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## 3rd LAR retires flag

Cpl. D.J. Wu  
Combat Correspondent

Marines with 3rd Light Armored Reconnaissance Battalion participated in a flag retirement ceremony hosted by the Veterans of Foreign Wars Post 7264 at Joshua Tree Memorial Park June 15. The seven Marines were part of the battalion's color guard and flag-folding detail for the ceremony.

This was the fourth time that the VFW post has hosted



Marines with 3rd Light Armored Reconnaissance Battalion take part in a flag retirement ceremony at Post 7264 Joshua Tree Memorial Park, June 15.

the ceremony to commemorate Flag Day and to properly retire flags flown in the Morongo Basin. This year, more than 3,000 flags were retired during the ceremony.

"We've never had a place up here to properly retire an American flag," said Roger Sherwin, post commander, VFW Post 7264. "The flag code called for it to be burned and interned. So about four years ago I talked to (Joshua Tree Memorial Park) and they donated a gravesite. Since then, we've gathered flags all around the Morongo Basin to be properly retired."

The "flag code" Sherwin refers to is Title 4 of the United States code. The code

See **FLAG** page A7



## BATTLEFIELD TRAINED

Story by: Cpl. William Jackson

### Combat Center Marines use training to save life

*They were all strangers. The three of them had never met before that evening. Their weekend had just begun like any other. Little did they know they would be thrown into a situation that would save Rebecca's life after her motorcycle collided with a car on Highway 62.*

Marines are trained for combat, an unknown scenario where any and every piece of information can help save lives. Combat is surreal; no situation is ever the same. Marines are trained to be responders, not bystanders.

But, when the situation calls for it, Marines can save lives. It was moral courage that made three Marines stop, but instinct and combat training were the reasons they were able to save a life.

In the early evening of June 7, 2013, a collision between a motorcycle driven by a Marine from the Marine Corps Air Ground Combat Center in Twentynine Palms and a car occurred on the local highway miles from base. The motorcyclist was seriously injured and was bleeding profusely from a leg injury.

This was the opportunity for three Marines to save her life. This is the account from a Marine who watched it happen.

#### THE WITNESS

Lt. Col. John Thurman, a Marine stationed at the Combat Center, pulled over, naturally wanting to provide support to anybody hurt in the accident. What he didn't expect was to see three Marines, from different military and personal backgrounds, working together to save another stranger's life.

#### ON THE SCENE

Cpl. Kyle Wells was the first on the scene. Within seconds Cpl. Nathaniel Navarro and Lance Cpl. Joshua Phelps rushed to the motorcyclist's aid.

Traffic had crawled to a stop. Debris from a car and motorcycle accident covered the

See **LIFE** page A7



See **SUMMER** page A4

## Old Miner's Day Parade

Lance Cpl. Alejandro Bedoya  
Combat Correspondent

Big Bear City, along with San Bernardino County, honored local first responders, law enforcement, and military personnel June 15.

The Combat Center color guard was invited to present the colors at the Big Bear Thanks You reception held at the Bear Mountain Resort and to walk in the 2013 Big Bear Heritage Parade later that day.

Maj. Gen. David H. Berger, Commanding General of the Combat Center, participated in the parade to represent not only the Combat Center but all of the Marine Corps. Berger took time to converse with the locals of Big Bear and thank the community for its support.

"It is important for us to get out to these communities in uniform and show these people we care," Berger said. "It establishes a more personal connection with the community. Television isn't the only place where they should see a Marine in uniform."

Representatives from the local civil services and each branch of the military were invited to participate in the parade. Special recognition was given to the men and women of the San Bernardino County Sheriff's Department for their public-safety efforts during the manhunt for a former Los

See **PARADE** page A6

## Sexual Assault: Reporting

From the office of the  
Commandant of the Marine Corps

*Editor's note: This is the third installment in a series about sexual assault prevention.*

A victim of sexual assault can initiate SAPR services through various avenues and have two reporting options: unrestricted and restricted reporting. For both, our goal is to connect victims with Victim Advocates, who serve as the critical point of contact for information and support. Victim Advocates will provide support from the onset of the incident to the conclusion of needed care.

Unrestricted reporting triggers an investigation by NCIS as well as notification of the unit Commanding Officer. To make an unrestricted report, victims have several access points. Options include calling the Installation 24/7 or the DoD Safe Helpline, making a report to a civilian Victim Advocate (VA), Uniformed Victim Advocate (UVA), Sexual Assault Response Coordinator (SARC), medical/healthcare provider, law enforcement, or the chain of command. A victim may also make a report to a legal assistance attorney or a chaplain. All access points are funneled to the Victim Advocate to track and support the victim. Victim Advocates ensure that a Sexual Assault Forensic Examination (SAFE) is offered to the victim, counseling and/or chaplain services are offered to the victim, and liaison services with legal assistance are initiated. Victims are counseled early on in the proceedings that legal assistance is available through a Victim Witness Liaison Officer who provides information and assistance through the legal phase of this continuum. In addition, Victim Advocates keep the victim informed throughout the continuum of services.

There are many instances where Commanding Officers are made aware of incidents of sexual assault

See **SAPR** page A7

## CAMP *Wilson* Like no place on Earth

A first-person account of our backyard sandbox

Photos and story by  
Lance Cpl. Alejandro Bedoya

*Editor's note: This is the last installment in a three-part series about Camp Wilson.*

Units from around the world pack up their gear and prepare to spend weeks at Camp Wilson. Before coming to Camp Wilson, most hear every negative thing there is to say about it. It is a pleasant surprise to units when they arrive to Camp Wilson and see all it has to offer. Units can play video games at the Warrior's Club, work out at the gym, go shopping at the exchange and even do their laundry when they get back from the field. As much as Camp Wilson offers, it also takes. There is hardly cell phone service and it seems impossible to escape from the sand and heat. Although many people have their own thoughts about Camp Wilson, they all have something in common: They are there to train in a unique experience.

### "Dusty"

*Besides the heat, this is a pretty unique place. We even had a prairie dog pretty much set up shop next to my Gummy's gear while we were out here training. Every time we tried to move it, it would just come straight back. We decided to keep it because it eats any roaches that try to come in."*



^ 1st Sgt. Christine Brewer is an Orlando, Fla., native and currently serves with Combat Logistics Battalion-451.

### "Hot"

*We are pretty much the gas station for units. They come in and out all day to be refueled. I think my job is important because without us, vehicles wouldn't be able to go out and 'get some.' We also hop into 6-tons and become a mobile gas station and refuel the vehicles and generators around the training area. How many people can say they get to do that?*



< Cpl. Tyler Johnson is a Green Bay, Wis., native, and currently serves with the 6th Engineer Support Battalion.

See **WILSON** page A6

# TRAFFIC Rules & Regs

Story by: **Cpl. D. J. Wu**  
COMBAT CORRESPONDENT

Throughout the first six months of 2013, the Combat Center Provost Marshal's office has investigated 86 traffic collisions, 55 cases of driving under the influence and issued more than 300 traffic citations.

The mission of PMO's traffic division is to promote traffic safety, record statistics of traffic violations and collisions, out in town and on base, enforce regulations via traffic citations and the liaison and analysis of traffic incidents.

It is PMO's primary objective to keep the personnel aboard the Combat Center safe. When it comes to traffic, they accomplish this by responding to incidents and citing those who improperly operate their vehicles.

"A lot of the time, it's just bad habits," said Sgt. Nicholas LaPrade, accident investigator, PMO. "The reasons why people get citations and tickets are very typical. It's simple things like not wearing a seatbelt or being distracted on a cell phone that gets them into trouble."

Military police write these tickets to discourage damage or injury, but sometimes prevention may not be enough. If an accident occurs, PMO should be called, especially if there is injury or property damage. They are there to help mitigate the reporting process. If the collision happened in a government-owned vehicle, PMO must also be notified.

"The operator of a GOV involved in an

accident or collision on the Combat Center shall immediately notify the Provost Marshal and make a report," according to Chapter 10 of Combat Center's Motor Vehicle and Traffic Regulations, CCO 1630.8D. "The accident will be reported by the operator regardless of the nature and extent of injuries, property damage, or apparent responsibility for the accident collision."

LaPrade and other PMO accident investigators show up to accident scenes and investigate the cause. They look to see if there was a primary crash factor, and to see if anyone was at fault due to unsafe driving. The team also investigates crashes off base when Combat Center Marines and sailors are involved.

"What I would recommend, if they're involved in an accident, is to figure out first of all, if anyone is injured," LaPrade said. "What they want to do is call us up at PMO. We make sure that the parties involved can exchange information and no criminal offenses occurred."

If the accident involves an offense like improper backing, the party at fault will incur citations. When cited or fined on base, drivers take on a point system, where different types of infractions equate to a certain point value, which maxes out at 12 points per year. If a Marine receives 12

points in one year, their on-base driving privileges will be revoked. Some offenses lead to automatic suspension of some privileges. After being cited, offenders must see the traffic court magistrate to assess the incident and determine the necessary punishment. The Combat Center's traffic court magistrate is the installation sergeant major.

"The Traffic Court shall revoke driving privileges for a period of no less than six months for accumulation of 12 or more traffic points within 12 consecutive months," according to Chapter 10 of CCO 1630.8D.

The point system applies to military and civilian personnel operating GOVs on or off the Combat Center and military personnel on or off the Combat Center.

"I highly recommend to anyone that is going to be attached to a base, to read the base regulation order," LaPrade said. "I cover everything from privately owned vehicles and what you can and can't do on the road. If it is traffic related, it should be in there."

PMO wants drivers to know the rules before they run into trouble. There are small rules in the order that drivers can be cited for.

If an accident does occur and PMO is needed on scene, call the base emergency line at (760) 830-3333. When on base this number is faster than dialing 911.

## New MCMWTC Commissary Opens

**Nancy O'Neil**  
DeCA public affairs specialist

Bridgeport, Calif. area service members will soon have a new commissary and Marine Mart when both stores open June 26 with a 10:30 a.m. grand opening ceremony.

Conveniently located under one roof in the Lincoln Military Housing Area off U.S. Route 395, the \$10.3 million commissary and Marine Mart offer service members assigned to the Marine Corps Mountain Warfare Training Center, a broad spectrum of shopping options ranging from electronics to groceries. Guard and reserve members and military retirees and their authorized family members are also welcome to shop in the military retail stores.

The 12,166-square-foot commissary is the first military grocery store to serve MCMWTC. The commissary will sell fresh produce and meat, and frozen grocery products. Operated by the Defense Commissary Agency, commissaries sell products at an average saving of more than 30 percent compared to commercial prices.

"Our goal is to provide each customer with personal service," said store director Wendy Matuszak, who also serves as store director for the commissary on Naval Air Station Fallon, Nev. "We're excited to bring the commissary benefit to the Marine Corps Mountain Warfare Training center and look forward to getting to know our customers."

The commissary will carry about 6,000 line items, and customers who don't see a product.


"If we carry the item in the Fallon Commissary, we can get it to the Bridgeport Commissary quickly," said Matuszak. "Most orders will be filled within 48 hours."

Industry partners and vendors plan to give away commissary gift cards and other prizes on opening day. Matuszak noted that an electric scooter and two flat screen televisions are among the top prizes that will be awarded at the commissary.

The 3,600-square-foot Marine Mart will sell health and beauty aids, personal items, electronics, gifts, souvenirs and some groceries. The new Marine Mart will replace a smaller store, which had operated at 602 Davenport Court, Coleville, Calif., since 2003. The Marine Mart on MCMWTC, 25 miles from the Lincoln Military Housing area, will continue to operate. That store sells military uniforms, souvenirs and some food items.

The commissary and Marine Mart are also providing a new source of employment for military family members. Fifty percent of the staff hired to run the two stores are military affiliated.

The commissary and Marine Mart were designed and built following energy conservation guidelines to meet LEED silver certification, an international recognized, third-party verification by the U.S. Green Building Council. Non-ozone-depleting refrigerants and LED lighting on refrigerated-glass-door cases and walk-in freezers are some of the green technologies used. Construction contractor KBR Federal Services LLC of San Antonio completed the project in just over 14 months.



### BIRTH ANNOUNCEMENTS

**ATHENA ELIZA SERRANO**  
Born on: June 8, 2013  
Born to: Pedro and Danae Serrano

**LILLIAN MAE BAKER**  
Born on: June 6, 2013  
Born to: Michael and Crystal Baker

**LUCIANO REY CASTRO**  
Born on: June 5, 2013  
Born to: Joseph and Jaimy Castro

**HAILYN LANE GENTRY**  
Born on: June 5, 2013  
Born to: Shianne and Dustan Gentry

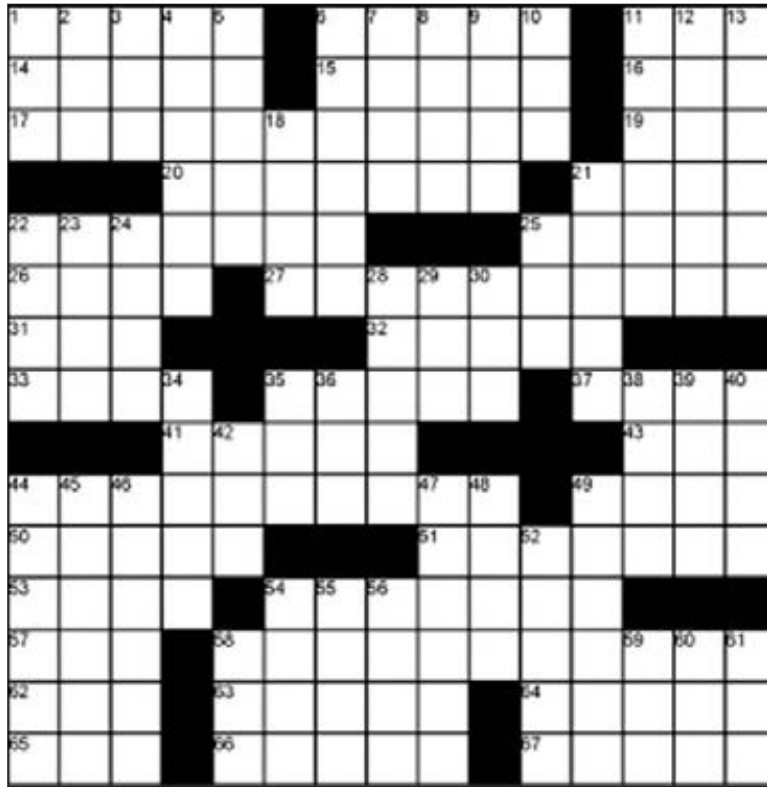
**BRAYDEN DONOVAN ROLLINS**  
Born on: June 5, 2013  
Born to: William and Andrea Rollins

**ESRI LILLIANA LABRADO**  
Born on: June 4, 2013  
Born to: Matthew and Monica Labrado

**CONOR HARVEY YALCH**  
Born on: June 4, 2013  
Born to: Ross and Allyson Yalch

## "I'VE BEEN ROBBED!"

- ACROSS**
- Errant golf shot's destination, perhaps
  - Chap, in Chelsea
  - Sound of hesitation
  - Like wicker baskets
  - Decorated Murphy
  - Gardner on screen
  - Offering in bulk
  - Sportscaster Barber
  - Multiplied by three
  - Ranch employee
  - Event for scullers
  - Owens of track fame
  - WWII losers
  - Wrestling hold
  - Musician's job
  - Cut into
  - Stash overhead
  - Enjoy with relish
  - Twiced twitter Thomas
  - Item in "Poor Richard's Almanack"
  - Be less than candid
  - Developing nations, collectively
  - TV watcher's seat
  - Throws a fit
  - Aerie youngsters
  - Picnic intruders
  - "You Cannot Be Serious" tennis great
  - Presidential nickname
  - Ship part reserved for officers
  - Sardine holder
  - "What's it all about?" guy
  - White-plumed wader
  - Get firm
  - Dutch painter Jan
  - Does a casino job
- DOWN**
- URL part
  - "How exciting!"
  - Ab \_\_\_ (from day one)
  - River mouth formations
  - "Hägar the Horrible" dog
  - Nursery rhyme opening
  - Quiet time
  - "Garfield" dog
  - Warm-hearted
  - Brain-wave test, briefly
  - Bother no end
  - "Still, ..."
  - Developing insane
  - Clockmaker Thomas
  - Lady of Troy
  - Poverty, symbolically
  - Illuminated sign
  - Computer acronym about faulty data
  - "The West Wing" president \_\_\_
  - Tetley products
  - Letters on a shingle
  - Geneticist's study
  - Tearjerker take-along
  - Firmly fixed
  - Pre-Easter
  - The brave do it
  - Heavy hammer
  - Wounded in
  - Search carefully
  - Pamplona
  - Prefix meaning "many"
  - Place for espresso
  - Canal opened in 1825
  - \_\_\_ in "queen"
  - Big Band \_\_\_
  - Cartoon collectible
  - Some chess pcs.



See answers on page A8

## SUDOKU 2930-D

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



Whatever you're looking for, you can find it in the **Observation Post Classified section**

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## OFF-LIMITS ESTABLISHMENTS

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

**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.

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

**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.  
 - 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

# Haroun Zarqa, Jordan, communications technician, 32

## MOHAMMAD

> **I am an easy-going guy.** Wherever you put me I will try and get along with whoever is there. Getting to know new people is something I really like to do, no matter where they are from.

> **I am in the Jordanian Air Force** and I am here for the Basic Electronics Course. Back in my country, I work with a lot of electronic devices and install communication systems.

> **I have been in the military for 14 years.** I enlisted as soon as I turned 18 years old. I started out working with wireless systems and communication systems.

> **Our uniforms are different** but our militaries are basically the same. We salute officers, have respect for the higher ranks and try our best to be perfect at our jobs.

> **This is my second time** in the United States. The first time was only for a week and this time I stayed for about four months.

> **I spent four months** at Lackland Air Force Base to learn the English language and the American culture. It was a very nice experience and I learned a lot about this country in a short time.

> **It was hard at first** to communicate with people and try to interact with them. I noticed right away that Americans are very kind and helpful people

> **Wherever you go here**, it is a different culture and there are different traditions. There are many differences between my country and this country.

> **Before going to Lackland**, I took a test at the United States Embassy in Jordan. You must get above an 80 on the test to be sent to Lackland.

> **The Defense Language-English Comprehension School** offered many different things. We even had people come to the base and take you out sightseeing. They take students to their houses and even invite them over for dinner so that we can see how American culture really is.

> **I spent that time asking questions** about the American culture as well as answering questions they had about mine.

> **There are usually 1000 students at the school** at one time and they usually represent about 130 different countries. You can see African guys talking to Polish guys or a big group of five or six countries just talking.

> **One of the rules** at the school is you always have to speak English. I could be sitting with three other people who all speak Arabic like I do but I still have to speak English because we are there to get better at speaking the language.

> **One of the first things** I noticed when I came to the United States was the food. The food is good here but I noticed the biggest meal was dinner and it confused me because in my country the biggest meal is lunch.

> **In my off time from school**, my favorite thing to do is to go out and speak with my neighbors. I like to make friendships with them because they are very helpful and nice.

> **Whenever I get time off** in my country I am usually spending time with my family. I like to be with them as much I can. I like to try to be a handy man. Anything that goes wrong in my house I try to fix it first.

> **One of my favorite hobbies** is to do work on my house and to fix things. I am not a carpenter, but I enjoy building and fixing things.

The biggest thing I have ever built was a chair. Of course it wasn't perfect but I will not get any better unless I practice. Soon the biggest thing I have built will be the house I am building now in Jordan.

> **I have a small warehouse** in my country and I want to buy a lot of tools and a table to build what I want and to have tools just in case something does go wrong in the house.

> **I spent countless hours** trying to draw blueprints for my house. I never did it before and I really had no idea where to begin. All I knew was the house was going to be three floors. One of the floors is going to be for my mother and father, one for me and one for my brother.

> **After about three weeks** of working on the design, I woke up in my kitchen at about 3 a.m. and looked at my design and it was perfect. I had to make sure to separate the sitting rooms, kitchen, dining and bedrooms from each other.

> **I have used many of the things** the military has taught me. I have done my own electricity extensions inside the house and it feels great to be able to do that on my own.

> **Another big cultural difference** between countries is the way houses are set up. I have noticed many people leave their houses as soon as they turn 18 in the United States. In my country, you can leave the house when you get to that age but when your parents get to a certain age, it is your turn to take care of them. They took care of you when you were young and in need so you should take care of them when they are in need.



HAROUN HAS BEEN TO AMERICA TWICE IN HIS 14 YEARS SERVING IN THE JORDANIAN AIR FORCE. HE IS CURRENTLY AT THE COMBAT CENTER FOR THE BASIC ELECTRONICS COURSE

Interviewed by Lance Cpl. Alejandro Bedoya  
June 13, 2013



LANCE CPL. LAUREN KURKIMILIS

Cody, 6, son of Master Sgt. Don Ream, quality control chief, Headquarters and Service Company, 3rd Light Armored Reconnaissance Battalion, cools off at the Training Tank June 8.

# SUMMER SWIMMING

STORY BY :  
CPL. ALI AZIMI

In the scorching heat of the summer, the Combat Center turns to the base pools for a reprieve from the heat and for a fun, safe way to exercise outdoors.

Luckily, there are many pool areas on base that cater to the need of almost every swimmer. They offer a variety of classes to improve swimming and amp-up swim qualifications. There's a family pool with a kids' pool and water slide along with the ability to host events for groups to enjoy.

## SAFETY

Safety is key in the desert, especially in the summer time. Sunblock is important to keep skin safe from the sun and pool-goers are advised to stay hydrated, even when at the pool. While exercising in water, people often forget how much they sweat and don't think to drink water.

"Make sure you're hydrated, you're drinking water," said Sgt. Christopher Pena, NCOIC, swim tank. "You can still overheat and dehydrate yourself while swimming."

For those just learning how to swim, life-jackets and floatable equipment are provided at the pool, but patrons are advised not to bring their

own, unless it is of the same coast-guard approved style the pool provides. The pool also provides swim classes to help patrons learn to swim without the assistance of floatation devices and to help those who wish to improve their technique.

## LEARNING

It's never too late to learn how to swim. The pool offers a learn-to-swim program for both kids and adults. The instructors utilize a variety of techniques to match the needs of the students.

"At the training tank we've started adult lesson, which is something that's new," Pena said. "We went from having almost no one in there to 10 to 12 in a class."

The pool has also recently started working with active-duty to improve swim technique and water comfort.

"We're working with them to better their swim qualifications," said Sherry Powell, aquatics director. "They just come in and work with us."

## EXERCISE & TRAINING

The summer time is a great window of opportunity for Marines to get their swim qualifications up. The training tank is open a number of hours for open swim on weekdays and all day on weekends. In between open-swim on the weekdays, the pool can be reserved by units.

The unit training time can be scheduled by staff noncommissioned officers and above and the pool provides the proper equipment for Marines so they don't soak their gear.

"We have the stuff here if they want to use it," Pena said. "They can come with their cammies. We have packs we have rifles, flaks, kevlar and SAPI plates."

For less Marine Corps related exercise, the pool offers Spin classes, aerobics and the new Amp-It program, the aquatic counterpart of the High Intensity Tactical Training offered by the West Gym and Fitness Center.

## FUN & LEISURE

The pools offer a variety of fun events for patrons.

The action tower and Whip-it are inflatable obstacle courses that are available for unit physical training or reserved for pool parties. The course floats over the water. The brightly colored course resembles the popularized television show "Wipe-out" with an inflatable rock-climbing wall at the end of it.

The Training Tank, the only heated pool on base, is also the site for movie nights.

"We have a huge projection playable screen that we put out. Then we have chairs that we put out in the water. We'll have a couple of movies we'll play throughout the night."

To check out the schedules for some of these classes and events, visit <http://www.mccs29palms.com/pages/gymsrec/pools.html>.

Visit the official Marine Corps Air Ground Combat Center  
facebook page at  
<http://www.facebook.com/thecombatcenter>

# AMP-IT

## HITT'S AQUATIC COUNTERPART



LANCE CPL. ALEJANDRO BEDOYA

## Training Tank offers new in-water workout program

**Cpl. Ali Azimi**  
Combat Correspondent

The High Intensity Tactical Training Program arrived at the Combat Center's West Gym and Fitness Center more than a year ago. Since then, it has helped Marines increase their strength, speed, core stability and flexibility. Now a new workout program at the Combat Center Training Tank aims to do the same in the water.

The Aquatics Maximum Power-Intense Training Program is a new in-water training program offered at the Training Tank for individual and unit training purposes.

AMP-IT, as it is called, was spawned from the Army's Wounded Warrior Aquatics Exercise Program and is considered the aquatic counterpart of HITT. It challenges the cardiovascular system as much as running on land and allows Marines to take a break from physical training in the desert while still allowing them the fitness workout they desire.

"It is a complement to HITT," said Sherry Powell, aquatics director. "It's a part of it. It's designed to go Tuesdays and Wednesdays, and HITT goes Monday, Wednesday and Friday."

The in-water physical training is a refreshing change in the regular workout regiment. As an added bonus, the program is non-weight bearing, which allows light or limited duty Marines to participate and remain physically active during recovery.

"This course is amazing because it's that pivotal transition between a Marine coming off light or limited duty and the doctor saying he's on full duty and that Marine actually being able to keep up with his fellow Marines," said Gunnery Sgt. Stewart Brown, acting first sergeant, Headquarters Co., 7th Marine Regiment, after trying the program. "There was always a gap between there."

The program conducts vertical exercises, as opposed to swimming, and uses the pressure exerted by the water against the body for strength. This same hydrostatic pressure provides resistance against the chest walls, improving the efficiency of Marines in their ability to expand their chest and allow greater volumes of air to be inhaled.

"What you put into it is what you're going to get out of it," Brown said. "If you're putting into it, you're getting so much out of it."

The program is offered at the Combat Center's Training Tank Tuesdays and Thursdays. To schedule an appointment, call the Training Tank at 830-6212.

### Nine Core Areas for Optimum Fitness

1. Deep water floatation
2. Strength with drag equipment
3. Exercises with equipment
4. Stretches
5. Balance and core strength
6. Noodle use
7. Shallow water agility
8. Muscle endurance
9. Relaxation/active stretches



Visit the official Marine Corps Air Ground  
Combat Center facebook page at  
<http://www.facebook.com/thecombatcenter>

**PARADE, from A1**

Angeles Police Department officer.

As the only Marine Corps installation in the area, the Combat Center was also honored in the parade in appreciation for all it does for the community.

The Combat Center is a pillar in the local community and San Bernardino County.

Marines, sailors and their family members participate in more than 300 community events every year as a part of its commitment to being a good neighbor. The base not only makes up a large amount of the local population, but also actively works toward bettering the community through volunteer efforts, education and protection.

**Economic impact**

The Combat Center is the main economic factor in the Morongo Basin and is also one of the largest employers in San Bernardino County. It contributes an estimated \$1.7 billion to the local economy both directly and indirectly. The Combat Center supports multiple jobs and much of the area's economic activity.

**Facts**

- The Combat Center supports 24,300 jobs or nearly 77 percent of all employment in the Morongo Basin.
- Annual salary and wages in 2012 for these individuals totaled about \$661 million.
- The installation's two largest categories of contract spending are construction and maintenance and service/utility contracts.
- Total annual contract spending is \$550 million.
- Combat Center wages, pension payments and contract spending indirectly support 4,600 part-time and full-time jobs in the Basin.
- Numerous family members and friends also spend money locally when visiting their Marine or sailor. An estimated \$1.5 million is spent by these visitors.

These expenditures are just a few examples illustrating the many ways Combat Center spending supports the local area's economy.

**Community outreach**

The Marine Corps pushes for education at all levels.

Marines are expected to take education seriously on a personal level. Combat Center personnel work with local schools and college districts to ensure students receive the best education possible and to give back to the local supporting communities.

**Facts**

- In 2012, the Department of Defense provided \$1,612,850 in impact aid funds to the Morongo Unified School District.
- 1,789 of the 8,589 students in the Morongo Basin are children of active-duty service members.
- Since 2009, the Morongo Unified School District has received \$4.5 million in Department of Defense Education Activity grant funds for programs ranging from special education to language arts and math.
- Last year, the local colleges received military tuition assistance to help fund courses. Copper Mountain College received \$21,722, which helped fund 17 courses; National University received \$262,655, which helped fund 472 courses; and Mayfield College received \$103,498 to help fund 27 courses.
- National University held 54 courses on the installation with a total enrollment of 902 students. All students enrolled were Combat Center personnel.

**Mission briefing**

In upcoming months, the Combat Center will be briefing the community on the mission of the Combat Center at the Palm Springs Sunup Rotary Club Meeting and providing static displays, color guards and guest speakers for multiple Independence Day Celebrations.

For more information on the installation's community outreach and ways to volunteer, contact Community Relations at 830-3765.

**WILSON, from A1**

Pvt. Nathan Park is an Idaho Falls, Idaho, native and is currently studying at the Marine Corps Communication-Electronics School.



**“Convenient”**

*How could you say it isn't? You can practically do everything that you do at main side here but it is even closer together. After a long day or week of training, you can go out and buy an ice cold Gatorade. Units are pretty spoiled here and it's an experience in itself to be able to have all of these things*

**“Fun”**

*I've enjoyed my experiences here so far. Although I am on a working party I have gotten to do a couple of things that many people don't get to do as a student. I've met and gotten to speak to a lot of the higher ranks that are here to train. I also saw a coyote when I was a road guard. I told my sergeant about it and he didn't know what to do if it came to our camp because we are not allowed to kill wildlife out here so all he said was, "figure it out."*



< Pvt. Gaui Oleson is a Dubaque, Iowa native, currently studying at the Marine Corps Communication-Electronics School

**“Miserable”**

*We have been out here for a couple of days as a part of the Integrated Training Exercise. There isn't much to do out here but I enjoy how quiet it is at times. The desert is humongous and many people cannot say they have had the chance to come out here and 'play' with military vehicles.*

Cpl. Gregors Schneider is a Green Bay, Wis., native and is currently serving with 6th Engineer Support Battalion.



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## SAPR, from A1

by third parties. In those instances, Commanding Officers are obligated to contact NCIS to initiate an investigation, as they would for any report of a crime that is brought to their attention. These reports are classified as unrestricted reports and all SAPR services are offered to victims in those instances.

Sexual assault cases and the completed NCIS independent investigation are automatically elevated to the first O-6 in the chain of command who, in close consultation with their legal advisors, decides which legal avenue to pursue. This decision-making process also includes a discussion with the first General Officer in the chain of command to decide whether the case will be pulled up to his or her level.

Commanding Officers are responsible for providing for the physical safety and emotional security of the victim. A determination will be made if the alleged offender is still nearby and if the victim desires or needs protection. They will ensure notification to the appropriate military criminal investigative organization (MCIO) as soon as the victim's immediate safety is addressed and medical treatment procedures are in motion. To the extent practicable, a Commanding Officer strictly limits knowledge of the facts or details regarding the incident to only those personnel who have a legitimate need-to-know. Commanding Officers are in the best position to immediately determine if the victim desires or needs a "no contact" order or a Military Protective Order issued against the alleged offender, particularly if the victim and the alleged offender are assigned to the same command, unit, duty location, or living quarters.

Victims are advised of the expedited transfer process and the possibility for a temporary or permanent reassignment to another unit, living quarters on the same installation, or other duty location. Commanding Officers ensure the victim receives monthly reports regarding the status of the sexual assault investigation until its final disposition.

The Defense Sexual Assault Incident Database (DSAID) is a central data system managed by the Department of Defense Sexual Assault Prevention and Response Office (DoD SAPRO). DSAID is a DoD-wide service requirement that allows for the standardization of data collection and management, which is critical for improving case oversight, meeting reporting requirements, and informing SAPR Program analysis, planning, and future efforts to care for victims. In addition to providing consistency across the services in reporting, DSAID is electronically linked to the data system used by Naval Criminal Investigative Services (NCIS), facilitating timely and accurate coordination within the investigative process. Full migration to

DSAID was completed in October 2012.

In October 2012, the Marine Corps implemented SAPR 8-Day Briefs, an additional tool designed to guarantee leadership engagement at the onset of each case. For all unrestricted reports of sexual assault, the victim's Commanding Officer must complete a SAPR 8-Day Brief to ensure that victim care resources are being provided. 8-Day Briefs include the Commanding Officer's assessment and a timely way ahead, and are briefed within eight days to the first General Officer in the chain of command. The reports are briefed quarterly to the Assistant Commandant of the Marine Corps. The analysis of the data compiled utilizing SAPR 8-Day Briefs also provides us with a more immediate assessment and surveillance opportunity, helping us to identify trends to further inform our prevention and response efforts. A victim's Commanding Officer stays engaged in the process from beginning to end by attending monthly Case Management Group meetings and coordinating with the SARC to ensure the appropriate level of victim care and support are being provided.

Restricted reporting is another reporting option for victims. This option is a critical resource for those in need of support. Restricted reporting does not trigger an official investigation but does allow for confidentiality and time to process the impact of the incident without the visibility that comes with immediate reporting to law enforcement officials and Commanding Officers. Victims are able to get a Sexual Assault Forensic Examination (SAFE). Evidence recovered from a SAFE can be held for five years, should the victim opt to convert their report to an unrestricted status. Through a restricted report, victims can also receive general medical treatment, counseling services, and the full support of the Victim Advocate and Sexual Assault Response Coordinator.

There are many reasons why a victim of sexual assault would not report an incident, the perceived stigma about being re-victimized remains a powerful deterrent to reporting for Marines. Restricted reports can be taken by specified individuals (i.e., SARCs, VAs/UVAs, or healthcare personnel). Restricted reporting allows those victims to take care of themselves emotionally and physically. Victims who make restricted reports often comprise the population who might otherwise remain silent. Restricted reporting increased by over 100% in the FY12 Annual Report and serves as an initial indicator that our messaging about the reporting options has been effective.

*Editor's note: This is the third installment of a series about sexual assault prevention and reporting. See next week's edition of the Observation Post for the next part.*

## LIFE, from A1

westbound lanes. The two people in the car were safe — minor injuries. The motorcyclist, Rebecca Fletcher, a corporal with Marine Unmanned Aerial Vehicle Squadron 1, lay unconscious 20 feet north of the highway, with a partially amputated right leg above the knee.

**THURMAN:** "It seemed like they had the situation under control."

Kyle instinctively used Rebecca's belt to stem the flow of blood. Nathaniel automatically drove his knee into her femoral artery, slowing the blood even more. Joshua grabbed a stick and made an impromptu tourniquet and continued to apply pressure with his hands.

Nearly five minutes had passed since the accident and Rebecca was still unconscious. The three Marines were the only ones to provide first aid. Five more minutes passed and Rebecca began to regain consciousness.

**THURMAN:** "(The Marines) were calm and they were cool. They had effectively recognized the life-threatening injury the victim had and they were effectively treating it. They were on it."

A trauma nurse who also arrived on the scene as a passerby had begun to assess Rebecca's physical and mental state as she regained consciousness.

"Do you know what your name is?" the nurse asked.

"Becky," she replied.

Despite her attempts to move, the three Marines effectively calmed her down while maintaining pressure on her wound, no doubt saving her life. For the next 10 minutes, the trauma nurse continued to ask Rebecca questions to keep her conscious.

**THURMAN:** "My initial thoughts were just trying to assess the situation and

find out what was the priority in what needed to be accomplished. Those three (Marines) were already doing it. The priority was the lifesaving first aid and those three guys had already done it."

Nearly 35 minutes after the accident, the firefighters and paramedics arrived. Kyle, Nathaniel and Joshua continued to administer their lifesaving techniques as emergency personnel gave her oxygen and a splint to her right leg.

**THURMAN:** "They were perfect. They acted as we would expect Marines to act in an emergency situation. They responded to the emergency, they assessed what needed to be done and they acted without guidance or instruction. There were a lot of people who kept driving by and stood to the side. It says something about the quality of our young Marines and that they are living up to the expectations that we expect of them."

The three Marines helped lift Rebecca onto a backboard and a stretcher. She was transported by ambulance to a nearby landing zone, then airlifted to Palms Springs, where her leg amputation was surgically completed at the hospital.

**THURMAN:** "They are good kids, those young Marines. It was good to see them do everything that they should do without guidance and without asking. They just took charge because they realized what needed to be done."

*Editor's note: Lt. Col. John Thurman is the commanding officer of Marine Unmanned Aerial Vehicle Squadron 3. Cpl. Kyle Wells, 22, is a motor transportation operator with 3rd Battalion, 7th Marine Regiment. Cpl. Nathaniel Navarro, 21, is a mortarman with 2nd Battalion, 7th Marine Regiment. Lance Cpl. Joshua Phelps, 20, is a machine gunner with 3rd Battalion, 4th Marine Regiment.*

## FLAG, from A1

dictates how flags are displayed, used and retired. The code also dictates rules and customs by the president and the Pledge of Allegiance.

The Flag Day ceremony was also an effort in educating the community on how to properly dispose of a weathered flag. The 3rd LAR Marines also brought out a flag to be retired in the ceremony.

During the ceremony, while Marines folded the flag, the story of what each fold meant was told.

"They told the story of the flag folding and it's important the more people are out here," said Crista Parfitt, 3rd LAR assistant family readiness officer. "When I heard about the event, I wanted to get the battalion involved. I volunteered my husband for the flag-folding detail."



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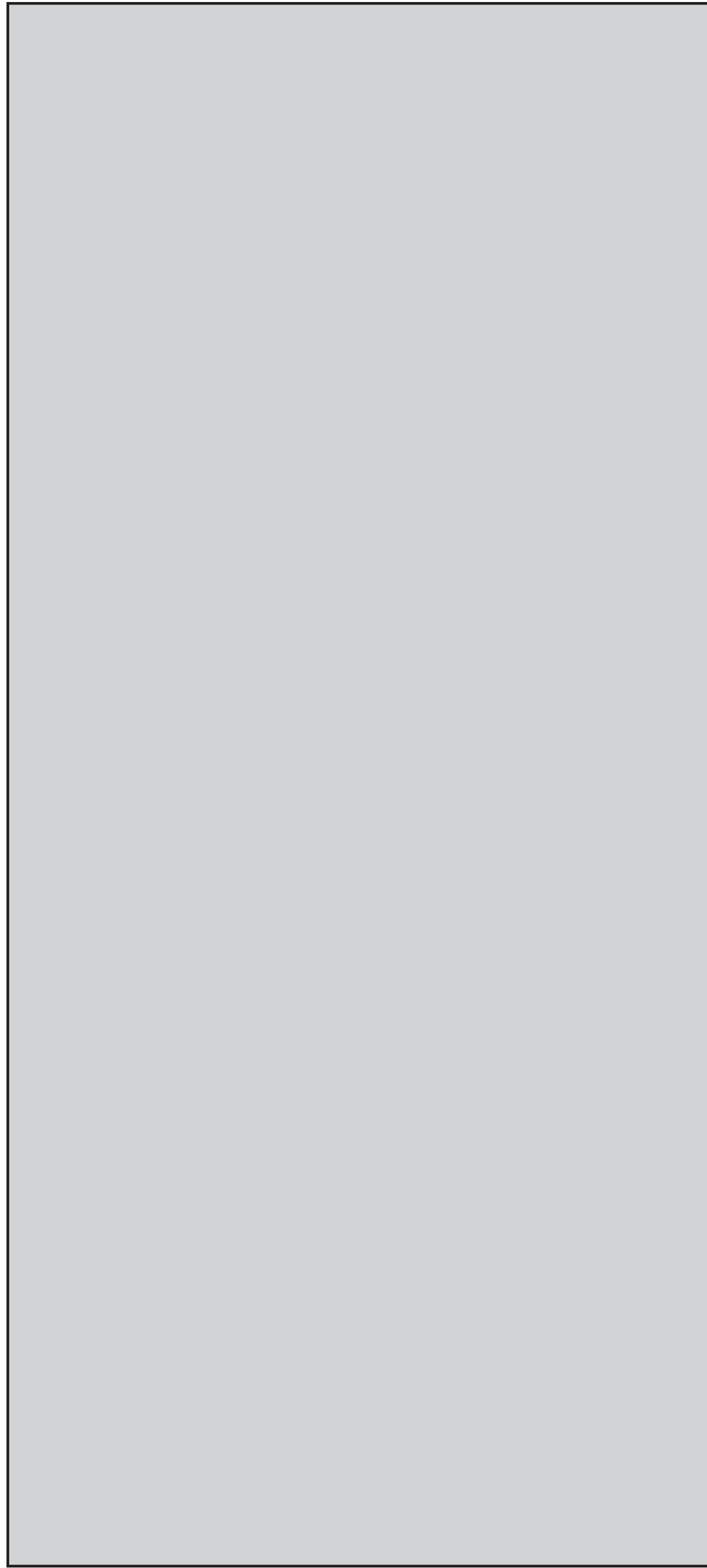
# CG'S Honorary Breakfast

Commanding General David H. Berger honors the hard work and contributions of civilian employees aboard the base every month by holding a breakfast.

**[From left to right]**  
 Matthew Thomas, Provost Marshal's Office  
 Mrs. Donna Berger  
 Victor Coffield, Public Works  
 Maj. Gen. David H. Berger  
 Sgt. Maj. Matthew Brookshire  
 Sharon Altemoos, Marine Corps Family Team Building  
 June Foster, Human Resources Office  
 Bud White, Exercise Support Division



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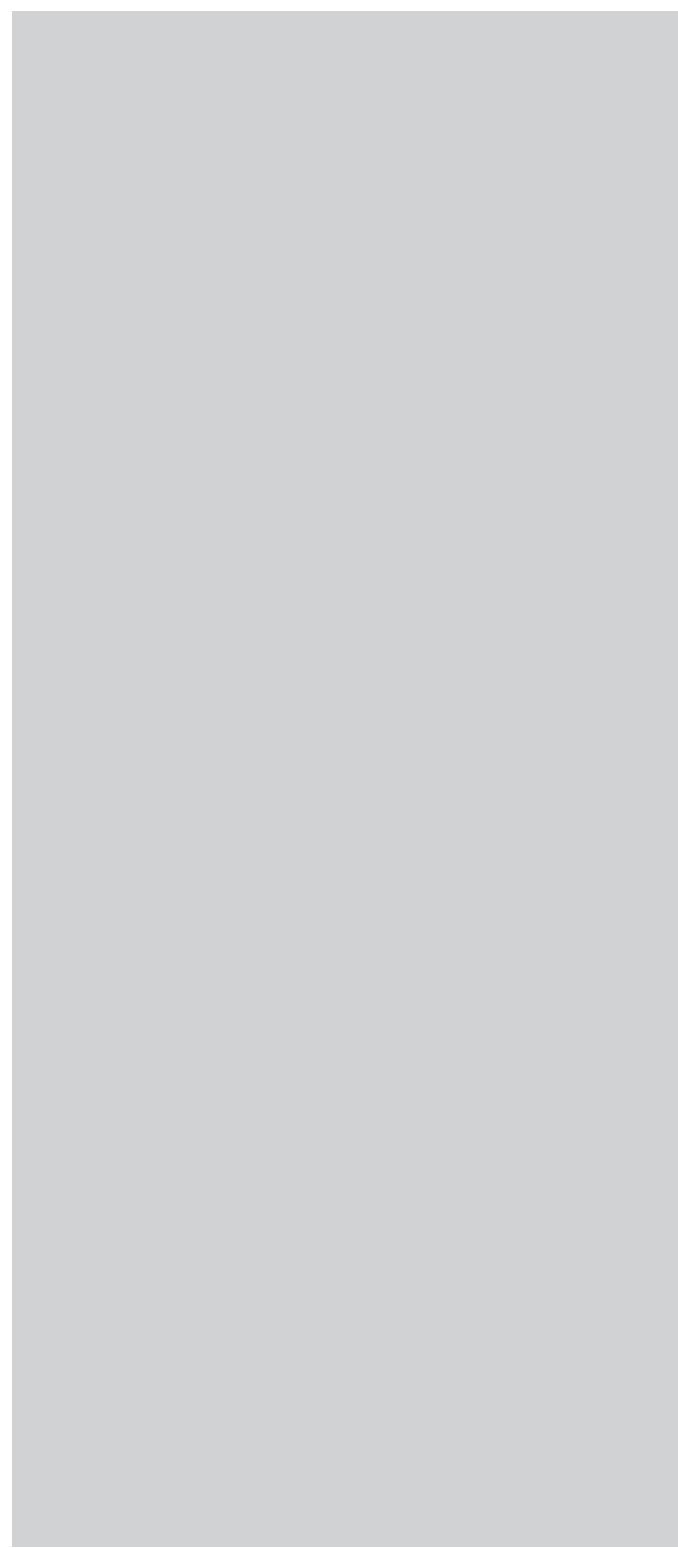
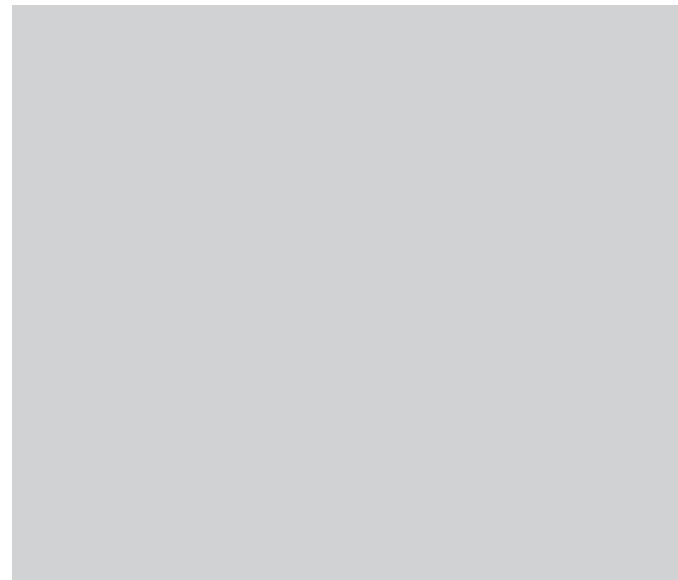


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# BABY SHOWER

## 3rd CEB mothers get a helping hand



*When 3rd Combat Engineer Battalion left for their seven-month deployment to Afghanistan, they left behind 36 soon to be mothers at the Combat Center. Without the support from their husbands, the battalion took it upon themselves to make sure the moms would be taken care of by hosting a battalion-wide baby shower.*

**Story and photos by**  
 Cpl. D.J. Wu

3rd Combat Engineer Battalion's Family Readiness Office teamed up with a local non-profit organization, Soldiers' Angels, to help 3rd CEB spouses with a battalion-wide baby shower, June 13.

to other area military bases.

When 3rd CEB began their deployment a few months ago, the battalion had 36 pregnant wives. The baby shower brought them together to bond and gave the new and expecting mothers a helping hand. The mothers came together to share their experience through their pregnancies, play baby-related games and build a support group within the battalion.

"We had contacted Soldiers' Angels and they were more than gracious to come up here and host a battalion baby shower for us," Capistran said. "We're actually the first battalion here in Twentynine Palms to have one, so we're excited and honored to be the first."

Dozens of pregnant and recently pregnant spouses attended the event and the scale of the shower was a surprise to many of them.

"Soldiers' Angels came out here and sponsored our battalion baby shower," said Erika Capistran, 3rd CEB family readiness officer. "3rd CEB is currently deployed and during the deployment, we're going to have 36 babies born. In the past 10 days we've had six babies. To say that we're having a baby boom is an understatement."

"It's awesome," said Brittany McGinn, new 3rd CEB mom. "I knew there were a lot of girls that were pregnant in our unit, but I thought there were just going to be just a few of us here and it would be low key. Just getting all these donated gifts is very impressive and I just feel very blessed and very thankful for the support."

For some of the wives, whose families live far from Twentynine Palms, the battalion's event provided an experience they might otherwise not have had. The Marine family can fill an important role.

Soldiers' Angels and their network of volunteers made large contributions toward the event. The group collected and packaged baskets of gifts and door prizes for both mommy and baby. This is the group's first trip to the Combat Center to help with event. The organization, based out of Pasadena, Calif., has volunteered their time

"My family is on the East Coast, and I don't have any family out here," McGinn said. "I didn't really have a baby shower out here except for a few friends. Having something like this, especially with your husband gone, is a huge morale booster. I'm just really thankful."



It's a Girl!

[Top] Jackson Pickles, 4 months, is held by Debra Willis, a Soldiers' Angels volunteer at the 3rd Combat Engineer Battalion Baby Shower, June 13.

[Above] Mianne Mobley, 3rd CEB mom, holds her daughter Melody, 2 months, before the start of the 3rd CEB baby shower.

[Right] Talon Savoie, 4 months, sits with mom, Shelby, during the 3rd CEB Baby Shower. The unit held a battalion-wide baby shower for the 36 pregnant and recently pregnant spouses while the unit is deployed to Afghanistan.





## Combat Center Clubs

### Excursions Enlisted Club

Thursday: Karaoke, 8:30 - 10 p.m.  
Friday: DJ Gjettblaque, 8 - 11 p.m.  
Saturday: DJ Gjettblaque, 8 - 11 p.m.

### Bloodstripes NCO Club

Thursday: Warrior Night, 4:30 - 9 p.m.  
Friday: Karaoke Night, 6 - 9 p.m.

### Hashmarks 29 SNCO Club

Monday: Steak night, 4:30 - 8 p.m.  
Wednesday: Wing Special Wednesday, 4:30 - 9 p.m.  
Thursday: Free Happy Hour Food, 5 - 7 p.m.  
Friday: Steak Night, 4:30 - 8 p.m.  
Friday: DJ Gixxa, 8 - 11 p.m.

### Combat Center Officers' Club

Thursday: Free Happy Hour Food, 5 - 7 p.m.  
Thursday: Taco Night, 5 - 7 p.m.

For complete calendars visit <http://www.mccs29palms.com>.

## Local Events

### Free Line-Dance Lessons

Learn to dance the night away  
When: 5 to 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.

### The Perils of Goldilocks

When: 7 p.m., Fridays & Saturdays, June 28 - July 27  
Where: Theatre 29  
73637 Sullivan Rd., Twentynine Palms, Calif.  
For more information, call 316-4151  
or visit <http://www.theatre29.org>

## Lower Desert

### MC Hammer

American pop artist performs  
When: 9:00 p.m., Friday, June 21  
Where: Morongo Casino Resort and Spa  
49500 Seminole Drive, Cabazon, Calif.  
For more information, call 800-252-4499 or visit  
<http://www.morongocasinosort.com>.

### The Band Europa

Dynamic Trio perform old German Polkas  
When: 10:30 p.m., Friday, June 28  
Where: Morongo Casino Resort and Spa  
49500 Seminole Drive, Cabazon, Calif.  
For more information, call 800-252-4499 or visit  
<http://www.morongocasinosort.com>.

### Michael Jackson History Show II

Tribute featuring Kenny Wizz  
When: 8 p.m., Sat., June 29  
Where: Agua Caliente Casino, Resort and Spa  
32-250 Bob Hope Dr., Rancho Mirage, Calif.  
For more information, call 888-999-1995 or visit  
<http://hotwatercasino.com>

### KC and the Sunshine Band with the Village People

Two iconic bands perform  
When: 8 p.m., Saturday, July 6  
Where: Fantasy Springs Resort Casino  
84-245 Indio Springs Parkway, Indio, Calif.  
For more information, call 800-827-2946 or visit  
<http://www.fantasyspringsresort.com>.

## Sunset Cinema

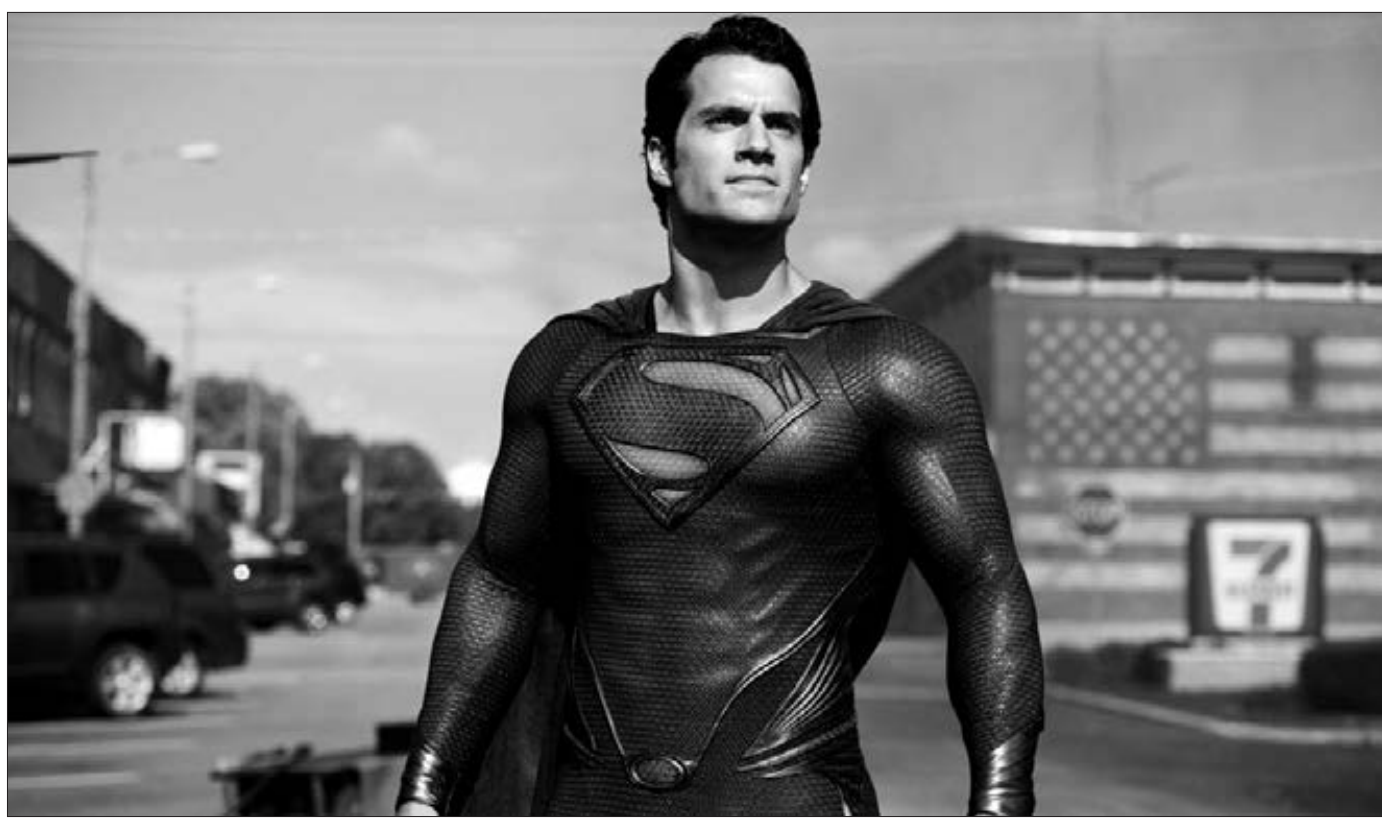
### Friday, June 21

6 p.m. - Star Trek: Into the Darkness 3-D, PG-13  
9 a.m. - Iron Man 3 3-D, Rated PG-13  
Midnight - Mud, Rated PG-13

### Saturday, June 22

10:30 a.m. - Free Matinee, Ice Age: Continental Drift, Rated PG  
12:30 p.m. - The Incredibles, Rated PG  
3 p.m. - Star Trek: Into the Darkness 3-D, PG-13  
6 p.m. - The Great Gatsby 3-D, PG-13  
9 p.m. - Mud, PG-13  
Midnight - Iron Man, Rated PG 13

# After years of movie misfires, this rousing Superman reinvention finally feels right



COURTESY PHOTO

## NEIL POND

### "Man of Steel"

Starring: Henry Cavill, Amy Adams, Kevin Costner & Russell Crowe  
Directed by Zac Snyder  
PG-13, 143 min.

We learn in the new Superman movie that the big symbol on the front of his outfit was never what we always thought it was. "It's not an S," explains Kal-el, the super-powered alien-among-us from the planet Krypton who grows up on Earth and comes to be called Superman. "In my world, it means hope."

Hope is a recurring theme in "Man of Steel," the rousing, rollicking reinvention of the Superman saga, in more ways than one. In the movie, Superman represents humanity's hope against annihilation. For fans, the latest big-screen incarnation is their hope that pop culture's original, most iconic superhero of all will finally, after years of movie misfires, get one that has the right tone, the right look and right feel—and move the 75-year-old character to the rightful head of the superhero class.

Not only does the new movie feel like a renewal of all-around, long overdue Man of Steel movie mojo, expertly pitched to modern times and modern movie tastes, it also seems like summer's big dog telling the little dogs to move it on over.

Buzz has been building about "the new Superman movie" for over a year, ever since it was announced that its creative team would be two filmmakers with impeccable cred bridging the worlds of comic books and cinema. Director Zack Snyder's resumé includes "300" and "Watchman," and producer/writer Christopher Nolan directed the hugely successful Batman "Dark Knight" trilogy.

In rebuilding the Super-story from its foundation, "Man of

Steel" keeps true to the essential DC comics mythology of the tale but jettisons much of the corn, camp and other heavy baggage that 75 years of movies, television and cartoons attached to the character.

Snyder and Nolan start with the birth of infant Kal-el on Krypton, where his parents Jor-el and Lara (Russell Crowe and Amy Adams) ship him off to safety on Earth to escape their dying planet—and the clutches of the evil General Zod (Michael Shannon), whose mad plans would mean doom for their son.

That sets the stage for the epic showdown that follows, as Kal-el grows up to become the strapping young adult Clark Kent (British actor Henry Cavill, from TV's "The Tudors"), questioning his loving, patient adopted Kansas parents (Kevin Costner and Diane Lane) about where he's from, why he's always been different from other kids and, eventually, what his mission on Earth might be.

And then there's feisty "Daily Planet" reporter Lois Lane (Amy Adams), who comes across a story she can't ignore—and one her newspaper boss Perry White (Laurence Fishburn) can't quite believe.

"Man of Steel" is a movie that slam-bangs hard with action when it's time to bring the hammer down, but it also spends quality time with its characters and its themes, especially the conflict, loneliness and loss that make up the superhuman "man of two worlds" who ends up in a spectacular computer-generated smackdown to save his adopted home. The scenes with Costner are especially touching, as Jonathan Kent struggles with knowing his son is destined for something Earth-changing, but wants to protect him from exposing his secret—and himself—as long as possible.

Superman has always been ripe with topics for discussion for fans, scholars and even theologians, and "Man of Steel" offers plenty of food for thought beyond simply a tub of popcorn. At one point Superman's human-bred morality is noted as his weakness. It's impossible to miss the moments when the movie's imagery suggests his messianic overtones. "He'll be a god to them," his Krypton father, Jor-El, tells his mother, as they prepare to send their "only son" to Earth as the living embodiment of their "hopes and dreams."

And hope is certainly a seed the movie seems to be planting in a couple of scenes that hints Superman might be coming back to the screen, perhaps with some pointy-eared bat-company from his DC Comics stable.

Which just reinforces the movie's point: For a lot of super fans, hope is spelled with a big red "S."

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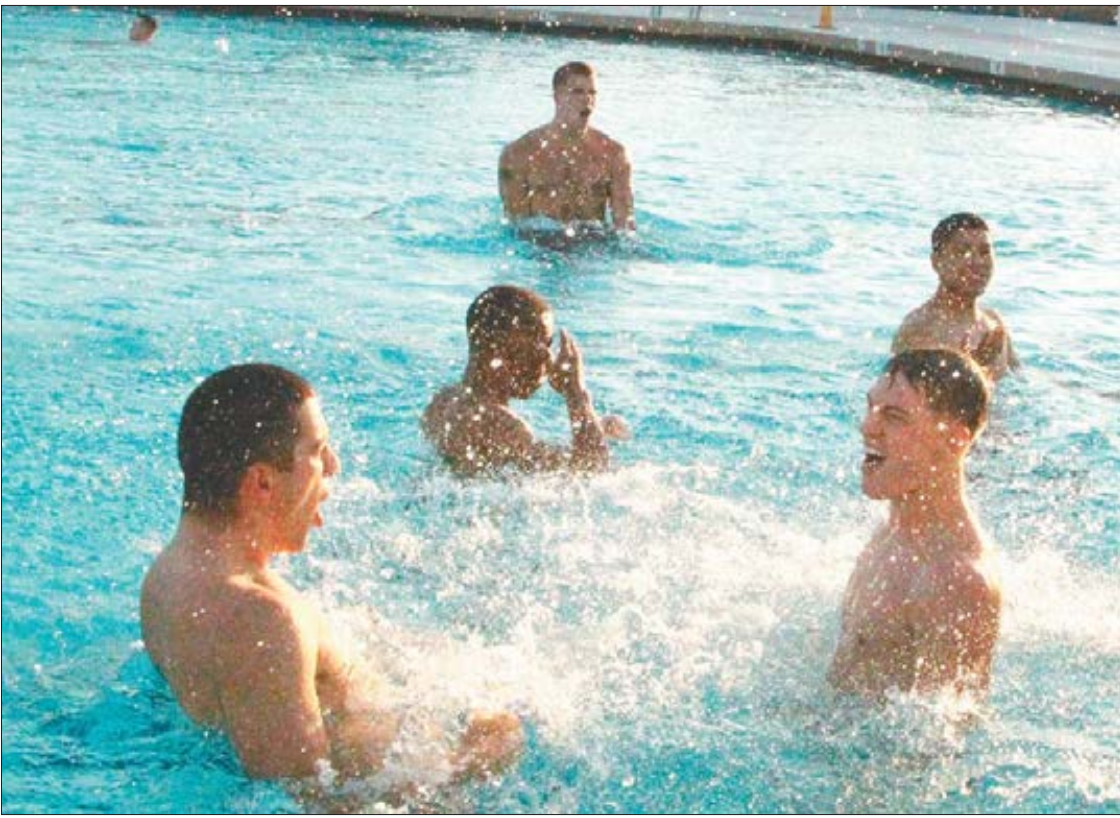
# Pool Party

Photos by Lance Cpl. Alejandro Bedoya

[Right] Marines raced to the top of the inflatable pool tower at the Headquarters Battalion pool Party Aug. 8. The event featured food and games for battalion members.

[Bottom Right] Matthew Allen, combat photographer, Combat Camera HQBN, dives off the inflatable tower during the battalion's pool party at the Training Tank Aug. 8.

[Below] Marines with HQBN enjoy some fun in the pool at the battalion's pool part Aug. 8, hosted by the unit's command and the Family Readiness Office.



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