



Bastion attacks inspire new training regimen

Cpl. D. J. Wu
 Combat Correspondent

Marine Wing Support Squadron 374 is leading Marine Aircraft Group 13 in new training programs designed to protect expeditionary airfields during the Integrated Training Exercise.

The new training model was made in response to the attack at Forward Operating Base Camp Bastion, Helmand Province, Afghanistan, in Sept. 2012 when Taliban forces raided the airfield, killing two Marines and destroying eight aircraft.

The "Air Base Ground Defense" concept forces Marines with the Air Combat Element to provide their own security in and around their airfield. MWSS-374 is applying and expanding on this concept during their iteration of the ITX.

ACE squadrons and support squadrons typically dictate their own ABGD training during an ITX. The squadrons' ground defenses are usually smaller operations focusing on defending a refueling point. This scale of ABGD has never been executed during an ITX.

"It was basically squadrons defending their positions," said Lt. Col. Mike Livingston, commanding officer, MWSS-374. "The old ways of ABGD didn't take advantage of what ITX



CPL. D. J. WU.

Marines with Marine Wing Support Squadron 374, lay down constant wire to fortify their position at the Combat Center Expeditionary Air Field, Wednesday. The unit was supporting Marine Aircraft Group 13 during the unit's Integrated Training Exercise.

is. It is an integrated, training exercise. Integrated training is what this place is about. The Combat Center and ITX are exercising the (Marine Air Ground Task Force); exercising the integration between the (ground combat element), (logistics combat element), and command element."

Marines with MWSS-374 are being utilized in a manner that they aren't familiar with. Administration clerks, combat engineers, motor transport operators and others are learning how to be expeditious infantrymen and military police.

"For an impromptu gathering of (military occupational specialties), they are doing extraordinarily well," said Staff Sgt. Wesley Alexander, staff non-commissioned officer in charge, Combat Engineer Platoon, MWSS-374. "A lot of these Marines have never worked together before, but now they are here with that basic training and will execute a mission that is huge."

During this new form of ABGD, many of the Marines are

See **MWSS**, page A7



Congressman Raul Ruiz, California's 36th District, shakes hands with Freeman Stokes after Ruiz presented him with the Congressional Gold Medal during a ceremony at Banning City Hall in Banning, Calif., Jan. 25.

Montford Point Marine receives Congressional Gold Medal

Lance Cpl. Kasey Peacock
 Combat Correspondent

The battle that took place from 1939 to 1945 for world freedom has been referred to as America's war, but while American troops fought the horror of World War II, the Montford Point Marines fought a second battle; for equality, according to Coral Theill, reporter and author.

A sense of great pride filled the room as more than 100 guests from across California, including Combat Center Marines, veterans, and family members of Freeman Stokes sat silently, watching as a video played in dedication to his service. A selfless service, which now, more than 60 years later, earned him the Congressional Gold Medal during a ceremony held for him at Banning City Hall in Banning, Calif., Jan. 25.

Stokes, who was among the first African-American U.S. Marines trained at Montford Point, in Jacksonville, N.C., fought in the Pacific during World War II, in the Korean War in the 1950s, and later fulfilled reserve obligations at Marine Corps Base Camp Pendleton, Calif. and Marine Corps Air Ground Combat Center Twentynine Palms, before moving to Banning in 1960.

From 1942 to 1949, Montford Point recruits trained and served separate from white Marines. Approximately 20,000 African-American Marines were trained at Montford Point and approximately 13,000 served overseas during World War II, according to the Montford Point Marine Association.

Upon completion of training at Montford Point, Stokes was assigned to communications and ended up in one of the Russell Islands, northwest of Guadalcanal, during his first deployment. After a break in service, Stokes enlisted in the Marine Corps for a second time and eventually retired in 1959. His active and reserve time combine to nearly 14 years.

Now 90 years old, Stokes, with his family by his side, received this medal in honor of his dedication to service.

"Since the beginning of my term in congress, it has been my greatest honor to serve veterans of the greatest military in the world," said Raul Ruiz, Congressman, California's 36th District. "Today, we all have the honor of being in the presence of a man of great dignity, stature and excellence. Stokes signed up to serve his country during a time of peril, and today we honor him for everything he has done."

The ceremony began with Combat Center base

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Archbishop Timothy Brogio, Archdiocese of Military Services, leads Sunday Mass at the Combat Center's Catholic Chapel, Sunday.

Archbishop conducts Mass at Combat Center

Cpl. D. J. Wu
 Combat Correspondent

Archbishop Timothy Brogio, Archbishop of Military Services, held Mass at the Combat Center catholic chapel as part of his international tour of bases and installations around the world, Sunday.

Brogio represents the Archdiocese of Military Service and visits various military installations and Department of Veterans' Affairs centers around the globe. Brogio travels nearly 200 days out of the year.

Brogio visited to lead parishioners in Sunday morning and evening Mass, confirm new Catholics and to see the Combat Center community.

"It's really a blessing to have the archbishop here with us,"

said Alice-Ann Palu, religious program coordinator, Combat Center Catholic Chapel. "I can't express how thankful we are to have him."

During his time at the Combat Center, Brogio celebrated his 6th anniversary of the day he became the Archbishop of Military Services.

"I'm always happy to visit the communities of the archdiocese," Brogio said. "This one is particularly interesting because it's my first time here with the presence of the Marines and the striking beauty of the area."

Among the parishioners being confirmed was Cpl. Michael Feger, supply administration clerk, Headquarters Company, 7th Marine Regiment. Feger worked hard for a year and a half leading up to his conformation. His original

See **BISHOP**, page A7

Combat Center Tax Center Opens

Story by **CPL. D. J. WU**

The Combat Center Tax Center opened for business and began assisting Combat Center personnel with their 2013 tax returns Monday.

The Tax Center is located in building 1428 on 4th Street and provides tax return preparation assistance to service members, dependents and retirees. The Marines providing assistance are certified through the Internal Revenue Service and California State Franchise Tax Board. All returns are done free of charge and taken on a walk-in basis.

"The Marines at the Tax Center know what they are doing," said 1st Lt. Wayne Quint, officer in charge, Combat Center Tax Center. "Our goal is to save Marines as much money as possible."

The Tax Center is open Monday through Thursday from 8 a.m. to 7 p.m. and Fridays from 8 a.m. to 4 p.m. The center will operate at these hours through the filing deadline, April 15, into late May to help those that need to file late.

The staff is also knowledgeable on military-specific taxes for both federal and state taxes. The Marines know what to look out for when it comes to military tax returns.

"It can be stressful doing your own taxes," said Staff Sgt. Jesus Ubinas, staff non-commissioned officer in charge, Combat Center Tax Center. "We're here to try to ease that stress and it will save them money because we do it for free."

The cost-free returns and convenient location are some of the advantages in preparing taxes on base. The staff urges Marines, sailors and family members to file their taxes. The federal government started processing today. It is recommended that taxes be filed sooner rather than later to avoid delays in returns.

To be prepared for a tax interview, clients should bring, at a minimum, their wage statements, military identification and social security cards. For more information on the Tax Center, call 760-830-4TAX.



New clinical recommendations for traumatic brain injuries released

The Defense and Veterans Brain Injury Center has released new clinical recommendations to help service members and veterans who have sustained a mild traumatic brain injury, otherwise known as concussion, to progressively return to their normal activities following their injury, Jan. 23.

These clinical recommendations are available for military and civilian health care professionals. The recommendations can be downloaded from the Defense and Veterans Brain Injury Center website at <http://dvbic.dcoe.mil>.

“The progressive return to activity following mild TBI clinical recommendations are the first of its kind and are tailored for primary care managers and rehabilitation providers. These recommendations offer a standardized medical approach for service members who have sustained a mild TBI to return to activity in a manner which facilitates optimal recovery,” said Army Col. Sidney Hinds Jr., national director, Defense and Veterans Brain Injury Center. “We created these clinical recommendations because of a need identified by our Armed Services and Veterans Affairs stakeholders. The mild TBI patient was our focus and we vetted these recommendations with our stakeholders before publication.”

These guidelines were developed with input from a

cademic experts, sports concussion clinicians and military TBI experts and will assist health care providers as they monitor patients recovering from concussion.

“These recommendations will further improve and standardize the care provided to patients with mild TBI and offer them useful information to become more actively involved in their recovery,” said Navy Capt. Richard Stoltz, director, Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

Since 2000, more than 287,000 U.S. service members have sustained a traumatic brain injury. These injuries have occurred both in training and combat. Eighty-three percent of TBIs are mild TBIs, making it the most common form of brain injury for U.S. Armed Forces personnel.

“DVBIC has more than 20 years of experience in researching, treating and developing clinical guidance for TBI patients. Our work benefits not only military medicine, but the entire medical community as well.” Hinds said, who is board certified in neurology and nuclear medicine.

The Defense and Veterans Brain Injury Center is part of the U.S. Military Health System. It is the TBI operational component of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury.

Symptoms

Physical Symptoms

- Headaches
- Changes in sleep
- Dizziness
- Balance problems
- Fatigue
- Sexual dysfunction
- Seizures
- Sensory changes
- Loss of strength

Cognitive Symptoms

- Confusion/Agitation
- Attention problems
- Memory problems
- Difficulty with decision making
- Difficulty with speech
- Slowed thinking

Emotional Symptoms

- Depression
- Anxiety
- Irritability
- Impulsivity

Types

Closed Head Injury

Caused by a blow or jolt to the head that does not penetrate the skull

Penetrating Head Injury

Occurs when an object goes through the skull and enters the brain

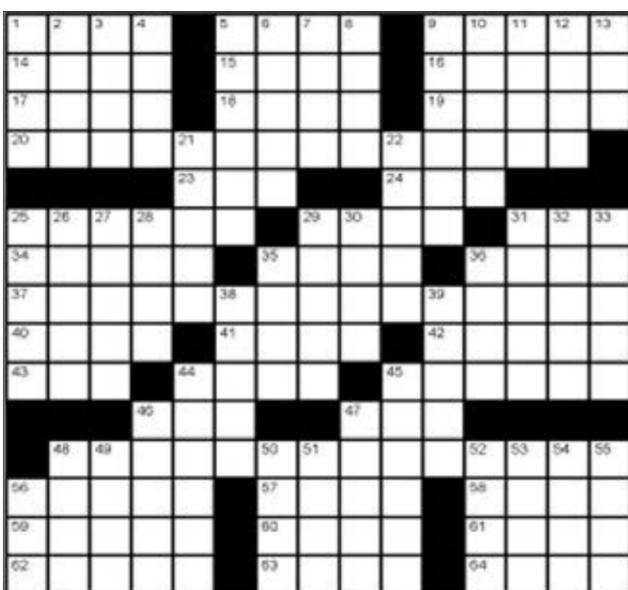
YouTube
The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>.

BIRTH ANNOUNCEMENTS

<p>SERENITY HOPE WHITE HOBBS Born on: Jan. 14, 2014 Born to: Marquise and Delores White Hobbs</p>	<p>HUNTER LEE EARL Born on: Jan. 20, 2014 Born to: Mark and Crystal Earl</p>	<p>EVERLEIGN MAE SEVERSON Born on: Jan. 18, 2014 Born to: Josnva and Crystal Rios Severson</p>	<p>ARI GRANT REGLAND Born on: Jan. 18, 2014 Born to: Sergio and Beth Regland</p>
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MADE IN THE SHADE

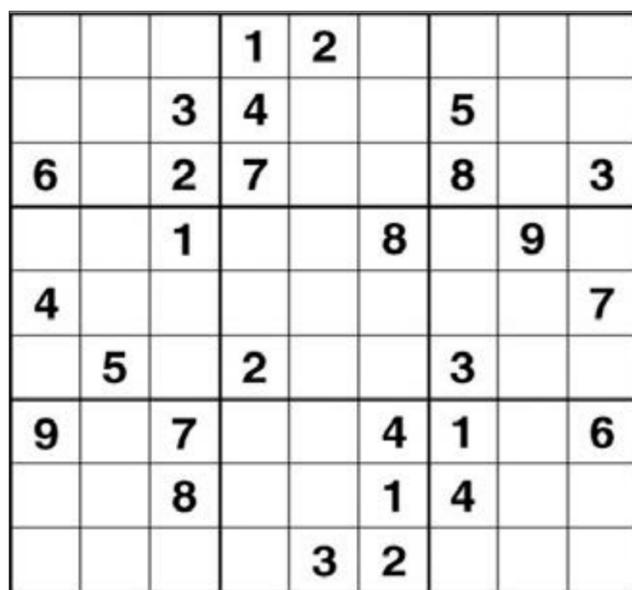
- Across**
1. Fellow
 5. Simple boat
 9. In a good mood
 14. Be in possession of
 15. Singer Brickell
 16. North of a 1980s scandal
 17. Guitarist Clapton
 18. “___ the Explorer”
 19. Thing in a pot
 20. Tom Clancy book
 23. Word after Quality or Days
 24. ___ Trapp (family name in “The Sound of Music”)
 25. “___ Bovary”
 29. Actor Arkin
 31. Its T stands for “teller”
 34. “You ___ Beautiful”
 35. Part of, as a plot
 36. Land amount
 37. Dr. Seuss book
 40. “A Doll’s House” heroine
 41. Job for an actor
 42. “Old MacDonald” chorus
 43. Leave amazed
 44. Hard to find
 45. They may have drawers
 46. Used your teeth
 47. “Thanks ___ asking!”
- Down**
1. One-named singer/actress
 2. He loses to the tortoise in a race
 3. Enthusiastic
 4. Bodybuilder’s muscles
 5. Completed again
 6. Decorate
 7. Like a good mattress
 8. Crying drop
 9. Boards, as a bus
 10. Poker statement
 11. Scheme
 12. ___-pong
 13. Up to now
 21. Shakespeare’s “___ of Athens”
 22. The Donald’s mate, once
 25. ___ Carta
 26. Weapon for Robin Hood
 27. John who makes



14. Request to a restaurant hostess
17. Put an end to
18. Eye part that’s also a flower
19. Make ___ of (remember)
20. “Look ___!”
21. Give free food to
22. Tyson and Myers
23. Frog’s cousin
24. Garden of ___
25. One of the Muses
26. India’s first prime minister
27. Rags to ___
28. ___ a plea
29. Midler or Davis
30. “Kiss ___ Rose”
31. Tennille or Collette
32. Captain in “Peter Pan”
33. Test for future
34. attorneys: abbr.
35. “The Simpsons” bus driver
36. Paella ingredient
37. Egg on
38. Margarita flavor
39. Sporty cable letters
40. Emeril Lagasse’s shout
41. sometimes
42. Lawyer’s gp.

See answers on page A6

SUDOKU 3166D



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

OBSERVATION POST

- | | |
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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

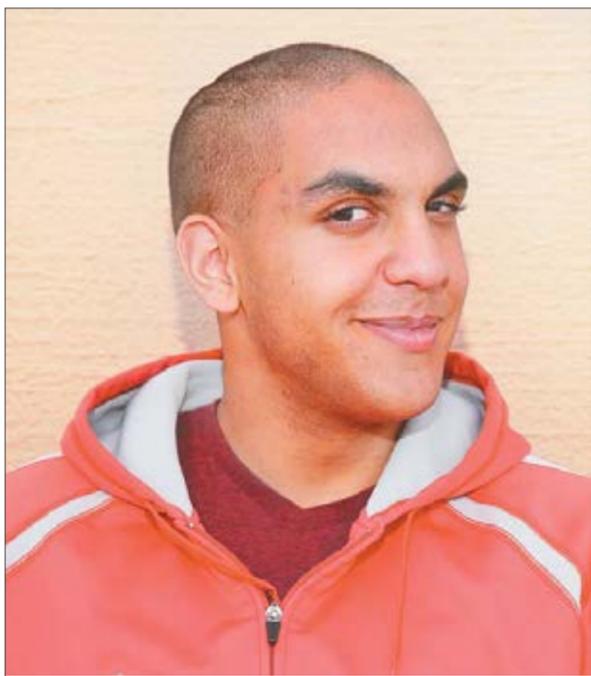
For the complete orders, but not off-limits, check out the Combat Center’s official website at <http://www.29palms.marines.mil>

WHAT I'VE LEARNED

Blake

Hudson, Fla. Legal Service Specialist, 19

RADFORD



> **I lived in Hudson, Fla.,** since I was about six years old. The city is both coastal and rural, so you get a little bit of everything. I lived on the coastal side while I was there and I really enjoyed it.

> **Growing up, I played** just about every sport. Baseball and swimming were definitely my favorite. I played baseball for the majority of my time in school but swimming was a hobby and still is.

> **I love swimming** because it gives me a feeling of being free and it will calm me down. Many people like to run when stressed out but I think jumping in the pool and swimming a couple of laps is a perfect cure for stress.

> **Swimming is also** a great workout. Running a mile is kind of routine for most Marines but I guarantee if you ask those same Marines to go out and swim a mile, they will most likely have a tougher time.

> **Another big thing** in my life when I was growing up was (Reserve Officer Training Corps) and volunteering. It was Army ROTC but I loved it. I thought I was going to join the Army throughout high school.

> **Not trying to be cocky** or anything, but I was one of the best cadets in my high school ROTC when it came to awards and ribbons. I strived to be the best I could because no matter the situation, I want to come out on top.

> **We would volunteer** for Toys for Tots, Relay for Life, and any other opportunities we could get to. I started out only volunteering with my ROTC class but then I fell in love with it and started doing it on my own time.

> **There was one time** we raised enough money to get a six-year-old kid an Xbox. I don't think I have ever seen somebody so happy to receive a gift. His mom could do nothing but cry and thank us for giving him a wonderful Christmas. For us, it is an hour or two out of our day but for those kids, it is something they will remember for their whole life. That is the reason I try to go out and spend some of my time giving to the less fortunate.

> **Joining the Marine Corps** was kind of a last minute thing. Like I said, I always saw myself joining the

Army but I just love being challenged and what better challenge is there than trying to become a Marine?

> **The Army recruiters** would always try and remind me how fast I would pick up rank but what is the point of that besides pay? Rank should not be handed out to anyone, it should be earned with experience and hard work.

> **Another thing I always knew** I was going to do, besides joining the military, is become a lawyer. Law has always caught my eye.

> **When you think of law,** you usually think of people doing something wrong and cops tracking them down and throwing them in jail, but there is so much more to it. I would love to stand in front of an audience of people and try to convince them that I am right.

> **While in high school,** I participated in a thing called Teen Court. Teen Court is exactly what it sounds like. It is a court where teens are being charged with minor crimes and getting punished. It gave me a chance to play the role of a lawyer but was not as serious as the real thing. It was an amazing time and I never lost a case while I was there.

> **Law is also going** to help me accomplish my biggest goal... becoming the President of the United States.

> **I decided I wanted** to be President my freshman year. We had a character day so I dressed up as Barack Obama. That same day, I got voted the President of my government class.

> **The route I want to take** to reach my goal is to finish my first (enlistment) with the Marine Corps, go to school and get my law degree, then seek a commission as an officer and a lawyer for the Marine Corps. Once I get out of the Marine Corps, I will run for public office back home. I will go for state legislator first. After that, I would run for governor. Once I reached governor, the next step would be to run for President.

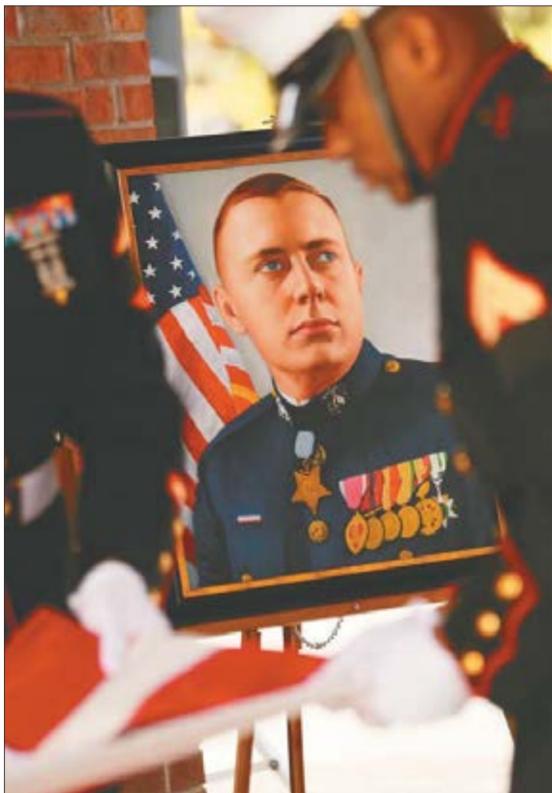
> **I will accomplish** my goal and become the President of the United States.

RADFORD'S BIGGEST GOAL IN LIFE IS TO BECOME THE PRESIDENT OF THE UNITED STATES. HIS FIRST STEP IN ACHIEVING HIS GOAL IS SERVING IN THE MARINE CORPS AS A LEGAL SERVICE SPECIALIST.

Interviewed and photographed by Lance Cpl. Alejandro Bedoya Jan. 14, 2014

WeekINPhotos

Marine Corps Recruit Depot Parris Island



CPL CAITLIN BRINK



CPL CAITLIN BRINK



CPL CAITLIN BRINK

[Above] Lt. Cmdr. Raynard Allen, Navy chaplain, Headquarters and Service Battalion, Marine Corps Recruit Depot Parris Island, places a poppy on the casket of Medal of Honor recipient John McGinty III during his funeral Jan. 23, at Beaufort National Cemetery in Beaufort, S.C. McGinty, a decorated Vietnam War hero and Parris Island veteran, died Jan. 17, 2014, in Beaufort, S.C. at the age of 73.

[Above, left] Marines from MCRD Parris Island's funeral detail fold the nation's flag at the funeral of Medal of Honor recipient John James McGinty III, on Jan. 23, 2014, at Beaufort National Cemetery in Beaufort, S.C.

[Left] Marines from MCRD Parris Island's rifle salute detail, perform a 21-gun salute at the funeral of Medal of Honor recipient John James McGinty III, on Jan. 23, 2014, at Beaufort National Cemetery in Beaufort, S.C.

SUDOKU SOLUTIONS

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

CROSSWORD SOLUTIONS

CHAP	RAFT	HAPPY			
HAVE	EDIE	OLLIE			
ERIC	DORA	PLANT			
REDSTORM	RISING				
	INN	VON			
MADAME	ALAN	ATM			
ARESO	INON	ACRE			
GREENEGGS	SANDHAM				
NORA	ROLE	EIEIO			
AWE	RARE	CHESTS			
	BIT	FOR			
	THECOLOR	PURPLE			
BOOTH	STOP	IRIS			
ANOTE	ATME	COMP			
MIKES	TOAD	EDEN			



See page B2 for Sunset Cinema movieschedule

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

BISHOP, from A1

confirmation date was pushed back due to a previous deployment, according to Feger.

“It’s just a really good feeling,” Feger said. “I was just really excited to have him here for confirmation. I was really nerv-

ous. I didn’t expect the Archbishop to be here. It’s a very special moment for us.”

The archbishop is visiting five other installations in California in February. He will then return home to Washington, D.C., where he is scheduled to visit Marine Corps Base Quantico.



CPL. D. J. WU

Archbishop Timothy Brogio, Archdiocese of Military Services, blesses Cpl. Michael Feger, supply administration clerk, Headquarters Company, 7th Marine Regiment, during a Catholic confirmation ceremony at the Combat Center Catholic Chapel, Sunday. Feger was one of seven newly confirmed Catholics in the Combat Center community.



LANCE CPL. KASEY PEACOCK

Capt. Erik Brandriff, tank officer, 4th Tank Battalion, Freeman Stokes and Congressman Raul Ruiz, California’s 36th District, stand together after Stokes was awarded the Congressional Gold Medal during a ceremony at Banning City Hall in Banning, Calif., Jan. 25.

AWARD, from A1

color guards presentation of the colors, followed by the Pledge of Allegiance and the Star Spangled Banner. Following the presentation of the colors, Banning city officials, as well as Montford Point Association members and followers of the local church, spoke on behalf of Stokes, honoring his legacy as a Marine and a man.

“If you see a few tears in my eyes, it is only because of all my brothers who fought side-by-side with me, who couldn’t be here with me today to receive this

great honor,” Stokes said. “On behalf of everyone involved, and everyone who could be here today, I say thank you for this great honor.”

Marines with 4th Tank Battalion presented the medal to Stokes as Congressman Ruiz declared Jan. 25th a day that will forever honor Stokes service.

“It was a very humbling and great honor to be a part of this ceremony,” said Capt. Erik Brandriff, tank officer, 4th Tanks. “It is a reminder of how far we have come as a great nation, and I’m truly grateful for the opportunity to be a part of this.”



CPL. D. J. WU

[Above] Marines with Marine Wing Support Squadron 374, keep watch in a tower off the Combat Center Expeditionary Air Field during the unit’s Integrated Training Exercise, Wednesday. [Right] Cpl. Adam Lambert, combat engineer, MWSS- 374, lays down concertina wire to fortify their position at the Combat Center Expeditionary Air Field, Wednesday.



CPL. D. J. WU

MWSS, from A1

out of their comfort zones in the training program. They are no longer strictly executing a task specific to their MOS. Most of the skills they are now using were taught in Marine Combat Training and are now being refreshed. MWSS-374 isn’t doing this without help. Members of 1st Law Enforcement Battalion are helping to teach military police techniques to the squadron.

There is a lot of ground-breaking happening with this new training program. While the concept of ABGD is not new,

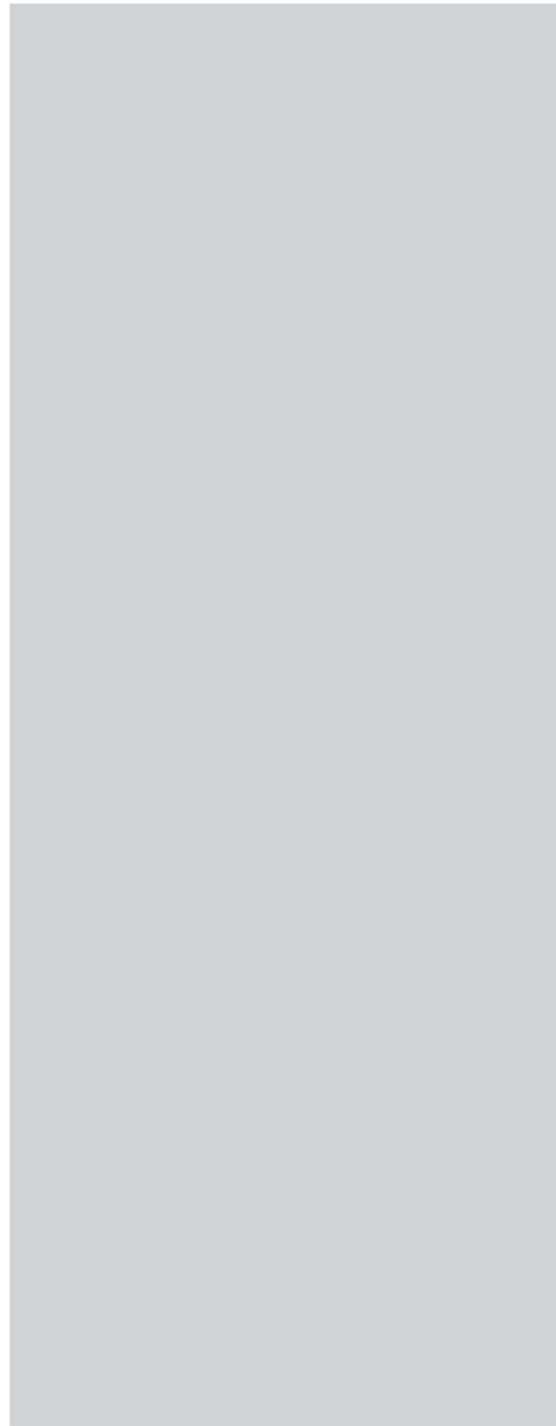
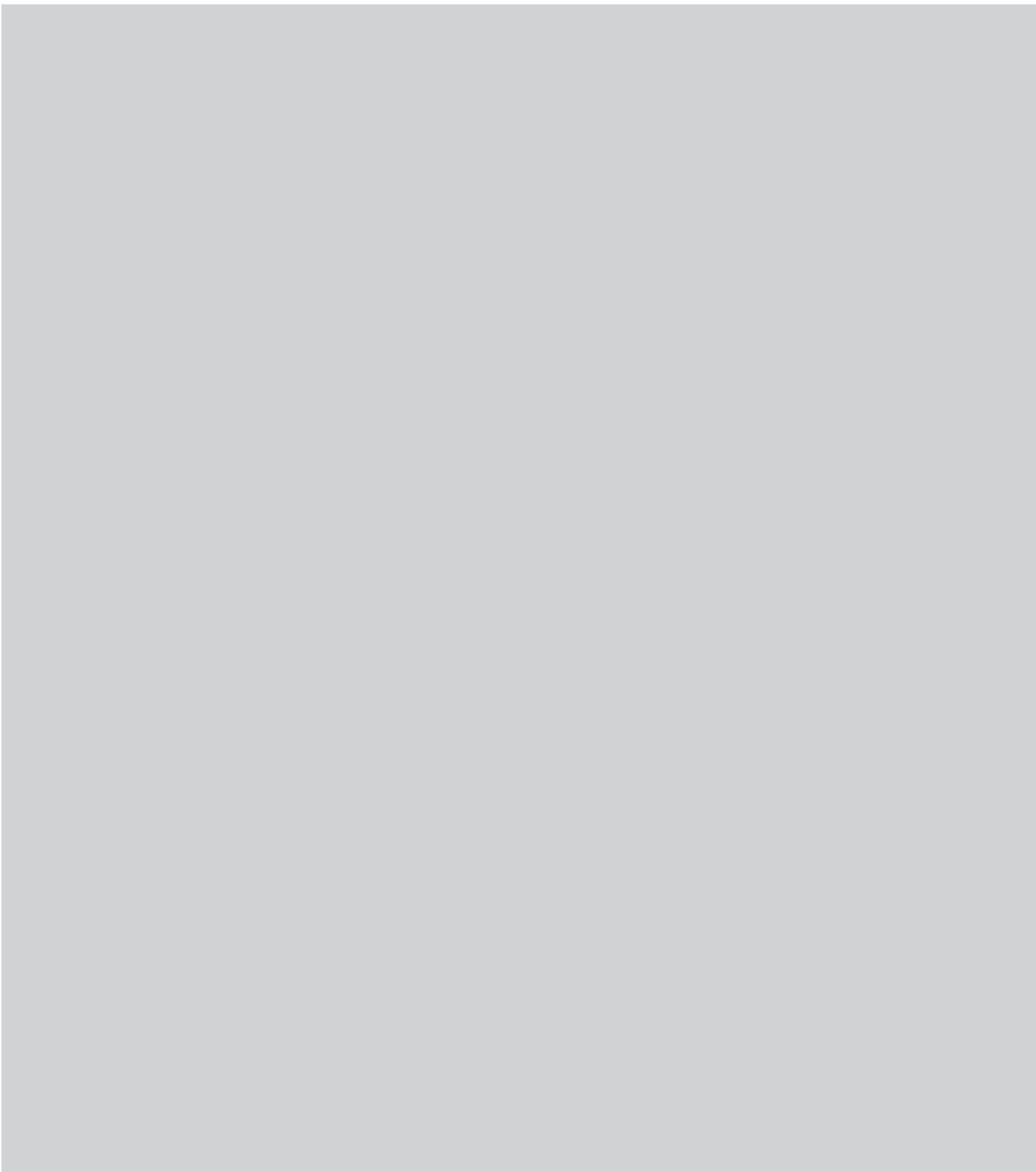
executing the plan on the Combat Center’s EAF is a first. The air field has been turned into a blank-fire range and remains so throughout the course of this ITX. Operations at the airfield remain the same but with an added security presence to support the exercise.

The MAG and high headquarters want this kind of ABGD training to be standard in future iterations of ITX training, according to Livingston. MWSS-374 and MAG-13 are setting the standard for the training of the future. The techniques, tactics and procedures developed in this first phase of the exercise will be evaluated and improved upon for future ITX evolutions.

“Our goal here is to build a plan, execute the plan, and hand it off to the Tactical Training Exercise Control Group for them to distribute to MAGs coming for ITX,” Livingston said. “The uniqueness is that this is being done for the first time and this is the first time that ABGD is an integrated exercise.”

The ABGD’s ITX concept is still in its infancy. Much of the doctrine is still to be evaluated as the ITX continues. MWSS-374 is a little more than half way through their ITX iteration. The squadron’s command is impressed with how their Marines are taking to the training and looking forward to completing their training in ITX.

 Visit the official MCAGCC facebook page at <http://www.facebook.com/thecombatcenter>
 The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>.
 The Combat Center has its own Flickr photo and video streams. Find them at <http://www.flickr.com/thecombatcenter>





[Above] Pfc. Ashley Blackwell, student, Marine Corps Communication-Electronics School, shows children the difference between washable markers and permanent markers during Science Night at the Lifelong Learning Library, Jan. 23. **[Above, Center]** Jacqui Jetmir, daughter of Chief Petty Officer Erik Jetmir, Tactical Training Exercise Control Group, levitates a ball and a disc by using the air flow from a fan during Science Night at the Lifelong Learning Library, Jan. 23. **[Top]** Maverick Simmons, nearly 2 years old, son of Capt. Geoffery Simmons, training officer, MCCES, lights up a tube by joining hands with Pfc. Destiny Keesling, student, MCCES, to complete a circuit during the Science Night event at the Lifelong Learning Library, Jan. 23.



Pfc. Hailey Hall, student, Marine Corps Communication-Electronics School, makes slime with children during Science Night at the Lifelong Learning Library Jan. 23. Hall demonstrated how slime is made with the chemical reaction of food coloring, Borax and water.

Children conduct experiments at Science Night

Lance Cpl. Charles Santamaria
Combat Correspondent

Stations with chemical experiments and science projects filled the room as children gazed in wonder. Their eyes lit up as they participated in the process of completing circuits, watched chemical reactions occur, and looked at stations display the laws of physics.

Marine Corps Community Services hosted the Science Night Jan. 23 at the Lifelong Learning Library aboard the Combat Center.

"This program started about three and a half years ago and we began coordinating with the local school systems to plan the science night around the same time as when schools assign science projects," said Ursula Morales, Library technician and program coordinator. "A lot of kids really love science or really hate it, so the science night is a win-win because these projects are fun and friendly so anyone can enjoy."

Marine Corps Communication-Electronics School students volunteered to be demonstrators for each science project the event showcased.

"The MCCES students were awesome," Morales said. "I got 20 volunteers and they hooked it up. The volunteers worked great with the kids and played a key role in the success of the science night."

The volunteers enjoyed the experience of interacting with children and playing a role in making science fun.

"I think the kids gain knowledge, have fun and get to do experiments that they can enjoy and do at home as well," said Pfc. Hailey Hall, student, MCCES. "I just like to do events like this. You get to interact with kids and you can take a step back from being a Marine and teach. It's a great experience volunteering for this event."

The event not only entertains children, but also assists parents with projects that their kids may be assigned at school.

"As any parent would tell you, when a child gets assigned a project, the parent gets one too," Morales said. "That's why this event is so valuable to these parents because they come to us seeking guidance. During the event, we provide them with demonstrations and step-by-step guidelines to replicate the same experiments we present."

Finding clever ways for kids to learn is a tool many use to make sure the subject matter being taught is fully understood and learned.

"As an educator, making sure the kids have fun is great but knowing that they are learning at the same time means so much to me, whether they know it or not," Morales said.



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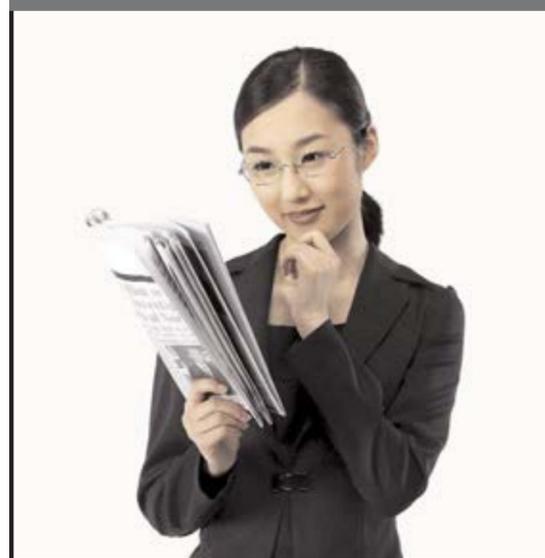
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VS



Super Bowl

an American Tradition

Story by CPL. ALI AZIMI

I will never forget my first Super Bowl experience . The Oakland Raiders were facing off against the Tampa Bay Buccaneers in 2003. The following year, there would be an incident at half-time involving Janet Jackson and that was the last Super Bowl before the New England Patriots' three-year streak. My brother and I jumped around our room as we rooted for the Bucs. In the end, they won, and although it wasn't a very exciting game, it was my first Super Bowl and the most memorable.

I have watched every Super Bowl since. Whether I followed the season, my team wasn't playing, or even when I was stuck at Marine Combat Training, I sat down to embrace the great American tradition and watched the gladiators collide in the coliseum.

This year, the Denver Broncos, led by Payton Manning, are facing off against the Seattle Seahawks, and Marines across the United States, and some overseas, will be glued to their screens. It's uncertain who will win but every Marine has their own opinion.

Seattle Seahawks

The Seattle Seahawks are definitely the underdog of Super Bowl XLVIII. This Super Bowl marks the second time the Seahawks have made it to the grand stage and if they vanquish the Broncos, it will be their first time winning the sought-after title of Super Bowl champions. They have a miserable football history, but that may work in their favor. Seattle is hungry for a championship and this is their chance; the Broncos may need to watch their backs.

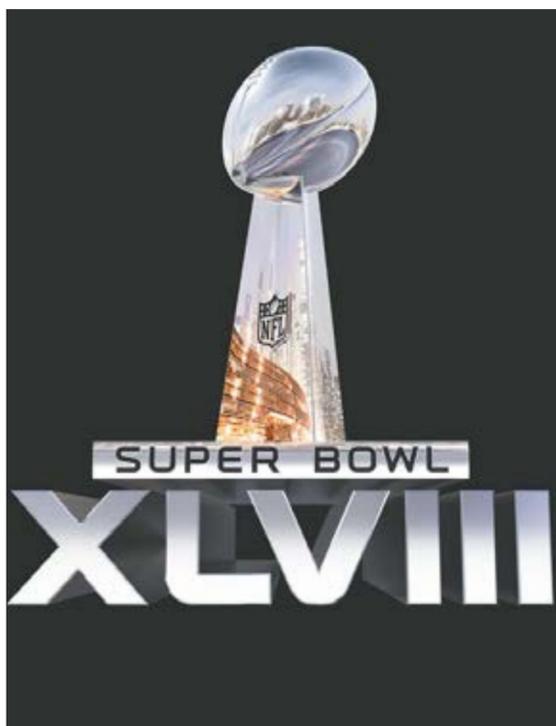
The Feast

There is more to the Super Bowl than just football. There is also the food. Between Superbowl parties, tail-gating, barbecues and any other celebration of the annual event, the piles of food being served rivals that of Thanksgiving. However, there is one feast-food that rivals the rest, known only by the name "Taco-nator."

Take a large pepperoni pizza, uncut, and fold it in half. Unfold and fill the center third with one pound of shredded beef or steak, your choice. Have another person hold up the sides in a taco formation and cover the surface of the beef with full strips of bacon. Add diced tomatoes, lettuce, top with shredded cheese and sour cream to taste. Lastly, take half a bag of nacho Doritos and crush them over the sour cream. Enjoy.

Every time in Super Bowl history where a top 5 offense plays a top 5 defense the team with the top defense wins. Plus, bad weather favors the team who runs the ball the best.

-Sgt. Derrick Stewart



Game Day

The Super Bowl is scheduled to air Feb. 2. Marine Corps Community Services is offering many ways for Combat Center Marines to watch the game including the Coyote Grill, Warrior Club, Mameluke Pub, Hashmarks, Excursions and Bloodstripes. Visit www.mccs29palms.com for more information.

That's a tough prediction to make. Denver has a really good offense and Seattle has a really good defense. You would have to look at Denver's defense and Seattle's offense to really make a good prediction.

Cpl. Nathan Boyd

Denver Broncos

The Manning name is infamous in the football world and this Broncos player is the backbone of arguments for pro-Denver predictions of the upcoming Super Bowl. Since their beginning in the National Football League nearly 40 years ago, the Broncos have won two back-to-back Super Bowls. They are consistent every season and a reasonable favorite to triumph in the Super Bowl. However, the last time they set foot in the nationally-watched arena was before the new millennium.

Super Bowl History

The Super Bowl is the championship game for the National Football League. Since its beginning in 1967, the televised event has become the most-watched sporting event in the United States. Teams from across the United States compete to earn the right to claim the title. It is a culmination of all their work and a credit to their hometowns. The Pittsburgh Steelers currently hold the record for most Super Bowl wins, six wins, and tie for most Super Bowl appearances with the Dallas Cowboys, each making it to the final game eight times. This year's competitors are the Denver Broncos and the Seattle Seahawks. The Broncos hold two Super Bowl wins with six appearances, but the Seahawks have only made it to the Super Bowl once before, losing to the Steelers.

The best offense, led by the best quarterback, against the best defense, led by the best cornerback in the league. My prediction is Peyton Manning's offense will be too much for the Seahawks. Broncos will win 27-24.

-Cpl Ian Conrad



Combat Center Events

Chinese New Years Bingo

The Chinese New Years Bingo is open to all hands. The tickets are \$20 per person. Appetizers will be provided and menu items will be available for purchase.
 When: 6 p.m. - 9 p.m., Friday, Jan. 31.
 Where: Main Exchange
 For more information, call 830-1917

Super Bowl XLVIII

Prizes and giveaways throughout the game. As well as food, entertainment and drink specials.
 When: Feb. 2.
 Where: Excursions, Blood Stripes, SNCO and Officers Club
 For more information, call 830-829

Coping with Work and Family Stress

This workshop will cover a wide range of active coping skills, ways to make better use of social networks, and specific stress management approaches.
 When: Thursdays, 9-10:30 a.m.
 Where: Bldg. 1530, Classroom 303
 For more information, call 830-4950

Nurturing Parenting Class 2014

This class is an evidence-based and family-focused program that is recognized internationally for enhancing self-worth, empathy, discipline and empowerment.
 When: March 12 and 19.
 Call 830-7622 for more information

For more events, visit <http://www.mccs29palms.com>

Sunset Cinema

Friday, Jan. 31

5 p.m. – The Hobbit: The Desolation of Smaug 3-D, PG-13
 8:30 p.m. – 47 Ronin, PG-13
 11:30 p.m. – American Hustle, R

Saturday, Feb. 1

10a.m. – Free Admission Ice Age, PG
 12 p.m. – Walking with Dinosaurs 3-D, PG
 2:30 p.m. – Sneak Preview Monuments Men, PG-13
 5:30 p.m. – 47 Ronin, PG-13
 8:30 p.m. – Grudge Match, PG-13

Sunday, Feb. 2

12:30 p.m. – The Secret Life of Walter Mitty, PG
 8:30 p.m. – Paranormal Activity: The Marked Ones, R

Monday, Feb. 3

6 p.m. – American Hustle, R

Tuesday, Feb. 4

6 p.m. – 47 Ronin, PG-13

Wednesday, Feb. 5

5 p.m. – Tyler Perry's: A Madea Christmas, PG-13
 7:30 p.m. – Grudge Match, PG-13

Thursday, Feb. 6

5 p.m. – Walking with Dinosaurs 3-D, PG
 7 p.m. – The Hobbit: The Desolation of Smaug 3-D, PG-13

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Idiotic Ice Cube buddy comedy covers well-worn movie terrain

NEIL POND
"Ride Along"

Starring: Ice Cube and Kevin Hart
 Directed by Tim Story
 PG-13, 100 mins

Well, we'd certainly be without this idiotic pair-up and its many better predecessors, from "Beverly Hills Cop" to "Men in Black."

After all the "prestige" pictures, the heavy lifters, of any previous year are on their hopeful way to awards-ville, January is when Hollywood takes a load off and lets the dogs out, returning to a menu of table scraps and leftovers after the gut-busting, big-screen excesses of the Thanksgiving-to-Christmas holiday season.

"Ride Along" stars rapper-turned-actor Ice Cube as a gruff, tough Atlanta cop trying to derail the engagement of his sister (Tika Sumpter) to a high school security guard (Kevin Hart) whose ambition is to become a real policeman.

So James (Cube) invites Ben (Hart) to "ride along" with him on a typical day to prove he's got the chops to be a cop—and to become his brother-in-law. Wouldn't you just know they encounter all sorts of hilarity ... and manage to crack the case of an underworld criminal warlord that James has been pursuing for years?

If it sounds like you've seen it all before, you have. The script, a group collaboration that feels like a sampler platter of mismatched-partner ideas, checks off just about every cop-movie cliché in the book, walks into one predictable situation after

another, and grabs for every low-hanging joke-fruit that comes within reach.

Everybody makes a crack about Ben's diminutive size ("He's about a chromosome away from being a midget," grumbles James). There are "comedic interludes" outside a biker bar, inside a strip club and at a shooting range. The big, explosive showdown-shootout happens—where else?—in an abandoned warehouse.

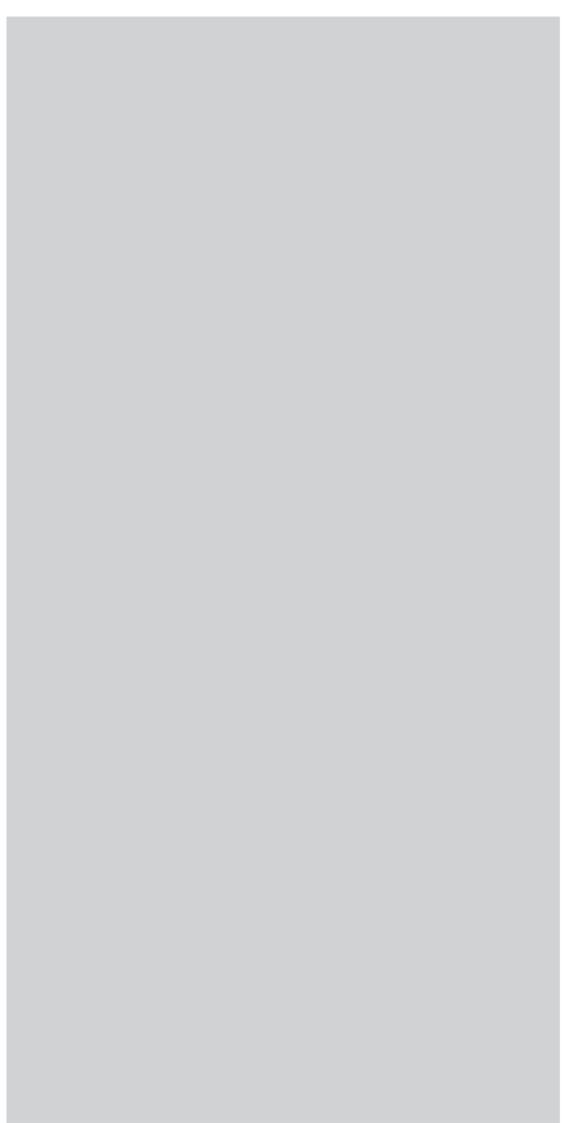
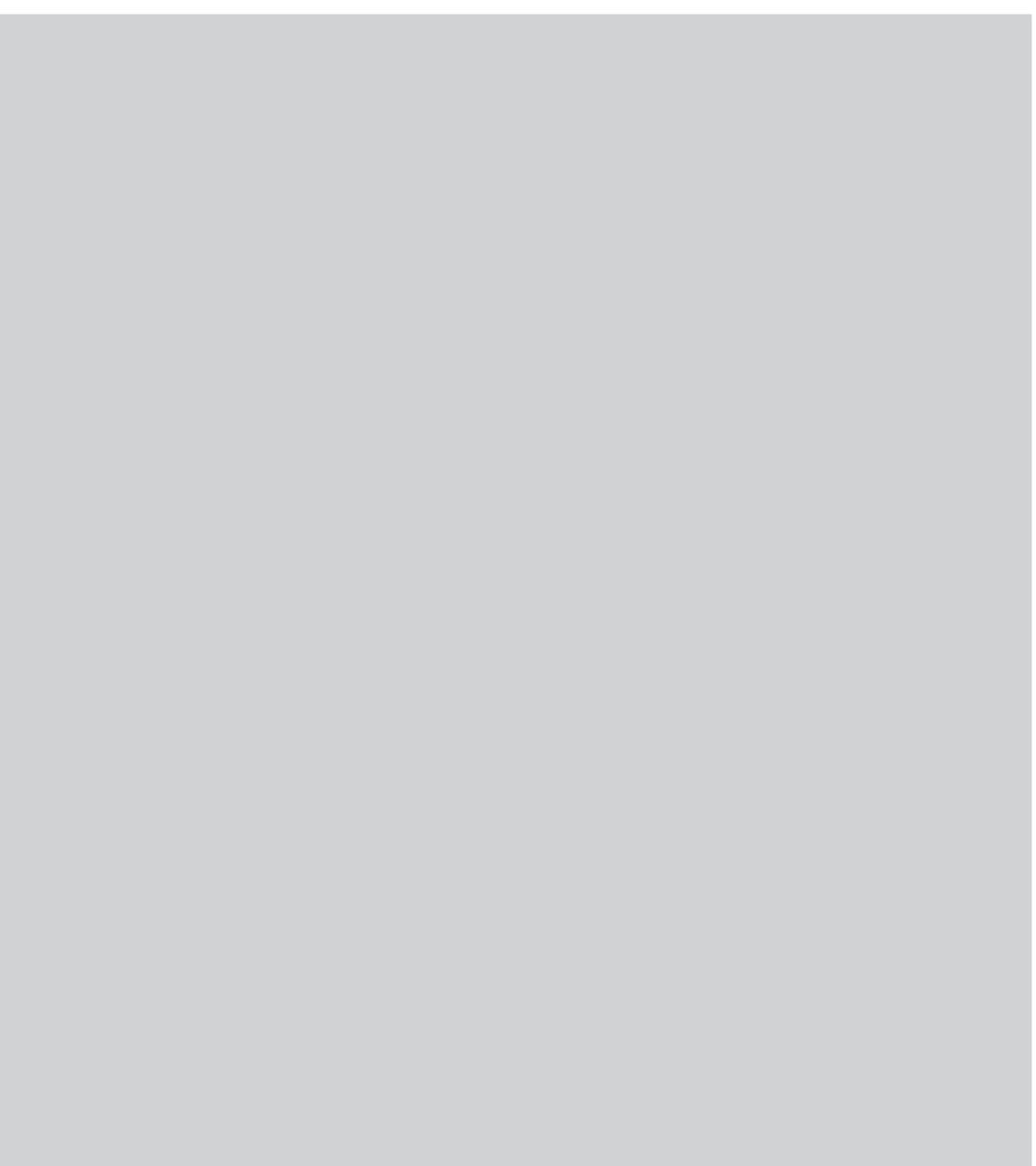
Hart's a funny guy, although I can certainly see how his high-pitched, screechy, hyperactive, slapstick-y, infantile shtick might not be some people's cup of tea. He's clearly the star of the show, although Ice Cube might get the bigger billing.

Director Tim Story, who directed two "Fantastic Four" movies plus the comedies "Barbershop" and "Think Like a Man," fares much better here with the humor than the action, which is clumsy and clunky in contrast to the film's easier, more natural riffs and rhythms when Cube and Hart are playing off each other.

None of the people who hooted and howled at the screening I attended appeared to be the least bit troubled that "Ride Along," its high-spirited ha-ha's punctuated with gunfire and bullets, was released as the nation was absorbing news of the latest school shootings, in Roswell, N.M., and Philadelphia, Pa., and just a couple of weeks after one movie patron pulled out a gun and killed another in Tampa, Fla.

Laughter, it's been said, can be a healing force. There's nothing as lofty, or as noble, as healing in "Ride Along"—just a quick roll in a barrel of cheap, hollow laughs down a familiar, forgettable road that we've traveled many times before.

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





UP
IN

SMOKE

The nicotine that comes from the use of tobacco products reaches a person's brain within 10 seconds of entering the body, according to BeTobaccoFree.gov.

Tobacco cessation program for Marines

Lance Cpl. Charles Santamaria
Combat Correspondent

Tobacco products are used on a daily basis by people of all walks of life. Whether it's lining gums with chewing tobacco or lighting a cigarette and taking a puff, the adverse effects of tobacco use are important to understand.

Martha Hunt, health promotions coordinator, Robert E. Bush Naval Hospital, has been running the Tobacco Awareness Prevention and Cessation Program on base for 13 and a half years. Hunt elaborates on her experience with the obstacles some service members encounter when trying to quit.

"They have to be ready to make the change mentally," Hunt said. "All of the medications that we offer can help you get away from tobacco products but they can't help you become tobacco-free. People need to find something that motivates them to quit, whether that be a baby on the way, improving physical fitness scores, or even an upcoming surgery."

Some Marines set goals for themselves and see the changes in their performance.

"I've been setting limits for myself," said Lance Cpl. Hannah Carlson, combat videographer, Combat Camera, Headquarters Battalion. "I buy less (ciga-

rettes) every week and I notice the difference in my run time and I feel like I don't lose my breath as much as before."

For many, tobacco products are a way to alleviate stress or boredom. According to Hunt, the effect nicotine actually has on the body is the opposite.

"Many people use tobacco products for relaxation and stress relief, but what they don't know is that while the nicotine eases tension from stress, it also releases adrenaline which effectively counter-acts the calm feeling," Hunt said. "The person has to change the way they deal with stress."

The Tobacco Awareness Prevention and Cessation Program provides different forms of counseling for service members who are interested in becoming tobacco free.

"The program offers displays in the naval hospital that inform visitors about the effects of tobacco use," Hunt said. "I also go to units to

give presentations on how use of tobacco products can affect physical fitness and combat readiness."

One-on-one counseling is now provided for anyone interested in taking part in the program and seeking information, guidance, or methods to quit. The Naval Hospital only offers products that are Food and Drug Administration approved such as nicotine gum and patches. Electronic products, however, are not part of the tobacco cessation program.

"We do not recommend electronic cigarettes or an

When I see those that I have been able to follow up with successfully quitting tobacco, it reinforces the sense that I'm doing something good."

— Cpl. Hannah Carlson



Second-hand smoke is a combination of smoke exhaled from a person who's smoking and the burning end of a cigarette. Cigarette smoke affects breathing and can scar lungs. Smoking can also cause Chronic Bronchitis which limits airflow to and from the lungs.

electronic product because they are not FDA approved and have been known to be hazardous."

Finding goals and motivation to begin the process of quitting is an important step in the process of tobacco cessation.

"I started smoking cigarettes about a year ago for social reasons," Carlson said. "I don't want to let a habit limit my performance or affect my health."

The success rate of the Tobacco Awareness Prevention and Cessation Program is approximately 40 percent with those that follow up. One of the main goals of the program is to become more well-known and spread awareness, according to Hunt.

"When I see those that I have been able to follow up with successfully quit tobacco, it reinforces the sense that I'm doing something good," Hunt said. "In the end, that individual still has to want to quit tobacco. Knowing that I gave them the knowledge they needed makes me feel like I helped them put the pieces together to overcome the obstacle."

For more information on the Tobacco Awareness Prevention and Cessation Program or how to schedule an appointment, contact Martha Hunt at 830-2814.



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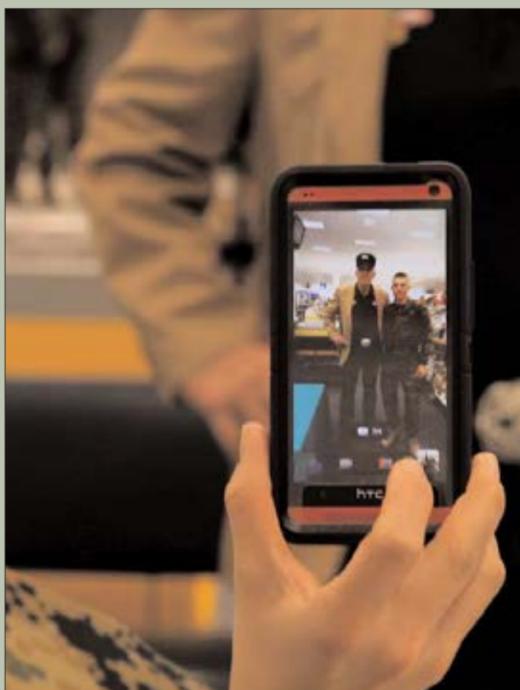
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R. Lee Ermey visits Combat Center

Story and photos by **CPL. ALI AZIMI**

R. Lee Ermey, better known as Gunny Ermey, visited the Combat Center Tuesday for a book signing at the Main Exchange. The retired Marine is a well-known figure in the Marine Corps and in the acting world for his portrayal of a drill instructor in "Full Metal Jacket." Ermey's last visit to the Combat Center in December saw a large turnout of fans. The 150 copies of "Gunny's Rules" in stock at the time sold out and this time the exchange made sure to have 500 in stock for the line of people crowding the aisles. Ermey spent his time here signing books, answering questions and taking pictures with patrons.

[Top, left] R. Lee Ermey meets and greets a Marine Corps Communication-Electronics School student during his book signing at the Combat Center Marine Corps Exchange Tuesday. He was eager to take photos with anyone in line, who took the time to shake his hand.

[Top, right] Ermey signs a copy of his book "Gunny's Rules" for Pfc. Anthony Hill, student, MCCES, during his visit Tuesday. Ermey took time to talk to his readers individually, about who they are and their life in the Corps.

[Bottom, center] Ermey signs one of many copies of his book bought during his book signing at the exchange Tuesday. He greeted and offered his signature to anyone who stepped in front of his table.

[Bottom, Left] The book written by R. Lee Ermey, "Gunny's Rules," is a mixture of a biography and advice applicable to a career, personal life, and general well-being.



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