



## UNIFORM BOARD PROPOSAL APPROVED

Courtesy Story  
HEADQUARTERS MARINE CORPS

PENTAGON – The Commandant of the Marine Corps has approved the Marine Corps Uniform Board's recommendation to adopt the male dress and service cap as the universal dress and service cap for all Marines.

“The decision to adopt the male dress and service cap as the universal dress and service cap for all Marines was primarily driven by the inability of the current manufacturer of the approved female dress and service cap to continue to produce it for our women,” said Col. Todd S. Desgrosseilliers, President of the Marine Corps Uniform Board.

“Survey information from all Marines provided critical feedback for this decision,” said Desgrosseilliers. “During the uniform board study, 91% of all Marines, both male and female, were in favor of selecting the current male version as a “universal cover” over the “Dan Daly” version mentioned in the press.”

Further fielding information, to include phase-in and phase-out plans for the current female service dress cap, will be provided via a standard Marine Administrative

**The Commandant of the Marine Corps has approved the Marine Corps Uniform Board's recommendation to adopt the male dress and service cap as the universal dress and service cap for all Marines. Further fielding information, to include phase-in and phase-out plans for the current female service dress cap, will be provided via a standard Marine Administrative Message.**

Message (MARADMIN).

Additionally, the Marine Corps will be conducting further research and development efforts to improve the comfort and fit of the universal dress and service cap.

Two other board proposals,

See **UNIFORM** page A7

## VMU-1 RETURNS HOME



LANCE CPL. PAUL S. MARTINEZ

Capt. Caleb Joiner, unmanned aerial vehicle mission commander, Unmanned Aerial Vehicle Squadron 1, is reunited with his wife, SHERA, and children, Savannah, 4, and Miles, 3, during the squadron's homecoming at the VMU-1 hangar Saturday.

## 'Watchdogs' welcomed by friends, family

Story by  
LANCE CPL. KASEY PEACOCK

Approximately 55 Marines with Unmanned Aerial Vehicle Squadron 1 returned home to the Combat Center Saturday after a nearly seven-month deployment to Afghanistan.

The unit, also known as the Watchdogs, returned from their first deployment as a detachment, which began in June. VMU-1 is a subordinate command of Marine Air Control Group 38 and 3rd Marine Air Wing, I Marine Expeditionary Force.

Family members, friends and co-workers awaited the arrival of the squadron at the VMU-1 hanger, waving flags and preparing refreshments for the Marines.

“A lot of us worked together to make this homecoming as special as possible,” said Heather Hutchinson,

family readiness officer, VMU-1. “As deployments can be hard on the Marines and their family members, we do our best to make their arrival as welcoming as possible.”

While deployed, VMU-1 provided day and night support to the troops on the ground with full-motion video, conducting route and area scans, and providing over-watch for convoys, according to Maj. Daniel Schnick, executive officer, VMU-1.

“The Marines did a fantastic job, worked hard, cared about their job and now have a great experience under their belts,” Schnick said.

Upon their return, the squadron will be supporting Integrated Training Exercise 2-14 in January which is immediately followed by

See **WATCHDOGS** page A7

## WHY DID everyone just pull over?

Story by  
LANCE CPL. SAMUEL RANNEY

MARINE CORPS LOGISTICS BASE BARSTOW, Calif. – Imagine it's your first week working on Marine Corps Logistics Base Barstow, Calif., or any Marine Corps or naval installation for that matter; the clock hits 8 a.m. and suddenly, you hear loud music and everything seems to freeze. Are you going to know what to do?

For those without prior military experience, this is morning colors,

**Morning and evening colors have been a naval regulation since 1983; the flag in front of the Headquarters Battalion building here briskly goes up to the playing of “To the Colors” during the morning ritual, and slowly goes down to the playing of “Retreat,” in the evening.**

a naval tradition that continues to take place every morning at 8 a.m., and is followed by evening colors, at sunset each night.

Morning and evening colors have been a naval regulation since 1983; the flag in front of the Headquarters Battalion building here briskly goes up to the playing of “To the Colors” in the morning, and slowly goes down to the playing of “Retreat,” in the evening. Following morning and evening colors, “Carry-On” is sounded to conclude the ceremony. A 5-minute warning will sound before each of these, to prepare base personnel for the moment of silence.

You do not have to be military personnel to pay respect and show pride in the raising and lowering of the flag each day. If you are outside and hear the sounding of colors, morning or evening, turn to the direction of the flag or music, and stand still in silence until colors is over. Service members

See **COLORS** page A7

## L.I.N.K.S. HOLDS CAX FOR KIDS



Story and photo by  
LANCE CPL. PAUL S. MARTINEZ

The Lifestyle, Insights, Networking, Knowledge and Skills program invited children aboard the Combat Center to learn more about Marine life during a mock combined-arms exercise at Felix Field Tuesday.

The event, organized by L.I.N.K.S., allowed children to obtain a basic understanding of their parent's daily routine.

The event started with the children gathering to witness a color guard, comprised of Marines with Headquarters Battalion, presenting colors and learning

See **CAX** page A7



[Top] Lance Cpl. Anthony Cicchino and Cpl. John Dolezal, military working-dog handlers, Provost Marshal's Office, showcase Chaz, a military working dog, during a mock combined arms exercise for kids at Felix Field Tuesday.

[Left] Children aboard the Combat Center practice drill and ceremony during the CAX for kids event Tuesday.

## 'DARKSIDE' AWARDS MARINES PURPLE HEARTS DURING CEREMONY



Cpl. Samuel B. Burkeland, team leader, 3rd Battalion, 4th Marines, 7th Marine Regiment, is awarded the Purple Heart medal by Lt. Col. Jeff Kenney, battalion commander Nov. 22 for injuries sustained during his deployment in support of Operation Enduring Freedom. Lance Cpl. Devin H. Kyle, assaultman, 3/4, was awarded alongside Burkeland.

Story and photo by  
LANCE CPL. CHARLES J. SANTAMARIA

Lt. Col. Jeff Kenney, battalion commander, 3rd Battalion, 4th Marines, 7th Marine Regiment, and Sgt. Maj. Michael Miller, battalion sergeant major, 3/4, presented a Purple Heart medal to two 'Darkside' Marines at the unit's command operation center Nov. 22.

Lance Cpl. Devin H. Kyle, assaultman, and Cpl. Samuel B. Burkeland, team leader, were awarded the medal for injuries sustained in combat while deployed to Afghanistan in support of Operation Enduring Freedom.

Kyle suffered a bullet wound to his leg when leaving a building to fix a communications problem. A sergeant that was with Kyle applied a tourniquet to his leg after the bullet impacted.

“He was standing two feet from me when I got hit. After I fell to the ground I got the tourniquet out but that's when my body just shut down,” Kyle said. “Sgt. Espino returned fire and applied the tourniquet until other Marines

See **AWARD** page A7



## BIRTH ANNOUNCEMENTS

- |  |   |
|--|---|
| <b>DAKOTA WILLIAM LEE BRADLEY</b><br>Born on: Nov. 9, 2013<br>Born to: Talor and Shaunser Bradley        | <b>LUCAS AUDEN WALIE</b><br>Born on: Oct. 29, 2013<br>Born to: Trevor and Nicole Walie  |
| <b>ALEXANDRIA GRACE SPALEK</b><br>Born on: Nov. 8, 2013<br>Born to: Sebastian Spalek and Renata Cump     | <b>MCKENZIE ISABELLA SAMS</b><br>Born on: Oct. 27, 2013<br>Born to: Marc and Zayuri Sams  |
| <b>RAYLAN JETHRO SYVRUD</b><br>Born on: Nov. 8, 2013<br>Born to: Jason and Sarah Syvrud                  | <b>NATHAN CARTER KILROY</b><br>Born on: Oct. 23, 2013<br>Born to: Sariah Kilroy   |
| <b>LONDON MATTHEW ESCAJEDA</b><br>Born on: Nov. 7, 2013<br>Born to: Matthew and Sayde Escajeda           | <b>ISAIAH JUSTIN ESPINOSA</b><br>Born on: Oct. 13, 2013<br>Born to: Matthew and Jazmine Espinosa                                  |
| <b>LEO ESCOBAR</b><br>Born on: Nov. 6, 2013<br>Born to: Jose and Kristen Escobar                         | <b>DAVID EARLS TOPPON</b><br>Born on: Oct. 14, 2013<br>Born to: Edward and Lorrains   |
| <b>BENJAMIN MICHAEL SMITH</b><br>Born on: Nov. 5, 2013<br>Born to: Jonathan and Aubrey Smith             | <b>MILO MARCUS CUMPSTON-O'CALLAGHAN</b><br>Born on: Oct. 20, 2013<br>Born to: Evan Alexander O'Callaghan and Daisy Pearl Cumpston |
| <b>ARIS ANTONIA KEAWELAULIHOALANI LOPEZ</b><br>Born on: Nov. 2, 2013<br>Born to: James and Colleen Lopez | <b>SALYSIA ROSE ARGUIJO</b><br>Born on: Oct. 18, 2013<br>Born to: Gilbert and Sarinna Arguijo                                     |
| <b>ZARLIA LYNN BOWLIN</b><br>Born on: Oct. 31, 2013<br>Born to: Justin and Cori Bowlin                   | <b>WINSTON MICHAEL TURNER</b><br>Born on: Oct. 16, 2013<br>Born to: Daniel and Monique Turner                                     |
| <b>JUNO EZRA THEAUX</b><br>Born on: Oct. 31, 2013<br>Born to: Tyler and Katie Theaux                     | <b>DAIHVIEN KAL-EL SERRANO</b><br>Born on: Oct. 17, 2013<br>Born to: Carlos J. Serrano Jr. and Heather L. Schiel                  |
| <b>ROXANE RENEE REED</b><br>Born on: Oct. 29, 2013<br>Born to: Ronnie and Amanda Reed                    | <b>GREYSON ISAIAH GILBERT</b><br>Born on: Oct. 15, 2013<br>Born to: Jeremy and Rebecca Gilbert                                    |

## SWEATING BULLETS

HIT THE GROUND WALKING

Story and photos by  
LANCE CPL. CHARLES J. SANTAMARIA



The Officer Spouses Club's sub-club, The Sweating Bullets, conducted a three-mile walk on the physical fitness test track as a fitness event Nov. 21.

The Sweating Bullets is one of many sub-clubs that the Officer Spouses Club offers to its participants.

"Events are open to anyone in the group seeking fitness events," said Deana Storer, spouse of Lt. Col. Ronald D. Storer. "We're getting together, getting to know each other, getting in shape and having fun."

Clubs like this one give spouses an opportunity to network through group activities while promoting

a healthy lifestyle.

"We're really trying to start up the club again," Storer said. "It was active almost a year ago but it just stopped happening all of a sudden. It's great to see the club open again, giving spouses events like this one to promote good exercise habits."

Storer hopes the club gets more active members to participate in events like this one. The club holds monthly events and is always looking for innovative events to make fitness fun for its members.

"It's always a different location and a different time," Storer said. "We're always open to new ideas for events from the spouses that participate and we're looking forward to the future."

The Sweating Bullets fitness club, walk the 3-mile physical fitness test track aboard the Combat Center Nov. 21.

## Combat Center map makers visit Palm Vista

Lance Cpl. Alejandro Bedoya  
Combat Correspondent

Members of the Combat Center's Geospatial Information and Services hosted the first GIS Day at Palm Vista Elementary School Nov. 20. Fourth through sixth-grade students were given the opportunity to use map-making equipment for a day of fun.

"I really enjoyed sharing our knowledge with the kids," said Richard Gateley, manager, GI&S. "It gives them an opportunity to learn about our small and growing field. I was impressed by their eagerness to learn, and was especially impressed by their quick ability to grasp the basic concepts of our field."

Fourth-grade students were the first to celebrate GIS Day. The students watched an educational presentation on how to use equipment such as global positioning systems and electronic maps. After the presentation, they were split into three groups and assigned a different activity.

One group went outside to plot different points

throughout the elementary school. The children were told to plot things including trash cans, basketball hoops, and shrubs. Once the students plotted the points they uploaded the information onto a computer. The children entered the points; onto the electronic map and completed it by adding a title, legend and compass rose.

Another group was given coordinates to follow. The students typed the coordinates into a GPS and walked to their next location. Each location had more coordinates and clues as to where the prize was located. The final coordinates led the children to their prizes of candy and different GIS-themed items.

While the other groups were making maps and following coordinates, the third group learned about grid lines and how to read distance on a map. The students were given a grid point on a map prescribed and distances to follow which eventually led to their prize.

"Events like GIS Day are important," said Caleb Torrey, analyst, GI&S. "The interaction between the base and schools helps the community grow together."

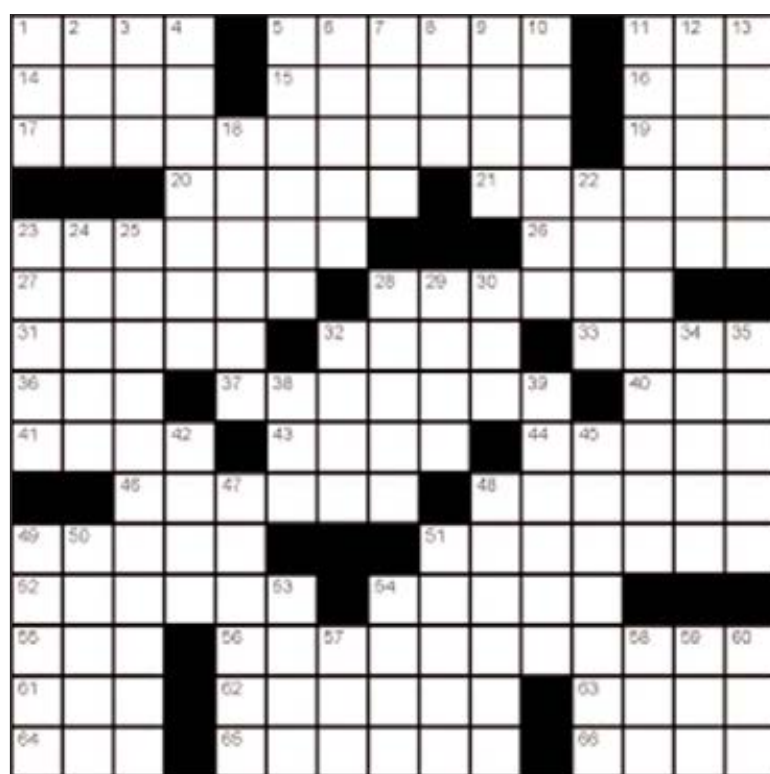


LANCE CPL. CHARLES J. SANTAMARIA

Students at Palm Vista Elementary School practice map skills they'd learned during the first Geospatial Information and Services day, Nov. 20.

## FORE FOR FOUR

- ACROSS**
- They're often covered with baby food
  - "The Human Comedy" author
  - Sporty British car, for short
  - Lazing about
  - "My Favorite Year" star Peter
  - Cousin of org, com, and net
  - "Rebel Without a Cause" actress
  - Fish eggs
  - Eliot's "\_\_\_ Marner"
  - 1984 World Series champs
  - "Ms." founder Gloria
  - John, Paul, George, and Ringo
  - Route to the roof
  - In need of calories
  - Sigourney Weaver flick
  - Not too shabby
  - Latvia's capital
  - Get benched
  - Oklahomans
  - Sought office
  - Sarcastic laugh
  - Barney's buddy
  - Rainbow or lake, e.g.
  - Made shine
  - Medal metal
  - Underworld figure
  - Doesn't just brush
- DOWN**
- Recycling container
  - Ore. neighbor
  - Diner order
  - Coast
  - Big water heater
  - 2010 action movie, with "The"
  - Meteorologist's predictions
  - Lion's home, maybe
  - Bunches
  - Giving up
  - Best Actor of 1990
  - Love to pieces
  - Shot in the dark
  - Content of some closets
  - Teri of "Young Frankenstein"
  - Cut drastically, as prices
  - Shire of "The



- Godfather" movies
- Archie's mate
- Gave an edge to
- "Previously owned," in ad-speak
- Neither here \_\_\_ there
- Achy
- Bandage material
- Primes the pot
- Not working
- Pungent
- Wheels
- Speaker's platform
- Prepare a disk for data
- Turns the music way up
- Step
- Unfortunate fellow
- \_\_\_ and blood (kin)
- Spot
- "ER" command
- D.C. figure
- Before
- This may be inflated
- Improved partner

See answers on page A4

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## 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

# Alexandra

Desert Hot Springs, Calif. yoga instructor, 30

# TROWBRIDGE



> **I was born** and raised in the desert but around my senior year of high school, I moved to Santa Cruz, Calif. My dad settled there and it was absolutely amazing. It changed everything. Growing up in the desert is very different from growing up in most places.

> **The wellness community** in Santa Cruz had a huge impact on me. They are very nutritious and healthy there because no one wants to have an ugly beach body. I learned a lot while I was there.

> **I moved back** to the desert to start studying art. While I was studying art, I had my own passion, nutrition. I was addicted. I would constantly look up the new tests, studies and results to see what was going on in the nutrition side of things. It is very interesting to see how they compare what we eat today to what our grandparents were eating back in their day.

> **I have gone back and forth** from Santa Cruz to the desert. I have had a love affair with the desert because it is a pretty place, very quiet and calming. But Santa Cruz is what shaped me as a healthy person.

> **I didn't start doing yoga** until I was 23. The first time I did yoga I broke a couch. I obviously wasn't very good at it. My friend wanted me to do yoga and I didn't want to do it at all. She was a very good teacher but after learning the first couple of positions, she wanted me to do a head stand. I thought I had it for a second but then I went straight over and landed on her couch with all of my body weight and broke it.

> **I think my first experience** with yoga pushed me to continue doing it because I am a person who tries to conquer everything they do and that day, yoga conquered me and I didn't like it. I wanted to get better, so I kept doing it. Then, I started benefiting from it and figuring it out.

> **Yoga in the desert is very good** because of how calming it is.

> **I like to volunteer for the Wounded Warriors** because the military has a big influence around here. I am also trying to build my yoga business so by getting out and volunteering, I can get my name out there.

> **I try to do yoga every day**, but realistically I only do it about four days a week when I am away from my classes. Yoga to me isn't just a sequence that lasts an hour. Yoga can be just sitting down and not doing something for an amount of time.

> **Meditation is obviously a part of it**, but sometimes I will wake up in the morning, have a cup of coffee, throw a robe on and just relax and breathe. I might stretch or I might not but that is yoga in my eyes. It has many different definitions. It just depends who you are asking.

> **It trains you to be in the moment**. I try to wake up and go with the flow. I don't like having to feel pressured to do something.

> **Physically, yoga is good too**. If I have a muscle that is bothering me, I most likely know a stretch for it. You are treating yourself and your body by doing yoga.

> **The only two rules I have about yoga** is that you breathe and that you don't hurt yourself. Besides those two things, yoga has no set rules.

> **I would say if someone practiced yoga every day**, their life would completely change. I can say it from experience. I didn't start doing it every day until I received my training which was six months long. I did yoga every day for six months straight and my life changed before my eyes.

> **Your negatives soon become positives**. It isn't just about the workout, there is way more to it than that.

> **I noticed I wanted to teach** when I taught the dance for 'Thrill the World.' It is when people around the world simultaneously dance to Michael Jackson's 'Thriller' on Halloween. I taught it the second year I participated, and I fell in love with teaching. I love giving people their "light bulb" moment when they finally get something.

> **I love being a part of someone's success**. Frustration is a very negative experience and helping someone get through that is amazing.

> **I have had an amazing** journey through yoga. It takes you to a completely different world, but you can't come up with excuses to get out of it. You have to stick to it. It doesn't matter when you start. The effects will hit you immediately. Your body and mind will feel so much better and it will keep you younger. Yoga is truly amazing and it has made me who I am today.

> **If I had to sum up yoga** in one word it would be breathe. If there is one thing you must do during yoga, it is breathing. Rhythmic breathing and controlling your breath is the key to success. Taking a breath will help you calm down even in the most stressful situations. Take a breath and relax. It will help. I promise.

Interviewed and photographed by Lance Cpl. Alejandro Bedoya  
Nov. 4, 2013

Whatever you're looking for, you can find it in the

**Observation Post  
Classified section**



# FIRST AID SAVES LIVES



## Combat Center base safety provides crucial training

Story by  
LANCE CPL. ALEJANDRO BEDOYA

**“F**orget this, call 9-1-1 and get him some help,” Acacia Williams proclaimed, project manager, G-6. She had walked into her boss’s office and noticed one of her co-workers in pain. Whereas others may have assumed he simply wasn’t feeling well, crucial first-aid training helped her identify the situation and take action that potentially saved her co-worker’s life.

It was a regular morning for Paul Clingerman, project manager, G-6. He came into work and began his normal routine. This morning, however, he suddenly started to feel his arms aching and throbbing.

As the aching and throbbing continued, Paul went to the restroom to try and gather his thoughts and find a solution to his pain. He soon realized he didn’t have enough strength to leave the restroom.

“I was praying for energy,” Clingerman said. “I just wanted the energy to get out of that bathroom so I could tell someone what I was going through.”

After finally gaining the energy to do so, he walked to his boss, James Wehr, deputy of operations, and sat in his office. Clingerman soon felt as if he was going to pass out and asked to be excused because he needed to lay down.

“He looked white as a ghost,” Wehr said. “I didn’t know what was wrong but I knew something wasn’t right.”

Wehr started to ask Clingerman questions about what was bothering him and if there was anything he could do to help. Clingerman simply asked for a glass of water and some aspirin.

“I had no pain in my chest and all of my cognitive skills,” Clingerman said. “It was embarrassing for me. I don’t like having attention on me but it got to a point where I had to ask for help.”

When Williams came in, she had a strong inclination as to what was going on. With training she received at the base safe-

ty office, she knew which questions to ask and she eventually made the decision to call an ambulance.

“I recently took a first-aid course through base safety,” Williams said. “The course teaches us to notice different injuries or potential injuries and how to react. I’m glad my co-workers and I had training to do something about the situation.”

After the ambulances arrived, Clingerman was taken to Desert Regional Hospital and told he suffered a heart attack.

“I could not believe it when they told me because I am a very healthy person,” Clingerman said. “But I am so grateful for my co-workers and anyone who helped because of how professional and quick they were. Base safety provides a variety of courses and training for Combat Center patrons. They also provide mandatory training for service members aboard the Combat Center. Some of the courses provided are cardiopulmonary resuscitation training and general first aid. This training promotes early identification of potentially life-threatening situations.

“It is fantastic,” said Dave Horn, director, base safety office. “A person can take a couple hours or days and potentially save a life. Paul’s story is a perfect example.”

The chance of missing or overlooking a serious condition will decrease with safety training in work places.

“Death never crossed my mind,” Clingerman said. “Who knows what would have happened if I didn’t have wonderful co-workers to help me when I needed it most.”

Clingerman is currently spending his time recovering from his injury in San Diego but is excited to return to work.

“I can’t wait to get back,” Clingerman said. “I feel brand new and I want to see and thank everyone. This incident and these people have made me really appreciate life, and taught me to never take anything for granted.”

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CROSSWORD SOLUTIONS

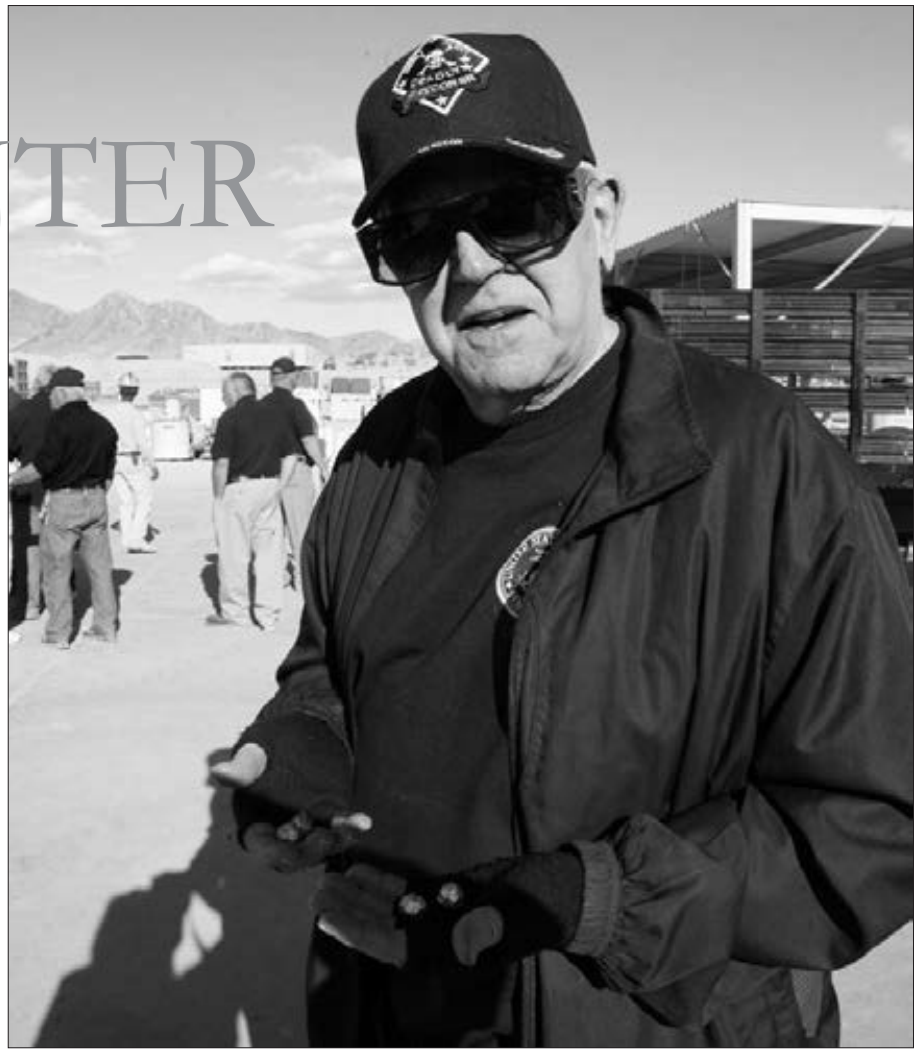
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SUDOKU SOLUTIONS



# VETERANS Tour COMBAT CENTER

Photos by Kelly O'Sullivan



[Above] Michael King, operations officer, G-5, explains to High Desert Marines tour participants how instructors create combat-convo scenarios at the Battle Simulation Center at Camp Wilson. The group of retired Marines from Victor Valley, Calif., toured the Combat Center Nov. 20. [Top Right] Michael Glover of Apple Valley, Calif., who served in the Marine Corps from 1960 to 1964, shows off two pairs of brass pellets he received during the High Desert Marines' visit to the Range Sustainment Branch Nov. 20. [Right] Members of the High Desert Marines organization watch Marines training at the Range 200 and 215 complex Nov. 20.



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**LIBERTY CALL**  
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# SOCCER PLAYERS

FACE OFF IN

# INDOOR SOCCER LEAGUE

Story  
LANCE CPL.



The Combat Center's Intramural Indoor Soccer League continued into its third week of the season as the teams representing Headquarters Battalion and 2nd Battalion, 7th Marine Regiment faced off at the East Gym Nov. 20.

The league, now in its second season, was organized by SemperFit, Marine Corps Community Services.

"We have all of this turf to use, and thought it would be cool to have an indoor, month-long tournament," said Jillian Stoker, coordinator, Semper Fit, MCCS. "It's a twist on playing soccer."

Players arrived at the indoor field to warm up, and offered each other words of encouragement before they kicked off the game. With the start of the clock, players immediately engaged in fierce competition.

"As a defense player, I sometimes feel the pressure of having to defend goals," said Lance Cpl. Oscarleonel Almodova, defense, Headquarters Battalion Team.

"But these games are all about a team effort."

After two halves of kicks, head-butts, and sprints on opposite sides of the field, it was Headquarters Battalion that emerged victorious with 12 goals.

"I think we played pretty well," said Lance Cpl. Miguelangel Garcia-Sandoval, forward, Headquarters Battalion Team. "We seized our options throughout the game. I like that this team works together."

The season is scheduled to run throughout the next week, with the play-offs coming up in early December.

"A two-bracketed schedule will have the top four teams meet and face single elimination," Stoker said. "It will lead up to the championship to be held December 5."

Players with Headquarters Battalion anticipate doing whatever it takes to be present during the championship.

"We're looking forward to working our way to the top; to the championship," Garcia-Sandoval said.



**[Top, left]** Angel Valverde with the Headquarters Battalion team prepares to score a goal during an indoor soccer match at the East Gym Nov. 20. Marines with Headquarters Battalion faced off against the team from 2nd Battalion, 7th Marine Regiment and went on to win the game.

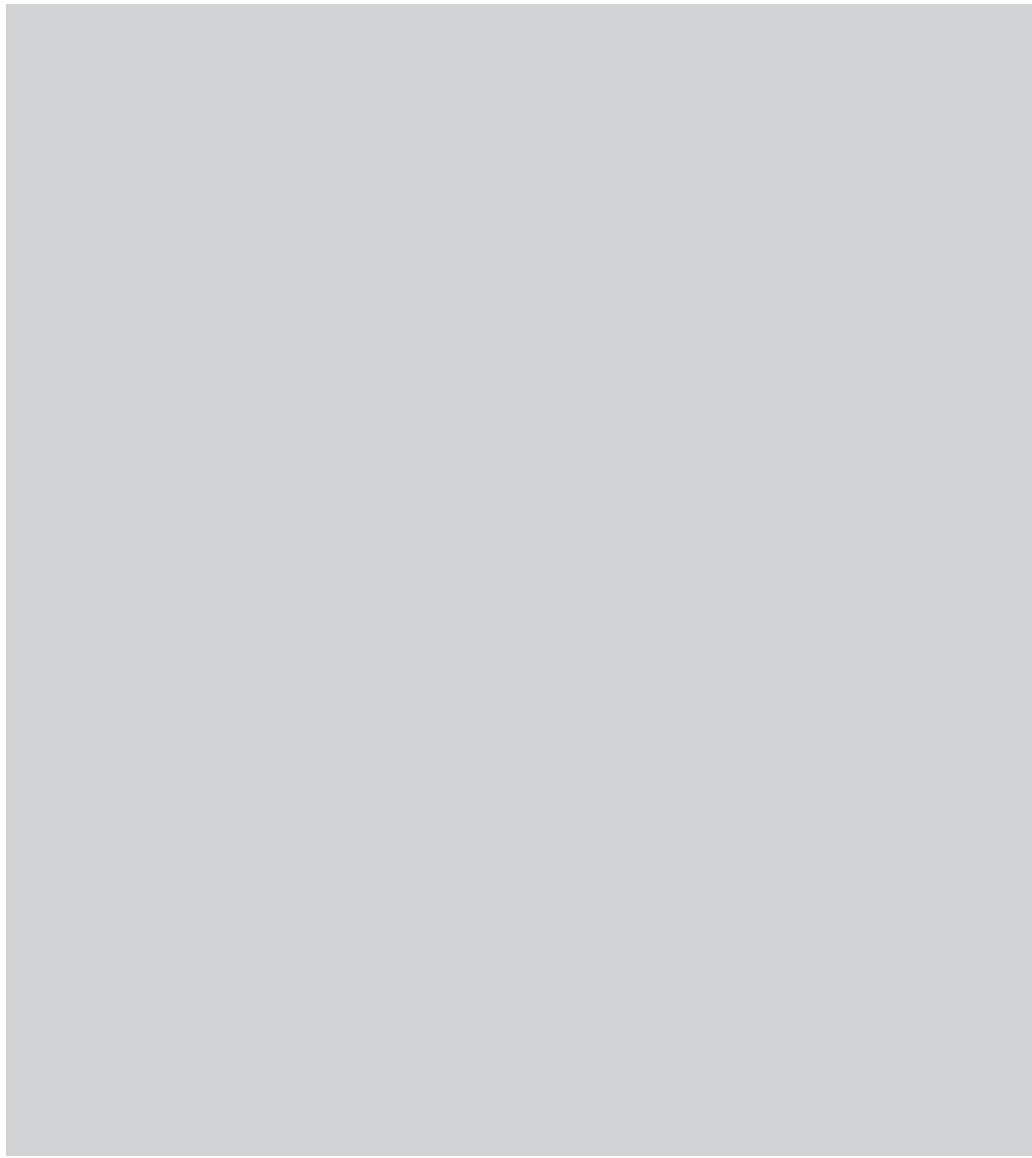
**[Top, right]** Michael Armendariz, coach of 2/7's indoor soccer team, pasduring an indoor soccer match at the East Gym Nov. 20.

**[Left]** Samuel Duncan, with the 2/7 indoor soccer team, sprints across the playing field during an indoor soccer match at the East Gym Nov. 20.



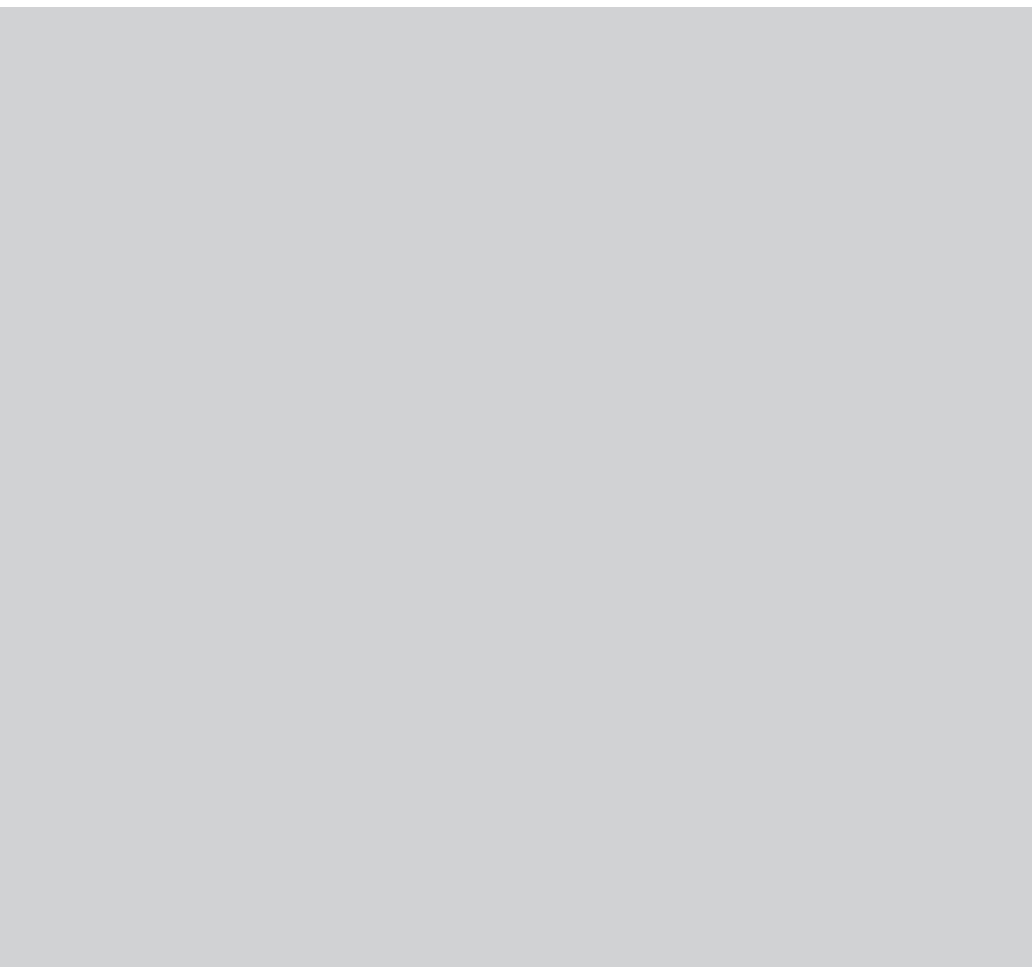


Whatever you're looking for, you can find it in the **Observation Post Classified section**

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

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**UNIFORM, from A1**

having to do with improved quality of life, were also approved by the commandant. A change to the existing supplemental clothing allowance for Marine Corps drill instructors at Marine Corps District Newport, R.I., was approved and regulation changes authorizing multiple braids for females was approved. The newly established hairstyle criteria will “create an accepted standard for braids and it will be a welcomed quality-of-life improvement for our female Marines who wear braids,” said Desgrosseilliers.

**WATCHDOGS, from A1**

ITX 3-14 in March.

For some of the Marines, they were uncertain who would be waiting for them upon their arrival. Cpl. Robert Halverson, data network specialist, was one of those Marines, and was not expecting to see any of his family.

Linda Clarin, Halverson’s grandmother, flew from Minnesota to surprise her oldest grandson at the homecoming.

“It was a long flight with a lot of delays, but it made it all worth it to see him get off the bus,” Clarin said. “It was always nerve racking to think about what he was doing overseas, and I’m just so happy to have him home.”

Undoubtedly, Halverson was just as excited to see his grandmother as he did not expect to see any family at the hanger.

“It was definitely a pleasant surprise to see her,” Halverson said. “It is great to be back and I look forward to going back to Minnesota to spend time with my family,” Halverson said.

**[Top]** Staff Sgt. Joshua Wagner, imagery analysis specialist, Unmanned Aerial Vehicle Squadron 1, is reunited with his wife, Kimber, and son, Sean, 3, during the squadron’s homecoming at the VMU-1 hangar Nov. 22. **[Bottom, left]** Cpl. Dillion Erickson, field-radio operator, VMU-1, is reunited with his girlfriend, Gail Bolander, during the homecoming Nov. 22. **[Bottom, right]** Capt. Caleb Joiner, UAV mission commander, VMU-1, is reunited with his son, Miles, 3, during the squadron’s homecoming Nov. 22.

**COLORS, from A1**

will stand at attention and render a salute while in uniform. If you are driving and see or hear colors, turn down any music, safely pull over to a complete stop and sit still in the car until it concludes.

During this time of silence, it is encouraged to reflect on and appreciate the meaning of the flag as it is being raised or lowered, and what it means to be an American. The 50 stars on the flag represent each state in the U.S., and how America’s responsibilities have increased since

the original 13 colonies. The 13 stripes represent those 13 original colonies that fought for and gained the freedom Americans have today; it also depicts the strength of America’s traditions.

Taking two minutes to start and end the day by honoring American history and a flag that thousands of men and women have died for, is a simple way to show patriotism and appreciation for the freedom Americans have today. So, next time you hear that ‘sound,’ stop what you’re doing, face the flag and reminisce on what the colors mean to you.

**CAX, from A1**

the history of the Marines’ Hymn, making note of their significance.

The group then learned the basics of Marine Corps drill and formation. Staff Sgt. Arold Sylvain, motor transport operations chief, Unmanned Aerial Vehicle Squadron 3, and a former drill instructor, led the children in facing movements and marching formations.

Afterwards, the children got a look at a military working dog demonstration led by Sgt. Lee Bartholomew, military working dog handler, Provost Marshal’s Office. The children cheered and shouted as Cchaz, a military working dog, navigated obstacles and demonstrated his powerful bite on Cpl. John Dolezal, military working dog handler, PMO, who was wearing a bite suit.

“Today was such a fun experience,” said Cole Cloud, 7, son of Sgt. Sean Cloud, instructor, Marine Corps Communication-Electronics School. “My favorite part of the day was watching Cchaz. I learned not to mess with him.”

The newfound, hands-on learning experience left children excited knowing they had briefly stepped into the boots of the Marines in their lives.

“Marines work hard, and they love to do what they do,” said Amber Bilderrain, trainer, L.I.N.K.S.

To learn more about L.I.N.K.S., visit [www.mccs29palms.com](http://www.mccs29palms.com)



PHOTOS BY LANCE CPL. PAUL S. MARTINEZ

**AWARD, from A1**

came to help. I’m grateful to receive such a prestigious medal.”

Burkeland suffered a traumatic brain injury while serving as the gunner for a vehicle that was impacted by an improvised explosive device during a convoy.

“The convoy was going to set up an over-watch position,” said 1st Lt. Walter R. Mack, platoon commander, 3/4. “Being that he was on the turret at the time, he received the most exposure from the blast and upon further assessment from a doctor, it was determined he suffered a brain injury.”

The Purple Heart Medal is one of the oldest military merits still presented to this day. It is awarded to members of the armed forces or any civilian national of the United States who is wounded or killed while serving under authority with one of the United States Armed Services.

“I feel very humbled to be part of a class of people that have received this medal while serving,” Burkeland said.



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The Combat Center has its own YouTube channel. Find it at

<http://www.youtube.com/user/CombatCenterPAO>



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<http://www.flickr.com/thecombatcenter>



# Tips to prepare for a marathon

# ZERO to TWENTYSIX

Story and photos by  
LANCE CPL. ALEJANDRO BEDOYA

**M**arathons began as races of various long distances. Today, they are 26.2-mile races through a variety of different terrains. The London, Boston, and Paris marathon are some of the most well-known races around the world and all are challenging in different ways. Marathon runners are typically in good shape but they must prepare for each race. Everyone has to start somewhere and it does not take an olympian to run these races. There are various ways to prepare for a marathon including physical preparation, diet, and gear.



“We were all born to run. Sometimes you will reach the point of exhaustion but you have to have the will to keep going. Accomplish your goals. Whether it is a certain time or just to finish the race, accomplish your goals.”

- Daniel Tolbert

“Set reachable goals for yourself,” said Donald Tolbert, logistics specialist, Marine Corps Communication Electronics School and participant of 17 marathons. “It takes a lot of time to prepare. It is hard to get up one day and say you want to run 26 miles. Your body has to get used to running that distance, and everybody is different when it comes to preparing.”

## PHYSICAL PREPARATION

In order to run a marathon, the body must become conditioned to running long distances. It is recommended to be able to run for 30 minutes without stopping before training for your marathon. Combining running and walking is a

good way of getting the body used to constant exercise for an extended amount of time and minimizes the chance of injury.

After being able to run for 30 minutes without stopping, distances should gradually increase each week. The longest run should be 18-20 miles. The runner will gain a physiological advantage once completing a 20-mile race. The final weeks of preparation should not be as tough so that the body can recover and be strong on race day. It is important to train, but recovery is crucial. Do not run every day. The body needs to rest between workout sessions so it can recover from training, growing stronger between each run. Take recovery days equally as serious as running days. Nutrition also plays a vital role in recovery.

## WHAT TO EAT

Nutrition is critical when training for a marathon. Carbohydrates provide glycogen and protein to help repair muscle tissue. The runner should consume 2000-2500 calories each day. A good measure of calories to consume is 100 per mile. Most of the calories should come from carbs and protein. The others should be unsaturated fats. Some examples of good

carbs are potatoes, beans, bananas, and brown rice. Some good proteins are lean beef, chicken, fish and eggs.

Don't neglect the importance of hydrating while training. No matter the climate, fluids are essential. Water and sports drinks are the recommended liquids. Sports drinks provide carbs and electrolytes essential to the body. While training, try to consume six to eight ounces of water every 20 minutes. Drink two hours before the run and two hours after the run. They are the most critical times to hydrate but don't forget to drink throughout the day.

Hydration and nutrition will assist the body throughout a run but proper gear is also essential in a race.

## WHAT TO WEAR

Proper gear is important when training for and running a marathon. The most important piece of gear is your footwear. The right pair of shoes can make a world of difference. Supported shoes will help prevent injury.

Clothing worn during a marathon will vary depending on the climate. If the weather is cool, wear warm, lightweight clothing but avoid being too warm. If the climate is hot, wear light clothing.

“We were all born to run,” Tolbert said. “Sometimes you will reach the point of exhaustion but you have to have the will to keep going. Accomplish your goals. Whether it is a certain time or just to finish the race, accomplish your goals.”

Tapering in the final weeks will help your body recover from the training and be strong for the race. The week before the race, consume as many carbs as possible. Don't spend all your energy at the beginning of the race. Marathons are about endurance. The runners must pace themselves and finish strong.

To become a marathon runner, it takes time, heart and effort. The first step to completing a marathon is getting out and training. Gear up and hit the track and get ready for the big finish.

## TRAINING PLAN

Wk.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1	Rest	3 mi	CT	3 mi	Rest	4 mi	3 mi EZ
2	Rest	3 mi	Rest	3 mi	Rest	5 mi	3 mi EZ
3	Rest	3 mi	CT	4 mi	Rest	6 mi	3 mi EZ
4	Rest	3 mi	Rest	4 mi	Rest	4 mi	3 mi EZ
5	Rest	4 mi	CT	4 mi	Rest	6 mi	3 mi EZ
6	Rest	4 mi	CT	4 mi	Rest	8 mi	3 mi EZ
7	Rest	4 mi	CT	4 mi	Rest	10 mi	3 mi EZ
8	Rest	4 mi	CT	4 mi	Rest	8 mi	3 mi EZ
9	Rest	4 mi	CT	4 mi	Rest	12 mi	Rest
10	4 mi EZ	4 mi	Rest	4 mi	Rest	10 mi	3 mi EZ
11	Rest	4 mi	CT	4 mi	Rest	14 mi	3 mi EZ
12	Rest	5 mi	CT	5 mi	Rest	10 mi	3 mi EZ
13	Rest	4 mi	CT	5 mi	Rest	16 mi	3 mi EZ
14	Rest	4 mi	CT	5 mi	Rest	12 mi	3 mi EZ
15	Rest	4 mi	CT	5 mi	Rest	18 mi	Rest
16	3 mi EZ	5 mi	Rest	6 mi	Rest	12 mi	3 mi EZ
17	Rest	4 mi	CT	6 mi	Rest	20 mi	3 mi EZ
18	Rest	4 mi	CT	4 mi	Rest	12 mi	3 mi EZ
19	Rest	3 mi	20 mins	3 mi	Rest	8 mi	3 mi EZ
20	Rest	2 mi	20 mins	Rest Day		Race Day!	

[running.about.com/od/marathonprograms/a/advbegmarathon.htm](http://running.about.com/od/marathonprograms/a/advbegmarathon.htm)

\*(CT-CROSS TRAINING) \*(EZ-EASY PACE)





## Combat Center Events

### Winter festival

The festival originally began as an outreach to families of deployed service members during the holidays. It has grown into a base-wide holiday festival attended by more than 2,000 patrons.  
When: 11 a.m. - 2 p.m., Saturday, Dec. 7.  
Where: Del Valle Field  
Call (760) 830-5086 for more information.

### Sunnylands Butterfly Family Day

Take a trip down to the garden at historic Sunnylands Center and Gardens in Rancho Mirage. Bring a blanket along and enjoy a barbecue lunch. This is a free parent/pre-schooler event.  
When: 8 a.m. - 3:30 p.m., Tuesday, Dec. 10.  
Where: 37977 Bob Hope Dr., Rancho Mirage, Calif. 92270  
Call (760) 830-5086 for more information.

### Booksigning with R. Lee "Gunny" Erme

Meet Erme in person and have your copy of his book signed.  
When: 11:30 a.m. - 1:30 p.m., Wednesday, Dec. 11.  
Where: Main Exchange

### Holiday Family event

Come see Santa. There will also be face painting and caricature artists.  
When: 4 a.m. - 8 p.m., Friday, Dec. 13  
Where: Main Exchange

For more events visit <http://www.mccs29palms.com>

## Sunset Cinema

### Friday, Nov. 29

3:30 p.m. - Free Admission Rise of the Guardians, PG  
6 p.m. - Free Birds 3-D, PG  
8:30 p.m. - The Counselor, R  
11:30 p.m. - Ender's Game, PG-13

### Saturday, Nov. 30

10:30 a.m. - Free Admission Miracle on 34th St., G  
12:30 p.m. - Captain Phillips, PG-13  
3:30 p.m. - Escape Plan, R  
6 p.m. - Carrie, R  
8:30 p.m. - The Fifth Estate, R  
11:30 p.m. - About Time, R

### Sunday, Dec. 1

12:30 p.m. - The Counselor, R  
3:30 p.m. - Free Birds 3-D, PG  
6:00 p.m. - Ender's Game, PG-13  
9:00 p.m. - About Time, R

### Monday, Dec. 2

7 p.m. - Machete Kills, R

### Tuesday, Dec. 3

7 p.m. - Free Birds 3-D, PG

### Wednesday, Dec. 4

5 p.m. - Captain Phillips, PG-13  
8 p.m. - The Counselor, R

### Thursday, Dec. 5

6 p.m. - The Fifth Estate, R  
8 p.m. - Escape Plan, R

## High Desert

### 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 (760) 363-3343.

### A Christmas Carol

Classic seasonal story performed live  
When: 7 p.m., Fridays & Saturdays, Nov. 15 - Dec. 14  
Where: Theatre 29  
73637 Sullivan Rd., Twentynine Palms, Calif.  
For more information, call (760) 316-4151

## Low Desert

### Aaron Lewis

Country music artist performs  
When: 8 p.m., Saturday, Nov. 30  
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>

### Golden Boy Boxing

Boxers compete for Super Featherweight Title  
When: 4 p.m., Friday, Dec. 13  
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>

### Charo

Iconic Spanish-American singer, comedian performs  
When: 9 p.m., Friday, Dec. 13  
Where: Morongo Casino Resort and Spa  
49500 Seminole Drive, Cabazon, Calif.  
For more information, call 800-252-4499 or visit <http://www.morongocasinoresort.com>

### The Oak Ridge Boys

Country and gospel coal quartet performs  
When: 8 p.m., Saturday, Dec. 14  
Where: Spotlight 29 Casino  
46-200 Harrison Place, Coachella, Calif.  
For more information, call 866-377-6829 or visit <http://www.spotlight29.com>

# Robert Redford goes it alone in an epic struggle on the ocean



COURTESY PHOTO

## NEIL POND

### "All Is Lost"

Starring Robert Redford  
Directed by J.C. Chandor  
PG-13, 106 min.

"I must go down to the seas again," wrote British poet John Masefield in the early 1900s, rhapsodizing the "wind's song and the white sail shaking."

Robert Redford's character in "All Is Lost" probably read that classic maritime poem, once upon a time. But we wouldn't know. In fact, we don't know much anything about him at all, including his name, where's he's from, or why he's alone on a sailboat, headed across the Indian Ocean, 1,700 miles from land.

All we know is that, in opening narration over a scene of lapping waves, he informs us (in words that sound like he's reading his farewell note) that he's "tried everything" and "all is lost."

Then the story flashes back so we can watch his dire predicament unfold from the beginning. Awakened from a nap by water lapping on the floor of the cabin of his boat, he realizes his vessel's been struck - its side pierced - by the

jagged edge of a floating metal cargo container. Suddenly, his little pleasure craft has become a mini-"Titanic."

But "Our Man" (as he's listed in the credits) doesn't panic. He immediately springs into action, stoically, calmly going about the business of survival. Then he notices dark clouds on the horizon, and things go from bad to worse.

Redford, the only actor in the entire film, gives a monumental, majestic performance. It's his show all the way, and a spectacular, galvanizing display how this one-time Hollywood "golden boy," now 77, can still commandeer the screen.

As he shimmies to the tippy-top of his ship's mainmast to fix an unhooked wire, later gets swept overboard, and eventually has to abandon ship altogether into an inflatable lifeboat, his age-defying athleticism is amazing. And through it all, he's a man of few words - almost none at all.

Director/writer J.C. Chandor, whose only other film was "Margin Call" (2011), working with cinematographers Frank G. DeMarco and Peter Zuccarini, and three-time Oscar-winning sound editor Richard Hymns, creates a dynamic, driving existential narrative with only the slightest smidgen of dialogue. You realize just how unnecessary, impractical, and downright useless words can be in situations, like this one, when there's no one to speak them to.

(You also realize just how yappy with blabber most other movies can be.)

Will Our Man endure? Can he make it into the international shipping lanes, where a passing freighter may - or may not - spot him? Will he hang on to the will to live ... or will that, too, sink beneath the waves? And what about those circling sharks?

I'm not telling. But I can tell you one thing: After watching "All Is Lost," with all due respect to the British poet, I think I'll pass on "going down to the seas again," at least for a while, and I certainly won't be going all alone in a sailboat.

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