



OBSERVATION POST

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BRONZE STAR

MAWTS-1 pilot awarded medal

Lance Cpl. Uriel Avendano
Combat Correspondent

MARINE CORPS AIR STATION YUMA, Ariz. — Humility and heroism met at Memorial Hall, building 406, July 1, in the form of a Bronze Star awarded to recipient Maj. Eric L. Geyer, with Marine Aviation Weapons and Tactics Squadron 1, Marine Corps Air Station Yuma, Ariz.

Before a crowd of friends, family, and fellow service members, Geyer was awarded the nation's fifth highest combat decoration by Lt. Col. Todd Miller, the acting MAWTS-1 commanding officer.

Although the Florida-native never planned on being a pilot, Geyer was always intent on being a Marine. Throughout high school, the Marine Corps was the service Geyer found himself most attracted to.

"I was always just drawn to the Marine Corps and what it, 'being a Marine,' meant," said Geyer, who has been on active duty for

Squadrons with a heavy WTI influence, most notably the USMC Cobra community, understood what it meant to be a supporting asset and went above and beyond to support the [Marine Air Ground Task Force] commander's intent."

— Maj. Eric L. Geyer

more than a decade.

From November of 2008 through June 2009, Geyer deployed to Afghanistan in support of Operation Enduring Freedom as a forward air controller with Force Reconnaissance Platoon, 3rd Battalion, 8th Marine Regiment. During that deployment, Geyer went above and beyond the call of duty and took to the role as a leader in the face of the enemy.

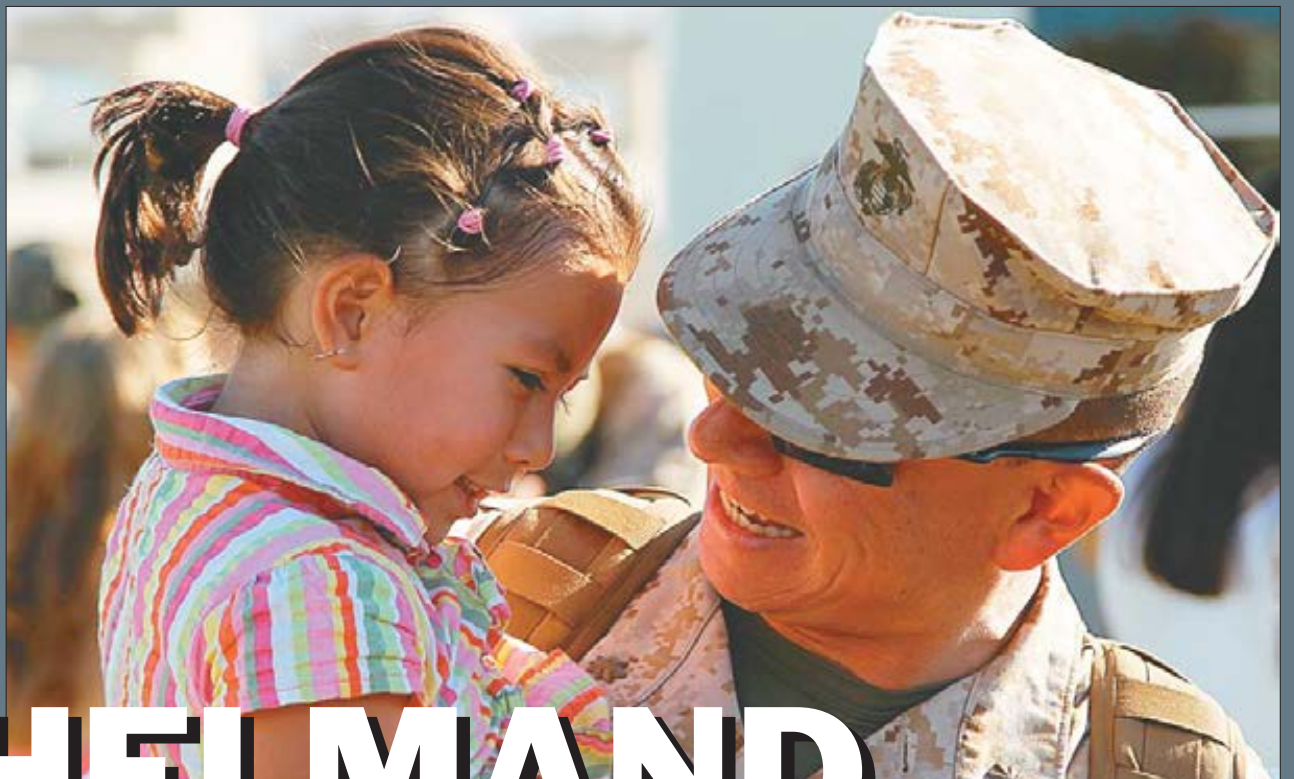
Part of Geyer's citation reads:

"On 3 January 2009, Captain Geyer infiltrated three kilometers of enemy Improvised Explosive Device-laden minefields to establish an observation post within 100 meters of the enemy's forward lines. The next afternoon, his position was attacked from multiple machine gun bunkers, and received multiple mortar rounds impacting meters from him. From an exposed position, while lying next to an Improvised Explosive Device, he coordinated and executed attacks from fixed and rotary wing aircraft, medium and heavy mortars, and high mobility artillery rocket systems."

However, Geyer was the first to remind everyone in attendance of what the award should serve as a reminder of — the young Marine. To him, the recognition should bring to mind those who are not often recognized in front of audiences.

"As a MAWTS-1 instructor, it will be a reminder to do everything possible to help provide the best training possible to our weapons and tactics instructors [WTI Course]," said Geyer. "I saw, first hand, the difference between aviation communities that embraced MAWTS-1

See **BRONZE STAR** page A4



HELMAND

STORY AND PHOTO BY CPL. D.J. WU

The last infantry regiment closes a chapter

Families and friends gathered to welcome home their loved ones from a 10-month deployment to Helmand Province, Afghanistan. More than 100 Marines were embraced by their friends, family and fellow Marines

when they arrived Wednesday evening at Lance Cpl. Torrey L. Gray Field.

The first wave of Marines with RCT-7 came back to the Combat

See **HOMECOMING** page A6

Maj. Omaar Hernandez, air officer, 7th Marines hugs his daughter, Camilla, 7, at Regimental Combat Team 7's homecoming event at Lance Cpl. Torrey L. Gray Field, Wednesday.

RC-SOUTH WEST RELIEVES REGIMENT

STORY AND PHOTO BY SGT. NED JOHNSON

FORWARD OPERATING BASE CAMP LEATHERNECK, Afghanistan — With temperatures in the 110s, Marines and sailors with Regimental Combat Team 7 closed the final page on a chapter in Helmand Province during a casing of the colors ceremony here, July 31.

Over the past several years, RCTs have turned over their responsibilities to the next RCT as the combat mission in south-

west Afghanistan continued, but this time was different. Afghan National Security Forces have taken control of combat operations throughout Helmand, which has eliminated the need for a Marine infantry regimental headquarters. Instead, RCT-7 has officially turned over its responsibilities to Regional Command (Southwest).

Marines with RCT-7 have spent the last 10 months provid-

ing support to ground combat units and security-force assistance adviser teams and retrograding equipment out of Afghanistan.

While the RCT will be the last in Helmand Province, the Marines recognize they are the benefactors of the hard work of previous Marines.

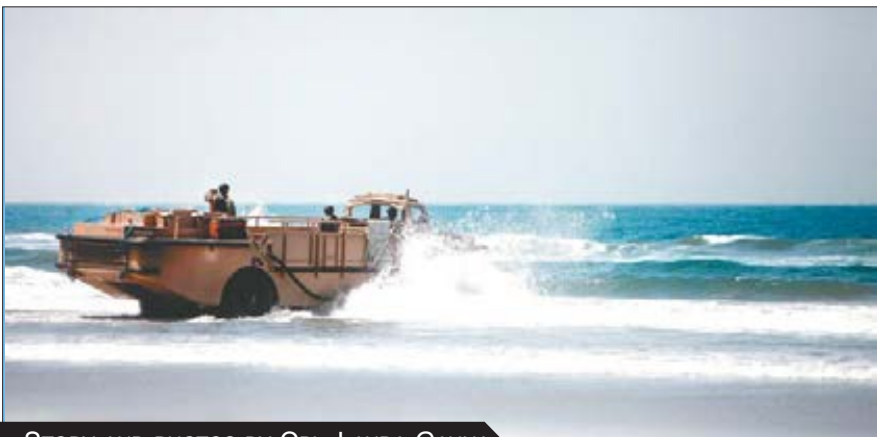
"It's the progress that's been

See **HELMAND** page A4



Col. A. E. "Sparky" Renforth, Regimental Combat Team 7 commanding officer, and Sgt. Maj. Scott Samuels, RCT-7 sergeant major, furl the RCT-7 flag during a casing of the colors ceremony here, July 31.

CLB-7 returns to amphibious roots



STORY AND PHOTOS BY CPL. LAURA GAUNA

MARINE CORPS BASE CAMP PENDLETON, Calif. — For the first time in 10 years, Combat Logistics Battalion 7, Combat Logistics Regiment 1, 1st Marine Logistics Group, executed an embarkation exercise aboard Camp Pendleton, Calif., July 18.

The battalion, based out of Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., practiced embarking and disembarking tactical vehicles from Landing Craft Air Cushion vehicles and Landing Craft Utility boats, to see how well they, as a battalion, could load and offload vehicles.

"We have great training opportunities aboard Twentynine Palms, but we have been lulled into a sense of complacency when it comes to embarking in our own field," said 1st Lt. Mia Hencinsky, operations officer, CLB-7, CLR-1,

See **AMPHIBIOUS** page A4

Enhanced combat helmet heads to production

Jim Katzaman
Combat Correspondent

After successful, stringent tests that program experts say well exceeded initial requirements, the Marine Corps is getting ready to field its new enhanced combat helmet. In the first quarter of fiscal year 2014. The first of thousands of ECHs will be issued to warfighters bound for deployment.

The collaboration with the Army dates from March 2009 when the Corps received an urgent requirement, which stated that the Corps needed to produce a helmet with enhanced ballistic protection from selected small-arms ammunition and fragmentation. The Navy joined the program the following year.

Meanwhile, the ECH had to maintain all other characteristics of the Marines' lightweight helmet and the Army's advanced combat helmet. The new helmet also had to be compatible with other components of infantry combat equipment such as body

armor systems, protective goggles, night vision equipment and a camouflage fabric helmet cover.

The new requirement proved to be a tall order that was met several times, despite test protocol criteria made even more stringent as tests proceeded, according to project managers.

"This is the only helmet that has been tested and passed using [Director of Operational Test and Evaluation] protocols," said Deidre Hooks, ECH team lead at Marine Corps Systems Command.

MCSC took the lead, with the Army's input, in conducting ECH tests driven by DOT&E's test protocol criteria. MCSC is the Department of the Navy's systems command for Marine Corps ground weapon and information technology systems. It is also the Marine Corps commandant's agent

See **HELMET** page A4



JIM KATZAMAN

Deidre Hooks, enhanced combat helmet team lead at Marine Corps Systems Command, fits the ECH onto Gunnery Sgt. Jose Hernandez, MCSC staff secretary administration chief.

WARRIOR WOMEN

Female mentorship program offers self-defense class

[BY LANCE CPL. PAUL S. MARTINEZ]



CPL. LAUREN A. KURKIMILIS

throat, and be followed with a cross. Elbow smash: Targets the forehead down to the nose.

Snap kick: Targets the groin area, can be followed with an upperbody strike

Push kick: Targets the groin area and pushes attacker away.

Side kick: 45-degree angle downward kick directed to the calf, bringing down the attacker.

"A lot of different martial arts claim to be the best at self-defense. I'm an advocate of Muay Thai, a striking martial art," said Mark M. Geletko, Fight Club 29 coach.

"With the Marine Corps' focus on sexual assault prevention, I think this is a good workshop to show these young ladies how to keep out of a crisis," Geletko said.

Pfc. Ruthiea Johnson, administration clerk, Headquarters Battalion, was among the Marines participating in the class.

"I feel this is important because there might be that one person who might try something, and if the (victim) doesn't know anything, they will be helpless."

After the Marines received an explanation and demonstration of the techniques, they turned to practical application, utilizing training pads to execute the strikes.

Seaman Kylie Guest, surgical technician, Robert E. Bush Naval Hospital, was a demonstrator for the strikes.

"I volunteered because it's something I'm really passionate about," Guest said. "Women's self-defense can be a life or death situation."

"I want (these women) to get confidence," Guest said. "No one likes to go out and be worried."

"It's my hope and desire that the program will

take loop across the installation," Hall said. "This input comes from female staff non-commissioned officers and female officers to address issues and points of interest for all female Marines."

[Left] Lance Cpl. Milly Cordova, motor vehicle operator, Advisor Training Group, performs a jab-cross exercise during the practical application portion of the Female Mentorship Program's self defense class held at the Sergeant's Course Gym, Aug. 1.

[Bottom] Cpl. Ayarin Bennen, training non-commissioned officer, Headquarters Battalion, executes a jab at the Sergeant's Course Gym, during the monthly Female Marine's Mentorship program meeting Aug. 1.



LANCE CPL. PAUL S. MARTINEZ

Female Marines with Headquarters Battalion participated in a self-defense class aboard the Combat Center at the Sergeant's Course gym, Aug. 1.

The class was given as a part of the Female Marine Mentorship Program. The program aims to provide female Marines with mentorship through classes, resources and open discussion.

"The class today was given in light of the sexual assaults that the Marine Corps has been experiencing," said Master Gunnery Sgt. Lawanda Hall, G-1 staff non-commissioned officer in charge, Headquarters Battalion.

The Marines were taught to effectively use defensive techniques if they are ever confronted by a potential assailant.

The strikes demonstrated include:

Uppercut: Targets the chin.

Jab/cross combo: Can target the nose or



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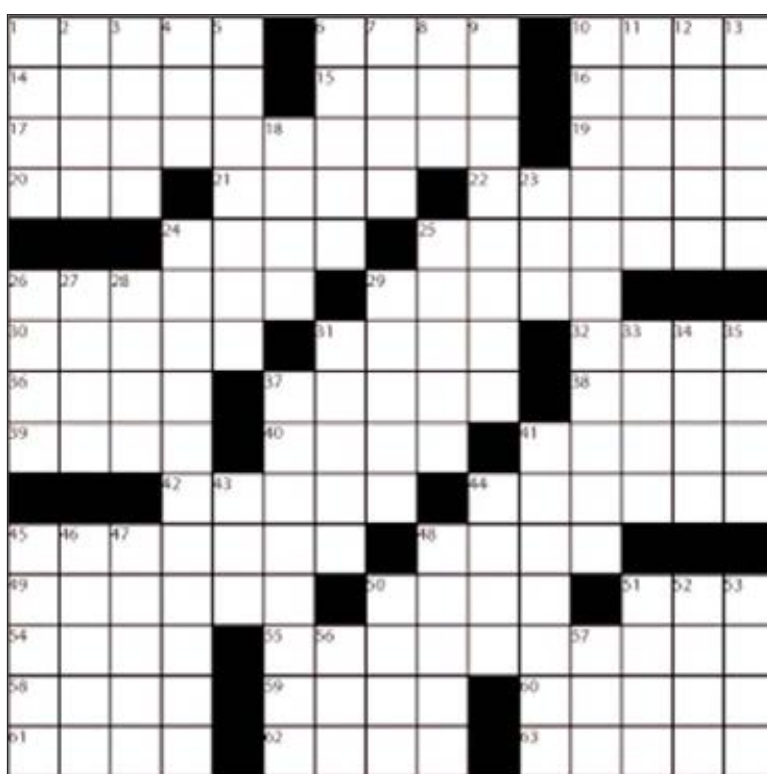
The Combat Center has its own Flickr stream. Find them at

BARRIERS

- ACROSS**
- Almost out of
 - Attire for Dracula
 - Brother of Little Joe on '60s TV
 - Spanish tourist center
 - Soon, in verse
 - "Ulysses" for one
 - U.S. money market
 - Anniversary, e.g.
 - Tough to trick
 - Stick of gum, informally
 - Sweater type
 - Heroic deed
 - Holm of "Still Breathing"
 - Preacher's admonition
 - Strongly opposed
 - Publicist's assignment
 - "Warmer" or "colder"
 - "You gotta be kidding!"
 - 45 or 78
 - Cagney's TV partner
 - Hatchery sound
 - __-eyed
 - Discordant deity
 - Converted split, e.g.
 - "Ivanhoe" author
 - Trample underfoot

- Branch out
- Ill-mannered sort
- "Can't resist!"
- Lover's __
- __ up (make sense)
- Huff and puff
- Engineer or conductor
- __ Reader (eclectic magazine)
- Like dishwater
- Oddball
- Compote fruit
- Nordic runners
- Well-known

- DOWN**
- Things on books
 - Place to do laps
 - See 20-Across
 - Feeling rotten
 - Just emerging
 - Shift-6
 - One more time
 - "The Gold-Bug" writer
 - Plea
 - Crop-dusting plane
 - Iridescent gems
 - Occupy, as a table
 - Noisy public fight
 - "Take __!"
 - Supermodel Carol
 - Indecisive sort
 - Road construction markers
 - Pete Rose's



- longtime team
- Devil's doings
- Cuban currency
- OK to do
- Literary Bret
- Disorderly stack
- Pianist Peter
- All-comers tournament
- Aerobics attire
- Brief visit along the way
- Stimpy or Sylvester
- Take to the sky
- Make confetti of
- Quartz variety
- Karan of fashion
- Partners of
- whistles
- Stripper St. Cyr
- Comic Sandler
- Fake out at the rink
- Scott in a noted court case
- Cousin of a puffin
- In the style of

See answers on page A5

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		8		9		1		
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2			6				8	

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- Club Mustang, 2200 University Ave.
 - Club San Diego, 3955 Fourth St.
 - Get It On Shoppe, 3219 Mission Blvd.
 - Main Street Motel, 3494 Main St.
 - Vulcan Baths, 805 W. Cedar St.

- In National City:**
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 - STC Smoke Shop, 6001 Adobe Rd.
 - K Smoke Shop, 5865A Adobe Rd.

- In Yucca Valley:**
- Yucca Tobacco Mart, 57602 29 Palms Hwy.
 - Puff's Tobacco Mart, 57063 29 Palms Hwy.

- In Palm Springs:**
- Village Pub, 266 S. Palm Canyon Dr.
 - Whispering Palms Apts., 449 E. Arenas Road
 - NYPD Pizza, 260-262 N. Palm Canyon Drive

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WHAT I'VE LEARNED

Thomas

Goma, Democratic Republic of Congo, personnel clerk, 19

SALUKOMBO



> **I've been out of Congo for 13 years now.** After we left Congo, we went to Uganda. We lived in Uganda for four years as refugees.

> **My dad didn't like us being in the camps.** My dad worked very hard to make sure we were getting to school, made sure we had a house and had at least one meal a day. There were some days where we didn't get a meal but hey, it is what it is.

> **I have been in the states** for about nine years now. I first moved to Cleveland but then my dad got a house in Lakewood, Ohio and that's where we stayed.

> **I have nine brothers and sisters.** All together, there are five boys and five girls, including myself. I was the fifth one born out of the ten.

> **My dad was in charge** of monitoring the borders in Congo. My country is very big and there is always a lot of stuff going on. Bribery is a big part of it, especially on the borders.

> **My country is bordered with Rwanda.** You can literally walk from my city to Rwanda.

> **While my dad was working the borders,** some rebels tried to come into Congo with weapons and start bad things but my father said no to their bribes. Once he said no to them, they decided to try to intimidate him. They forcefully took him and five other guys from his job and put them in an underground prison.

> **Since my dad worked on the border,** he had friends in Rwanda. He ended up having a friend who worked at the jail where he was taken. This guy pretty much gave up his life to save my dad and his friends.

> **He overheard the rebels** talking about executing my father so he ran to my mother and told her to call the Red Cross because he knew where my father was. My whole family had no idea where he was. We all actually thought he was dead.

> **They got to the jail and looked around** but they could not find him. My dad's friend voluntarily told the Red Cross about the underground prison and betrayed everyone he worked for. He pretty much signed his death sentence.

> **They found my dad in the prison** with no shave, no bathroom and no food. Of course, the Red Cross told them they could not treat prisoners like that and that was his way out of there.

THOMAS SALUKOMBO HAS A TOTAL OF NINE BROTHERS AND SISTERS WHO LEFT THE DEMOCRATIC REPUBLIC OF CONGO WITH HIM 13 YEARS AGO TO UGANDA AND EVENTUALLY TO THE UNITED STATES.

They didn't have to know why the prisoners were there. They can take them out, put them on house arrest until they receive a court date.

> **It was a miracle.** Right after they were taken from the jail, the governor died. Everybody was at his funeral so everyone basically forgot about my father's situation. That was the opportunity to escape. The borders were open because everyone was at the funeral. Five of his friends escaped except for one, my uncle. He isn't my real uncle but he was my dad's good friend and was always around, they were like brothers. He believed if he was going to be killed, he would want it to happen in his country.

> **The Red Cross told my dad,** if he could get to Uganda, he could get put on a refugee program. So that's what he did. He was there for about two years.

Two years after he left, they attacked us. They attacked our house looking for my dad. We told them he was at work. The guy looked at all of us and promised that if he did not find him at work, he would come back and kill us all.

> **Right when they left, we ran,** literally ran. My uncle gave us directions and we were running through the jungle. Another amazing thing happened; we didn't run into any wild animals or anything the whole time. We made it to a place between my city and Uganda to catch a bus. We were safe.

> **We grew up kind of wealthy** in my country but once we got to Uganda we had to start over. We started from the bottom.

> **We were sleeping on the floor,** not eating like we use to, started losing a lot of weight. On top of that, we had to learn a new language and new traditions.

> **We didn't ever complain.** We would always laugh at each other. My family would always try to find the best in things.

> **It worked out.** We were originally supposed to go to Canada but our family was too big and they told us they didn't want to take that many people. That is why we had to stay in Uganda. But four years later, America said yes and we were heading to Ohio.

> **The way people describe America** in my country makes it seem like America is heaven. Before I got here, I thought the streets were made out of gold and people told me there were no flies here. Honestly, somebody told us that people just throw away money. It was made out to be like this is the country of milk and honey.

> **There are plenty of opportunities** here, especially compared to other places around the world. You have to try to make it here. If you don't try then you are wasting your time.

> **My father supported my decision to join the Marine Corps** but my mother did not like the idea. My brother would talk to me and tell me to go to college and play soccer but it wasn't always for me.

> **I have played soccer my whole life** but I started in Congo. My dad would buy us a little plastic ball to kick around the neighborhood.

> **The fields in Uganda were very different from here.** They were dirt. There was maybe one tree but dirt was everywhere.

> **We would break branches off of the trees** and dig little holes to stick the branches in. Then we would look around for some string to make nets. If we could find strings we would squeeze the juice out of banana tree leaves and roll them up and try to make it out of that.

> **Every day, we would put plastic bags** together and tie them up really tight to make a soccer ball. We would play after school or if it was summer time, we would have little tournaments to win a small trophy.

> **Soccer is life.** I would always play just for fun in my country but I didn't fully understand it until high school. That was my first time playing organized soccer.

> **You should respect the game.** It brings people together. It is one language.

> **The biggest thing I have learned** is that life goes on no matter what. Never waste your time and make the best with what you have. Every second of your life, make the best of it.

Interviewed by Lance Cpl. Alejandro Bedoya
July 11, 2013

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AMPHIBIOUS, from A1

1st MLG. “We realized that to reach that next level of amphibious strategic mobility, we needed to go somewhere outside of our own turf.”

The battalion spent a week familiarizing themselves with unloading and loading vehicles and personnel onto landing crafts.

“Usually we are geared more toward motor transportation operations, but this (exercise) is focusing on the landing force support party,” said 1st Lt. Grant Cooper, assistant operations officer, CLB-7, CLR-1, 1st MLG. “This exercise really shakes things up for the Marines and gets them

out of their creature comforts. It is all really new to most everyone here so we are learning as we go.”

With the support of the Navy’s landing force shore party, Beachmaster Unit 1, several tactical vehicles loaded with Marines in battle gear were successfully loaded and offloaded.

“Working with LCACs and LCUs for the first time was a crawl-walk-run approach,” said Cooper, a native of San Diego. “We need to start getting back to our amphibious roots. This is just the first step, and the battalion doesn’t get much time working with the Navy, but I think it’s good to just establish a relationship with the Navy and move on from there.”

With an impending deployment to Afghanistan next year, the exercise provided the battalion good insight into what can be improved upon in regards to embarking the battalion.

“There have been a lot of lessons learned,” said Hencinsky, a native of Severna Park, M.D. “Marines don’t get a lot of opportunity to work on the beach, which has presented different variables that they have to deal with that forces them to think outside the box since they are not on their home base. I have been impressed with what I’ve seen from the Marines.”



PHOTOS BY CPL. LAURA GAUNA

[Above] Sailors with Beachmaster Unit 1 support Combat Logistics Battalion 7, Combat Logistics Regiment 1, 1st Marine Logistics Group, as they conduct an embarkation exercise aboard Marine Corps Base Camp Pendleton, Calif., July 18.

[Right] Marines with CLB-7, CLR-1, 1st MLG, prepare to embark a 7-ton truck onto a Landing Craft Utility boat during the battalion’s embarkation exercise aboard Camp Pendleton, Calif., July 18.

**HELMAND, from A1**

made that allows us to be the last (RCT),” said Col. A. E. “Sparky” Renforth. “This is a big day for all the regiments who came before us and if it wasn’t for their hard work we wouldn’t be in this position — to be able to leave.”

In the fall of 2009, RCT-7 began its first deployment to Helmand province. Since then Marines with 1st, 2nd, 5th, 6th, and 8th Marine Regiments have deployed in support of Operation Enduring Freedom. In October 2012, RCT-7 again deployed and is the only RCT to have deployed there twice.

“I think the (Marines’) endurance and flexibility has

impressed me the most,” Renforth said. “What the Marines have done is kept their positive attitude the entire time — nothing ever faded them, and it was really impressive to be a part of it.”

“I say all the time, ‘It’s amazing what you can do when you don’t care who gets the credit.’ That’s what our Marines have lived by, and they all know that they made a difference,” he added.

Renforth and Sgt. Maj. Scott Samuels, sergeant major, RCT-7, furled the regiment’s colors and then encased them, symbolizing that the regiment’s mission was complete.

“We’ve thought the whole time about the legacy that came before us and not wanting to let down those Marines,” Renforth said. “We’re proud to have been the last regiment.”

HELMET, from A1

for acquisition and sustainment of warfighting systems and equipment.

Following the DOT&E protocols was a challenge because test criteria changed from a binomial – or pass-fail – standard to one based on statistical confidence, according to Kathy Halo, ECH lead engineer.

“One of the biggest challenges was the change in statistical methodology in the midst of the helmet testing,” Halo said. “Our program was the first test subject for DOT&E’s new approach.”

In typical equipment test and development, successful first-article testing certifies the product meets standards detailed in the original statement of work. This leads to a contract award that starts initial production. This leads to full-rate production with successful acceptance testing and fielding.

Even before the pass-fail ECH tests were complete, DOT&E introduced a new statistical protocol. Under these criteria, the ECH had to attain a 90 percent probability with 90 percent confidence that the helmet will not be penetrated, according to Col. Mike Manning, program manager for Infantry Weapons Systems at MCSC.

Having passed first-article tests using DOT&E’s original criteria, the ECH team turned around and proved through additional testing that the helmet could meet the revised standards, Hooks said.

After these repeated successes, there was yet another first-article test prompted as the vendor prepared for low-rate initial production.

“We identified anomalies on the production line after the final first-article test was complete,” Manning said. “We fixed it, and now we’re ready for production. We met every requirement of every test we’ve been asked to meet. I’d wear the ECH in a heartbeat.”

Manning cited several benefits that arose from the ECH development and testing.

“We provide value for the taxpayer by buying helmets only for warfighters being deployed,” he said. “The new DOT&E protocol also taught us many lessons on how to proceed on helmet production.”

Halo said the final ECH, soon to be fielded, is a marked improvement over current headgear.

“This helmet is above and beyond,” she said. “It was tested and passed using the old standards as well as the new DOT&E protocols. The ECH surpasses anything we’ve had before.”

“The ECH fully exploits the latest lightweight material technology, ultra-high molecular-weight polyethylene materials,” Halo said. “It provides increased small-arms ballistic protection above what is currently provided by the lightweight and advanced combat helmets.”

Hooks added that the most important factor is the increased confidence of the warfighters who know they will enter battle with the highest-quality protection.

BRONZE STAR, from A1

and the WTI program and those that didn’t. Squadrons with a heavy WTI influence, most notably the USMC Cobra community, understood what it meant to be a supporting asset and went above and beyond to support the [Marine Air Ground Task Force] commander’s intent.”

During the ceremony, Geyer’s humble perspective on awards resounded with clear sincerity. Rather than having it represent an accomplishment from his past, Geyer would rather have his award be a note in everyone’s mind to appreciate the hard work of the junior Marines that make up the majority of the Corps.

“Awards are a powerful tool. Not just ribbons and medals, but all types of awards,” said Geyer. “I challenge leaders - at all levels - to focus less on what means and methods we need to implement to punish Marines when they do something wrong. Instead, we need to focus on awarding the Marines who are doing things right. If we do this, everything else will fall into place.”



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K9 DEMO



HQBN CONTINUES SUMMER FUN SERIES

Story and photos by:
CPL. D.J. WU

Members of the Headquarters Battalion family went to Del Valle Field to learn and socialize in a K9 demonstration presented by the Provost Marshal's Office personnel Wednesday.

The demonstration was a part of the HQBN Summer Fun series for families. The demonstration was one of four events held throughout the summer months.

"It was part of our summer series," said Meaghan Bishoff, Family Readiness Officer, HQBN. "Every month, we had an event. We had a bounce house at the park and bowling events."

K9 demonstrations are an opportunity for communities to learn what military working dogs are capable of and how they are trained.

The handlers showed a variety of techniques and exercises they use to train the dogs.

"We're out here showing the community what we do on a day-to-day basis," said Cpl. John Dolezal, military working dog handler, PMO. "It entails some training, a bit of aggression, and we like to show off what the dogs can do."

Part of the demonstration is to familiarize family members with what the working dogs can do.

The handlers with K9 want to be clear that the working dogs are not pets. Although part of the handlers' job is to play with the dog, they warn that strangers and children should not approach the animals.

"A big thing they need to know is not to mess with the dogs,"

Dolezal said. "But we also want to show that the working dogs are still dogs too. Yes, they're trained to bite, to be mean and all that stuff, but at the end of the day they're still dogs."

The handlers showed the families the levels of aggression that the dogs are trained to execute, how the dogs take down a suspect and equipment used for training. They also showed families how obedient the dogs are. The handlers stress this part because it works into every part of their training.

The HQBN FRO puts on many events like this. They use it as a resource to educate and involve families in the battalion. For more information on upcoming HQBN events, call 830-3511.

[Top] Lance Cpl. Ryan Davis, military police officer, Combat Center's Provost Marshal's Office, runs from Cortez, a military working dog, during a demonstration for the Headquarters Battalion Summer Fun series at Del Valle Field, Wednesday.

[Left] Cpl. John Dolezal, military working dog handler, PMO, shows off the top of the bite suit to HQBN families.

[Center] The PMO K9 unit lays out different tools they use to train working dogs for HQBN families.

[Right] Families watch as the K9 unit shows how obedience ties in to all of their training.



SUDOKU SOLUTIONS

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

CROSSWORD SOLUTIONS

L	O	W	I	N		C	A	P	E		H	O	S	S	
A	V	I	L	A		A	N	O	N		E	P	I	C	
W	A	L	L	S	T	R	E	E	T		D	A	T	E	
S	L	Y		C	H	E	W		R	A	G	L	A	N	
				F	E	A	T		C	E	L	E	S	T	E
R	E	P	E	N	T		L	O	A	T					
E	V	E	N	T		H	I	N	T		O	H	N	O	
D	I	S	C		L	A	C	E	Y		P	E	E	P	
S	L	O	E		E	R	I	S		S	P	A	R	E	
				S	C	O	T	T		S	T	E	P	O	N
R	A	D	I	A	T	E		B	O	O	R				
I	G	O	T	T	A		L	E	A	P		A	D	D	
P	A	N	T		R	A	I	L	R	O	A	D	E	R	
U	T	N	E		D	U	L	L		F	L	A	K	E	
P	E	A	R		S	K	I	S		F	A	M	E	D	



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CPL. WILLIAM JACKSON



LANCE CPL. PAUL S. MARTINEZ

[Above] Cpl. Christopher Chapman, assistant patrol leader, Lima Company, 3rd Battalion, 4th Marines, greets his daughter, Hailey, at the RCT-7 homecoming Aug. 7.

[Left] Marines and sailors with 7th Marine Regiment are welcomed home by family and loved ones during a homecoming event held at Lance Cpl. Torrey L. Gray Field Aug. 7. The RCT returned from a 10-month deployment to Afghanistan in support of Operation Enduring Freedom.

HOMECOMING, from A1

Center after being deployed in support of Operation Enduring Freedom.

“We’re just really excited to have them back,” said Marie Hernandez, wife of Maj. Omaar Hernandez, air officer, 7th Marines.

“The Magnificent 7th” was in Afghanistan assisting with the transition of the controlled operation from international NATO forces to the Afghan forces. The regiment turned over their area of operation to Regional Command Southwest and was the last RCT in charge of the area.

“I think they were well trained and well prepared for their mission,” said Lt. Col. Edward Greeley, executive officer, 7th Marine Regiment (rear). “I’m happy to see them back. I can’t wait until the rest of the main body gets back. It’s always exciting. It’s always a good time to have people come home.”

Approximately half the Marines who deployed with the unit in October returned in this homecoming event. The remaining members, including the regimental commanding officer, Col. Austin E. Renforth, are slated to return to the Combat Center later this month.

“We had about 113 come back on this flight,” said David Plaster, family readiness officer, 7th Marines. “It’s almost half of what we had deployed. We have a contingency of Marines from (3rd Battalion, 4th Marine Regiment) coming in as well.”

The crowd cheered as the buses filled with their loved ones came to a stop in front of the field. The Marines were greeted with a long embrace, a kiss or a simple handshake and a slap on the back.

The Marines that arrived to the Combat Center in this homecoming will eagerly await the arrival of the rest of their unit coming back later this month.

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DRESS-for-SUCCESS



REGULATIONS SET STAGE FOR MARINES' ATTIRE

[BY LANCE CPL. PAUL S. MARTINEZ]

Marines aboard the Combat Center have their own unique sense of fashion. Wearing the same uniform every day can make Marines want to show off their individualism when off duty, but in keeping with the standards of the Corps, there are regulations to follow.

Influences for what people choose to wear are the weather, comfort, and style of the clothing. But before a Marine can get set on what civilian clothing works for them, they must adhere to what is allowed and what is not.

According to Marine Corps Order P1020.34G 1005, the outlines for what civilian wear is deemed appropriate, and what is not, is listed.

Authorized civilian wear includes but is not limited to, a collared shirt, trousers/slacks with a belt, and socks and shoes. This makes for outfits that are aimed to be presentable, otherwise known as business casual.

Examples of inappropriate civilian attire worn in public are beach or swim wear, gym or sweat gear, tank tops, short shorts, ripped or torn clothing, garments designed as underwear, clothing with designs of an obscene or suggestive nature, and shower shoes/flip flops.

Pfc. Brandon Taylor, administrative clerk, Installation Personnel Administration Center, Headquarters Battalion, likes to keep a classy style that is simple yet presentable.

"I like polo shirts

because they don't look too fancy yet it's not too casual," Taylor said. "You can't go wrong with them."

For Taylor, only his old habit of wearing Nike gym shorts in public was stopped due to its lack of approval in accordance with the Marine Corps regulation.

"I like to dress up and go out, but I don't want people to see me looking sloppy," Taylor said. "The Marine Corps teaches us to look professional at all times."

Pfc. Cinthya Pintomoraes, administrative clerk, IPAC, HQBN, considers her style a very casual one.

"I typically wear solid colored t-shirts," said Pintomoraes. "I dress for comfort, but I also like to dress up every once in a while."

The dress code for females is identical to what the males must obey, making every aspect of authorized and unauthorized civilian clothing the same.

"Everyone has their own style, but at the end of the day it's still a lifestyle that should reflect on how you dress," said Pintomoraes.

The word "professional" should always come to mind when Marines are off duty. Marines are known to carry themselves to a higher standard. What they choose to wear and how they present themselves will reflect that.

"The professionalism of the Marine Corps should stand even when not in the uniform," Pintomoraes said. "(Marines) must back that up."



Hats (indoors) and bills must be worn to the front



Gym shorts or anything intended to be worn for PT



Cut-off, cropped, or halter tops, anything exposing shoulders



Frayed or ripped clothing



Untucked dress shirts Spaghetti straps and bra straps



Shower shoes



Clothing with designs that are not offensive in nature

* Clothing that is not ripped or frayed



A belt with pants properly around the waist



Appropriat sandles





Combat Center Clubs

Excursions Enlisted Club

Thursday: Karaoke, 8:30 - 10 p.m.
 Friday: DJ Gjettblaque, 8 - 11 p.m.
 Saturday: DJ Gjettblaque, 8 - 11 p.m.

Bloodstripes NCO Club

Thursday: Warrior Night, 4:30 - 9 p.m.
 Friday: Karaoke Night, 6 - 9 p.m.

Hashmarks 29 SNCO Club

Monday: Steak Night, 4:30 - 8 p.m.
 Wednesday: Wing Special Wednesday, 4:30 - 9 p.m.
 Thursday: Free Happy Hour Food, 5 - 7 p.m.
 Friday: Steak Night, 4:30 - 8 p.m.
 Friday: DJ Gixxa, 8 - 11 p.m.

Combat Center Officers' Club

Monday: Steak Night, 5 - 7:30 p.m.
 Thursday: Free Pub Grub, 4:30 - 6:30 p.m.
 Thursday: Taco Night, 5 - 7 p.m.

For complete calendars visit <http://www.mccs29palms.com>

Local Events

Free Line-Dance Lessons

Learn to dance the night away
 When: 5 - 9 p.m., every Sunday
 Where: Willie Boy's Saloon and Dance Hall
 50048 29 Palms Hwy, Morongo Valley, Calif.
 For more information, call 363-3343.

Monty Python's SPAMALOT

When: 7 p.m., Fridays & Saturdays, Aug. 23 - Sept. 21
 Where: Theatre 29
 73637 Sullivan Rd., Twentynine Palms, Calif.
 For more information, call 316-4151
 or visit <http://www.theatre29.org>

Lower Desert

ESPN: Friday Night Fights

Primetime professional boxing
 When: 5:30 p.m., Friday, Aug. 9
 Where: Morongo Casino Resort and Spa
 49500 Seminole Drive, Cabazon, Calif.
 For more information, call 800-252-4499 or visit
<http://www.morongocasinosort.com>

Los Lobos & Los Lonley Boys & Alejandro

Music legend performs
 When: 8 p.m., Saturday, Aug. 10
 Where: Fantasy Springs Resort Casino
 84-245 Indio Springs Parkway, Indio, Calif.
 For more information, call 800-827-2946 or visit
<http://www.fantasyspringsresort.com>

Kalin, Jinger, Hobson Carnival of Wonders

Companct "Carnival of Wonders" performs
 When: 8 p.m., Saturday, Aug 17
 Where: Agua Caliente Casino, Resort and Spa
 32-250 Bob Hope Dr., Rancho Mirage, Calif.
 For more information, call 888-999-1995 or visit
<http://hotwatercasino.com>

Paquita la del Barrio

Mexican singer/songwriter performs
 When: 8 p.m., Saturday, Aug. 24
 Where: Spotlight 29 Casino
 46-200 Harrison Place, Coachella, Calif.
 For more information, call 866-377-6829 or visit
<http://www.spotlight29.com>

Sunset Cinema

Friday, Aug 9

8 p.m. - White House Down, PG-13
 Midnight - World War Z, PG-13

Saturday, Aug 10

10:30 a.m. - Free Matinee: Despicable Me, PG
 12:30 p.m. - Despicable Me 2 3-D, PG
 3 p.m. - Monster University 3-D, G
 5:30 p.m. - World War Z 3-D, PG-13
 8:30 p.m. - The Heat, R
 11:30 p.m. - The Lone Ranger, PG-13

Sunday, Aug 11

12:30 a.m. - Monsters University 3-D, G
 3 p.m. - Despicable Me 2 3-D, PG
 6 p.m. - Pacific Rim 3-D, PG-13
 9 p.m. - Grown Ups 2, PG-13

Monday, Aug 12

7 p.m. - Grown Ups 2, PG-13

Tuesday, Aug 13

7 p.m. - Despicable Me 2 3-D, PG

Wednesday, Aug 14

5 p.m. - Monsters University, G
 7 p.m. - White House Down, PG-13

Thursday, Aug 14

5 p.m. - Monster University, G
 8 p.m. - World War Z, PG-13

Real-life spook story leaves you with lingering heebie-jeebies



COURTESY PHOTO

NEIL POND

"The Conjuring"

Starring: Lily Taylor, Patrick Wilson & Vera Farmiga
 Directed by: James Wan
 R, 112 min.

"God, we're in the middle of nowhere," moans teenager Andrea Perron as she and her family move into their new home, a 1800s farmhouse, in remote, upstate Rhode Island.

But it's not so "nowhere" that Andrea, her four younger sisters and her parents are alone there, not by any stretch.

"The Conjuring," director James Wan's new skin-crawlingly good fright flick about a normal family's harrowing encounters with the paranormal, is based on incidents that reportedly happened in the early 1970s. It's also about the real-life husband-and-wife team of New England "demonologists," Ed and Lorraine Warren, who were brought in to de-haunt the seriously spook-infested property.

As the movie opens, we meet the Warrens (Patrick Wilson and Vera Farmiga), whose expertise in the paranormal make them popular speakers on the local college circuit, conductors of séances and subjects of occasional newspaper stories. They also make haunted-house calls and keep a relic room of "possessed"

objects they've removed from malevolent situations. (In real life, Ed and Lorraine were called in to investigate the home that became the basis for "The Amityville Horror.")

By the time mom, Carolyn Perron, (Lily Taylor) seeks out the Warrens after a series of increasingly unnerving episodes in her new home, the film is ramped up into full-blown yikes-fest mode. Hang on.

Now, this kind of thing is nothing new, certainly not if you've seen any movie that ever tried to spook you with creaky doors, a ball that rolls across the floor by itself, or things that go bump and thump in the night. And TV is crawling with modern-day Warrens, ghostbusters and haunted-house investigators who go into all sorts of spooky places just begging for a brush with the boogymen. But trust me when I tell you—and even warn you—that "The Conjuring" stirs up some seriously scary, supremely creep-ifying mojo.

Director James Wan also launched the "Saw" franchise, the hugely popular series of gruesome horror films known for depictions of people doing all sorts of awful things to themselves to avoid even more awful things happening to them. Thankfully, "The Conjuring" has none of those bloody, barbaric hallmarks, and instead focuses all its attention on a bounty of solid, stylish, old-school jolts. You don't realize how terrifying a pair of clapping hands can be until you feel your own skin getting goose bumps when they appear.

Rated R not because of language or violence or gore, but simply because it's just too intensely, profoundly scary for kids, "The Conjuring" is not the kind of movie to take lightly. Part of what makes it so downright terrifying is knowing that it really happened—perhaps. The dark, troubling shadows of this story linger after the lights in the theater come back on.

At one point, the Perrons ask Ed Warren if they can't just move and leave their house of horrors behind. No, he tells them, "sometimes when you get haunted, it's like stepping in gum—you take it with you."

You, too, may find it hard to shake off the heebie-jeebies of "The Conjuring" when it's over. There's something about this movie that you'll swear is following you home. You've been warned.

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How
to

EAT RIGHT

GOOD VS BAD

Easy Advice

for better living

AND

healthy behavior

BY LANCE CPL. ALEJANDRO BEDOYA

With Operation Live Well reaching the Combat Center, healthy eating habits are strongly encouraged. Cooking methods have a significant impact on the nutritional quality of food you consume. Grilling and frying are two common methods utilized to cook a variety of food.

To grill food, the meat must be placed on a wire grid, under or above a dry heat source. The food can also be cooked by utilizing thermal radiation. This is referred to as broiling or pan grilling.

Fried foods are usually dipped into a fryer or pan containing hot oil or fat. They may be deep fried or shallow fried. The high temperatures and high heat conductivity of the oil or fat cook the food. This yields attractive, crispy food with a great aroma. Though both grilled and fried chicken have a certain appeal, the question many people ask is, "Which is healthier?"

Frying

When food is fried, it absorbs fat, usually providing the food with a better taste. If the food is a low-fat item, it gains fat content when fried. When consumed, it increases the blood-cholesterol level. High cholesterol levels pose greater health risk, becoming more deadly with age. Arteries may get clogged over time. This can impede the flow of blood and increase blood pressure. High cholesterol levels can also increase the risk of stroke, cardiovascular disease and Type 2 Diabetes.

Higher caloric intake from fried foods can likely result in weight gain. It becomes more difficult to maintain a healthy weight when fried foods are eaten regularly. Other foods, such as vegetables, lose much of their

Grilled Chicken

Total Time:

26 hr 50 min

Ingredients:

- 3 1/2 pound whole chicken, preferably organic
- Kosher salt
- Freshly ground black pepper
- 3 to 4 garlic cloves, lightly smashed
- 1 lemon
- 1 bay leaf
- 5 sprigs fresh thyme
- Olive oil
- 1 slice sourdough, cut 3/4-inch thick (day old bread is perfect!)
- salt

For the Creme Fraiche Glaze:

- 1 cup creme fraiche
- 1 lemon, zested and juiced
- 1 tablespoon shallots, grated on a fine zester
- 1 teaspoon Aleppo pepper

Directions:

The day before you plan to cook the chicken, season it well inside and out with salt and pepper. Stuff the cavity of the chicken with the garlic, 1 of the lemons, the bay leaf and thyme. Refrigerate.

On the day/night you plan to cook the bird, take the chicken out of the refrigerator 30 minutes before you

plan to roast it. Preheat the oven to 425 to 450 degrees.

Oil a pan lightly with olive oil, place the piece of sourdough in the center of the pan and then put the chicken on top of the bread.

Drizzle the bird with olive oil or brush with butter.

Place the pan in the oven and roast for 40 to 50 minutes, basting it every 12 to 15 minutes with the fat and drippings that render from the bird.

While the chicken roasts, assemble the glaze by combining all of the ingredients and whisking them together.

When the chicken is almost done, take a pastry brush and slather on a bit of the creme fraiche glaze. The glaze will begin to caramelize it. Brush on another layer and let this last glazing caramelize.

The sourdough underneath the chicken will be nicely browned and crisped on the side in contact with the pan, and moist and juicy on the side in contact with the chicken. Let the chicken rest for 10 minutes before cutting it into serving pieces. Cut the sourdough into 2 to 4 pieces and serve with the chicken.

Garnish with lemon wedges and sprinkle it with salt.

moisture and easily perishable vitamins when fried. This is because of the extremely high temperatures of the heated oil. Although fried food may be tasty with a great texture, they are harder to digest than grilled foods. This is because of the high amount of fat absorbed as it cooks.

Foods with a high fat content exert more pressure on the digestive system and organs. This contributes to disorders of the digestive tract. It also exacerbates conditions such as ulcers and gallstones.

Grilling

Grilled meats have a reduced fat content. This is because the fat drips off as the food cooks. It may result in a healthier meal and can make it easier to manage a low-fat diet. Grilled foods also have a lower caloric content than fried foods. Consuming fewer calories helps with weight management and staying fit. Reduced fat intake may also help to lower bad cholesterol levels in the blood. Healthy cholesterol levels may improve cardiovascular health. Various health conditions such as obesity, stroke, heart disease, high blood pressure and Type 2 Diabetes become less of a risk with grilled foods.

When food is grilled, it may help to reduce vulnerability of such diseases. This is because of the shorter cooking time involved when grilling. It results in minimal loss of moisture. This ensures that a lot of the nutritional content is retained in the food when cooked. Healthy cooking contributes to good health and overall wellbeing.

Further information on the benefits of grilled food rather than fried food can be found at <http://www.fitday.com/fitness-articles/nutrition/healthy-eating/healthier-cooking-methods-grilling-versus-frying.html>