

General becomes Marines' newest commandant

BY CPL. DYLAN BOWYER

WASHINGTON — Gen. James F. Amos, the 35th Commandant of the Marine Corps, relinquished command of the Marine Corps to Gen. Joseph F. Dunford, Jr., Oct. 17 at Marine Barracks Washington, D.C.

The ceremony started with musical performances from "The Commandant's Own," the United States Marine Drum & Bugle Corps and "The President's Own," United States Marine Corps Band. The ceremonial companies of the Barracks marched onto the parade deck and fixed their bayonets.

Amos and Dunford were then called to their positions on the parade deck. The battle colors were passed from Amos to Dunford signifying the passing of command and

See **Command** A6



CPL. CLAYTON FILIPOWICZ

Gen. James F. Amos, 35th Commandant of the Marine Corps, passes the colors to Gen. Joseph F. Dunford, Jr., during the change of command and subsequent retirement ceremony at Marine Barracks Washington, D.C. After more than 44 years of military service, Oct. 17. Amos passed the duties as senior-ranking officer of the Marine Corps to Dunford, who has now become the 36th Commandant of the Marine Corps.

Rule No. 1: Preserve life

15th MEU conducts portable-medical training exercise aboard Combat Center

BY PFC. AYALA-LO

Marines and sailors wait patiently as they hear footsteps approaching their tent. The first three casualties are escorted in and immediately cared for. The severity of the injuries are different but the service members have a mission; to keep their patients alive. The introduction of their first severely injured patient marks the beginning of Final Exercise I.

Marines and sailors with Shock Trauma Platoon, Combat Logistics Battalion 15, 15th Marine Expeditionary Unit, conducted FINEX I, which is a small component of Weapons and Tactics Instructor's Course, at Sand Hill, Oct. 14. The mission of the STP was to provide first aid and resuscitation to mock casualties.

"This particular unit is a light version of what a regular STP is," said Lt. Cmdr. Brian Dimmer, surgeon, STP, CLB-15, 15th MEU. "We are trying to show that we can be portable and that we can support an operation in a very short amount of time. We want to keep working to scale down our numbers as much as possible so that we can be more portable."

A standard STP is made up of two emergency room doctors, trauma nurses, and multiple specialty-trained corpsmen. The Marines and sailors conducted FINEX I

with approximately half of the personnel and equipment typically used in a standard STP.

"We want to try and break out into two STPs and take half the equipment," said Lt. Cmdr. James Cortes, officer in charge, STP, CLB-15, 15th MEU. "By doing so, it will enable us to split up into two different areas of operation and cover more ground."

By creating two teams rather than one, it makes the STP more portable and allows the medical personnel to arrive faster. If the medical personnel arrive quicker, a patient's survivability can increase substantially.

"We are the next step after they receive battlefield care," Dimmer said. "We start the resuscitation process. Our goal is to have the patient stabilized enough to transfer over to a higher echelon of care or to a Forward Resuscitation Surgical Suite. The quicker you can get that patient to resuscitation, the more likely for survival and that is what we are training for out here."

Once the Marines and sailors finished setting up the gear, they began receiving mock casualties. The patients had different degrees of injuries challenging the medical personnel to assess patients, take care

See **Life** A6



PFC. MEDINA AYALA-LO

Lance Cpl. Colin M. Bynum, rifleman, 7th Marine Regimental Headquarters, is greeted by his wife and daughter during 7th Marine Headquarters' homecoming at Del Valle Field, Oct. 13. The company returned from a five-month deployment to Yemen in support of security forces.

Family, friends welcome 'Magnificent Seventh'

PFC. MEDINA AYALA-LO

The Marines and sailors of 7th Marine Regimental Headquarters were welcomed home by family and friends at Del Valle Field, Oct. 13.

The service members of Company I, 3rd Battalion, 4th Marines deployed as a part of 7th Marine Regimental Headquarters after their unit was deactivated.

"After being gone on a pretty long mission, it's good for Marines to

have that support immediately when they get back to the United States," said Capt. Felix Guerra, company commander, 3rd Battalion, 4th Marines. "It's always good for them to see their wife's face, or brother or sister, or even just their friends."

Marines and sailors returned from a five-month deployment to Yemen in support of security forces. Although far from one another, the command ensured the Marines and sailors were able to maintain

a steady stream of communication with their loved ones.

"We have some Marines whose wives had babies while we were gone," Guerra said. "There was good connectivity in the country, so the Marines whose wives did have babies were able to Skype and talk to their wives during and after the birth."

Upon the arrival of the Marines and sailors, formalities were kept

See **Home** A6



PFC. THOMAS MUDD

Seaman Derek Jackson, Shock Trauma Platoon, 15th Marine Expeditionary Unit, is examined with an ultrasound to check for internal injuries while role-playing as an injured combatant during Final Exercise I of the Weapons and Tactics Instructors Course at Sandy Hills, Combat Center training area, Oct. 14. Each role-player had injuries ranging in severity, requiring different methods of treatment.



PFC. THOMAS MUDD

Seaman Corey Muse, Shock Trauma Platoon, 15th Marine Expeditionary Unit, is treated for a simulated neck injury after being brought into the medical tent during Final Exercise I of the Weapons and Tactics Instructors Course at Sandy Hills, Combat Center training area, Oct. 14. Every role player in FINEX I had to act in ways that matched the fictitious injuries they had received.

Marines love Pioneer Days

Combat Center Marines and sailors took part in a variety of Pioneer Days activities in their adopted home, Twentynine Palms.



PFC. THOMAS MUDD

The Combat Center Color Guard leads the Pioneer Days Parade in Twentynine Palms on Oct. 18. Pioneer Days is a celebration that honors the history of Twentynine Palms.

COMMAND, from A1

responsibility.

“My focus in the coming years will be to take care of our Marines and their families, and to ensure our Corps remains an expeditionary force of readiness our nation has come to expect,” said Dunford.

Dunford received his commission as an infantry officer in 1977, a career leading to billets such as company and regimental commander, senior aide to the commandant and assistant commandant of the Marine Corps.

“I got to know Joe Dunford quite well the last 20 months,” Secretary of Defense Chuck Hagel said. “I have come to rely on his wise judgment—The President of the United States trusts his judgment.”

Amos is retiring after 44 years of service across two branches. Starting as a naval aviator, he crossed the flight deck to fly for the Marines. He served as the II Marine Expeditionary Force commanding general, assistant commandant of the Marine Corps and served as the 35th Commandant of the Marine Corps for four years.

“(Amos’) lasting legacy will be the Marine Corps’ new traditions firmly rooted, leaving behind a Corps that is stronger than ever before,” said Hagel.

Some of the attendees of the event included the Secretary of Defense Chuck Hagel, Secretary of the Navy Ray Mabus, previous commandants and military leaders from all U.S. military branches and allied nations.

“This morning I’m not as proud to be the commandant as I am simply to wear the cloth of a United States Marine,” Dunford said.

“I can say all of this, in large part, is due to the leadership of our 35th commandant.”



CPL. CLAYTON FILIPOWICZ

Gen. Joseph F. Dunford, Jr., speaks to the attendees of the change of command ceremony at Marine Barracks Washington, D.C., Oct. 17. After more than 44 years of military service, Gen. James F. Amos, the 35th Commandant of the Marine Corps passed the duties as senior-ranking officer of the Marine Corps to Dunford, who has now become the 36th Commandant of the Marine Corps.

HOME, from A1

brief so that everyone was able to pick up their gear and spend as much quality time with their loved ones as possible.

“It doesn’t feel real quite yet,” said Emily Stroud, spouse while waiting to see her husband. “But watching the buses go up to the armory is really exciting.”

Music highlights mood

Music highlighted the mood as friends and family eagerly awaited the arrival of their Marines and sailors.

“It’s one of the few moments where you really get a sense for the work that they do, how awesome the Marine Corps is and how great America is,” said Britany Golden, spouse.

Being able to be there for the Marines and sailors returning from deployment is important to both those returning and their loved ones.

“To know they have support when they leave and when they get back,” Stroud said. “This is what they’re doing it for and it’s important that they see that when they get back. It means more to them then they might realize.”



PFC. MEDINA AYALA-LO

Lance Cpl. Bryan Galleger, rifleman, 7th Marine Regimental Headquarters, watches as his son assists him with his luggage during the 7th Marine Regimental Headquarters’ homecoming at Del Valle Field, Oct. 13.



PFC. MEDINA AYALA-LO

Lance Cpl. Colin M. Bynum, rifleman, 7th Marine Regimental Headquarters, is greeted by his elated daughter during 7th Marine Regimental Headquarters’ homecoming at Del Valle Field, Oct. 13. Although far from one another, the command made sure the Marines and sailors were able to maintain a steady stream of communication with their loved ones.

LIFE, from A1

of them and then, if needed, send them off to a higher level of care.

“The goal is to have us close to the battlefield,” Dimmer said. “We would be able to begin resuscitation almost right away. The resuscitation process would be taking place in route to the surgeon. This would be cutting even more time off of the whole process.”

Depending on the degree of the injury, the STP personnel treated the causality on scene or escorted them to their tent to perform recitation. The causality was then taken back to the aircraft to be medically evacuated.

The service members are scheduled to also participate in FINEX II later this week.

“This training is very important to us,” Dimmer said.

“We want to make a difference. Everyone has loved ones back home and we want to make sure they all get back to them.”



PFC. THOMAS MUDD

A crewmember of an MV-22 Osprey prepares the aircraft for transport to Marine Corps Air Station Yuma, Ariz., after landing near the medical tent of the Shock Trauma Platoon, 15th Marine Expeditionary Unit, during Final Exercise I of the Weapons and Tactics Instructors Course at Sandy Hills, Combat Center training area, Oct. 14.

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Reprinted from the Observation Post
November 8, 1985

Building the better body

BY SGT. EDWIN BAUTISTA

“Reading is one of the most important aspects of body building,” said Capt. R. E. Breden. “Beginners must first know what they want to accomplish, then read about how to accomplish it. Knowing how to properly execute the exercise helps lessen the chance of injuries.”

Captain Breden, Detachment A, 1st Force Service Support Group’s adjutant, S-1, and legal officer, has been a regular weight lifter at the Fitness Center for more than two years.

She is one of the growing number of women who body build competitively. So far she has competed in two contests and plans to enter another in December. Although she didn’t place high in either contest, she considers them learning experiences.

“Body building is a very demanding sport,” Breden said. “You must know your flaws and play them down during competition and at the same time show your strongest points.”

In 1978, after six years of enlistment, Breden was commissioned as a second Lieutenant in the Marine Corps. She received a degree in electronics engineering from Purdue University under the Navy Enlisted Scientific Education Program.

She’s served at many duty stations during her 14 years in the Marine Corps, but it was while attached to Det. A that she began body building seriously.

“I never thought I would someday be a body builder,” Breden said.

While she was growing up, strength training for

women was not accepted, so she turned to another passion...dancing. She studied three years of ballet and eight years of Middle-Eastern dance and is qualified to teach the latter.

“In a way, body building and dancing are alike,” she said. “They are both a form of self-expression.”

She explained that the freestyle posing portion of a body building contest has many aspects of dance associated with it, in that it must be carefully choreographed to be performed smoothly and gracefully.

In 1980, while attending the Marine Corps Communication-Electronics School, Breden started circuit training, a fast paced aerobic workout which works all body parts and uses light weights. It is a very strenuous work out with little rest time between exercises.

After a three-year absence from the Combat Center, Breden returned and was attached to Det. A. She then began to do exercises to develop more defined muscularity.

“At first I wasn’t thrilled about going to the gym on weekends, so I started on a five-day workout,” she said.

She now goes to the Fitness Center two hours a day, six days a week. She also works out at home an additional one to two hours on her stationary bicycle. She is assisted by her husband, Capt. Bill Breden, Automated Services Center.

“I’m hooked on exercising,” she said. “I’ve seen changed in my body I thought would never happen. I’m a firm believer that nobody has to be trapped in an old body.”

BIRTH ANNOUNCEMENTS

SADIE LOUISE GARRETT
Born on: Oct. 11, 2014
Born to: Kaitlyn and Patrick Garrett

ARIANA SKYE YOST
Born on: Oct. 10, 2014
Born to: Seth and Billie Jo Yost

PEYTON PAULINE JOINER
Born on: Oct. 11, 2014
Born to: Jenniffer and Michael Joiner



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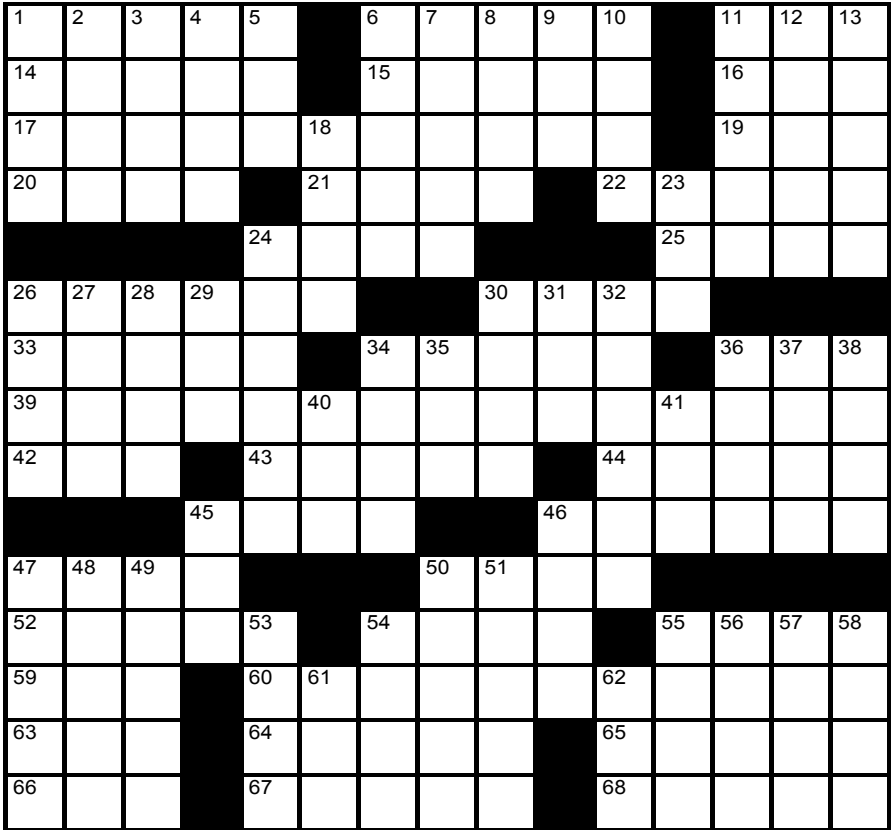


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CROSSWORD

See solutions next week

- Across**
- 1 Not war
 - 6 Flies high
 - 11 Horizontal, like this answer: abbr.
 - 14 Harrison Ford, for one
 - 15 Halley's ____
 - 16 Dove's sound
 - 17 TV show about city life
 - 19 Charlottesville sch.
 - 20 Dorothy's dog
 - 21 Has to repay
 - 22 Won at chess
 - 24 Grasp
 - 25 New York baseball team
 - 26 Smooched
 - 30 Gentleman's companion
 - 33 Do-nothing type
 - 34 Dudley or Demi
 - 36 Peaks: abbr.
 - 39 Movie about city life
 - 42 In the dumps
 - 43 Kind of neckwear
 - 44 Woody of movies
 - 45 Leg joint
 - 46 Tail-____ (ladders)
 - 47 Not pro-
 - 50 Norway's capital
 - 52 ____ Arabia
 - 54 "____ the Woods"
 - 55 Angel's ring
 - 59 Relatives
 - 60 TV show about city life
 - 63 Night before
 - 64 Relation by marriage
 - 65 Actress Dunne
 - 66 ____ Moines
 - 67 Oozes
 - 68 Amounts of medicine



Down

- 1 Agreement
- 2 Reverberating sound
- 3 Working hard
- 4 Chanel of perfume
- 5 Period of time
- 6 Nasty look
- 7 ____ and aahed
- 8 "Famous" cookie maker
- 9 Dem.'s rival
- 10 Part of a flower
- 11 Sharp
- 12 Desire
- 13 Streets
- 18 Excellent
- 23 Actress Adams
- 24 Pee-wee ____

- 26 Basinger and Kardashian
- 27 Thought
- 28 It goes through the snow
- 29 Tennis match part
- 30 ____ and found
- 31 Picasso's field
- 32 The D in FDR
- 34 Rat cousins
- 35 Yoko ____
- 36 Stubborn animal
- 37 Level
- 38 Nine-digit nos.
- 40 Ending for Japan or Taiwan
- 41 Ancient
- 45 Child
- 46 North Carolina college

- 47 Inquired
- 48 Gullible
- 49 Songs
- 50 One way beer is served
- 51 Puts in storage
- 53 Sacred bird of the Nile
- 54 Small piece of land
- 55 He saves the day
- 56 A long time
- 57 Country road
- 58 "Bravo!" shouts
- 61 United
- 62 Tupperware top

SUDOKU

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

Last week's solutions



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

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

Kelly HAHN

Sioux City, Iowa Combat engineer, Temporary Assignment of Duty, Tactical Training Exercise Control Group, Age 26

LANCE CPL. KELLY MAE HAHN, COMBAT ENGINEER, BEGAN FISHING FROM A YOUNG AGE AND GREW TO LOVE HUNTING THROUGHOUT HIGH SCHOOL. SHE ATTENDED WESTERN IOWA TECH COMMUNITY COLLEGE FOR POLICE SCIENCE AND TECHNOLOGY AND DECIDED TO JOIN THE MARINE CORPS TO DO SOMETHING DIFFERENT AND GAIN EXPERIENCE FOR THE CAREER SHE STUDIED. HAHN BEGAN RIDING MOTORCYCLES ABOARD THE COMBAT CENTER AND NOW ENJOYS RIDING AS A HOBBY.

> **I started fishing** when I was really young. My favorite fish to catch is cat fish and when I was in high school, I began hunting live game.

> **I began duck hunting** at the age of 18. The first time I killed a duck I ran out into the edge of the lake and snatched it up so I could come back yelling, 'I caught my first duck,' arms flailing and stumbling to get back to the group. I felt really accomplished.

> **Deer just stand there and** you can shoot it then you track it until you find it. I have nothing against deer hunting, but with duck hunting it's a whole different challenge. You have the duck that can fly off quickly and the challenge of hitting a moving target.

> **I went to Western Iowa Tech** Community College for a two-year degree in police science and technology. With the Police Science major, you can do technology, corrections, or forensics. I chose technologies because you can still be out there to do patrols and slap on the cuffs.

> **I got the taser exposure** and OC exposure while I went through the law enforcement portion. Both things sucked and I never want to do that again but I know I'll have to eventually.

> **Sometimes Marines tell me**, "You won't go anywhere in the Marine Corps." But honestly, I drove cross country to participate as a role-player and it's a great experience. There's just this completely different culture in California and it's a cool place.

> **I would have never experienced** this place or the culture had it not been for the Marine Corps giving me that opportunity.

> **I rode in the passenger seat** of motorcycles many times and I just started telling myself 'I want to actually drive one myself.'

> **I did some research** and found the one I wanted. When I got to the person who was selling the 2003 Yamaha V-Star, he couldn't believe I was the one buying his bike.

> **There's this sense of freedom;** when you ride a bike something just comes out, like a need to go faster. I just love the feeling of going fast on a bike, almost like a beast comes out of me.

> **Although I have that urge**, there's also times when you can take it slow and go for those nice calm rides.

> **Something that stuck in my mind** during the Bike Rider's Course on base is 'always ride like everyone's out to kill you.' That tip has not only helped me ride better, but also helped me become a better driver with all vehicles.

> **The part that really sold me** on the bike was the purple stripes, which is my favorite color. Eventually I want to upgrade to a bigger bike with more power.

> **There's this bond** between a rider and their bike. It's almost like a horse, each bike is different and behaves unique, so the longer you ride it, the more you become accustomed to how it works and it makes a special relationship between you and the bike.



Interview and photograph by Cpl. Charles Santamaria

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Combat Center military spouses lace up combat boots for Jane Wayne day

STORY AND PHOTOS BY PFC. MEDINA AYALA-LO

7th Marine Regiment held a Jane Wayne day aboard the Combat Center, Oct. 8. The day provided Marine spouses with a glimpse into the training and daily grind of their Marines.

“This is an idea that has been around the Marine Corps for a little while,” said Gisela Lemon, Family Readiness Officer, 7th Marine Regiment. “It’s an opportunity for spouses to get an understanding of what their husband goes through on a daily basis.”

The day kicked off at 7:00 a.m. with check-in and gear issue, and ended at approximately 3:00 p.m. on Range 220. For many spouses, it was their first time attending an event of this nature.



Megan Darby, spouse, uses a modified M240 machine gun in a virtual patrol at the Combat Convoy Simulator at Camp Wilson during a Jane Wayne day for 7th Marine Regiment, Oct. 8. The day was held in an effort to give spouses an experience of their Marine's day-to-day life.

“My husband has been in about 15 years. Being a spouse, all we see is movies at home to relate to our husbands [training],” said Brandi Long, spouse. “Having this was a first-hand experience to be able to see what goes on in the lives of our husbands.”

The spouses participated in a wide range of activities. They started the morning off with Marine Corps Martial Arts Program demonstration and practical application portion at Del Valle Field, then moved on to the Combat Convoy Simulator at Camp Wilson which gave them a taste of what their spouses go through when in a deployed environment. They also had the opportunity to shoot M4 service rifles on Range 220. By the end of the day the spouses had received a little taste of the Marine Corps experience, flack, Kevlar and Meals Ready- to-Eat included.

“The spouses don’t really get a personal view of what we do, or various training exercises,” said Cpl. Gilbert Alvarez, motor transportation operator, 7th Marine Regiment. “Today gives them an inside look of the day-to-day life we have out here.”

Being able to walk a day in their husband's boots provides a better understanding of one another but also a sense of emotional security, for both husband and wife.

"I think readiness is super important," Lemon said. "Marines are ready because they've been trained, but there's this aspect that's very important. If Marines know that their families are taken care of and resilient, then that adds an extra level of readiness to a unit."



Brandi Long, spouse, receives a demonstration on how to operate the M4 service rifle during a Jane Wayne day for 7th Marine Regiment aboard the Combat Center, Oct. 8. Spouses were afforded the opportunity to shoot weapons on Range 220.



Cpl. Scott Darby, communications, 7th Marine Regiment, demonstrates Marine Corps Martial Arts Program techniques during a Jane Wayne day aboard the Combat Center, Oct. 8. The spouses received a MCMAP demonstration and were then able to apply the techniques learned.



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OCT. 25

2-9 PM

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2:15 - 3:00 Band - Kalifornia Krauts

3:00 - 3:20 Announcements

3:20 - 4:00 Band - Kalifornia Krauts

4:00 - 4:20 Pre-Carved or decorated Pumpkin Contest + Stick Pony Race

4:20 - 5:00 Band - Kalifornia Krauts

5:00 - 5:20 Adult and Children's Costume Contests

5:20 - 6:00 Band - Kalifornia Krauts

6:00 - 6:20 Log Sawing Contest and Keg Toss

6:20 - 7:00 Band - Kalifornia Krauts

7:00 - 7:20 Stein Holding Contest

7:20 - 8:00 Band - Kalifornia Krauts

8:00 - 8:20 Non-Alcoholic Beer Drinking Contest

8:20 - 8:50 LAST CALL + Band - Kalifornia Krauts

8:50 - 9:00 "Thank you for coming!"

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Combat Center holds CFC Kickoff Breakfast



Petty Officer 2nd Class Carlos Vasquez, 23rd Dental Company, receives a round of applause after being presented an award for his work last year as a unit representative for the CFC campaign and for one hundred percent contact within his unit during the Southern California Combined Federal Campaign Kickoff Breakfast at the Officers' Club, Oct. 15.



Col. Matt Cook, commanding officer, Marine Corps Logistics Operations Group, looks at the award MCLOG received for achieving one hundred percent contact for donation during last year's campaign at the Combined Federal Campaign Kickoff Breakfast hosted in the Officers' Club, Oct. 15.



Col. James Hanlon, chief of staff, Combat Center, explains the importance of reaching one hundred percent contact within a unit during the Southern California Combined Federal Campaign Kickoff Breakfast at the Officers' Club, Oct. 15. There were two awards presented for last year's CFC campaign at the Combat Center.

STORY AND PHOTOS BY PFC. THOMAS MUDD

The Combined Federal Campaign Kickoff Breakfast was held at the Officers' Club, Oct. 15.

The CFC was put into effect in 1961 when President John F. Kennedy signed the fundraiser into law as an executive order. Every year the campaign starts on Sept. 1 and ends on Dec. 15.

It offers a time for charities to receive funding from the government and service members through the specialized campaign, according to Craig Smith, Southern California campaign manager.

This year the CFC is pushing for online donations through <http://www.socalcfc.org>.

"We are highlighting online giving," Smith said. "Service members can give through MyPay or you can go to the local CFC website and give."

Federal employees can donate to more than 4,400 charities that have registered to be a part of the campaign. Though the annual campaign lasts two and a half months some units choose to utilize only a portion of the time to collect donations.

"A lot of commands only allow a two or three-week window to conduct their campaigns, depending on the size of their unit," Smith said. "That works well [for military units]."

The Southern California campaign has an overall goal to reach \$5 million. The goal of the Combat Center is to give everyone the chance to donate.

"We had the same goal last year, but because of the government shutdown and lost workdays, we only got to \$4.75 million," Smith said. "The only goal we ask the commands to set is one-hundred percent contact to give everyone the opportunity to make a CFC pledge."

Donating to the CFC allows service members to give to organizations of their choice or discover new charities supported through the campaign.

"Donating is a good way to give back to America," said Staff Sgt. Z.B. Stokes, radio chief, 3rd Light Armored Reconnaissance Battalion. "I have seen people give thousands of dollars to these charities."

The CFC has been fundraising for charities of all types for 53 years. This year, the campaign has aimed to achieve one-hundred percent contact alongside their goal of \$50 million in donations.

For more information on the CFC or how to donate, please call, (858)-636-4117.

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Domestic Violence: Does Corporal Punishment fit the crime?

BY GREG DOWTY, TEAM LEAD, COMMUNITY COUNSELING CENTER

As this is being written, the National Football League is reeling with two likely landmark cases in the realm of domestic violence and child abuse. The first of which involves an all-pro running back who has been convicted of felony assault after violently punching his fiancé (now wife).

The second case also involves an all-pro running back who was recently indicted for felony child abuse after ‘whipping’ his four-year-old child with a switch in a manner that caused cuts, welts and bruising on his legs, buttocks and genitals. Both cases are being investigated by a third party as delegated by the NFL.

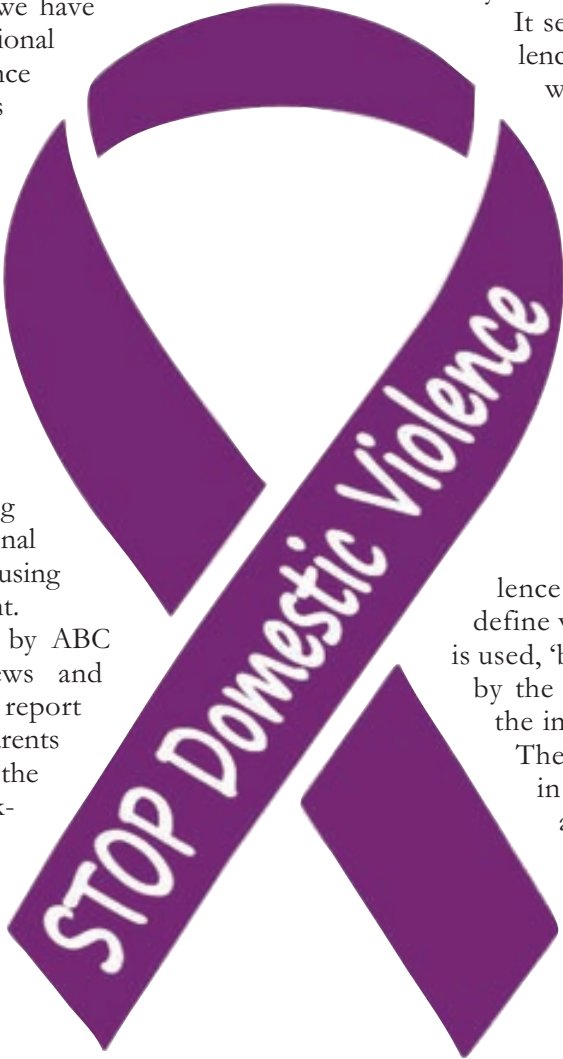
Both cases are also tragic examples of how societal dogmas impact violence.

The silver lining in this rather dark cloud is that we have entered into a national shift in how violence towards women is viewed. In regards to child abuse, we renewed a national debate as we discuss parental violence towards children.

It seems as though there is an argument to be made in addressing our apparent national tendency to parent using corporal punishment.

Polls completed by ABC News, Harris News and others generally report that 66-80% of parents approve of at least the concept of spanking children. Of course the ‘concept’ of spanking children is very generic and can include mild swats on clothed buttocks with an open palm or, to the other extreme, using implements and weapons such as belts, paddles or switches in a manner that causes bodily injury.

For the purpose of this article, Corporal Punishment is defined as physical acts that are typically criminal offenses in our society if occurring



Parenting resources aboard
MCAGCC Twentynine Palms:

Community Counseling Center	760-830-7277
Family Advocacy Program	760-830-6345
New Parent Support Program	760-830-7622
FOCUS	760-830-3817

outside of the process of parenting. These acts are likely to cause pain, humiliation and fear.

It seems ironic that our society loathes violence perpetrated against children except when it comes from a parent’s hand. In every other situation violence is considered an act of hate. Child abuse and domestic violence survives in a generational cycle of abuse where myths and one’s need to stick with what is known can trump overwhelming evidence, experts and science.

Below you will find some of the primary myths that support using corporal punishment in the process of parenting:

1. Myth: Corporal Punishment teaches right from wrong.

More correctly, through violence a child is taught that size and power define what is right or wrong. When violence is used, ‘bad behavior’ is often defined primarily by the avoidance of punishment rather than the importance of the rule that was broken. The overriding concept is that whoever is in control can determine right and wrong and act accordingly. Human history is a continuing example of people exerting control through violence simply because they can. And they all feel that they are ‘right’ in doing so. Using logical consequences on the other hand instructs the child why a behavior is wrong, how it affects others and requires that the behavior be corrected with restitution made to those impacted.

2. Myth: Corporal Punishment instills morality.

Morality is typically delayed or developmentally fixated when violence is used in parenting. Would you rather teens and adults make

a choice based on a learned fear of consequence or because they understand the value of a choice that benefits them and others? Also consider that ...”Child maltreatment roughly doubles the probability that an individual engages in many types of crime. This is true even if we compare twins, one of whom was maltreated when the other one was not.”

(a)

3. Corporal Punishment is effective. Corporal Punishment has been shown to only be effective in the immediate and research clearly shows that long term compliance is hampered. A 2013 study “confirmed that children who are spanked are more likely to exhibit depression, anxiety, drug use, and aggression as they get older. Children who have suffered more severe corporal punishment have been shown to have less gray (brain) matter in their frontal cortex, and to have amygdalas that are more hyper-vigilant.” In addition, “Large, peer-reviewed studies repeatedly show that the more children are hit, the more likely they are to hit others, including peers and siblings. As adults, they are more likely to hit their spouses. The more parents spank children for antisocial behavior, the more the antisocial behavior increases.”

(b)

Pain is a naturally occurring ‘consequence’ in our environment i.e. touching a hot object. When children experience pain as a natural consequence, parents rightfully provide emotional and even medical support as needed. Pain from the hand of a parent is a completely different concept that oftentimes negatively impacts the child and parent-child relationship. When compared to using logical consequences and compassionate parenting, the only advantage of Corporal Punishment is its simplicity and brevity. Our children and society benefit when parents take the time to learn how to create a violence-free home.

If you suspect that you or a loved one is a victim of Domestic Violence or Intimate Partner Violence, please don’t hesitate to contact a Victim Advocate using the 24/7 response line at 760-362.9837.

Links:

(a) <http://www.nber.org/digest/jan07/w12171.html>
 (b) <http://www.ahaparenting.com/parenting-tools/positive-discipline/should-i-spank-my-child>
 (c) abcnews.go.com/Health/story?id=118236
 (d) www.harrisinteractive.com/newsroom/harrispolls/.../default.aspx
 (e) <https://www.childwelfare.gov/pubs/usermanuals/domesticviolence/domesticviolenceb.cfm>
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TOUGH MINDED
OPTIMISM
by Lou Gerhardt

I was pleased but not surprised that Big O Tires was selected by the readers of the Hi Desert Publishing Company as the best tire shop in the entire Morongo Basin. And I thought the photograph of the entire staff was outstanding.

Owner Tom Hus and his entire team are as good as it gets. John, Paul, Sandy, Tom, Casey, Jose, Dave, Tommy and Tom make a great picture.

Tom is one of my favorite people. I liked him the minute I met him and my admiration and respect have grown as time goes by. He is truly a good man who loves his family, respects his staff and wants only quality work to leave his establishment.

Big O Tires has been serving the Morongo Basin’s automotive needs for 23 years. Owner Tom Huls, who bought the tire shop six years ago, points out that Big O does much more than tires. Big O also does brakes, maintenance, fluid exchange, belts, hoses and is a true one-stop for your automotive needs.

Philosophically, some words of John W. Gardner, former U.S. Secretary of Commerce come to mind:

“An excellent plumber is infinitely more admirable than an incompetent philosopher. The society that scorns excellence in plumbing because plumbing is a humble activity, and tolerates shoddiness in philosophy because philosophy is an exalted activity, will have neither good plumbing nor good philosophy. Neither its pipes nor its theories will hold water.”

This column sponsored by:

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Combat Center sailors celebrate Navy’s 239th Birthday

STORY AND PHOTOS BY PFC. JULIO MCGRAW

PALM SPRINGS, Calif. – Amidst the sea of dress uniforms, sailors of different ranks from Robert E. Bush Naval Hospital came together to celebrate the Navy’s 239th Birthday at the Hard Rock Hotel in Palm Springs, Oct. 10.

Command Master Chief Petty Officer Kathy Hansen was the guest speaker and gave sailors a motivational speech. Hansen has also served as the command chief petty officer aboard the USS Pearl Harbor and the USS Ronald Reagan.

“I think this ball is great. It’s nice that the small group of sailors we have come here to enjoy themselves,” said Cmdr. Wendy Pinkham, department head of physical therapy, Robert E. Bush Naval Hospital.

Throughout the night, sailors danced and socialized. A raffle was drawn with gift baskets containing objects ranging from household items to toys.

“It is a great [opportunity] to get dressed up and get everyone out of the clinic at least for a little bit,” Pinkham said.

For some sailors who attended, it was their first time observing naval traditions.

“It’s my first time here at the ball and it’s great,” said Seaman Tyler Walkem, dental assistant, Dental office. “I like seeing the different types of sailors, from the ones who have been in the Navy a long time to the sailors who just joined.”

Though the ball served as a hallmark to recognize another year of Naval Service to the country, sailors took the opportunity to appreciate their petty officers and seamen.

“It was nice seeing sailors of different rates coming together,” said Chief Petty Officer Kevin Keosibounheuang, Battalion Chief Petty Officer, 1st Battalion, 7th Marine Regiment. “It’s also a good way to reward sailors who work the clinics and the ones attached to units. Because of them I can sleep easy and this is a good way of saying ‘thank you.’”

Each sailor was proud of their naval traditions, especially during the cake-cutting ceremony when Pinkham, who was the oldest sailor, cut the first piece of cake, then passed it to Seaman Shardonnae Collier, the youngest sailor, symbolizing the passing of knowledge.

“Seeing the future of the Navy in the young sailors is a great way to show the new generation of sailors what the old naval traditions are all about,” Keosibounheuang said.

Many Americans have served honorably in the Navy. The birthday celebrations, along with other naval ceremonies have kept naval traditions alive for the past 239 years.



Sailors from Robert E. Bush Naval Hospital, observed the celebration of the Navy’s 239rd birthday at the Hard Rock Hotel, Palm Springs, Calif., Oct. 10. At the Ball, a raffle was drawn and dance floor was open where sailors of different ranks socialized in a relaxed environment.



Cmdr. Wendy Pinkham, Department Head of Physical Therapy, who was the oldest sailor present, cuts into the cake as Seaman Shardonnae Collier, youngest sailor present, and Navy Capt. Angela Nimmo, Executive Officer, Robert E. Bush Naval Hospital, look on, at the Robert E Bush Navy Hospital’s celebration of the Navy’s 239rd birthday at the Hard Rock Hotel in Palm Springs, Oct. 10. In keeping with naval traditions, the oldest sailor cut and passed the cake to the youngest sailor.



United States Navy retired Command Master Chief Petty Officer Kathy Hansen, honorary speaker, raises her glass for a toast during the Robert E Bush Navy Hospital’s celebration of the Robert E Bush Navy Hospital’s celebration of the Navy’s 239rd birthday at the Hard Rock Hotel, Palm Springs, Oct. 10. Hansen was the Command Master Chief Petty Officer on the USS Pearl Harbor and the USS Ronald Reagan during her time in service.

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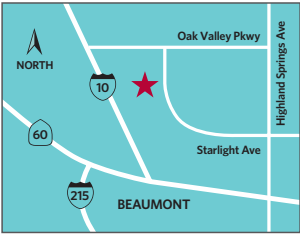
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Combat Center Marines participate in Pioneer Days



The Combat Center Color Guard leads the Pioneer Days Parade in Twentynine Palms, Calif. Saturday. Pioneer Days is a celebration that honors the history of Twentynine Palms.

STORY AND PHOTOS BY PFC. THOMAS MUDD

TWENTYNINE PALMS, Calif.—Combat Center Marines participated in the 77th Annual Pioneer Days Parade in Twentynine Palms, Saturday.

The Pioneer Days celebration began as the May Day event in 1937. It grew into a three-day event in 1950 and is now celebrated four days in October.

“In 1948, the Pioneer Days event was moved permanently to October with ‘Western Days’ adopted as a fixed theme,” according to Twentynine Palms Historical Society files.

The Chamber of Commerce took on the task of arranging the event in 1941. Today, Pioneer Days has many events planned by the chamber to make it a successful celebration.

“From Thursday till Sunday, everything that goes on; the carnival, the outhouse race, the parade, the pancake breakfast, the chili dinner, is put on by the chamber and partnered with companies in the community,” said Cynthia Truitt, executive director, Twentynine Palms Chamber of Commerce.

This celebration is a tradition to the heritage the city of Twentynine Palms stems from.

“We work with all the entities of the community to put on four days of fun to the pioneering spirit that made Twentynine Palms what it is today,” Truitt said.

Due to the Combat Centers proximity to Twentynine Palms, the city is supportive of military participating in the parade.

“Obviously with our community being so close to the base, this is a very patriotic community,” Truitt said. “We have a lot of people within the community and throughout the entire Morongo Basin who really love the Marines and sailors, and appreciate their service for our country.”

Among the Marines and sailors participating in the were, Combat Center Chief of Staff, Col. James Hanlon, drove though the parade in a purple Plymouth Roadrunner, and the Combat Center Sergeant Major, Sgt. Maj. Karl Villalino, rode in the parade in a red Mustang. Other Combat Center Marines and units contributed in the parade.

The Provost’s Marshal’s Office drove their Mobile Command Post. 3rd Light Armored Reconnaissance Battalion and Combat Logistics Battalion 7 drove two High Mobility Multipurpose Wheeled Vehicles and two Light Armor Vehicles. CLB-7 also drove two seven-ton Medium Tactical Vehicle Replacements, one Mine-resistant Ambush Protected All-Terrain Vehicle, and one Military All-terrain Crane. A marching detail from Marine

Corps Communication-Electronic School participated, and the Headquarters Battalion Color guard lead the parade.

A Military Grand Marshal is selected to represent the armed forces in each year. Retired Marine Corps Lt. Col Elaine Bowden, was chosen. Bowden has lived in Twentynine Palms for 41 years and was initially stationed at the Combat Center in 1973 as the last commanding officer of a woman Marine company.

“The Marine Corps sent me there in 1973 to take over the women Marine Company because back then we had women Marine companies separate from the male companies,” Bowden said. “This is the first year I was selected as Military Grand Marshal. I am honored and humbled to represent the military community in the parade.”

On Sunday the K-9 unit from the Provost Marshal’s Office demonstrated what Military Working Dogs, CChaz and Colli were capable of with an aggression and biting presentation. The Combat Center Explosive Ordinance Disposal team demonstrated their EOD robots and other equipment for the community.

Marines and sailors from the 3rd LAR volunteered to help the city run the event.

“We are here as part of a three-day community relations

event that 3rd LAR did,” said Petty Officer 2nd Class Josh Selvidge, chaplain’s assistant, 3rd LAR. “We helped set up the Pioneer Days event in Luckie Park, set up the fair, created roadblocks, and did any other work the city needed us to do.”

The Marines found volunteering to not only be good for the community, but also a good way to set themselves apart from their peers.

“It is good for these Marines to instead of just doing their duty at work, actually get out and do other things,” Selvidge said. “The military is getting competitive and it is nice to be able to get out and distinguish yourself from other people by helping out.”

Truitt has been coordinating this event for the last two years, but next year she has plans to make a more military-tied event.

“It is going to be Twentynine Palms Salutes Those Who Serve ... it is the 25th anniversary of the first Desert Storm deployment in the 90’s,” Truitt said. “We are planning on having the Moving Vietnam Wall, military fly-overs, paratroopers, and a huge military presence in Twentynine Palms.”



Colli, military working dog, K-9 unit, Provost Marshal’s Office, attacks Staff Sgt. Charlie Hardesty, kennel master, PMO, during a K-9 demonstration during the Pioneer Days Fair at Luckie Park, Twentynine Palms, Calif., Sunday. The K-9 unit demonstrated its capabilities for spectators at the fair.



Col. James Hanlon, chief of staff, Combat Center, drives his purple Plymouth Roadrunner with his twin daughters, Stephanie and Samantha, 9, during the Pioneer Days Parade in Twentynine Palms, Calif. Saturday.



A line of military vehicles from the Combat Center participate in the Pioneer Day Parade in Twentynine Palms, Calif., Saturday. The parade has been part of the Pioneer Days event since 1940.



Combat Center Events

The Community Center is scheduled to host a craft fair and bake sale. Registration is scheduled to conclude October 24 and the fair is scheduled to begin Oct. 25 at 9 a.m. For more information, call 760-830-3380.

The Desert Winds Golf Course is scheduled to host the Commanding General's Golf Tournament, Oct. 31. Tee-off time is scheduled for 9 a.m. For more information, call 760-830-6132.

The Mameluke's Pub is hosting the Battle of the Units Competition from October through December. With every drink purchased a chip is put into a jar with the respected unit of the buyer. For more information call 760-830-6922.

The Sandy Hill Lanes Bowling Center is hosting turkey bowling on Nov. 22. Registration concludes Nov. 21. For more information call 760-830-3910.

The East Gym is scheduled to host the Back to Fitness bash, Oct. 28. From 8 a.m. to 6 p.m., the event will feature 45 minute sample fitness classes. For more information call 760-830-6440.

Sunset Cinema

Friday, Oct. 24
5:00 p.m. – Dolphin Tale 2, PG
7:30 p.m. – The Identical, PG
10:00 p.m. – No Good Deed, PG-13
11:30 p.m. – Silent Hill Revelation, R

Saturday, Oct. 25
10:00 a.m. – Ghostbusters, PG
12:30 p.m. – Dolphin Tale 2, PG
3:00 p.m. – No Good Deed, PG-13
5:30 p.m. – A Walk Among the Tombstones, R
8:00 p.m. – This Is Where I Leave You, R
10:00 p.m. – Woman in Black, PG-13
11:40 p.m. – Deliver Us from Evil, R

Sunday, Oct. 26
12:00 p.m. – Ghostbusters 2, PG
2:30 p.m. – The Boxtrolls 3-D, PG
5:00 p.m. – The Maze Runner, PG-13
7:30 p.m. – The Equalizer, R

Monday, Oct. 27
5:00 p.m. – Frankenweenie, PG
6:30 p.m. – Oculus, R

Tuesday, Oct. 28
5:00 p.m. – Hotel Transylvania, PG
6:40 p.m. – Insidious Chapter 2, PG-13

Wednesday, Oct. 29
5:00 p.m. – ParaNorman, PG
6:40 p.m. – The Conjuring, R

Thursday, Oct. 30
4:00 p.m. – The Boxtrolls 3-D, PG
6:00 p.m. – Chef, R
8:00 p.m. – Evil Dead, R

Friday, Oct. 31
5:30 p.m. – The Maze Runner, PG-13
8:30 p.m. – Annabelle, R
10:10 p.m. – Devil's Due, R
11:40 p.m. – Sinister, R

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Bloody Balancing Act

Denzel Washington is avenging angel in re-do of '80s TV show

NEIL POND

“The Equalizer”
Starring Denzel Washington, Chloë Grace Moretz & Marton Csokas
Directed by Antoine Fuqua
Rated R

A quote from Mark Twain gives a stately, dignified opening to this avenging-angel saga before Denzel Washington gets down to business with some serious lethal skills.

“The two most important days in your life are the day were born and the day you find out why,” reads the words of the great American man of letters, setting the stage for the epiphany that will put Washington’s character, Robert McCall, on a path of bloody retribution after a young teenage prostitute he has kindly befriended (Chloë Grace Moretz) is beaten to a pulp by members of a vicious Russian mob.

Former music-video

director Antoine Fuqua, who also steered Training Day and Olympus Has Fallen, continues a “literary” thread throughout the film. Washington’s character is working his way through 100 books “every American should read,” like The Old Man and the Sea and Don Quixote. The chief Russian baddie is named Vladimir Puskin, a mashup of Vladimir Putin, the current Russian president, and Alexander Puskin, one of that country’s iconic authors and poets of yore.

But that’s just a bunch of blah-blah-blah when it comes down to what this movie’s really about, which is Denzel Washington snappin’ necks, slicin’ veins and takin’ names as he unravels a web of crime and corruption that spreads high, low, deep and wide. Some viewers may recall the TV show from the late ’80s, starring British actor Edward Woodward. The flick takes some liberties, but keeps the concept

basically the same: When big, bad guys start pushing little, good guys around, someone has to step in and stabilize—“equalize”—things.

And usually, those “things” get violent—and messy. Washington is a fine actor, as he’s demonstrated many times before, but The Equalizer doesn’t give his character any real depth or dimension as he stoically, sternly navigates the muddy, bloody moral ground of revenge and reprisal. And his “numbness” only adds to the movie’s feel of “dumbness,” of a story that’s punctuated with moments of gory, hyper-stylized action but hollowed out of anything smart, meaningful, purposeful or original.

For her star billing, Morenz has little actual screen time. Melissa Leto and Bill Pullman make late appearances as acquaintances of McCall’s that help explain how such an ordinary-looking guy honed such extraordinary fighting chops. Marton Csokas plays a particularly nasty Russian “fixer”—ladies, believe me, you never want him behind you, purring into your ear,

telling you how beautiful you are, slowly wrapping your head in his hands. And roly-poly Johnny Skourtis becomes an audience favorite as one of McCall’s coworkers (at a “big box” home-improvement store) who later comes through in a pinch.

That “pinch” is the movie’s big climatic showdown between McCall and the Russian mobsters, set in the store, which provides not only a dramatic setting—with long corridors, deep shadows and high ceilings—but also an arsenal of weaponry, including a cordless drill, barbed wire, a tree pruner and a nail gun, for McCall to even the score.

Some viewers may cheer the new Equalizer in all his “valiant” violence, at a time and on a planet spinning seemingly out of control with mayhem, madmen and monsters. But I’m willing to bet Mark Twain would probably be aghast at all the angry blood spilled and smeared over his homespun affirmation about coming into this world, and simply finding out what you’re supposed to do now that you’re here.

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