



PFC. THOMAS MUDD

Marines with 1st Battalion, 7th Marine Regiment, prepare a 21-gun salute during the memorial ceremony for a fallen Marine, Sgt. Thomas Spitzer, at Lance Corporal Torrey L. Gray Field, Tuesday. Spitzer was a mortarman with 1/7 who became a scout sniper in June 2013.

1/7 Marines conduct memorial service for Sgt. Thomas Spitzer

BY PFC. THOMAS MUDD

First Battalion, 7th Marine Regiment, held a memorial service for Sgt. Thomas Spitzer on Lance Corporal Torrey L. Gray Field, Tuesday.

Spitzer, a team leader with Scout Sniper Platoon, 1/7, was killed while conducting combat operations in Helmand province, Afghanistan, June 25. Spitzer was manning an M240B medium machine gun covering the sector most likely to receive enemy contact. The position overlooked a tree line that would've allowed the enemy to come undetected in close proximity of Patrol Base Yakchal.

While defending his fellow Marines and sailors, Spitzer was struck by small arms fire and was treated by Petty Officer 3rd Class Jordan Lowe, team corpsman, Scout Sniper Platoon, 1/7.

"I was on a rooftop when I got the call," Lowe said. "I ran down and was the first responder."

After being evacuated to Camp Leatherneck, Spitzer succumbed to his wounds and later died at the hospital.

Spitzer started his Marine Corps career Aug. 21, 2009 when he arrived at Marine Corps Recruit Depot San Diego. Shortly after recruit training,



PFC. THOMAS MUDD

Lt. Col. Seth Yost, battalion commander, 1st Battalion, 7th Marine Regiment, stands at parade rest during the memorial ceremony of Sgt. Thomas Spitzer at Lance Corporal Torrey L. Gray Field, Tuesday. Spitzer was a scout sniper for 1/7 who died defending his fellow Marines and sailors in Helmand province, Afghanistan, June 25, 2014.

he attended the School of Infantry at Marine Corps base Camp Pendleton and became an infantry mortarman.

"Sgt. Spitzer was the kind of Marine that immediately made the group stronger and the unit better with his presence," said Lt. Col. Seth Yost, battalion commander, 1/7.

Spitzer was assigned to 81mm mortar section, 1/7, and after two deployments; one with the 31st Marine Expeditionary Unit and another with 1/7, he undertook the challenge of becoming a scout sniper during the summer of 2013. After becoming a scout

See **Memorial service** A6

3/3 conducts NEO exercise aboard Combat Center

BY PFC. THOMAS MUDD

Marines from 3rd Battalion, 3rd Marine Regiment, from Kaneohe Bay, Hawaii, conducted a Noncombatant Evacuation Operation exercise on Lance Corporal Torrey L. Gray Field and Del Valle Field, Oct. 10.

The Marines of 3/3 were provided with air support from Marine Aviation Weapons and Tactics Squadron 1, out of Marine Corps Air Station Yuma, Ariz., during the exercise as part of their Assault Support Tactics Three Exercise for the Weapons and Tactics Instructor Course.

"In this scenario, we are currently in Twentynine Palms, Calif. which is a country where the hostilities are beginning to escalate," said Capt. Eric Sharpe, MAWTS-1. "At this

point we have American citizens at the embassy or consulate who need to be evacuated prior to full combat operations commencing."

The exercise started at 6 p.m. and used MV22 Ospreys and CH53 helicopters to land and extract American civilians represented by Marines. From the air, fixed wing aircraft such as, F/A18s, AV-8B Harriers, F35Bs and EA-6B Prowlers provided security for evacuations and refueling.

"We will be evacuating live personnel, Marine role players. Those Marines will be notional [passengers]," Sharpe said. "Each Marine represents 20 American civilians."

The NEO exercise simulated the evacuation of U.S. personnel from an embassy

See **NEO exercise** A6



PFC. THOMAS MUDD

Marines with 3rd Battalion, 3rd Marine Regiment, disembark an MV22 Osprey on Lance Corporal Torrey L. Gray Field during a Noncombatant Evacuation Exercise, Friday. Marines set up a security detail around the landing zone to ensure the safety the aircraft and Marines role playing as civilians.



PFC. THOMAS MUDD

Two Marine role players attempt to get past security and board an aircraft on Lance Corporal Torrey L. Gray Field, Friday. The role player's job was to harass the Marines in ways they would have to deal with in a live scenario.

Secretary of Navy visits Combat Center



PFC. MEDINA AYALA-LO

The Honorable Ray Mabus, Secretary of the Navy, visited the Combat Center and was greeted by Commanding General, Maj. Gen. Lewis Craparotta, and Combat Center sergeant major, Sgt. Maj. Karl Villalino, at an expeditionary airfield, Tuesday. Mabus toured the base, speaking to Marines and sailors and taking the day to observe the Combat Center's daily routine.



PFC. MEDINA AYALA-LO

The Honorable Ray Mabus, Secretary of the Navy, poses for a photo with a group of food service specialists at the base theater during a visit to the Combat Center, Tuesday.

Civilian honorary breakfast award



COURTESY PHOTO

Combat Center Commanding General, Maj. Gen. Lewis Craparotta, and Combat Center sergeant major, Sgt. Maj. Karl Villalino, pose with Aaron Villaverde, Modifications and Simulators, Marine Corps Logistics Operations Group, Shawn Carnes, Provost Marshal's Office, Daniel Rosson, Logistics and Services, Susan Mastropalo, Human Resources, Marine Corps Community Services, and Susan Miller, Human Resources, after the Civilian Honorary Breakfast Award, Oct. 9.



PFC. THOMAS MUDD

A MV22 Osprey lands on Lance Corporal Torrey L. Gray for a Noncombatant Evacuation Operation Exercise, Oct. 10. The Osprey landed to drop off Marines with 3rd Battalion, 3rd Marine Regiment, who secured the landing area and screening check points as part of the NEO exercise.

NEO EXERCISE, from A1

in a foreign country. Combat Center Marines took part in the exercise by representing both American personnel and natives of the 'country.' These role players portrayed both non-hostile and hostile civilians who applied pressure to the security of the landing zone.

"Today we are basically testing the security of the actual Marines that will be covered down on the [helicopter]," said Lance Cpl. Brandon Ashdown, Tactical Training Exercise Control Group. "We are seeing what they do when they have people harassing them like they would in country."

The role players and the nature of the operation gave the Marines an opportunity to rehearse non-combatant situations.

"It is important because not everything the United States military will find themselves doing will be full-fledged combat operations," Sharpe said. "We need to be prepared for a large spectrum of operations we may be expected to perform."

The 4-hour exercise gave the Marines a chance to apply the tactics they may need when asked to conduct a Noncombatant Evacuation Operation in any part of the world.



PFC. THOMAS MUDD

Sgt. Thomas Spitzer's family and close friends pay their respects during his memorial ceremony held at Lance Corporal Torrey L. Gray Field, Tuesday. The memorial for Spitzer was conducted by 1st Battalion, 7th Marine Regiment.

MEMORIAL SERVICE, from A1

sniper, he trained to become a joint fires observer.

"The example he set inspired his Marines," Yost said. "The values [he] shared with his fellow Marines reflected our core values of honor, courage and commitment."

Spitzer was a man who was approachable to his fellow Marines and

sailors. He made jokes and could break the ice, even in stressful situations.

"He could be professional when the time came for it," Lowe said. "One hundred percent professional, but when we took a break or he didn't need to be professional, he would joke and talk with anybody."

Spitzer's talent stemmed from not

only his work ethic, but from his positive mental attitude toward the Marine Corps and his Marines.

"I think his positive state of mind is what made him so talented," Lowe said. "He also brought the values of the Marine Corps into his life. That is what made him the man he was."

Spitzer is survived by his parents John and Jean Spitzer, his brother Nicholas and his fiancé Casey Neef.



PFC. THOMAS MUDD

A Marine role player goes through a security screening for the Noncombatant Evacuation Operation Exercise at Lance Corporal Torrey L. Gray Field, Oct. 10, 2014. Every Marine role playing represented 20 civilians being evacuated.



PFC. THOMAS MUDD

Maj. Gen. Lawrence Nicholson, commanding general, 1st Marine Division, pays his respects by rendering a salute to Sgt. Thomas Spitzer at his memorial ceremony held at Lance Corporal Torrey L. Gray Field, Tuesday. After family members went up to the memorial, the rest of the guests got to pay their respects to the fallen Marine.

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October 22, 1971

Ambulance drivers: the unsung heroes

He receives the call at about 2:30 a.m. There has been a car accident, two men and two women are hurt, one of the men appears in serious condition.

Forgetting his fatigue and concentrating on the problem at hand, he, the ambulance driver, gets behind the wheel of his vehicle with the corpsman at his side and they drive off with flashing lights and siren wailing.

In those few precious moments between the times the ambulance is called and it arrives, someone's life may be hanging in the balance and the decision whether he lives or dies rests mainly on the driving ability of the ambulance driver and the cooperation he gets on the road from other drivers.

Lance Cpl. Douglas A. Jones, a truck driver who once transported ammunition to artillery batteries before volunteering to be an ambulance driver, comments, "I

like my work, It's different. The biggest problem I have while I'm on the run, especially on Code, is people not moving out of the way.

Code is an expression used by ambulance drivers which means driving on an emergency run with flashing lights and the siren blaring.

The observation made by Jones of the discourtesy of other drivers not acknowledging the flashing lights or the siren is expressed by the other drivers. Cpl. James Edward Jones, a man who has driven an ambulance for a year, says, "Many times they refuse to give us the right of way. This is time consuming and dangerous, then people complain about the time we take to get to the scene of the accident."

In general, the attitude of all the ambulance drivers is unanimous toward their work which they view as not only interesting but highly rewarding. Their

greatest feeling of accomplishment is seeing "their" patient walk out of the hospital and continuing his life which was interrupted by an unfortunate accident.

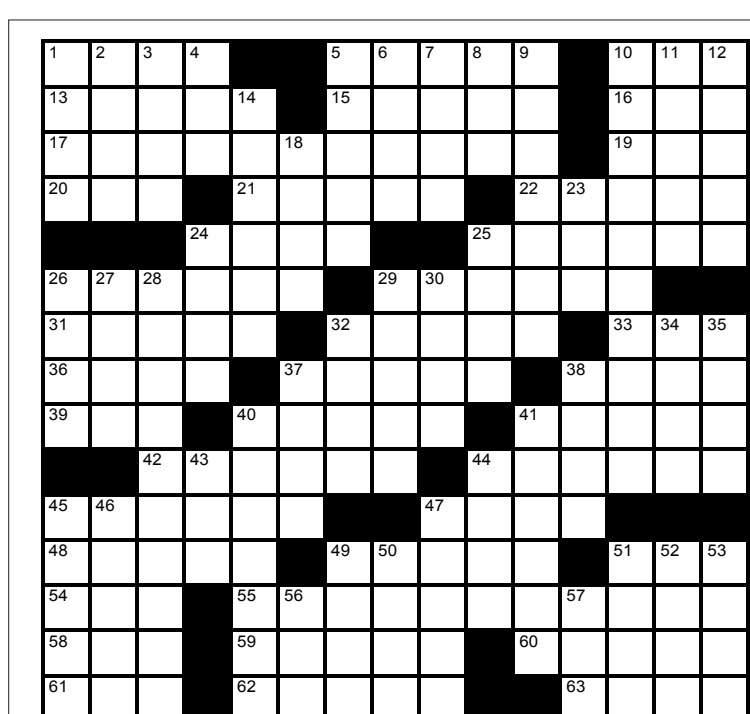
Yes, in his own way, the ambulance driver feels that he has contributed to relieving the pain and suffering of the patient by getting him to where he can receive expert medical care.

As for the relation between Naval corpsman and Marine driver, there is no interesting friction, even though both feel a certain pride in their own service they feel it is out of place in a situation where a person's life is in danger. Cpl. Gary K. Lambert, an ambulance driver for two and a half years, expressed full and complete confidence in the corpsman of the Base Hospital saying, "I'll drive anywhere, any time, and under any conditions with them. They really know their job."

CROSSWORD

- Across**
 1 Cheese ____
 5 Rope's thinner cousin
 10 Kit ____ (candy bar) Thomas
 13 Fleshy plants
 15 Windshield ____
 16 Actress Long or Peeples
 17 Get serious about things
 19 Ending for real or surreal
 20 Devour
 21 Put on television
 22 Highest Boy Scout rank
 24 Part of a staircase
 25 Book of the Bible
 26 Feet-legs connectors
 29 Group one smaller than an octet
 31 Graph paper features
 32 Patron saint of France
 33 "You've been ____!"
 36 Got 100 on, as a test
 37 Palindromic Honda model
 38 Manner of speaking
 39 "Understand?"
 40 Rescued
 41 Used a flashlight
 42 Evening meal
 44 President, say
 45 Play parts
 47 Blue jeans maker Strauss

- 48 Stadium
 49 "Common Sense" pamphleteer
 51 In favor of
 54 Dem.'s rival
 55 Good luck phrase
 58 "What ____ doing?"
 59 Strange
 60 Get the feeling
 61 Egg layer
 62 Marshland growths
 63 Easter egg colorings
Down
 1 Birthday food
 2 Arm bone
 3 Easy victory
 4 Month after Nov.
 5 Rugrat
 6 Far and ____
 7 Walkman's successor
 8 ____ and improved
 9 Hemingway and Rutherford
 10 Noble rank
 11 Supermarket section
 12 Lion ____
 14 Enjoys a frozen pond
 18 Makes something up



See solutions next week

SUDOKU

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Last week's solutions

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WHAT I'VE LEARNED

Joshua SELLERS

Lee Summit, Missouri Lance Cpl., ammunition specialist, 22

Lance Cpl. Joshua Sellers, ammunition specialist technician, does not wish to pursue a career in tattooing, but instead hopes to venture into the business side of things and provide an outlet for other artists with a talent for free-hand drawings.

>**The only time** I draw now is when someone wants a tattoo or they want me to put something together.

>**I started drawing** when I was little. I guess my first drawing that actually looked good was when I was four or five and my grandma has it. It was a green monster that was in a coloring book that I had.

>**My mom said** that instead of coloring I ended up drawing the picture instead.

>**The more I realized** that drawing was my thing, the more my mom supported me. I just kept drawing and I started getting better and better.

>**I started going into contests** in elementary school. I got one of them published and hung up in the library.

>**I think the first time** I drew a tattoo was when I was 15. My dad wanted a tattoo and he said he wanted a skull with flames coming off, but he wanted the flames to be the American flag. When I drew it he really liked it and he wanted to get it, but he said 'I want you to put your initials in the tattoo.' So I put my initials in there as the back molars of the teeth. That was my first tattoo I ever drew.

>**I'll ask them first** what the tattoo means. If they say nothing, I really don't put all my effort into it because to me a tattoo has to mean something. I like to ask them what the meaning behind a tattoo is. It gives me more of an idea of what to put together and how to draw it. And I ask where they want it so I can figure out how to draw it and how to go about it.

>**My mom started saying** 'you need to have people pay you to draw for them.'

>**I never did charge.** You having a picture that I drew on your body already means a lot to me. I don't like having people pay me for something that I like to do.

>**My satisfaction is seeing** it being on someone's skin and knowing that I drew that picture.

>**My first tattoo** that I ever got, I drew it.

>**I don't draw as often.** Unless someone asks me if I can draw them a tattoo, I put everything aside.

>**It makes me feel good.** Every time I draw a tattoo it always means something to somebody so I put a lot of heart into it. It's calming.

>**I've always done some activity.** I did football in high school, I did basketball up until high school.

>**Being a Marine** you have that image in your head of a Marine just big and fit, someone who can pretty much do whatever you put in front of them.

>**I joined the Marine Corps** and now I'm pretty much being paid to go to the gym.

>**It makes me feel better inside** and out. Just like a tattoo I like seeing progress being made.

>**I wanted to show** everybody that if you work really hard, it'll show. If you push yourself.



Interviewed by: Pfc. Medina Ayala-lo

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PFC. JULIO MCGRAW

Retired Lt. Col. Dean Hunter, honoree, Maj. Gen. Lawrence A. Haskins, Commander, 40th Infantry Division, California Army National Guard, Sgt. Douglas Lockard, platoon sergeant, Combat Logistics Battalion 7, and Cpl. Daniel Kinney, ground radio technician, CLB-7, stand at attention for the playing of the National Anthem and the Marines' Hymn during the 5th Annual Veterans Expo at the Riverside County Fairgrounds in Indio, Calif., Saturday. The two Marines were chosen from Combat Logistics Battalion 7 to accept recognition for their work.

Combat Center Marines honored at Veterans Expo



PFC. JULIO MCGRAW

Lance Cpl. Alex Roberts, motor transport operator, Combat Logistics Battalion 7, Sgt. Equer Fierro, motor transportation operator, CLB-7, Cpl. Wesley Curfman, motor transportation operator, CLB-7, and Cpl. Kenyon Myers, motor transportation operator, CLB-7, prepare for the colors ceremony at the 5th Annual Veterans Expo at the Riverside County Fairgrounds in Indio, Calif., Saturday. The Combat Center provided the color guard to the expo.



PFC. JULIO MCGRAW

Retired Lt. Col. Dean Hunter, honoree, talks to Combat Center Marine color guard at the 5th Annual Veterans Expo at the Riverside County Fairground in Indio, Calif., Saturday. Hunter spent six years in the Marine Corps as a rifleman before moving to the Air Force to become a pilot. His personal awards include the Silver Star, Distinguished Air Service Medal with V device for valor and more than seven air warfare ribbons.

PFC. JULIO MCGRAW

INDIO, Calif. – throughout the crowd, war stories and fond memories were exchanged by active-duty service members and veterans who attended the 5th Annual Veterans Expo at the Riverside County Fairgrounds in Indio, Calif., Saturday.

The Veterans Expo is an annual ceremony and exposition coordinated by the Salvation Army. A handful of active duty and retired service members are honored and recognized for their service to the country during the event.

"We wanted to have a place where all the service members, active duty and retired, could see what is available to them for help all under one roof," said Bill Young, event coordinator, Veterans Expo.

More than 60 booths at the expo services and information like financial aid, home loans, education opportunities, and emergency services. Also, it was a place where veterans and active duty service members could talk to companies in the area about resources available to them.

"We saw that some service members did not know the things that were entitled to or available to them, so we decided to put this together," Young said. "The expo has more than doubled since we started."

At the expo, three Marines and an Air Force officer were honored for their service. Sgt. Douglas Lockard, platoon sergeant, Combat Logistics Battalion 7; Cpl. Daniel Kinney, ground radio technician, CLB-7; (ret.) Air Force Lt. Col. Dean Hunter, Silver Star recipient; and (ret.) Master Gunnery Sgt. Jody Davis, were the service members honored at the ceremony.

"It is a surprise being here," Lockard said. "It is my first time and I really was not expecting to be recognized in this manner."

Kinney and Douglas were two Marines chosen by the Combat Center to receive recognition. Some of the speakers at the ceremony included Congressman Dr. Raul Ruiz and Maj. Gen. Lawrence A. Haskins, commander, 40th Infantry Division, California Army National Guard.

"It is amazing seeing true war heroes all in one room and seeing how humble they are. It is truly a great experience," Kinney said.

In the crowd, men and women, young and old, sat wearing articles of clothing and insignia that represented their time in the military. Although each person accomplished something different in their respected branch, the common bond of defending the United States brought them all together.



PFC. JULIO MCGRAW

The three honorees sit onstage during the 5th Annual Veterans Expo at the Riverside County Fairgrounds in Indio, Calif., Saturday. Speakers at the ceremony included Congressman Dr. Raul Ruiz and Maj. Gen. Lawrence A. Haskins, commander, 40th Infantry Division, California Army National Guard.

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<p style="font-weight: bold; margin: 0;">Dracula Untold</p> <p style="margin: 0;">(PG13)</p> <p style="margin: 0;">1:30 4:00 6:30 9:00</p>
<p style="font-weight: bold; margin: 0;">Alexander & The Terrible, Horrible, No Good, Very Bad Day</p> <p style="margin: 0;">(PG)</p> <p style="margin: 0;">1:30 4:00 6:30 9:00</p>
<p style="font-weight: bold; margin: 0;">Book Of Life</p> <p style="margin: 0;">(PG)</p> <p style="margin: 0;">3D 1:30 6:30 2D 4:00 9:00</p>

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Headquarters Battalion Sergeant Major leads battalion run

BY PFC. THOMAS MUDD

Headquarters Battalion Marines conducted a 3.85-mile formation run beginning and ending at the East Gym, aboard the Combat Center, Oct. 9.

The run was organized by Sgt. Maj. Abel Leal, battalion sergeant major, HQBN to boost morale and allow non-commissioned officers in the battalion to lead their companies with cadence and motivation.

“We don’t get together as much as companies or as a battalion,” said Cpl. Lori Delrosario, supply NCO, Headquarters Exercise Support Division. “Doing runs like this is motivating.”

The run started at approximately 7:00 a.m. after a series of stretches and warm-up exercises lead by NCOs with HQBN. After the battalion sergeant major fomed the battalion the run commenced.

“Considering where we turned around, the distance was about 3.85 miles and we did it in about 33 minutes,” Leal said.

As the run began, cadence echoed throughout the area while dirt was kicked into the air by the feet of the running Marines. The dirt eventually ran into a paved road where the Marines spent the majority of their run. The Marines continued on the paved road until they reached their turn around point. They retraced their steps back to the original starting point where they would gather around their battalion sergeant major.

The sergeant major talked to the battalion about unit cohesion and included Marines in the Fleet Assistance Program.

“I don’t care if you are a FAP Marine or not,” Leal said. “You are my Marines and while you’re with us, I want you to feel like you are



Sgt. William Heffner, career planner, Headquarters Battalion, calls cadence during a battalion run aboard the Combat Center, Oct 9. The run was led by the battalion sergeant major, Sgt. Maj. Abel Leal, alongside the enlisted Marines of HQBN.



PFC. THOMAS MUDD

Sgt. Maj. Abel Leal, battalion sergeant major, Headquarters Battalion, talks to headquarters battalion Marines and sailors by the East Gym after a formation run, Oct. 9.

part of Headquarters Battalion.”

This is the second run organized by the HQBN sergeant major and other types of unit runs are being planned, such as a HQBN unit run consisting of only NCOs.

“We need more motivational runs like this,” Delrosario said. “I like these runs because the NCOs and the junior Marines get to lead a little bit more.”

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Domestic Violence Awareness Month evolved from Day of Unity

BY PFC. THOMAS MUDD

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981 and was conceived by the National Coalition against Domestic Violence. The intent was to connect advocates across the nation who were working to end violence against women and their children. The Day of Unity soon became an entire week devoted to a range of activities conducted at the local, state and national level. The activities conducted were as varied and diverse as the pro-

gram sponsors but had common themes:

- Mourning those who have died because of domestic violence.
- Celebrating those who have survived.
- Connecting those who work to end violence.

It is also known that 3 in 4 parents have never talked to their children about domestic violence.

- The Victims
- 1 in 4 women will experience domestic violence during her lifetime.
 - Women experience more

#1 FACT:

Most domestic violence incidents are never reported. The number one goal of increasing awareness involves acknowledging and protecting people from domestic violence.

than 4 million physical assaults and rapes because of their partners, and men are victims of nearly 3 million physical assaults.

• Women are more likely to be killed by an intimate partner than men

• Women ages 20 to 24 are at greatest risk of becoming victims of domestic violence.

• Every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner.

The Families

• Every year, more than 3 million children witness domestic violence in their homes.

• Children who live in homes where there is domestic violence

also suffer abuse or neglect at high rates (30% to 60%).

• A 2005 Michigan study found that children exposed to domestic violence at home are more likely to have health problems, including becoming sick more often, having frequent headaches or stomachaches, and being more tired and lethargic.

• A 2003 study found that children are more likely to intervene when they witness severe violence against a parent – which can place a child at great risk for injury or even death.

RIDE FOR THE CAUSE



PFC. THOMAS MUDD

Service members begin their ride against domestic abuse at the Protestant Chapel, Friday. The ride consisted of both individual riders and groups of motorists including service members and civilians.



PFC. THOMAS MUDD

Service members bow their heads for prayer before a bike ride commemorating Domestic Violence Awareness Month at the Protestant Chapel, Friday. The prayer was said to help prevent domestic violence and to protect the motorists on the ride they were about to take.



PFC. THOMAS MUDD

Service members start their bikes before a bike ride commemorating Domestic Violence Awareness Month at the Protestant Chapel, Friday. The motorists began at the chapel and left the base as they conducted their ride against domestic abuse.



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TOUGH MINDED OPTIMISM

by Lou Gerhardt



Many of you already know that I am working on a new book tentatively titled "Life and Times of a Tough Minded Optimist." I hope to get it completed before too long.

A tremendous help in this regard is my friend Rebecca Unger. Rebecca is wonderful. She is intelligent, patient, wise and always up-beat and cheerful. I wouldn't want to move forward without her.

It works like this: I meet with Rebecca and with her gentle nudge speak into a tape machine. Later, Rebecca types up everything I said and sends it to my wife Patty who then enlarges the letters and prints it off so I can read it easily. Then I edit it and put it in the "new book file." I don't know when, but hopefully before too long we will get the job done.

In the meantime be sure and read my current book which is available through your local book store or Amazon. The title is "Positive Living" and all proceeds are used to assist my non-profit activities in the Morongo Basin.

I have enough space to remind you that I offer a free "Positive Living Seminar" every Thursday morning at 10:00 AM in the Fellowship Hall of St. Joseph of Arimathea Church in Yucca Valley. Come join us.

Additionally, many of us have lunch together at the Las Palmas Mexican Cuisine in Old Town. "How good and pleasant it is when people live in harmony."

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Coloring Contest Rules:

- Kids may color the picture anyway they'd like.
- Entries will be judged on neatness & creativity.
- Only 1 entry per child is allowed.
- All contest entries may be mailed or brought in to the Hi-Desert Star or The Desert Trail by 5 pm Tuesday, October 21, 2014.
- Winners in each age category will be notified by phone on Wednesday, October 22, 2014.



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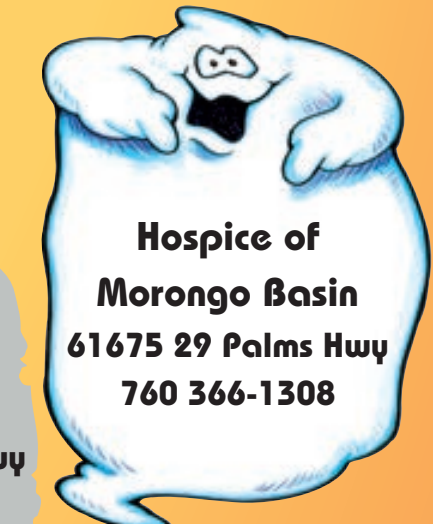
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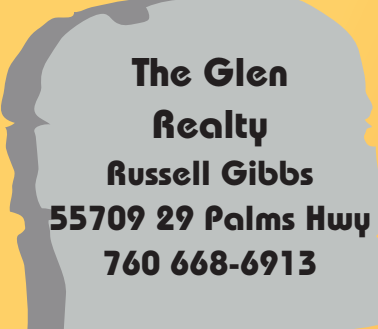
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PFC. MEDINA AYALA-LO

Runners listen to a prayer prior to beginning the race for the Patriot 5k: Salute to Heroes event at Luckie Park, Sunday. The event was held to raise money for organizations such as United Service Organization, Arrive Alive taxi service, Armed Services YMCA, Wounded Warrior Project, and Team Red, White and Blue.

Runners sprint to finish for Salute to Heroes 5k

PFC. MEDINA AYALA-LO

LUCKIE PARK TWENTYNINE PALMS, Calif. – The Palm Springs Marathon Runners held their first Patriot 5k: Salute to Heroes run at Luckie Park in an effort to raise funds for military veterans, Sunday.

“My husband just recently opened a business up here and we thought, ‘We need to give back, we need to give back to the Marines,’” said Molly Thorpe, owner, Palm Springs Marathon Runners. “So we came up with the idea of setting up this race.”

The race was 3.1 miles and began on Luckie Ave. continuing through the Utah Trail and ending at Luckie Park, where the runners began.

There were approximately 140 participants and the race was open to everyone, from young children and parents with strollers to veteran runners, including 85-year-old James Franklin.

“All proceeds from the race will go to organizations that support the Marines and their families,” Thorpe said. “The more people that participate, the more money we can give to the organizations.”



PFC. MEDINA AYALA-LO

Participants jog with the American flag during the patriot 5k: Salute to Heroes event at Luckie Park, Sunday. This is the first time coordinators with the Palm Springs Marathon runners, a non-profit organization, hosted the event and had approximately 140 participants run.

The organizations benefiting from the race are Armed Services YMCA, United Service Organization, Arrive Alive taxi service, Team Red, White and

Blue, and the Wounded Warrior Project.

“It’s important to show support for what the Marines here are doing,” said Capt. Sean

Tracy, runner. “Plus just overall fitness getting people involved, it’s for a good cause.”

All active-duty service members who presented an

active-duty military ID were given free admission to the race. The 5k included Marine volunteers and was assisted by the Chaplain’s Office aboard the Combat Center.

“I think this is a great turn out and we’ll be assisting next year with getting more participation,” said Lt. Cmdr. Dennis Wheeler, deputy director of religious ministries.

There were several categories for runners to be placed in for competition which included the stroller division, age groups, and gender-specific categories.

Events like these aim to raise funds and awareness, while ensuring that everyone has a good time.

“It’s really important to raise money for foundations that can’t do it themselves,” said Pfc. Tabia Raynique Green, student, Marine Corps Communication-Electronics School. “If you’re trying to raise money for a foundation, it’s important to have as much support as you can.”

Coordinators are planning on doing more runs in the future, and as participation grows, the amount of runs will also grow.



PFC. MEDINA AYALA-LO

Runners participate in the Patriot 5k: Salute to Heroes event hosted by a nonprofit organization, the Palm Springs Marathon Runners, at Luckie Park, Sunday. Approximately 140 runners participated in the event.

Liberty Call



Combat Center Events

The West Gym will be hosting a Health and Wellness Fair from 8 a.m. to 2 p.m. on Oct. 22. Information on the base and local health programs will be available. For more information call (760)-830-6131.

Mameluke's Pub is holding a company grade officer night starting at 4:30 p.m. on Oct. 22. There will be food and drink specials throughout the night. For more information call (760)-830-8429.

Desert Winds Golf Course is holding a Red Ribbon Week 5k Fun Run starting at 8 a.m. on Oct. 23. There is no registration required. For more information call (760)-830-4096.

The Combat Center Library is holding a Not so Spooky Spooktacular from 5 to 7 p.m., Oct. 23. This is a family-friendly fright night for children of all ages and their families. For more information call (760)-830-6875.

The Family Fall Festival will be held at Del Valle Field at 5 p.m. on Oct. 24. This event is an annual tradition aboard the Combat Center. For more information please call (760)-830-5086.

Sunset Cinema

Friday, Oct. 17

5 p.m.—Forrest Gump, PG-13
8 p.m.—Chef, R
10:30 p.m.—As Above, So Below, R
12:30 a.m.—No Good Deed, PG-13

Saturday, Oct. 18

10:30 a.m.—Dolphin Tale, PG
1 p.m.—Dolphin Tale 2, PG
3:30 p.m.—The Identical, PG
6 p.m.—The November Man, R
8:30 p.m.—No Good Deed, PG-13
11 p.m.—As Above, So Below

Sunday, Oct. 19

Noon—Dolphin Tale 2, PG
2:30 p.m.—No Good Deed, PG-13
5 p.m.—This Is Where I Leave You, R
7:30 p.m.—A Walk Among the Tombstones, R

Monday, Oct. 20

5 p.m.—A Walk Among the Tombstones, R
7 p.m.—Silence of the Lambs, R

Tuesday, Oct. 21

5 p.m.—Chef, R
7 p.m.—The Sixth Sense, PG-13

Wednesday, Oct. 22

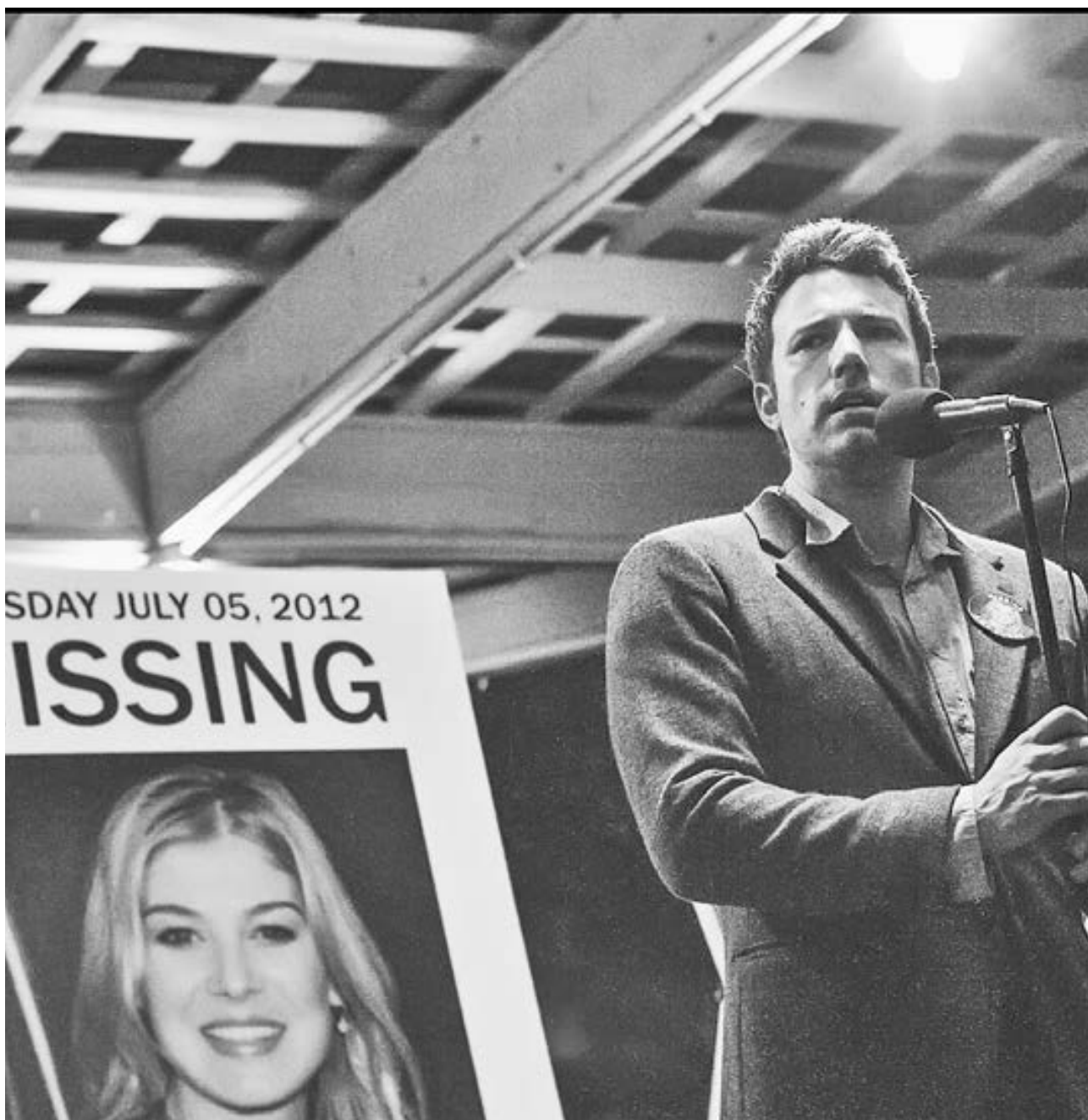
5 p.m.—The November Man, R
7 p.m.—Poltergeist, R

Thursday, Oct. 23,

5 p.m.—As Above, So Below, R
7 p.m.—The Exorcist, R

Friday, Oct. 24

5 p.m.—Dolphin Tale 2, PG
7:30 p.m.—The Identical, PG
10 p.m.—No Good Deed, PG-13
11:30 p.m.—Silent Hill Revelation, R



Nick Dunne (Ben Affleck) finds himself the chief suspect behind the shocking disappearance of his wife Amy (Rosamund Pike), on their fifth anniversary. MERRICK MORTON

Gone, but not forgotten

NEIL POND

"Gone Girl"
Starring Ben Affleck and Rosamund Pike
Directed by David Fincher

One of the most anticipated movies of the year opens with a close-up shot of Nick Dunne (Ben Affleck) running the blonde hair of his wife, Amy (Rosamund Pike) through his fingers and musing, "What are you thinking? What are you feeling? What have we done to each other?"

Those three questions set the stage for almost everything else that follows, as director David Fincher brings author Gillian Flynn's wildly successful 2009 best-seller, a shocking mystery sizzler about one marriage's dark descent into mayhem and madness, to the screen.

Gone Girl begins with Amy's disappearance, on the morning of her and Nick's fifth wedding anniversary, in what looks like a home invasion and abduction. But was it? Nick quickly becomes the prime suspect, clues begin to pile up, suspicions mount, secrets are revealed—and things start to feel like they're not what they seem to be.

Fincher unspools the mystery with the same cool, narrative precision he demonstrated in Fight Club, The Social Network and The Girl With The Dragon Tattoo. He toggles back and forth between past and present, and presents he-said/she-said versions of Nick and Amy's story through flashbacks and cutaways to Amy writing in her journal—which later becomes a key piece of evidence, and another strand in the plot's tangled web.

The casting is first-rate. Affleck adeptly balances Nick's jock-ish "homecoming king" likeability with the deep, troubling doubts that swirl around his character and his motives. Although she's appeared in numerous other movies, this is absolutely Pike's breakthrough; Amy is a complex,

complicated character, one that you'll remember long after the movie is over—and so will, in all likelihood, voters for next year's Academy Awards.

Tyler Perry is terrific as the big-city, top-dollar defense attorney Nick hires to take his case. TV and Broadway actress Carrie Coon brings both heat and heart to the role of Nick's twin sister, drawn into the vortex of small-town news gone national. Neil Patrick Harris and Scott McNairy appear as two of Amy's old flames, both of whom may have gotten a little too close to the fire. Sela Ward and Missi Pyle play TV mavens who fan the media feeding frenzy.

The tone of the movie—the look, the pace and the music (by Nine Inch Nails front man Trent Reznor) mirrors the material: Dark, creepy, ominous, unsettling, cold. If you're one of the six million people who've read Flynn's book, you'll know where everything's headed (mostly) before it gets there. But if you haven't, you'll be swept away in the masterfully crafted brew of mind-bending misdirection, outright lies, psychotic scheming, and detailed criminal procedural that will keep you guessing right up until the end.

This isn't a snuggle-up movie by a long shot, and its bleak view of marriage—and what might be going on beneath its seemingly placid surface—won't send date-night couples home feeling warm and fuzzy. In an early scene, Nick and his sister play an old board game from their childhood, The Game of Life, as they discuss Nick's upcoming anniversary—which, as he's about to discover, won't play out quite the way he's planned.

In Gone Girl's game of life, there aren't any winners, only players playing each other in a toxic, brilliantly twisted endurance match from which no one emerges unscathed.



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Cooking Matters program educates Combat Center patrons



Ellen Damaschino, Cooking Matters tour leader, explains the nutrition diagram to Erika Molden, tour participant, during the Cooking Matters tour of the commissary, Oct. 9. Throughout the tour, participants asked questions about shopping for healthier food while keeping price in mind. Cooking Matters is a program supported by the healthy base initiative that provides service members with programs to improve their health.

BY PFC. JULIO MCGRAW

The base commissary hosted the Cooking Matters Program for Combat Center patrons, Oct. 9.

Cooking Matters is a program that supports the Healthy Base Initiative to educate service members and their families about healthy food choices. Combat Center Marines, volunteers and program coordinators helped run several tours throughout the day for the program's first event aboard the base.

"We provide tours of the commissary to anyone who is able to shop there," said Cat Arias, coordinator, Cooking Matters Program. "We teach how to shop healthy and do so on a budget."

Although Cooking Matters is a new program, approximately 108 people participated in the tours which ran every half hour.

"I learned a lot about different foods," said Raquel Avila, tour participant. "I think it is a great way to learn how to save money, especially on a military budget and it was fun."

The tour leaders were Marines and sailors from the Combat Center who volunteered to teach service members and families how to shop healthier.

"I love doing this," said Sgt. Dajoun Mahammitt, Tour Guide, Cooking Matters Program. "I'm a type of person who loves teaching other people how to improve themselves. Exercise is always important but nutrition is just as important and some people don't know that."

At the end of the tour, participants took on the



Sgt. Dajoun Mahammitt, tour guide, Cooking Matters Program, explains how and when to buy vegetables during a commissary tour ran by the Cooking Matters program, Oct. 9.

10-minute \$10 challenge. Participants had 10 minutes to shop for food using the knowledge they received from the tour to find a meal with unprocessed ingredients for less than \$10. The purchase was discounted at the register if the products fit the criteria of the competition.

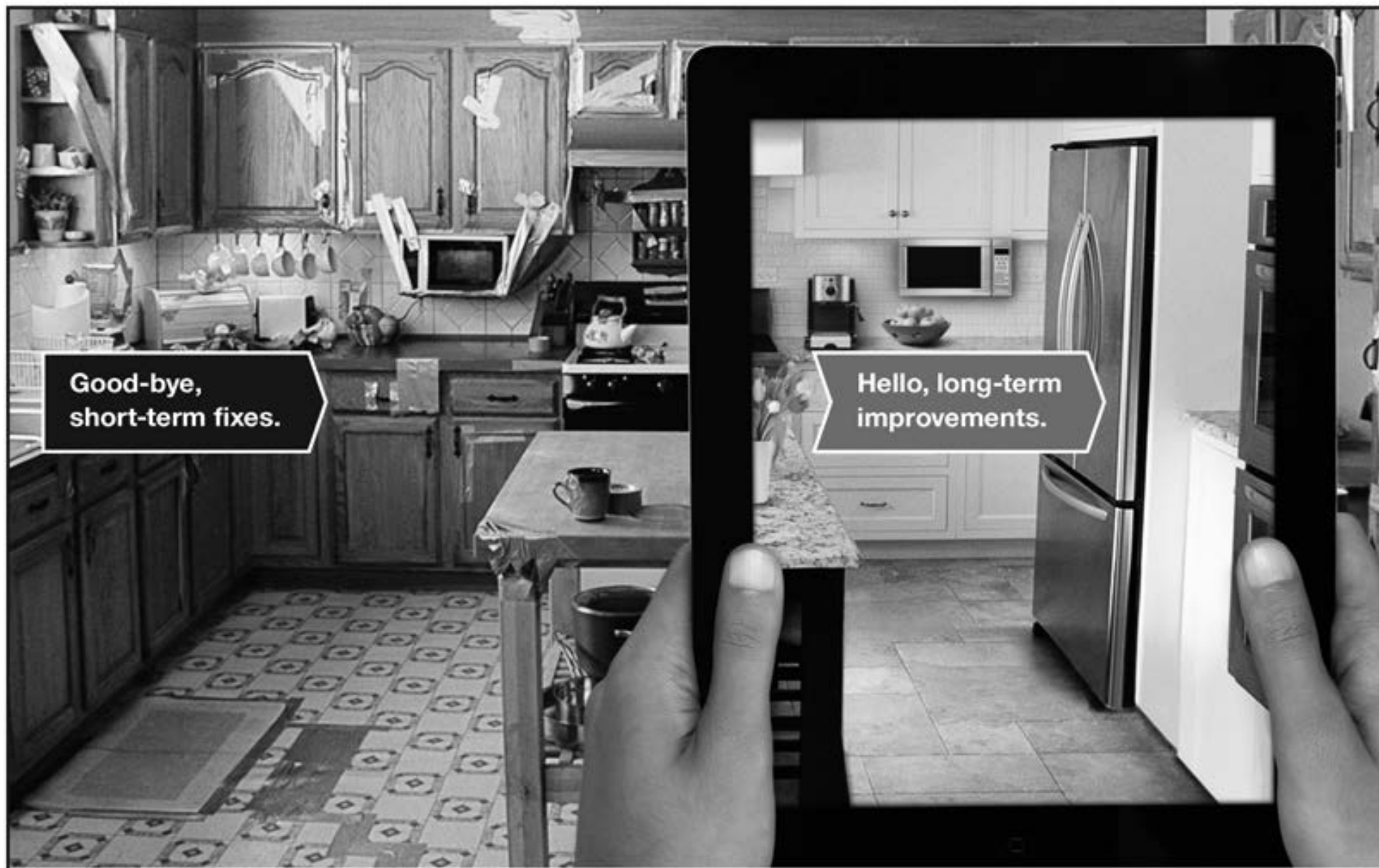
Cooking Matters tours will be available Fridays at 9 a.m. and will last throughout the day for every last Friday of the month.

"Our goal is to teach actionable steps to create long lasting healthy lifestyles, and to show that you don't have to spend a lot of money to eat healthy," Arias said.

For more information on the Cooking Matters program, visit CookingMatters29palms.eventbrite.com.



Marcie Garcia, tour participant, makes healthy choices during a Cooking Matters Tour at the commissary, Oct. 9.



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S, SL, SR OR SV

0% APR FINANCING
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PLUS \$500 NMAC CAPTIVE CASH**

153 AVAILABLE

*0% APR for 72 months = \$13.89 per month per \$1000 financed with \$0 down to well qualified buyers with approved above-average credit on select models. Must finance thru NMAC. **NMAC Cash available when financed thru NMAC and is subject to credit approval. No money down to qualified buyers thru NMAC.

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S, SR, SV OR S PLUS

0% APR FINANCING
60 MONTHS*

PLUS \$500 NMAC CAPTIVE CASH**

25 AVAILABLE

*0% APR for 60 months = \$16.67 per month per \$1000 financed with \$0 down to well qualified buyers with approved above-average credit on select models. Must finance thru NMAC. **NMAC Cash available when financed thru NMAC and is subject to credit approval. No money down to qualified buyers thru NMAC.

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