



OBSERVATION POST

MCAGCC TWENTYNINE PALMS

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Base promotes new health initiative

Lance Cpl. Alejandro Bedoya
Combat Correspondent

The Combat Center was recently selected to participate in the year-long program, The Healthy Base Initiative. The program is a sub-component of Operation Live Well. This operation seeks to catalogue practices being implemented to battle obesity and tobacco use and generally promote healthy behaviors among military families across the Department of Defense. A total of 13 DoD installations are participating in initiative. It is also a part of the President Obama's National Prevention Strategy to foster healthy living for all Americans.

According to the literature of the program, 96 percent of the money spent on health care in the United States goes towards the treatment of health programs. Only four percent goes towards preventing the issues before they take place. Operation Live Well encourages healthy behavior and aims to make it normal to live a healthy lifestyle across the DoD.

Michelle Vukovich, Marine Corps Base Quantico's director of Semper Fit and recreation for Marine Corps Community Services, spent most of last week conducting assessments as part of the HBI team that visited the Combat Center. She was one of three members of the subgroup that focused on health and wellness. These also included physical activity, tobacco use, children's health, healthy eating and physical environment.

"Twentynine Palms, from my perspective, already has good practices in place, but does everyone think there's always room for improvement? Of course," Vukovich said.

According to Vukovich, 10 percent of the defense budget is spent on health care, with much of that stemming from obesity and tobacco use. While active duty Marines usually don't have obesity issues, some do use tobacco products, and also may lose their healthy habits after leaving the service.

"Where the problem lies in the future is with our retired

See **WELL** page A4



MILITARY VEHICLES

By Lance Cpl. Paul S. Martinez

Armored transportation increases combat performance

MODERN-DAY MILITARY VEHICLES HAVE BECOME ESSENTIAL TO MISSION READINESS IN THE MARINE CORPS. OPERATING IN DIFFERENT ENVIRONMENTS HAVE PROMPTED THE CORPS TO SEEK OUT NEW VEHICLES, WITH NEW MODIFICATIONS AND BETTER EFFICIENCY. HERE'S A LOOK AT SOME NOTABLE MOBILE MACHINES THAT HELP GET THE JOB DONE.

The humvee, specifically known as the high mobility multi-purpose wheeled vehicle, is among the most recognizable military working vehicles. For decades, it has been a common sight in the U.S. military. From the sandstorms of Iraq in Operation Desert Storm, to the terrain of Somalia in Operation Restore

Hope, the Marine Corps has had a reliable and mobile vehicle to assist in the mission.

Dating back to its conception in 1979, the humvee came to light as a vehicle designed primarily for personnel and light cargo transport. Eleven months later, the first prototype was being tested.

Humvees today exist in several

variations. Humvees equipped with snow treads transport personnel aboard the snow-covered grounds of Marine Corps Mountain Warfare Training Center in Bridgeport, Calif., while humvee with expanded, modified rears and a large red cross offer a mobile station for anyone in need of medical attention.

The light-armored reconnaissance vehicle functions as a mobile transport that has been tailored for amphibious assaults. This eight-wheeled vehicle entered service with the Marine Corps in 1983, and saw combat during the Invasion of Panama in 1989. Service with it has



CPL. ALI AZIMI

Marines with 3rd Light Armored Reconnaissance Battalion took part in 1st Marine Division's annual Desert Scimitar from its beginning April 29 to its conclusion May 5.

continued during every major conflict since.

The LAV can reach speeds up to 62.5 miles per hour on land, and 7.5 miles per hour while engaged in amphibious operations.

The LAV can be equipped with an M242 Bushmaster 25 mm cannon, two M240 7.62mm machine guns, and two 4-barrel smoke grenade launchers. Three crewmembers: commander, gunner and driver, operate the vehicle while four passengers with combat gear can ride along.

Variants of the LAV include models suited with TOW missiles for anti-tank operations, and another installed with an 81mm M252 mortar system.

The M1 Abrams tank can be instantly recognized as a force to be reckoned with. Fielded in 1980 as the replacement for the M60A1 tank and named after Army General Creighton W. Abrams, the M1 Abrams tank is the Marine Corps' answer to

See **VEHICLES** page A4

Weapons course enrollment on the rise

Kelley Hughes
Joint Non-Lethal Weapons Directorate

QUANTICO, Va. — Non-lethal weapons provide our operating forces escalation-of-force options, minimizing casualties and collateral damage.

Enrollment in the Department of Defense's Non-Lethal Weapons course has jumped to a 65 percent increase during 3rd quarter, Fiscal Year 2013. The free, online course launched in 2012 by the Joint Non-Lethal Weapons Directorate, provides U.S. operating forces with basic knowledge of non-lethal weapons' characteristics, employment, policy and their applications in a wide variety of military operations.

Non-lethal capabilities truly help minimize casualties while providing esca-

"This non-lethal weapons course is applicable to any rank and specialty within our formations and provides vital education and familiarity."

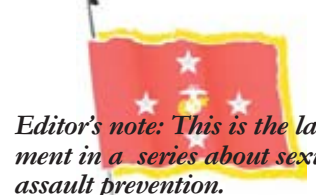
— Sgt. Maj. Bryan Battaglia

tion-of-force options, according to General James F. Amos, Commandant of the Marine Corps and Executive Agent of the DoD Non-Lethal Weapons Program. "As we drawdown in Afghanistan and look to the conflicts of tomorrow, our use of non-lethal weapons coupled with building partner capacity missions and (military-to-military exchanges), strategically communicates our commitment to protect innocents and reassures our strategic friends and our allies."

The four-hour "Introduction to Non-Lethal Weapons Course" consists of nine modules and concludes with an exam. The modules' content includes history; strategic impacts; tactical employment;

See **WEAPONS** page A4

Sexual Assault Prevention



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

Post-trial – the Convening Authority's Clemency Power

On May 7, 2013, the Secretary of Defense submitted proposed legislation to Congress that would modify the Convening Authorities ability to take action on the findings and sentence of a Court-Martial during the post-trial phase. Specifically, the legislation would limit a commanding officer's ability to act on the findings of a Court-Martial to a certain class of "minor offenses," and also require a written explanation for any action taken on the findings or the sentence of a court-martial. I support exploring these proposed modifications for two reasons.

First, I believe the proposed modifications are reasonable adjustments to a specific phase of the Court-Martial process that has changed significantly since its inception. The commanding officer's broad authority under Article 60 was established during a time when the key participants of the

From the Office of
The Commandant of the Marine Corps

trial—the prosecutors, defense counsel, and military judges—were not professional lawyers, and when there was not a comprehensive system of appellate review. The professionalization of our Court-Martial practice and the addition of multiple layers of appellate review justify reducing a commanding officer's broad authority to take action on the findings in cases not involving "minor offenses." I believe the Secretary of Defense's proposal properly excludes the right class of cases that would be left to the appellate review process for the correction of legal error and/or clemency. Similarly, I believe that a commanding officer, based on his or her specific needs for good order and discipline, should retain the ability to take action on the findings of "minor offenses" identified in the proposal.

Second, the proposal would improve the transparency of the military justice system. When the commanding officer does believe it is necessary to take action under Article 60, that action should be as transparent and visible as every other aspect of the Court-Martial.

See **SAPR** page A4

MCCES welcomes new commander

Lance Cpl. Paul S. Martinez
Combat Correspondent

The commanding officer of Marine Corps Communication-Electronics School formally relinquished command during a change-of-command ceremony Tuesday at Lance Corporal Torrey L. Gray Field, July 23.

Col. Gregory T. Breazile, transferred command to the new commanding officer, Col. Andrew J. Murray.

Breazile is being transferred to serve as the Director, Cyber and Electronic Warfare Integration Division, Capabilities Development Directorate, aboard Marine Corps Base Quantico, Va. He served as the MCCES commanding officer for two years. "We've got a great instructor staff here that gives Marine students the skills to make them successful," Breazile said.

Murray, previously held command as the assistant Chief of Staff, G-6, Marine Corps Base Camp Butler, Japan, Marine Corps



LANCE CPL. PAUL S. MARTINEZ

Col. Gregory T. Breazile relinquishes command of the Marine Corps Communication-Electronics School, July 23.

Installations Pacific.

"Marines, sailors, and civilians of MCCES, I look forward to working with you and serving as your commanding officer," Murray said.

MCCES was activated in 1942 in Quantico, Va., training Marines for various communications specialties during World War II. In 1971, the school was relocated to its present location aboard the Combat Center.

"It's an evolving thing,

this Marine Corps," Breazile said. "As time goes on we watch it change and find ways to be more efficient and more effective."

MCCES has been known as the "Centerpiece for all Marine (communication-electronics) Training." Over the course of this year, the average student population numbered at 1,550. The school currently conducts 86 separate courses over 45 military occupational specialties.

Network security threatened by online files



Lance Cpl. Paul S. Martinez
Combat Correspondent

Cyber security personnel aboard the Combat Center have recently become aware of a new network security risk. Marines, sailors and civilians are being advised to avoid compromising their computers.

The problem comes from the use of certain third-party applications, which are reusable software components developed to be either freely distributed or sold by a party other than the original creator of the main platform.

“What happens is when you use third-party applications on websites including Facebook, such as the video chat which is

where this problem came from, it puts things on your computer and hides them in the files and folders,” said Sherry Christeson, information systems security manager, G-6.

“We have applications that go out and look for vulnerabilities on the systems,” Christeson said. “They hit on these, which causes us to have to take the machines and possibly clear the hard drive.”

The third-party files are not triggered by installation, but rather by simply clicking links or pictures that automatically place the files into the computer. This has caused unsuspecting employees aboard the Combat Center to unknowingly open applications, such as Facebook’s video chat, and allow the files onto the computer.

“It’s not Facebook itself,” Christeson said. “Facebook is authorized in accordance with supervisors and is command-driven.”

According to Marine Corps Administration Message 181/10, internet-based capabilities are defined as all publicly accessible information capabilities and

applications available across the internet. Marine Corps personnel are authorized official use and limited personal use of internet-based capabilities.

As a result of the files left by third-party applications, work files and information on computers are left vulnerable. This past month, five computers were affected by the third-party files.

“Sometimes we can just remove the file, but if it gets deep enough we have to reimage the entire hard drive,” Christeson said.

To prevent network security breaches and maintain the functionality of your computer and work files, keep a heightened awareness of the content you explore on the internet. The critical information of the Combat Center network systems depend on it.

“Do not click links,” Christeson said. “That includes e-mails, third-party applications, and anything that you don’t know where it will send you because you’re taking a risk.”

Base opens new education center

Cpl. William J. Jackson
Combat Correspondent

The Combat Center now has a home for all of the educational needs for its patrons. The three story building, located at building 1530, was first brought to life by Congressman Jerry Lewis when he toured the base in 2008. Since then, the five year project has now given Combat Center students and staff top-of-the-line equipment along and a great educational setting for students.

Three colleges, National University, Copper Mountain College and DeVry University are now centrally located among the new education center. Each of the 13 classrooms are equipped with smart boards, ceiling speakers, wall sockets on the desks and space to hold up to 24 students.

“We have classes in the evening time and we even have daytime classes,” said Jeff Fourier, education center supervisor, Life Long Learning Center. “So we need the classroom space to offer those classes.”

The education center also has a versatile computer lab that can convert into an impromptu classroom by storing the computers inside the desks. Wifi is also found throughout the entire three story building to aid with coursework in the classrooms.

“As a student I would feel a lot better going to class every day because of the amenities, it’s comfortable,” Fourier said.

Before the building was erected, the Transition Readiness Seminar was in Building 1707, now nearly 100 Marines and sailors can fit comfortably within the confines of the Life Long Learning Center’s three story building.

The new education center brings the Combat Center a centralized location for any educational needs for its patrons. The building is a home for the growing community and a focal point for the base.

For more information on the types of schooling the education center offers, go to www.mccs29palms.com/pages/mfamservices/education.html.

Workplace Safety

Environmental Compliance Coordinators train Marines on chemical hazards

Lance Cpl. Paul S. Martinez
Combat Correspondent

Cyber security personnel aboard the Combat Center have recently become aware of a new network security risk with Facebook. Marines, sailors and civilians are being advised to avoid compromising their computers.

The problem comes from the use of certain third-party applications. Third-party applications are reusable software components developed to be either freely distributed or sold by a party other than the original creator of the main platform.

“What happens is that when you use third-party applications on websites, including Facebook, such as the video chat, it puts files on your computer and hides them within other files and folders,” said Sherry Christeson, AC/S G-6, information systems security manager, Data Division, Cyber Security.

“We have programs that go out and look for vulnerabilities on the systems,” said Christeson. “They hit on these files as vulnerabilities, which causes us to have to take the machines and possibly reimage the hard drive.”

The third-party files are not triggered by installation, but rather by simply clicking links or pictures that automatically place the files

into the computer. This has caused unsuspecting employees aboard the Combat Center to unknowingly open applications, such as Facebook’s video chat, and allow the files onto the computer.

“It’s not Facebook itself,” said Christeson. “Facebook is authorized for official and limited personal use, in accordance with Marine Corps Directives at the discretion of supervisors and Commanding Officers.”

Defense Media Activity outlines the popular social media outlets used by personnel aboard the Combat Center.

Facebook can be used to post photos, videos, news stories, general information and features. It is regarded as one of the more popular forms of social media today and is expanding with new features and uses every day.

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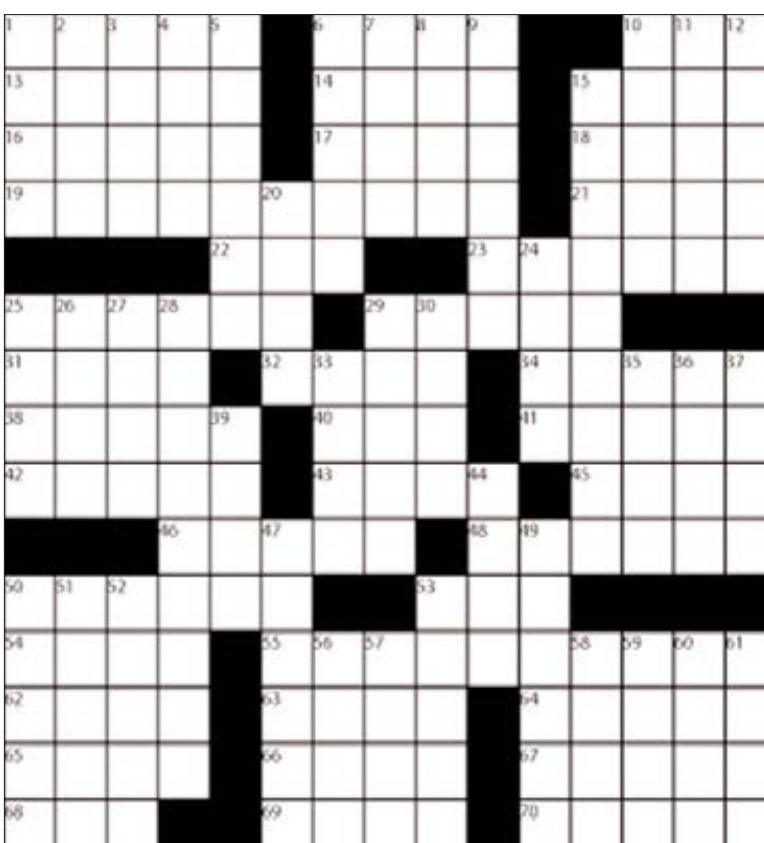
“Sometimes we can just remove the file, but if it gets embedded deep enough we have to reimage the entire hard drive,” said Christeson.

To prevent network security breaches and maintain the functionality of your computer and work files, keep a heightened awareness of the content you explore on the internet. The critical information of the Combat Center network systems depend on it.

“Do not click links,” said Christeson. “That includes e-mails, third-party applications, and any links where you are not sure where it is sending you, because you’re taking a risk.”

EASY GOING

- ACROSS**
1. Steeple topper
 6. Public relations skill
 10. Baglike structure
 13. Mike with a punch
 14. Wahine’s dance
 15. Triumphant cry
 16. Desilu co-founder
 17. River to the Baltic
 18. Olfactory stimulant
 19. “Understand?”
 21. Oozy ground
 22. Queen or rook
 23. Trip up a mountain
 25. Burrowing pest
 29. Underwater detector
 31. 1952 Winter Olympics site
 32. Wrathful foe of Captain Kirk
 34. They’re taken to the cleaners
 38. Atheist Madalyn Murray ___
 40. Justice Fortas
 41. Bandleader’s command
 42. Approval power
 43. Not as much
 45. Equine parent
 46. Fields persona
 48. Microwave button
 50. Cascades peak
 53. Refinable rock
 54. RC, for one
 55. Country on the Gulf of Guinea, as it’s commonly known
- DOWN**
1. Just for men
 2. Pile to be burned
 3. “Winning ___ everything?”
 4. Wander about
 5. Digestive aid
 6. Point on a prickly plant
 7. Autobahn auto
 8. Staff symbol
 9. Highlander’s textile pattern
 10. ___ Hawkins Day
 11. Doll up
 12. Sign of insertion
 15. “Top Gun” star
 20. Thanksgiving meat request
 24. Beauty pageant attire part
 25. Icky substances
 26. Workers’ protection agcy.
 27. DVD button
 28. Start a voyage
 29. Cavalry sword
 30. Till compartment
 33. Fit as a fiddle
 35. Reply to “That so?”



36. Tucker out
37. Editing order
39. Etymological basis
44. Light on one’s feet
47. Like Ark animals
49. Play time
50. Suffix with land or sea
51. Lout, north of the border
52. Rehem, perhaps
53. Red ape
56. “Veni, __, vici”
57. Not buttoned
58. Place for a roaster
59. Opera set in ancient Egypt
60. Castor or Pollux
61. Fail miserably

See answers on page A3

SUDOKU 2971M

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

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

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 Yucca Valley:
 - Yucca Tobacco Mart, 57602 29 Palms Hwy.
 - Puff’s Tobacco Mart, 57063 29 Palms Hwy.

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

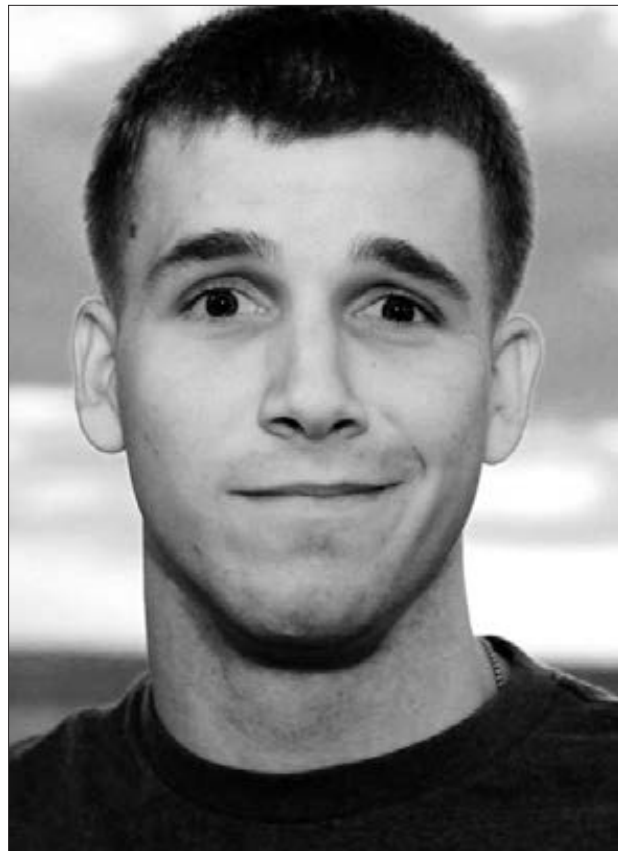
In Palm Springs:
 - Village Pub, 266 S. Palm Canyon Dr.
 - Whispering Palms Apts., 449 E. Arenas Road
 - NYPD Pizza, 260-262 N. Palm Canyon Drive

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

Andrew BURCH

Crestwood, Ky., admin clerk, IPAC, 20



> **If I have** a guitar in my hand, playing music is what's going to happen.

> **If I'm not at work** or at the gym, I'm in my room playing guitar and writing music.

> **I used to** work at Chick-Fil-A and then I was a DJ. I made some rap beats.

> **I grew up in a house with** a hard-working family. Our land wasn't very big, but we had some gardens and crops. I can remember taking care of horses.

> **I played in little bands** and did gigs, but I didn't play guitar. I played bongos and had a harmonica and a shaker. After playing percussion with them for a while, they kicked me out because they said they wanted more money and the band was too big. I got with another band afterwards. They let me play guitar sometimes but I wasn't very good at it then.

> **I got serious about guitar** in May 2011, right before boot camp. After I came out here last year, all I wanted to do was play and make music. My mom sent me my old guitar and I wrote my first song on guitar called, "When God Calls." That was the one I played at the talent show.

> **My dad always** made fun of me and said I couldn't sing. I was in choir at school. In 6th grade I was voted the most improved singer. After that, I decided I wanted to experiment with rap beats and that's what I did for a while. I was into freestyle and writing poetry.

> **I sold my own** instrumental CD in high school at three bucks a pop. I sold about 250 of them. It took a lot of time and totally destroyed the CD burner on my computer, but I made some money out of it.

> **Mozart Fridays.** After I get done DJ-ing, I need actual music. If I'm having a horrible week at work. I just turn to Mozart Friday and listen. I also love listening to Frank Sinatra.

> **I feel that this is a God-given thing.** That's where I feel passion comes from. Everyone in my

family can sing better than me, but I stepped it up a little bit and learned to play several instruments.

> **There is a song** I am currently writing now. It doesn't have a name. I'm trying to give it a very jazzy feel.

> **The first time I performed** in front of a crowd was at the talent show and I received a standing ovation. I was blown away. I was so nervous because I went up there and the beginning of the song I messed up on the lick. I started with the bridge leading into the verse instead of the intro. I had to stop myself and then just restart it. It was really embarrassing.

> **I'm noticing that I like to go out** now and play for people. I've been out in Newport and Huntington, and I just play for random people. I will also play on the sidewalk a lot, especially back home.

> **After the Marine Corps,** I want to go study music therapy at the University of Louisville. I want to play music for people who have trauma. Music is a therapy to me. I want to do that because I like helping people.

> **I enjoy doing adventurous things,** which is funny considering where I am here in the Marine Corps. I didn't think I would end up as an (administrative clerk).

> **I like to play** really mellow music, but I have a country twang that will come out every once in a while. I can also sing some jazz, but ultimately I feel I am acoustic.

> **I'm a little bit country.** I don't mind cities, but I would never be able to live in Philadelphia. I hear that place is all asphalt. I enjoy doing yard work and being outdoors.

> **When I was getting my tax return** I was looking at pianos, but I decided I needed to get a guitar. I got on Amazon of all places, and I wanted a Taylor so bad but those are like \$2,000 guitars. I wanted something red, white and blue. Then I saw this American flag guitar and I thought, "Yes! This is the one."

> **Over the 4th of July weekend,** I took my guitar out to the beach and just played there and wrote down some new music. I have a habit of doing that, even if I'm sitting somewhere talking to my friends.

> **I have a video blog on YouTube.** I made it over a year ago and it got positive feedback. It's called, "Story Times With Andy." It doesn't have a huge amount of views, but I've been told it is funny. If you watch it, you'll see how I also use it to express my dislike for cats. That goes back to me being attacked by one a long time ago.

> **I wouldn't play alongside** any famous performers because I'm not them. I want to hold onto my own style of writing and playing. As much as I listen to Damien Rice and all of his work, that's not me. The only dream I have as a musician is making it and playing at the Young Center in Louisville, Ky.

> **Making music is a process.** You have to wait and understand what you are doing before you can dive into your potential. I can be creative with just playing a few chords and whatnot, but it's not really going to take you anywhere. You have to understand how to actually compose music to get your full creativity, and that's when you will start really writing music and loving it.

Interviewed by Lance Cpl. Paul S. Martinez
July 11, 2013

BURCH WORKS IN THE INBOUND SECTION OF THE INSTALLATION PERSONNEL ADMINISTRATION CENTER. BURCH PLAYS GUITAR AND WON FIRST PLACE IN THE COMBAT CENTER'S MARINES GOT TALENT COMPETITION LAST YEAR.

SUDOKU SOLUTIONS

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CROSSWORD SOLUTIONS

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VEHICLES, from A1

armored firepower.

It takes a crew of four: commander, gunner, loader and driver, to operate the 67-ton tank. The 1,500-horsepower engine allows it to reach speeds up to 41.5 miles per hour. A combination of chobham armor and rolled homogeneous armor plating keep it in the fight.

The M1 Abrams tank also boasts a 120mm M256 smoothbore gun as its main cannon, a 12.7mm M2 Browning machine gun, and two 7.62mm M240 machine guns. It's main cannon has been known to fire very accurately even while in motion.

The M1 Abrams tank was tested in combat for the first time in the Persian Gulf War, where it sustained little damage during enemy confrontations and was proven to be effective at ranges over 2,500 meters. In the years that followed, the current M1A1 Abrams saw heavy



CPL.SARAH DIETZ

Company A, 1st Tank Battalion, conduct multiple scenario exercises during their Table 5 exercise Feb. 17, 2013.

usage in Iraq and Afghanistan.

Today, vehicles continue to help meet the needs of everyday operations in the Marine Corps. With Marines

developing technical skills as motor transport operators, tankers, and LAV crewmen, the future of military vehicles could be well within their reach.

WELL, from A1

population," she said. "How do we create a culture so that when you retire from the armed services you want to continue with a healthy lifestyle?"

The year-long program encourages active living, eating well, physical activity and stopping the use of tobacco products but the service members and Combat Center patrons are faced with the challenge of participating in the mission of the program.

"About two months after each base's assessment, the HBI team will return to deliver a brief," Vukovich said. "The brief will identify the installation's best practices and some approaches they've discovered elsewhere that the base could implement. They'll also come up with ways to measure the success of these efforts, and about a year later, they'll return to measure their success. It's a way of testing the best practices they identify."

For more information on Operation Live Well visit http://www.defense.gov/home/features/2012/0812_live-well/

SAPR, from A1

The proposed requirement for a written explanation for any Article 60 action ensures accountability and fairness and will preserve the trust and confidence service members and the public have in our military justice system.

Conclusion

I fully acknowledge that we have a problem and that we have much to do. We must protect our greatest asset – the individual Marine...they are and will always be the strength of our Corps. That said, I am determined to establish a culture that is intolerant of sexual harassment and sexual assault, one that promotes mutual respect and professionalism, and maintains combat readiness. I am determined to fix this problem and will remain fully engaged in developing solutions towards prevention efforts and maintaining our high standards of good order and discipline.

WEAPONS, from A1

escalation-of-force; counter-personnel and counter-materiel capabilities; fielded and future non-lethal weapons, munitions and devices; characteristics and usage and operational vignettes.

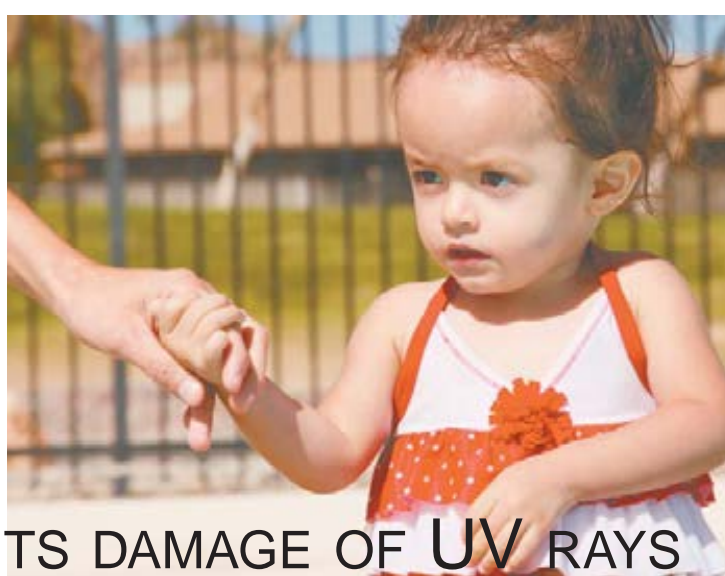
"This non-lethal weapons course is applicable to any rank and specialty within our formations and provides vital education and familiarity," said Sgt. Maj. Bryan Battaglia, Senior Enlisted Adviser to the Chairman of the Joint Chiefs of Staff (SEAC), and our Senior Noncommissioned Officer of the U.S. Armed Forces. "It is important to emphasize though, non-lethal weapons are not replacing lethal measures - rather non-lethal methods are an escalating step in the process and always supported by lethal options. Battaglia, a long-time advocate for the DoD Non-Lethal Weapons Program, recently boosted enrollment, encouraging all enlisted members within the DoD to make the time and effort to complete the course.

"When our DoD Non-Lethal Weapons Program was established 13 years ago, I had just returned from an operational deployment with the 26th Marine Expeditionary Unit. At that time, the non-lethal weapons arsenal was basically comprised of law enforcement-related equipment and munitions, such as tear gas, riot control equipment and beanbag rounds, bull horns and fire hoses. Today is a different story. Technology and a much changed battle space has forced growth in our tactical inventory," added Battaglia.

Today's non-lethal weapons arsenal includes acoustic hailing devices, translation devices, vehicle-arresting equipment, electric stun guns, and vehicle-launched grenades. Also included are directed energy systems such as low-energy optical distractors, dazzling lasers, and a prototype directed energy capability called the Active Denial System. The ADS uses millimeter-wave energy of a specific radio frequency, 95GHz, to provide a non-lethal "repel" effect against human targets with minimal risk of injury.

The course is available by enrollment via Joint Knowledge Online, Marine Net and the U.S. Navy's eLearning site. The course requires access via a Common Access Card for active and reserve service members as well as government employees. For additional information about the DoD Non-Lethal Weapons Program, contact Kelley Hughes, spokesperson, Joint Non-Lethal Weapons Directorate, Quantico, Va., or visit <http://jnlwp.defense.gov>.

Skin Protection



SUNSCREEN PREVENTS DAMAGE OF UV RAYS

Lance Cpl. Paul S. Martinez

Summertime is an ideal time for many to spend more time outdoors and traveling. The days are longer and the air is warmer, but the sunlight is also stronger. All hands aboard the Combat Center are advised to take safety measures to protect against potential health risks.

Specifically, it is the prolonged exposure of the intense ultraviolet, or UV, rays of the sun that cause negative effects on the skin (and with it, immune system). Such phenomena include sunburn, premature skin aging, and in the most serious cases, skin cancer.

According to Lt. Cmdr. Jeffrey S. Sorensen, M.D., family medicine physician, Robert E. Bush Naval Hospital, ultraviolet rays are a form of the sun's radiation, and cause a genetic mutation that damages the skin's cellular system.

There are actually two types of ultraviolet rays: ultraviolet A and ultraviolet B.

UVA rays are the more prevalent of the two, making up 95 percent of all of the sun's radiation that reaches Earth. UVA rays deeply penetrate the skin and prolonged exposure can cause skin aging, wrinkles and skin cancer.

UVB rays are less dominant than

UVA, but more physically damaging to the skin's superficial layers. This makes exposure to it responsible for red skin and sunburn.

Fortunately, there are very simple measures that can be taken to avoid the risks.

"Minimize sun exposure and avoid going out between 10 a.m. and 2 p.m.," said Sorensen. "Those times are when the sun is brightest."

Lance Cpl. Kayla McElhone is among the Marines that are actively spending time outdoors, whether it is during travel or on base.

"I went to Long Beach and toured around the travel sections," McElhone said.

Fortunately for McElhone, she is always proactive about spending time outdoors and wears sunscreen to protect herself.

"I put it on whenever I know I'll be outside for long periods of time, whether it's the range or at the pool," McElhone said.

McElhone has felt and seen the harsh effects it can have on those that fail to prepare for outdoor activities in sunlight.

"It's painful, and after a few days your skin will start to peel," McElhone said.

Children must be especially

protected while outdoors during the day because their skin is more vulnerable than the average adult.

"Children younger than six months are not recommended to be out," said Sorensen.

Melanin is a substance that gives human skin its natural color. People with darker skin have higher levels of melanin, while people with lighter skin have less.

Individuals with dark skin have an increased production of melanin. The high amount protects against UV rays and sunburn much better than someone with less melanin.

Due to this, some may feel it is unnecessary to wear sunscreen, but don't be fooled.

Sunscreen is readily available, and some are even water-resistant, providing a safe route for those that are intent on swimming.

"I tell people to reapply their sunscreen every two hours," said Sorensen.

Many people aboard the Combat Center seek the enjoyment of spending time in the great outdoors, whether it be at the beach or park, but they must be prepared at all times. Sunscreen will quickly become an essential tool for your health.

Children must be especially protected while outdoors during the day because their skin is more vulnerable than the average adult.

Minimize sun exposure and avoid going out between 10 a.m. and 2 p.m. Those times are when the sun is brightest.

Wear clothing items such as hats and shirts that cover your back and shoulders

Sunscreen is an essential tool for your health. Reapply sunscreen every two hours

Ultraviolet rays are a form of the sun's radiation, and cause a genetic mutation that damages the skin's cellular system.

Alcohol and Drugs

Rising prescription use poses risks when mixed with alcohol

“Yes, the military has zero tolerance for drug abuse, but at the same time, the first thing we want to make sure of is that the service member is taken care of.”

— Petty Officer 1st Class Todd Holman

By Mike DiCicco

MARINE CORPS BASE QUANTICO, Va. — With service members continuing to return from deployments with physical and mental wounds, prescriptions are more common in the military than ever.

Silbert Grant, substance abuse control officer, Headquarters and Service Battalion, Marine Corps Base Quantico, Va., said cases of prescription abuse have been on the rise across the Marine Corps, whether it's a wounded warrior taking too much of a legitimate prescription or a Marine taking medication from a friend after a training injury. He noted that prescription use and abuse is continuing to rise across the civilian population as well.

Unforeseen consequences can arise, though, even when medications are used properly, if they're combined with alcohol.

“Wounded warriors are typically on meds that cause sedation,” said Lt. Cmdr. Michael Mabry, Pharmacy Department, Naval Health Clinic Quantico, adding that these include narcotics to treat pain, antidepressants for depression or anxiety, muscle relaxers and neurological pain medications, often in some combination.

“So when you add alcohol, it intensifies those effects and leads to greater potential for harm to yourself and the public in general,” Mabry said, noting

that car and other accidents can result. “Those normal inhibitors you have in your decision-making process are gone.”

The combination can also affect the user's ability to control the depression or other symptoms the drugs were prescribed for, he added.

Drinking when taking sleeping pills can extend the amount of sleep the user needs beyond the eight hours that drugs like Ambien require, Mabry said.

“If you wake up drowsy and drive, you may get in an accident,” Mabry said, noting that both substances not only cause sleepiness but also impair hand-eye coordination and reaction time.

When alcohol is consumed in large quantities with narcotics, the consequences can be dire, Mabry said.

“You could potentially go into respiratory depression, which means your breathing could stop, and that could be fatal.”

Alcohol also dehydrates the body, which can cause medications to be absorbed either too slowly or too quickly, depending on the drug, Mabry said.

“So you're either creating toxicities of drugs in your body, or if it's absorbing too slowly, you're not getting the effects of the drug you need.”

He added that dehydration from alcohol consumption also increases the constipating effect of narcotics.

Even over-the-counter drugs can produce dangerous effects when combined with enough alcohol. Mabry explained that non-steroidal, anti-inflammatory drugs like Ibuprofen, Aspirin, Motrin and Aleve weaken the stomach lining, as does alcohol. Combining the two increases the chances of ulcers, which can lead to dangerous internal bleeding.

Acetaminophen, present in Tylenol and many cough and cold medicines, weakens the liver and, in large quantities, can damage the organ, an effect that is intensified with the addition of alcohol, Mabry said.

“It's seen as benign and without a dose limit, Tylenol has been known to cause deaths on its own,” he said.

Mabry said one route for Marines and sailors who feel they might have developed a substance abuse problem is Military OneSource, which provides short-term, non-medical counseling.

Often, service members are afraid to seek help from the military for fear of impeding their careers, but Petty Officer 1st Class Todd Holman, drug and alcohol program advisor for Naval Health Clinic Quantico, said, “Yes, the military has zero tolerance for drug abuse, but at the same time, the first thing we want to make sure of is that the service member is taken care of.”





LANCE CORPORAL



WHAT IT MEANS TO BE AN E3 IN THE CORPS

BE A LEADER AS A JUNIOR MARINE

What you didn't know about the Lance's beginnings

[BY LANCE CPL. PAUL S. MARTINEZ]



IN THE UNITED STATES MARINE CORPS, THE RANK OF LANCE CORPORAL IS THE THIRD FROM THE BOTTOM IN THE ENLISTED RANK STRUCTURE. THE MARINE CORPS HISTORICAL REFERENCE PAMPHLET FOR RANKS AND GRADE INDICATES THAT THE RANK WAS ALREADY IN USE BY THE 1830S.

Lance corporals were very common throughout the Corps leading up to the 1930s. However, the introduction of private first class largely replaced them during the years of the second World War. In 1958, the rank was officially established. Where lance corporals come from after that and what they do is, by all accounts, a big part of Marine Corps history, and its future.

The term "lance corporal" comes from the French word *lancespade* and the Italian phrase *capo corporale*. *Lancespade* means "broken lance," whereas *capo corporale* translates to "head of the body." Therefore, the term lance corporal can be translated as "one who has broken a lance in combat," and "leader." A seasoned warrior with battle experience.

A lance corporal is a rank above private first class and below corporal. What they amount to in relation to the standards of the Marine Corps is certainly a different story.

I know that becoming a lance corporal requires nine months of time in grade as a private first class. That said, Marines holding this rank have some experience. I can understand and agree to the thought process that Marines with "mosquito wings" on their collar are excited about the months until they pick up lance corporal because that rank brings respect and leadership. Such was the case when I was at the Defense Information School, the institution where public affairs Marines receive their entry-level training. Lance corporals carried some reserved respect, and they were appropriately designated the student leaders in our detachment.

When I was promoted to lance corporal, I even received some increased acknowledgment from our new privates and privates first class. I didn't gloat over it thinking they would obey my every word. Instead, I took some pride in it because I was someone who had already graduated one major military occupational specialty, or MOS, course and about to finish another. I had experience and knowledge and I wanted them to see me as a resource for help and answers.

Upon arrival to the fleet, I saw what I expected. Lance corporals everywhere and more corporals and sergeants. Once again it seemed I was at the very bottom of the food chain. However, I felt that this was the time and place to prove myself and develop as a Marine.

As a combat correspondent working in the public affairs office, my job primarily consists of writing stories about events that occur aboard the Combat Center. These stories are backed by interviews from subject matter experts and pictures of what is happening.

Like any task, there is a precise method of making the best work output. I can see that the corporals in my shop know it and I want to know and apply it as well.

A lance corporal's priority is to learn and grow in proficiency within their particular job field. Becoming a non-commissioned officer in the future will just make them that much more of a solid Marine and an asset.

In a platoon, organization is broken down into squads. Each squad has a leader that is usually a corporal or a sergeant.

However, in the event of a platoon being undermanned, it is the lance corporal that will step up and assume leadership. Just like the corporal or sergeant that would be there, the lance corporal will be expected to lead by example, even alongside his or her peers.

At the DINFOS, I started truly understanding what it means to lead by example. Such minor actions such as showing up to formations early, taking the initiative to clean on field day or exceling in schoolwork was noticed by the senior Marines around me. I was doing those things as a private first class and as a lance corporal I only continued it and encouraged it.

I had the opportunity to speak with two lance corporals who are field artillery cannonners to get a better understanding of the role of a lance corporal plays in another MOS.

Lance Cpl. Mason E. Coutre, assistant section chief, 3rd Battalion, 11th Marine Regiment, has been a lance corporal for 13 months. He assists the section chief, a corporal, and his duties include making sure the weapon is laid properly and that the section is safe.

"I'm always kicking impromptu classes about the MOS," Coutre said. "The biggest thing in our section is MOS proficiency."

Coutre encourages his Marines to know the specifics of their job, not just for the sake of getting it done, but to develop leadership qualities.

"A leader can definitely be someone E-3 or below," Coutre said.

Lance Cpl. Levin J. Jolley, cannonner, 3/11, has been a lance corporal for less than a month. He feels he has an understanding for his job and the Marines above him.

"(Coutre) has been a junior lance corporal, so he knows what the unit expects," Jolley said. "He's showing me everything I need to know to get there."

Senior Marines in any MOS should be a resource for knowledge.

"I ask a lot of questions," Jolley said. "The chief knows I want to learn."

Some would agree that lance corporals are often stepped on by all of those that outrank them, but in reality it is the lance corporal that is developing privates and privates first class and working hard to become future corporals and sergeants. They are in a unique position in the enlisted rank structure.

"Everybody has a role," Jolley said. "Nobody wants to stay complacent."

Writing this article has taught me that a lance corporal is more than just a Marine tasked with police calling or delivering items. It is a Marine from those that are above him or her and mentors the Marines that are below. Marines, like Lance Cpl. Jolley, take pride in their work and duties and can bring up other junior Marines to do the same. The future of the Marine Corps depends on it.



Liberty Call

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

Monday: Steak Night, 5 - 7:30
Thursday: Free Pub Grub, 4:30 - 6:30 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 - 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, now - 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

Sara Evans

American country star performs
When: 8 p.m., Saturday, July 27
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>

Diana Ross

Music legend performs
When: 8 p.m., Friday, Aug. 2
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>.

ESPN: Friday Night Fights

Primetime professional boxing
When: 5:30 p.m., Friday, Aug. 9
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon, Calif.
For more information, call 800-252-4499 or visit
<http://www.morongocasinoresort.com>.

Paquita la del Barrio

Mexican singer/songwriter performs
When: 8 p.m., Saturday, Aug. 24
Where: Spotlight 29 Casino
46-200 Harrison Place, Coachella, Calif.
For more information, call 866-377-6829 or visit
<http://www.spotlight29.com>

Sunset Cinema

Friday, July 26

6 p.m. - Monsters University, G
8:30 p.m. - This is the End, R
11:30 p.m. - White House Down, PG-13

Saturday, July 27

10:30 a.m. - Free Matinee: Monsters Inc., G
12:30 p.m. - Monsters University 3-D, G
3 p.m. - Man of Steel 3-D, PG-13
6:30 p.m. - The Internship, PG-13
9:30 p.m. - White House Down, PG-13
12:30 a.m. - The Purge, R

Sunday, July 28

12:30 p.m. - Man of Steel 3-D, PG-13
4:30 p.m. - White House Down, PG-13
8 p.m. - World War Z 3-D, PG-13

Monday, July 29

7 p.m. - The Heat, R

Tuesday, July 30

7 p.m. - World War Z 3-D, PG-13

Wednesday, July 31

5:30 p.m. - Monsters University 3-D, G
8 p.m. - This is the End, R

Thursday, Aug. 1

5:30 p.m. - The Internship, PG-13
8:30 p.m. - The Purge, R

Mad science, spy antics, 'minions' abound in delightfully silly sequel



COURTESY PHOTO

NEIL POND

"Despicable Me 2"

Starring: Steve Carell & Kristen Wiig
Directed by: Pierre Coffin
Rated PG, 98 min.

The team behind the first delightful "Despicable Me" in 2010 returns for this equally delightful, deliciously silly sequel about an espionage mastermind, his work force of chattering, scurrying yellow "minions," and what happens when a working relationship blossoms into romance.

This time around, the formerly "despicable" genius Gru (voiced by Steve Carell) is a doting father of three adorable adopted little orphaned girls— and a changed man. He's left his evil ways behind and become an entrepreneur, using his underground lair's elaborate gizmos— the same equipment that he once employed to steal the moon and construct destructo rays— to make jams and jellies.

He tucks his girls into bed each night, and even dresses up like a princess for his youngest daughter's backyard birthday party when the rent-a-princess doesn't show.

But an alarming incident suggesting the arrival of a new super-villain brings him back into the espionage game, teaming him with a spunky agent (Kristen Wiig) from the Anti-Villain League in an undercover operation at a shopping mall where the AVL believes the sinister operation can be traced.

The animation is top-notch, a comical mash of cartoonish imagination and surreal detail that's just right for the mix of hyperkinetic humor and sentimental charm. Director

Pierre Coffin and writers Ken Daurio and Cinco Paul, who all collaborated on the original movie, once again spin out a terrifically clever little spy tale that's perfect for children, but loaded with sweet treats for grownups, too.

Moms and dads will have fun catching the various pop-cultural references, especially the gadgetry that riffs on spy tropes from James Bond to "Get Smart"— an automobile that turns into a submarine and airplane, a "freeze ray," a tube of lipstick that becomes a taser, a wristwatch that shoots tranquilizer darts, and fart guns that fire clouds of, well, stinky farts.

Elsewhere, kids might not be hip to the Mungo Jerry '70s tune "In The Summertime," a vaguely French-sounding version of the schmaltzy '90s country hit "I Swear," or a wacky minions take on the Village People's "Y.M.C.A.," but those songs will probably trigger some pleasant flashbacks for parents— and some grandparents!

And in one brief, brilliant little scene, during which Gru attempts to figure out the musical code sequence to enter a secret chamber, the movie mashes together quick slices of "Raiders to the Lost Arc," Tom Hanks in "Big" and an old Bugs Bunny cartoon into one sly 10-second slice of a joke.

Carell and Wiig are joined in the vocal cast by Russell Brand, Miranda Cosgrove, Steve Coogan and Ken Jeong, and the minions put in a plug for their own spinoff, coming in December, during the credits in a goofball closer that uses the 3-D format for the playful "in your face" trickery that it does best.

This is the kind of fun, breezy, clever, campy movie that almost everyone should be able to sit back and enjoy. If not...well, you must've been shot with a stinky fart gun!

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

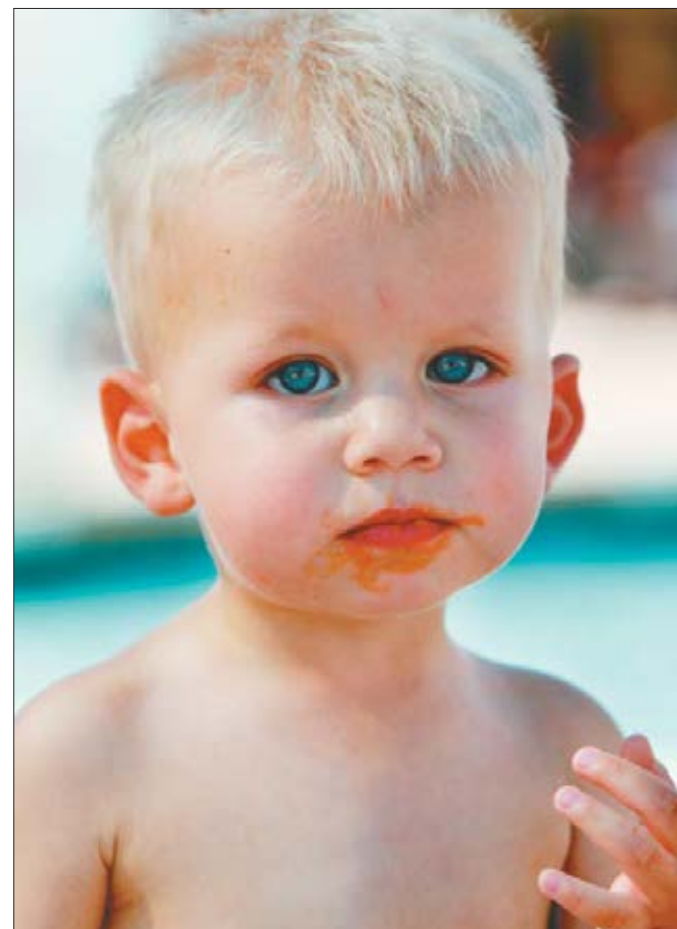


1/7 FAMILY DAY

Marines and sailors with 1st Battalion, 7th Marine Regiment, and their families enjoyed a day pool-side, as part of the battalion's family day at the Combat Center's Training Tank July 19.

The event featured the Training Tank's inflatable obstacle course and rock-climbing wall, as well as food and games for the whole family.

For more photos, visit the Combat Center's Facebook page at www.facebook.com/thecombatcenter



PHOTOS BY CPL. LAUREN A. KURKIMILIS

[Above] Caleb Barry, 1, son of Petty Officer 2nd Class Jason Barry, hospital corpsman, Company B, 1st Battalion, 7th Marine Regiment, enjoys a snack during the battalion's family day at the Combat Center's Training Tank July 19.

[Top] Marines, sailors and family members with Headquarters and Service Company, 1/7, take part in a family day hosted by the battalion's Family Readiness Officer at the Training Tank July 19.