

June 17, 2016

www.29palms.marines.mil

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PHOTO BY LANCE CPL. ALYSA JESSE

Marines with Marine Corps Logistics and Operations Group salute during the playing of the national anthem as part of the unit's change of command ceremony at the Dunham Amphitheater June 13.

MCLOG welcomes new commander

STORY BY LANCE CPL. LEVI SCHULTZ

Col. Matthew Cook relinquished command of Marine Corps Logistics and Operations Group to Col. Jason Beaudoin during the unit's change of command ceremony at Dunham Amphitheater June 13.

Lt. Gen. Michael G.



101 Critical Days of Summer: Traffic Safety STORY AND PHOTO BY LANCE CPL. EMMANUEL NECOECHEA

Week Three of the 101 Critical Days of Summer

series of base safety briefs focuses on Traffic Safety. In the weekly newsletter, base safety officials reminded service members and their families about the importance of safe highway habits and defensive

driving mindset. Cell phone use, lane splitting and speeding are all issues that drivers must be aware of in order to foster safe highway habits. California State law prohibits using handheld devices while driving.

"Driving on highways is unpredictable and people never know when unexpected changes alter their driving routine," said Jonathan McKinney, ground safety manager with the base. "One of the most important habits to practice is to always be aware of your surroundings."



Week Three of the 101 Critical Days of Summer series of base safety briefs focuses on Traffic Safety. In the weekly newsletter, base safety officials reminded service members and their families about the importance of safe highway habits and defensive driving mindset.

According to the base safety newsletter, drivers should not only be aware of tangible things such as drinking and cell phone use, but of intangible factors such as fatigue, stress and emotions. If a driver is worried, upset, frightened, depressed or excited, this may negatively impact their driving skills.

"When we get behind the wheel of any type of motor vehicle, we must drive with the correct mindset," said McKinney. "There are so many variables that change alter the way we driver. There are courteous drivers, aggressive drivers, young drivers and elderly drivers. At any moment, what others may do or not do may affect whether our chances of making to our destination."

Dana, deputy commandant, Installations and Logistics, attended the ceremony as a guest of honor. During his visit to the Combat Center, Dana also toured Exercise Support Division, Combat Logistics Battalion 7 and Marine Wing Support Squadron 374.

Cook assumed command of MCLOG in June 2014, serving as the

The families of Col. Mathew Cook, off-going commanding officer, and Col. Jason Beaudoin, oncoming commanding officer, Marine Corps Logistics and Operations Group, receive flowers from the unit during its change of command ceremony at the Dunham Amphitheater June 13.

unit's second command-Star with gold star, Joint Meritorious er since its activation in 2012. His personal deco-Medal, Meritorious Service rations include the Bronze Medal with gold star,

Navy and Marine Corps Service Commendation Medal and Navy and Marine Corps See Guidon pg. A6

"If you allow someone else to change your mindset, you are no longer in control," added McKinney.

The Network for Public Health Law's latest statistics revealed that there were 10.8 million motor vehicle collisions and 33,800 deaths caused by motor vehicle collisions this year, making vehicle accidents the leading cause of injury death among children and the sixth leading preventable cause of death in the United States.

"Traffic accidents, no matter how minor have an impact on unit morale and decrease the commands

See Safety pg. A6

Friday night lights with MMA Fight Night

STORY BY LANCE CPL. DAVE FLORES

As the main event begins, Gabriel Pena and Rudy Revillas closed the distance between them; the crowd gets louder, cheering on their favorite fighter of the match. As eyes focused on the octagon on Del Valle Field, fighters focused on one goal - victory.

Marine Corps Community Services hosted a Mixed Martial Arts Fight Night Live at Del Valle Field June 10, 2016. The event included nine amateur bouts and a special guest appearance by Forrest Griffin, Ultimate Fighting Championship hall of famer. During the fights, ring

See MMA pg. A6



PHOTO BY LANCE CPL. DAVE FLORES

Chris Elisarraras, an amateur fighter from Templeton, Calif., celebrates his victory after unanimous decision in the third round during the Mixed Marital Arts Fight Night Live at Del Valle Field aboard the Combat Center, June 10.

Marine Corps' Top Shot

Every week, thousands of fans cast their votes for the best photograph posted on the Corps' Facebook page. This week's top shot comes from Cpl. Laura Mercado.



Candidates with Lima and India Company, Officer Candidate School are picked up by their sergeant instructors aboard Marine Corps Base Quantico, Va., May 26.

PHOTO BY LANCE CPL. ALYSA JESSE



Reprinted from the Observation Post June 17, 1988

3rd LAV Bn. Marines practice water ops at Yuma Proving Grounds

MARINE CORPS AIR STATION, Yuma, Ariz. – More than 600 Marines assigned to the 3rd Light Armored Vehicles (LAV) Battalion traveled to the Army's Yuma Proving Ground (YPG) for three weeks of water operations recently.

The Marines made the 220 mile trek in 100 LAV's – one of the Marine Corps' newest weapon systems. LAV's are designed to accomplish a variety of missions, such as reconnaissance of a proposed battle site, transporting troops and providing prep fires or fire support.

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"The LAV is the eyes and ears of the ground combat element in the Marine Corps," said Capt. Kevin Kelly, Company B commanding officer. "Our mission is to move out in front of our infantry units, find the enemy, strip his reconnaissance away from him and then in fire support on that enemy to kill him."

During 3rd LAV Bn.'s stay at YPG, a number of training missions were performed to teach Marines how to handle the LAV over rugged, cross-country terrain, paved and muddy roads and through inland waters.

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According to Kelly, the highlight of the training missions was performed in the course of a reconnaissance mission. The company, equipped with 23 LAVs came across a body of water that it treated as an obstacle. After performing a "recon" of the area, entry and exit signs were marked on the river's bank, and then the company moved across the water to continue on with its mission.

Kelly said that this is the first time the battalion has traveled to YPG for training, and he hopes it becomes an annual event.

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James Kindred Musso James Musso & Allison Musso Born 8 June, 2016

Elizabeth Wynn Smith Sgt. Edward Smith & Amber Smith Born 9 June, 2016

Caleb Makai Williams Lance Cpl. Kenzelle Decarlos Williams & Angela Jordan Born 9 June, 2016

Robert George Murray Capt. David Murray & Capt. Brianna Carter Born 11 June, 2016

Michael Moreira Cpl. Gabriel Moreira & Caroline Moreira Born 11 June, 2016

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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 officialwebsite at http://www.29palms.marines. mil

WHAT I'VE LEARNED

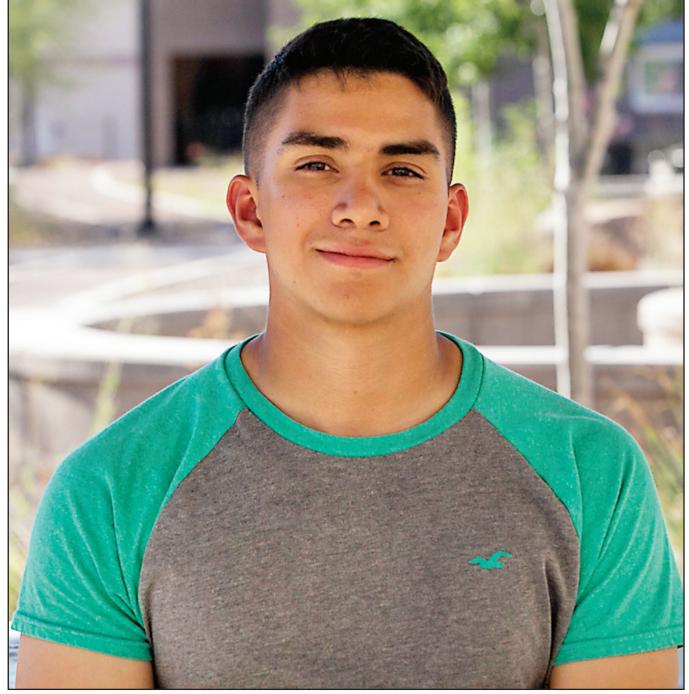
Oseas Cotulla, TX. Lance corporal, artillery technician, Exercise Support Division

Osio competed in marching band as a percussionist during high school and his band went on to win the nationals competition.

>I believe I had good work ethic even before I joined the Marine Corps. I put in a lot of effort to keep my grades up throughout high school. >Aside from studying, I loved being a part of the chess club. Chess, to me, is the best board game anyone could learn to play. You always have to think of all possible moves and be three moves ahead if you want to win. I think it transfers to life because you must think ahead and be proactive with your decisions.

>Playing baseball in high school was a fun way to test myself. While in the outfield, I play a waiting game until the ball is hit my way. Once I get the ball, it becomes a fight against the runners. Is the runner going to go for the next base? Is there another player I need to look out for? It also challenges me to think ahead.

my head is "bring it on." Once I hit the ball, I've next one starts. other activities, most of my time was spent practicing for marching band. I was part of the percussion section and could play all the instruments within it. Out of all the instruments. to play.



the thought going through starts syncing together and and be a Marine. creates great music, it feels >I work at the exer- >On top of learning amazing. won that battle and the >My favorite mem- repairing howitzers for have learned about teamory from playing in units training on the base. work and about how to >Even though I did marching band was I did not think I would handle any situation that when we went to nationals enjoy it as much as I do is given to you. I use these and won. I always remember hearing that in sports exactly what my job was you feel the best when you until I was given my orders >My goal in the Marine put all your heart into the at the end of Marine Corps is to go the game. That's how I felt Combat Training]. during that competition. the snare was my favorite >I joined the Marine [military **Corps because** I want- specialty] school, I bare- for as long as possible.

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INTERVIEW AND PHOTO BY CPL. THOMAS MUDD



The chronicle of an immigrant father

STORY BY SGT. CHARLES SANTAMARIA

Luis Santamaria's life began in Panama City in 1951. It had been only 50 years since Panama had separated from Columbia and the Unites States had purchased the rights to build the Panama Canal.

His father left him and his four siblings. His mother raised them on her own, working as a seamstress for the majority of days and often nights. His life was humble and he didn't grow up with much of anything, but as the oldest sibling he needed to help support the family. Without his mother knowing, he began shining shoes and selling newspapers at the age of 12 to help the household.

As the years went on, Luis began selling flowers, children's toys, or anything he could to support his siblings and their schooling. His role changed from a child in school to a man who needed to support a family in any way he could. He became the closest thing to a male support figure they had.

It was during this time he learned the value of family and worked for years to save enough money to buy land with his mother in Pedregal, Panama at the

and family a house.

It was at this age that Luis became a courier and debt collector for a local bank, which was his source of income at the time. His uncle, Franklin Morales, frequently sent cards and letters from the United States and told Luis about the opportunities that were available.

Luis worked several jobs trying to provide a stable life for his mother and siblings and eventually began working on the docks for merchant ships; he knew it was time for a change.

At the age of 20, it was with a heavy heart that he left his family and began his journey to America to seek a better future for himself and his loved ones. He rode a bus with a temporary merchant's passport and made it to Mexico, where met friends of family who knew his uncle and shuttled him to California.

Luis worked in the Strawberry fields of Southern California for three months in 1971 before finally making it to New York City, where he worked in several factories for nearly a decade before becoming a U.S. citizen.

In 1985 he met Miriam Aquino a woman who would change his life forever. Miriam and Luis later came to have three children, myself and my two sisters; to this day, he considers his children to be his greatest of achievements. Luis became a superintendent and overseer of a 200-family apartment complex

age of 17. Luis and his uncle slowly built his mother in the Bronx, one of the most crime-ridden burroughs of the city, in one of the most tumultuous and violent times of its history.

> He saw violence, struggle and hardship for many years as he worked to establish a living in a new country, but now his motivation was to persevere for his children. Despite the oppressive darkness and violence around him, he saw light in his family and the future he could provide for us. Later in life I learned that the obstacles my father overcame were so that we could lead a life that was better than what he had.

> The obstacles my father overcame in his life shaped the man, and ultimately the father, he would become. My father spoke with his father during a surprise visit to Panama in 1986. Although there was some resentment and regret, after the 30 years of hardship that followed the day in 1956 that he was abandoned, Luis embraced his father with joy. It was a love between father and son that overcame any negative thoughts or emotions. It became a strong relationship that would last decades leading up to my grandfather's death in 2011.

> He never stopped being there for me and strongly supported me as a father because it was something he never had as a child. I will never stop having pride and thankfulness toward my father, whose sacrifices made it possible for me to have the opportunity to succeed and to become the man I am today.

Duties as a dad don't come easy

STORY BY LANCE CPL. DAVE FLORES

George Eliot once wrote, "It's a father's duty to give his sons a fine chance," in his book, "Middlemarch, A Study of Provincial Life."

I believe my father fulfilled his duty to give me a chance. My parents were in their late teenage years when they had me, so in a way we all grew up together. When I needed to learn how to shave, my father had just perfected the art of shaving. Growing up with him meant late nights playing video games, cartoons on Saturday mornings and a lot of midnight theater releases of "Star Wars" and comic book movies.

As I grew up, I realized the good times came with sacrifices. When I wanted new toys, he would work as much as he could and save where he was able to. Midnight release showings meant that he would go to work the next day with little sleep, and when he finally had a chance to sleep in on Saturdays, he would wake up to watch cartoons with me instead.

Those were the easy sacrifices; the harder ones came with watching me grow up, sending me off to college and eventually encouraging me to join the Marine Corps.

Father's Day is not about getting him new power tools, plaid dad shirts or even making dinner for the night. It is about thanking our fathers for the things they gave up, the nights of no sleep, the Corvette he would have been able to afford had he not had kids, and always working to give his child the best chance he could.



TOMODOOM







win a **PRIZE!**

The "fake ad" will run weekly in the Hi Desert Star, Desert Trail & Observation Post newspapers. All entries for that week must be received by 5 p.m the following Monday. Winners will be notified each Tuesday.

To enter our contest:

Bring the "Fake Ad" into our office, give us a call or mail us your entry.

For more info, call our office at 760-365-3315 or 760-367-3577. Limit 1 winner per household per month. Winners must be 18 years or older.

Congratulations to last weeks winner:

Sarita Feugate

CONTEST SPONSORED BY:



Mi padre

STORY BY CPL. JULIO MCGRAW

Pops, dad, padre, dude or old man. No matter what I've called my father he has always responded with a smile and a hug. My biological father passed away when I was young, but a new one stepped into his shoes five years later. It was a monumental task having to fit the shoes of a colossal man who stood 6 feet 5 inches, weighing well-over 300 pounds; arguably the largest Guatemalan you will ever see, but Ralph McGraw did just that.

With open arms and a kind heart, he and my aunt adopted my brother and me and gave us a second chance at life. He spearheaded the process that brought us to the United States from our native Guatemala and raised us like we were his own kids. He never yelled at us unless we really messed up, always treated us with respect, and talked to us kindly, similar to a gentle giant.

Socially awkward with a calm demeanor and a true nerd at heart, he always has an answer for everything. He's a man that bridges the gap between being a true perfectionist and professional at work to rocking out to AC/DC, Iron Maiden and Metallica at home.

My definition of Father's Day is to honor the men who made us who we are today. I proudly call him dad, tell him I love him and wear his last name sewn across my chest as a small token signifying my respect and gratitude toward the infinite debt I owe him. Without the man who took me in as his own, saved my life and taught me to be the best in everything I do all while maintaining my humility; I would not be the man, Marine and all-around person I am today. Love you, Pops.



A lesson learned from a single father

STORY BY CPL. THOMAS MUDD

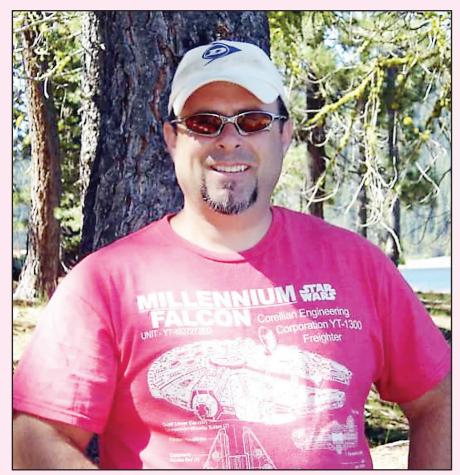
For most of my childhood, my father raised my younger brother and me as a single parent. He has done many things throughout the years to make sure his children grow up right. Looking back this Father's Day, I've come to realize how much I respect him for all he has done.

While my brother and I were growing up, my dad handled everything. He took care of us, worked to provide for us, played with us and taught us many things to prepare for adulthood. He managed it all without me even realizing how much effort it took.

My father has taught me a great deal from his actions. One of these lessons was the importance of hard work. On several occasions he said to me "putting in hard work will always pay off in the end." This was a difficult lesson to learn and it didn't really sink until I had grown.

It first started to make sense after I spent an entire day helping my family remove and cleanup blackberry bushes that were growing at my grandparent's house. I was so tired, sore and dirty but I felt good about the progress I had made and the help I had given. It gave me a sense of satisfaction that was unique.

He taught so many things growing up and not all of them were lessons easily learned, but I am thankful for everything. To me, a dad is a mentor who is there to pick you up when you fall, congratulate you when you succeed, and love you no matter what hardships roll through life. He did everything to keep me safe and happy growing up and I feel that saying "thank you" is never enough.





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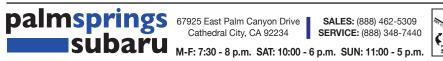
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Guidon from pg. A1

Achievement Medal with gold star.

The oncoming commander, Beaudoin will continue from where Cook left-off with MCLOG as the unit continues its mission to provided standardized, advanced individual training in Marine Air Ground Task Force logistics operations and unit readiness planning at the Battalion and Regimental levels, conduct Battle Staff Training, and facilitate logistics education by managing doctrine and training standards to enhance combat preparation and performance of Logistics Combat Element Units in MAGTF Operations.



PHOTO BY LANCE CPL. ALYSA JESSE

Col. Mathew Cook, off-going commanding officer, and Col. Jason Beaudoin, oncoming commanding officer, Marine Corps Logistics and Operations



PHOTO BY LANCE CPL. DAVE FLORES

David Lopez, an amateur fighter from Fallbrook, Calif., takes down his opponent during the Mixed Marital Arts Fight Night Live at Del Valle Field aboard the Combat Center, June 10.

MMA from pg. A1

to the crowd and MCCS chose Marines via raffles to receive signed fighting gloves.

This was the third time MCCS has hosted fight night aboard the Combat Center.

"Our Marines and sailors are always hard at work and it is nice to give them a break to let them unwind and watch a good show," said Brent Norquist, deputy assistant chief of staff, MCCS. "We know that Marines are always training for our nation's next battles; to be able to put this event on for them is what is important."

According to Norquist, the number of Marines, sailors, civilians and family members who attended this year's event was much larger than last year, which added to the atmosphere of the fights. The fighters enjoyed the large crowd and the intense energy that lasted throughout the night.

"I'm glad to be able

fetv from pg

girls threw T-shirts out to give back to our service members, especially doing something I enjoy doing," said Chris Elisarraras, an amateur fighter from Templeton, Calif. "This is my first fight after taking a break for a year and I am excited to get back in the ring and put on a show for these brave men and women."

> As the night came to an end, attendees emptied the stands, taking photos with their favorite fighters and talking about Combat Center, June 10. their favorite fights of the night. Some of the Marines on the way out thanked MCCS for putting on the show and filling their Friday night with excitement.

"It's nice to have these events on base," Pfc. Peter Piazza, student, Marine Corps Communication-Electronics School. "Having an organization like MCCS, the fighters and everyone else here who supports us, it means a lot."

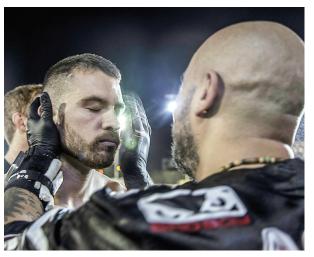


PHOTO BY LANCE CPL. DEVIN ANDREWS

Steve Mulligan, an amateur fighter from Murietta, Calif., is checked by the ringside doctor after his victory in the octagon during the Mixed Marital Arts Fight Night Live at Del Valle Field aboard the



PHOTO BY LANCE CPL. DAVE FLORES

Leondre Walker, an amateur fighter from Los Angeles, Calif., gets patched up between rounds at the Mixed Marital Arts Fight Night Live at Del Valle Field aboard the Combat Center, June 10.

Group, exchange the unit's guidon during its change of command ceremony at the Dunham Amphitheater June 13.

TOUGH MINDED **OPTIMISM** by Lou Gerhardt



As we approach Father's Day I share three relevant items with you.

Charles Francis Adams, the nineteenth century political figure and diplomat, kept a diary. One day he entered: Went fishing with my son today-a day wasted." His son, Brook Adams, also kept a diary, which is still in existence. On that same day Brook Adams made this entry: "Went fishing with my father-the most wonderful day of my life!

When it's time for eagle chicks, or eaglets, to learn to fly and leave the nest, the mother eagle simply throws them out of the nest. The eaglet flaps its wings furiously-too furiously-and starts to fall. Then the father eagle flies beneath the falling eaglet and guides it to a nearby tree so it can try again. Eventually it relaxes, learns to use its wings and the wind, and flies.

Lastly, I share with you an experience I had with my father when I was 12 years old. My father and I were walking down a street in Aberdeen, Washington when my father suddenly stopped and pointed across the street and said "Louis, that man over there thinks he is a better man than I am and maybe he was until he thought so."

I often think of that incident. It reflects the writing of William Saroyan: "Be the inferior of no man and of no man be the superior. Remember that every man is a variation of yourself."

As you read my words I am sure you are thinking of your own father. I pray your thoughts are sweet.



Dr. Lou can be reached at 760-367-4627 800-995-1620 res19mxc@verizon.net

ability to accomplish the mission," said McKinney. "Personnel injuries may equate to time loss from work, medical care and treatment, and financial expenses. Personnel fatalities impact families and loved one, the teammates who are depending on their fellow Marine or Sailor, the command mission is degraded mer season, participating in leisure due to the loss of a skilled combat resource."

The 101 Critical Days of Summer briefs encourages service members to keep their family's or their own personal safety and security in mind as they spend time during the sumtravel and activities such as travelling, swimming, boating, sports and other events.

For more information visit the link to Base Safety at: http://www.pendleton.marines.mil/StaffAgencies/ SafetyCenter.aspx



Gain Control: Stop abuse of substances, support Marines

STORY AND PHOTO BY LANCE CPL. BRENDAN KING

Do the names "Spice" (synthetic cannabinoids), "Diviners Sage" (Salvia Divinorum and Salvinorin A), "Powder Mushrooms," "5-MEO-DMT" (5-Methoxy-Dimethyltryptamine), or "Blue Lotus" sound familiar? Those are just some of the street names out there for drugs that are abused and used with the intent to "get high." Just like the civilian population, the Marine Corps also has a problem combating substance abuse.

Marine Administrative Message 579/10 states that "there has been a surge in Marines and sailors using both legal and illegal substances, which affects efficiency, discipline and good order of Marine units."

The recently updated message provides information on the dangers of abusing legal and illegal substances, compounds, controlled substances and mixtures used to get intoxicated. Outlined within the message are the legal consequences of such action and provides leaders with guidance to combat substance abuse.

"Zero-tolerance."

Marines hear it at every liberty brief and annual training session. The Department of Defense has a very strict, zero-tolerance policy regarding substance abuse. According to the Navy and Marine Corps Public Health Center (NMCPHC), the policy means that "any sailor or Marine determined to be using, possessing, trafficking, manufacturing or distributing drugs or drug paraphernalia is required to be disciplined and/or administratively separated from the military."

There are also policies in place for mentorship and leadership of all ranks to utilize in order to combat the abuse of substances. The Marine Corps has developed and provided these guidelines in Marine Corps Order 5300.17 to limit abuse, misuse, and determine how and when to provide treatment for Marines who have been afflicted by dependence.

The order states: "Alcohol abuse and the distribution, possession, use or trafficking of illegal drugs or drug paraphernalia on a military installation, vessel, vehicle, or aircraft used by or under the control of the armed forces by any person subject to the Uniform Code of Military Justice is prohibited."

A controlled substance is defined in regulated by a government, such as illicitly used drugs or prescription medications



Marine Administrative Message 579/10 states that "there has been a surge in Marines and sailors using both legal and illegal substances, which affects efficiency, discipline and good order of Marine units." The recently updated message provides information on the dangers of abusing legal and illegal substances, compounds, controlled substances and mixtures used to get intoxicated. Outlined within the message are the legal consequences of such action and provides leaders with guidance to combat substance abuse.

that are designated a 'Controlled Drug." Controlled substances, such as pharmaceuticals or any intoxicating substance, can be extremely dangerous if not used as directed.

Because pharmaceuticals are a controlled substance, a pharmacist may write a valid prescription, but the patient is responsible for understanding its intended purpose, side effects, and when to dispose of expired medication. A medical prescription for a controlled substance must be dated and signed on the date when issued by a provider. The prescription must include the patient's full name and address, and the practitioner's full name, address, and the Drug Enforcement Administration registration number.

According to the NMCPHC, if misthe dictionary as a "drug or chemical use or abuse occurs, a Medical Officer whose manufacture, possession, or use is (MO) who is a physician qualified to interpret drug test results, will review all prescription drug positives to determine

if the prescription drug test results may be related to medical care. The physician reviews and makes a "no wrongful use" or "wrongful use" determination for the prescription drug positives that are not cleared as a legitimate prescription by the drug laboratory.

Any time a sailor or Marine has a positive urinalysis, for a controlled substance for which they do not have a current prescription in their medical record, and no other valid reason can explain the positive urinalysis, they are subject to a violation of the UCMJ.

A "wrongful use" determination may lead to disciplinary action because it is contrary to the effective performance of the Marine Corps mission.

Whether it is for lack of discipline, addiction, mental illness, physical pain, anxiety, the stresses of military culture or depression; the use of drugs is an ongoing conflict within the DOD and its individual branches.

To fight this battle, there have been programs put in place to help Marines and sailors gain knowledge, educate others, limit abuse and misuse and if the need arises, to find treatment for individuals battling substance abuse.

Every military installation has its own Substance Abuse Counselling Center (SACC), whose job is to provide timely and effective substance use prevention, education, and counseling services to active duty service members and their families.

Base-wide programs are in place for all Marines, sailors, whether or not a substance abuse problem is identified and recommended by commands. In many cases, it is up to the service member to take action and attend a substance abuse class to get back to a healthy lifestyle.

For more information on substance abuse prevention, visit building 1437 aboard the Combat Center or call 760-830-6376.













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Left to right from top left:

Photo by Lance Cpl. Preston McDonald

Marines with 3rd Battalion, 6th Marine Regiment buddy carry their notionally wounded off of the battlefield during an objective raid at Camp Lejeune, N.C., June 9.

Photo by Sgt. Michael Thorn

A crew chief with Marine Medium Tiltrotor Squadron 165 looks outside an MV-22B Osprey during a training flight from Marine Corps Air Station Miramar to Marine Corps Base Camp Pendleton, Calif., June 8.

Photo by Lance Cpl. Anthony Brosilow

Sqt. Anton Arajaf, a gunner assigned to 2nd Low Altitude Air Defense Battalion, attaches a filter to an M50 joint-service general purpose gas mask before a livefire exercise at Marine Corps Base Camp Lejeune, N.C., June 8.

Photo by Lance Cpl. Jesus McCloud

Lance Cpl. Gregory G. Silva with Task Force Koa Moana and the Timor-Leste Defense Force Fuzileiro conduct forward bounding drills during Exercise Crocodilo 16-1, Metinaro, Timor-Leste, June 7.





STORY BY CPL. THOMAS MUDD

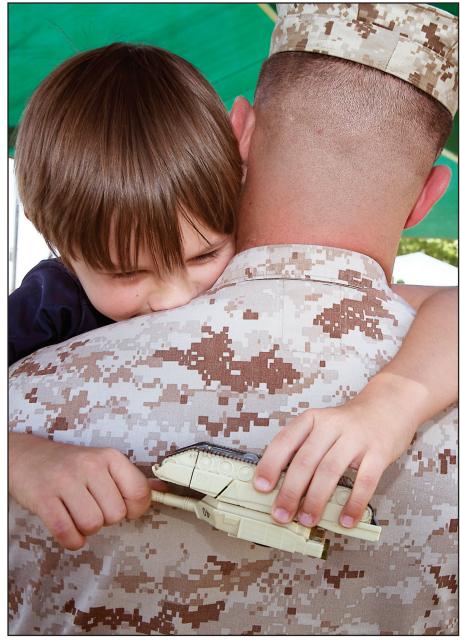
When Gunnery Sgt. Ira Heide first enlisted in the Marine Corps he never imagined he would become a father. As he quickly rose through the ranks, his focus was on being an exemplary Marine and having children wasn't ever in the cards. Everything changed at 4:01 a.m. the day before Halloween, when his son, Jessen, was born and he held him for the first time. Military careers change, as do family dynamics, but in the years to come, Heide would learn to master the craft of balancing the responsibilities of a Marine Corps gunnery sergeant and those of a single father.

"I didn't know what to expect, to be honest," explained Heide. "I always told myself

Heide's grasp of how other people think and his exposure to a myriad of psychologically, culturally and socially diverse Marines has given him the patience to be an empathetic parent.

"It allows me to be more understanding. We work with so many different people with mentalities, different backgrounds, not everyone is going to have the same thought process I do," Heide said. "I also have to remember that my son is a little boy. There are a lot of things he doesn't know. He's going to have his moments and it took a lot for me to realize that he doesn't think a certain way and the Marine Corps has definitely helped me work on that."

Even before the Marine Corps, Heide was



that I never wanted kids. I didn't think that I was going to be prepared for it. The first time I held him everything sank in. It clicked. I'll never forget that feeling for the rest of my life."

Marines adapt to and overcome any challenge thrown their way. From the moment they step on the yellow footprints, Marines

are taught an unwavering commitment to honor and doing what's right.

Heide was born in a small town in Utah and joined the Marine Corps believing it was the best fit for him. Feeling drawn to the brotherhood by which

Marines are bound, he made a career out of his profession. He then took the experiences he learned from his time in Corps and applied them to all facets of his life.

Heide's primary military occupational specialty is fire-direction controller but throughout his career he has fulfilled many other billets and responsibilities such as working in civil affairs, as a combat instructor and staff academy instructor.

"What I consider to be achievements are some of the lessons I've learned," Heide said. "I have a better sense of self-worth, more confidence in my ability to do day-to-day tasks whether it's work-wise or personal."

After 16 years of service and seven years of fatherhood, Heide has strived to find the best way to manage his duties as a Marine and his obligations as a parent.

"It's kind of hard, you know, being a single father," Heide said. "You have to have a healthy balance. I go to work and then I leave it there. When I go home, that time is for him. I don't bring [work] with me. That is the biggest key to balancing the two and I think the biggest problem with some people, they can't do family things, it's just work, work, work."

Heide has worked hard throughout his Marine Corps career to keep the ideals of a good Marine and leader close to heart. The lessons he learned throughout his time in the Corps helped him overcome many of the challenges he now faces as a father.

"It's helped me on a morality stand point," Heide remarked. "What's right and what's wrong and what I expect out of my son. It has also helped me to be more compassionate. That is a big one I feel that our society today can be uncompassionate. The Marine Corps has definitely pulled me in that direction."

taught the importance of determination and a hard work. The experiences he had growing up and the lessons imparted upon him as a child helped him develop his outlook on being a thoughtful and effective father.

"To be honest, I never knew my natural father. I had my step-dad but my parents worked a lot," Heide said. "When it comes down to it, I think the

biggest father figure I had in my life was my "It's kind of hard, you know, grandfather. He was a being a single father, you have to World War II vet and a good man. He imparted ~ Gunnery Sgt. Ira Heide a lot of good things on me like manners and an innate drive to be some-

thing and do something."

have a healthy balance."

Heide has worked hard to pass these values and ideals on to his son the same way his grandfather passed them on to him. Heide believes it is his responsibility as Jessen's father, to raise him to one day be a good man.

"In my opinion, a dad needs to raise a boy," Heide said. "I could never understand how, as a man, you can walk away from your own blood. I couldn't imagine not being an active part of who will one day become."

Heide makes a point to take Jessen to parks and spends time playing games and building epic projects out of Legos. At times, they spend hours together in the garage working on a shared passion, repairing and working on cars. All of this is part of a conscious effort to give his son the things Heide did not have growing up.

"I try to expose him to things that I never really got to do," Heide said. "I try not to spoil him but I still want to give him the things that I never had growing up. I definitely want to impart on him that being a hard worker is a good thing."

When Heide talks about his son, beaming with pride he describes a child that is bright, kind and thoughtful. He explains that even at the age of seven, Jessen excels in his mechanical skills and likes figuring out how to take things apart and building then anew. To Heide, his son's potential opportunities are vast and he is determined to show him that he can aspire to anything.

"I want him to grow up and do what makes him happy," Heide explained. "I don't expect him to join the military or anything like that. If he keeps things up, I can see him going to college and doing something pretty spectacular with his life."

Heide believes it is his responsibility as Jessen's father, to raise him to one day be a good man.



Heide would like to see Jessen going to college and doing something spectacular when he becomes an adult.



Combat Center Events

Sandy Hill Lanes Bowling Center is holding their 60 Days of Summer event allowing children ages 5-18 to bowl free from June 12 through August 13. Adults can join by purchasing a family pass. For more information call 760-830-6422.

Head over to the Joshua Tree Community Center for the Joshua Tree Community Days Summer Splash June 18 at 9 a.m. The event will feature live music, barbeque, static displays and a K-9 demonstration.

Hashmarks Staff Noncommissioned Officer Club hosts Steak Night every Monday from 4:30 p.m. to 8 p.m. and Friday. The event is open to all hands Monday and SNCOs on Fridays. For more information, contact 760-830-5035.

Don't miss the screening of Range 15, an independent film by two Iraq and Afghanistan veterans, at 6:00 p-m this Saturday. Attendees must be 17 years of age or older.

Sunset Cinema

Friday, June 17 5:00 p.m. - Ratchet and Clank, PG 7:30 p.m. - Captain America: Civil War, PG-13 11:00 p.m. - Money Monster, R

Saturday, June 18

12:30 p.m. - The Angry Birds Movie (3-D), PG 3:00 p.m. - Captain America: Civil War (3-D), PG-13 6:00 p.m. - SPECIAL EVENT 8:30 p.m. - Money Monster, R 11:00 p.m. - The Nice Guys, R

Sunday, June 19

12:00 p.m. - The Angry Birds Movie (3-D), PG 3:00 p.m. – Captain America: Civil War (3-D), PG -13 6:30 p.m. - The Nice Guys, R

Monday, June 20 5:00 p.m. - Neighbors 2: Sorority Rising, R 7:00 p.m. - Money Monster, R

Tuesday, June 21 5:00 p.m. – The Angry Birds Movie (3-D), PG 7:00 p.m. – The Nice Guys, R

Wednesday, June 22 5:00 p.m. - Ratchet and Clank, PG 7:00 p.m. - The Nice Guys, R

Thursday, June 23 5:00 p.m. - Mother's Day, PG-13



Go Ask Alice

Magic mirror returns plucky lass to Wonderland-or Underland

NEIL POND

'Alice Through the Looking Glass' StarringMia Wasikowska,

since Alice's Adventures in ship, The Wonder, excit- onds"-a time pun, get it? Wonderland was original- edly exploring the globe, ly published in 1865. In narrowly escaping from Depp is all tics, weird hair pirates and clearly making her own way in a "man's world" that wants to put her-and keep her-in her place. When the Mad Hatter (Johnny Depp) gets in a bit of a bind, his friends in Wonderland-now called "Underland"-know just what to do: Go ask Alice! That sets the stage for Alice's return-this time through a magic mirrorto the enchanted realm, where she again meets up with the Red Queen (Helena Bonham Carter), the White Oueen (Anne Hathaway), Tweedles Dee and Dum (Matt Lucas), the Cheshire Cat, the March Hare, the Dormouse and the Bloodhound. In order to help the Hatter, Alice must make a dangerous, daring trip back in time. That's always tricky in any movie, and here it involves stealing a device called the Chronosphere from Time himself (Sacha Baron Cohen). The film's weirdly wacky new character is a clockwork despot who speaks like German actor Christoph Waltz and is served by a staff of comical, robotic minions

stage adaptations-dozens her late father's sailing he refers to as his "sec-

Once again, Johnny and crazy quirks-three shades of eye shadow, eyebrows that look like florescent orange caterpillars attacking his forehead, ghoulish white makeup and vellow teeth. When the Hatter speaks, he sounds like he's got marbles in his mouth and a lisp. It's just too much. So it's practically an invitation for Sacha Baron Cohen to glide right in and steal the show with a perfectly calibrated performance of comedic timing, camp and cleverness, which he does. British director James Bobbin (who also steered two Disney Muppets movies plus the brilliant Flight of the Conchords and Cohen's satirical Da Ali G Show) replaces Tim Burton, who directed the 2010 Alice in Wonderland. Burton's influence remains as one of the producers, however, and the whimsy and imagination of his original are still very much evident. So: How long before we get our next trip to Wonderland/Underland? Go ask Alice!

7:30 p.m. – Keanu, R

Friday, June 24 NO MOVIES

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Sacha Baron Cohen & Johnny Depp Directed by James Bobbin Rated ??

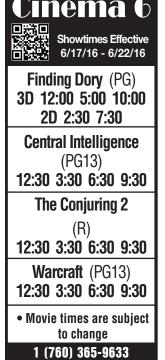
British author Lewis Carroll's tales of a Victorian lass and her escapades in an enchanted place of talking animals, odd humans and other curious creatures have been made into numerous movies, TV shows and

the early 1970s, the rock band Jefferson Starship made Alice the hook of its hippy-dippy song "White Rabbit," which used her journey down a rabbit hole as a metaphor for another kind of "trip." The ABC-TV modern-day fairytale anthology Once Upon a Time spun off a standalone series, Once Upon a Time in Wonderland, based on Carroll's novels, in 2013.

Clearly, something about the plucky, curious young Alice never falls out of fashion.

"Go ask Alice," sang Jefferson Starship's Grace Slick.

Go ask Alice, indeed, for she is a most resourceful gal in this Disney follow-up to the House of Mouse's Alice in Wonderland, which reunites most of the cast of the 2010 film. When we meet her in the opening scene, Alice Kingsleigh (Mia Wasikowska) is the cool-headed captain of





OBSERVATION POST

JUNE 17, 2016 B3



B4 JUNE 17, 2016

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B6 JUNE 17, 2016

As summer reaches its peak, the Combat Center offers residents multiple options to keep cool and stay active in the rising temperatures. Whether it's children enjoying their summer vacation or Marines looking for a way to cool off while on liberty, escape from the heat can be found at the various swimming facilities on base.

Combat Center Pools:

Training Tank: Monday - Friday: 8 a.m. - 5:30 p.m.

Saturday: 11 a.m. – 3 p.m.

Sunday: CLOSED

Unit Training (by reservation): 8 a.m. - 10:30 a.m. and 1:30 p.m. - 3:30 p.m.

Lap Swim (all hands): 11 a.m. - 1 p.m.

Open Swim: 4 p.m. - 5:30 p.m.

Hill Top Pool: CLOSED

Family Pool: CLOSED*

*Unfortunately, the family pool located in building 697 was taken out of service in 2015 due to safety reasons. The pool lining began to fail causing the pool water to become murky and unsuitable for use. The extent of the repairs requires additional time to get the project approved and funded. A repair project of approximately half a million dollars is currently underway with the actual construction scheduled to begin in fall of 2016. The project will replace the pool lining with a more durable product and the pool is scheduled to be back in service by spring 2017.

Lincoln Military Housing Pools:

Ocotillo Community Center Pool:	10 a.m8 p.m.
Desert View Clubhouse Pool:	10 a.m8 p.m.
Adobe Flats Clubhouse Pool:	10 a.m8 p.m.
Joe Davis Housing Area pool in the City of 29 Palms:	11 a.m8 p.m.
Vista Del Sol Community Center pool in the City of 29 Palms:	11 a.m8 p.m.

Off-base local pools:

Luckie Park Pool:	1 p.m3 p.m.
Yucca Valley High School Pool: Monday and Wednesda	y 1p.m5 p.m.
Wet'n'Wild (water park):	10 a.mClosing times vary

Palm Springs Swim Center:

11 a.m.-5 p.m.





