

Desert **WARRIOR**



May 24, 2012
Volume 11, Number 17

MEMORIAL DAY

*"THE BRAVE DIE NEVER, THOUGH THEY SLEEP IN DUST:
THEIR COURAGE NERVES A THOUSAND LIVING MEN"*

- MINOT J. SAVAGE



STATION POOL REOPENS

SLIDE INTO SUMMER FUN

MARINES TAKE A BITE OUT OF DRUG ABUSE

MCAS MARINES EDUCATE LOCAL YOUTH

101 DAYS OF SUMMER

YUMA MARINES GAIN HEALTH & SAFETY INSIGHT



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Have an opinion? We want to hear it:

yumapao@usmc.mil

VISIT WWW.FVAP.GOV TO REGISTER TO VOTE TODAY!

PHOTO OF THE WEEK



“This is what I call the screw driver.”

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



Velvet Swartzwelder:
“Soooo Big!!!”

Krystal Simpson:
“THE ONE MAN WAVE.”

Terrel Noble:
“One, two, three, ONE. One, two, three, TWO.....”

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>

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



Front Page Photo Credit

Arlingtoncemetary.org

Marine Attack Squadron 311
31st MEU



Marine Attack Squadron 211
Afghanistan

Marine Attack Squadron 214
11th MEU



News to Use

YUMA MEMORIAL DAY EVENTS

Monday May 28, 2012

7:45 a.m. - Quechan Burial Ground at Winterhaven, Calif.

9:00 a.m. - Ocean to Ocean Bridge Ceremony at Gateway Park in the American Legion Auxiliary Unit 19.

10:00 a.m. - Desert Lawn Memorial Park Services at American Legion Post 19.

11:30 a.m. - Sunset Vista Cemetery Services.

12:00 p.m. - Barbeque at 2575 S. Virginia Drive American Legion Post 19.

Donations include, adults \$7.00 and children \$3.50

12:00 p.m. - Flag Raising Ceremony and Barbeque at Veterans of Foreign Wars 8242; 7120 S. Highway 95.

12:30 p.m. - Loyal Order of Moose Lodge 1627 Flag Raising.

1:00 p.m. - LZ Bar & Grill Flag Raising.

3:00 p.m. - "National Moment of Remembrance."

LUNCHTIME BIBLE STUDY

The station chaplain's office would like to remind all personnel that on Tuesdays at 11 a.m. there will be a group-led Bible discussion with food provided for all attendees.

OASIS POOL PRICING

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

CITIBANK EMAIL PHISHING SCAM

An e-mail phishing scam has been using Citibank to entice service members to open the e-mails causing a virus download on your computer. If you receive one of these follow your Command procedures for discarding. Remember Citibank will never ask for personal information via e-mail.

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.



Tailspotter



Chewy

A former neighborhood stray in San Luis, Chewy now has wandered into the Humane Society. He is a 4-year-old Shar Pei/ Shepherd mix. He is a gentle soul who loves everyone, fixed, vaccinated and has his microchip. As we know, a taller fence is needed but this guy is amazing. You have to come meet him. For more information about adopting, contact the Humane Society of Yuma at 928-782-1621.



5 Questions

Career Resource Center Manager

Mr. Richard Welch

What is the Family Member Employment Assistance Program?

The FMEAP is a part of the Career Resource Management Center, and offers employment assistance and other career development opportunities to military spouses and family members.

What are some of the services available?

Some of the assistance provided includes workshops on the following subjects: Resume Writing, Federal Resume, Interviewing Skills and Job Search Strategies.

Your office provides Job Referral assistance through liaison with local/regional employers. Any other services offered by the FMEAP?

The FMEAP Specialist assists military spouses and family members in the following areas:

- Career planning and management
- Identifying potential employers
- Effective networking techniques to seek out job opportunities
- Assistance in developing powerful resumes and related job search information.
- Individual sessions to be prepared to effectively answer questions during an interview.
- Tips on how to handle salary negotiations and evaluate job offers
- Educational resources

Is there anything else we should be aware of?

The FMEAP works with local civilian agencies and provides assistance during their Employment Events, and also plans and organizes Career and Education Expos Fairs each May and December for MCAS Yuma.

I don't have a computer with internet access to get started, can you help me?

Yes, we have a Resource Center with computers with internet access as well as ability to print copies of Resumes and other employment-related documents, and also have capability to provide assistance with faxing documents, if necessary.

For more information and assistance, visit the FMEAP office located in the west wing of building 852 or call Alicia Ruvalcaba at(928)269-2680.

Station celebrates Oasis Pool's grand reopening

Lance Cpl. Sean Dennison

Desert Warrior Staff

Station personnel and their families celebrated the grand reopening of MCAS Yuma's Oasis Pool with a splash, May 18.

The pool, which has been in use since 1943, reopened after renovations started in March were completed.

Oasis now boasts four two-story water slides and a completely revamped "splash pad" that replaces the kiddie pool.

"I tested them myself, they're very exciting," said Roberto Pou, the assistant athletic director. "I'm sure the youth and teenagers are going to like it."

The water slides were built after numerous requests from pool patrons, while the splash

pad's construction was a result of problems with cleanliness in the old kiddie pool.

Families got to relax for the first half of the day, with Adult Swim following suite. The Single Marine Program brought to the festivities genuine Mexican luchadores and a nacho eating contest sponsored by Chretin's Restaurant and Cantina.

The pool is slated to host a barbecue every Wednesday through the SMP. As well, for those who live in the barracks, they need only to present their meal card at the pool gate on Fridays to use the facilities for free.

The project for the refurbished pool was conceived in September 2011 after receiving a grant from the government. However, because the pool is considered a Category B project, one used for recreation and entertainment, patrons are now required to pay for pool use.

A seasonal pass is \$50, with a visit costing adults \$2 and children under 17 \$1.50.

Using the pool for lap swimming or physical training, however, remains free.



Photos by Lance Cpl. Sean Dennison

Above: Station families enjoy MCAS Yuma's newly renovated Oasis Pool during its grand reopening, May 18. The pool now boasts four two-story waterslides and a splash pad for toddlers. The pool has been under construction for the add-ons since March.

Gen. James F. Amos, the 35th Commandant of the Marine Corps, and Sgt. Maj. Michael P. Barrett, the 17th Sergeant Major of the Marine Corps, visited MCAS Yuma as a part of the Commandant's Corps-wide "Heritage Tour" being conducted over the coming months. The purpose of the tour is for the Commandant and Sergeant Major to emphasize their expectations for leadership and conduct in the Marine Corps. Addressing senior enlisted members and officers, the briefing emphasized going back to the basics of being a leader, setting the example and holding members to the highest traditions and standards of the U.S. Marine Corps.

Right: Amos, 35th Commandant of the Marine Corps, speaks to hundreds of Marines at MCAS Yuma on May 21 during a Heritage Brief that stressed the importance of being a charismatic leader, setting the example and holding members to the highest standards and traditions of the Marine Corps.

Below: Mrs. Bonnie Amos, Wife of the Commandant of the Marine Corps, explains the importance of family involvement in Marines life while taking a tour of MCAS Yuma, Ariz, May 21, 2012.



Photo by Pfc. Zac Scanlon



Photo by Gunnery Sgt. Dustin Dunk

Yuma's Graduation Ceremonies Available World-wide

Yuma Union High School District

Yuma area high school graduation ceremonies will be web-casted "Live" on the evening of Friday, May 25th. This will be a very special opportunity for deployed military family members and others unable to attend graduation to view the graduation ceremony in real time from anywhere in the world. Graduation ceremonies will be archived at each school's website for future viewing. All of the ceremonies will begin 8:00 p.m. Pacific Time, broadcast from the respective stadiums.

Friends and family members have two options for logging onto the "Live Feed."

1. Individuals may log onto each respective school's website to find the graduation link (see links below).
2. Individuals may also log onto www.goliveyuma.com and select the link designated for the desired school graduation ceremony.

The websites are:

Yuma High School, Doan Field - <http://www.yumahs.yumaunion.org/>
Kofa High School, Irv Pallack Field - <http://www.kofa.yumaunion.org/>
Cibola High School, Raider Field - <http://www.cibola.yumaunion.org/>
San Luis High School, The Snake Pit - <http://www.sanluis.yumaunion.org/>
Gila Ridge High School, Veteran's Memorial Stadium - <http://www.gilaridge.yumaunion.org/>

This project is led by Mr. Mike Sharp, assistant principal at Kofa High School. It is made possible with the strong support of Ms. Elena McShane, School Liaison Officer, MCAS Yuma, and Mr. Robert Haworth of Vice-Tech, as well as the Yuma Educational Technology Consortium.

If you would like more information on this please call Mike Sharp at (928)502-5400.

Students learn dangers of legal highs from devil dogs

Cpl. Aaron Diamant
Desert Warrior Staff

For years, the Corps has been working to educate Marines on the dangers of the so-called 'legal high' produced by the drugs Spice and Bath Salts.

The station's Drug Demand Reduction Program to that knowledge outside the gates to educate nearly 300 local youth on what the Corps has known for years.

Virgil Tapispisan, DDRP manager, and two substance abuse control officers, Sgt. Austin Wethington and Sgt. Miguel Cervantes, spent two days educating Yuma High School students on just how dangerous these drugs can be.

"With their summer vacation coming up, we wanted to make sure they know to avoid these drugs while they are out of school," said Tapispisan.

Many of the freshmen-aged students the group talked to knew about Spice, showing the prevalence and availability of the synthetic cabanoid. However, many of them were unaware of just how dangerous the drug can be.

"First and foremost, there have been a lot of reports from ERs all over the country that they have been getting patients who are overdosing on Spice and bath salts, and most of them are teenagers," said Tapispisan. "They are very accessible because they can be purchased almost anywhere. Being a new phenomenon and marketed as a 'le-

gal high,' the community doesn't really know the dangers associated with them, so that's why we go out there to educate them."

"They are taught the dangers of other illegal drugs, but their knowledge of spice and bath salts are very limited," said Tapispisan, referring to the programs taught to students about illegal narcotics.

The potency levels of Spice vary from bag to bag, and sometimes can be as much as 500 percent stronger than marijuana.

"People have died from smoking Spice," Tapispisan told his audiences. Many of them had shocked expressions on their faces. "Some of them have even died from the first time they smoke Spice."

Education and training is designed to increase awareness of the physical and emotional consequences of synthetic drug use. Targeting high school and middle school students would likely yield the beginnings of positive changes within the community at large.

Military children also attend local schools and are positively or negatively impacted by the outside influences of community school norms. By joining with the Yuma community, MCAS DDRP can provide both military and civilians a sense of common cause and purpose. Most importantly, this education and awareness campaign will provide students within the schools the opportunity of hearing fact-based information regarding synthetic drugs.

WOMEN'S SUMMIT OPENS EYES OF FEMALE MARINES

Cpl. Aaron Diamant
Desert Warrior Staff

Many of the station's female Marines gathered with a few of their male counterparts for an awareness summit, May 15.

Women make up only six percent of the Corps, but despite their small numbers, make a large difference in the institution.

While there were several presentations from valuable resources on station, the main goal of the gathering was to learn from one another and become better mentors for one another, said Sgt. Maj. Irene O'Neal, Marine Aircraft Group 13 sergeant major.

The attendees learned a lot from the 27-year veteran.

"All of us in here joined the same institution, so we should all be treated equally," said O'Neal. "And believe me, the Corps has come a long way in 27 years."

O'Neal tried joining the Corps at 16. After being told she was too young, the recruiter asked if she had any older siblings. O'Neal's older brother was graduating high school that year, so she gave the recruiter her brother's information. He enlisted that summer.

After finally becoming old enough, O'Neal told her brother she still wanted to enlist.

"Don't do it' he told me. And can you guess why?" O'Neal asked her audience. "It was because he knew how women in the Corps were treated at that time."

O'Neal enlisted anyway, and has risen to the top of the enlisted ranks, and will soon become the sergeant major for the Inspector General of the Marine Corps.

"I want all of you to see what you're capable of," said O'Neal, pointing to the several senior enlisted women in the room. "You

young Marines, both men and women, are the future of the Corps."

After the presentations, there were small group discussions, each led by a female senior enlisted Marine.

"This is what the Corps is," said O'Neal to her group. "A brotherhood, a sisterhood. Without this, the Corps wouldn't be what it is today. I guarantee that at some point, you'll need one another, and you have to be there for each other."



Photo by Cpl. Aaron Diamant

Cpl. Margaret Madera, left, a Marine Attack Squadron 311 airframe mechanic, speaks with Sgt. Maj. Irene O'Neal, the Marine Aircraft Group 13 sergeant major, during the women's summit at the Sonoran Pueblo, May 15.

Full Ads

Summit Charts NATO Course in Afghanistan, for Future

Jim Garamone

American Forces Press Service

WASHINGTON, May 21, 2012 – NATO hasn't just endured, it has thrived, President Barack Obama said at the conclusion of the alliance's summit in Chicago today.

Alliance and partner-nation leaders met in the Windy City and covered a range of issues from Afghanistan to missile defense to nuclear arms to common defense.

"NATO has been the bedrock of common security, freedom and prosperity for nearly 65 years," the president said. "It hasn't just endured, it has thrived, because our nations are stronger when we stand together."

The Chicago summit saw long, intense discussions on the alliance's role in Afghanistan and the way forward in that country, the president said. "We're now unified behind a plan to responsibly wind down the war in Afghanistan, a plan that trains Afghan security forces, transitions to the Afghans and builds a partnership that can endure after our combat mission in Afghanistan ends," he added.

NATO has transitioned much of the security responsibility to Afghan national security forces. More than 50 percent of the Afghan population is now under the protection of Afghan soldiers and police, and the next step was finalized today, the president said. "We agreed that Afghan forces will take the lead for combat operations next year, in mid-2013," he said. "At that time, [International Security Assistance Force] forces will have shifted from combat to a support role in all parts of the country."

Though this is a major step toward completing the transition to an Afghan lead for security by the end of 2014, Obama said, important work remains.

"This will not mark the end of Afghanistan's challenges, obviously, or our partnership with that important country, but we are making substantial progress against our core objective

of defeating al-Qaida and denying it safe haven, while helping the Afghans to stand on their own," he said.

The alliance leaders looked at what kind of relationship NATO will have with Afghanistan post-2014, the president said. "NATO



U.S. Army photo by Spc. Andrew Baker

Afghan police lead coalition forces to the village of Spine Gunday in the Gelan district of Afghanistan's Ghazni province, May 10, 2012. Afghan forces are taking the lead in security operations throughout Afghanistan.

will continue to train, advise and assist and support Afghan forces as they grow stronger," he added. "While this summit has not been a pledging conference, it's been encouraging to see a number of countries making significant financial commitments to sustain Afghanistan's progress in the years ahead."

The summit carries on work laid down during the alliance's November 2010 summit in Lisbon, Portugal. Alliance leaders

agreed in Chicago on a series of steps to strengthen NATO's defense capabilities over the next decade, Obama said. This, he added, puts teeth in the strategic concept the leaders agreed to in Lisbon and solidifies the "Article 5" commitment. Article 5 of the Washington Treaty stipulates that an attack on one NATO nation is an attack on all.

In Chicago, the alliance agreed to acquire a fleet of drones to strengthen intelligence, surveillance and reconnaissance. "We also agreed on a mix of conventional, nuclear missile and missile defense forces that we need," Obama said. Alliance leaders also agreed on how to pay for these capabilities, to include pooling resources in the face of difficult economic times.

The alliance will move forward with missile defense and announced the NATO system now provides an interim capability. "America's contribution to this effort will be a phased adaptive approach that we're pursuing on European missile defense," the president said. The system calls for a defense radar in Turkey, which will be under NATO control.

"Spain, Romania and Poland have agreed to host key U.S. assets, the Netherlands will be upgrading radars, and we look forward to contributions from other allies," Obama said.

He was quick to point out that the system is not aimed at Russia and does not undermine Russia's strategic deterrent. "I continue to believe that missile defense can be an area of cooperation with Russia," he said.

Finally, the NATO member nations agreed to deepen cooperation with allies, Obama said. The Libyan operation showcased the cooperation with far-flung allies that provided valuable capabilities to the alliance. The 28 nations of the alliance met with the leaders from 13 other countries to strengthen ties.

"Each of these countries has contributed to NATO operations in different ways – military, political, financial – and each wants to see us do more together," the president said. "To see the breadth of those countries represented in that room is to see how NATO has truly become a hub of global security."

Janice K. Brewer
Governor

Scott Hunt
State Forester

Arizona State Forestry Division

Office of the State Forester
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SECRETARY OF STATE
FILED
2012 MAY 17 PM 12:01

State Forester Notice of Fire Restrictions On All State-Owned Lands Outside Incorporated Municipalities Effective May 18, 2012

Fire, smoking, and fireworks restrictions are being implemented by the Arizona State Forester on all State-owned and managed lands. The restrictions are effective May 18, 2012 at 0800 and will continue until further notice. (Authority: ARS 37-623 and ARS 37-623.02)

This Notice expands the May 07, 2012 State Forester Notice of Fire Restrictions. This Notice standardizes fire restrictions across all unincorporated state-owned and managed lands in Arizona, including lands administered by the State Land Department, State Game and Fish Department, State Parks, and State Department of Transportation.

Fire restrictions are necessary due to existing extreme fire danger to prevent human caused wildfires and protect public health and safety. Contributing factors include high temperatures, low humidity, and continuous dry vegetation that provide conditions for rapid spread of wildfire.

These restrictions will apply to the following State-Owned and Managed Lands:

All State Trust Lands outside incorporated municipalities.

All Game and Fish Commission Wildlife Areas and Department properties outside incorporated municipalities.

All State Parks outside incorporated municipalities.

All Department of Transportation highway right-of-way property outside incorporated municipalities not owned by federal land management agencies.

The restrictions are as follows:

- Building, maintaining or using a fire, campfire, or charcoal burning device is **prohibited**. (Petroleum or propane fueled stoves, lanterns, heating and livestock branding devices are **exempt** from these restrictions.);

FIRE PREVENTION ORDER NUMBER AZ-030-12-01 FIRE RESTRICTIONS DUE TO VERY HIGH FIRE DANGER BUREAU OF LAND MANAGEMENT, COLORADO RIVER DISTRICT LAKE HAVASU FIELD OFFICE

Pursuant to 43 Code of Federal Regulations (CFR) 9212.2, because of extreme fire hazard conditions, the following acts are prohibited on Bureau of Land Management (BLM) administered land in Arizona and California for the Bureau of Land Management (BLM) administered public lands within the jurisdiction of the Lake Havasu Field Office of the Colorado River District until further notice. This includes BLM administered public land in portions of Mohave and La Paz Counties in Arizona, and San Bernardino and Riverside Counties in California.

PROHIBITIONS:

1. Open campfires, charcoal grills, and stove fires.
2. Smoking.
3. Use of fireworks, flares, or other incendiary devices.
4. Welding or the use of any torch or metal cutting implement.

The restrictions are necessary due to extreme fire danger from prolonged hot and dry weather conditions.

EXEMPTIONS:

1. Campfires and charcoal grills are permitted in developed recreation sites or improved sites where agency-built fire rings or grills are provided.
2. Smoking is restricted to enclosed buildings, within an enclosed vehicle and on a paved or surface roads, within a developed recreation site, or while stopped in an area at least six feet in diameter that is barren or cleared of all flammable material.
3. The use of petroleum-fueled stoves, lanterns, or heating devices are allowed provided such devices meet the fire underwriter's specifications for safety.

The following persons are exempt from this order:

1. Persons with a permit specifically authorizing the prohibited act or omission.
2. Any Federal, State or Local Officer or member of an organized firefighting force in the performance of an official duty.
3. Resident owners and lessees of land, and holders of recreational special use authorizations, within the restricted area are exempt from Restriction No. 1 above, provided such fires are within a permanent structure.

This Order becomes effective at 12:00 AM, May 18th, 2012, and will remain in force until rescinded.

Violation of this prohibition is punishable by a fine of not more than \$1,000.00 or imprisonment of not more than 12 months, or both. Questions regarding this order should be addressed to the BLM Fire Mitigation Specialist, James Stewart, at (928) 317-3260, or the Lake Havasu Field Office at (928) 505-1200.

1/2 Ads

Exercise Your Right to Vote!

Voting is a constitutional right that American citizens eighteen years and older can freely exercise. The Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA) covers all active-duty members of the Uniformed Services and their families, members of the merchant marine and their families, and US citizens who reside overseas, and assists them in exercising their right to vote.

If you are on active duty stationed in the United States, you can vote in the state in which you reside or choose to vote absentee in your home of record state. It's your choice.

Elections are managed individually by all 55 states and territories but the basic steps to vote are simple:

1. Register to vote at www.fvap.gov and this site will walk you through the process of choosing the appropriate state and completing the appropriate registration paperwork.
2. If voting absentee, the state-level election official approves/disapproves the Federal Postcard Application or requests additional information. If the application is approved, the election official sends you an absentee ballot in the mail and often an email reminder.
3. If voting absentee, you vote on the ballot and return it to your state-level election official via mail by the state's deadline.

Remember: The FVAP.gov Web Portal is Your 2012 Election Resource

Leader's Forum

"Memorial Day Message"

Lt. Col. Keith Couch

Headquarters and Headquarters Squadron Commanding Officer

Marines, as we have all done throughout our past, this weekend Americans from coast to coast and abroad will take pause to remember the price of freedom this nation of ours has paid. A price paid for by an investment in peace, made by all those men and women that make up our armed forces. A price that has come in the form of blood and sacrifice throughout our nation's history. Ladies and Gentlemen, as we continue to fight for our nation's freedom and secure its future, take note that our legacy of bravery on the battlefield is firmly built on a solid foundation. A foundation that is firmly incrustured with our core values of honor, courage and commitment. And know, that as we pay gratitude to those that have gone before us, we must remember to continue to protect that which is most precious; you and your brothers and sisters in arms. Take time this weekend to plan appropriately. Incorporate risk management in all your activities and be the leader I know you all are, by continuing to make a difference and doing the "right" thing. Marines, feel proud this Memorial Day for you are among the elite that protect this great nation and are of the best I've served with. But, also remember we need you back home; safe and sound to ensure our future remains secure. Have a great weekend Marines, and remember to take care of each other!

1/2 Ads

101 Days of Summer heat up MCAS Yuma

Lance Cpl. Sean Dennison
Desert Warrior Staff

MCAS Yuma kicked off the 101 Days of Summer with its annual health and safety fair, where Marines received training and education to safely enjoy the season, May 22.

The fair is held at the beginning of the "101 Days of Summer", the period of time when, historically, the most accidents and deaths occur among Marines and Sailors.

In 2011 the station saw 15 Class A mishaps, half involving vehicular accidents.

"The 101 Days of Summer event is between Memorial Day and Labor Day and that's typically the time we see a big spike in recreational accidents and vehicle accidents," said Rick Barnes, the station's tactical safety specialist. "We have this campaign to promote safety and bring attention to it to hopefully reduce the number of accidents and mishaps during the summer vacation."

Two waves of Marines and Sailors schooled themselves on summer safety, with one group beginning at 8 a.m. and the other at 1 p.m. Several locations on base, the parade deck, base gym, base chapel, Sonoran Pueblo and the Dos Rios parking lot, all held different aspects of safety awareness for Marines to experience.

As part of a new initiative to go paperless and preserve resources, stick leaders took accountability of Marines via rosters, a change from recent years' stamp sheets, according to Barnes.

The parade deck featured the majority of events, including Red Bulls trial rider Keith Wineland, currently ranked number three in the nation, and a station crash crew water competition.

Driven to Dare, which schooled personnel on driving safety, was held at the chapel, while Semper Fit held hydration safety classes at the gym.

The Sonoran Pueblo hosted the Yuma County Sheriff's Office so they could teach boating and water safety to Marines.



Photo by Cpl. Laura Cardoso

A Marine with Marine Wing Support Squadron 371 views a poster depicting the Marines who lost their lives to drunk driving on May 22, 2012 at MCAS Yuma. Marines and Sailors attended this year's "101 Days of Summer" in order to learn sound operational risk management during the summer months. They enjoyed a day of fun activities such as rock climbing, motor bike demonstrations, food and more. They were presented with several instructional classes regarding summer safety. The period between Memorial Day and Labor Day is designated as the "101 Days of Summer" because historically it is known as an extremely dangerous time for people. The purpose of the event was to properly educate and provide the training the troops are required to receive in order to safely enjoy recreational activities.



Photo by PFC. Zachary Scanlon



Photo by Cpl. Laura Cardoso



Photo by Lance Cpl. Sean Dennison



Photo by Cpl. Laura Cardoso



Photo by Cpl. Laura Cardoso

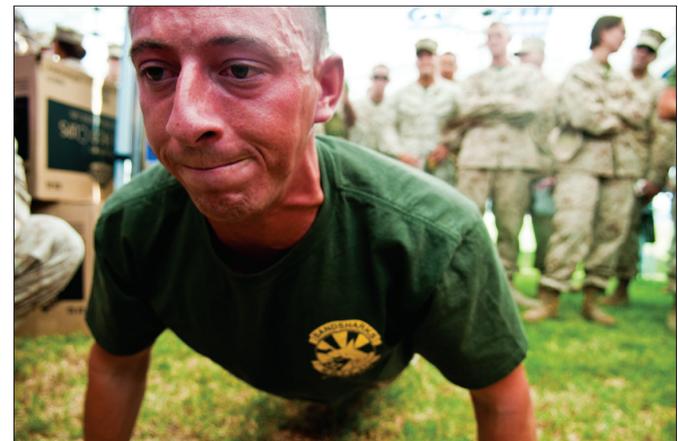


Photo by Cpl. Laura Cardoso

A Marine with Marine Wing Support Squadron 371 competes in the push-up competition May 22, 2012 at MCAS Yuma's "101 Days of Summer" safety fair. Marines and Sailors attended this year's safety fair in order to learn sound operational risk management during the summer months. Marines and Sailors enjoyed a day of activities such as rock climbing, motor bike demonstrations, food and more. They were presented with several instructional classes regarding summer safety. The period between Memorial Day and Labor Day is designated as the "101 Days of Summer" because historically it is known as an extremely dangerous time for people.

Full Ads

DRIVING MORE EFFICIENTLY

usa.gov

Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas. It can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

Observe the Speed Limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph.

You can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.30 per gallon for gas.

Observing the speed limit is also safer.

Remove Excess Weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2 percent. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

Avoid Excessive Idling

Idling can use a quarter to a half gallon of fuel per hour, depending on engine size and air conditioner (AC) use. Turn off your engine when your vehicle is parked. It only takes a few seconds worth of fuel to restart your vehicle. Turning your engine on and off excessively, however, may increase starter wear.

Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use Overdrive Gears

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

Note:

Cost savings are based on an assumed fuel price of \$3.75/gallon

VET NEWS

Veterans On-Line Application (VONAPP)

va.gov

What is VONAPP?

The VONAPP website is an official U.S. Department of Veterans Affairs website that enables service members, veterans and their beneficiaries, and other designated individuals to apply for benefits using the Internet.

- U.S. military veterans and some service members within six months of separation or retirement can apply for compensation benefits and/or pension benefits using VA Form 21-526, and Vocational Rehabilitation and Employment benefits can be applied for using VA Form 28-1900.

- U.S. military veterans, service members, members of the selected reserve, and dependents can apply for education benefits.

How is using this site different from visiting a VA office?

- When you use this site to complete and send an application to the VA, your application will be sent directly to the VA office with jurisdiction over your application. Processing will begin and you will receive an automated e-mail response from the VA office letting you know that your application has been received.

- It can be important for you to submit your claim as soon as you can if it is near the end of a month, whether by regular mail or using VONAPP, to ensure we receive it before the first of the next month. In some cases, your entitlement is based on the date we receive your claim in the VA. You might lose a month of benefits if we find you eligible, but you wait until the following month to submit your claim.

- When you successfully submit your electronic application using VONAPP, the time and date is stamped on your application. The time and date is the Eastern Standard Time (EST) at Philadelphia, Pennsylvania, where it is electronically received by the VA regardless of your geographic location around the world.

What "Helps" are on this site?

- We have designed this site so you can have help features and background information at all times. The VONAPP Home Page has links to provide in-depth information for specific topics

- To begin completing an application using VONAPP, click on the Start VONAPP button on the VONAPP Home Page. We recommend that you read the information in Instructions for Filling Out Applications before you start.

- Help Functions. Once you begin working on your application, the left margin of most pages will have specific information related to the current block your cursor is in. The right margin of many of your screens will have help links. These links provide information that will help you understand what we need or will give you special information about the section of the application you are completing.

BUSINESS OPERATIONS



Live DJ

When: Fri, May 25, 8pm – Sat, May 26, 1am

Where: Pulse the Nightclub

Every Friday and Saturday come down and listen to the Live DJ and 50 cent drink specials for the Ladies. Call 269-2711 for more information. Don't forget to mention you saw it on the MCCS Event Calendar.

SINGLE MARINE PROGRAM

SMP Dinner & a Movie

When: Tue, May 29, 6:30pm – 8:30pm

Where: Station Theater

Free admission, order dinner next door and enjoy the dinner and a movie experience. 269-6556 for more info.

FAMILY SERVICES

College 101 Brief

When: Thu, May 24, 2pm – 3pm

Where: Building 850

This hour long brief focuses on the policies and procedures that are in place for using military Tuition Assistance. This brief is required for anyone who wants to use Tuition Assistance.

Full Ads

The history of the Marine Corps War Memorial

Compiled by Desert Warrior Staff

The Marine Corps War Memorial (also called the Iwo Jima Memorial) is a military memorial statue outside the walls of the Arlington National Cemetery and next to the Netherlands Carillon, in Arlington, Virginia, in the United States. The memorial is dedicated to all personnel of the United States Marine Corps who have died in the defense of their country since 1775. The design of the massive sculpture by Felix de Weldon was based on the iconic photo Raising the Flag on Iwo Jima, taken during the Battle of Iwo Jima by Associated Press photographer Joe Rosenthal.

The memorial features the Marines and Sailor who raised the second flag over Iwo Jima: Sgt Michael Strank, Cpl Harlon Block, PFC Franklin Sousley, PFC Rene Gagnon, PFC Ira Hayes, PM2 John Bradley.

In 1951, work commenced on creating a cast bronze memorial based on the photo, with the figures 32 feet (9.8 m) tall and the flagpole 60 feet (18 m) long. The granite base of the memorial bears two inscriptions:

“In honor and memory of the men of the United States Marine Corps who have given their lives to their country since 10 November 1775”

“Uncommon Valor Was a Common Virtue.” This is a tribute by Admiral Chester Nimitz to the fighting men on Iwo Jima.

The location and date of every major Marine Corps engagement up to the present are inscribed around the base of the memorial. The base is made entirely in the deep black diabase of Lönshoda, a small town and a quarry in the southernmost province of Sweden.

The memorial was officially dedicated by President Dwight D. Eisenhower on November 10, 1954, the 179th anniversary of the Marine Corps. In 1961, President John F. Kennedy issued a proclamation that a Flag of the United

States should fly from the memorial 24 hours a day, one of the few official sites where this is required.

The Marines of Marine Barracks, Washington, D.C. use the memorial as a centerpiece of the weekly Sunset Parade featuring the Drum and Bugle Corps and by the Silent Drill Platoon.

There are twelve hands in the memorial corresponding to the six figures depicted. The rumor of a thirteenth hand is thought to be the sculptor's wish to symbolize either all the other Marines who made the flag raising possible, or the hand of God, to which de Weldon exclaimed, "Thirteen hands. Who needed 13 hands? Twelve were enough."



Courtesy photo

1/2 Ads

Nature's Deli

Lance Cpl. Sean Dennison
Desert Warrior Staff

Few things are as pleasurable as a well-made sandwich, and Main Street's Nature's Deli delivers them in spades.

Though unassuming and easy to miss, I'd argue Nature's is one of the better food establishments Yuma has to offer.

Their main strength lies in their cold cuts, with crisp vegetables, juicy meat and the basic condiments on a deli sandwich. The restaurant doesn't try anything new with the tried-and-true methods, but then, they don't need to; each sandwich is carefully prepared and packed to perfection.

The deli also boasts an impressive collection of Italian Sodas. Chocolate Milano is a personal favorite, but any of one of them make the perfect companion drinks for the sandwiches.

The interior is a quaint little space that's nice for small talk or reading a book. There's a homeliness to it that makes me think of old ladies who don't own any cats. I dig it.

Short review, I know, but how in depth can you get about a deli?



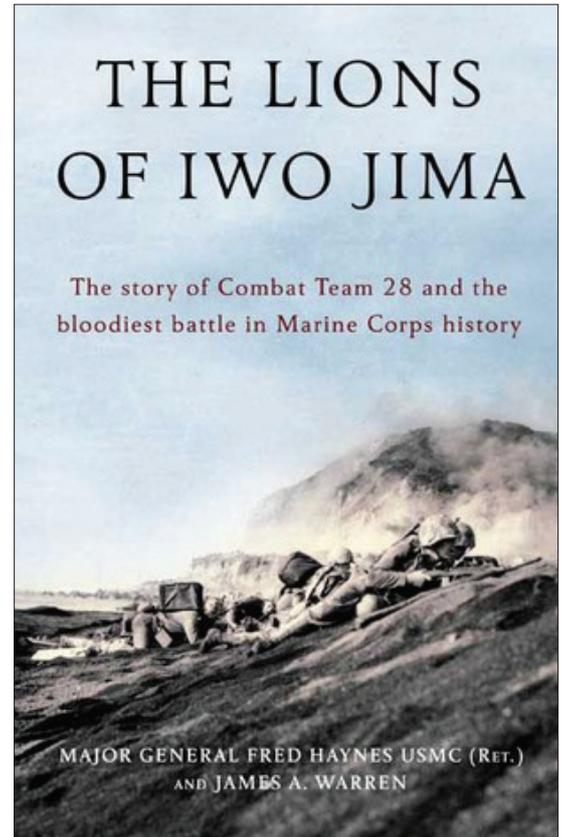
Courtesy photo

Book Review: *The Lions of Iwo Jima*

Publishers Weekly
goodreads.com

Haynes, who was a captain at Iwo Jima, and military historian Warren (American Spartans) revisit familiar ground in this account of the 1945 Pacific battle, relying heavily on Haynes's own memories of serving with the 28th Marine Combat Team. The 28th landed with the initial assault on February 19, 1945, capturing Mount Suribachi after four days despite fierce opposition. While America cheered the famous flag-raising photograph, fighting continued for another month during which most of the 28th became casualties. The book is not a critical analysis of events. The short biographies of senior officers contain only praise; the enlisted men are colorful but dedicated; controversies that surrounded the invasion's planning and execution appear, but the authors do not take sides. Even the Japanese appear as brave and skillful soldiers. The book's first half, which ends with the invasion, will hold most readers, but the conquest of the island, page after page of gruesome, almost suicidal small-unit actions against an enemy that fought to the death, may lose all but Marine aficionados. (Aug.) Copyright 2008 Reed Business Information.

In this intense, moving account, the authors bring the reality of the fighting on Iwo Jima to readers, who are likely to be shocked and even numbed by the nonstop descriptions of carnage. Warren is a journalist and author specializing in military affairs; Haynes is a member of the diminishing group of Iwo Jima survivors, and he has collected for decades letters, diaries, and previously unpublished memoirs, written by his comrades, which are put to superb use here. The account focuses on the experience of Combat Team 28, a unit of 4,500 marines; their best-known accomplishment was the raising of the flag atop Mount Suribachi. However, that event, immortalized by the classic photograph, occurred only four days into the monthlong battle. Ahead lay a cauldron of merciless slaughter, with marines inching forward against Japanese troops entrenched in a series of interlocking caves and tunnels. The authors capture the horror of their advance as close-range combat in confined areas became the norm. This is a disturbing, sometimes sickening chronicle, but the harsh face of war in the Pacific theater has rarely been portrayed so effectively.



Courtesy photo

Opinion: Forming it up brings me down

Lance Cpl. Sean Dennison
Desert Warrior Staff

The "fifteen minutes prior" rule service members are so used to (if in theory rather than practice) always struck me as a bit arbitrary. Why fifteen minutes, and what were we supposed to do with it?

"Hurry up and wait" was probably my favorite military joke before I joined the service, at which point it became a depressing reality. I enjoy being active and getting work done. What I hate is seeing dozens of Marines milling about waiting to do work.

What's more sad is there is a need for a fifteen minutes prior rule. One would think if someone was willing to devote four or more years of their life to service to their country, punctuality would be a nonissue, and whoever is thinking that would be wrong.

Since day one of my active service I've witnessed gross displays of tardiness, absence and utter disregard to work commitments that were then taken up by other embittered Marines- all of which, it must be noted, I'm guilty of.

Perhaps I'm a romantic or idealist when it comes to my vision of the Marine Corps, but it blows my mind that people get away with actions such as that, even worse people let them get away with that, and the worst is when people in leadership positions actually commit the offense.

People like that are the reason I'm seeing Marines huddling for a formation that does not start for another 40 minutes. Loss of time is loss of productivity, and that is something no one in this world should strive for, much less people who work for military branch whose entire existence is based upon the sheer amount of work its individuals do.

Alas, it's important to state that the 15 minutes prior rule is useful in that it

works as a grace period for any mistakes involving the upcoming event. Do I have all my supplies with me? Am I forgetting something important? Accountability, paramount to any organization, is also used in formations, though in this age of instant communication even that seems laughable. If you put on your uniform day after day, you should have no problem committing to events involving the mission you're getting paid to do.

I think formations are viewed differently throughout the various echelons in the Marine Corps, depending on where you work and who with. A formation in a combat zone done for gear and personnel accountability, for example, is absolutely essential. Ensuring your Marines have the proper equipment to fulfill their mission can make the difference between life and death. An all squadron formation held so people can watch one Marine walk away with a Letter of Appreciation, not so much.

Now, to be frank, unless it's a military funeral or fallen hero ceremony, which I've been a part of more times than I'd like to admit, I do not care for formations and the arbitrary sense of time that goes with them. They have and still do serve a purpose, but there are better ways of letting someone know where to be rather than have them rallying in one location. It's probably just my lower enlisted perspective, but it seems the only cohesive thing about formations is the collective irritation that forms in the Marines involved in them.

I believe if Marines collectively pulled together and got to work or functions on time, the 15 minutes prior sentiment would be eradicated entirely. If I'm late because I'm on time why even tell me the correct time an event kicks off? Just bump the time down to when you want me to be there and don't use up my time I could be devoting to higher achievements than glaring at the sky because whatever I'm supposed to attend doesn't start for who knows how long.

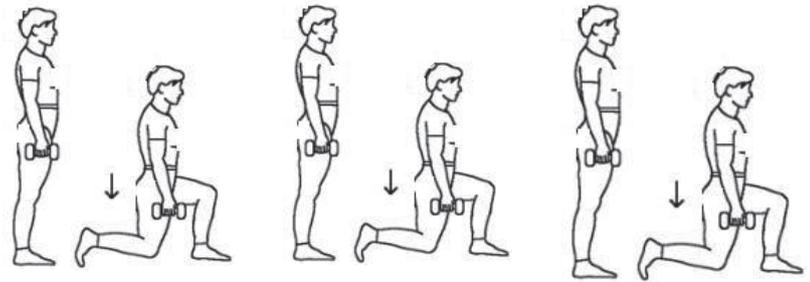
When push comes to crunch: abdominal workout

Ron Sikorka

MCAS Yuma Semper Fit Performance Coach

Want to increase athletic performance while maintaining strength, endurance and anaerobic capacity? Try this workout one day out of the week.

Goal: Finish all exercises in order in as little time as possible. Rest five minutes and repeat two more times for a total of three rounds. Record ALL 3 times, and try this workout four weeks from now to see any improvements.



10x Squat Jumps

20x Dynamic Bikes

10x Pullups

20x Pushups

100m Run

10x V-ups

20x Walking Lunges

10x Burpees

100m Run

20x Commandos

10xe SL Hip Lift



Courtesy photo



100m Run

Don't know the exercise terminology?? Stop by the MCAS Yuma station gym and we can show you these exercises. Good luck!

1/2 Ads

