

September 18, 2015

www.29palms.marines.mil

## **Darkside' returns**



The 3rd Battalion, 4th Marines, 7th Marine Regiment Color Guard stands at parade rest during the battalion's reactivation ceremony at Lance Cpl. Torrey L. Gray Field, Thursday.

#### STORY BY LANCE CPL. LEVI SCHULTZ

Third Battalion, 4th Marines, 7th Marine Regiment, unfurled its battle colors during a reactivation ceremony held at Lance Cpl. Torrey L. Gray Field, Thursday.

Due to the increasing operational requirements around the world, Headquarters Marine Corps authorized the reactivation of 3/4 starting October 1, 2015.

"The reactivation of 3/4 offers the Marines, sailors, veterans and friends of the battalion an opportunity to celebrate the return of one of the Marine Corps' most deployed units in its history," said Maj. Jonathan Kenney, executive officer, 3/4.

'Darkside' most recently deactivated May 2014, to keep up with Marine Corps drawbacks; lowering force size ous times, participating in many key to approximately 175,000 Marines as battles and campaigns throughout directed by Congress. battalion validates that our nation needed with deployments to the needs a Marine Corps," said Lt. Col. Brian S. Middleton, commanding officer, 3/4. Division Commanding General, Maj. Gen. Daniel J. O'Donohue and Marines, and the Raider Battalion

Middleton spoke of the legacy of 3/4 before the unveiling of the battle colors.

"This field is named after Lance Cpl. Torrey Gray who was serving with 3/4 in Iraq when he gave his life in 2004," Middleton said. "I think it's appropriate that we hold this ceremony here."

Originally activated 90 years ago, Oct. 1, 1925, at Naval Base San Diego; the 'Thundering Third' has since served in many a clime and place across the globe.

"Over the 90 years the battalion has existed, it has been deactivated seven occasions only to be reawoken when the Marine Corps and the nation needed her the most," Middleton said.

Throughout WWII and the Vietnam War, 3/4 deployed numerboth wars. The unit has answered "The reactivation of an infantry the nation's call wherever they were Mediterranean, Southeast Asia and South America. "In the Marines of 3/4, we have During the ceremony, 1st Marine a legacy that goes back to [3rd Battalion, 5th Marine Regiment], 4th that goes back to 1925," O'Donohue said. "The most important thing we can do is transition that legacy and valor to the Marines; the intangible aspect of what it means to be a Marine."

The battalion deployed frequently in support of Operation Iraqi Freedom. The exploits of the 'Darkside' Marines included being the first Marine Corps element to cross into the city of Baghdad.

"Between 2003 and 2013, the battalion conducted seven combat deployments," Middleton said. "For 90 years, the Marine Corps called upon the Marines of Thundering Third and they have always answered that call. Those of us given the privilege of activating the battalion today understand the legacy that comes with it."

he Marines of 3/4 look forward to the future; prepared to carry on the legacy to be the most ready, when the nation is the least ready. "Whether one considers the battalion's experiences in China, the unparalleled challenges endured during WWII, the savage fighting in the jungles of Vietnam, or the

### Combat Center fights drought during Preparedness month

### STORY BY LANCE **CPL. MEDINA** AYALA-LO

Throughout the month of September, the Combat Center is participating in America's Prepare-A-Thon, a month-long presidential campaign. Each week focuses on a different topic in order to arm Combat Center residents with the information needed on how to better prepare for, respond to and recover from natural and man-made incidents. This week's topic is drought.

The state of California is currently experiencing a drought with no relief in sight. According to Chris Elliott, water resources manager, Natural Resources and Environmental Affairs, water is a precious commodity, especially to the Combat Center, which is why it's doing all it can to ensure this resource does not go to waste.

"The installation has developed a Water Conservation Task Force and is working to change water conservation behaviors," Elliott said "We're doing this in a couple of different ways. One is through public outreach and education, along with brochures to spread the word about the drought and get people thinking along the lines of conserving water day-to-day."

With the development of the Commanding General's Water Conservation Policy and the recently established task force, new methods of conserving water and educating Combat Center patrons aboard the installation have been developed. For instance, the installation is equipped with a waste

water treatment facility, which recycles most of the water from the installation's sanitary sewer system. The waste water is then cleaned, treated and stored as non-potable water, which is used to irrigate the Desert Winds Golf Course.

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"It is necessary for all of us aboard the base to be conscious about water conservation," said J. Luis Aguirre, installation emergency management spe-cialist, G-7 Mission Assurance. "Following the tips provided will help immensely when it comes to improving our current situation."

When preparing for or combating a drought it is important to:

Remain aware of the amount of water being used each day

Avoid flushing the toilet unnecessarily

• Don't leave water running for any reason • Water landscaping early in the morning or late in the evening when temperatures are cooler

'We're in the desert, so we should be doing water conservation better than anyone else," Elliott said. "The idea is to communicate to Marines and their families that in order to continue the mission, that water is critical. Without water or a water supply, the mission can't continue for the Combat Center."

Information booths will be set up at the main exchange every Friday at 10 a.m. for the remainder of this month. For additional information on how to take actions to conserve water during a drought, visit www. ready.marines.mil or contact the G-7 Mission Assurance branch at 830-1884.

See **3/4** Pg. A6

### **American Red Cross Launches New Digital Emergency Services Tool for Military Families**

#### AMERICAN RED CROSS

The American Red Cross is launching a new digital tool that gives military families the option to quickly communicate an emergency message from a computer, tablet or smartphone at redcross.org/HeroCareNetwork. This secure and free service will also let users track the progress of an emergency message from verification through delivery.

"On a consistent basis, more than 110,000 military families reach out to the American Red Cross for emergency assistance each year," said Koby J. Langley, senior vice president of Service to the Armed Forces, American Red Cross. That's approximately 300 military families per day. This new online tool, designed for today's military family, offers a better and more efficient way to serve our military community during their time of need."

A military member or a member of their family needing to initiate an emergency message can go to redcross. org/HeroCareNetwork or call 877-272-7337. After a message is started online, a highly-trained emergency communication specialist will begin the emergency verification process required to deliver it to the military member's command. During the verification process, the requester will receive status updates.

"It's important to remember that people can always speak to a Red Cross worker at anytime during the process," said Langley. "Regardless of how families initiate an emergency message, military members can depend on the Red Cross to relay urgent messages to service members serving anywhere in the world."

For more information regarding Red Cross Service to the Armed Forces visitredcross.org/military < http:// www.redcross.org/military>.

### **Marine Corps' Top Shot**

Every week, thousands of fans cast their votes for the best photograph posted on the Corps' Facebook page. This week's top shot comes from Sgt. Hector de Jesus.



A Marine with Company "G", 2nd Battalion, 1st Marine Regiment, provides suppression fire during a platoon attack mission during Realistic Urban Training Exercise at range 410 Alpha aboard the Combat Center, Sept. 1. RUTEX provides Marines and Sailors of the 13th Marine Expeditionary Unit an opportunity to perform and practice their duties while deployed in an urban environment.



Reprinted from the Observation Post September 29

## **Marine Night At Disneyland**

More than 12,000 Marines, base civilian employees, and their families from four West Coast Marine installations, including 29 Palms, are expected to turn out for the third annual Marine Night at Disneyland, Sept. 29 from 8 p.m. until 1 a.m.

The special priced tickets are \$3.95 per person. The charge includes admission and unlimited use of the many attractions and rides offered, except shooting galleries. Children under three will be admitted for free.

Base Special Services has 250 tickets for Marine Night on a first come, first served basis. Transportation to and from Disneyland will be provided for all personnel purchasing the tickets. No tickets will be on sale at Disneyland.

Marines using their own vehicles will find ample parking space at the Disneyland parking lot. There will be a 25 cent parking charge for privately owned cars.

The evening at Disneyland promises to be a grand one. Along with the regular attraction of Mainstreet USA, Adventureland, Frontierland, Fantasyland, It's A Small World, Primeval World, and New Orleans Square, there are new attractions designed to give entertainment, enjoyment

and knowledge to both young and old alike.

Several new attractions have been added since last year's Marine Night. Included in the new events are the Pirates of the Caribbean and the all-new Tomorrowland.

Five special Dixieland bands will highlight the evening's entertainment schedule.

For further information regarding transportation or tickets contact Base Special Services in Building 1510 or call ext. 859.

Navy Night at Disneyland, for West Coast Navy personnel, has been scheduled for Saturday, Oct. 28.

### CROSSWORD

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6	Pie-cooling spot	14			
10	At the high point of	17			
14	Entertainer Shore				
15	Family structure?	20			
16	Bit of ice				
17	Jokes for jocks				
20	Unit in history class	25	26	27	
21	Peachy				
22	Kickoff	32			
23	Go ballistic	35			I
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40	Climb up on the soapbox	59			
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42	Salon hue				
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Last week's answers

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46 Focus of a hospital center

45 Urban region

- 49 High rated sauce, for a steak
- 50 It has springs
- 53 Loads of fun
- 56 Very devoted
- 57 Actress Perlman
- 58 Royal wedding wear
- 59 Chianti and Merlot
- 60 Pained expressions?
- 61 Band on a barber's chair
- New Look pioneer
   Native Andean
   Sturdy tree
   "My Sharona" band
   Throat bug
- 7 Curtain material?
- 8 \_\_\_\_ the lion
- 9 Popular throat soother
- **10** Keenly perceptive
- **11** Big name in antacid
- 12 Instrument among the reeds
- 13 Snippety
- 18 Gather the yearly yield

- 24 Conifer with a New Zealand name
- 25 Sew for now

nephew

23 Artist's wear

- 26 Security article
- 27 Revealing beachwear
- 28 Big cheese processor29 Not built to last
- **30** Ventricle outlet
- 31 Badger
- Dauger
- 33 Your of yore
- 34 Alley wanderer
- 36 It's dead, some say
- 37 What's inside

44 Part of Miss Muffet's meal

\_-Japanese

the Bible, e.g.

- 45 Deep sleep states
- 46 Lift in Aspen

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- 47 Gig for a deejay
- 48 Needing irrigation
- 49 Not many at all
- 50 Prepare tuna
- **51** Firebug, for short
- 52 Pronto, briefly
- 54 Shout of surprise
- 55 Set of parts



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

### **Observation Post**

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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

## Meagan Defense clerk, Headquarters Battalion, Age 20 SHIHAB

Lance Cpl. Meagan Shihab, defense clerk, Defense Services Organization, Headquarters Battalion, has wanted to be a Marine since she was young. Inspired by her mother, who served eight years in the Marine Corps, she ran more than three 3,000 miles while in the delayed entry program to prepare for recruit training.

>I grew up in Victorville, Calif. It was a nice place to grow up. My mother was a Marine so all I really knew was the Marine Corps and by the time I was 17 I was on my way to boot camp.

**>Having a United States Marine** in your life is definitely motivating and it was one of the biggest factors influencing me to join. She did really well in the Marine Corps and served eight years until she got out as a sergeant.

>In my two years of being in the Marine Corps, I've definitely come to appreciate the rigidity and structure. I'm a 'work hard, play hard type' of person and the constant productive cycle my life is in is what makes me happy.
>At first, I had interest in Marine Biology but I realized that wasn't as financially stable of a career as the military.

>Living in California and growing up here you spend a lot of the time at the beach. I was always fascinated by the life inside of it.

>I used to have a paralyzing fear of sharks but through my research of Marine Biology I actually learned enough about them to not be afraid of them.

>I always loved going to Sea World and seeing all the different creatures. The composition of their bodies and the way they adapt to such harsh environments is thrilling. There is no limit to what Mother Nature can create. You see that on land but in the water it's even more incredible.

>With the human body, we are one of the only creatures who can survive in the ocean and on land. There is no reason you can't push your body to both of those limits.

**>When I went** into the recruiting office I was 40 pounds over the weight requirement.



I started a workout program where I would physically train twice every day. I ran over 3,000 miles in the six months I was in the delayed entry program.

>I had a particular interest in body building before the Marine Corps until I injured my shoulder. The end goal is getting back into competition shape and I train for muscle strength not necessarily the look. find in books.

>When I was six years old, my mother took me in for singing lessons. I continued with that for the next 10 years off and on. Singing was something that came naturally to me, unlike sports.

>I've always wondered where singing and music came from. What makes music pleasing, comforting or saddening to people is



**>Seeing my own** body and the way I could push it drove me to see how far I could go. I'm not naturally an athlete so fighting my way into athleticism has been a challenge I've enjoyed.

**>I really enjoy reading** fantasy and science fiction books. Some of my favorite series include the Lord of the Rings and the Inheritance series.

>When I was young, my mother was really into reading books and that got passed down to me. Reading a book is like watching television in your head. There's no limit to what you can create in your imagination and there is no limit to the amount of knowledge you can really intriguing to me.

>I'm looking to become a Marine security guard or a drill instructor during my Marine Corps career. As a drill instructor, I would like to help recruits form bonds and bring a platoon together.

>I'll get out of the Marine Corps when they kick me out. The Marine Corps is what I want to do and while being a civilian has its benefits, I don't think I will ever stop wanting to be the kind of Marine that I am now. You wake up early, work hard, put on the uniform and wear it with pride. I can't see myself living life as zealously as a civilian and would lose the passion that I have now.





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## Marine Week Phoenix

STORY BY PFC. DEVAN GOWANS

Hundreds of students, veterans, and community and service members came together for the 12th Annual Healing Field tribute event at Beach Park to memorialize the victims of 9/11 in Tempe, Ariz., Sept. 11, during Marine Week Phoenix.

The Healing Field is an annual gathering held by the Tempe Exchange Club to honor and sustain the memory of those who lost their lives by posting American flags in a grid formation throughout the park. Yellow ribbons are fixed onto the flagpole, representing first responders who perished, along with a brief biography of each 9/11 victim.

"It's very gratifying to see the number of people in attendance here today," said Michael Whitaker, the Exchange Club chairman, and the man responsible for starting the Healing Field ceremony 12 years sgo.

Marines in town for Marine Week Phoenix, along with other service members, were also in attendance at the park.

Staff Sergeant Brandon Smart, a participant from Marine Corps Base Camp Pendleton, was exceedingly moved by the event setup and ceremony, he hopes that his Marines have something meaningful to gain from the remembrance.

"9/11 is near and dear to all of our hearts because we lost so many great Americans, and for many of us, it's the reason we decided to enlist," said Smart. "I hope my Marines realize the great opportunities that the Marine Corps offers, to allow them to not only establish us as warriors, but brothers and sisters. We're Americans and we want to be able to associate as humans, not just be the face to a war."

Affiliates of the Exchange Club were thrilled to see the Marines present in the Valley of the Sun in concurrence with Sept. 11 observances.

"This is the biggest turnout we've had for this event and we're happy that we are able to share it with the Marines, who are also out here, able to stand beside fellow first responders for 9/11," said Mark Poisson, project chair and head of the local organizing committee.

The ceremony held at 5:46 a.m. represented the time the first plane struck the tower. Following the ceremony, members of the community joined together for a concert and candlelight vigil held on the evening of Sept. 11, 2015 to honor the memory of those who have perished.

Master Gunnery Sgt. Stonny B. Hammond, operations chief, **1st Maintenance** Battalion, listens to the roll call during a 9/11 remembrance ceremony at the Healing Field in Tempe Town Lake, Ariz., Sept. 11, during Marine Week Phoenix. Marine Week Phoenix is a chance for residents of the greater Phoenix area to connect with Marines, sailors, veterans and their families from different generations.





Marines with Special Purpose Marine Air Ground Task Force - Phoenix, stand at parade rest during a 9/11 remembrance ceremony at the Healing Field in Tempe Town Lake, Ariz., Sept. 11, during Marine Week Phoenix. Marine Week Phoenix is a chance for residents of the greater Phoenix area to connect with Marines, sailors, veterans and their families from different generations.





PFC. DEVAN GOWANS

### TOUGH MINDED OPTIMISM by Lou Gerhardt



I want to re-introduce to you Tom Redinger who faithfully delivers us our Los Angeles Times 365 days a year without ever slipping up on the job. We not only get our newspaper early every morning but Tom always drops it right at my garage door so that when I open the door it is right at my feet. This requires care and effort on Tom's part because our house is quite a ways up our driveway from the street.

I have talked to Tom several times since he started delivering our Los Angeles Times. He is a truly dedicated servant of his customers. He delivers all over Twentynine Palms and he also distributes the Wall Street Journal, the New York Times, the Desert Sun, the San Bernardino Sun, USA Today and the Bloomberg Businessweek.

Tom is accompanied every morning by his loyal dog Shebah. She has been his beloved companion for the past 12 years. Tom is my kind of guy. He is a hard working, tough minded optimist.

Some words of Martin Luther King, Jr. come to mind:

"If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, 'Here lived a great street sweeper who did his job well.'"



#### PFC. DEVAN GOWANS

Marines with Special Purpose Marine Air Ground Task Force - Phoenix, stand at parade rest during a 9/11 remembrance ceremony at the Healing Field in Tempe Town Lake, Ariz., Sept. 11, during Marine Week Phoenix. Marine Week Phoenix is a chance for residents of the greater Phoenix area to connect with Marines, sailors, veterans and their families from different generations.



Bill Marshall, firefighter, listens to the roll call during a 9/11 remembrance ceremony at the Healing Field in Tempe Town Lake, Ariz., Sept. 11, during Marine Week Phoenix. Marine Week Phoenix is a chance for residents of the greater Phoenix area to connect with Marines, sailors, veterans and their families from different generations.



## honors September 11



LANCE CPL. SAMANTHA DRAUGHON

A U.S. Marine with Marine Band San Diego plays taps during a 9/11 Memorial Service at the National Memorial Cemetery of Arizona, Phoenix, Sept. 11. Marine Week Phoenix celebrates the contributions of local Marines whose service to our nation has protected and preserved our way of life for hundreds of years.



U.S. Marines salute during the 9/11 Memorial Service at the National Memorial Cemetery of Arizona, Phoenix, Sept. 11. Marine Week Phoenix celebrates the contributions of local Marines whose service to our nation has protected and preserved our way of life for hundreds of years.



LANCE CPL. SAMANTHA DRAUGHON

U.S. Marines with Marine Corps Recruit Depot, San Diego, color guard present colors during a 9/11 Memorial Service at the National Memorial Cemetery of Arizona, Phoenix, Sept. 11. Marine Week Phoenix celebrates the contributions of local Marines whose service to our nation has protected and preserved our way of life for hundreds of years.



U.S. Marines stand in a formation during a 9/11 Memorial Service at the National Memorial Cemetery of Arizona, Phoenix, Sept. 11. Marine Week Phoenix celebrates the contributions of local Marines whose service to our nation has protected and preserved our way of life for hundreds of years.

LANCE CPL. SAMANTHA DRAUGHON

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Members of the 1st Marine Division Association observe the reactivation ceremony for 3rd Battalion, 4th Marines, 7th Marine Regiment, at Lance Cpl. Torrey L. Gray Field, Thursday.



The battle colors for 3rd Battalion, 4th Marines, 7th Marine Regiment are unfurled during a reactivation ceremony at Lance Cpl. Torrey L. Gray Field, Thursday.



Lt. Col. Brian S. Middleton, commanding officer, 3rd Battalion, 4th Marines, 7th Marine Regiment, talks about the future of the battalion during its reactivation ceremony at Lance Cpl. Torrey L. Gray Field, Thursday.

### 3/4 From pg. A1

iconic downing of the Saddam Hussein statue in Baghdad's Firdos Square, members of 3/4 always performed beyond expectations," Kenney said. "As a result, we are grateful for this opportunity to return 'Darkside' to its warfighting form and aim to continue the battalion's storied legacy. Just like the Marines and sailors that preceded us, we will remain ready to answer our nation's call whenever and wherever that occurs."





### MCAGCC **Facebook** page

http://www.facebook.com/thecombatcenter

## Theatre 29!

## **2016 SEASON ANNOUNCEMENT**

### & Tri-Chamber Mixer

- Hosted by the Yucca Valley, Joshua Tree, and 29 Palms Chambers of Commerce -

### Wednesday, September 23, 2015 5:00 pm - 7:00 pm At the Joshua Tree Retreat Center

The special Tri-Chamber mixer event will feature the announcement of the 2016 Theatre 29 season of live theater, special Holiday, amd youth theater offerings.

Business people and individuals from the three primary communities of the Morongo Basin will have a rare chance to get together and discuss business growth and mutual cooperation. Each of the chambers will give a brief presentation on their economic development activities and upcoming events and activities. The Tri-Chamber event will be a unique opportunity to forge valuable business relationships for the entire region.

Soft Drinks and Water will be available and a large selection of deli delights will be served to those in attendance by Theatre 29 volunteers.



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### 1/6 Marines elevate readiness during MTX 5–15 PHOTOS BY LANCE CPL. CONNOR HANCOCK



Marines with 1st Battalion, 6th Marine Regiment, climb a rock face at Levit Training Area, during Mountain Training Exercise 5-15, aboard Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Sept. 9.



Pfc. Shawn Blaine, rifleman, 1st Battalion, 6th Marine Regiment, provides security during cliff assault training, as part of Mountain Training Exercise 5-15, at Levit Training Area, aboard Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Sept. 9.





Cpl. Issac Hampton, rifleman, 1st Battalion, 6th Marine Regiment, climbs a rock face during cliff assault training, as part of Mountain Training Exercise 5-15, at Levit Training Area, aboard Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Sept. 9.



Marines from Company C., 1st Battalion, 6th Marine Regiment, rappel down a rock face at Sardine Creek, during Mountain Training Exercise 5-15, aboard Marine Corps Mountain Warfare Training Center, Bridgeport, Calif., Sept. 9.

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Staff Sgt. Raphael Palisoc, instructor, Marine Corps Mountain Warfare Training Center Training Unit, observes Staff Sgt. Michael Gallucci, platoon sergeant, 1st Battalion, 6th Marine Regiment, attach his platoon's packs to a pulley system during Mountain Training Exercise 5-15, at Levit Training Area, aboard MCMWTC, Bridgeport, Calif., Sept. 9.



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## **MCAGCC** chefs bring the heat



Lance Cpl. Marco Perry, food service specialist, 1st Tank Battalion, serves his dishes to Combat Center Marines and sailors during the Chef of the Quarter Competition at Phelps Mess Hall, Wednesday. Marines and sailors voted for the team with the highest quality dishes.



Petty Officer 2nd Class, Stephen Fuqua, culinary specialist, Robert E. Bush Naval Hospital, takes a test on proper culinary safety procedures during the Chef of the Quarter Competition aboard the Combat Center, Tuesday.



Navy Capt. John A. Lamberton, commanding officer, Robert E. Bush Naval Hospital, congratulates Petty Officer 2nd Class, Stephen Fuqua, culinary specialist, naval hospital, on Fuqua's second place finish in the Chef of the Quarter Competition at Phelps Mess Hall, Wednesday. Lamberton; Col. Jay D. Wiley, assistant chief of staff, G-4 Installations and Logistics; and Lt. Col. Chris M. Messineo, director logistics division, Headquarters Battalion, attended the event as guest judges.



### STORY AND PHOTOS BY LANCE CPL. LEVI SCHULTZ

Combat Center Marine Corps, Navy and civilian chefs turned up the heat as they competed in the Chef of the Quarter competition at Phelps Mess Hall, Tuesday and Wednesday. The chefs went toe-to-toe in culinary knowledge and skills during a written test and timed cook-off during the Sodexo government services-sponsored event.

"Chef of the Quarter is a competition where we get all the chefs from the three dining facilities on base together to compete and show off their cooking skills," said Maria Gugliotti, general manager, Littleton Mess Hall. "We designed the competition to be similar to [The Food Network's] 'Chopped' and 'Iron Chef.' The purpose is to compete and also to provide the chefs with an opportunity to put a little bit of flare into their cooking."

Four teams of two chefs started the competition with a written test and trivia, Sept. 15. During this first phase, the groups were assessed on their knowledge of physical safety and the technical aspects of cooking. Only the top three teams advanced to the second day to compete in the cook-off.

"A majority of the foods we cook are from scratch," said competing chef, Lance Cpl. Marco Perry, food service specialist, 1st Tank Battalion. "One of the biggest focuses in food services is ensuring the food is cooked properly and ensuring it is prepared as sanitary as possible."

With the three teams selected, the competitors moved on to the second day of the competition; a timed cook-off event. Given pre-determined ingredients and approximately four hours, the chefs were required to plan a meal and come up with their own menus.

"On day two, the chefs get a mystery basket," Gugliotti said. "They have certain items they have to incorporate into their meal. The chefs have to know what they're doing in the kitchen to keep within the time limit."

Required ingredients varied between the three teams. Some of the ingredients such as sauerkraut, apple cider vinegar, bananas and asparagus required the teams to think in innovative ways.

"The hardest part is making on the spot adjustments to incorporate the foods we're given into our menus," Perry said. "It is forcing you to be creative. When you work with ingredients you are unsure of, it allows you to learn more about the ingredients and how to use them."

Last quarter's winners served as judges, scoring contenders on their physical and food safety in the kitchen as well as presentation and quality of their dishes.

"The primary factor is cleanliness and organization," said Manuel Ramirez, Dunham Mess Hall chef, Sodexo government services. "When the chefs are organized, they show they know what they are doing in the kitchen."

Col. Jay D. Wiley, assistant chief of staff, G-4 Installations and Logistics; Navy Capt. John A. Lamberton, commanding officer, Robert E. Bush Naval Hospital; and Lt. Col. Chris M. Messineo, director logistics division, Headquarters Battalion, participated in the event as guest judges. Once the food was tasted, the judges announced their decision; first place was awarded to Antwone Wilson Sr. and Jennifer Marotta, chefs, Sodexo government services. According to Wilson, their banana bread, made from scratch, caught the eyes of the judges. "Every quarter, the chefs produce a lot of amazing recipes and techniques," Gugliotti said. "It provides chefs an opportunity to be creative and try out a new style or dish. These guys are already working in the mess halls and it enables them to discover their capabilities."

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# Marine Corps tests grit in HIIT championship



### STORY AND PHOTOS BY LANCE CPL. THOMAS MUDD

The first High Intensity Tactical Training Ultimate Tactical Athlete Championship was held aboard the Combat Center, Tuesday through Thursday.

The event brought together Marines from installations around the Corps to compete in a series of exercises which tested each competitor on their tactical and physical proficiency. "The Ultimate Athlete Championship is a culmination of 34 active duty Marines from around the Marine Corps," said Ryan Massimo, combat fitness specialist, Semper Fit Branch, Marine and Family Programs Division, Headquarters Marine Corps. "Members from each installation competed to participate in this final event. We [chose to hold the final competition at] the Combat Center because we wanted to come to a place that emulated what the Marine Corps is about and that is combat."

The Marines were chosen through HITT competitions at their respective installations utilizing a series of exercises to test their athletic performance such as kettle bell swings, tire flips, 300-yard shuttles and sand bag carries. Male and female Marines from each participating installation were chosen to compete in the event. "We trained to be able to compete in this event," said Sgt. Veronica Lewis, administrative specialist, Air Control Training Squadron based out of the Combat Center. "Now we get to show how far we can go and compare ourselves with Marines from other bases." The different competitions were held at the West Gym, the East Gym and Del Valle Field. Each event incorporated the HITT fundamentals as well as the Indoor Simulated Marksmanship Trainer, training grenades, sandbags and bricks.

"All the challenges are designed to push Marines in athletic and mental ways. Each event strains an individual in different ways," Massimo said. "In one event we have the participants conducting strength exercises like weight lifting, then they conduct an agility event." Although they all strived to be the best competitors, Marines from the different installations cheered each other on despite their rivalries. transportation operator, Combat Logistics Battalion 7, based out of the Combat Center. "We all want to win, but we want to see our fellow Marines succeed and overcome the challenge too."

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On the final day the points from each competitor were tallied up and the male and female winners were announced. Taking first place for the males was Cpl.

"The best part of this whole competition is all the camaraderie between all of us," said Lance Cpl. Jose Ramos, motor Joshua Boozer, ammunition technician, 1st Tank Battalion from the Combat Center and Staff Sgt. Lauren Shoener, criminal investigator, Headquarters and Services based out of Marine Corps Air Station Yuma, Ariz., took first place for the females.

Holding first place belts, Boozer and Shoener were the winners solidifying them as the most fit HITT competitors amongst their peers.



Sgt. Christian Lopez-Silva, avionics collateral duty inspector, Marine Attack Squadron 214, based out of Marine Corps Air Station Yuma, Ariz., lifts a 90-pound brick during the High Intensity Tactical Training Ultimate Tactical Championship at Del Valle Field, Tuesday. The HITT program focuses on developing and maintaining a Marine's physical resiliency and combat readiness.



Lance Cpl. Jose Ramos, motor transportation operator, Combat Logistics Battalion 7 based out of the Combat Center, carries an ammo crate during an uphill run in the High Intensity Tactical Training Ultimate Tactical Championship at the East Gym, Tuesday. The course was approximately 400 yards long and Marines ran back down the course with a weighted vest, an ammo can and a simulated M4 service rifle.



Lance Cpl. Jocelyn Quartersstyles, administrative specialist, Air Control Training Squadron, based out of the Combat Center, throws a training grenade during an uphill run in the High Intensity Tactical Training Ultimate Tactical Championship at the East Gym, Tuesday. Marines had to carry an ammo crate, a tire, weighted backpack and a weight training dummy uphill before throwing three training grenades.



Sgt. Danysette Olmo, drill instructor, Marine Corps Recruit Depot Paris Island, S.C., lifts a 70-pound kettle bell during the High Intensity Tactical Training Ultimate Tactical Championship at Del Valle Field, Tuesday. The championship started Tuesday and ended Thursday.



### Combat Center Events

Looking to provide support for our troops? Head to building 1433 for a Caregiver Peer-to-Peer Support Forum. You can meet new people and support wounded, ill or injured service members. The next forum will take place September 15 from 9 to 10:30 a.m. For more information, contact Teri Templeton at 909-963-8776.

Come out to the annual Fire Prevention Chili Luncheon in building 1516, October 7 from 10 a.m. to 2 p.m. The luncheon will be held in conjunction with fire prevention week and will feature a bouncy house, a static display and a blood donation truck. Tickets are two dollars and all proceeds will be donated to charity. To purchase tickets, contact DeAnne Russel at 760-830-5239, Mark Aid at 760-830-6984, or Wes Collins at 760-830-6983.

Tickets for the Retiree USMC Ball Dinner are now on sale. The dinner will be held on November 7th at the Frontline Restaurant. Tickets are limited to the first 130 retirees and guests and can be purchased for \$38 each from the committee members: Jeff Matthews, committee chair; Colonel Phil Cisneros; Gary Stump; Andy Anderson; Phil Garcia; Betty Laferriere or Elaine Bowden. For additional information or tickets please call: Jeff Matthews at 760-830-1915 or Elaine Bowden at 760-367-6187.

Are you a Marine or sailor looking to get into law enforcement? Stop by the Provost Marshal's Office anytime to apply for the Auxiliary Reserve Program. You'll be given the opportunity to serve the community while getting trained in practical applications, including live-fire drills. Walk-ins are welcome. For more information, contact the operations officer at 760-830-6095.

Come check out Sandy Hill Lanes Bowling Center to join a Fall and Winter Bowling League. Compete in doubles and teams of four in either youth or adult leagues with an opportunity to qualify for United States Bowling Congress tournaments. Bowlers will have the opportunity to interact with a coach through instruction. To register or learn more, contact MCCS at 760-830-6422.

### Sunset Cinema

Friday, September 18 6:00 p.m.- Sinister 2, R 8:30 p.m.- Hitman: Agent 47, R Saturday, September 19 12:30 p.m.- Shaun The Sheep Movie, PG 2:30 p.m.- Mission: Impossible-Rouge Nation, PG-13 5:30 p.m.- Straight Outta Compton, R



**Bad Trip** 

### Owen Wilson and fam run into trouble on other side of the world

NEIL POND

"No Escape" Starring Owen Wilson, Lake Bell and **Pierce Brosnan** Directed by John Erick Dowdle Rated R

Less than 24 hours after relocating to take a new job in Southeast Asia, an American businessman and his family find themselves in

the country in which the (fictional) No Escape takes place is never named—likely because the filmmakers hope no specific part of the world (like Thailand) takes it personally. The rioting "natives" are a nameless, voiceless, mostly faceless horde of marauding Asians, but they might as well be zombiesor mutants, demons or even the Devil himself. Brosnan, who keeps the middle of a violent Director John Erick showing up at just the Dowdle, working from a script co-written with his collaborator/brother Drew, keeps pulses pounding with some of the same pulpy shocks and lurid sights he used in the schlock-horror flicks Quarantine (2008), Devil (2010) and So Below (2014). Dowdle knows what makes an audience jump, jolt and squirm like with a sequence in which Jack has to get his family, and himself, from one high rooftop onto another. But other parts of the movie are a mess: the editing is a jumble; action scenes downshift into slurry, blurry slow-mo for no good reason; in one scene, daylight abruptly turns into full nighttime; in another, it's dry one second and pouring rain the next.

Bodies pile up, buildings are bombed into rubble, Americans are slaughtered in the streets. The title tells us there's "no escape," and for much of the movie, it sure looks that way. (The movie was originally titled The Coup, but test audiences apparently found that "foreign" phrase unappealing.) Thank goodness for Pierce right time as a British expatriate who knows his way around town, and then some. His character also provides a mini-lesson in the politics, multinational colonialism and economics that have caused the roiling ruckus-and the mob's seething hatred of Americans. Wilson is best known for playing doofuses, and it's interesting to see him in an out-ofhis-element "everyman" role with more grit than goof-ery. Bell, currently starring in the Netflix comedy series Wet Hot American Summer, isn't given much to do other than react to the horrific scenario. Dowdle amps up the tension, in scene after scene, of the terror of a white man, his wife and

their two young daughters under the constant threat of being beaten, raped or killed by an allmale horde of "fourthworld" monsters. You may wince at its lessthan-noble notions of race and cultural relations, but you can't say that No Escape isn't well timed. With a leading U.S. presidential contender campaigning to put up a wall to keep immigrant "rapists" and "killers" at bay, it seems safe to say a good number of people won't have much trouble relating to Jack Dwyer's desperation to shield his wife and kids from people on the "other side" of the world practically salivating to make them suffer and bleed. At one point, character Brosnan's notes the situation's blurred moral boundary lines-which give clarity to their situation. "There's no good or bad here," he says. "There's just getting you and your family the hell out." Once a lot of viewers get out of the muddled, nightmarish obstacle course that is No Escape, they might just see clearly enough to vow to never venture off the green, green grass of home ever again.

8:30 p.m.- Sinister 2, R

Sunday, September 20

**Receive** this

12:30 p.m.- Fantastic Four, PG-13 3:00 p.m.- The Man from U.N.C.L.E, PG-13 5:30 p.m.- Hitman: Agent 47, R 8:00 p.m.- Sinister 2, R Monday, September 21 7:00 p.m.- The Gift, R **Tuesday, September 22** 7:00 p.m.- Ricki and the Flash, PG-13 Wednesday, September 23 7:00 p.m.- Fantastic Four, PG-13 Thursday, September 24 5:00 p.m.- Shaun The Sheep Movie, PG 7:00 p.m.- Vacation, R Friday, September 25 6:00 p.m.- War Room, PG 9:00 p.m.- American Ultra, R

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political revolt.

That's really all there is to No Escape, but it's enough to fill 103 minutes with a surge of raw, primal-survival adrenaline as Jack Dwyer (Owen Wilson), his wife (Lake Bell) and their two young daughters (Sterling Jerins Claire and Geare) make a lifeof-death dash along a terrifying gauntlet of madness, murder and mayhem.

The movie was filmed in Thailand, but





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### **Leatherneck Tour** comes to Combat Center



Sat. Steven Vinson, supply chief, 1st Tank Battalion, takes a photo with Comedian Shayma Tash, after winning a gift certificate to the Base Exchange during the Leatherneck IV Music and Comedy Tour at Del Valle Field, Sept. 12. Other prizes that were available during the event where Vizio T.V.'s, a XBox One, and a pair

dio-grade headphones and a gift certificate to the Main Exchange.

"This is a great event," said Sgt. Steven Vinson, supply chief, 1st Tank Battalion. "We don't get the opportunity to do anything like this regularly so, seeing so many Marines out here is great."

After the performances the Marines, sailors and their families had the opportunity to take pictures with the performers.

"It's great to be able to come out and put on a show for the Marines and sailors out here," Tash said. "I'm glad we were able to [entertain the Marines]."

The tour is an annual event that has been hosted for four years. Each year different performers participate in the event.

"We have gone to several different bases during this tour," Fiasco said. "This is the biggest turnout we have had for any of them."

According to Laserna, SMP and MCCS try to improve camaraderie of Combat Center patrons through special events and tours like this one.





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