

Desert **WARRIOR**



FUN IN THE SUN

LOCAL SCHOOL ENJOYS MARINES SUPPORT

May 31, 2012

Number 17



YUMA COMMEMORATES MEMORIAL DAY

A COMMUNITY'S DEDICATION TO THOSE WHO GAVE ALL

VMA-214 GETS REAL WITH SCHOOL

BLACKSHEEP HERD CHILDREN IN RIGHT DIRECTION

MAKE A DIFFERENCE

TAKE A STAND AGAINST SEXUAL ASSAULT



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PHOTO OF THE WEEK



“One of us is wrong...”

Send your caption ideas to www.editorial@gmail.com. The top three captions will be featured in next week's Desert Warrior.

Desert WARRIOR

MCAS Yuma's Official Newspaper

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LAST WEEK'S TOP CAPTIONS



Stormy Abram:
“Holy Bat Senses... WHERE DID THE LIGHTS GO!?”

Ashlie Ottosen:
“Welcome to the smack-down, lol!”

Mark Gates:
“AFLAC!!!”

HOT VIDEOS OF THE WEEK



<http://www.youtube.com/user/marines>

100 years of Marine Corps aviation celebrated.



<http://www.marines.mil/news/pages/marinestv.aspx>

Marines host a shura in Afghanistan to get feedback from local citizens.



Front Page Photo Credit

Cpl. Shelby Shields

Marine Attack Squadron 311
31st MEU



Marine Attack Squadron 211
Afghanistan

Marine Attack Squadron 214
11th MEU



News to Use

OASIS POOL PRICING/HOURS

Daily Lap Swim	FREE
Children under 3	FREE
Youth (17 & Under)	\$1.50
Adult (18 & older)	\$2.00
Monthly Passes 17 and under	\$20.00
Individual Adult 18 and up	\$40.00
Family (Up to 5 members)	\$45.00
Season Passes 17 and under	\$30.00
Individual Adult 18 and up	\$50.00
Family	\$70.00
Youth coupon booklet (10)	\$10.00
Adult coupon booklet (10)	\$15.00
Lap Swim	
Monday - Friday	
6:00am - 7:00am	
11:00am - 1:00pm	
Open Swim	
Monday - Friday	
1:00pm - 6:00pm	
Weekends & Holidays (Open Swim Only)	
10:00am - 6:00pm	

MESS HALL HOURS

Monday-Friday:
Breakfast: 5:30-7:30 a.m.
Lunch: 11a.m. to 1 p.m.
Dinner: 4-6 p.m.
Midrats: 11 p.m. to 12:45 a.m.
SubMarine Bar: 7-9 p.m.

Weekend Schedule:
Brunch 9:00 a.m. to 12:00 p.m. Dinner: 3-5 p.m.

For full menu online, www.yuma.usmc.mil.

NEW OFF LIMIT LOCATIONS

Per Station Bulletin 1620, dated May 30, the following locations are now off limits for all military personnel at all times: 8th Street Smoke Shop; Dely's Smoke Shop and CMS Smoke Shop. The area known as, "Shit Creek," continues to be off-limits to all military from sunset to sunrise.

POST AND RELIEF

Marine Aircraft Group 13 will hold a post and relief ceremony for its incoming and outgoing sergeants major on the parade field, June 5 at 6:00 p.m., when Sgt. Maj. Irene O'Neal will relinquish command to Sgt. Maj. Lawrence Archambault as the sergeant major of MAG-13.

FIREHOSE 5K FUN RUN

Marine Corps Air Station Yuma is scheduled to host a 5k Fire Hose Fun Run at 6:30 a.m. on June 16, 2012. MCAS Yuma invites the local community to participate in the fun run. During the run fire trucks will be stationed at certain parts to spray runners with the fire hoses. All participants will receive a t-shirt, medal and certificate of appreciation. Participants for the fun run can register at www.active.com. A registration fee of \$20 is requested for active duty Marines and \$25 for all other participants.



5 Questions

Drug Demand Reduction Program Manager
Virgil Tapisipan

What is the function of the station's Drug Demand Reduction Program?

The primary function of the drug demand reduction program is to support the station's illegal drug use prevention activities. This is done through collaboration with other departments such as safety, Semper Fit, the Single Marine Programs, etc. The goals are to reduce illegal drug use, increase the number of drug testing samples submitted to the Navy drug screening laboratory, and improve substance abuse awareness through education and training.

What services do SACOs offer to Marines and sailors?

There is a misconception about a SACO, that all they do is collect urine samples. This is far from the truth! The majority of their responsibilities are to take care of those who've had drug or alcohol-related incidents. SACOs watch Marines until they're deemed "combat ready." The SACO's are also very knowledgeable about the available resources for the marines who needs help not only with substance abuse but also for suicide prevention, PTSD, stress management, etc.

What are the recent developments for the station's DDRP and its future plans?

The DDRP is holding a 101 Critical Days of Summer challenge, held from Memorial Day through Labor Day. The objective is to create a summer-long friendly competition and events utilizing existing programs that share the mission of reducing illegal drug use, promoting responsible use of alcohol, increasing the quality of life for marines and sailors aboard MCAS Yuma. The DDRP program also created a program that would satisfy the Marine Corps supervisory requirements similar to battalion alcohol skill intervention curriculum (B.A.S.I.C.). This training is the first in the Marine Corps.

What are the new substances commands need to be on the lookout for?

The newest synthetic drugs on the market are bromo dragonfly, kratom and krokodil. Fortunately, those are not here yet. Also noteworthy is the increase in using/abusing prescription medications. Recently, we received a recall on some of the supplements available to our Marines and Sailors such as jack3d, hemorage black, oxy elite pro, etc., that contain dimethoxymethamphetamine (dmaa). These are banned from being sold at military installations. The DDRP and SACO's have a complete list.

In terms of statistics, how does Yuma compare to the rest of the Marine Corps?

I am proud to say that MCAS Yuma has continuously maintained less than 1 percent positive drug test rate since 2007, compared to the Marine Corps as a whole. This result is a direct reflection of the support the substance abuse control officers receive from the leadership in their respective units and collaboration between the DDRP and SACO's and their assistants.



Tailspotter



AVA

She came from a home that had too many pets to care for. She is looking for her own place to stretch her legs and entertain. Ava is a young three month old agile and adventurous girl; with a beautiful silver gray medium length coat. For more information about adopting, contact the Humane Society of Yuma at 928-782-1621.

TAKE A STAND AGAINST SEXUAL ASSAULT

Cpl. Jolene Bopp
Desert Warrior Staff

Marine Corps Air Station Yuma Uniform Victim Advocates raise sexual assault awareness by implementing Bystander Intervention training for all non-commissioned officers on May 22.

The mandatory Bystander Intervention training is a program to raise sexual assault awareness and show NCOs how they can prevent an assault from happening. The training provides Marines ways to interfere without feeling like being a party crasher or offending people to keep everyone safe.

Advocates go through four days of training for the position alone and three days for the intervention training. Logistics Specialist 1st class Soledad Rodriguez, Head-

quarters and Headquarters Squadron UVA, actually volunteered for the position.

"I volunteered to become the HHS UVA late 2010 because I just wanted to be able to help," said Rodriguez, staff non-commissioned officer of freight section at distribution management. "With the (intervention) training we want NCOs to know they have the power to prevent a sexual assault."

Now Rodriguez helps train HHS NCOs how to detect warning signs and prevent assaults from the beginning. To assist the UVA, a few videos consisting of an example of what could happen, real testaments, as well as a message from the Commandant of the Marine Corps and Sergeant Major of the Marine Corps are played.

In addition to learning prevention techniques, Marines

are also educated on the consequences of committing sexual assault.

"A lot of Marines don't realize they will have to register as a sex offender wherever they go," said Rodriguez native of El Paso, Texas. "It doesn't just go away, it is with them for the rest of their life."

Rodriguez hopes NCOs will take this seriously and pass it on to their Marines to ensure a better and safer Marine Corps. To attend the next session on June 5 or 13, please contact Logistics Specialist 1st class Soledad Rodriguez at (928)269-3682 or soledad.rodriguez@usmc.mil.

Sexual assault can happen to anyone, sister, mother, friend, daughter even a brother or son. Don't let this happen to loved ones and fellow Marines. Be aware and prevent sexual assault.

Marines help out at school in operation 'kinderdogs'



Photo by Cpl. Shelby Shields

Cpl. Shelby R. Shields
Desert Warrior Staff

Seven Marines from the Marine Corps Air Station Yuma public affairs office volunteered at the Sunrise Elementary School's annual kindergarten fun day, May 25.

This event is held every year just before the students are released for summer but this is the first year the Marines were invited to participate.

"One of the parents suggested we call the Marines," said Peggy Enerson, Sunrise kindergarten teacher. "We wish we would have asked a long time ago, these events are a lot of fun but a lot of work as well so the extra help was fantastic."

Marines were posted at different event stations and helped run activities while making sure the more than 100 kindergarteners enjoyed the day.

"We try to plan enough activities so everyone is always engaged and having fun," said Enerson.

The days activities included water balloon toss, bowling, putt-putt golf, sack races, face paint, parachute games and a sponge relay race.

"My favorite was the sponge race," said Nicole Roy-

als, a 5-year-old student in Ms. Enerson's kindergarten class. "It was so much fun playing in the water!"

At the end of the fun day Marines also sat down and enjoyed a pizza lunch with the four kindergarten classes.

"Doing events like these helps our relationship with the community, and shows we care," said Pfc. Zac Scanlon, combat correspondent at MCAS Yuma. "It helps people understand we're not just here to do a job but to live and interact with the community."

All participants in the fun day took away a new appreciation for one another.

"I like having people other than the normal ones helping out," said Nicole. "The Marines were fun and really nice."

"We will definitely ask to have them back next year," added Enerson. "They were so great with the kids and a huge help to the adults."

"I loved being out there with the kids," said Scanlon. "They bring a sense of life out in me, makes me want to be a kid all over again."

For more information on getting involved in the schools in Yuma's community, contact the school liaison, Elena McShane at (928)269-5373.

The station public affairs office pose for a photo with children at Sunrise Elementary School in Yuma, Ariz., during its kindergarten fun day May 25.

Technology keeps service members, families closer together

Cpl. Shelby R. Shields
Desert Warrior Staff

Graduation from high school is said to be among the many milestones in a young adult's life and many high school graduates hope to share in this big moment with their families.

For many military children, family members outside their immediate family, live much too far away to make the momentous ceremony. Thanks to modern technology, family members across the map are now able to, at least virtually, take part in their graduate's celebration.

High schools across Yuma, Ariz., put out a live simulcast of their graduation ceremonies Friday so those who could not physically be there could still be there in heart. Sophia Cole, a Gila Ridge High School graduate and daughter of Maj. Brian Cole, the site commander with VMU-4, had her family tune in from all the way from northern California.

"I really wanted and tried to be there but we just couldn't make it this year," said Nadine Cole, Sophia's grandmother from Eureka, Calif., approximately 1100 miles away. "I just appreciate the opportunity so much, it's very touching."

In previous years, the graduation simulcast was intended to give deployed service members a chance to see their children graduate even though duty called them away.

"It's a nice gesture for me and other family members, but it's so wonderful for the parents. I'm so glad they have this available for the deployed parents," Nadine added.

This year, thankfully all of the graduates' parents were home safe and sound, opening up the opportunity to extended families.

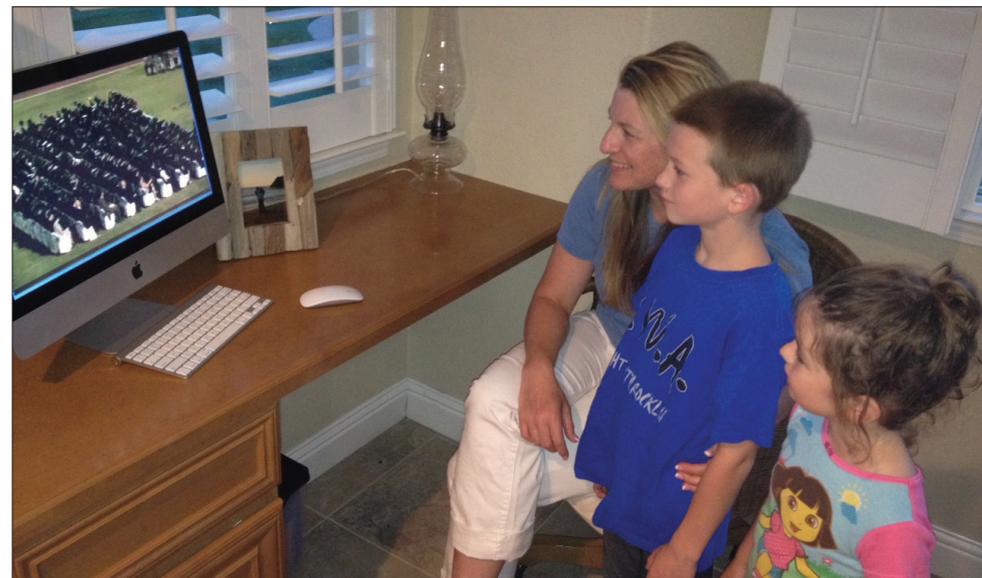
"We keep our families close through technology; Skype, Facetime, phone and e-mail," said Claudia Oates, Sophia's aunt and Maj. Cole's sister, who tuned in from Lincoln, Calif.

"It's not just about me and my brother, we want our kids to be close to their cousins and we wouldn't be able to without this kind of technology."

"Our communication has greatly improved," said Nadine. "It's enabled us to keep in touch more often because of how easy it is."

The family was so pleased with the opportunity to take part in Sophia's graduation and hopes to keep these types of events going for many years to come.

"I hope they keep this going for other families, it was simply amazing," added Claudia.



Courtesy photo

Claudia Oates and her two children tune in from Lincoln, Calif., to watch their relative, Sophia Cole, graduate from high school May 25.

A call to serve, whether overseas or in community

Lance Cpl. Sean Dennison

Desert Warrior Staff

Conscription hasn't been used to increase the United States Armed Forces since 1973, at the end of the Vietnam War. Today, the members of each military branch are comprised solely of volunteers.

As if serving their country for years at a time wasn't enough, some Marines and Sailors at MCAS Yuma volunteer their free hours to helping those in need out in the local community.

On a weekly basis, Marines and Sailors go out in town to spend their time with local residents. This can include helping out at the food bank, picking up trash around the city or assisting in elementary school programs. Usual volunteer hot spots include the Humane Society of Yuma, Helping Hands organization and the Yuma Habitat for Humanity.

Whether in groups or as individuals, station volunteers are relied upon by Yuma to help out with the community in many forms.

Marine Attack Squadron 214, for example, adopted C.W. McGraw Elementary.

"There's a huge need in schools for volunteers," said Christy White, a teacher at McGraw. "If the Marines can fulfill that need, that's great. The students really need to see adults in action doing community outreach, especially in this particular area."

White noted that while McGraw sometimes sees retired teachers volunteering with the school, "the Marines are really the only volunteers I have seen from other entities."

Community outreach is one of the driving factors with VMA-214 and McGraw.

"The benefit to the both the Air Station and the Yuma community is we have the opportunity to strengthen our ties as a team," said Sgt. Maj. Leonard Maldonado, VMA-214's sergeant major. "One of the greatest benefits to being stationed in Yuma is the relationship we enjoy with the local community. Why not demonstrate our appreciation by giving back?"

Other volunteer opportunities exist beyond command adopt a school initiatives. A good portion of station volunteerism is done through the Single Marine Program.

"Most of our Marines do it to fill a philanthropic need," said Jude Crouch, the SMP coordinator. "Volunteering fulfills a lot of folks' need for that."

Just as people enlist for numerous reasons, so, too, do

people volunteer. Whether it's something new to do, altruism, material awards or emotional rewards, all these reasons are valid and the end result is a happier, healthier community.

From passing out food and blankets to the homeless to teaching kids how to read, every little bit helps Yuma and furthers the commitment to domestic improvement, something which isn't always emphasized by members of the Armed Forces.

"I feel that dedicating time to volunteering events within the local communities promotes an image of the Marine Corps that shows dedication and commitment to not only

technician who's currently going through Marine Security Guard school, managed to rack up 111 volunteer hours despite deploying to Afghanistan for six months.

"I enjoy volunteering because it helps build altruism and assists the local community as well as the Marine community," said Rose, a Native of Freeport, N.Y., by way of San Ann, Jamaica.

It's easy to take the work for granted, but it resonates in wherever the Marines go.

"We get about 10 Marines every time they come twice a month," said Elizabeth O'Rourke, customer service and program specialist at the Yuma Food Bank.

"We have some Marines that come in and volunteer individually on their own."

The Food Bank hosts approximately 70 volunteers a month. O'Rourke says the Marines who volunteer "help out a lot."

"We have a great relationship," she added. "We're trying to continue to build it even further."

O'Rourke, whose husband is a Marine in VMA-211, also helped organize a spouse volunteer opportunity, which she says they are going to try to continue doing once a month.

Spouse or service member, anyone can volunteer and can organize a date to volunteer. For assistance in this, contact the MCAS Joint Public Affairs Office at (928)-269-2275. This includes community tours, color guards and requests for military guest speakers.

Some of the volunteer hotspots in Yuma include:

Greater Foothills Helping Hands at (928) 305-9974 or www.helpinghandsyuma.org

— Humane Society of Yuma- (928) 782-1621 or www.hsoyuma.com

— Yuma Community Food Bank- (928) 343-1243 or www.yumafoodbank.org/home.html

— Crossroads Mission- (928) 329-1021 or www.crossroadsmission.org

Websites such as www.volunteermatch.org also offer a bevy of opportunities for heavier forms of volunteerism, such as hosting exchange students or adopting children.

Marines can also contact Crouch at (928)-269-6556 or Elena McShane, the station's School Liaison, at (928) 269-5373, for more volunteer opportunities.



Photo by Lance Cpl. Sean Dennison

Lance Cpl. Zachary Sheehy, a Marine Attack Squadron 214 avionics technician and a native of Levittown, N.Y., high fives a student at C.W. McGraw Elementary School in Yuma, Ariz., May 23. Sheehy is among the hundreds of Marines and Sailors at MCAS Yuma who volunteer during the year to give back to the local community.

providing a service to the military, but the community where we are located," said Cpl. Maxmillion Page, the Headquarters & Headquarters Squadron Legal and Awards noncommissioned officer in charge and a native of Thousand Oaks, Calif.

To volunteer one's free time, a precious commodity at the busiest air station in the Marine Corps, takes dedication, but there are still those that rise to the challenge.

In 2011, Cpl. Shawn Rose, a former VMA-513 avionics

MCJROTC hits Yuma high schools, preps future leaders

Cpl. Shelby R. Shields

Desert Warrior Staff

In the fall, students at Kofa High School in Yuma, Ariz., will have the opportunity to participate in the first Marine Corps Junior Reserve Officer Training Corps offered to Yuma high school students.

MCJROTC classes at the school will be available to all students and cover a wide variety of subjects from leadership and military history to physical fitness.

This program will also add a school Color Guard, drill team and marksmanship team and afford participants the opportunity to participate in field trips, community service and physical training exercises.

"An MCJROTC program brings stewardship and community awareness; students will recognize the importance of volunteerism," said retired Master Gunnery Sgt. Eric Holland, Marine instructor for the Kofa MCJROTC program. "It allows students to understand and embrace cultural differences. It provides a public forum for validation of their accomplishments - by awarding individuals, recognizing and celebrating performance."

Incorporating this program into schools is said to not only prepare young adults for success in a military setting but in the civilian workforce as well.

"It is important to the community because it provides a pool of talented young men and women that have acquired the proper talents and skills needed to join the workforce of local businesses," said Holland. "Those who can make the successful transition will be in high demand, not just by companies looking to hire their skills, but by organizations

within the community."

Although the program is run and organized by Marines, it is not designed to mimic Marine Corps boot camp or the day-to-day life of a Marine.

"The curriculum taught in the high school is in no way intended to model the life of a Marine. Its intent is only to introduce the basic elements of leadership, customs, courtesies and Marine Corps history," added Holland.

Holland, who will be closely working alongside the senior Marine instructor, Maj. Brian Bell, greatly attributes his success in the Corps to participation in a JROTC before joining and cannot wait to begin working with the next generation.

"In high school, I participated in the Air Force JROTC (AFJROTC) program and credit my success as a Marine to my participation in AFJROTC," added Holland. "Having the opportunity of working with our military family, local community leaders and educators is a dream come true. Collectively, we can mentor and facilitate the development of both academic and psychological growth of our students."

"The JROTC program will be another jewel in the crown for Kofa High School," added Bell, who served in Yuma during his career and is excited to return. "During that timeframe we fell in love with the people and community of Yuma and we are thrilled to come back and make it home."

To find out more about MCJROTC, visit www.mcjrotc.org. Students already attending Kofa High School should contact their guidance counselor to have MCJROTC added to their fall schedule.

Full Ads

Pentagon Supports Diplomatic, Economic Pressure on Syria

Cheryl Pellerin

American Forces Press Service

WASHINGTON, May 29, 2012 – The Defense Department supports the U.S. policy of working with international partners to put diplomatic and economic pressure on Syria's government to help stem the humanitarian crisis there, the Pentagon's press secretary said here today.

George Little spoke with reporters at the Pentagon about the ongoing and destabilizing situation in Syria.

"What we're witnessing in Syria are atrocities undertaken by the [Bashar al-]Assad regime," he said. "That kind of violence by the regime needs to stop. We've been clear about that."

U.S. policy continues to focus, "with our international partners," Little added, "on applying diplomatic and economic pressure on the Assad regime to try to convince them that they are pursuing a reckless, inhumane and deplorable course of action."

Assad's troops massacred more than 100 Syrian men, women and children in the Houla region, north of the city of Homs, on May 25, U.S. and United Nations officials said.

The State Department today "called in Syrian charge d'affaires Zuheir Jabbour and informed him that he is no longer welcome in the United States and gave him 72 hours to depart," spokeswoman Victoria Nuland said in a briefing.

The action was taken, she said, in response to the "absolutely indefensible, vile, despicable massacre against innocent children, women, shot at point-blank range by regime thugs -- [called] the shabiha -- aided and abetted by the Iranians who were actually bragging about it over the weekend."

Nuland said the State Department is in consultation with U.S. allies and partners about what more can be done to pressure the Assad regime.

"This decision to kick out the charge was done in coordination with other countries," she said. "Australia, Canada, Spain, the United Kingdom, Italy, France and Germany also took the

same action today."

At the Pentagon briefing, Little said the focus remains on the diplomatic and economic track "but at the end of the day we in the Department of Defense have a responsibility to look at the full spectrum of options and to make them available if they're requested."

Little added, "We share the shock over the atrocities that we're seeing in Syria with our international partners. And we have an interest, of course, in stability in the region."

The United States has for decades played a key role in trying to provide peace, stability and security for that region, he said.

"When there is a crisis like this that erupts that has the po-

tential to cause not just humanitarian disasters but also could cascade outside of Syria, potentially, that's a concern to countries of the region and to countries like the United States outside the region," Little said.

Defense Department officials have been in regular contact with international partners and countries in the region to express "our collective dismay at what's happening in Syria and to try to see if there are things we can do to bring pressure to bear on the Assad regime to stop what they're doing against their own people," the press secretary said.

"That's of course the prudent thing to do," Little added, "when you see a crisis like this in a very important region of the world."



Department of Defense photo by Erin A. Kirk-Cuomo

George Little, acting assistant secretary of defense for public affairs, conducts a press briefing at the Pentagon, May 29, 2012.

Squadron bids farewell to adopted school (until next year)

Lance Cpl. Sean Dennison

Desert Warrior Staff

The dress code for C.W. McGraw Elementary in Yuma, Ariz., is simple: red or blue polo shirts with khakis. However, it's common to see a Marine Corps uniform among the students every Wednesday.

That's because Marine Attack Squadron 214 has sent out Marines once a week since October 2010 to the school in an effort to reach out to the community and provide the younger Yumans role models.

"We get a joy out of seeing a smile on their faces," said Sgt. Ramon Guerrero, a VMA-214 avionics technician and a native of Woodburn, Ore. "As we're walking back to the office, we hear, 'Marines, Marines, you're cool'."

May 23 marked the last visit to McGraw before the kids began their summer vacation May 30.

During these weekly excursions Marines help the kids with their school work or play with them during recess. If they have questions about the Marine Corps, they're answered in informing, amusing ways.

According to Sgt. Maj. Leonard Maldonado, VMA-214's sergeant major, the idea of adopting a school came to the squadron in August 2010. With the help of MCAS Yuma's school liaison, Elena McShane, the squadron officially adopted McGraw in October the same year.

"Marines enjoy helping others, it's in our blood," said Maldonado. "More importantly, our Marines take pride in the relationship we have grown over the last year and a half. When the students at McGraw Elementary succeed, we all succeed."

The relationship acts as a modified mentor program for the kids.

"I know how it felt like to not have an older brother," said Guerrero. "What I get out of this? I get to watch the development of different age groups."

"It's being able to see all the problems I used to have as a kid," added Lance Cpl. Moises Estrada-ocana, a VMA-214 seat shop mechanic and a native of Fairfield, Calif. "Being able to help a kid overcome their troubles feels good."

The Marines' efforts resonate, especially among the teachers, who, like Maldonado, consider the relationship symbiotic.

"It helps the students with seeing there are more career possibilities than going to college," said Christy White, a teacher at McGraw. "It helps the Marines see they can do more than be a Marine. They can do community outreach and help inside the classroom."

The Marines will return to McGraw once school resumes.

So far, VMA-214 is the only squadron to have officially adopted a school. For more information regarding similar possibilities for community outreach, contact McShane at (928) 269-5373.



Photo by Lance Cpl. Sean Dennison

Marines with Marine Attack Squadron 214 lead a discussion on career choices at C.W. McGraw Elementary School in Yuma, Ariz., May 23. The squadron adopted the school in October 2010. Since then, Marines with the squadron have been coming to the school every Wednesday. VMA-214 will resume their visits after McGraw's summer vacation ends.

1/2 Ads

CHAPLAIN'S CORNER

"Stress and Gravity"

Chaplain Jason Arant, MCAS Yuma reserve chaplain

With the exception of while we sleep, human beings are always moving against the force of gravity. Our muscles and bones are constantly put to work moving, balancing and maintaining our bodies.

The physical benefits of this kind of work do not take place in the vacuum of space. The lack of gravity for the body to fight against actually poses a serious problem for astronauts. When muscles or organs are not used they quickly shrink and atrophy. To deal with this problem NASA keeps its astronauts on a strict exercise regimen every single day to keep muscle, from disappearing.

In life we contend with other forces that act upon us in addition to the force of gravity. Pressures at home, work, school and even at play keep

us living in varying states of tension. The tensions of life are what we often refer to as "stress".

Stress doesn't have to be all bad. When handled correctly, stress can be useful for making us stronger and better people.

Paul wrote: "And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose." (Rom 8:28, NASB)

God leaves nothing to waste and uses the forces and events of life, even the ones we would rather avoid, for our good. This week, don't let the stresses of life get you down and out. Instead, trust God to use them for shaping and building you into something bigger and better than before.



Photo by Lance Cpl. Tyler Bolken

Lt. Col. Terrence J. Dunne lands an AV-8B Harrier onto the HMS Ark Royal, May 21. More than 150 Marines and Sailors with MAG-14 were aboard the Ark Royal to conduct Capella Strike, a two-week training evolution with British counterparts.

1/2 Ads

Yuma commemorates those who gave all

Cpl. Shelby Shields
Desert Warrior Staff

Americans in Yuma and across the country spent Monday remembering and celebrating the lives of the men and women who gave the ultimate sacrifice for the land of the free.

Originally known as Declaration Day, Memorial Day is designed to give tribute to all the men and women who have fallen defending the nation.

Memorial Day was officially proclaimed May 5, 1868 by Gen. John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on May 30, 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

"Today is the day we put aside to remember fallen heroes and to pray that no heroes will ever have to die for us again," said President Ronald Reagan in a Memorial Day speech at Arlington National Cemetery in 1986.

Although May 5, 1868 is the official proclamation of Memorial Day there is much debate over where Memorial Day actually began.

More than two-dozen cities and towns claim to be the birthplace of Memorial Day.

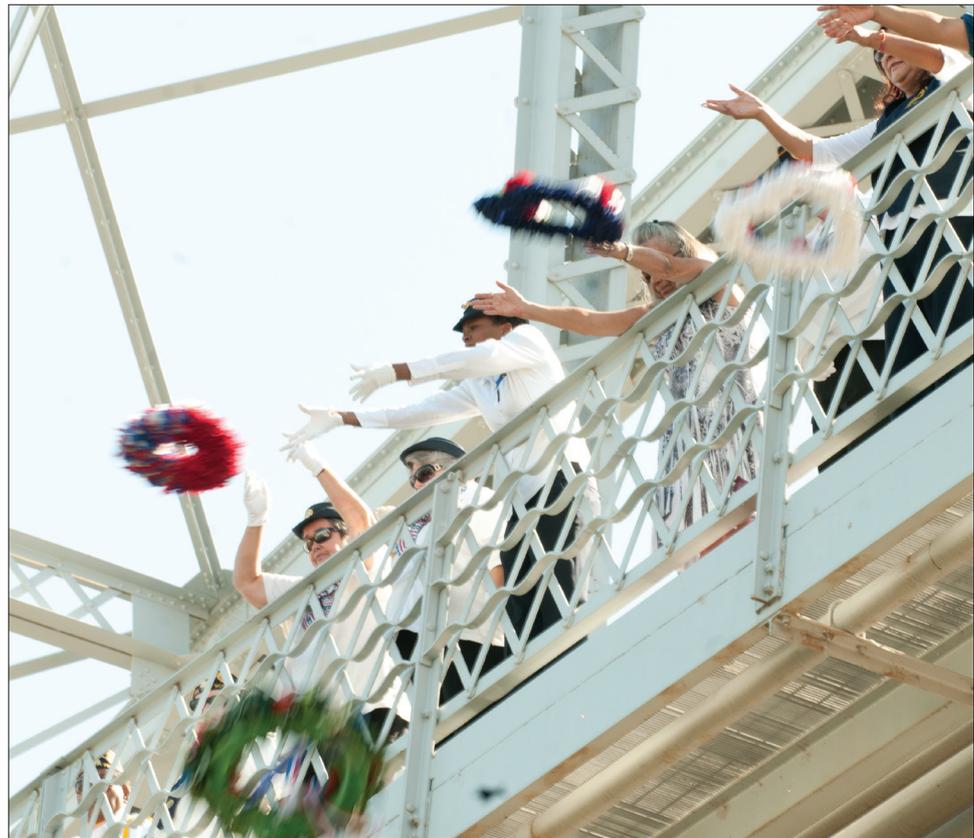
There is also evidence of an organized women's group in the South decorating graves before the end of the Civil War. Waterloo, N.Y. was ultimately declared the official birthplace of Memorial Day by President Lyndon Johnson in May 1966.

"It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all," stated Gen. Logan's proclamation.

Though the last Monday in May is often times viewed as an extra day off for barbecues and parades many efforts have been made to restore the traditional observances of Memorial Day into place.

On January 19, 1999, Bill S 189 was introduced to the Senate, which proposes to restore the traditional day of observance of Memorial Day back to May 30th instead of "the last Monday in May".

Also in December 2000, the "National Moment of Remembrance" resolution was passed which asks, at 3 p.m. local time all Americans "voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps."



Photos by Lance Cpl. Sean Dennison



Top right: Locals toss wreaths into the Colorado River at Gateway park in Yuma, Ariz., to commemorate the sacrifices of the fallen during a Memorial Day Service, May 28.

Above: Flags placed by locals blow in the winds at the Desert Lawn Cemetery in Yuma, Ariz., on Memorial Day, May 28. Yumans showed their gratitude to fallen service members with several commemorations around the community on Memorial Day.



Clockwise from top: The MCAS Yuma Color Guard present arms during a Memorial Day ceremony at Gateway Park in Yuma, Ariz., May 28.

A lone veteran walks out of Desert Lawn Cemetary on Memorial Day, May 28.

Portraits of veterans on Memorial Day, May 28.

Veterans prepare to hoist the colors during a Memorial Day ceremony at Desert Lawn Cemetary in Yuma, Ariz., May 28.

American Legion Post 19 fires a salute to fallen service members during a Memorial Day ceremony at Gateway Park in Yuma, Ariz., May 28.



Full Ads

DRUG FACTS: HIGH SCHOOL USE & TRENDS

drugabuse.gov

Since 1975, the Monitoring the Future (MTF) survey has measured drug, alcohol, and cigarette use and related attitudes among adolescent students nationwide. Survey participants report their drug use behaviors across three time periods: lifetime, past year, and past month; for some drugs, daily use is also reported. Initially, the survey included 12th-graders only, but in 1991 expanded to include 8th- and 10th-graders. The MTF survey is funded by NIDA and is conducted by the University of Michigan's Institute for Social Research. The 36th annual study was conducted during 2010.

Daily Marijuana use increased among 8th, 10th, and 12th graders from 2009 to 2010. Among 12th graders it was at its highest point since the early 1980s at 6.1%. This year, perceived risk of regular marijuana use also declined among 10th and 12th graders suggesting future trends in use may continue upward. In addition, most measures of marijuana use increased among 8th graders between 2009 and 2010 (past year, past month, and daily), paralleling softening attitudes for the last two years about using marijuana.

Marijuana use is now ahead of cigarette smoking on some measures (due to decreases in smoking and recent increases in marijuana use). In 2010, 21.4 percent of high school seniors used marijuana in the past 30 days, while 19.2 percent smoked cigarettes.

After marijuana, prescription and over-the-counter medications account for most of the top drugs abused by 12th graders in the past year. Among 12th graders, past year nonmedical use of Vicodin decreased from 9.7% to 8%. However, past year nonmedical use of OxyContin remains unchanged across the three grades and has increased in 10th graders over the past 5 years. Moreover, past-year nonmedical use of Adderall and over-the-counter cough and cold medicines among 12th graders remains high at 6.5% and 6.6%, respectively.

Alcohol use has continued to decline among high school seniors with past-month use falling from 43.5% to 41.2% and alcohol binge drinking declining from 25.2% to 23.2%. Declines were also observed for all measures among 12th graders reporting the use of flavored alcoholic beverages. Past-year use fell from 53.4% to 47.9%.

VET NEWS

Obama: Memorial Day honors the memory of the fallen

Armed Forces Press Service
af.mil

WASHINGTON (AFNS) -- "Memorial Day is a time for Americans to honor the memory of the service members who died in the nation's wars and an opportunity to pray for the day when such wars no longer occur," President Barack Obama said in his Memorial Day proclamation issued today.

"Our nation endures and thrives because of the devotion of our men and women in uniform, who, from generation to generation, carry a burden heavier than any we may ever know," Obama said in his proclamation. "On Memorial Day, we honor those who have borne conflict's greatest cost, mourn where the wounds of war are fresh, and pray for a just, lasting peace."

American history is filled with the stories "of sons and daughters who gave their lives in service to the country they loved," Obama said. "They were patriots who overthrew an empire and sparked revolution. They were courageous men and women who strained to hold a young Union together. They were ordinary citizens who rolled back the creeping tide of tyranny, who stood post through a long twilight struggle, who saw terror and extremism threaten our world's security and said, 'I'll go.'"

America's fallen service members "are forever bound by a legacy of valor older than the Republic itself," the president said in his proclamation. "Now they lay at rest in quiet corners of our country and the world, but they live on in the families who loved them and in the soul of a nation that is safer for their service."

Memorial Day is a time when Americans "join together in prayer for the fallen," Obama said. "We remember all who have borne the battle, whose devotion to duty has sustained our country and kept safe our heritage as a free people in a free society," he said. "Though our hearts ache in their absence, we find comfort in knowing that their legacy lives on in all of us -- in the security that lets us live in peace, the prosperity that allows us to pursue our dreams, and the love that still beats in those who knew them."

"May God bless the souls of the venerable warriors we have lost, and may He watch over the men and women who serve us now," Obama added. "Today, tomorrow, and in perpetuity, let us give thanks to them by remaining true to the values and virtues for which they fight."

EVENTS CALENDAR

DON'T FORGET TO MENTION YOU SAW THIS ON THE MCCSEVENTS CALENDAR!

MAY 31

DDRPUPPERS, DOWNERS AND ALL-AROUNDER TRAINING

WHEN Thu May 31 8am - 12pm

WHERE Building 598

This 4 hour training looks at the most current and comprehensive information on the physiology and sociology of drugs and compulsive behaviors. Call 269-2791.

WAYLANDBAPTIST UNIVERSITY VISITS

WHEN Thu May 31 10am - 2pm

WHERE Education Center Building 850

Victor Berrelez will be available to discuss the various degrees Wayland Baptist University offers as well as how to enroll with the school. Walk-ins are welcome or you may schedule an appointment by calling Victor at 602-279-1011.

JUNE 01



TODDLER CRAFTS

WHEN Fri Jun 1 10am - 11am

WHERE Building 645

Interactive parent and child craft activity. Call 269-2561 for more information.

YOUTH CENTER BIRTHDAY CELEBRATION POTLUCK

WHEN Fri Jun 1 7pm - 10pm

WHERE Youth Center

Learn how different cultures celebrated their birthdays. Bring your favorite food for this party! Let's celebrate and have a good time. The Youth Center will have cake, ice cream and birthday games! Open to all youth ages 10+. For more info call 269-5390

JUNE 02

LADIES' BOOK CLUB

WHEN Sat, June 2, 10:00am - 11:30am

WHERE Station Library

This month's book: State of Wonder by Ann Patchett Ladies, this is your opportunity to get together and have a casual discussion about books from a variety of genres. 269-2785 for more info.



LIVEDJ

WHEN Sat, June 2, 8pm - Sun, June 3, 1am

WHERE Club Pulse

Every Friday and Saturday come out to Pulse the Nightclub to listen to the Live DJ. 269-2711 for more information.

JUNE 04

TAMP/TAP

WHEN Jun 4 - 8, 2012 7:30am - 3:30pm

WHERE Building 1093

This is a mandatory brief for all separating service members between 90-365 days for separation. Spouses are also strongly encouraged to attend this 4-day workshop, which explains the numerous programs, benefits, and entitlements available to service members and their family as they leave military service. All personnel desiring to attend must first contact their Unit Transition Counselor to receive an initial pre-separation interview and complete the DD Form 2648 (pre-separation counseling checklist) Call 269-3589 to register.

JUNE 05

FINANCIAL AID WORKSHOP

WHEN Tue, June 5, 11am - 12pm

WHERE Building 850

This workshop focuses on registering for federal financial aid through FAFSA as well as registering for scholarships through FastWeb. For more information call 269-5614.

JUNE 06

SMP ADULT SWIM

WHEN Wed, June 6, 7pm - 9pm

WHERE Oasis Pool

The pool is closed down for all but folks living in the Barracks. You'll be provided a free BBQ and you're even allowed to bring your own adult beverages, provided you're 21+. 269-6556 for more info .

Full Ads

Memorial Day for Marines at Afghanistan's Helmand post honors fallen warriors

Master Sgt. Grady T. Fontana

1st Marine Division

CAMP LEATHERNECK, Afghanistan — As the blistering sun sets, disappearing in the horizon, a solemn wind of silence breezes through the dusky sky along with the first hints of cool evening air here at this remotely located operating base in Helmand province at precisely 7:12 p.m., May 28, 2012.

Flanked by a bugler, who plays the ceremonial hymn, Retreat, three formations of U.S. Marines and Sailors, British service members, along with Afghan National Army soldiers stand in orderly fashion at center stage of the Task Force Leatherneck compound here, to witness the lowering of the colors and to reflect on those who have perished during generations of war in service to America.

Prior to the lowering of the colors, and in observance of Memorial Day, Maj. Gen. David H. Berger, commanding general of 1st Marine Division (Forward), and TFL, the ground combat element of Regional Command Southwest, which covers Helmand and Nimroz provinces, led the TFL formation to pay tribute to fallen warriors from all conflicts.

During his remarks Berger said that Memorial Day should remind everyone of the sacrifice of U.S. service members who have died here in Afghanistan. Also, people should remember the sacrifice of the wounded, the family members who bear the burden of long and numerous deployments, and those who have died defending the nation in other conflicts.

“The sacrifice of those whose plain white markers stand proudly in those cemeteries,” said Berger, “in long rows, all perfectly aligned is a solemn reminder that the cost of freedom is high and the greatest strength

of our nation is her people.”

In the often volatile Afghanistan provinces of Helmand and Nimroz alone, 49 Marines have died since Jan. 1, 2012 to today.

This Memorial Day had greater importance to Sgt. Camilo R. Osuna, company police sergeant for Headquarters Battalion (Fwd), 1st MarDiv (Fwd). Today was Osuna's father's birthday: a former Marine, and a fallen Marine.

“Today is my dad's birthday,” said Osuna, whose father passed away at 25. “He was a Marine and he died in 1991 during (Operation) Desert Storm. His birthday just happened to line up with Memorial Day and I got to raise the flag in the morning and lower it in the evening on his birthday.”

Osuna, a native of Calexico, Calif., is more than a company police sergeant. He is a military musician, the chief Martial Arts Instructor Trainer here, and the color sergeant. “Today, I felt so much more pride raising and lowering the flag.”

HISTORIC REUNION A NEAR CENTURY LATER

Task Force Leatherneck is led by 1st MarDiv (Fwd) and works in partnership with the Afghan National Security Force and the Government of the Islamic Republic of Afghanistan to conduct counterinsurgency operations. Regimental Combat Teams 5 and 6 currently fall under TFL's command.

During the onward stages of this year's fighting season, which typically occur during the spring and summer months, Regimental Combat Teams 5 and 6 are deeply engaged in combat. Regimental Combat Team 5 has an area of responsibility in the southern region of RC(SW), while RCT 6 patrols the north.

For full story, visit
Yuma.usmc.mil



Photo by Master Sgt. Grady Fontana

U.S. Marines Sgt. Camilo R. Osuna, left, company police sergeant, and Cpl. Kiara A. Bell, embark chief, both with Headquarters Battalion (Forward), 1st Marine Division (Fwd) prepare to retire the colors after a Memorial Day ceremony at The Task Force Leatherneck headquarters, May 28, 2012.

1/2 Ads

Highway 95 Café

Lance Cpl. Sean Dennison
Desert Warrior Staff

Oh man. Highway 95 Café. Okay, here we go.

Growing up in a predominately Asian neighborhood, I got to acquire a taste for Oriental cuisine. After school hang outs were often filled with the aroma of rice bowls, barbeque pork, dumplings, pho soup or pad thai. Yah, yah, most of what we enjoy as Chinese food isn't Chinese at all but bear with me.

Highway 95, a delicious Chinese/Thai fusion establishment, takes me back to those warm, relaxed afternoons, as any good dish, I suppose, is wont to do with happy memories. I've been coming here for the last two years and trust when I say this is among Yuma's top restaurants.

The appetizers are a bit pricey, but one bite off any of them and you won't miss the spent dollars. High on my list of edible pleasures in Yuma are the fried potato puffs, crisp little morsels with filling that melts in your mouth. Level with yourself on how you approach your meal, because the puffs alone, along with the cheese wonton, are enough to fill you. Usually if I'm not feeling a full meal I'll get an appetizer and a soda and call it a day.

Soda isn't the only beverage they offer. Check out the Thai Ice Tea. It's a love or hate it drink with a milky body and sweet, milky taste. It's mandatory ordering whenever I eat there.

The menu has enough variety to satiate adventurous diners but is also familiar enough to not scare away potential patrons. There's a vegetarian dish that boasts an impressive seafood platter, and the curry they use in most of the rice bowls leave one with a warm feeling in their throat. Spicy sauces abound in the more expensive dishes but are also on-call for your basic noodle and chicken plate.

A personal favorite is the Indian Mee Goreng, salty sweet noodles swirled in egg, chicken, potatoes, shrimp and vegetables. It's the perfect compliment to a lazy Saturday afternoon.

Service wise, I've never had a problem. The staff is friendly and very courteous. If you enjoy small talk, though, go somewhere else. These people have one thing in mind only and that's to get you your food. They've only messed up my order once and even that turned out to be a blessing in disguise; not only was my item tastier than what I had ordered, they wiped it off my check.

Speedy service, too, while we're on the subject. Between finding parking and leaving energized and happy, you've only used up about a half hour of your day.

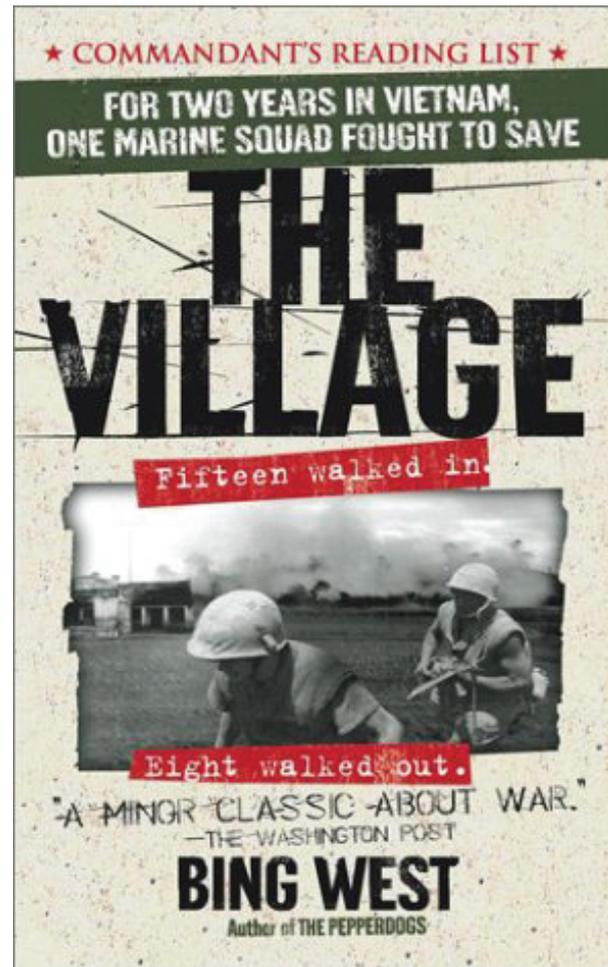
Highway 95 Café or die.



Courtesy photos

Book Review: *The Village by Bing West*

Cpl. Laura Cardoso
Desert Warrior Staff



Courtesy photos

The Village is a great book. It tells the story of 15 Marines assigned to defend a hamlet, working with about the same number of Popular Force militiamen. Of that original group, 7 are killed in the first half of the book, which was intense. As you read you learn how the Marines love their work, get along fine with the villagers, and exact an even higher toll on the Viet Cong and North Vietnamese units sent against them.

Bing West is a gifted writer. He is very descriptive and can give the reader a picture perfect image of what you are reading.

He also knows what he's writing about because West was a platoon leader in Vietnam. He visited the village often, and he led some of the patrols he describes, though mostly the book is based on interviews with the men of the combined-action squad.

The first half reads like a novel, but real life seldom follows a plot line so they way the story is written later on changes.

When the Marines are withdrawn from Binh Nghia, the village first reverts to Viet Cong control, then is pacified as the war situation changes after the bloody battles of Tet.

West returns to the village again and again, mostly recently in 2002. He ends that visit, and this edition of the book, with a visit to a well and a shrine that the Marines had built in 1967, and that still held a plaque in their memory.

The extent to which the Marines are integrated into the village is amazing. The villagers love the Marines, inviting them over for tea and dinner, and at one point even siding with a Marine against another villager in a fight. The Marines unofficially adopt a mistreated orphan boy, and some of them learn to speak Vietnamese.

The book was not only a quick and easy read but very enjoyable and informative. It gave me a good understanding of what happened in the village.

I'm glad I had the chance to read it and I recommend it without reservation.

Opinion: Quick to Punish, Slow to Praise

Capt. Staci Reidinger
Desert Warrior Staff

Do you ever get the sense that you are tiptoeing the line between being a great Marine and just being good enough for your job because very few people acknowledge your support to the mission? Are there times when you feel as if the only occasion you get attention from your senior staff is during a counseling session or an on-the-spot correction? Well, it can be frustrating and downright demoralizing to spend time and efforts improving your skills and leadership as a Marine to have very few if anyone show their appreciation.

Over the last 18 years, I have witnessed a digression in the use of positive reinforcement, namely commendations, to build the confidence, fidelity, teamwork and morale of Marines across the Corps. Instead of writing down the names of star performers after an inspection, special event or command function for later recognition, many leaders are too busy writing after action reports and dissecting the event to expose the

imperfections. Additionally, the rapid flow of operations limits many leaders from having the time to show their appreciation through informal accolades much less submitting a formal award write-up for approval. Why are we so quick to punish, yet so slow to praise? Why do we spend countless hours on disciplinary paperwork and investigations, many times allowing it to eat in to our regular operations yet when it comes time to write awards, we often push it off or allow too much time to pass to submit deserving Marines for commendation?

There is insurmountable evidence that proves the positive impact of showing your Marines that they are valued through public displays of praise and commendations. From Letters of Appreciation, Meritorious Masts and Certificate of Commendations to special liberty and off-duty functions, there are numerous ways to build up the strength and confidence of Marines. So, what can we do as leaders to change this formula around? Here are a few suggestions:

1. Place yourself in the perspective of your Marines and try to understand how their efforts contribute to the

overall success of the mission.

2. Provide on the spot praise and submit your Marines for commendations when their efforts reflect the high standards of expertise in their field and/or the Marine Corps.

3. Don't allow busy operations and high work tempo to distract you from commending your Marines for their hard work. Schedule time to complete awards as a part of your after action from a major inspection, function, exercise or special event.

As leaders, we must know ourselves and seek self-improvement. If you ever doubt the impact awards can make on a Marines self-esteem and career, take a few moments to look through your own OMPF or flip through your past awards.

In closing, I still have plenty of work to do in reversing this trend as a leader but would like to say that standing in front of a Marine to present an award feels 100% better for both parties than issuing a formal counseling or a Page 11.

Station celebrates national fitness day

Pfc. Zach Scanlon

Desert Warrior Staff

On May 23, 2012 a fitness day was held at the MCX on MCAS Yuma for Marines and their families. The event was to promote Michele Obama's fitness month program. At this

event there was a Marine Corps Martial Art Program demonstration with Marine Black Belt Instructors and a Zumba dance led by a station fitness instructor. Some chefs from the Sonoran Pueblo were also on hand cooking up healthy foods for attendees to try as well. Overall, the events were all geared towards promoting a healthy lifestyle that includes exercise and smart food choices.



Photos by Pfc. Zach Scanlon



Top left: A young military child receives a banana at a fruit stand during the fitness day events on May 30, 2012 at MCAS Yuma. Vendors, such as the fruit stand, were put in place at the event to promote better living and healthier life choices for National Fitness Day.

Top right: A Zumba trainer teaches people a choreographed dance at the fitness day event on May 30, 2012 at MCAS Yuma. All of the events that took place on National Fitness Day were meant to show creative and entertaining ways to stay in shape.

1/2 Ads