



October 18, 2013

# OBSERVATION POST

MCAGCC TWENTYNINE PALMS  
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Vol. 57 Issue 40

## SRT & SWAT BUILD BONDS



Story and photos by  
Lance Cpl. Paul S. Martinez

The Special Reaction Team, Provost Marshal's Office, trained alongside the Special Weapons and Tactics team from Garden Grove Police Department at Range 111 Oct. 11.

The collaboration between the two forces marks the third year of the SWAT team visiting the Combat Center from Garden Grove, Calif., to engage in training using its various ranges.

"Working with the military police and gaining access to these training grounds is a one-in-a-million shot for us," said Lt. Ben Stauffer, police officer, GGPD. "We don't have these facilities anywhere else so coming out here is great."

The training served as a way for both forces to not only sharpen their skills, but observe and learn from their counterpart's respective methods of operation.

"We get this chance to work with (SWAT) and see how they do things, and try to implement some of those techniques in our training," said Sgt. Adam E. Munoz, SRT commander, PMO. "How one team clears a stairway and moves up might be more advantageous than how we do it. We might want to try their technique, and if it works, we could adopt it, and vice-versa."

The urban set-up of Range 111 allowed the teams to make full use of their weapons and

See SRT page A6

[Top] Police Officer J.J. Glover, team member, Special Reaction Team, Provost Marshal's Office, conducts room-clearing during a training exercise at Range 111 aboard the Combat Center Oct. 11.

[Left] SWAT team members with the Garden Grove Police Department practice room-clearing during a collaborated training exercise with the PMO SRT at Range 111 aboard the Combat Center Oct. 11.

## RIFLE REGS

Story by

Lance Cpl. Charles J. Santa Maria

### Marines learn registration process

Marines participated in a gun-registration class held Oct. 11 at the Village Center to keep them informed on gun regulations on base and the process of registering weapons.

The class was coordinated to stress the importance of registering weapons on base and knowing the steps to register and store weapons.

When checking into the Combat Center, newcomers are required to register any weapons in their possession. The Provost Marshal's Office refers to regulation 1630.6E, chapter four, which states prohibited weapons include un-registered firearms, explosives, chemical agents, knives and other weapons to include stun guns and brass knuckles.

"The Marines don't know how easy it is to register weapons on base," said Carol Matthias, coordinator, Vehicle Registration. "If they want to own a weapon, they can and it's easy."

*If they want to own a weapon, they can and it's easy.*

— Carol Matthias

Weapons can be stored in containers that are approved by PMO. Service members that live in the barracks simply need to register and store the weapons at the unit armory. Registered weapons can also be kept in residences for service members and spouses that live in housing on or off base.

Weapons may be in another location while a service member is on deployment as long as a change of location is reported to PMO.

If someone owns a weapon that is registered in another state, it does not need to be registered in California, but all weapons must still be registered on base for ownership. Weapon cards are issued by PMO and are needed when the weapon is in use.

"I was doing this more for my Marines living on base, but also for the Marines thinking about purchasing a weapon," said 1st Lt. Kelly Sloan, Combat Center adjutant, G-1.

Registration forms can be found at the Marine Corps Community Services office, the main exchange gun department, or at vehicle registration. Staff non-commissioned officers and officers

See REGS page A6

## 3RD CEB ADVON RETURNS HOME

Story and photo by  
Lance Cpl. Alejandro Bedoya

Marines and sailors with 3rd Combat Engineer Battalion's advanced party returned home to the Combat Center Oct. 11. The Marines and sailors were deployed to Afghanistan for seven months.

Families and friends of the Marines gathered at the supply company's motor transport lot to welcome the Marines and sailors.

"Some of these Marines are coming home because they have children being born or new-borns," said Erika Capistran, family readiness officer, 3rd CEB. "For some of our families that are here, it is their second deployment within the last

See ADVON page A6



Marines and sailors with 3rd Combat Engineer Battalion returned to the Combat Center after a seven-month deployment to Afghanistan Oct. 10.

## Essay Contest

### Marines express appreciation for their military spouse

Marine Corps Family Team Building invited all hands aboard the Combat Center to participate in its 4th Military Spouse Appreciation Essay Contest. The competition consists of active-duty service members writing an essay about how much they appreciate their spouses. The contestants were separated into four different groups depending on their rank. The groups were officers, staff non-commissioned officers, non-commissioned officers, and junior enlisted. The essays were read and judged by three different judges in order to determine the winners of each group.

See the essays on page A4

## Fit with the FRO



CPL. ALI AZIMI

The family readiness officers with Headquarters Battalion, Combat Logistics Battalion 7, Marine Unmanned Aerial Vehicle Squadrons 1 and 3, introduced Marine spouses to Semper Fit with a 6-week fitness challenge called "Fit with the FRO." The spouses and FROs come together two times a week to "sweat" with workouts designed by Semper Fit personal trainers. The group is currently in the middle of the last few weeks of the program, with their final day on Oct. 29.

# CG's honorary breakfast



LANCE CPL. JOHN TRAN

Steve Holtzman, protocol specialist, Protocol; Jonathan Rabert, deputy operations officer, Marine Corps Logistics and Operations Group; Donna Berger, wife of Maj. Gen. David Berger; James Burke, Youth Sports Director, Marine Corps Community Services; Maj. Gen. David H. Berger, Comanding General, MCAGCC; Lea Brown, material examiner, Natural Resources and Environmental Affairs; David Costa, heavy machinery equipment mechanic, ESD; and Sgt. Maj. Karl Villalino, base sergeant major, MCAGCC, stand together during the Commanding General's monthly breakfast at Quarters One Oct. 11. The breakfast was organized in recognition of civilian workers and their contributions aboard the base.

## BIRTH ANNOUNCEMENTS

### ROYCE HUNTER OWENS

Born on: Oct. 11, 2013  
Born to: Robert and Jacquelyn Owens

### HAVEN ADRIANNA FORSBERG

Born on: Oct. 10, 2013  
Born to: Joshua and Meagan Forsberg

### JAYDA MARIE MADDEN

Born on: Oct. 9, 2013  
Born to: John and Jacqueline Madden

### NATHAN LUIS BARRON

Born on: Oct. 7, 2013  
Born to: Leonel and Deniece Barron

### NATALIA ELIZABETH NOVAK

Born on: Oct. 1, 2013  
Born to: John and Leah Novak

### TENLEY COLE HOWARD

Born on: Sept. 28, 2013  
Born to: Alistair and Nicole Howard

# Motorcycle SAFETY

## Winter months bring INCREASED SAFETY measure for riders

**Frank Santiago,**  
Safety Division

If you are like me, you probably enjoy riding your motorcycle in fair weather more so than poor weather. But if you are also like me, you may have to ride your motorcycle year-round, and unfortunately, the weather can be unfair. Luckily, there are some simple things we can do to make our ride during the winter months slightly more enjoyable.

Now that the cold season is upon us, we have one of two options: pack up the bike for the winter, or keep riding. Personally, I'm going to keep riding. But if you decide your bike is going to hibernate this winter and you're going to take the cage, then we have to make sure your bike is stowed properly so it's ready to go when you need it.

Putting your bike up for the winter isn't a difficult task. You need to first ask yourself how long you are going to let it sit and decide where it's going to be stored. Hopefully you have a garage, but if not, a durable cover is always a good bet. Bottom line, keep your machine sheltered from the elements. If possible, get your bike elevated and get those tires off the deck to prevent any flat spots. Secondly, get the fuel out of your bike. Evaporated fuel can be a pain and will clog jets or carbs. If that's too much work, a full tank and some fuel stabilizer is a safe alternative.

Now consider your battery life. If not used, your motorcycle battery won't last long and they are expensive to replace. So it's recommended to place them on a tender. Now you can have good piece of mind knowing your bike will be in good running condition at the end of winter.

If your gut tells you to ride the entire year, first consider what you're up against before you can start preparing for it. The temperature is the most obvious and trust me; 24 degrees riding at 65 mph equals a wind chill factor of about "OUCH! It's freezing!" So you'll need the right gear. Don't be afraid to put some money into it, you won't lose sleep over it. Think warm, wind and water when choosing your gear. In other words, is your gear going to keep you warm enough, does it have good block from the wind and is it going to keep you dry in the event of rain?

Riding in bad weather can be tricky. I always recommend slowing down and giving yourself a larger following distance for any type of adverse condition. As little as we get, the rain in Twentynine Palms is very aggressive when it does fall, and the rain here typically floods the streets and leaves debris and sand in the road. Try to stay upright and be smooth on the throttle when riding through these areas.

The wind can also be extremely harsh. Remember to stay relaxed and loose. Try not to fight the steering in a full-value wind and press on your handle grip into the wind.

A little preparation and foresight this winter will pay off greatly because a comfortable rider is an alert rider. There's no reason we need to fall victim to unfair weather.

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

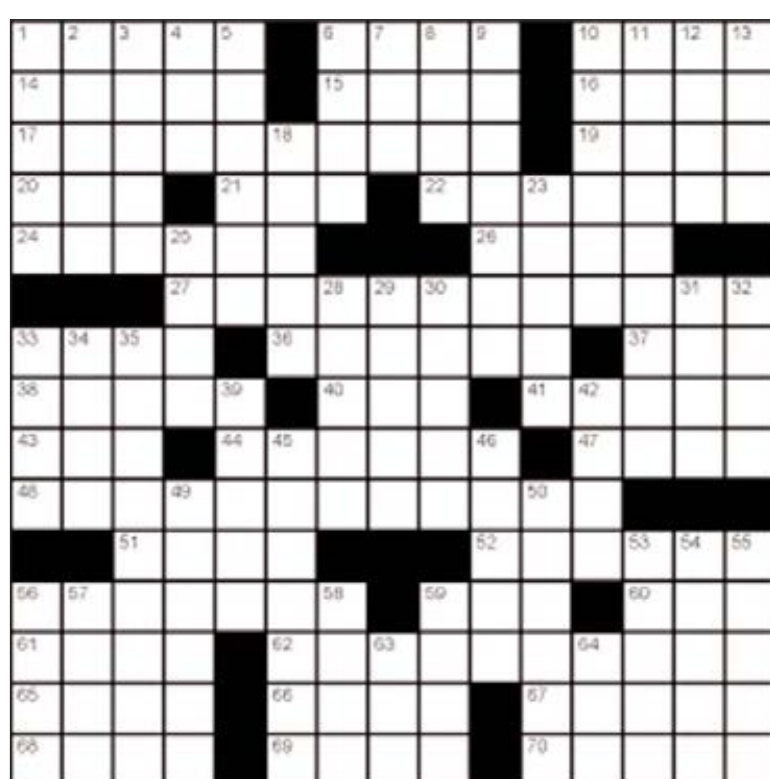
The Combat Center has its own YouTube channel. Find it at <http://www.youtube.com/user/CombatCenterPAO>

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

## O.K.

- ACROSS**
- Type measurements
  - Asian sea
  - Czech, Pole or Russian
  - Igloo dweller
  - Poet Teasdale
  - Two less than octa-
  - 13th-century tough guy
  - Woodsman's stock
  - Stat for a pitcher
  - M.D. colleagues
  - Easily
  - Had a feeling
  - Jackson of country
  - Santa Claus alias
  - Flower
  - Buzzing insect
  - Bill addition
  - Pays to play
  - Top, say
  - Said "!@#%&!"
  - Presley's label
  - Hooded pullover
  - Signs the contract
  - Cartoon police
  - Actor Penn
  - Scam
  - Full-price payer
  - London wear
  - Misrepresentation
  - Tennis court zero
  - "A Fish Called Wanda" Oscar-winner

- Computer owner
- Verve
- Smooth
- Listening devices?
- E-mail button
- Pitchers for water
- Peak, Colorado
- Accustom (to)
- Cigar type
- Be sick
- Gawking sort
- Sets a price
- Stands cheer
- Swift horse
- Ship's rope
- High priest
- City of Massachusetts or Virginia
- Figure skating maneuver
- Flower home
- Pertaining to the Subcontinent
- Another name for a crook
- Lone of "Say Anything"
- Squash, perhaps
- Make a goal or a basket
- Palindromic vessel
- Whimsical mission
- Alimony receivers



- Place in Monopoly
- Fairy tale starter
- Spends the night
- Bad guy
- Will-o'-the-\_\_\_
- Peacenik's slogan
- Muslim holy book
- They're under cities
- Picnic side
- Drab shade of green
- Of a higher class
- Gets hands-on experience
- Elmer's product
- Civil Rights figure
- Soccer legend
- Matter topper
- Moving need
- Kareem, once

See answers on page B6

## SUDOKU 3060D

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		5		4	2		
4	9		1			7	

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

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

# Jerrod Niles, Michigan aviation ordnance system technician, 29

## SHERWOOD



> **I started turning wrenches** with my dad when I was able to pick one up.  
> **He led me along** the way as I grew up. In my teenage years, we would build hot rods in the garage and spend a lot of time racing.

> **I had my own** little hot rod to run around in.

> **I am definitely** a Chevy guy. I worked at a GM dealership and got skilled very well with them and Cadillac. I was transferred to work with Dodge and discovered I do not like them.

> **I'm more into** the classics. My absolute favorite car is the 1969 Super Sport Camaro. I helped my dad and grandpa build a couple of them back in the day. I hope to someday build one myself.

> **Right now I have** a two-door 2008 Pontiac G-5 because it's good on gas. Driving from Miramar to Murrietta, Calif., in the past, you can't have something too low on gas mileage.

> **The reason I went** ordnance is because I've always had a liking for things that go boom.

> **I often get asked** why I didn't choose to be a motor transport operator, and it's because I've always had time to build and drive. I now want to play with something a little dangerous.

> **Being new** to Twentynine Palms, I can say that it's different here.

> **The cars here** are in way better condition than back home. You get the winter-time snow, salt and sleet on the roads and it deteriorates the frame. I'm keeping my eyes open for a good classic to restore.

> **I would really** like a truck because I spend a lot of time off-roading, doing four-wheel driving and trail-bogging. I want a truck almost as much as I want a classic hot rod. They both have their pros and cons.

> **I had a 1974 original full-top** convertible Blazer back in the day. I used to take it off-roading all the time and never once did it get stuck.

> **Eventually, I got** a little too steep on a hillside incline and rolled it. The only things I salvaged were the motor and transmission, in hopes to build them back up and put it in a hot rod.

> **I watched my dad crash** in front of me at the finish line during a race back in 1995. I was still in grade school. He hit the wall at over 150 miles per hour, and was launched right over me. He landed about 20 yards away from me. He was seriously injured, but because of all of the safety equipment he wore, he was able to walk away.

> **It was very dramatic** at the age that I was. It scarred me in a good way and bad way. I'll never forget it. From that, I learned to always wear protective gear in a vehicle. Always.

> **It's a stern reminder** that no matter what, safety goes first.

> **I built a 1997 T-top** Trans-Am, and used to take it to the dragster on the weekends. As the driver, I broke 150 miles per hour in it.

> **As a passenger**, I rode in a Camaro that my dad built, and we easily reached a speed of over 200 miles per hour.

> **My grandpa originally** started this car tradition. He had two 1968 Camaros and a Super Sport.

> **My dad started his career off** with mechanics, going to school for it and starting his own business for as many years as I can remember. He worked on cars all day and night if business called for it.

> **He had his race cars** that he built, and on the weekends we would go racing. We traveled all across the East Coast from Michigan to Florida.

> **It's been in our family** for a while, and I plan to continue it and pass it on to my daughter someday.

> **I recommend that** anyone interested in automobiles pursue it.

> **Even if I decide** not to re-enlist, I would go right back to the dealership to continue working on cars.

> **Building that horsepower** and taking something that the factory puts together, making it stronger and faster, and more powerful is what makes it worthwhile. That speed and unbelievable adrenaline rush when you're down the track, on the edge, is a feeling that once you get hold of, you crave more.

> **I miss it.** Every time I go home I make sure to go to the track.

> **My dad had a very successful** career as a racer. He's been nominated to go into the Mud Racer ing Hall of Fame.

> **I like to think that I can work** to get there too, and be half as good as he was.

> **The way my dad raised me**, it's like a Sherwood trait as he put it, is "if you're going to do something, do it right. Go big or go home." My dad has told me those words many times.

SHERWOOD SPENT SEVERAL YEARS WORKING ON AND BUILDING CARS PRIOR TO JOINING THE MARINE CORPS. FROM RACING IN CLASSIC SPORTS CARS TO OFF-ROADING IN TRUCKS, HIS APPRECIATION FOR AUTOMOBILES REMAINS STRONG.

Interviewed by Lance Cpl. Paul S. Martinez  
Oct. 15, 2013

# Essay CONTEST

Photos by Lance Cpl. Alejandro Bedoya

## SPOUSAL APPRECIATION EXPRESSED THROUGH WORDS

### SENDY McADORY

**M**y military spouse loves me like no other. He understands that I'm a Marine and he is my husband, Deniro A. McAdory. He wakes up early to get the kids ready for school. Jazmin, who is 5, and Jr, who is 4, never complain of all he has to do. He helps with homework, as well as everything that needs to be done when I am at work. His willpower to go to school and get his degree, even with the busy lifestyle that we have has never slowed him down. He still manages to make it to class and continue with his education. We have been through eight years of active duty, four duty stations, and many days apart. My military spouse sacrifices sleep and time to make sure that our family stays humble and strong. My husband is not perfect, but he is perfect for me. He lets me know how much he loves me and our family. We work together, and if it was not for him, I would not be able to stay balanced as a Marine. He takes care of all the errands so I don't have to worry about a thing. He understands that our family is the most important thing to me. He makes me feel at ease when I'm away, and I know that he makes the kids feel extra loved when I'm not there. My military spouse is remarkable and I thank God for him; he is my biggest supporter and I am his. He volunteers his free time and gives back to the community. Nevertheless, he still takes time to get the kids ready and take them to church when I'm away. My husband is all around, amazing, and I am proud to be his wife. I thank him for his dedication to our relationship and dedication to this country by supporting me. No words can express my appreciation to him; he is my military spouse Deniro A. McAdory.



**Sgt. Sendy Macadory, Marine Unmanned Vehicle Squadron 3, won the Non-Commissioned Officer category with the essay she wrote about her husband, Deniro McAdory.**

**Marine Corps Family Team Building invites all hands aboard the Combat Center to participate in its 4th Military Spouse Appreciation Essay Contest. The competition consists of active-duty service members writing an essay about how much they appreciate their spouses. The contestants were separated into four different groups depending on their rank. The groups were officers, staff non-commissioned officers, non-commissioned officers, and junior enlisted.**

### MANUEL HERRERA

hey say that the life of a Marine is hard. We are separated from our families by deployments, training our Marines, taking care of their personal lives and a myriad of other actions to take care of Marines. Then there are the wives that deal with our deployments, late nights, long exercises, schools that are always somewhere else, late-night phone calls and all the other "thieves of time.;" Through it all, there is only one constant, one sun that we as a family revolve around, that shelter in the

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storm. My wife. When chaos looms and the boogie man bangs on the door, it's my wife that we all go running to for love, support, friendship and the occasional much deserved swat on the butt.

**Master Sgt. Manuel Herrera, Marine Corps Communication-Electronics School, wrote his award-winning essay in the Staff Non-Commissioned Officer category on his wife, Joann Herrera,**

ful, smart, funny, cultured, straight forward and honest all in one. Then she picked me? She could have married anyone but, she chose me and everyday I'm thankful to God she gave me my new life.

My wife has finished the process of making me a man that

my parents started decades ago. She taught me about love, compassion, determination, family values and best of, all she has showed me how to be a father. I can control whole units but, my three kids can be overwhelming. If you look at what my wife does you will quickly see the parallels to the military but, there is a catch. We train Marines, my wife teaches our kids. We make sure our Marines see Doc; my wife schedules and juggles dentist and doctors' visits. We ensure our Marines remain physically fit, my wife gets them to dance, ice skate (yes, in the desert) and sports. We inspect our Marines living spaces, uniforms and gear. My wife makes sure their rooms are clean, clothes are respectable, and all the instruments, skates and plethora of other items are in order. Then add lying with sick kids, wiping noses and behinds. Have we ever done that with one of our Marines? Then there is the truly amazing part. She has a job or hunting for a job when I'm not dragging her across the country. And they do this while half of the parental unit is overseas for months, or in some cases, years.

What is amazing is that she's still there in the



morning and is proud to be a Military Spouse. She deals with all of this uncertainty and says she'd do it all over again. And they say I'm nuts for playing with tanks and cannons?

## GORDON DEAN



**K**nowing the challenges of a military spouse from moving, to making friends, then having to leave it all behind to start the process over again can be extremely difficult. My wife Amie knows that all too well being at our fourth duty station. We were married at a young age, 19 years old, with only the thought of wanting to be together after high school. When we finally were able to establish a household at (Marine Corps Base Camp Pendleton, Calif.) she influenced me to start college. We both finished our bachelor's degree six years later (both working full time), then we wanted to start a family. Now, my wife and I have been married for ten years, and have two amazing little babies, Chloe, 2, and Ethan, four months. They are a handful, but my wife doesn't just take on being a mom but is also a volunteer as well.



**CWO2 Gordon W. Dean, Headquarters Battalion, won the officer's category with his essay on his wife, Amie Dean.**

I appreciate my wife because she is the type of person who would do anything for those in need. I have seen her generosity first-hand being a MOPS Event Coordinator, here at the Combat Center. She sacrifices her time coming up with events for moms, and their children every few weeks. I always see her going through the mental process late at night (after the children are asleep), trying to come up with the best ideas that would create a good time for those who

participate in MOPS. Recent events like Bunko Night and visiting the Cabazon Dinosaurs she planned coordinated and executed, just like a military operation. Volunteering is not easy with two little children, and knowing my schedule she usually has those two kids right next to her.

Beyond all that, I truly appreciate her because she has believed in me when I didn't believe in myself. I have gone through some difficult times in the past, and just having a conversation with her, I knew it would be a brighter day. She is what keeps me grounded and focused. Without her I don't know where or what I would be doing. When I see her raising our children, it is very comforting, knowing she is trying her best, and always has their best interest in mind. I rarely see her do anything for herself; pedicures and manicures are things of the past even if I told her to do it. It's about the children and what she can do for them, on top of taking care of the house, meals and volunteering. I know that daily grind isn't easy, and I respect her as a stay-at-home mom in the highest regard.

She is my hero, someone who has always given me positive love, care and advice, and I try to do the same. She is a role model for both the children and I. We know she plays many roles in our lives, but those most important of being a mother and a wife, we appreciate the most.

## KEITH BURNS



**W**hen you search for someone you want to spend the rest of your life with, you almost never find them. If you do, they normally do not give you the love and support you want or need because the person you have chosen isn't the person you are supposed to be with. It is always when you are not looking. Under the most uncommon, peculiar and sometimes even funny instances that your path crosses with someone whom you eventually get to know and find that you don't

have to be anybody other than who you are. They love you for what you are and don't want anything but greatness for you. The decisions you make are supported by your significant other because when someone truly loves you they want to see you thrive. Gladly they take any journey with you. Ready to take on all challenges that cross your path, even when they can't physically be in the fight. They are there with you, on the sidelines or in the stands cheering you on, helping you to succeed. This is my wife, Rachelle.

She has never wanted anything but the best for me since the day I met her. Whether it is my job, health, my education or simply the amount of effort I put into making our lawn look nice, I always have her support. My decision to join the Marine Corps was not one that was taken lightly. With any major decision there are always mixed feelings from all parties, the husband and wife, due to the changes it will bring and could possibly bring to the table. I have never known anyone that was so open to the idea and was willing to face those changes head-on like Rachelle. She sacrificed so much for me to be able to accomplish my dreams. Without her this machine that we have built together wouldn't function properly. I spend many days out of the year in the field and it is the confidence I have in her because of who she is and the support she gives me that allows me to do my job effectively, knowing that things at home will be taken care of.

I love Rachelle more than anything. She has, and will, forever be my rock. I never had a best friend till I met her. I couldn't do the things I do without her love and her support. Through her friendship and advice she has enabled me to come as far as I have. Rachelle has worked as hard as I have, if not harder, to get where we are in our lives. Believe it or not, a Marine's wife is the backbone of the entire operation. It is one of my greatest hopes to be able to one day give her what she has given me.

**Cpl. Keith T. Burns, 1st Battalion, 7th Marine Regiment won the Lance Corporal and Corporal category with the essay he wrote about his wife, Lance Rachelle Foster-Burns.**

**367-3577 For Advertising**

**SRT, from A1**

equipment. Garden Grove snipers took aim from the range's sniper towers, SWAT teams conducted tactical maneuvers across hallways and staircases, and Marines executed proper room-clearing.

"The city environment is important to us because it brings realism," Stauffer said. "Having pop-up targets that provide immediate feedback to long-range shots is also perfect."

The Marines of SRT gained valuable insight from training with their civilian counterparts.

"A lot of Marines in the military police field don't get this opportunity as early as these Marines have," Munoz said. "These Marines have shown exceptional performance and ability, are experts with their pistols and rifles, and work well as a team."

The partnership between the SRT and SWAT develops skill and mission readiness for both teams.

"We're very glad to come out here and use these facilities," Stauffer said. "We got training we can't get anywhere else, and aim to keep our men sharp."



LANCE CPL. PAUL S. MARTINEZ

**[Above]** Marines with the Provost Marshal's Office Special Reaction Team practice room-clearing at Range 111 during a training exercise alongside Garden Grove Police Department's SWAT team Oct. 11.



**[Right]** A SWAT team member with the Garden Grove Police Department practices room-clearing during a collaborated training exercise with the PMO SRT at Range 111 aboard the Combat Center Oct. 11.



LANCE CPL. ALEJANDRO BEDOYA

1st Lt. Jeremiah Culp, information officer, 3rd Combat Engineer Battalion, holds his daughter, Peyton, 1, at the advanced party homecoming ceremony Oct. 11.

**ADVON, from A1**

two years so it has to be exciting for them."

The mission of 3rd CEB is to provide mobility, counter-mobility, survivability, and limited general engineering support. The unit actively supported World War II, the Vietnam War, Operation Desert Storm, Operation Iraqi Freedom and Operation Enduring Freedom. The battalion began reactivation on Oct. 7, 2007, and is now at full mission capacity.

"We are getting the conditions set for the main body to return home," said Maj. Michael Salisbury, executive officer, 3rd CEB. "After they return, we will start transitioning towards our deactivation."

After multiple deployments in support of OIF and OEF, 3rd CEB can now begin the transitioning process into their deactivation scheduled for this summer.

**REGS, from A1**

may sign for the unit. Non-Commissioned Officer's and below must ensure a representative for the unit signs the registration form.

This information gives Marines an opportunity to educate fellow service members aboard the Combat Center who are interested in owning weapons on base.

"One Marine can talk to three more Marines, each of those could talk to three more and we could just spread this information throughout the base," Sloan said.

For more information on California gun regulations, visit <http://oag.ca.gov/firearms>, or contact PMO at 830-7700 for any questions about regulations on base.

**See page B2 for  
Sunset Cinema  
movie  
schedule**





CPL. DANIEL WETZEL

## There is more to strength than what you can bench

Story by  
**Cpl. Chelsea A. Flowers**

**T**he strength and definition of a toned upper body is a highly sought after trait, but what most gym rats may not realize is there is much more to gaining upper body strength than simply being able to bench press more than the next weightlifter. True upper body power is gained from balanced overall strength; employing muscles in the back, chest, shoulders and arms. When done effectively, a strong upper body will bring improvements in running, posture and overall fitness.

When beginning an upper body workout routine, all major upper body muscle groups must be considered. For proper strength training, exercises working each of these areas should be performed, said Kathleen Trotter, personal trainer and pilates equipment specialist in Toronto.

For those who are new to gyms, using machinery initially is suggested, as it is simpler to manage and helps the user maintain control of the weight. Once accustomed to a workout routine, free weights are encouraged since they are more dynamic, meaning they can be used on more than one plane such as side-to-side, forward and back, and up and down.

“Having to stabilize the weight makes free weights trickier and engages the muscles more,” said

Mary Lam, Marine Corps Base Camp Lejeune, N.C., certified personal trainer.

For those who don't feel comfortable in the weight room or simply don't have time to spend hours in the gym, there are many ways to work the upper body at home. Simple push-ups, plank exercises and pull-ups are great ways to build total upper body strength, Lam said. There are also countless exercises using workout bands for easy in-home workouts.

“The body works as a unit,” Trotter said. “A proper arm swing is vital in generating power throughout the running stride. If an athlete doesn't have a functionally strong upper body, their running stride may suffer.”

Upper body strength isn't complete without incorporating upper-back exercises into workout routines. Strong back muscles will not only assist in pull-ups and other upper body exercises, but will help balance muscle growth to prevent injury, Trotter said. Back muscles provide stability and help with posture, which is necessary in running, biking, weight-lifting and other aerobic activities. Additionally, back muscles assist in the pull-ups required as part of the Marine Corps Physical Fitness Test.

If you are unable to perform a pull-up, you can build up strength by using the negative pull-up technique, Trotter said. To perform a negative pull-up, use a chair to position your chin

above the pull-up bar, like for the beginning of the flexed arm hang. Slowly, let yourself down until your arms are locked out. Repeat this in sets over time until able to perform a pull-up.

Getting the most out of your upper body workout requires that you have a goal in mind, Lam said. Your workout should be tailored to these goals intentionally.

“If you want to bulk up and grow in muscle mass, lift heavier weights at lower repetitions,” Lam said. “If you want to simply tone up, do a higher number of repetitions with a lower weight.”

Regardless of your reasons for working the upper body: large muscular arms, toned muscles, or increased fitness test scores, this can only be achieved through an entire upper body workout of the chest, back, shoulders, triceps and biceps.



**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**

**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.morongocasinosresort.com>

**Women of Soul**

Hottest R&B singers of the '80s and '90s 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>

**Pitbull**

Rapper performs  
 When: 8 p.m. Saturday, Oct. 28  
 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>

**Sunset Cinema**

**Friday, Oct. 18**

6 p.m. - Getaway, PG-13  
 8:30 p.m. - The World's End, R  
 11:30 p.m. - Insidious Chapter 2, PG-13

**Saturday, Oct. 19**

10:30 a.m. - Free Admission Hotel Transylvania, PG  
 12:30 p.m. - One Direction: This is Us 3-D, PG  
 2:30 p.m. - The World's End, R  
 5:30 p.m. - Riddick, R  
 8:30 p.m. - Insidious Chapter 2, PG-13  
 11:30 p.m. - The Family, R

**Sunday, Oct. 20**

12 p.m. - Hotel Transylvania 3-D, PG  
 2:30 p.m. - The Family, R  
 5:30 p.m. - Prisoners, R  
 9 p.m. - Rush, R

**Monday, Oct. 21**

7 p.m. - Rush, R

**Tuesday, Oct. 22**

7 p.m. - Hotel Transylvania 3-D, PG

**Wednesday, Oct. 23**

6 p.m. - Prisoners, R

**Thursday, Oct. 24**

5:30 p.m. - One Direction: This is Us, PG  
 8 p.m. - Getaway, PG-13

Stunning, spectacular 'Gravity' shoots for the stars — and gets there



COURTESY PHOTO

**NEIL POND**

*"Gravity"*

Starring: Sandra Bullock & George Clooney  
 Directed by Alfonso Cuarón  
 PG-13, 90 min.

Wow — that's the single best word I can think of to describe this truly awesome piece of moviemaking, which has instantly vaulted to the top of my list of the year's best films.

Marooned in space after the destruction of their craft, two American astronauts suddenly find themselves on a new mission of survival.

That's a simple enough premise, but "Gravity" turns it into something at once monumental and sublime, slicing to the core of our basic fears and primal issues about death and dying, isolation, abandonment and spiritual longing, and the general cosmic inhospitality and indifference that greets humans whenever we venture outside the comfort zone of the earthly place we call home.

It's also one of the most technically dazzling spectacles to ever grace the screen, an eye-popping, digital/live-action marvel that makes the senses reel with new levels of sophistication in its groundbreaking special effects that leaves most other films looking like they're lagging light years behind.

As it begins, we meet veteran astronaut Matt Kowalski (George Clooney) and his space shuttle's medical engineer Ryan Stone (Sandra Bullock), a newcomer on her first mission. In a breathtaking, 15-minute sequence during which the camera never breaks away, we see Dr. Stone working outside the docked shuttle on the Hubble telescope, and Kowalski whisking around leisurely with his jet-pack, cracking jokes with Mission Control (voiced by Ed Harris, a nice nod to another astronaut flick, "The Right Stuff"), when they receive some alarming news: a shower of shrapnel from a detonated Soviet satellite is speeding directly at them, at 25,000 miles per hour.

But the warning comes too late; the cloud of space junk,

catapulted by centrifugal force as it orbits the Earth, plows into the shuttle, rendering it useless and sending Dr. Stone flying out into the inky, star-flecked blackness, adrift, detached and alone.

And that's just the beginning!

Other things happen — a lot of things. But revealing more would rob you of the many edge-of-your-seat surprises "Gravity" has in store, both visually and thematically, in the gripping story written by director Alfonso Cuarón and his son, Jonás. Suffice it to say, as Bullock's character does at one point, it's "one hell of a ride."

Back in 2006, Cuarón made critics giddy with the tracking shots he used in "Children of Men," a grungy futuristic fable that became known for a couple of lengthy, carefully executed segments in which the camera stayed with the action and characters, without cutting away, for several long, protracted moments. Those shots were über-cool but they're nothing compared with what the director pulls off here, in which his camera goes places, and does things, that are nothing short of jaw-dropping.

You'll not only feel like you're floating in space, you'll feel like you're inside Sandra Bullock's space helmet. (In one amazing slow zoom, the camera "takes you along" as it seems to magically penetrate the glass of her visor from the outside, turn around and begin looking out — all as she's turning head-over-heels, weightless.)

This is one of Bullock's best performances, without a doubt; reserve her a seat down front now at this year's Oscars. It's one of the most dazzling-looking films you'll ever have the opportunity to see, especially if you see it in 3-D, or better yet, in 3-D and IMAX — believe every bit of the hype. It's a masterful achievement of technique and craftsmanship, creating what has to be the most realistic "in space" experience ever for any motion picture.

And its final scene is a brilliant cinematic brushstroke of pure movie poetry that blends heaven and Earth, rebirth and renewal, past, present and future, and a poignant reminder of the Newtonian universal constant from which the film takes its title.

In almost every way, "Gravity" is out of this world.



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 MCAGCC facebook page at  
<http://www.facebook.com/the-combatcenter>

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





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**CROSSWORD SOLUTIONS**

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



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