



Check us out on flickr

MCAGCC TWENTYNINE PALMS OBSERVATION POST



Check us out on

facebook



Story and photo by
Lance Cpl. Paul S. Martinez

Sgt. Jonathan West, squad leader, L Co., 3rd Battalion, 4th Marines, 7th Marine Regiment, is reunited with his wife, Jayme, and children Khloe, 2, and Kaylee, 4, during the company's homecoming ceremony at Del Valle Field Oct. 9.

3/4 Marines, sailors return from deployment

Marines and sailors with 3rd Battalion, 4th Marines, 7th Marine Regiment, were reunited with their friends and family members after a seven-month deployment to Afghanistan when they arrived at Del Valle Field Oct. 9.

Main Body 1, the first large contingent of 3/4, made their way to the Combat Center following the return of the unit's advanced party last month. The unit had been deployed since March in support of Operation Enduring Freedom.

The air was cold, and the sky was dark, but hundreds excitedly rushed to see their loved ones when the buses finally arrived. The main body included Company L and Weapons Company.

"It feels great to bring these Marines home," said

Capt. Seth A. Nicholson, company commander, L Co., 3/4. "All of our training and preparation really paid off during this deployment."

According to Nicholson, the primary mission during the unit's deployment was to provide security assistance for Afghan forces so they may take their lead as the nation's primary security force.

"We're having the Afghans do the mission Marines have been doing for years now," Nicholson said. "There's a lot of discipline involved to teach those security techniques."

Cooperation between Marines and the Afghan Security Forces culminate in the changing state of the region as combat operations come to a close, according to Nicholson.

"We conducted security force missions," said

See **HOME COMING** page A8

HOME COMING

Photo by
Lance Cpl. Alejandro Bedoya

3rd CEB RETURNS HOME



Seaman Jeremiah Hickman, corpsman, 2nd Platoon, Company A, 3rd Combat Engineer Battalion, holds his 3-month-old daughter, Amariya, for the first time with his wife at a homecoming ceremony at the support company motor transport lot Oct. 10. The 3rd CEB Marines and sailors were deployed to Afghanistan for seven months. The mission of 3rd CEB is to provide mobility, counter mobility, survivability, and limited general engineering support. The unit has been involved in World War II, the Vietnam War, Operation Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom. The battalion was reactivated on Oct. 7, 2007 and is now at full mission capacity.

'1st Tanks' reaches out to local community



Petty Officer 3rd Class Brandon Newman, corpsman, 1st Tank Battalion, uses a chainsaw to cut down a bush in Twentynine Palms, Calif. Oct. 4.

Story and photo by
Lance Cpl. Alejandro Bedoya

Marines and sailors with 1st Tank Battalion supported the Reach Out Morongo Basin community service program by performing community service throughout the Morongo Basin Oct. 4. The Marines and sailors performed tasks such as yard work and construction for elderly and disabled locals.

"These Marines are out here because they wanted to volunteer their time to the community," said Sgt. Maj. Brian Priester, battalion sergeant major, 1st Tanks. "As soon as we requested volunteers, the Marines swarmed to be a part of this. It makes me very proud to be in charge of these Marines and see them devote their time towards a program like this one."

Reach Out Morongo Basin is a program which matches volunteers with seniors and disabled residents in the Morongo Basin in order to aid them in tasks they need assistance with. Some tasks are seemingly ordinary but they make a difference in the community. Volunteers do things such as visiting the residents, help them shop, helping with personal business, minor home repairs, or yard work.

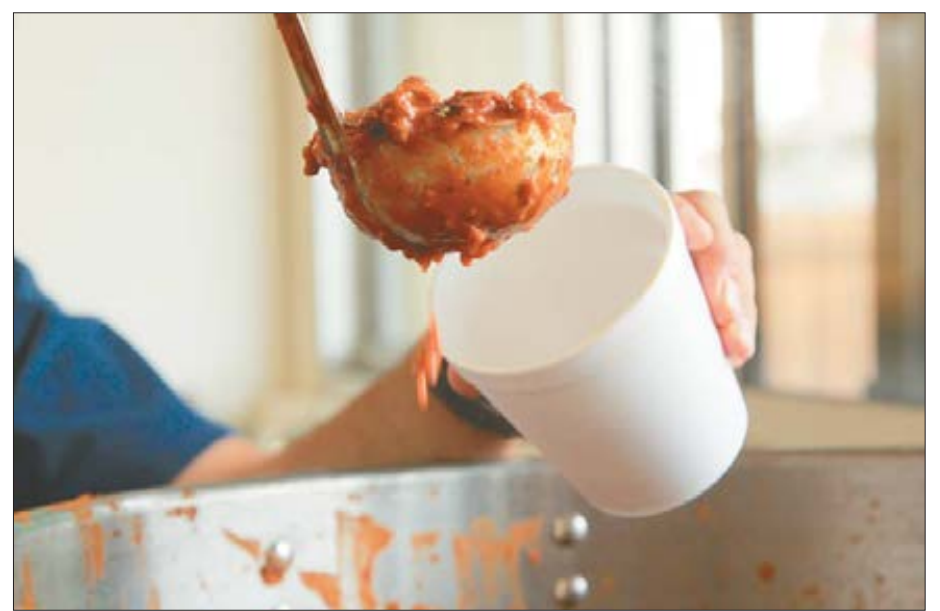
"I am very delighted to see the Marines at my house and helping me," said Alifonso Tellez, 13-year-resident of Twentynine Palms. "I tried to do these things myself but I just couldn't. I am truly happy and proud to say our military is this helpful."

1st Tanks' mission is to support

See **REACH** page A8

CHILI LUNCH

Welcome to our house the firehouse



Story and photo by
Lance Cpl. Alejandro Bedoya

People fared the crowds at the Combat Center Fire Department to get in line for one of their locally-famous bowled of chili. Laughs and conversation filled the air as patrons are seated in the truck bay.

Whether it's for a flaming-hot bowl of chili, or to simply be welcomed into the home of our local fire fighters, this is a well-known day aboard the Combat Center. It is the fire station's annual chili lunch.

"This has been going on for 16 years now," said Sam Moore, assistant fire chief, Combat Center Fire Department. "Our chili is pretty good and we think it is awesome that the surrounding com-

munity looks forward to coming out here and supporting us and our chili."

The Combat Center's firefighter's chili has won many local competitions. Although the chili has come a long way in 16 years, Combat Center patrons seem to always be pleased with the taste. The firefighters offer three different bowls of chili. There is a spicy bowl for those who

See **CHILI** page A8

CGIP

Story by
Lance Cpl. Paul S. Martinez

Routine inspections keep Corps in shape

Units throughout the Marine Corps must operate with functionality, which keeps them mission capable at all times. Headquarters Marine Corps implements the Commanding General's Inspection Program to ensure that units are ran properly and deemed mission capable.

The objective of the CGIP is to assess, assist and enhance the ability of the unit to prepare and to perform its assigned mission through a centralized inspection program every two years. The success of the program relies on fostering an environment of trust and confidence among Marines and one in which the commanding officer's authority is respected and upheld.

"These inspections are all about seeing that units are upholding the Commandant's goal of mission readiness," said Gunnery Sgt. Sheldon D. Watts, assistant security manager, 1st Marine Division.

According to Watts, there are three major responsibilities he inspects for every unit. Information personnel systems, casualty affairs and privacy acts are high priorities on his checklist.

"I make sure commands uphold their responsibilities and information security programs," Watts said. "All units must maintain accurate background checks, ensure classified material stays classified, and see that there are no breaches in operational security."

All Marines within a unit are valuable to operations, and must be treated as such. Marines that are ill or wounded must be rendered appropriate care, and private information that includes financial or personal matters must be protected, according to Watts.

Aboard the Combat Center, Capt.

Phillip Tate, adjutant, 1st Tank Battalion, underwent an inspection to ensure his unit was up to par with their expectations.

"The administration section is responsible for 22 functional areas," Tate said. "For our inspection, we were found to be 100% mission capable, with 84% of our areas having no findings or discrepancies, and noteworthy comments made about our Marines."

The five-day inspection consisted of inspectors providing an overview of what they would be looking for, and getting straight to their checklists to see for themselves how efficiently the shop was run.

The inspections also serve as positive learning experiences for the Marines who run a unit. It also recognizes excellence and identifies causes of problems which may be beyond the capability of the commanding officer to solve.

"The entire program is a learning experience," Tate said. "Inspectors always give feedback and recommendations because they have worked in these functional areas before."

The results of Commanding General Inspections go to the commanding general of that division. Areas of excellence are noted, while any findings and discrepancies are directed to the unit with guidance on how to rectify them.

There are more than 100 functional-area checklists to represent the different areas of operation within the units that Marines all over the Corps maintain.

With the CGIP conducting routine inspections, Marine units are afforded yet another training tool to ensure mission readiness.

A full list of functional-area checklists can be found at <http://www.hqmc.marines.mil/>.

MAR ADMIN 498/13

What Marines need to know for promotion photos

Lance Cpl Charles J. Santamaria
Combat Correspondent

Marines are advised to provide a visual representation of themselves to the Official Military Personnel Profile before promotion or selection boards, according to Marine Administrative Message 498/13.

Marines participating in promotion or selection boards must provide a current photograph of themselves in their Service Charlie uniform for consideration. It is up to the individual Marine to post their photo on their OMPF located on the Marine Online webpage.

It is also recommended that Marines try to have their photographs taken at a Combat Camera section aboard their installation.

Male officers and enlisted personnel will wear the Service "C" uniform with ribbons and no cover. Female officers and enlisted personnel will also wear the Service "C" uniform with the exception of Marines who are pregnant. Marines in postpartum may take an OMPF photograph in Service "C", maternity uniform, or Marine pattern (MARPAT) uniform. Postpartum Marines may wear these uniforms up to six months from the scheduled date of delivery.

Marines who are deployed to a combat zone or supporting a humanitarian mission are authorized to wear desert or woodland MARPAT without their cover.

Marines performing duties in a training exercise or unit deployment away from their primary duty station are also authorized to take their OMPF photograph in the MARPAT uniform. If the unit was not directed to travel with the Service "C" uniform, and the Marine will not return to their primary duty station in time to submit a photograph, a photograph in MARPAT is allowed.

Along with the photograph, a titled text box must be included in the OMPF. The text must include the Marine's full name, last four digits of their social security number, rank and primary Military Occupational Specialty, height and weight, abbreviated billet, unit, date photo was taken, and certification by their senior leadership.

For deployed Marines, the title board will display the word "deployed" across the top. The text box should be placed at or near the bottom right corner of the digital image. Marines must ensure the identifying data is legible in the finished print. For digital photographs, either a title board or a text box on the photograph is acceptable.

A photograph for OMPF is only considered current if it's taken within 12 months of the selection or promotion board. Individual Marines have a responsibility to ensure their photograph is submitted to the Manpower Management Service Branch. Photographs approved for processing are typically placed in the OMPF within 2 working days.

For more information, or to view the MARADMIN, visit www.marines.mil, or www.mol.usmc.mil.

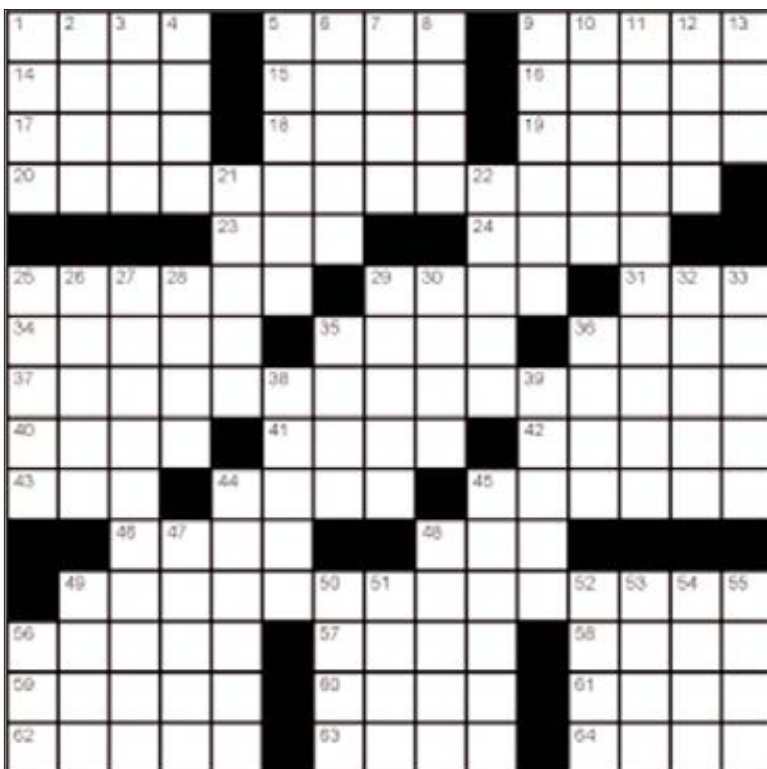
 Visit the official MCAGCC facebook page at <http://www.facebook.com/thecombatcenter>

 The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>

 The Combat Center has its own Flickr photo and video streams. Find them at <http://www.flickr.com/thecombatcenter>

MUSIC TIME

- ACROSS**
- Wild attempt
 - Send packing
 - Lessen
 - Carry around
 - Type of exam
 - Rose holders
 - Smell
 - From ___ to riches
 - Fools
 - Propose marriage
 - "___ was saying..."
 - Soft mineral
 - Cruel sort
 - Best Actress of 1987
 - Ending for capital or social
 - Musician Reznor
 - Soothing plant
 - "I could ___ horse!"
 - Prudential logo
 - "Famous" cookie man
 - Nevada city
 - Loyal person
 - Dawber of "Mork and Mindy?"
 - "No way, ___!"
 - Skips a turn voluntarily
 - Bonus
 - Botch the job
 - Simple sort
 - Lacks
- DOWN**
- Octagonal sign
 - List type
 - Using as a perch
 - Ernie's pal
 - Black or Sherwood
 - Basra resident
 - Spaghetti sauce brand
 - Besides
 - James Cameron movie
 - Spice rack choice
 - Word in some law firm names
 - High schooler, usually
 - Tee preceder
 - Lacks a choice
 - Take the helm
 - Sandal part
 - Pleasant inhalation
 - Broke down



- Signs, as a contract
- Singer Patsy
- Railyard denizen
- Theater part
- Female horses
- Historical periods
- Yale folk
- "The Road Not Taken" poet
- Dream stealer
- Revolutionary groups
- Dried fruit
- Fencing ploy
- Man who worked with his thumb?
- Showed up
- Indulge one's wanderlust
- Disco hit by the Village People
- Baby carriage, in England
- About 2.2 pounds
- Thought
- Barbershop call
- Ad ___ committee

See answers on page A8

SUDOKU 3039D

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

 Whatever you're looking for, you can find it in the **Observation Post Classified** section

OBSERVATION POST

- Commanding General** - Maj. Gen. David H. Berger
Public Affairs Officer - Capt. Justin Smith
Public Affairs Chief - Staff Sgt. Dorian Gardner
Press Chief - Cpl. Lauren A. Kurkilmilis
Layout/Design - Cpl. Ali Azimi

- Correspondents**
 Cpl. D. J. Wu
 Lance Cpl. Alejandro Bedoya
 Lance Cpl. Paul S. Martinez

The Observation Post is published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense or the United States Marine Corps, under exclusive written contract with the Marine Corps Air Ground Combat Center. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of the Observation Post are not necessarily the official views of, or endorsed by, the United States government, the DOD, or the United States Marine Corps. The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the DOD or Hi-Desert Publishing of the services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. Editorial content is prepared by the Public Affairs Office, MCAGCC, Twentynine Palms, Calif. 92278. All photos, unless otherwise indicated are Official USMC Photos. Questions can be directed to the Public Affairs Office, located in building 1417, during normal working hours at 830-6213 or FAX 830-5474. The Observation Post is made with 60 percent recycled paper.

OFF-LIMITS ESTABLISHMENTS

MCIWest off-limits establishments guidance prohibits service members from patronizing the following locations. This order applies to all military personnel.

- In Oceanside:**
 - Angelo's Kars, 222 S. Coast Hwy, Oceanside, Calif., 92054
 - Angelo's Kars, 226 S. Coast Hwy, Oceanside, Calif., 92054

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

- In National City:**
 - Dream Crystal, 15366 Highland Ave.
 - Sports Auto Sales, 1112 National City Blvd.

Local off-limits guidance prohibits service members from patronizing the following locations.

- In Twentynine Palms:**
 - Adobe Smoke Shop, 6441 Adobe Rd.
 - STC Smoke Shop, 6001 Adobe Rd.
 - K Smoke Shop, 5865A Adobe Rd.

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

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

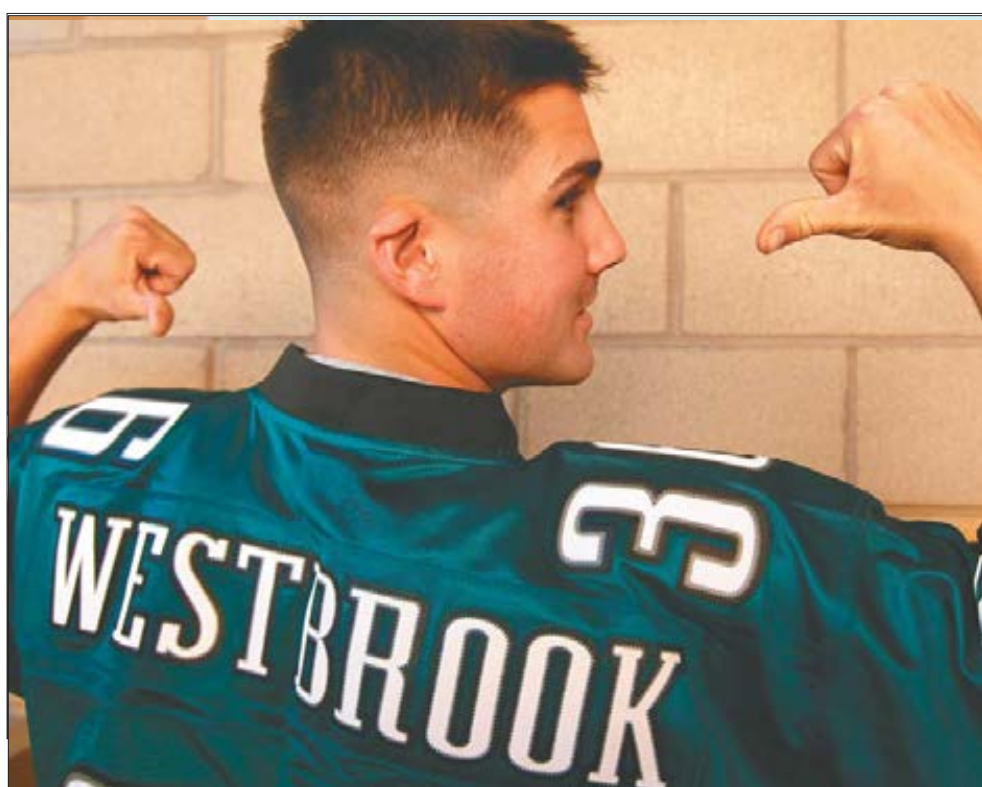
For the complete orders, but not off-limits, check out the Combat Center's official website at <http://www.29palms.marines.mil>

WHAT I'VE LEARNED

Anthony

Philadelphia, Penn Military Police, 22

CHICCHINO



> **I was just a kid** growing up on the outskirts of Philadelphia. I never would have thought I would be where I am today. I had grand fathers who served in the Navy and the Army but I just wanted to go to school for criminal justice.

> **I lived in Philly** for about 18 years. It was all I knew for a while. I had never been to the west coast.

> **After I graduated** high school I applied to a criminal-justice college in New York City to study international criminal justice. I moved there as soon as I got accepted.

> **I did talk** to a recruiter with one of my buddies after I graduated high school. He ended up enlisting and eventually leaving and I chose to go the school route.

> **It was the first time** on my own. I was kind of taking a stab in the dark. I packed my stuff in my car and drove up there.

> **I have to admit** there were some times when I was kind of nervous. It was a new city to me and New York isn't the easiest place to figure out.

> **I didn't have a** steady place to stay. I also didn't have a job so I ended up applying to about 10 different places.

> **The first place I worked** was a Greek restaurant. I was a chef for them. I had some cooking experience from back home but I learned a lot from working at that restaurant.

ANTHONY CHICCHINO WAS BORN AND RAISED IN PHILADELPHIA, PENN. HE IS PART ITALIAN AND WORKED AS A COOK IN AN ITALIAN RESTUARANT WHILE TRYING TO MAKE A LIVING IN NEW YORK

> **I ended up** moving to an Italian restaurant and really enjoyed it. My dad is Italian so I have always been around Italian food.

> **Cooking is one of my favorite hobbies** to do in my free time. I enjoy making food for people and especially eating it myself.

> **It has always been** a thought in my head to make a career out of cooking but criminal justice always looked more appealing to me. It also helped that it was my major while I was going to college.

> **After getting a job** and finally having a schedule in New York, I was able to get my own apartment.

> **My friend came back** from boot camp and I happened to be home visiting my family. They had a party for him and I remember seeing him in his dress blues and thinking, maybe I should have joined. He looked different.

> **Once I got back to New York**, I went to see a recruiter again so I could get more information.

> **I still didn't know** if I wanted to join or not but eventually I was going to his office everyday and it just seemed more and more appealing.

> **He pointed me in the direction** of Military Police because that was what I was studying in school. It looked like something I would enjoy so I chose it.

> **I wanted a job** in homeland security or something along those lines and having a degree in criminal justice and a military police background looks pretty good.

> **Even if I didn't** get a job in homeland security, I could always make a career out of the Marine Corps, so it looked good in a lot of different aspects.

> **Now I am on the West Coast** as a military policeman and I love it. I also just got accepted into the K9 school and I am leaving in January.

> **When I first got my orders** to California, I was excited. I had never been to the West Coast so it was something new again.

> **I was very excited** when I flew into Palm Springs. Palm Trees everywhere, the sun was out, it was like paradise. I was expecting beaches to be all over the place. I had no idea what I was getting into. The more we drove I saw less Palm Trees and more sand.

> **I still enjoy it** because it's something not many people get to experience. I have to admit it is very different compared to where I grew up though.

> **When I was growing up**, I played a lot of football. I played for a club team in Philly and started when I was six years old.

> **It was kind of funny.** One of my favorite coaches was a retired Marine. He was also a drill instructor. Looking back, now that I'm in the Marine Corps, I realize he would do things drill instructors did. Discipline was one of his biggest things he concentrated on. Almost everything we did was Marine Corps related, even the way we counted.

None of us had any idea, but it was effective.

> **I fell in love** with the sport and so did my dad. He would never miss a practice or game. Eventually the coaches would just kind of make him an assistant because he would always be there.

> **I would say he is my hero.** My dad has always backed me in any decision I have made. He still calls me every day to see how I am doing and to tell me how proud he is of me for how far I have come. It always helps to hear that someone is proud of you, especially someone like my father.

Interviewed by Lance Cpl. Alejandro Bedoya
Oct. 8, 2013

367-3577 For Advertising

Horsemanship

Story and photos by
Staff Sgt. Robert Storm

T raining

MCMWTC teaches equestrian skills

MOUNTAIN WARFARE TRAINING CENTER, Calif. — The MWTC near Bridgeport, Calif., has begun teaching an advanced horsemanship training course to teach Special Operations Forces (SOF) personnel the necessary skills to enable them to ride horses, load pack animals, and maintain animals for military applications in remote and dangerous environments.

“We’re taking this course so that we can integrate unconventional warfare into the Marine SOF horsemanship program. As vets we can help educate the Marines and other SOF on these matters,” said a SOF veterinarian assigned to U.S. Marine Corps Forces Special Operations Command (MARSOC). “It’s a very unique course because it combines the conventional warfare tactics of the Marine Corps with the unconventional warfare used by SOF.”

The course is designed to aid small, specialized units in operating with indigenous personnel who ride and/or pack animals. This includes riding horses and packing animals for transporting crew-served weapons, ammunition, supplies and wounded personnel across terrain that is inaccessible to mechanized and air-mobile transportation.

“We teach Marines how to use pack animals and riding

animals as a means to transport people and supplies when ground vehicles or air support is not possible,” said Anthony Parkhurst, 49, director of the Animal Packing Program, from Eggers Town, Ind. “Even though we use mules and horses here, the course teaches principles that can be used on any pack animal; camels, llamas, and donkeys can be used depending on the environment.”

Other course subjects include animal care, anatomy of working animals, animal packing techniques, casualty evacuation techniques, animal first aid, bivouac considerations, and horsemanship techniques as well as capabilities of the different animals.

“A typical pack animal weighs 800 to 1,000 pounds can carry one quarter to one third its body weight. Of course the best pack animal is still a Marine, since they routinely carry more than half their body weight,” laughed Parkhurst, who retired from the Marine Corps and speaks from personal experience.

The Marine Corps stopped using pack animals in 1953. In 1983, the course to use pack-and-ride animals began again as the Department of Defense started a program to test the value of pack animals. Originally the program was only scheduled to last three to five years but the success of the course resulted in its continuation at MWTC. The program taught at MWTC is currently the only of its kind in the Department of Defense. The course simulates the difficulties of mountainous terrain. The training is essential to help Marines and other military members understand the capabilities of the animals and the influence and considerations of both terrain and climate. For many of the Marines, this is a unique experience and something different than the normal type of training.



The factors that can dictate the use of pack animals vary; many countries have terrain without roads or are otherwise impassable with motor vehicles. Countries that have heavy rain may make many roads impassable. While almost any animal can be trained to pack, the Marine Corps uses nine basic pack species. Dog, elephant, llama, camel, horse, ox, donkey, mule, and even reindeer. While every animal is different, basic mule-packing skills are needed to pack any other species. Consideration for each animal is slightly different. Animals like dogs and oxen are considered freight animals and are better used for pulling heavy loads.

“The course gives commanders a force multiplier. The animals can traverse any type of terrain; they can reach places that vehicles can’t. They make a unit quicker, quieter and more mobile than foot movement alone,” said Gunnery Sgt. Andrew Balcunas, 32, staff noncommissioned officer in charge, Animal Packing Program, from Campbell, Calif. “They never have to use a road or set trail so they never have to worry about (improvised explosive device) or ambushes or things of that nature.”



[Top] The Marine Corps Mountain Warfare Training Center near Bridgeport, Calif., has begun teaching an advanced horsemanship training course in order to teach Special Operations Forces personnel the necessary skills to enable them to ride horses and move through terrain that can’t be navigated by motor vehicles.

[Bottom] Marines with Special Operations Forces take the advanced horsemanship training course at the MCMWTC. Conditioned horses are able to travel more than 30 miles per day and can gallop at up to 40-miles-per-hour for short periods of time.

Visit
the official
MCAGCC facebook page at
<http://www.facebook.com/thecombatcenter>

The Combat Center
has its own
YouTube channel. Find it at
<http://www.youtube.com/user/CombatCenterPAO>

The Combat Center has its own
Flickr photo and video streams.
Find them at
<http://www.flickr.com/thecombatcenter>



Whatever you’re
looking for, you can
find it in the
**Observation Post
Classified section**

WeekINPhotos

RS Seattle Sergeant Major Pool Function



CPL. REESE LODDER

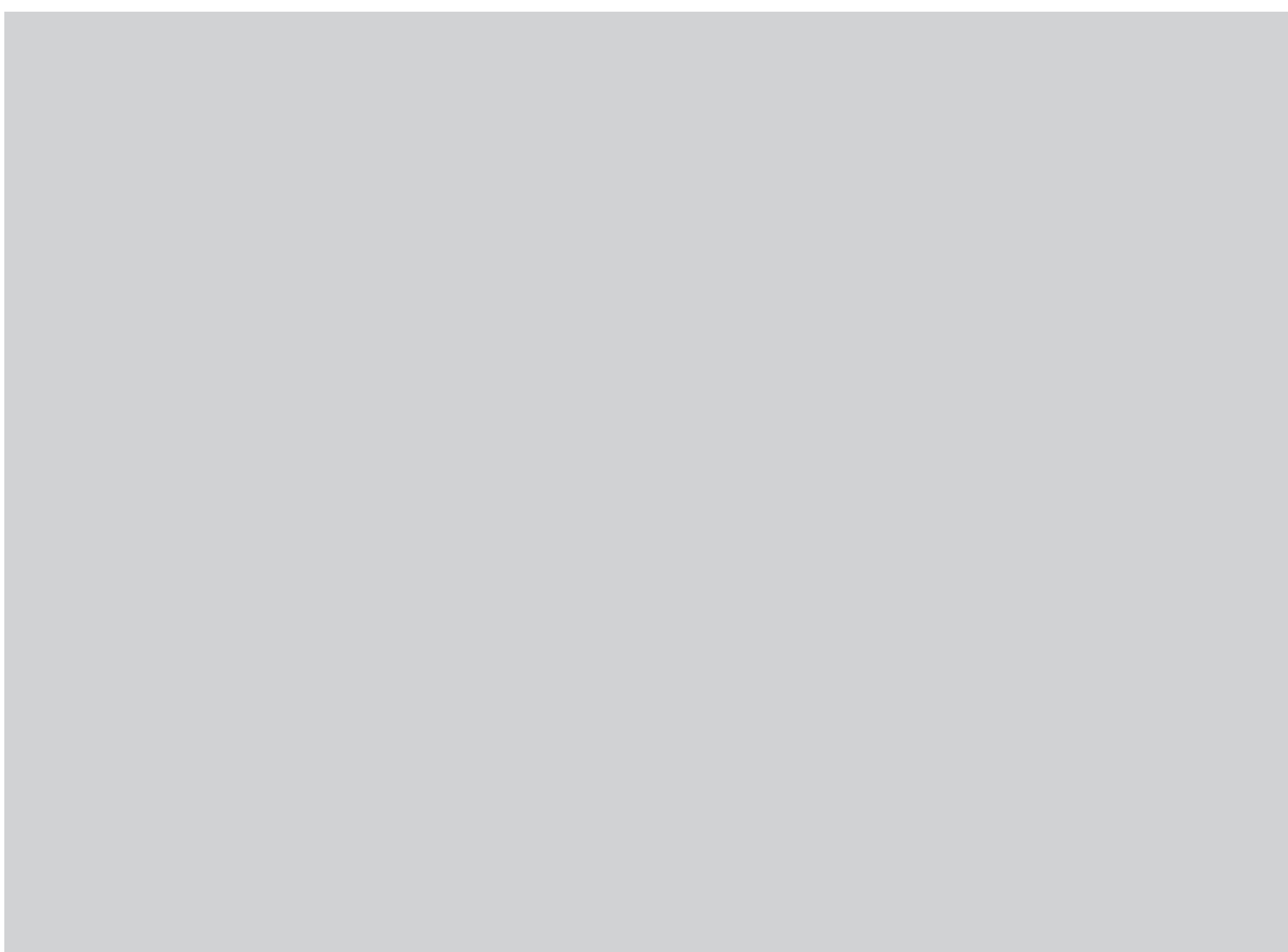
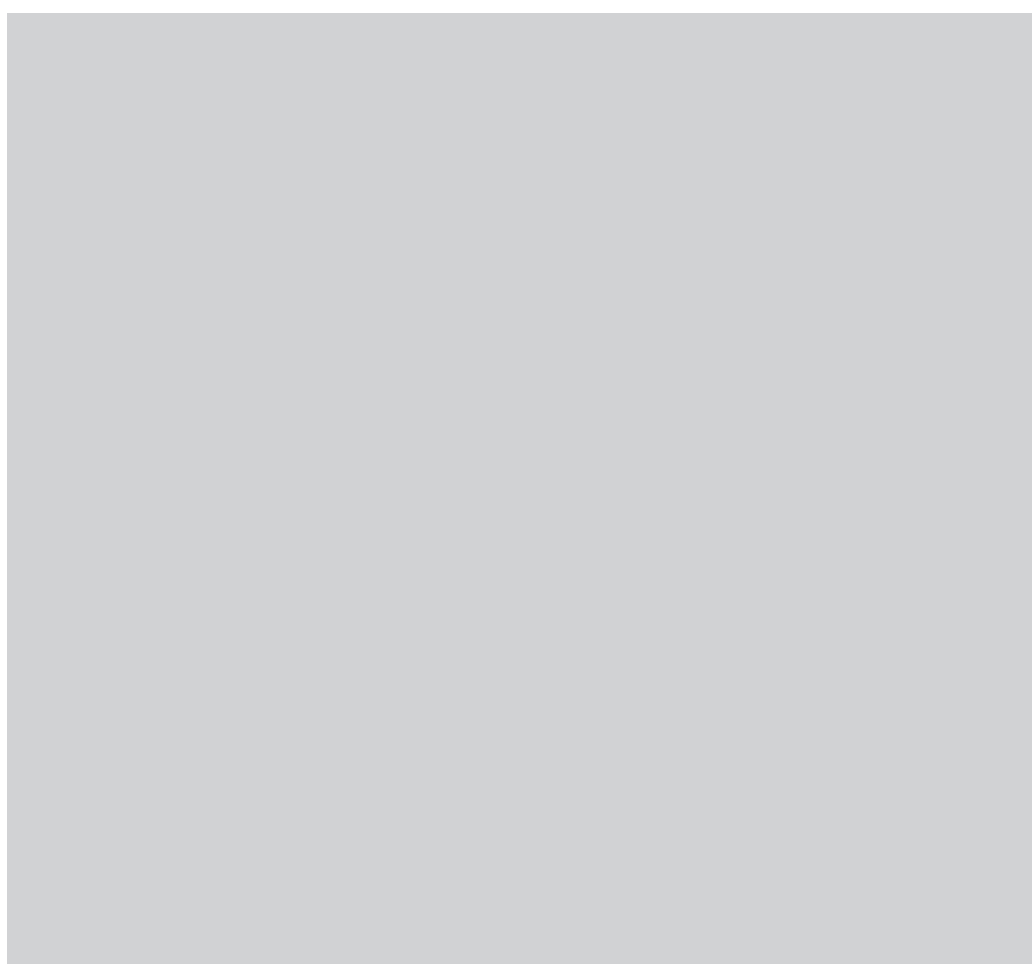
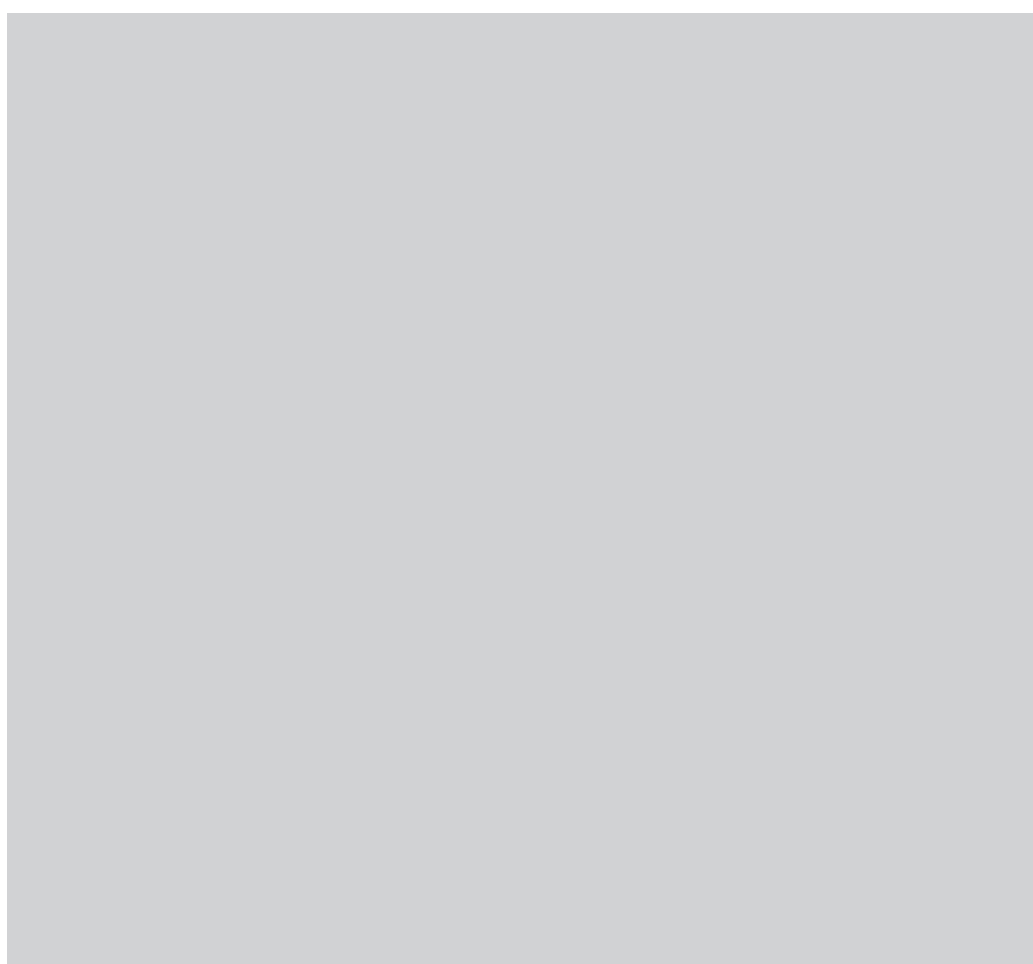


[Top, left] Gunnery Sgt. Anthony Sims (right), drill instructor, Marine Corps Recruit Depot San Diego Drill Instructor School, motivates Deveroux J. Nelson, poolee, during Marine Corps Recruiting Station Seattle's Sergeant Major Pool Function on Joint Base Lewis-McChord in Tacoma, Wash., Sept. 28.

[Top, right] Staff Sgt. Michael Riggs, drill instructor, MCRD San Diego Drill Instructor School, motivates an enlistee to follow his commands during RS Seattle's Sergeant Major Pool Function on Joint Base Lewis-McChord in Tacoma, Wash., Sept. 28.

[Center, right] Staff Sgt. Terrence Taylor, drill instructor, Instructional Training Company, MCRD San Diego, motivates an enlistee during Marine Corps Recruiting Station RS Seattle's Sergeant Major Pool Function on Joint Base Lewis-McChord in Tacoma, Wash., Sept. 28.

[Bottom, left] Drill instructors from MCRD San Diego lead enlistees in a warm-up during RS Seattle's Sergeant Major Pool Function on Joint Base Lewis-McChord in Tacoma, Wash., Sept. 28.



NCO ACADEMY

Course reinforces leadership traits

Story by
Lance Cpl. Alejandro Bedoya

Marine Corps non-commissioned officers are known as 'the back bone of the Marine Corps'. Once they achieve this set of ranks, that Marine is no longer only responsible for one person. They are now responsible for their junior Marines. These Marines are taught these things by their NCOs or by attending the NCO academy. Some say this is the most difficult transition when promoted in the Corps. While time and experience are excellent ways to learn, the NCO academy offers a corporal's and sergeant's course for Marines to become proficient leaders of Marines.

"These courses are great for Marines," said Gunnery Sgt. Adam Davison, deputy director, Sergeant's Course, Combat Center. "They can take away a lot from the course just by learning from the experiences of the person to their left and right."

Corporal's Course

Corporal's Course is a three-week course for Marines who are striving to meet the standards of their rank and preparing for to the next rank. The rank of corporal is the fourth rank among the enlisted rank structure. Corporals have a responsibility to their subordinates and superiors unlike any other rank. Marine corporals are charged with the responsibility of fulfilling their occupational obligations while mentoring and leading their junior Marines. One of the first things taught at Corporal's Course is to always be in the mindset of an NCO and to hold yourself and other Marines to the highest standard. The NCOs are also taught Marine history, leadership styles, techniques for mentoring Marines, leading by example, and how to lead physical fitness training. Another part of the curriculum is tradition, where the Marines are taught to drill with the NCO sword and guidon.

Sergeant's Course

Sergeant's Course is a seven-and-a-half-week course designed specifically for the advancement and education of sergeants. These senior NCOs are held to different standards compared to corporals but have similar roles in the Marine Corps. They must mentor and lead the Marines subordinate to them while ensuring mission readiness and accomplishment. During the course, sergeants will be taught leadership in all aspects: the foundation of leadership, the ethical problems faced when leading, and the importance of Marine Corps history. Sergeants are also the 'keepers of tradition.' They are taught how to maintain Marine Corps traditions and passing the knowledge about the Marine Corps' origin.

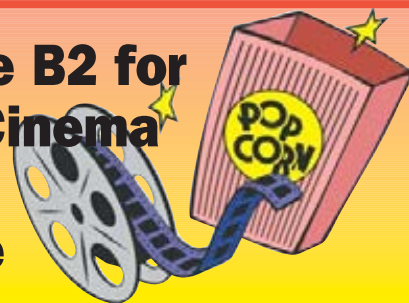
"Sometimes we get rooted in how to lead and how to do certain things," Davison said. "These courses are kind of a wake-up call and show you that there are actually many different ways to lead or to accomplish the same task."

The courses offered by the NCO academy will help leadership become a habit for Marines. It is designed to help Marines take charge for the rest of their Marine Corps career and successfully transition into their life after the Marine Corps.



Visit the official Marine Corps
Air Ground Combat Center
facebook page at
facebook.com/thecombatcenter

See page B2 for
Sunset Cinema
movie
schedule



Whatever you're looking
for, you can find it in the
**Observation Post
Classified section**

Semper Fit hosts 4-mile run for race series

8-4-6

RUN

Story and photos by
Lance Cpl. Charles J. Santamaria



Nearly 100 service members and spouses began the 4-mile race in the deep sand alongside the streets of the Combat Center. Sand and dirt flew behind the line of contestants as each runner took on the course against the cold, desert wind with nothing more than the clothes on their back and the will to compete. The trail alongside the obstacle course was the kick-off to the second race in the annual 8-4-6 Race Series Oct. 9.

The 8-4-6 Series varies each race by terrain and distance to challenge all willing to compete or simply enjoy a friendly base event. Semper Fit and Marine Corps

Community Services have hosted the three-part race series for the past three years.

"It's our third year hosting the run series, and the numbers keep getting better every year," said George Schadeegg, race coordinator, Semper Fit, MCCS.

Both Marines and sailors raced neck-and-neck to compete in this event but military spouses also joined in.

"I know a group of spouses came together just to run in this event," said Jillian Stoker, wife of Sgt. Justin Stoker, infantryman, 3rd Battalion, 7th Marine Regiment. "It brings everyone together." Participants pushed through the

course with the constant goal to pass the person ahead of them. The event rewarded participants an opportunity to engage themselves in a physical challenge against competitors across the combat center.

"It was my fifth race on base and it was a challenge," Stoker said. "It was like a rush."

For some of the 98 runners, the terrain in this course proved to be a formidable obstacle and every step was a challenge as each of them fought to stay ahead.

"Sand was in my face, in my mouth, and in my eyeballs," Stoker said. "This race terrain had hills, and the deep sand made the race much more difficult."

Even with the different challenges that came with this new course, every runner made their way to the finish line.

Coming in first place for males was Capt. Jason Maraffi, Remain Behind Element officer-in-charge, 3rd Battalion, 4th Marines, 7th Marine Regiment. The first-place female competitor was Marlow Besey, wife of Pfc. Austin Besey, infantryman, Bravo Company, 1st Battalion, 7th Marine Regiment.

The final race in the 8-4-6 race series is scheduled to be held Oct. 23rd at the Desert Winds Golf Course. For more information, call 830-4092.

[Top, left] Runners embark on a 4-mile course as part of the 8-4-6 Race Series, sponsored by Semper Fit, near the obstacle course Oct. 9.

[Bottom, left] A runner sprints to the finish line during the second race of the 8-4-6 Race Series Oct. 9.

[Bottom, center] Vera Savage, wife of Maj. Glenn Savage, Marine Corps Tactical Operations Group; Marlow Besey, wife of Pfc. Austin Besey, infantryman, 1st Battalion, 7th Marines; Erin Larosa, wife of Sgt. Jarrod Larosa, scout sniper, 2nd Battalion, 7th Marines; and Lance Cpl. Crystal Vongilirasouk, administration clerk, Headquarters Battalion, stand together after finishing the 4-mile run.

[Bottom, right] Cpl. Alexis Baldini, intelligence analyst; Lance Cpl. Bobby May, satellite operator; Cpl. Antonio Mondragon, administration chief; and Lance Cpl. Tim Mejia, admin clerk, all with Unmanned Vehicle Squadron 1, stand together after finishing the 4-mile run.



HOMECOMING, from A1

Staff Sgt. Ralph Yajama, section leader, Weapons Co., 3/4. “Basically, our job was to protect the forward operating base and allow different organizations to go out and execute operations.”

Families and friends were overjoyed to see their loved ones after seven months.

“I appreciate the support of all of the families and spouses,” Nicholson said. “We couldn’t have done it without them.”

For 3/4, the road ahead includes the end of an era as the battalion prepares to disbanded.

“By September 2014, our colors will be rolled up,” Yajama said. “3/4 will be dismantled and the Marines sent to different units. If we are ever needed again, I’m sure we’ll be back.”

The remaining companies within the battalion are slated to arrive in the coming weeks.



[Above] Petty Officer 3rd Class Colin Kroeker, corpsman, L Co., 3rd Battalion, 4th Marines, 7th Marine Regiment, stands with his parents, Michael and Melissa, during a homecoming at Del Valle Field Oct. 9. **[Right]** Cpl. Chris Barker, military police sergeant, L Co., 3/ 4, stands with his wife, Cassidy, during his company’s homecoming at Del Valle Field Oct. 9.



PHOTOS BY LANCE CPL. PAUL S. MARTINEZ

CHILI, from A1

dare try it, a mild bowl for those seeking the less intimidating taste of the firefighter’s chili, and a half-and-half for the people wanting to put a little kick in their step. The firefighters maintain a work schedule of 48 hours on the job and then 48 hours off. While on the job, they practically live with each other at work.

“There isn’t much to do while we are on standby at the firehouse,” said Alfonso Razo, Lieutenant, Engine 451, Combat Center Fire Department. “We like to cook for each other and we aren’t afraid to try new recipes.”

With all this time to cook, and plenty of hungry mouths to feed, these public servants also develop notable culinary skills. Aside from pranks and hanging out, cooking is something they look forward to when they have time. Some say they cook for themselves and others say they like to cook to see the reactions from their comrades. While this

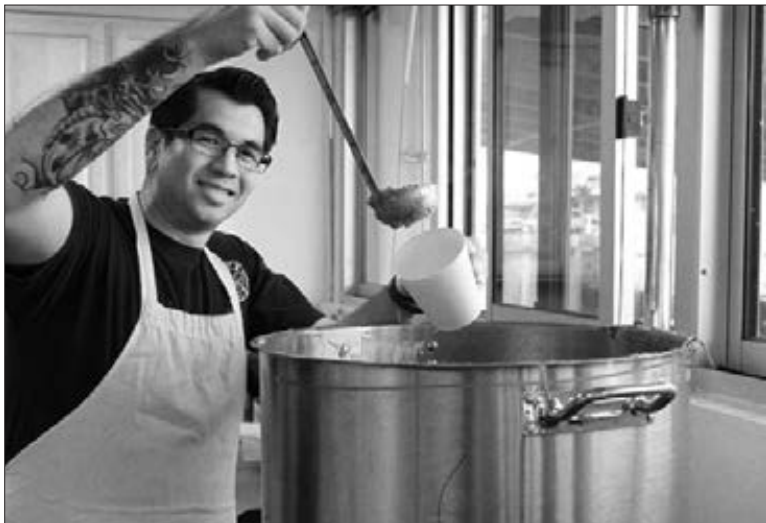
may all seem like fun and games, these firefighters also take their job seriously, and the community always comes first. This is why they share such a unique craft with the Combat Center.

“We don’t forget why we are here,” said Darlene Hull, assistant fire chief, “We are here for the Marines and their families. This is just another way of reaching our community.”

The Chili Lunch raised money for the Combined Federal Campaign. The focus of the fire department is to take care of everyone in the community and to keep them safe. These men and women dedicate their lives to protect and serve those who serve.

“We are basically brothers, we work in hostile situations with each other,” Moore said. “We come together as a family when we need to, whether it is putting on a chili lunch for the base or putting out a fire and saving someone’s life. We are there for our community and each other.”

A firefighter with the Combat Center fire department serves chili for patrons of the annual Chili Lunch at the Combat Center’s Firehouse Oct. 9. The Chili Lunch raised money for the Combined Federal Campaign and patrons were given the opportunity to make blood donations.



LANCE CPL. ALEJANDRO BEDOYA

REACH, from A1

the 1st Marine Division in the form of amphibious or Maritime Preposition Forces and conduct operations utilizing maneuver and armor-protected firepower. The battalion was activated on Nov. 1, 1941, at Marine Corps Base Camp Lejeune, N.C. Since then, 1st Tanks has been a part of World War II, the Korean War, the Vietnam War, Operation Enduring Freedom and Operation Iraqi Freedom.

“Marines always leave a place better than it was when we got there,” Priester said. “This community has taken such good care of us and this is the least we can do. We are proving that there really aren’t better friends than the United States Marines.”



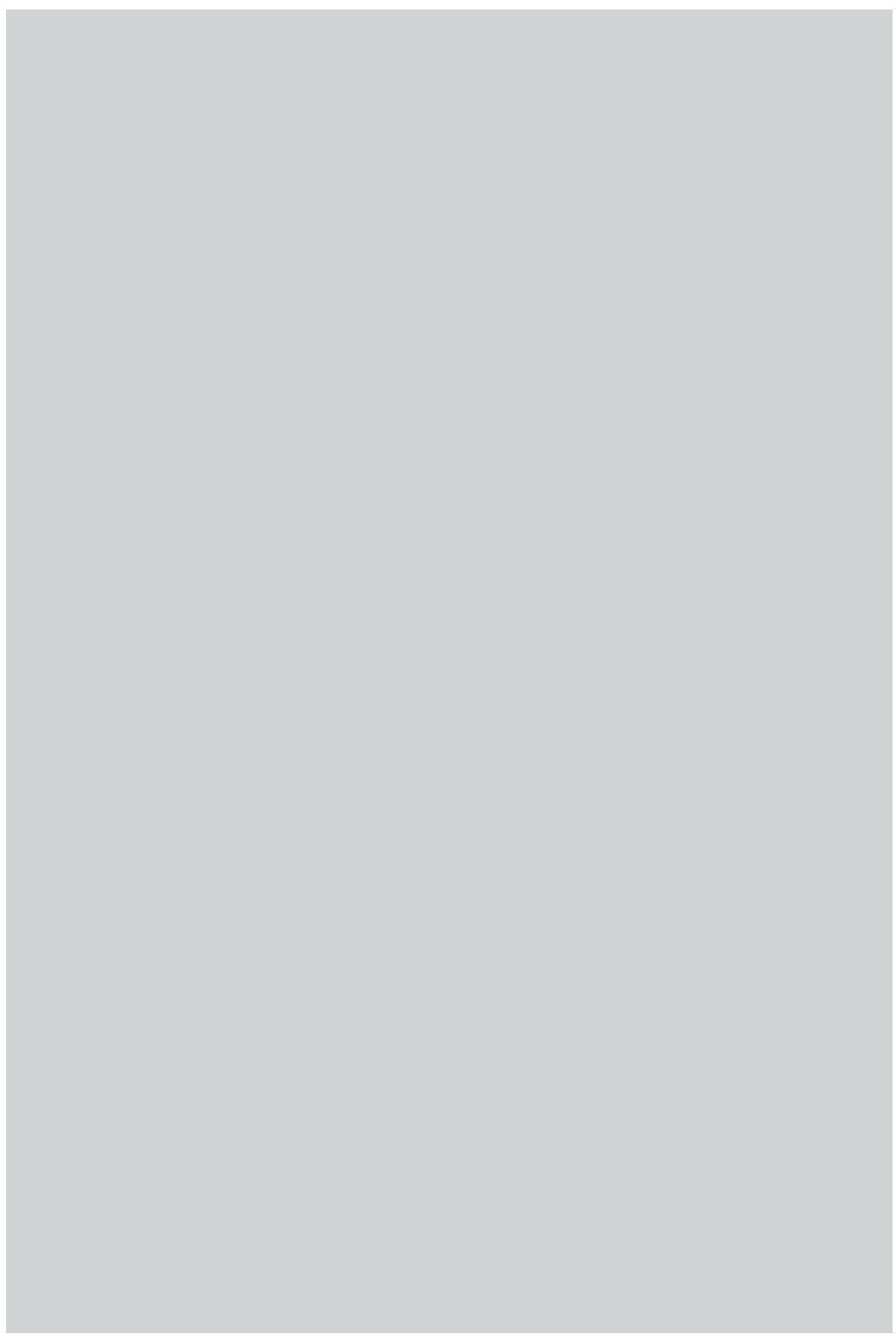
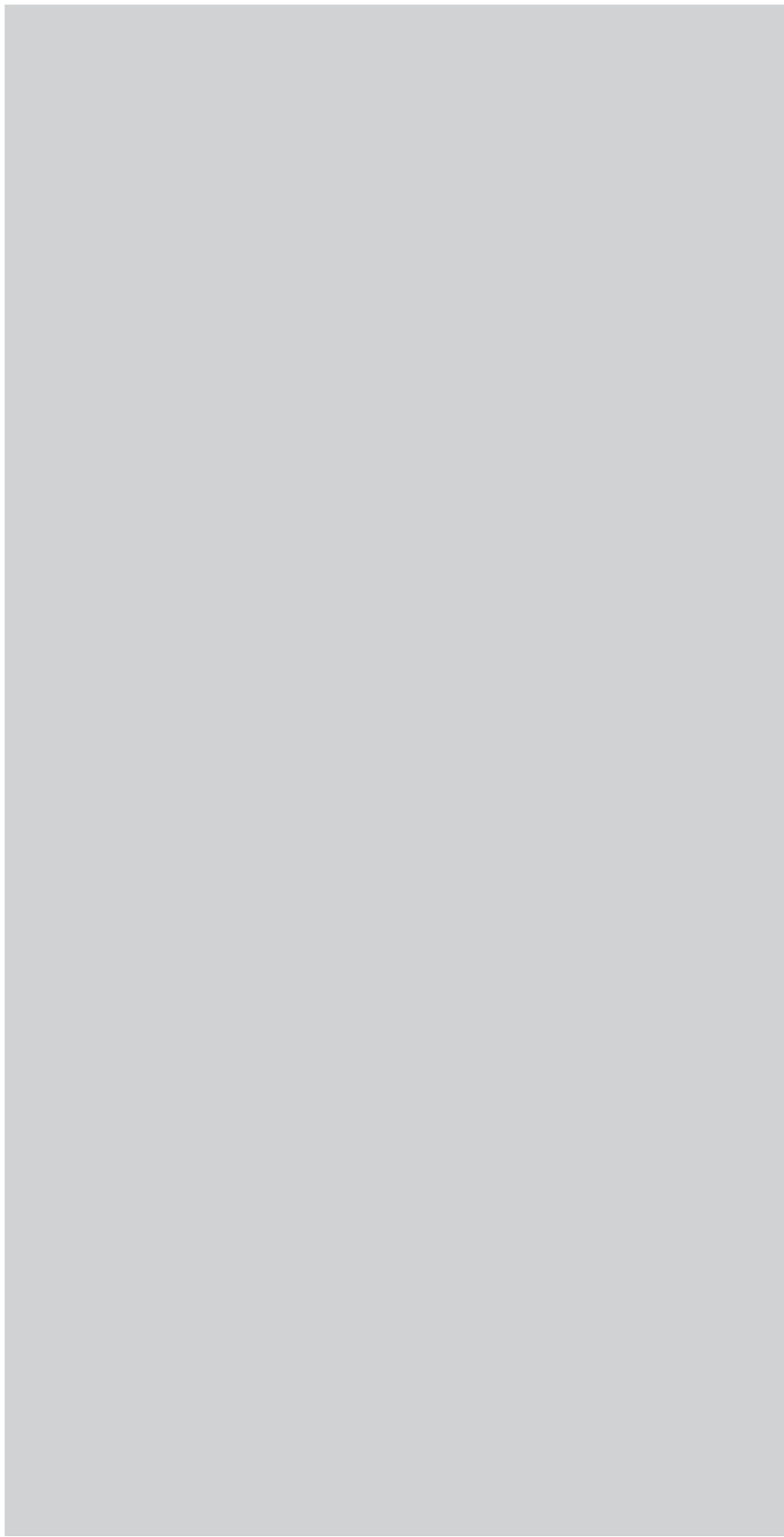
PHOTOS BY LANCE CPL. ALEJANDRO BEDOYA



[Top] Marines with 1st Tank Battalion rake leaves as a part of their community service in support of the community service program, Reach Out Morongo Basin, in Twentynine Palms Oct. 4. **[Above]** 1st Tanks supported Reach Out Morongo Basin, a community service program, by traveling to 14 locations in the Morongo Basin and volunteering their services Oct. 4



Whatever you’re looking for, you can find it in the **Observation Post Classified section**

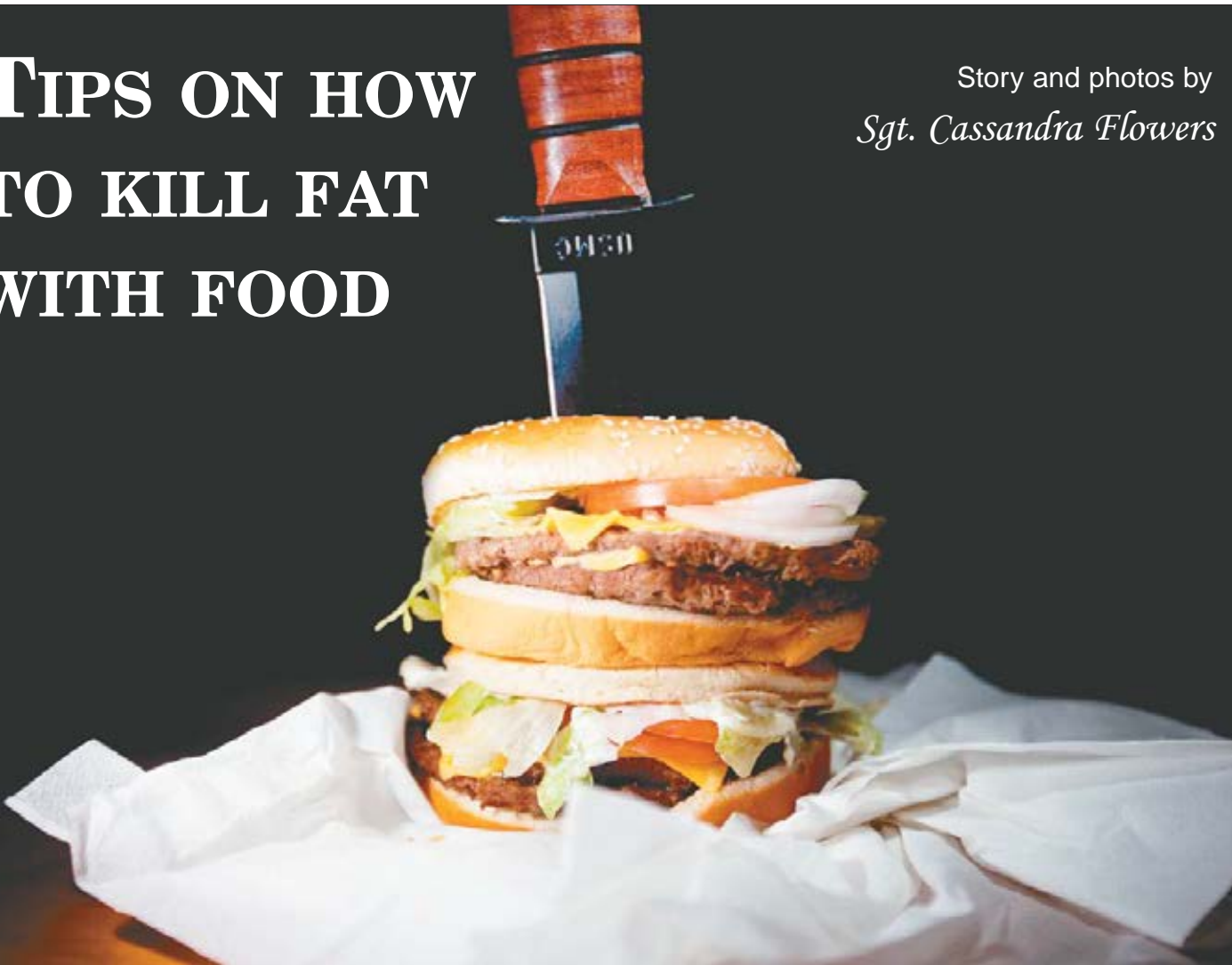




GET **FIT** — the — **RIGHT** way —

TIPS ON HOW TO KILL FAT WITH FOOD

Story and photos by
Sgt. Cassandra Flowers



I grew up with a mom who was a personal trainer and fitness expert. In our house, “junk food” was a few pretzel sticks, and maybe if we were lucky, a few graham crackers.

I envied the other kids in school for their Lunchables and Snak Paks, but when I was 17 and was introduced to fitness competitions, I began to appreciate my healthy upbringing. I went on to compete in three National Physique Committee competitions and placed first in two of them. This introduction to fitness changed my approach to healthy eating forever.

Since enlisting in the Marine Corps, I’ve seen it all when it comes to fitness. Unfortunately Marines too often get the wrong impression of what it means to be “fit.” In the Corps there are: the rabbits, men and women, who do nothing but run; the meatheads, who just lift and eat protein powder; and the junkies, who fuel their bodies with energy drinks, beef jerky and the occasional pizza.

It’s safe to say most Marines want a high Physical Fitness Test/Combat Fitness Test score and to look good in their uniform. It’s the pride of being a Marine, but unfortunately these results don’t happen overnight, and Marines are (typically) impatient. Fad diets, diet pills and high-tech “garbage bag” running suits can be a quick way to see the number on the scale go down, but the inside of your body will be screaming for help.

According to the Navy and Marine Corps Public Health Center, the problem with these types of fads is that they force your body to give up water weight, which allows the consumer to see a bit of instant satisfaction in their waistline, but

the results won’t last and there is no change in your body composition.

In order to properly burn fat, it’s necessary to eat more. This idea sounds crazy, but by allowing your body to “trust” that you are consuming enough nutrients, your body will slowly start to get rid of the bad fats. Also by drinking a sufficient amount of water, your body will begin to “trust” you’re getting enough water intake, and release unnecessary water weight. The human body is a genius system — if you nurture it, it will respond. But it will not allow you to starve it.

So if we need to feed our bodies, what

Once you’ve figured out how to **listen to your body** you will have mastered one of the **hardest parts**.

are the right foods? The word “diet” is a no-no in the fitness world. There is no magic diet that can work perfectly for everyone. Fitness is a lifestyle change. The body needs an appropriate amount of protein, complex carbohydrates and vegetables in order to run as efficiently as possible. It’s our job to fuel our bodies with the correct food. Proteins like chicken, fish, eggs and beef; complex carbs like brown rice, oatmeal, quinoa and sweet potatoes; and vegetables like broc-

coli, spinach and green beans are all great examples of the fuel our body needs. It’s probably not what you wanted to hear, but the truth hurts.

Here is where dedication steps in; shaping and training your body to be what you want it to be is no easy job, it requires pre-planning and persistence. This is the part that trips up most people. It’s easy to run to your local food court for lunch and grab a so-called healthy chicken salad, which could run you up to about 600 calories with those fancy croutons, cheese and robust dressing. Not so healthy, huh? Or grabbing a piece of fruit, and thinking, “Oh, I ate healthy today.” Wrong! The body needs meals, not pieces of meals. Meals consist of different food groups — a protein, carb and vegetable preferably.

It goes back to the trust theory — when you’re eating clean, lean foods, your body will metabolize these meals quicker, making you feel more hungry in probably a shorter amount of time. This is good— this means your body is working properly. And the good news is that you can eat again in about two to three hours. Amazing isn’t it? You can eat every two to three hours and lose fat; the only catch is that it needs to be the right foods. Think about it. Ever notice after you eat healthy you feel energized and chances are you’re hungry in a few hours, but if you eat fast food you feel sluggish and probably won’t be hungry for maybe four or five hours? Listen to your body — it’s telling you exactly what it wants.

Once you’ve figured out how to listen to your body you will have mastered one of the hardest parts. What’s not easy is pre-planning your meals at home ahead of time. Home-cooked will always be better than on-the-go food. This is because you can control the amount of sugars, salts and fats going into your food. This is where restaurants often fail. Even though they may advertise a healthy meal option, chances are these meals contain high levels of sodium and fats, which will only bring your body down. Healthy doesn’t have to be boring, there are a variety of spices, peppers, herbs and even a few low-calorie substitutes that can give you the party in the mouth that you’re looking for. The problem comes in when there is no planning, and you’re stuck and starving, so you swing through a drive-thru or the closest vending machine. Sound familiar?

It’s obvious this is no easy task, but that’s the point. It’s not for everyone. Some people don’t have what it takes to remain consistent and stick with a meal plan for more than two weeks, but that’s what separates the weak from the strong. If change is what you want, the groceries and information are there waiting for you to sink your teeth in. Accepting that there isn’t a quick fix to get your dream beach bod is step one; step two is planning your meals; step three is eating ALL of those meals; and step four is sticking to the plan. No, you don’t need a trainer. And you don’t need a nutritionist. What you need is a strict grocery list, a gallon of water and little bit of motivation.

For information on healthy food options and meal planning ideas visit:

hprc-online.org/nutrition





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.
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.
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.

Nightmares Halloween Haunt

A play that dwells into the nightmare of a little girl
When: 7 p.m., Fridays & Saturdays, Oct. 18 - Oct. 31
Where: Theatre 29
73637 Sullivan Rd., Twentynine Palms, Calif.
For more information, call 316-4151

Low Desert

Trace Adkins

Country music artist performs
When: 8 p.m., Saturday, Oct. 11
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>

War

American funk band performs
When: 9 p.m., Friday, Oct. 18
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon, Calif.
For more information, call 800-252-4499 or visit <http://www.morongocasinosort.com>

Women of Soul

Hottest R&B singers of the 80's and 90's perform
When: 8 p.m., Saturday, Oct. 19
Where: Spotlight 29 Casino
46-200 Harrison Place, Coachella, Calif.
For more information, call 866-377-6829 or visit <http://www.spotlight29.com>

Lewis Black

Comedian Performs
When: 9 p.m., Saturday, Oct. 25
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>

Sunset Cinema

Friday, Oct. 11

6 p.m. - One Direction: This is Us, PG
8:30 p.m. - Lee Daniels' The Butler, PG-13
11:30 p.m. - Riddick, R

Saturday, Oct. 12

10:30 a.m. - Free Admission Frankenweenie, PG
12:30 p.m. - One Direction: This is Us 3-D, PG
3 p.m. - Mortal Instruments: City of Bones, PG-13
6 p.m. - You're Next, R
8 p.m. - Riddick, R
11:30 p.m. - The World's End, R

Sunday, Oct. 13

12:30 p.m. - Getaway, PG-13
3 p.m. - Riddick, R
6 p.m. - Insidious Chapter 2, PG-13
9 p.m. - The Family, R

Monday, Oct. 14

6 p.m. - Riddick, R

Tuesday, Oct. 15

7 p.m. - The World's End, R

Wednesday, Oct. 16

5 p.m. - Mortal Instruments: City of Bones, PG-13
8 p.m. - Getaway, PG-13

Thursday, Oct. 17

5 p.m. - Lee Daniels' The Butler, PG-13
8 p.m. - You're Next, R

Ethan Hawke stars in gear-grinding fireball action movie mess



COURTESY PHOTO

NEIL POND

"Getaway"

Starring: Ethan Hawke & Selena Gomez
Directed by Courtney Solomon
PG-13, 90 min.

"Moderation in all things," cautioned the ancient Roman dramatist Terence, who obviously didn't have anything to do with this stinking, smoking backfire of a modern movie.

Because good ol' Terence has been gone for more than 2,000 years — and also because there's nothing in moderation about "Getaway," which is basically one long, excessive, over-the-top, pedal-to-the-metal car chase. It's the movie equivalent of reading a letter from someone who types everything in ALL CAPS, and ends each sentence with a handful of exclamation points.

In what passes for a plot, Ethan Hawke plays a disgraced race

driver blackmailed into stealing an extremely tricked-out Shelby GT500 Super Snake and driving like hell through a town in Bulgaria with a young woman (former Disney star Selena Gomez) riding shotgun.

If he doesn't get to where he's supposed to go, and do exactly what he's told to do en route, something very bad will happen to his kidnapped wife.

Hawke's character receives his driving instructions from a mystery man (Jon Voight) with a smarmy Euro-accent coming from the car's hi-tech dashboard phone: "Turn left!" "Drive through the market!" "Ram the truck!"

The mystery man has set things up so the passenger — a spoiled little rich girl with mad computer-hacking skillz and a rich banker daddy, as fate would have it — would come along at just the right moment to become a part of his plan. And he's rigged the car with cameras, inside and out, so he (and we) can see what's going on, from every conceivable angle.

That actually makes the wildly implausible story seem like it makes more sense, and moves along more reasonably, than it does. Onscreen, it's a screeching, gear-grinding fireball of a mess, so full of preposterous plot holes it's a miracle its muscle-car star can maneuver anywhere around them, much less speed along like a magic, 200-hp bullet as it evades armies of policemen and avoids hitting hundreds of pedestrians.

The movie's so focused on revving its engine, in fact, it lets story details and everything else slide. It certainly doesn't have time to waste on its characters. Only Hawke's has a proper full name, and it's a testosterone-oozing doozie: Brent Mangra. Gomez is simply The Kid, Voight is known only as The Voice — and seen, until the very end of the movie, only from the back of his head or from his nose down. When the credits roll, with the exception of Mangra's wife and her first name, everyone else is a Henchman, Thug, or Driver.

I didn't get why The Kid told Mangra "That was awesome!" after one adrenaline-pumping close call, then the very next second later snaps at him, "I really, really hate you!" I don't understand how shooting a guy on a motorcycle makes a whole train depot explode. And why couldn't Jon Voight just talk in his regular voice?

At some point, certainly, somebody must have understood more about this movie than I did, including director Courtney Solomon, who obviously thought it was stylish and cool to make a movie that relied so heavily on footage shot from grill-mounted cams, fender cams, hood cams, dashboard cams and various other cameras in places too impractical or too dangerous to put a human operator.

There is, however, one very cool sequence, late in the film, from the perspective of the front of the Super Snake as it pursues another vehicle at high speed, maneuvering, braking, speeding up and slowing down through intersections and around other cars and trucks. It's as simple as that, and it only lasts about 60 seconds. But it's so strikingly different from anything else in the movie, and yet so much more thrilling, it made me wonder if it was shot and edited by another film crew entirely.

But after a while, it all becomes exhausting, a big clotted clog of fumes and dust and grit, inane dialogue, ridiculous plotting, and bent, twisted metal. And when "Getaway" was over, not only did I feel like I'd been dragged along for every mangling mile, I was grateful to be able to crawl away from the wreckage. I only hope Ethan Hawke, Selena Gomez, Jon Voight and the director can, too.

Whatever you're looking for, you can find it in the **Observation Post Classified** section





For more Combat Center photos, visit the official MCGCC facebook page at <http://www.facebook.com/thecombatcenter>



CROSSWORD SOLUTIONS

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

SODOKU SOLUTIONS

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

Try a Little Tenderness®
and save 67% on World-Famous Omaha Steaks

The Favorite Feast
2 (5 oz.) Filet Mignons
2 (5 oz.) Top Sirloins
4 (4 oz.) Boneless Pork Chops
4 (4 oz.) Omaha Steaks Burgers
4 Stuffed Baked Potatoes
4 Caramel Apple Tartlets

486435GL 1 list \$154.00
Now Only \$49.99

Level of 2 packages and \$1.00 shipping per address. Standard \$600 will be applied per address. Limit 10 copies must ship within 48 hrs of issue. Hurry! This offer expires 11/15/13. ©2013 Omaha Steaks, Inc.

Save \$104.01

**Plus You Get...
4 More Omaha Steaks Burgers FREE**
to every shipping address.

Call Free 1-888-697-5091 www.OmahaSteaks.com/ffmb44