the high elevation, but the Marines knew what temperatures awaited them below. The aircraft circled multiple times, with the Marines peering down to get eyes on the objective.

The aircraft landed; it was game on.

Marines with Company G, 2nd Battalion, 25th Marine Regiment, conducted a tactical recovery of aircraft and personnel exercise over the Combat Center training areas Monday.

The unit, originally from Dover,

N.J., arrived at the Combat Center July 1 in support of Large Scale Exercise-1/Javelin Thrust 2012.

Twenty-three Marines loaded up onto three CH-46E Sea Knight Helicopters from Marine Medium Helicopter Squadron 774, and took off from the Camp Wilson landing zone.

Their mission was to retrieve two Marines awaiting rescue from a simulated downed aircraft. One was a simulated casualty and in

See **TRAP** page A5

Reservists visit MCAGCC for Javelin Thrust 2012

Lance Cpl. D. J. Wu
Combat Correspondent

More than 5,000 Marines came to in the Combat Center's training area from Marine Forces Reserve and I Marine Expeditionary Force to participate in Large Scale Exercise-1/Javelin Thrust 2012 from July 2 through July 12.

In the past, the Javelin Thrust Exercise focused on refining tactical skills for individual Marines and units while small unit commanders and staff practiced command and control. Now with LSE-1/JT12, the focus is put on the Marine Expeditionary Brigade-level to conduct command and control of the Main Subordinate Elements.

Even though the Combat Center is the largest base in the Corps, a full Marine Expeditionary Brigade-sized exercise can not be conducted here. A MEB can range from 10,500 to 14,500 Marines and sailors.

LSE-1/JT-12 was not only taking place at the Combat Center, some of the exercises supporting actions took place at Marine Corps Base Camp Pendleton, Calif., and Marine Corps Air Station Yuma, Ariz. The additional sites provided a venue to fully exercise a MEB staff across the range of military operations in a combination of live and synthetic environments. This is designed to meet the Commandant's intent to provide training venues to the Marine Corps' middleweight force.

Though not a true MEB-sized exercise, the 1st MEB oversees the command element of the MAGTF. The size of a MEB can range from 10,500 to 14,500 Marines and sailors. Even though the Combat

See **JAVELIN** page A5

Marines work behind the scenes

Lance Cpl. D. J. Wu
Combat Correspondent

Behind the action of the air and ground combat elements of the Marine Air Ground Task Force, is the command element that coordinates the vigilant ballet of war.

The Exercise Control Center for Large Scale Exercise-1/Javelin Thrust 2012 creates the chaos for the command element.

"I'm kind of the man behind the curtain," said Maj. Ben Brown, exercise control, LSE-1/JT12. "Here we combine live events with simulated scenarios

and put that all together to help the units train better."

From their busy offices on the Combat Center's main side, the Marines control everything that is supposed to be happening in LSE-1/JT12. From troop movements to organized attacks, the control center does what they can to make it a realistic and educational exercise.

"This exercise is much more than just this final exercise," said Col. Andrew Kennedy, assistant chief of staff for Combat Center operations. "The integrated

See **CONTROL** page A5



LANCE CPL. D. J. WU

Maj. Ben Brown, exercise controller, Large Scale Exercise-1/Javelin Thrust 2012, spends time on the phone going over exercise details for LSE-1/JT12 at the Exercise Control Center July 3.



Weight: 8 lbs.
Length with buttstock extended: 37.44 in.
Length of barrel: 16.5 in.
Maximum effective range: 550 meters (point target)
Purchasing: 4,476 weapons
Ammunition: 5.56 mm NATO rounds
Magazine: 30-round magazine
Number currently issued to infantry battalions: 84 IARs
Number issued to light armored reconnaissance battalions: 72 IARs

M27 Infantry Automatic Rifle

Marines embrace next evolution in firepower

Cpl. Jacob D. Osborne
Headquarters Marine Corps

For 27 years, the M249 Squad Automatic Weapon has served as the Corps' automatic rifle standard. In December 2010 initial fielding of the M249 SAW's replacement, the Heckler and Koch M27 Infantry Automatic Rifle, was fielded and is now set for implementation throughout the Corps.

The M27 IAR is less than half the weight of the M249 and allows the automatic rifleman to carry fewer rounds because of its

improved accuracy. With a lighter load to carry, enemy combatants will now face a more lethal and mobile Marine with better firepower to boot. This will allow the Marine to move faster and engage his enemy in record time.

The Corps plans to purchase more than 4,000 M27s. The new automatic rifles will replace nearly all the existing Squad Automatic Weapons. By the end of 2013, the Marine Corps intends to supply M27s to every infantry and light armored reconnaissance battalion in the Corps.

This Week in Combat Center History



Reprinted from the Observation Post dated July 12, 1991 Vol. 36 Issue No. 25

Mountain survival vital for effective fighting

By Cpl. R. J. ENGBRECHT

The Combat Center-based 2nd Bn., 7th Marines, 1st Marine Division, arrived home from Saudi Arabia in late March. After a couple of months of readjustment to life back in the States, they headed off to begin training again.

The battalion didn't head back into the desert, but to the cold and altitude of the mountains at the Mountain Warfare Training Center Bridgeport, Calif.

Upon arrival at the center, the Marines were allowed approximately one day to become used to the areas altitude, which is approximately 6,7000 feet above sea level.

The training begins with basic mountain survival classes, including learning to make snares and traps for food; as well as where to build or find shelter in a mountainous environment.

Another important first step is the familiarization with the 12 knots they will learn to tie which are essential to the training they will undergo.

Days later, these Marines were into the full training schedule, which included learning such skills are rappelling; medevac rappelling; mountain patrolling; rope bridge construction and crossing; cliff scaling; and many more skills used in mountain warfare.

On training day nine, the Marines show their knowledge of the knots they were tasked to learn with a test in which each man must average 10 of 12 knots tied correctly for the company to pass the exam.

Training day 10 marks the beginning of the four-day Mountain Patrolling Exercise (MPX) in which these men will put to use all of the skills they have learned over the past nine days.

The scenario for the exercise is that the

battalions' companies will give safe passage to Americans during unrest in a small country. They will move the civilians from higher ground down to the rear U.S. base on lower ground.

Small aggressor teams will attack and harass the companies as they move down the mountains. Each group, whether a company or small aggressor group, will have an instructor with them to grade them on the exercise.

The groups have a set route, and will encounter obstacles along the path which they must overcome using the techniques they have learned to this point.

"The training is really good," said Cpl. Rusty Wallin, Headquarters and Service Co., 2/7. "I went through the same type of package in Korea, but here there is bigger emphasis on safety. The instructors are very thorough and teach you what you need to know based upon doing things correctly and safely.

"This training is physically tough because a lot of strength is involved, but at the same time it's mentally tough because a lot of the time hanging from a rope over a cliff looking down at the rocks below you.

Once the MPX is over, the Marines will conduct a cliff assault in which the entire battalion must go over a cliff to reach an objective.

When the training package ended July 3, the battalion marched approximately 25 miles, and then boarded trucks that took them to an airfield for their return to the Combat Center.

"The training is great a confidence builder," Wallin pointed out. "If we ever go to war in a mountainous environment, we would have good knowledge of the tactics and survival techniques needed to be an effective fighting force."

Alcohol abuse affects everyone involved

Kristin Shives
TRICARE Management Activity

Meeting friends for after work drinks and socializing is a common event for many people. However, the less expensive drinks and carefree atmosphere at happy hour events can lead some to binge drink and binge drinking often leads to severe intoxication. So, what is binge drinking? Binge drinking is having five or more drinks during a single occasion for men and four or more drinks during a single occasion for women. The Centers for Disease Control and Prevention say heavy drinking is considered having more than two drinks per day for men and more than one drink per day for women. TRICARE beneficiaries can reduce the risk of alcohol dependency by keeping an eye on their consumption and refraining from binge drinking.

The Department of Health and Human Services recommends the following strategies:

Keep track of drinking and set a limit. Avoid places where heavy drinking occurs. Seek help from a doctor, family or friends. Keep a limited supply of alcohol in the home.

Alcohol affects every organ in the body, according to CDC. Alcohol is a central nervous system depressant that is quickly absorbed from the stomach and small intes-

tine into the bloodstream. Liver enzymes metabolize alcohol, but the liver can only metabolize a small amount at a time. The excess alcohol is then left to circulate through the body and the effects on the body are directly linked to the amount of alcohol consumed. Alcohol abuse can lead to the development of chronic problems, both medical and social. Medical disorders related to excessive drinking include liver disease, pancreatitis, cardiovascular problems, as well as psychiatric disorders. Traffic accidents, drowning and alcohol poisoning can also result from drinking heavily.

Beneficiaries can get help by discussing options with their primary care manager. To get assistance outside the military treatment facility, a PCM must write a referral and any applicable co-pays or cost shares will apply. Using a network provider can reduce out-of-pocket costs. See specific coverage and limitation by filling out a profile at <http://www.tricare.mil>. Drinking responsibly is an easy lifestyle choice TRICARE beneficiaries can make for themselves and their family members. Find more information on alcohol consumption, alcohol abuse and treatment at <http://www.tricare.mil/healthyliving>.

OFF-LIMITS ESTABLISHMENTS

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

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

In Oceanside:

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

In San Diego:

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

In National City:

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

In Twentynine Palms:

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

In Yucca Valley:

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

In Palm Springs:

- Village Pub, 266 S. Palm Canyon Dr.

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

SUDOKU #2598-D

1			2		3		4
		5			3	6	7
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		3			7		
	9						4
			1			5	
9		3		8			
8		7	5			9	
6		2			1		3

PUZZLES COURTESY OF © 2011 HOMETOWN CONTENT

See answers on page A3

OPEN 38-DOWN

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51								52			53	54	55
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59	60	61				62				63			
64						65				66			
67						68						69	

ACROSS

- New-__ hay
- Synthetic fiber
- Alka-Seltzer- land ing-in water sound
- Indy winner Luyendyk
- Bob of the Black Panthers
- Ready to pluck
- Greek Z
- Recap giver
- Monroe __ (1823 pronouncement)
- Churchillian gesture
- Blond shade
- Basis for discrimination
- Is so minded
- Goldie of "Laugh-In"
- In an evasive manner
- Ibn __ (Arabia's founder)
- It has 100 seats
- Beau Brummell
- De Mille or Moorehead
- Signed like an illiterate
- Dustin's "Midnight Cowboy" role
- "Welcome" giver
- Think highly of
- Vintner's dregs
- Lily Tomlin's Ernestine, for one
- Irish Rose's man
- Like some deodorants
- Bearded beast
- "Platoon" warzone, informally
- Part of SSN: Abbr.
- Not invincible
- Sparsely distributed amount
- Shaker stuff
- Hammer head
- Like a King story
- Ballet bend
- Capp or Gump
- Rationed, with "out"
- Malamute's tow

DOWN

- Miata maker
- Stackable cookies
- "Red Scare" fanatic, so to speak
- Clutter-free
- Hands out
- See the old gang
- Partner of rank and serial number
- "Slippery" tree
- Ultimatum
- Blesser of holy water
- Smith or Claiborne
- Unlock, poetically
- __ annum
- "__ Madness" (anti-marijuana film)
- Like steak tartare
- Lamp cover
- Highest-numbered item in a rack
- "How can __"
- (gambler's query)
- Proofreader's finds
- Suffix with cannon or block
- Look from Snidely
- Pago Pago's place
- Slack-jawed
- Sing the praises of
- One surrounds each theme entry in this puzzle
- "Rope-a-dope" pugilist
- Placed in inventory
- Acted the field general
- Like a ready-to-use violin bow
- On the other hand
- Bottled spirit
- Kate's TV roommate
- Allotted, with "out"
- Compete in logrolling
- Krait cousins
- Therapeutic pot
- Relief pitcher's locale
- Checkers color
- Writer Rosten

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you can find it in the
**Observation Post
Classified section**

WHAT I'VE LEARNED

EL JUGADOR

Chad Gerlach

Forward, HQBN IPAC, 21
Worthington, Ohio

INTERVIEWED AND PHOTOGRAPHED BY
LANCE CPL. LAUREN KURKIMILIS
June 27, 2012

>**I've been playing** soccer since I was three, so pretty much since I could walk.
>**I work on the fuel** farm right now for MVSD. It's hot.
>**Where I'm from**, it's very country. It's all



woods, lakes and bonfires.

>**I played** soccer in high school and for a club team. I also played for the Columbus Crew Juniors.

>**Columbus Crew** is a professional soccer team, so I played on their lower level division.

>**I played for Muskingum University** for a year, too, but then I decided to join the Marine Corps.

>**This is my first year** getting back into soccer since I played in college, but it's kind of like riding a bike. I'm really excited about the season.

>**Barcelona is my favorite** soccer team. I've liked them since I was a kid. No particular reason, I suppose.

>**I've always played forward.** I don't know why they made me a forward when I was little. I've just always been good at it.

>**Forward is like the striker**, the guy up front and scoring.

>**To be a good forward** you have to have speed and skill, mainly foot skill. Confidence is probably the most important thing though.

>**If I'm not** confident in myself before a game, I'll really screw up. I'll make bad plays and bad decisions. But, if I go in generally happy and confident about myself as a player, then I'll usually play pretty well.

>**I've been team captain** for most of the teams I've played for. The most challenging thing with that, I think, is trying to deal with upset players that scream at the officials. It's hard to keep them calm and out of trouble with the refs.

>**I wouldn't ever exaggerate** an injury in the game, but I know a lot of professionals do so that the ref will call the foul.

>**I don't see why** HQBN won't win it all this season. There's a lot of talent on the team. We just need to play together and connect with each other.

>**I keep playing** soccer because I love the sport.

>**When I was younger** and I had a bad day or something, I would just go outside and kick around. For me it's a stress reliever. It gets me away from everything.

>**I played goalie a little** bit when I was a kid, but I wasn't really good at it. I actually sucked. I'm not good with my hands I guess.

**Looking for
the right job
for you?**



**Check the
Observation Post
Classified section**

M	O	W	N		A	R	N	E	L		P	L	O	P			
A	R	I	E		S	E	A	L	E		R	I	P	E			
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4	8	5	9	1	3	6	2	7
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5	9	1	8	3	6	7	4	2
7	4	8	1	2	9	5	3	6
9	1	4	3	6	8	2	7	5
8	3	7	5	4	2	9	6	1
6	5	2	7	9	1	4	8	3

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BEST OF THE BEST

Top MCCES students embrace joint training at Sheppard AFB

Story and photos by Dan Hawkins
82nd Training Wing Public Affairs

SHEPPARD AIR FORCE BASE, Texas — The top students from the Combat Center's Marine Corps Communication-Electronics School have a unique opportunity to travel to Sheppard Air Force Base, Texas and attend the 364th Training Squadron's Communications Cable and Antenna Apprentice Course. The course is the only one of its kind on Sheppard with Marines in attendance; approximately 60 Marines and 350 total students annually graduate from the class.

The 364th TRS is the Air Force's most diverse training squadron, training more than 3,700 U.S. Air Force, Army, Navy and Marine personnel, along with international and civilian Department of Defense students, annually.

According to Gunnery Sgt. James Behrmann, instructor supervisor for the course, only the top Marines come to Sheppard for training from the Marine Corp's Switchboard Operators class, which is held at the Marine Corps Air Ground Combat Center, Twentynine Palms, Calif.

"These Marines are the very best at what they do," Behrmann said. "They graduated at the top of their switchboard operator class and usually come to Sheppard in pairs. Once finished with this course, they are the experts wherever they go."

The Communications Cable and Antenna Systems Apprentice Course covers telephone pole climbing, installing and terminating commercial fiber and copper cable lines, in addition to splicing fiber cable dur-

ing 13 weeks of instruction. Marines are only at Sheppard for nine of the 13 weeks of the class; the last blocks of instruction involve training tasks the Marine Corps does not require for their mission.

Along with their fellow Air Force and Army trainees, the Marines earn the Electronics Technician Association national certification as a fiber optics installer, making graduates marketable both inside the service and out.

There are currently three Marine Corps instructors embedded in the 364th Training Squadron as instruc-

in the Marine Corps Martial Arts Program, helping them earn their gray belts.

Although there are some differences between instructing at an Air Force accredited technical training schoolhouse as opposed to a Marine Corps-only arena, the Marine instructors enjoy the chance to experience the joint environment.

"We tell the students all the time to enjoy this experience, to take it all in," Behrmann said. "They may never get this chance again, but each student is fully prepared to work with the different branches of service if necessary."

Being a Marine technical training instructor earns them college degrees through the Community College of the Air Force to ensure the course stays accredited for college credit through Air University.

"Getting the opportunity to earn a CCAF degree is another neat aspect of teaching here," Behrmann said. "Typically in the Marines, it's all about 'Shoot, move and communicate,' so focusing on our education is a great side benefit of teaching at Sheppard."

It's not just technical training at Sheppard that keeps the Marines busy. They are also heavily involved with the Iwo Jima Survivors' Reunion held every year, acting as the main points of contact for the event and escorting Marine veterans to the various events held during the week.

They also recently held a combat fitness demonstration for the children at Sheppard's Child Development Center during their summer program.

"We tell the students all the time to enjoy this experience, to take it all in. They may never get this chance again."

-Gunnery Sgt. James Behrmann

tors for the course, along with Air Force, Army and civilian instructors.

For Lance Cpl. Jordan Landry, from Eureka, Calif., learning about each service's different missions has been the most interesting part of being at Sheppard.

"I've been here a month and love the hands-on training we get," Landry said. "But getting the chance to interact with the Air Force and Army on a daily basis and learn what they bring to the fight is really eye-opening."

In addition to the technical training, Marines receive the detachment's instructors also train students



[Top] Staff Sgt. Kristopher Canales, instructor, (above) and Lance Cpl. Ryan Shekey, student (below), demonstrate tower rescue procedures to the rest of the class during the Communications Cable and Antenna Systems Apprentice Course June 26 at Sheppard Air Force Base, Texas.

[Bottom] Lance Cpl. Jordan Landry, student, inspects an antenna cable during the Communications Cable and Antenna Systems Apprentice Course.

Visit the official MCAGCC facebook page at <http://www.facebook.com/thecombatcenter>

The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>

The Combat Center has its own Flickr photo and video streams. Find them at <http://www.flickr.com/thecombatcenter>

JAVELIN, from A1

Center is the largest installation in the Corps, a full-sized MEB could not operate in its training areas.

LSE-1/JT12 follows a series of three Javelin Thrust exercises. LSE-1/JT12 retains the opportunity for small unit training while providing a rare training opportunity for a MEB staff to exercise command and control of units in a complex joint and coalition operating environment.

One of the most significant achievements of this year's Javelin Thrust and LSE-1 is the collection of data and lessons learned for designing the future LSE. This is a crucial step in developing the MAGTF Training Program.

Editors Note : Individual units participating in LSE-1/JT12, the 25th Marine Regiment; Marine Aircraft Group 49; Combat Logistics Regiment 4; 2nd Tank Battalion, 2nd Marine Division and the 33 Canadian Brigade Group.



CPL. JOSHUA YOUNG

Military working dog handlers, 1st Law Enforcement Battalion, I Marine Expeditionary Force, hold their dogs during Large Scale Exercise-1, Javelin Thrust 2012, July 8.

CONTROL, from A1

planning that goes on the higher headquarters and the subordinate elements produces a plan for the units to execute."

Everything involved with LSE-1 is under examination. LSE-1/JT12 is a prototype exercise for developing the Large Scale Exercise, a cornerstone of the MAGTF Training Program.

The Exercise Control Center is a

hub of activity for JT12. This is where they examine how well the exercise is faring and to adjust the training accordingly.

"We try and match the training to what each unit needs during the exercise," Brown said. "From here we can see all of the battlespace and make sure the units don't get more than they can handle."

The ExCon is much like any other center of command, but on a larger scale. The ExCon for LSE-

1/JT12 keeps track of over a dozen units, with over 5,000 Marines involved in the exercise.

"We'll know how everything went in the exercise after the final after action report," Kennedy said. "We'll know what we did wrong in this exercise and improve for future LSEs."

For photos of the ExCon visit the Combat Center's facebook page at <http://www.facebook.com/the-combat-center>.

TRAP, from A1

need of medical attention, the other was somewhat injured but able to walk and talk.

Unlike a search-and-rescue, a TRAP mission is conducted because an aviator is taken down by hostile enemy fire and needs to be rescued from what could be imminent danger.

"You know what you're going in for," said Lance Cpl. Raymond Kummer, team leader, Co. G, 2/25. "We know we had people to recover."

As the bird's wheels set down on the dirt, the Marines unbuckled their seatbelts and sprinted out of the back of the helicopter. Words were still useless, but each Marine knew what they had to do.

They formed a secure perimeter as the Phrog lifted off.

Keeping eyes out for any hostiles in the area, the Marines moved toward their objective — the two downed airmen.

They effectively communicated with each other and provided security as the corpsman and a group of Marines provided medical attention to the simulated casualty and rolled him onto a stretcher.

With the packages ready for transport, the CH-46Es were signaled to land.

The Marines braced themselves for the sandstorm, created by the helicopters, rotor-wash as they descended for pick up.

"Overall, I think we did well. The rehearsals helped a lot," said Sgt. Joseph Patishnock, squad leader, Co. G., 2/25. "This mission was definitely successful."



SGT. ALVIN D. PARSON JR.

A crew chief with Marine Medium Helicopter Squadron 774, Naval Air Station Norfolk, Va., looks down at the Mojave Desert from a CH-46E Sea Knight during exercise Javelin Thrust July 7.

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Week **IN** Photos

Large Scale Exercise-1/Javelin Thrust 12



SGT. ALVIN PARSON

[Top] A CH-46E Sea Knight belonging to Marine Medium Helicopter Squadron 774, Naval Air Station Norfolk, Va., flies over the Mojave Desert during Large Scale Exercise 1/Javelin Thrust 2012, July 7.



SGT JOHN ODETTE

[Bottom, left] Marines with Company G, 2nd Bn., 25th Marines, maneuver through a trench during a squad level assault drill on Range 410A.



SGT JOHN ODETTE

[Bottom, right] Cpl. Daniel Russo, rifleman, Headquarters Company, 2nd Battalion, 25th Marine Regiment, sends grenade rounds down range with a M32 Multiple Grenade Launcher on Range 410A.



In December 2011, the Department of Defense **banned DMAA** throughout the military. The ban was implemented following the **deaths of two soldiers** and other severe health problems among service members. The dietary supplement DMAA narrows blood vessels and arteries, causing high blood pressure which has led to **cardiovascular problems**.

According to the Food and Drug Administration, DMAA has been associated with **42 threatening incidents** which included heart attacks, nervous system disorders, psychiatric disorders and death. If a dietary supplement is **sold on base**, it is OK to use.

DOD BAN COULD KEEP YOU ALIVE

■ Dietary supplements linked to soldiers' deaths

Story by Lance Cpl. Ali Azimi
Combat Correspondent

The Department of Defense has put a ban on all products containing DMAA.

These products, formerly sold on base at GNC stores, were pulled off shelves at the beginning of this year. Service members are prohibited from using the supplements pending further testing on their health effects.

DMAA, written as 1, 3-dimethylamylamine or geranium extract in the ingredients list, is found in many of the popular energy and weight loss supplements such as Jack3d or OxyElite Pro.

These pre-workout and thermogenic supplements increase metabolism, heart rate, blood pressure and the body's heat production. DMAA is mixed in with other ingredients, predominantly caffeine, to energize users, help burn more calories, increase strength and build more muscle during a workout.

However, there are many other products like these on the shelves that provide much of the same results, but do not include DMAA.

The primary concern when considering products containing DMAA is the compound's potentially negative effects on the body.

The DOD's ban on these products started with the death of two U.S. Army soldiers who were using products containing DMAA. This was followed by more soldiers and two Marines passing out during physical training, all of whom were found to be using dietary supplements containing DMAA.

As more months passed, more incidents involving service members with cases of heat illness and liver or kidney failures, all possibly

linked to DMAA usage, were reported. There have also been more sudden death cases reported involving DMAA users.

Companies selling DMAA-infused products argue that it is not their products at fault, but rather the misuse of their products. Some service members have admitted they take more than the recommended dose advertised by the product.

However, testing is still inconclusive on whether or not these supplements, even used as directed, are the root causes of these health issues.

Another aspect to ingesting DMAA that service members need to consider is products containing the compound have been known to cause false positives for methamphetamine use on drug tests. Though military officials also said follow-up testing can prevent the false positives from incriminating service members.

For service members still looking for that added boost to their workout regimen, products currently sold at the MCX and from the on-base GNC shelves are still deemed safe for use and are not on any DOD-banned lists.

Editor's Note: Although the products have been pulled from on-base GNC and Exchange shelves, they are still legal in the civilian world, and may still be sold at off-base GNC stores. They will continue to be banned by the DOD until further testing either definitively confirms or disproves the negative effects of products containing DMAA. The ban is simply precautionary as scientists continue to evaluate the connection between any health problems with supplements containing DMAA.

SUPPLEMENTS KNOWN TO CONTAIN DMAA

USPlabs Jack3d

USPlabs OxyElite Pro

Nutrex Research Lipo-6 Black

**Nutrex Lipo-6 Black Ultra
Concentrate**

Nutrex Hemo-Rage Black

iSatori PWR

MuscleTech NeuroCore

MuscleTech HydroxyStim

Fahrenheit Nutrition Lean EFX

Muscle Warfare Napalm

SNI Nitric Blast

BIORhythm SSIN Juice

MuscleMeds Code Red

SEI MethylHex 4,2

Gaspari Nutrition Spirodex



Combat Center Clubs

Excursions Enlisted Club

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

Bloodstripes NCO Club

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

Hashmarks 29 SNCO Club

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

Combat Center Officers' Club

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

For complete calendars visit <http://www.mcscs29palms.com>.

Local Events

Gal Holiday & The Honky Tonk Revue

Live performance of the country duo
When: 8 p.m., Saturday, July 14
Where: Pappy and Harriet's Pioneertown Palace
53688 Pioneertown Rd., Pioneertown, Calif.
For more information, call 365-5956.

Seussical The Musical

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

Free Line Dance Lessons

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

Lower Desert

Al Green

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

Adam Lambert

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

Rick Springfield

Australian singer-songwriter performs
When: 8 p.m., Saturday, July 28
Where: Agua Caliente Casino Resort Spa
32-250 Bob Hope Dr., Rancho Mirage
For more information call 888-999-1995 or visit
<http://hotwatercasino.com>.

Bill Bellamy and Felipe Esparza

The two get together for the Nothing Formal Comedy Show
When: 8 p.m., Saturday July 28
Where: Spotlight 29 Casino Resort
46-200 Harrison Place, Coachella, Calif.
For more information call 866-377-6829 or visit
<http://www.spotlight29.com>.

Sunset Cinema

Friday, July 13

6 p.m. - Men in Black 3, Rated PG-13
9 p.m. - Safe, Rated R
Midnight - Chernobyl Diaries, Rated R

Saturday, July 14

10:30 a.m. - **Free Matinee** Journey 2: Mysterious Island, Rated PG
12:30 p.m. - What to Expect When You're Expecting, Rated PG-13
3 p.m. - Men in Black 3 3D, Rated PG-13
6 p.m. - Battleship, Rated PG-13
9 p.m. - Chernobyl Diaries, Rated R
Midnight - The Dictator, Rated R

Sunday, July 15

12:30 p.m. - Snow White and the Huntsman, Rated PG-13
3 p.m. - Battleship, Rated PG-13
6 p.m. - Men in Black 3 3D, Rated PG-13
9 p.m. - The Best Exotic Marigold Hotel, Rated PG-13

Monday, July 16

7 p.m. - Snow White and the Huntsman, Rated PG-13

Tuesday, July 17

7 p.m. - Men in Black 3 3D, Rated PG-13

Wednesday, July 18

2 p.m. - Battleship, Rated PG-13
6 p.m. - Safe, Rated R

Thursday, July 19

5:30 p.m. - Snow White and the Huntsman, Rated PG-13
8:30 p.m. - Men in Black 3, Rated PG-13

Pixar puts medieval-princess twist on teenage-daughter rebellion



COURTESY PHOTO

After a dozen critically acclaimed films set in the alternative worlds of talking toys, animals and cars, among other wildly imaginative creations, the animation wizards at Pixar studios hoe a much more conventional row with "Brave," a fairly traditional fairytale about a teenage princess and her magic-spell predicament.

NEIL POND

"Brave"

With the voices of Kelly Macdonald, Emma Thompson & Billy Connolly
Directed by Mark Andrews, Brenda Chapman & Steve Purcell
100 min., PG

Scottish Princess Merida (voiced by Kelly Macdonald) is heiress to her father's medieval kingdom, but the headstrong teen chafes under the patriarchal customs that have defined (and confined) women in her world for centuries. So when it comes time for the event at which young male challengers come from all corners to compete for her hand in marriage, she's in no mood to be anyone's take-home prize.

Merida, whose spirit burns as bright as her flaming red hair, uses her archery skills to turn the tables on

her would-be suitors, leaving the outcome of the competition in chaos. Then a big tiff between Merida and her queen mom (Emma Thompson) leads to a witch's hex that Merida spends the rest of the movie trying to undo.

The story and direction (both steered by a committee of three) sometime seems to suggest all six elbows bumping into each other as the creative pot was being stirred. The chunky stew of a plot includes a trio of prankish little brothers, the group of comical would-be suitors, the ongoing slapstick-ish bickering of the clamoring clans who've come for the competition, and a murky legend about the gigantic bear that bit off the leg of Merida's father (Billy Connolly) as he was valiantly defending his family when his daughter was but a wee lass.

And that's not even men-

tioning what happens to Merida's mom, who morphs into...well, let's just say it's not what Merida was wishing for when she asked the witch to concoct a spell to change her stubborn mother. Oh, she changes, all right!

But the Pixar animation, as usual, is gorgeous, with meticulous attention to detail. Merida's red hair, a wild tumbleweed of ringlets, curls and wisps, is a sight to behold. The lush vistas of Scottish hills, meadows and forests, melded with the music of bagpipes, tin whistles and other instruments, creates an intoxicating mood.

If you're a real Pixar fan, pay super-close attention and you'll get a glimpse of one of the studio's visual signatures. Remember the Pizza Planet truck, which originally appeared in "Toy Story"? Well, it's made an appearance, in some form, in every Pixar movie since (except "The Incredibles"). It shows

up for just a split second in "Brave" in the scene when Merida visits the witch's cabin for the first time. See if you can spot it. But you've got to watch closely, look for something made of wood--and don't blink!

The movie offers a medieval twist on a contemporary (if not timeless) theme. Mothers of teenage girls may hear an all-too-familiar ring in Merida's angry words when she blurts out to her mom, "I'm not going to be like you!" Then she stomps out of her room, out of the castle and out to do something she comes to regret. Can I get a witness, moms?

In the end, Merida's bravery provides the buzzword that gives the movie its punchy title. But the real message of this story, and its heart, is in the lengths her character goes to repair the damage her words, and her actions, cause to the woman who brought her into the world.

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Marine Corps

Blues

Story by **Cpl. Ed Galo**

Marine finds harmony in Afghanistan



CPL. ED GALO

Cpl. Nathan Karasch, infantryman, 1st Battalion, 7th Marine Regiment, Regimental Combat Team 6, plays his harmonica to unwind after his workday comes to an end at Forward Operating Base Nolay, Afghanistan, June 29.

FORWARD OPERATING BASE NOLAY, Afghanistan--One recent morning, while waiting in line for breakfast at the field mess hall at Forward Operating Base Nolay, Marines could hear the sound of blues music coming from a harmonica.

"They're out of eggs right now, so I'm going to wait out here for them to finish the next batch," said Cpl. Nathan Karasch, taking a break from his music.

Karasch, with Company C, 1st Battalion, 7th Marine Regiment, Regimental Combat Team 6, has had a longtime passion for music.

Karasch, of Twin Cities, Minn., said, "I played the trumpet in school from the fourth grade, and then in high school I picked up piano, drums and guitar."

He studied music in college, majored in percussion and received an associates degree.

Karasch says he taught himself how to play the harmonica on this deployment. He says it's a way to pass time since he doesn't have his other instruments with him.

"I got it in one of the care packages from my family," he said. "I picked it up pretty quickly just because I have a background in music."

"I wanted to learn how to bend notes just to get that bluesy sound," Karasch said. He spent his evenings in the base's Morale, Welfare and Recreation tent searching the Internet for harmonica lessons.

Sometimes other Marines in his unit will ask him to play songs. Occasionally, he'll play the Marines Hymn to lighten the mood, but said he usually just keeps his music to himself.

Although Karasch says he enjoys playing blues music with his harmonica, he admits that he doesn't really listen to blues. He grew up listening to classic rock.

"I've gotten into jazz and metal and every other type of music under the sun, especially since music school," he said.

"But the harmonica sort of has a blues history to it, so it's really fun to try and get a blues song out of it."

Music even led Karasch to his wife, Ashlee. He first met her at a band mate's wedding. The keyboardist brought her as a date and introduced her to Karasch.

"He sort of tried to play matchmaker for us throughout the wedding," Karasch said. That was Jan. 9, 2009.

"I left for boot camp Feb. 17, and we got married Dec. 30 of the same year," he said with a smile.

Karasch, an infantryman by trade, now works in the company's intelligence section. It's a job he says he's come to enjoy.

"I despised it at first, just because I signed up to be a grunt. But I've grown to like it," he said. "Now I don't know which I prefer. I like them both."

Karasch joined the Marine Corps three years ago.

"As cliché as it sounds, I joined because I wanted to serve my country," he said. "I just wanted to do my part, even if it's just one contract. I actually thought I'd be a good fit for the military and possibly make a good career out of it."

With a harmonica in hand, Karasch will continue to enjoy his music, even while forward deployed.

EDITOR'S NOTE: First Battalion, 7th Marines is a part of Regimental Combat Team 6. RCT-6 falls under 1st Marine Division (Forward), which heads Task Force Leatherneck. The task force serves as the ground combat element of Regional Command (Southwest) and works in partnership with the Afghan National Security Force and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. The unit is dedicated to securing the Afghan people, defeating insurgent forces, and enabling ANSF assumption of security responsibilities within its area of operations in order to support the expansion of stability, development and legitimate governance.

"The harmonica sort of has a blues history to it, so it's really fun to try and get a blues song out of it."

— Cpl. Nathan Karasch



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