

Desert **WARRIOR**



February 16, 2012
Volume 11, Number 5

BADDA BOOM BADDA BANG

Station Marines test mettle in annual rifle competition



DEPLOYMENT FOR TRAINING

PHOTOS OF H&HS MARINES HELPING PREPARE BRETHERN FOR AFGHANISTAN

A BAND OF BROTHERS ARE WE

A RUMINATION OF THE IMPORTANCE OF SAFETY

FIRST BLACK MOH RECIPIENT

PFC. ANDERSON'S HEROIC STORY



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

PHOTO OF THE WEEK



I joined to shoot, now I just twirl.

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



Matthew Doran:
"PMO K-9 team now are trained to attack Marines who are Giants Fans for Superbowl Sunday."

Owen Burden:
"These are MY trees, not yours!"

Susan Hulslander-Lapi
"Got ya!"

HOT VIDEOS OF THE WEEK



www.youtube.com/watch?v=PWLpMT14hyA&list=UUB

2011 MCAS Yuma Air show is a hit.



<http://player.theplatform.com/ps/player/pds/PVZ32iOKjb?pid>

Celebrating 100 years of Marine Corps Aviation.



Front Page Photo Credit

Cpl. Jakob Schulz



Marine Wing Support Squadron 371
Helmand Province, Afghanistan

Marine Attack Squadron 311
31st MEU



Marine Attack Squadron 214
11th MEU

News to Use

ANNUAL INCOME TAX FILING INFORMATION

Over 100 million people filed their taxes electronically last year. Electronic filing (e-file) makes filing your taxes easier, reduces the risk of error, and you'll receive your refund faster. The IRS can help you find an authorized e-file provider in your area. You can also file your federal tax return by mail. You can print forms from the IRS website or find them at your local library. Before mailing them in, make sure to double check your math for errors. Visit the IRS or station tax denter for a list of common forms and instruction booklets. The IRS has information about which form to use: the 1040-EZ, 1040A, or 1040.

SNEAK PREVIEW OF "ACT OF VALOR"

The MCAS Yuma Theater is offering a sneak preview of "Act of Valor" on Feb. 18 at 7 p.m. Authorized patrons with valid DOD Id's Active duty/Family, Retired, seating is on a first come basis and the doors open at 6:30 p.m.

VOLUNTEER OPPORTUNITY THIS WEEKEND

The Bureau of Land Management (BLM) needs volunteers to help plant 2,500 trees in an area ravaged by fire in the spring of 2011. BLM will host a volunteer tree-planting opportunity from 7:00 a.m. to noon on Saturday, February 18, 2012, in the Mittry Lake area approximately 8 miles northeast of Yuma. Volunteers are asked to meet at the Betty's Kitchen parking lot, which is located south of the Mittry Lake boat ramp. If you are coming from downtown Yuma, take U.S. Highway 95 east, turn left on Avenue 7E, and continue on the paved road for 7 miles. The road will turn into a dirt road and go approximately 1/4 of a mile. At the flagging, turn left.

LONG DISTANCE PHONE SCAM

Station telephone reported the following: Consumers have reported receiving a message telling them to call a phone number with an 809, 284, 649, or 876 area code in order to collect a prize, find out information about a sick relative, etc. These are not U.S. area codes; the caller is actually connected to a phone number outside the United States, often in Canada or the Caribbean, and charged international call rates. Unfortunately, consumers don't find out that they have been charged higher international call rates until they receive their bill.

GYM CLOSURE

The MCAS Yuma Fitness Center (Gym) will be closed on Sat., Feb. 18 from 8 a.m. to 6 p.m. to install new equipment and arrange the floor plan.

MESS HALL HOURS

Monday-Friday:

Breakfast: 5:30-7:30 a.m.
Lunch: 11 a.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



Poco

Poco is a sweet boy. He's a 7 year old, Chihuahua / Terrier blend. He is used to living in a home, he is potty trained and he walks gentle on a leash. For more information about adopting, contact the Humane Society of Yuma at 928-782-1621.



5 Questions

for the Station Relocation Manager

Ms. Margy Pracchia

Q. What services do you provide to incoming Marines?

A. We offer welcome aboard packages to incoming Marines. These packages include tons of material on the new duty station such as maps, information on local schools, employment opportunities and more. We also have electronic copies of most everything. We also provide a welcome aboard briefing on station held at the Sonoran Pueblo every third Wednesday of the month at 8 a.m.

Q. How do you help Marines leaving Yuma?

We have PCS workshops, which talk about mainly what to expect. We give the Marines maps and other information on the places they will be living. Also, as part of the class, IPAC talks about entitlements while DMO talks about moving your household goods. These classes are held the third Tuesday of the month, 8 a.m., at Marine Corps Family Team Building.

Q. What do you offer to military children just moving to Yuma?

A. For children ages 6-17 we offer a great sponsorship program to ease the transition into MCAS Yuma. Basically we couple the incoming child with someone around the same age already living on base. The child sponsor lets them know what to expect here and when the child arrives the sponsor meets and shows him or her around station. So children can arrive on station already knowing what to expect, and even have a friend.

Q. Are there any services most don't know about?

A. MCCS offers loan lockers at every Marine Corps installation. The loan lockers allow service members to temporarily rent household goods such as kitchen kits, futons, baby items and more, all free of charge.

Q. What's the most important thing to remember when PCSing?

A. Getting all your information together and planning is the most important thing people can do before PCSing. Then, as soon as you get those orders, you need to come to our PCS workshop and most importantly relax and don't stress out.

Civilian recognized by HQMC for expertise

Sgt. Daniel Malta
Desert Warrior

Marine Corps Air Station Yuma is the Corps's busiest air station according to Headquarters Marine Corps and could not function at such a high level if it wasn't for its civilians. The civilians bring the continuity needed to operate day in and day out according to Christian A. Kost, environmental protection specialist and the winner of station employee of the quarter.

Kost, a native of Stanford, Conn., who was also named as the subject matter expert for hazardous waste management, travels all over the United States and has even addressed the Pentagon on the matter.

"Getting chosen by Headquarters to be a subject matter expert says volumes about him," said David Rodriguez, station environmental director. "He represents me, the base, Col. Kuckuk and the Marine Corps and has definitely earned this award."

Kost received two awards and a check presented by Col. Robert C. Kuckuk, station commander, in front of his peers.

"It is true that Yuma has been known for innovation with its hazardous waste and material, and it can be directly attributed to these folks," said Kuckuk.

Awards aside, Kost understands the mission of the Marine Corps and urges people to remember why they are working so hard.

"We need to appreciate what we have," said Kost. "We are part of the team as Marine civilians and we need to also understand the impact we have."

This was the first civilian quarterly award received in the station's history implemented by the command. Each quarter, all the civilian departments are encouraged to nominate their best employees for future awards.



Photo by Sgt. Daniel Malta

Robert C. Kuckuk, station commanding officer, awarded Christian A. Kost, environmental protection specialist as civilian of the quarter. Kost also received a check for \$1,000 for his accomplishment. Kost works with the environmental department at Marine Corps Air Station Yuma and was also made a subject matter expert by Headquarters Marine Corps for hazardous waste and material. He was the first recipient of the award.



Courtesy photo by Craig Fry/Yuma Sun

Burying the future...for now

Memorabilia representing the memories, hopes and dreams of the residents of Yuma County were entombed in the Centennial Heritage Area Friday evening.

The items were placed inside a time capsule during the kickoff of the Yuma County Centennial Celebration, which will be held over the coming days. The capsule, located behind the Yuma Main Library, will not be opened until 2112.

The air station contributed to the project with unit coins, patches, clothing articles and accounts written by Marines of their time at Yuma or overseas. Col. Robert Kuckuk, station commanding officer, represented MCAS at the burial.

"It is a real good cross-section of the county as a whole, and that was the goal," said Robert Pickels, Yuma County administrator.

"We were trying to reach across the entire 5,500 square miles of the county and leave no one excluded from this event," he added. "We really wanted this to truly be a county event, and it was."

The Yuma County employees who designed the time capsule took careful measures to ensure the contents in the aluminum containers will survive for the next 100 years by keeping any moisture out.

In 100 years, perhaps a Marine will unearth the station's past and learn from it.

Frank Perez (left) and Tito Contreras, from the Yuma County Public Works Department, help guide the Centennial Time Capsule into place at the Heritage Area, 2951 S. 21st Drive, Thursday morning. The time capsule will be dedicated and filled during a ceremony at the Centennial Celebration on Feb. 10.

MCFTB works to include single Marines in the fold

Lance Cpl. Bill Waterstreet
Desert Warrior

Marine Corps Family Team Building is normally associated with the children and spouses of Marines. However, the program is now working on getting more in-touch with all Yuma Marines, not just the ones with families. This, of course, will not impact the programs already in effect to help families around base.

"We are trying to diversify the definition of what the Marine Corps family is," said Bekah DiFelice, the MCFTB readiness and deployment support trainer. "It's not just a spouse. We want to make our program relevant to everyone in the Marine Corps family: the active duty Marines, significant others, parents and anyone else we can help."

The largest addition to the services offered by MCFTB is the Happiness Project, which is scheduled to begin March 8. This is a personal development program that focuses on helping participants improve in areas of life that are often neglected. Each month there will be a new aspect of life that will be chosen. Anyone in attendance will be spending time that month working to improve his or her life in that area. Subjects will include relationships with spouses, friends and family, everyday organization and health.

The program will run one year. For each month, anyone who finds the topic interesting is welcome to come in and take part. Activities like this are targeting single Marines to get them more involved.

"The single Marine makes up the majority of the Marine Corps," said DiFelice. "We are not reaching most of the Marine Corps if our focus is just spouses."

"We want to put that emphasis on the heart of the Marine Corps, which is our Marines," added Jenny Moore, the MCFTB children's programmer, and native of Seattle. "We want to clear up that everything MCFTB does is for Marines and their families, not just spouses and children."

More than just the Happiness Program, MCFTB also just held the Warrior Spa Night on Jan. 7. The spa night was for active duty Marines and offered massages, facials and other therapeutic services by Lotus Day Spa.

Spanish classes are also slated to be added for Marines.

While MCFTB is trying to involve more active-duty Marines, but the families who depend on the program are still being taken care of. The Hearts Apart program is currently running and helps children of deployed Marines deal with their father or mother being gone. This program recently involved the commanding officer of MCAS Yuma, Col. Robert Kuckuk, reading a story to children about their parents being away.

"Even though we are shifting the focus, we are still actively engaging spouses," said DiFelice. "We are not trying to alienate spouses and focus on single Marines. We are just trying to expand who our program appeals to."

For more information, contact the MCFTB office at (928)-269-6550 for registration. Free child care is also offered during sessions to anyone attending family team building programs.

DEPLOYMENT FOR TRAINING

H&HS MARINES PREP BRETHERN FOR OVERSEAS OPERATIONS



Photos by Lance Cpl. Ryan Lampro

U.S. Marine Team Leader Sgt. Dante Collins of 1st Recon Battalion out of Camp Pendleton, Calif., moves across a cavern under the watchful eyes of instructor Staff Sgt. Jason Kelly of the Unit Training Group at the Mountain Warfare Training Center (MWTC) in Bridgeport, Calif., Jan. 12, 2012. The MWTC teaches Marines and Sailors Summer and Winter courses for Mountain Warfare Survival Techniques in the Sierra Nevada Mountain Range.



U.S. Marines from Marine Corps Air Station Yuma, Ariz., secure Lance Cpl. Kenneth Vanmeerbeke into a make shift sled to transport him to a helicopter landing zone, at the Mountain Warfare Training Center, Bridgeport, Calif., Jan. 16, 2012. The MCAS Yuma Marines need to know how to extract a casualty from a war zone while they helped 3rd Battalion 5th Regiment Marine, Camp Pendleton, Calif., train for their upcoming deployment.



Capt. Daniel Kobyra of Weapons Field Training Battalion out of Camp Pendleton, Calif., works on getting his PRC-119 radio working before going out on patrol. Lance Cpl. Kenneth Justice of Marine Corps Air Station Yuma, Ariz., watches to gain new knowledge on the subject aboard Mountain Warfare Training Center in Bridgeport, Calif., Jan. 28, 2012 The MWTC teaches Marines and Sailors Summer and Winter courses for Mountain Warfare Survival Techniques in the Sierra Nevada Mountain Range.

MARADMINS

2012 Sea Service Leadership Association Joint Women's Leadership Symposium

This MarAdmin announces the 2012 Sea Service Leadership Association Annual Joint Women's Leadership Symposium which will be held March 6, 2012 during women's history month, at the Gaylord National Resort and Convention Center in National Harbor, Md. This year's theme is, "United In Service, Our Global Impact."

The purpose of this leadership symposium is to foster education and career development and focuses on the challenges and opportunities women face while serving in the military, as well as provide networking and mentoring opportunities for active and reserve service members. Joint event topics include: a global impact session, a joint female general officer panel on leadership; and professional development workshops on team-building, how to be a mentor/mentee, and verbal judo: the gentle art of persuasion and financial management.

Military Service Organization News

The Golden Eagles, a musical collective comprised of approximately 100 retirees, most of them veterans, is scheduled to hold a benefit jam to raise funds for a proposed veteran's hospital in Yuma. The event is slated to happen March 8-9 at the Palms RV Resort. Previously called the Snowbird Jammers, the Golden Eagle's focus this year is raising money for the hospital and to help out veterans in the local area. For more information, contact the Kindles at 928-342-3800 or jkdesertrat@roadrunner.com.

Full Ads

DOD Opens More Jobs to Military Women

Karren Parish
Armed Forces Press Services

WASHINGTON, Feb. 9, 2012 – Defense Department policy changes announced today reflect both women's increased roles in and out of combat and the fact that war is no longer linear, senior officials said.

The department notified Congress today it will abolish the restriction on assigning women to locations where ground combat troops operate, and selectively lift the policy barring women from assignments to ground combat units below the brigade level.

Those changes will result in more than 14,000 new jobs or assignment opportunities for military women.

Defense Secretary Leon E. Panetta "is making these changes because he recognizes that over the last decade of war, women have contributed in unprecedented ways to the military's mission," George Little, Pentagon press secretary, told reporters during a briefing here today.

Women service members have put their lives on the line and demonstrated courage, patriotism and skill in defending the nation, Little said.

"But even as we make this announcement, I would like to stress that Secretary Panetta knows this is the beginning, not the end, of a process," he added.

The services will continue to review positions and requirements to determine what additional positions may be opened to women, the press secretary added.

"Our goal is to ensure that the mission is met with the best qualified and most capable people, regardless of gender," he said.

Little noted while preparing the report took longer than expected, Panetta and the service leaders "wanted this done right, not done quickly."

The delay allowed the reviewers to gather additional views



Courtesy photo

on the issues, and resulted in more positions open to women than would have been the case with an earlier report, he added. The report follows a departmentwide review of policies affecting women's job assignments in the military.

Two people who led the review -- Virginia "Vee" Penrod, deputy assistant secretary for military personnel policy, and Army Maj. Gen. Gary Patton, principal director for military personnel policy -- discussed the new policies at today's briefing.

"Opening these positions implements lessons from over a decade at war, where women were proven exceptionally capable and indispensable to mission accomplishment," Penrod said.

The review panel worked to identify "changes ... needed to ensure female members have an equitable opportunity to compete and excel in the U.S. armed forces," she said.

The policy limiting women's military assignments dates

to 1994 and lists four factors that ban women from assignments or jobs: prohibitive costs for berthing and privacy; the requirement to locate and remain with direct ground combat units; units engaged in long range reconnaissance and special operations forces missions; and job-related physical requirements that "exclude the vast majority of women service members."

Department leaders agreed the provision against locating with combat units no longer applies, Penrod noted.

Before 2001, war typically involved front-lines combat and protected "rear" areas where support functions like maintenance and medical care took place, she said. Highly mobile enemies now travel among the civilian population, while counterinsurgency and stability missions to combat such enemies require U.S. forces to disperse across the country in large and small bases, she said.

"There is no rear area that exists in this battlespace. Forces of all types and missions are required to be in close proximity and flow between locations," she said.

Penrod said lifting the location-based prohibition opens 13,139 new Army jobs to women, because the Army is the only service that identified positions that had been closed solely because of where they took place.

The change will expand career opportunities for women and give combatant commanders more options in deploying forces, she said.

Over the past 10 years women have had the opportunity to prove themselves in new ways while training and equipment have improved. Service leaders are now actively seeking ways to expand opportunities for women, she added.

Patton said the opportunities announced today are a first step toward the question of combat arms and special operations jobs ultimately opening to women.

As Panetta told the service chiefs, he said, "This is the beginning, not the end."

Policy changes will take effect later this spring after 30 days of continuous session of Congress, Penrod said.

The valorious room of MAG-13

Cpl. Jolene Bopp
Desert Warrior

Marine Aircraft Group 13 is scheduled to rename the MAG-13 conference room after a 1967 Navy Cross recipient, Col. Fred L. Cone, during their 70th anniversary ceremony on March 1.

Cone, an A-6A Intruder Aircraft pilot with Marine All-Weather Attack Squadron 242, was chosen for the conference room name because of his achievements that lead to him being awarded the Navy Cross due to heroic actions in Vietnam.

“MAG-13 has had the fortune of having a number of outstanding Commanding Officers,” said 1stLt. Charles Stewart, MAG-13 adjutant. “Our leadership reviewed the legacies of these Commanders as well as their impact and accomplishments both before and after they were a part of MAG-13, and the feeling was that Col. Fred J. Cone, a Navy Cross recipient, was an excellent choice to be held up as a role model.”

Stewart also reflected on the groups history as a whole.

“MAG-13 has a long and storied history that we feel hasn't been properly appreciated. Our squadrons have done an excellent job of plugging into their legacies and accomplishments to fuel their squadron pride, and it's time to incorporate some of that up at the Group level,” said Stewart. “This year provided an excellent opportunity; in our 70th year, we will be seeing a lot of changes beginning with the integration of the MWSS-371 Sandsharks, and the stand-up of the first operational

F-35 squadron in the world. It gives us a time to reflect on our path as we prepare for our future.”

Cone will also be present for the ceremony, scheduled to take place after the motivational run that morning. A brief history of MAG-13 will also take place to share the pride they hold with MCAS Yuma Marines.

According to Cone's Bronze Star citation, he was assigned to attack an airfield deep in enemy controlled territory in Vietnam. Cone coordinated and led the second flight of four aircraft in a coordinated three flight strike attack. He led his flight across rugged terrain with no navigational aids and evaded enemy radar.

He then banked his Intruder into a head-on collision course and with split second timing, snapped the aircraft down and away from the missile so that it exploded harmlessly in the air. Observing a second missile being launched, he skillfully avoided it 300 feet above the ground.

While nearing the target and engulfed in intense enemy ground fire, he encountered a third and fourth missile. Utilizing the same tactics, he skillfully avoided the third missile, however, the fourth missile exploded above his aircraft tossing it into a violent maneuver. Although his plane was damaged, Major Cone continued on his course.

Quickly putting his aircraft into a steep climb so that safe separation from the blast of his bombs could be achieved, he dropped four and one-half tons of ordnance, devastating the target. While turning outboard, he encountered a fifth missile. Quickly assessing the situation, he jettisoned his drop tanks to gain speed and maneuverability, thus avoiding the missile.



Courtesy photo

1/2 Ads

DOD Leaders: Budget Request Supports Adaptable Future Force

Sgt. 1st Class Tyrone Marshall, Jr.
American Forces Press Service

WASHINGTON, Feb. 15, 2012 – The Pentagon’s fiscal 2013 budget request follows the defense strategy in shaping an adaptable, rapidly deployable military force with key 21st-century capabilities, Defense Secretary Leon E. Panetta told Congress today.

Panetta and Joint Chiefs of Staff Chairman Army Gen. Martin E. Dempsey testified on the request before the House Armed Services Committee, following their testimony yesterday before the Senate’s similar body.

Under the request, the Defense Department would spend \$614 billion in fiscal 2013, with a \$525.4 billion base budget and \$88.5 in overseas contingency operations funds to cover war costs.

The secretary noted the request incorporates the Budget Control Act’s requirement for a \$487 billion reduction in defense spending over the next 10 years. Meeting that reduction required department and service leaders to make some tough choices and determine acceptable risks, Panetta said. “There is very little margin for error in this budget,” he told the panel.

The Army and Marine Corps will shrink by 72,000 and 20,000 troops, respectively, by 2017, he noted, and all the services will slow or terminate some planned large purchases. Ground vehicles, unmanned aerial systems, ships and aircraft all will be affected, the secretary said.

Meanwhile, Panetta said, the department will invest in space, cyberspace, and long-range precision strike capabilities and continue to expand special operations forces. Highly capable, flexible combat capabilities are essential to confront and defeat multiple adversaries in light of force structure reductions, he added.

NATO and other partnerships also will be vital in future operations, he noted, and the department has committed funding to “smart defense” initiatives with NATO, including the organization’s first alliance-owned intelligence, surveillance and reconnaissance system.

Panetta responded to questions about the F-35 joint strike fighter, which he said will serve to further interoperability between U.S. and other nations’ militaries. He assured representatives that while the department has delayed some planned buys of the aircraft, it’s a key program for the United States and partner nations.

“The only way the United States remains the strongest military power in the world is to keep developing new-generation fighters that have the technologies and capabilities that we are going to need in the future,” he said.

And though the fighter’s three variants make it a complicated program, Panetta told the panel, the variants tailor the jet to Navy, Marine Corps and Air Force needs. His focus, he added, is working with industry to ensure final changes to the aircraft are cost-effective.

“The real challenge right now is to keep these costs under control as we resolve the final issues involved in this plane,” he said. “But I’m convinced we’re going to be able to put that in place.”

The F-35 has “spectacular technology” in stealth and targeting capabilities, he said. The United Kingdom, Italy, the Netherlands, Australia, Canada, Denmark, Norway, Turkey, Israel and Singapore are partners or participants in the aircraft’s development program, and the Japanese government announced in December it will purchase 42 of the fighters.

“It’s what we’re going to need,” the secretary said. “And very frankly, the countries are all lined up waiting for this plane, because they know how good it’s going to be. And that’s why we’ve got to keep this on track.”

Panetta noted keeping a smaller force effective requires a strong National Guard and reserve force that can mobilize quickly, a robust industrial base capable of responding to urgent military equipment needs, and a core of highly trained active-duty troops.

“Far more than any weapon system or technology,” the military’s strength rests in men and women in uniform, he said. Keeping faith with troops is a guiding principal in the department, Panetta noted.

Budget cuts will not affect family assistance programs, basic benefits or pay, the secretary said, but he acknowledged that future adjustments are vital.

“Costs in military pay and benefits have to be on a sustainable course,” Panetta said. Personnel costs have grown by 90 percent over 10 years, he said, and must be controlled in the future “in ways that we believe are fair, transparent and consistent with our fundamental commitment to our people.”

Panetta urged the lawmakers to bear in mind the strategic trade-offs that are inherent in any particular budget decision as Congress considers the budget request.

“This is a zero-sum game, and as far as I know, there’s no free money around,” he added. “And the need to balance competing strategic objectives has to take place in a resource-constrained environment.”

Dempsey said the request is a joint budget for a joint force, rather than individual service budgets formed without regard to shared issues.

“It achieves balance among force structure, modernization, pay and benefits,” the chairman said. “Changes that aren’t informed by that context -- the context of jointness -- risk upending the balance that I just described and potentially compromising the force.”

**For full story, visit
yuma.usmc.mil**

1/2 Ads



Photos by Cpl. Jakob Schulz

Cpl. Justin Sikkenga, left, Marksmanship Training Unit primary marksmanship instructor, 23, a Montague, Mich. native, and Cpl. Brice Dyer, MTU coach, 28, a native of Kansas City, Mo., take turns firing on the 500-yard line during the team competition of the annual Station Competition in Arms Program, Feb. 8.

STATION HOSTS ANNUAL SHOOTING COMPETITION

Cpl. Jakob Schulz
Desert Warrior

The echo of gunfire crashed through the air as the first rays of sunlight topped the mountains of the Barry M. Goldwater Range. Twenty of the station's top shooters gathered at the station's rifle range for the final day of the annual Station Competition in Arms Program, Feb. 7.

The goal of the two-week marksmanship program is to make better instructors and improve station Marines' knowledge of the basic marksmanship principles.

"This competition is important," said Cpl. Justin Sikkenga, 23, Marksmanship Training Unit primary marksmanship in-

structor, and native of Montague, Mich. "It takes the average Marine and perfects the shooting basics that they learned in bootcamp."

Marines who participate in the program can then take what they have learned back to their individual duty sections and teach their newly acquired skills to others.

The shooters started each day before dawn, shooting from the standing, sitting and prone positions, at the 200-, 300- and 500-yard lines.

Part of the course of fire for the rifle consists of 20 rounds fired from the standing position at the 200-yard line within 20 minutes.

The Marines would single load each round into the chamber, fire the round, then cycle the trigger back to its light trigger before repeating the process.

Shooters also fired 10 rounds from the standing to sitting position at the 200-yard line within 60 seconds.

They then shot a string of fire with two magazines of five rounds, conducting a reload drill in the middle of the string.

The participants then moved to the 300-yard line and fired 10 rounds from the standing to prone position within 60 seconds, also conducting a reload drill. At the 500-yard line, competitors have 20 minutes to fire 20 rounds from the prone position, single loading each round and cycling the trigger back to the light pull.

There were four relays of shooters, with two relays shooting and two pulling targets in the pits. After the day's rifle practice or match was done, the shooters returned their rifles to the mobile armory and moved to the pistol range.

The Marines fired their pistols one-handed from the 25-yard line. Competitors fire 10 rounds in 10 minutes for slow

fire, two strings of five rounds with 20 seconds for each string for timed fire, and two strings of five rounds with 10 seconds for each string for rapid fire.

Competitors also shot the annual qualification courses for both rifle and pistol.

One Marine who saw great improvement was Lance Cpl. Wendy Pintos, Headquarters and Headquarters Squadron administration clerk.

"The last time I qualified I got marksman," said Pintos, 19, a Lardao, Texas native. "After this competition and with everything I've learned, I'm positive I'll shoot expert."

The winner of the Andrews Individual Rifle Match trophy and competitor with the highest aggregate score of 1034 and 34 shots in both the 'V and X' rings with both rifle and pistol was Cpl. Joey Eisenzimmer, station special reaction team.

"This is a great competition," said Eisenzimmer, 23, a Grand Forks, N.D. native. "It's nice to be able to come out here and shoot with Marines that you wouldn't normally get to interact with. I owe my win to the Marine Corps for teaching me the basics of how to shoot."

Competitors also formed five teams and competed in a team match Feb. 8. The winning pistol team was the Captain's Crew, made up of shooters from H&HS and MTU.

There was also a Daniel Boone competition, where shooters fire one shot from the 500-yard line in the standing position.

This year's winner was Cpl. Casaan Murray, MTU coach, whose first shot was in the 'V' ring of the circular Baker target. He then moved onto the next round with two other Marines and won the competition with a shot in the three ring.



Left: Gunnery Sgt. Jimmy Spence, 33, Headquarters and Headquarters Squadron career planner and range officer in charge, a North Charleston, N.C. native, fires a rapid fire from the 300-yard line during the team competition of the annual Station Competition in Arms Program, Feb. 8.



Top: Gunnery Sgt. Jimmy Spence, 33, Headquarters and Headquarters Squadron career planner and range officer in charge, a North Charleston, N.C. native, prepares for his shot during the Daniel Boone competition, where shooters fire one shot from the 500-yard line in the standing position at the annual Station Competition in Arms Program Feb. 8.



Top: Capt. Alexander Vanston, 41, Headquarters and Headquarters Squadron adjutant, native of West Nyack, N.Y. prepares to fire during the Daniel Boone competition, where shooters fire one shot from the 500-yard line in the standing position at the annual Station Competition in Arms Program Feb. 8.

Below: Gunnery Sgt. Jimmy Spence, 33, Headquarters and Headquarters Squadron career planner and range officer in charge, a North Charleston, N.C. native, fires a rapid fire from the 300-yard line during the team competition of the annual Station Competition in Arms Program, Feb. 8.

Left: Cpl. Murry Casaan, 22, Marksmanship Training Unit coach, York, Pa. native, readies himself before firing from the 25-yard line during the pistol portion of the annual Station Competition in Arms Program Feb. 8.



Cpl. Justin Sikkenga, Marksmanship Training Unit primary marksmanship instructor, 23, a Montague, Mich. native, and Cpl. Brice Dyer, MTU coach, 28, a native of Kansas City, Mo., take turns firing on the 500-yard line during the team competition of the annual Station Competition in Arms Program, Feb. 8.

Full Ads

Retiring Tips

U.S. Consumer Product Safety Commission

Start saving, keep saving, and stick to your goals

If you are already saving, whether for retirement or another goal, keep going! You know that saving is a rewarding habit. If you're not saving, it's time to get started. Start small if you have to and try to increase the amount you save each month. The sooner you start saving, the more time your money has to grow (see the chart below). Make saving for retirement a priority. Devise a plan, stick to it, and set goals. Remember, it's never too early or too late to start saving.

Know your retirement needs

Retirement is expensive. Experts estimate that you will need about 70 percent of your preretirement income – lower earners, 90 percent or more – to maintain your standard of living when you stop working. Take charge of your financial future. The key to a secure retirement is to plan ahead. Start by requesting Savings Fitness: A Guide to Your Financial Future and, for those near retirement, Taking the Mystery Out of Retirement Planning.

Consider basic investment principles

How you save can be as important as how much you save. Inflation and the type of investments you make play important roles in how much you'll have saved at retirement. Know how your savings or pension plan is invested. Learn about your plan's investment options and ask questions. Put your savings in different types of investments. By diversifying this way, you are more likely to reduce risk and improve return. Your investment mix may change over time depending on a number of factors such as your age, goals, and financial circumstances. Financial security and knowledge go hand in hand.

Ladder Injury Prevention

U.S. Consumer Product Safety Commission

Each year there are more than 164,000 emergency room-treated injuries in the U.S. relating to ladders. The U.S. Consumer Product Safety Commission (CPSC) offers the following safety precautions to help prevent these injuries.

- **Make sure that the weight your ladder is supporting does not exceed its maximum load rating (user plus materials). There should only be one person on the ladder at one time.**
- **Use a ladder that is the proper length for the job. Proper length is a minimum of 3 feet extending over the roofline or working surface. The three top rungs of a straight, single or extension ladder should not be stood on.**
- **Straight, single or extension ladders should be set up at about a 75-degree angle.**
- **All metal ladders should have slip-resistant feet.**
- **Metal ladders will conduct electricity. Use a wooden or fiberglass ladder in the vicinity of power lines or electrical equipment. Do not let a ladder made from any material contact live electric wires.**
- **Be sure all locks on extension ladders are properly engaged.**
- **The ground under the ladder should be level and firm. Large flat wooden boards braced under the ladder can level a ladder on uneven ground or soft ground. A good practice is to have a helper hold the bottom of the ladder.**
- **Do not place a ladder in front of a door that is unlocked, blocked or guarded.**
- **Keep your body centered between the rails of the ladder at all times. Do not lean too far to the side while working.**
- **Do not use a ladder for any purpose other than that for which it was intended.**
- **Do not step on the top step, bucket shelf or attempt to climb or stand on the rear section of a stepladder.**
- **Never leave a raised ladder unattended.**
- **Follow use instruction labels on ladders.**

LEAVING THE CORPS

Finding a job usaa.gov

Employers. Directly contacting employers is one of the most successful means of job hunting. Consider asking for an informational interview with people working in the career you want to learn more about. Ask them how they got started, what they like and dislike about the work, what type of qualifications are necessary for the job, and what type of personality succeeds in that position. In addition to giving you career information, they may be able to put you in contact with other employers who may be hiring, and they can keep you in mind if a position opens up.

Classified ads. The "Help Wanted" ads in newspapers and the Internet list numerous jobs, and many people find work by responding to these ads. But when using classified ads, keep the following in mind:

- Follow all leads to find a job; do not rely solely on the classifieds.
- Answer ads promptly, because openings may be filled quickly.
- Read the ads every day, particularly the Sunday edition, which usually includes the most listings.
- Always follow up on your initial inquiry.

Internet resources. The Internet includes many job hunting Web sites with job listings. Some job boards provide National listings of all kinds; others are local. Some relate to a specific type of work; others are general.

Professional associations. Many professions have associations that offer employment information, including career planning, educational programs, job listings, and job placement. Associations usually require that you be a member to use these services.

Labor unions. Labor unions provide various employment services to members and potential members, including apprenticeship programs that teach a specific trade or skill. Contact the appropriate labor union or State apprenticeship council for more information.

State employment service offices. The State employment service, sometimes called the Job Service, operates in coordination with the U.S. Department of Labor's Employment and Training Administration. Local offices, found nationwide, help job seekers to find jobs and help employers to find qualified workers at no cost to either. To find the office nearest you, look in the State government telephone listings under "Job Service" or "Employment."

Internships. Many people find jobs with business and organizations with whom they have interned or volunteered. Some internships and long-term volunteer positions come with stipends and all provide experience and the chance to meet employers and other good networking contacts.

Job Stress and Health Center for Disease Control

Stress sets off an alarm in the brain, which responds by preparing the body for defensive action. The nervous system is aroused and hormones are released to sharpen the senses, quicken the pulse, deepen respiration, and tense the muscles. This response (sometimes called the fight or flight response) is important because it helps us defend against threatening situations. The response is preprogrammed biologically. Everyone responds in much the same way, regardless of whether the stressful situation is at work or home.

Short-lived or infrequent episodes of stress pose little risk. But when stressful situations go unresolved, the body is kept in a constant state of activation, which increases the rate of wear and tear to biological systems. Ultimately, fatigue or damage results, and the ability of the body to repair and defend itself can become seriously compromised. As a result, the risk

of injury or disease escalates.

In the past 20 years, many studies have looked at the relationship between job stress and a variety of ailments. Mood and sleep disturbances, upset stomach and headache, and disturbed relationships with family and friends are examples of stress-related problems that are quick to develop and are commonly seen in these studies. These early signs of job stress are usually easy to recognize. But the effects of job stress on chronic diseases are more difficult to see because chronic diseases take a long time to develop and can be influenced by many factors other than stress. Nonetheless, evidence is rapidly accumulating to suggest that stress plays an important role in several types of chronic health problems—especially cardiovascular disease, musculoskeletal disorders, and psychological disorders.

Full Ads

Honor knows no color: the story of Pfc. Anderson

Lance Cpl. Bill Waterstreet
Desert Warrior

Pfc. James Anderson, Jr., who was posthumously awarded the Medal of Honor for heroism in Vietnam, was the first African-American Marine to receive the nation's highest award. He was born Jan. 22, 1947, in Los Angeles, and attended Centennial Senior High School in Compton, Calif. After graduating from senior high school, he attended Los Angeles Harbor Junior College for a year and a half.

Anderson left college to enlist in the U.S. Marine Corps on Feb. 17, 1966, and attended recruit training with 1st Recruit Training Battalion, Marine Corps Recruit Depot, San Diego. He was promoted to private first class upon graduation from recruit training in August, 1966. Transferred to Camp Pendleton, Calif., he received further training with the 2nd Battalion, 2nd Infantry Training Regiment.

In December 1966, Anderson arrived in the Republic of Vietnam, where he served as a rifleman with Company F, 2nd Battalion, 3rd Marines, 3rd Marine Division in the Quang Tri Province.

According to his Medal of Honor citation, while serving in Vietnam on Feb. 28, 1967, Company F was advancing in dense jungle northwest of Cam Lo in an effort to extract a heavily besieged reconnaissance

patrol.

Anderson's platoon was the lead element and had advanced only about 200 meters when they were brought under extremely intense enemy small arms and automatic weapons fire. The platoon reacted swiftly, getting on line as best they could in the thick terrain, and began returning fire. Anderson found himself tightly bunched together with the other members of the platoon only 20 meters from the enemy positions.

As the fire fight continued, several of the men were wounded by the deadly enemy assault. Suddenly, an enemy grenade landed in the midst of the Marines and rolled alongside Anderson's head. Unhesitatingly, and with complete disregard for his own personal safety, he reached out, grasped the grenade, pulled it to his chest and curled around it as it went off. Although several Marines received shrapnel from the grenade, his body absorbed the major force of the explosion.

In this singularly heroic act, Anderson saved his comrades from serious injury and possible death. He gallantly gave his life for his country.

A complete list of his medals and decorations includes: the Medal of Honor, the Purple Heart, the National Defense Service Medal, the Vietnam Service Medal with one bronze star, the Vietnamese Military Merit Medal, the Vietnamese Gallantry Cross with Palm, and the Republic of Vietnam Campaign Medal.



Courtesy photo

Private First Class James Anderson Jr. served as a rifleman with 2nd Battalion, 3rd Marines, 3rd Marine Division during the Vietnam War. He was the first African-American Marine to receive the Medal of Honor.

1/2 Ads

Arizona Marketplace

Cpl. Jakob Schulz
Desert Warrior Staff

If you're looking for a place where you can get homemade jam, inexpensive turquoise jewelry, toy helicopters and a well-priced rug, then the Arizona Marketplace on 32nd Street and South Avenue 4E is the place to be.

I once walked around the Park and Swap at the old dog track and couldn't leave soon enough, so my expectations were a little low for how the marketplace was going to be. To my surprise, the marketplace was extremely nice and looked professional.

There were plenty of different vendors; lots of very interesting foods and the area was surprisingly clean for an outdoor market. Every vendor was proud of their products and seemed to have a very personal story behind each of them.

However, it wasn't the knickknacks or trinkets that have me going back to the marketplace every chance I get. It's Azar's Gyros, this hidden gem located on Row C of the marketplace offers up, without a doubt, the best gyro in Yuma, and perhaps the best I've ever tasted.

Made with local and fresh ingredients and featuring meat flown in from Chicago, the gyros here are succulent, tasty and explode in your mouth with amazing flavors.

Joey Azar, owner of Azar's Gyros, moved his small operation to here from the Northwest where his family owns a number of Greek restaurants. Azar now travels to different events looking to bring fantastic Greek food to the people of Yuma and surrounding area.

The Arizona Marketplace has become one of my favorite places to go on a lazy weekend, and Azar's Gyros has become my favorite eatery in Yuma.



Photo by Cpl. Jakob Schulz

Kingdoms of Amalur: Reckoning

Cpl. Jakob Schulz
Desert Warrior Staff

A new release from Big Huge Games has fans of the Fable series and role-playing games running to game stores everywhere hoping to get their hands on Kingdoms of Amalur: Reckoning.



Courtesy photo

Looking at reviews you might think that the game is mediocre. However, in the fallout of the Elder Scrolls Skyrim, no RPG is going to get great reviews in comparison.

This I believe is tragic, because reckoning is just as engaging as Skyrim, has a great storyline and the graphics are gorgeous with surprising depth.

The game centers around the player being reborn during a time when the world is at war. Choosing between four races and eight birth signs gives the player plenty of customization in regards to how their character looks.

What surprised me most was the scale of the game. It's as large as Skyrim but doesn't feel boring when you decide to walk across the map. The character dialog keeps you from simply skipping through and the people seem real, well as real as you can get in a fantasy world created by author R. A. Salvatore.

What really sets the game apart from the competition is the combat, it's fully engaging with tons of options and combos you can use to dominate your enemies.

Another aspect of the game I enjoyed was all the crazy gear you could get, after only 10 hours of playing I had thought that I'd seen everything but I was wrong. There always seems to be better gear with more interesting effects, and that's not even getting into the equipment that you can make yourself.

With an amazing storyline, impressive graphics, great combat and plenty of game content to go around, I would recommend Kingdoms of Amalur: Reckoning to any RPG fan looking to get out from under Skyrim's shadow.

A call to arms for safety

Cpl. Aaron Diamant
Desert Warrior Staff

Unless you are a private, you have some sort of insignia on your collar.

What that insignia looks like can depend on several factors, but no matter how many chevrons, rockers or shiny things are on there, you should be proud of what you wear and act like you've earned it.

I had the pleasure of attending a noncommissioned officers safety summit recently, and what started as a three-day discussion on how to improve the Corps' safety program, quickly evolved into an NCO leadership summit.

I, for one, am glad it did. It reminded me that as a NCO, I have a responsibility to be actively involved with my junior Marines, ensuring that they are not only performing their duties as Marines well, but also beyond reproach off duty.

In the last four years, 427 Marines were killed off-duty. That outrageous number doesn't even include suicides, and all of them were sergeant or below.

Most of those Marines were involved in risky, reckless behavior and nine-out-of-ten of them could have been prevented well before the events took place, said Master Sgt. Mildred McIntyre, the senior enlisted advisor for the Commandant's Safety Division.

The answer to our Corps-wide problem is we must fundamentally change our culture as it relates to safety and force preservation.

One idea is to involve the NCOs more in the process. Historically, the idea has shown great results within the Corps.

In the 1990s, NCOs began performing vehicle inspections to reduce fatalities resulting from motor vehicle collisions. In the early 2000s, the Corps began training NCOs in suicide awareness to bring those numbers down. Each time, the NCOs were empowered and given the task of reducing mishaps, they ran with it, took ownership of it and made it happen. The numbers of Marines lost stopped skyrocketing.

The main goal of any safety program is to get people to actually think about mitigating risk and preventing mishaps, but how we currently approach safety within the Corps clearly isn't working 100 percent.

Many of us see the current safety briefs as the annual "Death by PowerPoint" we endure in back in the saddle training, full of gory pictures and videos, meant to shock us into being safe.

While we will likely never see the numbers decrease zero, to me, losing one Marine for any reason is too many, and zero should be our goal.

It has been said that we do not rise to an occasion, we fall to our level of training.

Much like the combat lifesaver training we receive has made some Marines heroes by allowing them to save others; safety training must be taken seriously to allow them to save themselves.

That's why I believe safety training is important. However, I believe that the more Marines are actively engaged in the process, rather than being lectured via PowerPoint, the more the Marines will remember what was presented, and could ultimately save their lives.

The Corps takes great care to ensure we operate as safely as possible in combat zones, and aside from contact with the enemy, it seems to work. We need to get in the mindset that even though we are stateside, there are still dangerous things that happen here. Anyone who's driven out in town recently can probably attest to that statement.

Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

We MUST get into the habit of being safe in all that we do, before it costs us another Marine, another sibling in our Corps family.

As Marines, regardless of rank, we are leaders. We cannot let what's on our collar hold us back from improving our Corps and making sure our fellow Marines are safe. Taking care of one another must be a top priority.

Sports drinks: healthy choice for young athletes?

by **Natalie Digate Muth, M.D., M.P.H., R.D.**
acefitness.org

Driven to excel, many youth athletes push through sports practices and games to the point of exhaustion. While this physical exertion can benefit cardiovascular fitness, a developing competitive spirit and a child's enjoyment of the game, without appropriate attention to hydration, youth athletes can suffer serious consequences, especially when exercising in the heat.

Coaches, athletic trainers, pediatricians, parents and even youth athletes know that kids need to push fluids during physical activity. Most textbooks describe how kids are more vulnerable than adults when it comes to regulating body temperature and staying ahead of thirst. So kids drink up—frequently reaching for sports drinks, energy drinks and other flavored beverages rather than water. In one study, more than 50 percent of adolescents used sports drinks and 42 percent had used sports drinks in the two weeks preceding the survey (O'Dea, 2003). While in some cases sports drinks (but not energy drinks) may provide benefits to youth athletes, in other cases the reliance on sweetened beverages does little more than negate the health benefits of exercise and contribute to the worldwide problem of childhood obesity.

In an effort to clear up confusion and guide pediatricians, coaches, parents and youth-fitness professionals, the American Academy of Pediatrics recently published

two important articles related to optimal hydration for youth athletes: 1) a policy statement on heat stress and exercise (Bergerson, Rice and Devore, 2011), and 2) a clinical report on sports drinks and energy drinks for children and adolescents (Committee on Nutrition and the Council on Sports Medicine and Fitness, 2011). Some of the findings and recommendations are somewhat surprising, while others reiterate common precautions. Here is a brief recap of their major conclusions and recommendations:

1. Contrary to previous thinking, kids do not have a less-effective ability to regulate body temperature and tolerate high levels of physical exertion when exercising in the heat compared to their adult counterparts as long as they maintain appropriate hydration. This conclusion is a major departure from the previous caution that kids innately have a poor ability to regulate body temperature.

2. Most kids can safely participate in outdoor sports and other physically challenging endeavors in a variety of climates, including warm to hot conditions. However, in addition to ensuring adequate hydration, coaches, parents and other supervising adults need to ensure the children are allowed sufficient recovery between workouts, same-day training sessions or rounds of sports competition; that they wear appropriate clothing, uniforms and protective equipment (when necessary)



Courtesy photo

so as to not retain excessive heat; and that the adults key in to the child's fitness level and gradually (rather than abruptly) increase exercise exertion.

3. Proper hydration is essential for optimal health and athletic performance. In the vast majority of cases, plain water should be the primary source of hydration for children and adolescents. Thirst is generally a good guide in determining intake. A more precise method of monitoring hydration status is to weigh the child both before and after exercise. The goal is to avoid weight loss following a single bout of activity.



Courtesy photo

1/2 Ads