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3rd CEB deploys to Afghanistan

Cpl. William J. Jackson
Combat Correspondent

Marines and sailors with Support Company, 3rd Combat Engineer Battalion, staged their sea bags while family and loved ones took in every minute they had left with their service member before the buses arrived in the late hours of March 28.

The company deployed to Afghanistan in support of Operation Enduring Freedom and will be replacing 2nd CEB, based out of Marine Corps Base Camp Lejeune, N.C.

"Our primary mission is providing direct combat engineer support to the ground combat element, which in this case is going to be Regimental Combat Team 7," said Lt. Col. Brian



CPL. WILLIAM J. JACKSON

Warrant Officer Maseo Flores, motor transport maintenance officer, Support Company, 3rd Combat Engineer Battalion, says goodbye to his son, Devin, 2, March 30.

Dwyer, battalion commander, 3rd CEB. "The direct combat engineer support is going to be in support of the transition of authority from the U.S. forces and the (International Security Assistance Force) over to the Afghan National Security Forces and the facilitation of them going and assuming control and transitioning their authority into the control of the Afghan folks."

Dwyer spoke to the company and gave his support to the families and loved ones who are staying back and supporting from home.

"If the Marines know that we are taking care of their families back here and that our remain behind element and family readiness program take care of them, the Marines can focus on what they are supposed to do," Dwyer said. "The first thing is my confidence in (the Marines') abilities to go forth and do their mission as combat engineers. The other one is that they and their families understand that the Marines are as best prepared that they can be, and their families are also a significant part of my focus. The care and welfare for their families, while they are deployed, is absolutely important to me."

It's vital that families come support their Marines and sailors, said Erika Capistran, family readiness officer, 3rd CEB.

"It's important. You can see it in their eyes, they light up when they see their parents. It's absolutely important. This is a family; we're a family from the top all the way down. This is the hardest part of my job. It's a difficult time."

The busses came and Support Co. loaded their belongings

See **DEPLOYS** page A2

PRESIDENTIAL PROCLAMATION

Sexual Assault Awareness Month

In the last 20 years, our Nation has made meaningful progress towards addressing sexual assault. Where victims were once left without recourse, laws have opened a path to safety and justice; where a culture of fear once kept violence hidden, survivors are more empowered to speak out and get help. But even today, too many women, men, and children suffer alone or in silence, burdened by shame or unsure anyone will listen. This month, we recommit to changing that tragic reality by stopping sexual assault before it starts and ensuring victims get the support they need.

Sexual violence is an affront to human dignity and a crime no matter where it occurs. While rape and sexual assault affect all communities, those at the greatest risk are children, teens, and young women. Nearly one in five women will be a victim of sexual assault during college. For some groups, the rates of violence are even higher – Native American women are more than twice as likely to experience sexual assault as the general population. Moreover, we know rape and sexual assault are consistently underreported, and that the physical and emotional trauma they leave behind can last for years.

With Vice President Joe Biden's leadership, we have made preventing sexual violence and supporting survivors a top priority. Earlier this month, I was proud to

sign the Violence Against Women Reauthorization Act, which renews and strengthens the law that first made it possible for our country to address sexual assault in a comprehensive way. The Act preserves critical services like rape crisis centers, upholds protections for immigrant victims, gives State and tribal law enforcement better tools to investigate cases of rape, and breaks down barriers that keep lesbian, gay, bisexual, and transgender victims from getting help. It also expands funding for assault nurse examiner programs and sexual assault response teams, helping States deliver justice for survivors and hold offenders accountable.

Just as we keep fighting sexual assault in our neighborhoods, we must also recommit to ending it in our military – because no one serving our country should be at risk of assault by a fellow service member.

Just as we keep fighting sexual assault in our neighborhoods, we must also recommit to ending it in our military – because no one serving our country should be at risk of assault by a fellow service member.

offenders must face the consequences of their actions. Members of our Armed Forces and their families can learn more about the resources available to them at 1-877-995-5247 and <http://www.SafeHelpline.org>.

All Americans can play a role in changing the culture that enables sexual violence. Each of us can take action by lifting up survivors we know and breaking the silence surrounding rape and sexual assault. To get involved, visit www.WhiteHouse.gov/1is2many.

Together, our Nation is moving forward in the fight against sexual assault. This month, let us keep working to prevent violence in every corner of America, and let us rededicate ourselves to giving survivors the bright future they deserve.

Now, therefore, I, Barack Obama President of the United States of America, by virtue of authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 2013 as National Sexual Assault Awareness and Prevention Month. I urge all Americans to support survivors of sexual assault and work together to prevent these crimes in their communities.

In witness whereof, I have hereunto set my hand this twenty-ninth day of March, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA
President of the United States

Corps teaches UVAs, SARCs to help victims

Lance Cpl. Lauren A. Kurkimilis
Combat Correspondent

In the military, sexual assault response coordinators, uniformed victim advocates and victim advocates are the first line of defense for individuals who become victims of sexual assault. They are trained to provide all the necessary resources to victims after an assault occurs, with care and consideration. The training they receive to become SARCs, UVAs and VAs is administered by the National Organization for Victim Assistance, which is accredited and approved by the Department of Defense.

"SARCs must have a certain amount of experience in the field before they can even apply for the job," said Jennifer Husung, the Combat Center's

See **SARC** page A6

Steps to take for PCSing personal property

Cpl. William J. Jackson
Combat Correspondent

Editors Note: This is the final article of a three-part series on permanent changes of station. The series focuses on complicated issues when moving from station to station.

The summer peak season for the Combat Center's Distribution Management Office is the busiest of the year. More than 2,500 orders were processed during the summer months in fiscal year 2012.

To get started, Marines and sailors should login to <http://www.move.mil> and create a Defense Personal Property System account, which is an internet-based system to manage shipping Department

of Defense household goods and personal property, said Kern Garr, distribution management specialist, DMO. "From that point on DMO just needs to see orders and a signed DPS registration sheet."

Garr also says owners can email copies of orders and the DPS registration sheet to DMO and not have to step foot inside the facilities to.

After setting up flexible packing, pickup and delivery dates, a transportation service provider will contact the traveler to pack and ship their belongings to its final destination. Kern suggests allowing an additional few days between requested and actual pickup dates in order to vacate housing, travel and carry out other PCS-

See **PCS** page A6



Marine Corps launches new fitness website

Cpl. Ali Azimi
Combat Correspondent

available through these simple to maneuver tabs.

The new Marine Corps fitness website, <http://fitness.usmc.mil>, is an all-in-one reference for individual and unit physical training. The expansive site provides guides, references and step-by-step workout plans for Marines.

Physical fitness is a part of Marine Corps culture and aids in the combat readiness the branch has come to be known for. The fitness website, which opened earlier this year, aids Marines reaching and keeping this fitness standard.

The website is based around the High Intensity Tactical Training program and in addition to video demonstrations and official guidance links on its homepage it features tools to support physical training.

There are a variety of features

HITT Training Programs

The HITT program is the foundation of the site and just like Marines, it is the cross between warriors and athletes. It implements the latest cutting edge training methods and fundamental principles to increase physical performance.

The site divides HITT into three categories: Warrior, which develops power and agility, Athlete, which develops basic strength and speed, and Combat, which develops functional strength and endurance. Each of its three divisions contains 25 pre-designed work-outs to condition Marines for operational related activities.

See **FITNESS** page A6



More photos on A2

CPL. ALI AZIMI

BANG FOR YOUR BUCK

Combat Center MCX now selling firearms

Cpl. Ali Azimi
Combat Correspondent

The Combat Center began selling guns at the Marine Corps Exchange March 6 and has been the first time firearms have been sold on base in nearly 12 years.

The gun shop provides Combat Center residents with a wide variety of firearms, as well Airsoft and BB guns.

The Provost Marshal's Office has worked with the Exchange since 2011 to ensure all legal and safety procedures were followed.

"We've been working closely with them to make sure that all of us are doing the right thing and being as safe as possible and not inconveniencing the Marines or families," said Dennis Andersen, divisional sales manager of the MCX. "They've been great about doing this whole thing. It has worked out nice and has been very well accepted by the general population of the base."

The gun shop sells everything from rifles and shotguns to single-action and double-action revolvers as well as semiautomatic pistols. However, it's not only their great variety that benefits customers.

Unlike off-base establishments, the gun shop does not charge patrons sales taxes on their products due to their on-base location.

"There's no tax on it just like anything else you're going to buy in the exchange," Andersen said. "So you're getting quite a bit of savings."

If you buy a \$1,700 rifle, you've saved more than a hundred dollars in taxes, Andersen added.

The purchase of weapons on base is exclusive to Combat Center residents and excludes Marines in transit or in school. Family members are also allowed to purchase products as long as they have exchange privileges and meet the state's requirements.

The rules to buy firearms on base follow state laws and regulations set by the Bureau of Alcohol, Tobacco, Firearms and Explosives. Any purchase of a firearm requires a background check and a 10-day waiting period. You must be 18 years old or older to purchase rifles or their ammunition and at least 21 to buy handguns or their ammunition.

Ammunition sold at the shop is limited to three boxes per person, per day. This limitation on ammunition is due to an unprecedented shortage, according to Andersen.

"People are starting to stockpile it because, with the gun control act that's going in front of Congress, everybody freaked out," Andersen said. "Ammunition is like gold. It's hard to find."

In addition to the state's requirements, the Combat Center requires all its residents to register firearms with PMO at the vehicle registration office if they live on base. Marines residing in bachelor-enlisted quarters must also keep their weapons and ammunition at the armory.

For more information about regulations for owning firearms on base call the vehicle registration office at 830-6794.

'Watchdogs,' 'Phantoms' take spouses on Jane Wayne Day



PHOTOS BY CPL. ALI AZIMI



[Right] Officer Michell Sulak, military working dog handler, Provost Marshal's Office, and his dog, Colli, give a demonstration for spouses of Marine Unmanned Aerial Vehicle Squadron 1 and 3 during the units' Jane Wayne Day Wednesday.

[Above] Tanya Clock, VMU-1 spouse, participates in a combat fitness during the VMU-1 and VMU-3's Jane Wayne Day Wednesday.

DEPLOYS, from A1

to begin their journey to Afghanistan. The last moments the Marines and sailors had their families were solemn ones.

"We got my husband a Kindle so he can Skype if possible," said Jessika Coons, Family Readiness Assistant and wife of 2nd Lt. Andrew Coons, motor transportation officer, Support Co., 3rd CEB. "He's a big reader so he can do his thing and (video chat) with the family."

"(Video chat) is amazing," said Amber Flores, wife of Warrant Officer Maseo Flores, Support Co., 3rd CEB. "Back in the day, it was really shotty and if you were lucky it was a phone call a month. Now you can (video chat) and (mail) gets there really soon so you don't have to wait 60 days to get a box."

The Flores and Coons families both have children who haven't been through a deployment. They hope that the support given to them by the family readiness program and technology will help during 3rd CEB's 7-month deployment.

"They're a great group of Marines," Dwyer added. "They've done a phenomenal job. They're ready to go. I'm completely proud of being their commanding officer."

THE SIZE OF IT

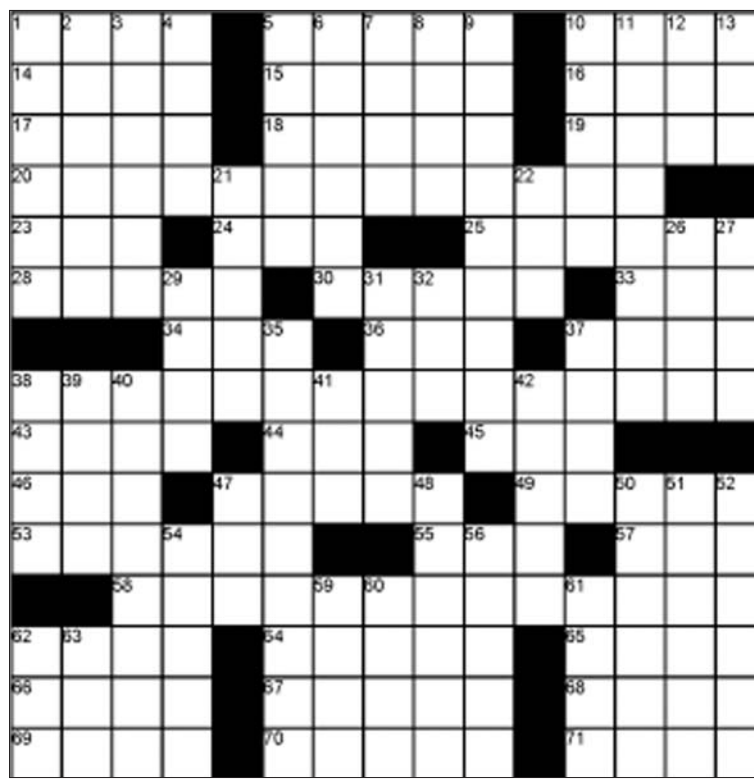
ACROSS

- Surrounded by
- Islamic holy city
- Track shape
- Nota __ (attention-getting phrase)
- Still for rent
- Awful-tasting
- Uttered, as a farewell
- Hawley's 1930 tariff act co-sponsor
- Toledo's lake
- "Popeye" episode, say
- Bush 41's former org.
- Barker and Kettle
- Came after
- Meddlesome sort
- Poker Flat chronicler Bret
- Ear: Prefix
- 4th-qr. followers, sometimes
- "Agnus __"
- Concerning
- Communicator with the dead, supposedly
- Toad feature
- Nile slitherer
- UK record label
- Have __ at (try)
- Baseball card tidbits
- Step in
- Complete set of chromosomes
- Beachgoer's goal

- Schnozz extension?
- Punt situation, often
- Expert, slangily
- Circular gasket
- Working away
- Hydrant hookup
- Prevention measure?
- First female attorney general
- Makes a choice
- Poet's concern
- Deliver by chute

DOWN

- Monastery head's domain
- No Mr. Nice Guy
- Bob Feller was one
- Consider
- "It __ been something I ate!"
- Tangle up
- Boorish sort
- Corp. bigwigs
- Back then
- Manufacturers' extras
- Masterful musicians
- "Rope-a-dope" pugilist
- Second Bull Run victor
- Fine fiddle
- Fifth of a fin
- Ides of March rebuke
- Ruin
- Civil wrong
- Adjust to fit
- Fam. member



- Cruise quarters
- Tennis score after deuce
- Plunderer's take
- Senate gofer
- Symbol of absolute rule
- Springsteen's "Born in the __"
- Improve, in a way
- Dallas sch.
- Batter's concern
- Horn blower
- Cause of unusual weather
- Convertible auto, slangily
- Moves like molasses
- Tick off
- Like Annie Oakley's aim
- Help for the stumped
- Hog fat
- Horton heard one
- Make like a bunny

See answers on page A5

SUDOKU 2868-M

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

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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.

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- 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.

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



Todd

Silver Lake, Minn., Bowling Center manager, 51

MAKOVSKY

> **Go confidently** in the direction of your dreams. Live the life you've imagined. As you simplify your life, the laws of the universe will be simpler. That's a quote by Henry D. Thorcam and I don't know why, but it's always stuck with me.

> **I've been here** in Twentynine Palms since '95. It's become home to me. A lot of people don't want to call it home but it grows on you. I always say, "Life is what you make of it." You have to get out and do things. You've got to have goals and objectives and if you can meet them, then life is pretty good.

> **I grew up a** farmer's kid. We had to wake up early and feed the cows and pigs, but it was something that I accepted. It was part of my life.

> **My parents always** pushed me to do the best I could even though it wasn't always hands on because they were both always so busy with work. My mother was a nurse and my dad was a farmer, which took a lot of time away from the family.

> **I wouldn't say** that we were the poor family growing up on the farm but you had to find things to do. I kind of learned to share that with the kids. You know, set yourself up for the rest of your life, or you're going to get stuck on the farm.

MARKOVSKY HAS BOWLED SINCE THE 80'S. HE'S NOW THE MANAGER OF SANDY HILL LANES AND TEACHES BOWLING TO WOUNDED WARRIORS, CHILDREN AND OTHER COMBAT CENTER PATRONS.

> **I was 18** when I joined the Corps. I was kind of a trouble maker growing up. I didn't get in trouble but I was mischievous.

> **I moved out** of the house when I was 17. When that didn't work out, I moved back home for a couple of weeks. When I did, the recruiter came knocking at the door. It was probably after a call from my mother, but there was no hesitation on my part. You have to take the opportunities that are in front of you. It was a huge opportunity to me because they talked about the pay and benefits and I really had nothing at the time.

> **The results we get in life** depend on what we do. What we do in life depends on how we see the world around us. Make the best of any opportunity.

> **Mom was a preacher's daughter** and my dad was in the Army in the early 50's. It was a strict law-of-the-hand type of upbringing. We didn't have money but we always had family. Christmas and Thanksgiving, the house was always full and I've always tried to carry that on to my family. I think my kids have learned that very well too.

> **Earlier in life**, I was just following a routine. That's what got me by. But then I learned that you always have to look for that extra accomplishment. Life is what you make of it. If you sit around and say, "I hate this duty station because I'm not doing anything and it's boring," then that's your own fault.

> **We're taught** in the Marine Corps that it's always, "God, country, Corps." The family part of it isn't really in there so you have to make time for it. I've been playing catch up on that part of my life.

> **My oldest son** is 26 and he's in his first year of pre-med, and my other son is 23 and he's getting ready to head off to Navy bootcamp in April. I'm very proud.

> **My kids went** from Camp Lejeune, to Okinawa and then here with me. They didn't mind the changes so much because they were younger. I think that most military kids have a different sense of discipline for themselves. I think they knew that it was just a part of what dad had to do and we always taught them to make the best of it too.

> **My oldest was the honor graduate** of his class and my youngest was to co-captain for the basketball team and they took the state championship. So, those were big goals that they had made for themselves and met.

> **My wife has done quite well** with military life. Earlier on it was sometimes tough, maybe it's because it's a mixed marriage or maybe it was just because we got married young, but we've grown together over the years because we worked at it. She has a work ethic like no one I've ever met.

> **Every day we make choices** to do or not to do, ranging from profound to trivial, each causing an effect of fulfilling or unfulfilling, effective or less effective.

> **I don't do the golf thing** because you have to walk around and all that so I started bowling my last few years in Okinawa. When I first started I was terrible, but I thought it was fun and just like anything, the more you do it the better you get.

> **I like teaching** bowling, especially with kids, because you get to see that smile on their face when they achieve a certain goal. We'll teach them how to do something and then when they get it, you might have to remind them a couple times but they learn. The idea is not to harp on what they've done wrong but how to do it a better way.

> **With adults**, they always have this, "I can't" mentality and I turn around and say, "Yes, yes you can. Let's try it this way." And then when they do it they're surprised because they didn't know it was possible.

> **There's always room** for improvement. I taught a (bowling) class once called "Learn the Curve" and then because I had been throwing the ball so much and I was doing the hands-on type of thing, I actually bowled a perfect game. That was motivating for me because I was able to not only improve the students, but I was able to look at what was going on in my own game too.

> **Life is about** reflecting on your performance, knowing your strengths and weaknesses and knowing your joys and passions.

> **The wounded warriors** used to come over here. One youngster was in a wheel chair and he couldn't figure out how to bowl but I had just bought these bowling balls with a handle on it that pops out so they could hold it. So eventually, he was actually able to go out there with his wheel chair, and actually skid sideways and still keep the ball in his hand so he could throw it. He was having so much fun.

> **Coaching is a process** of encouraging an individual to improve both skills and knowledge, to assist in problem solving and mastering new skills and providing valuable information.

> **The most important** rules to follow in any kind of leadership are the four Cs: communication, coaching, commending and correcting. They're all equally important.

> **I live by** the Henry Ford quote, "Improvement begins with I." If you can't improve yourself, how can you expect it from anybody else?



Interviewed by Lance Cpl. Lauren A. Kurkimalis
February 25, 2013



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

Faces in the Crowd



[1] Marines and sailors of Combat Logistics Battalion 7 and their families hang out in the dug out during a softball game during the unit's field meet and family day events at Del Valle Field March 28. Marines and sailors of CLB-7 competed against each other in a variety of events testing their speed, strength and endurance.

[2] Emma Kendrick, 2, daughter of Capt. Matthew Kendrick, company commander, Maintenance Services Company, CLB-7, plays during the unit's field meet and family day events at Del Valle Field March 28.

[3] Yasmeen Tejeda, 5, cheers on her dad, Gunnery Sgt. Jose Tejeda, administration chief, Headquarters and Service Company, CLB-7, during the unit's field meet and family day events at Del Valle Field March 28.

[4] Robert Jenkins, combat engineer, CLB-7, runs in a "run of the ranks" race during the unit's field meet and family day events at Del Valle Field March 28.



**Story and photos by Cpl. William J. Jackson
Combat Correspondent**

Marines and sailors with Combat Logistics Battalion 7 and Combat Logistics Company 13 enjoyed an afternoon with their families during the unit's field meet and family day events at Del Valle Field, March 28.

The Marines and sailors competed against each other in a variety of events testing their speed, strength and endurance. Along with the field meet, the service member's loved ones were invited to watch and take part in family-fun events like spouse softball, face painting and bouncy houses for the kids.

"It's just to build camaraderie among our Marines," said Staff Sgt. Anthony Adams-Butler, S-3 training chief, Headquarters and Service Company, CLB-7. "We've gotten a lot of Marines that just checked in so we're just trying to have a little fun out here before the weekend."

The battalion pitted the companies against each other as families cheered from the side. The competitions ranged from sports events to endurance challenges. The Marines and sailors took to the softball fields to start the day.

"We're playing softball. We'll be doing a tug-of-war challenge, a pushup challenge, relay races, what we call the 'run of the ranks' which is from (private first class) to company commander, where they run one lap with the guidon and pass it to the next rank," Adams-Butler said during the field meet. "We also have a tire flip that we're doing with 7-ton tires and that will be the most gruesome."

"We're staying motivated and staying warm in the desert," Adams-Butler added. "We're getting some (physical training) in and developing some more motivation within the unit, you know maintaining that unit cohesion."



For more photos visit the official Marine Corps Air Ground Combat Center facebook page at

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



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

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

Family of Fighters

No one was surprised when Fight Club 29 won the California State Pankration Championship. They've won two years in a row and they weren't going to just let the title go. Fighting is in their blood and they are a tight group of competitors.

**Story and photos by
Cpl. D. J. Wu**



[Above] Mark Geletko and the Fight Club 29 team won eight medals at the California State Pankration Championship held at Marine Corps Base Camp Pendleton, Calif., March 30. **[Below]** Kylie Guest and Katherine Proudfoot celebrate their first win in Fight Club 29 with Coach Mark Geletko, March 30.

Fight Club 29 is made up of a wide variety of characters, Marines, sailors, retired service members; men and women. They have gigantic personalities and they fight hard as a family.

"Whoa whoa whoa, his first name is 'Coach,'" This is one of the things that Arthur Powell tells when you talk to Fight Club 29 coach, Mark Geletko.

Powell has been with the team for a few years and has become one of their veteran fighters. He's affectionately been nicknamed "Nino Brown" after a Wesley Snipes character in the 1991 movie, "New Jack City." His karate background and his need for an athletic outlet when he enlisted in the Marine Corps brought him to the team. "Nino" is just one of the characters that make up the cast of this award winning organization.

Fight Club 29 is more than just a team of fighters. They are a group of curious personalities, which together, make up a family. The team has grown exponentially since their inception a few years ago.

The team has overcome hardships and adversities. Injuries and almost an ever changing roster and budgetary concerns, the FC29 fighters continuously push to be the best at what they do.

"This is one of the hardest working clubs that I've had," Geletko said. "As far as being

professional and putting in work coming to the gym on a regular basis and preparing, you don't have to beg them to come in and scream and holler at them to work hard. They come in and they know what they have to do."

Fight Club 29 is a well-rounded. They come from all walks of life and different style of martial arts. Geletko, a retired Marine Corps sergeant major, manages the group of active-duty Marines and sailors as well as civilians and former military team members.

"It's a very diverse group. We have a lot of different martial arts backgrounds and styles that we brought together for MMA." Geletko said. "We've got guys that come from strikers as youngsters. Some guys come from Karate backgrounds, guys from Muay Thai and then we have our stone cold wrestlers. When you train with different styles you get better, you

learn. We train each other, we train the tribe. We can't say we're one style of club. We're a true MMA club right now."

When it comes to their training, they joke around here and there but at the end of the

day, it's about fighting. They take it seriously. They train to be the best and so far they are amongst the best. This is one aspect that lend into their functionality. The teams multifaceted fighting approach their attitude toward each other does

wonders for the teams as a whole

"It's way more than just a team," Powell said. "Coach is very like a father figure to us. Sean is like my crazy uncle and Dahlen is like my brother."

The team likes to have a lot of fun too. It keeps them cohesive and a solid group.

"We have a lot of big personalities," Geletko said. "It's good though. It keeps

everyone on their toes. I think it makes guys want to train with us. We treat it like a family. There's not a lot of tension between us. We generally care about each other. We enjoy each other's company."

Even new members to the team are welcome with open arms.

"I've only been with the team for a month and they welcomed me like family," said Justin Robinson. "I love it. It's a family atmosphere in Fight Club 29. They have experience in all kinds of areas and I'm picking up all sorts of things. It's not like any club I've ever seen before."

With their latest win at the California State Pankration Championship at Marine Corps Base Camp Pendleton, Calif., it only builds on their reputation as top contenders. They took to the event with 14 fighters and had high expectation.

They routed the competition and won first place in the team standing by more points than the other top teams combined. They won eight medals total with four being gold.

Fight Club will continue to change and progress as a team in the years to come. Coach Geletko will always expect the best from his fighters and that they remain one unorthodox family.



PCS, from A1

related events to simplify the moving process.

Once the shipment has reached its destination the owners have the option to allow the TSP to unpack the belongings, rebuild broken down items and remove all of the unwanted boxes the belongings were shipped in. If they choose to unpack items themselves, the owners can still call the TSP at a later date to have them remove the boxes from their home.

“Everything can be done online,” Kern said. “The website can be a little tricky but everything is there for you.”

The website allows service members to file claims, up to 75 days, on broken items and rate the TSP to better the moving process for future residents. During shipments, travelers can store their possessions up to 90 days at a destination. If need be, they can extend up to an additional 90 days.

Garr also said that service members can call DMO at any time during the packing and unpacking process if there is a problem that arises from the TSP while they handle their property.

DMO also staffs a satellite office at the Marine Corps Communication-Electronics School; the best time to call and schedule ad brief is until the end of July, says Garr. “Instructors need to schedule their briefs (for students) early during the summer season, as soon as the students receive their web orders. MCCES permanent personnel are encouraged to book early and be flexible with their packing and pickup dates.”

For more information contact DMO at 830-6119 or 830-6660, or email them at smbplmstmohhg@usmc.mil.

FITNESS, from A1

ties and optimize physical performance during combat.

It provides everything from warm-ups and stretches to the main workout and finally going on to a competition portion to challenge Marines against each other. The approximate 45-minute workouts end with cool down stretches.

In addition to choosing between the three HITT schedules, a workout of the day section of the HITT train programs tab is a unique feature on the site that chooses a workout from one of the three HITT divisions. Every day is something new and keeps the body guessing.

Create Workout

The Create Workout feature one of the site’s many physical training tools. It can be adjusted for personal or unit PT and provides templates to schedule 26 weeks of physical training with tabs to choose from all

25 exercises of each HITT types and other Marine Corps related physical training, such as swimming or Marine Corps Martial Arts Program. It acts as both a schedule and records of past exercises to see progress and make sure users are getting the most out of the workout.

Exercises and Search

There are hundreds of types of workouts on the website, some users may not have known about or ever heard of. The Exercise and Search Exercise tabs answers the questions of the site’s users.

They provide reference to the many aspects of HITT and their purpose. The search also provides downloadable videos of all the site’s individual exercises, demonstrated by Marines, and shows proper technique to maximize efforts.

The fitness website is an aid to Marines and their physical training. It provides them with tools and resources to improve themselves and other Marines under their command and a schedule to keep them on track.

SARC, from A1

installation sexual assault response coordinator. “You have to have at least three years of experience in the field and you have to have a degree in or related to social sciences or behavioral health and on top of that, they are required to go through training that not only teaches them a prescribed way to be an advocate, but also how to serve as an advocate in the Marine Corps.”

A VA or UVA provides information and support to the victim, Husung said. They give the victim one-on-one support and are a person in the unit that looks out for the victim from a military standpoint. The VA is that one person who can be with them every step of the way through out all of the necessary processes. They are there to support the victim without judgment. They are there to provide that victim with all the information they need to, drive their train. The victim has been violated and may not know what they need to do to get help so, it’s the advocates job to build that report with them, hear what it is that they truly do need and to help get them to the right people that will get the through the recovery process. The VA will sometimes take the victim to counseling or to NCIS which can be very sensitive. They even go with them to their article 32 when that victim may be seeing their accused for the first time. These things can be really scary so (the VAs) job is to, essen-

tially, be there for them. SARCs are advocates as well. But in addition, they coordinate the installation's entire Sexual Assault Response Program and advise the commanding general on how to run the program.

“The training that the SARCs and advocates now go through is relatively new,” Husung said. “It not only further trains already very qualified people in victim advocacy, but it is specifically geared toward assisting victims in the military.”

It’s up to the SARC to pave the way so that when an incident occurs, there is smooth sailing. It’s all ready traumatic enough. So, we get rid of the barriers that get in the way so that the victims aren’t re-victimized. We coordinate all of the services.

The Department of Defense Sexual Assault Advocate Certification Program is 40 hours of DOD approved victim advocacy training which is specific to the needs of military members who have been sexually assaulted.

“I learned a lot about sexual assault in the military,” said Markescia Corker, alternate installation sexual assault response coordinator for the Combat Center. “I’m a military spouse but the only Marine I used to know was my husband. I’ve learned that the Marine Corps has its own culture and sexual assault is a very apparent issue in the Marine Corps. I think learning how to specifically meet the needs of the Marines is the best thing I took from the training”

The training must be re-administered every two years and all of the installation SARCs have been trained to provide this training to the VAs and UVAs. When applying or re-applying, SARCs, UVAs and VAs are also required to pass a background check, be current on initial credentials or continuing education credits and have letters of recommendation.

“We’re all making sure that we stay educated and in the loop,” Husung said. “It’s so that we can best serve individuals who truly need us to be there for them.”

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

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A NIGHT at the MOVIES

Story and photos by
 Cpl. Ali Azimi



The movie industry has been a large source of entertainment for decades. It is continually evolving. The old mode of film movie projection has been slowly replaced by digital movie projectors.

Combat Center Marines are in a unique position during this transition of movie entertainment. They are within driving distance of both a digital projection theater and a film-projector drive-in. They can pick between old school and modern entertainment.

SUNSET CINEMA

The Combat Center's Sunset Cinema exemplifies the modern movie experience, but improved by its low prices and its exclusive movie screenings for Combat Center Marines. Tickets at sit-in theaters off base costs more than six times the amount at the Sunset Cinema. If you are planning to get something to eat at their concession stand, be ready to hand over your paycheck.

A family of four who buys a large popcorn and two large drinks can save close to \$40 on a trip to the movies by attending the Sunset Cinema vice theaters in town.

"We're inexpensive compared to out in town," said Joshua Mueller, supervisor, Sunset Cinema. "Our 2-D movies are \$2 and our 3-D movies are \$4."

Sunset Cinema also shows sneak peeks of upcoming movies and new releases at the Sunset Cinema at a low cost for high-value entertainment.

They aren't looking to make a huge profit off their patrons, like most theaters, Mueller added.

The cinema fits more than 1,000 people and uses a digital movie projector, the modern platform, for 2-D and 3-D movies. The theater holds special features, such as free matinees on Saturdays, and sneak previews to upcoming films.

"We do get advanced screenings every now and then," Mueller said. "(Marines) really enjoy them."

Their next sneak preview showing is scheduled to be "42" the motion picture depicting the career and struggles of Jackie Robinson, the first African-American to play Major League Baseball. The movie is will be in theaters April 23, but will air at the Combat Center Saturday.

Sunset Cinema also hosts multiple concerts every year from a variety of artists.



SMITH'S RANCH DRIVE-IN



Drive-in theaters were one of the most common venue for entertainment during the mid 1900s. The drive-in theaters provided a way to watch movies from the comfort of your car. Today, there are approximately 500 drive-ins left in the United States and one of them is conveniently located down the road from the Combat Center.

The Smith's Ranch Drive-In has been providing locals a unique and fun movie experience since the 1920s. Today, it's a venue for a nostalgic night out to a formerly common movie night.

The drive-in, located on Adobe Road, fits approximately 100 cars and uses the traditional film projectors. It provides a classic setting to relax with your car seat pushed, roll down your windows for some fresh air, watch a movie and enjoy some treats from the concession stand.

"You have your own car, your own stereo system and that's the luxury," said Robert Moreno, projectionist, Smith's Ranch Drive-In. "You don't have to worry about anybody talking behind you, around you or anything else. It's just about being courteous."

Since their beginning, the drive-in has kept this "courteous" charm at their establishment. They have worked hard to tailor their services and prices for a better experience by patrons.

"People have been known to bring in their own food. We don't encourage it, but we don't discourage it either. We've had people bring barbecue pits out here," Moreno said. "Don't be surprised to see someone bring a couch."

Moreno, a retired Marine, said Smith's Ranch is one of the local few places that caters to Marines that he has seen. They try to keep everything low-cost.

For \$5, patrons can watch two movies. The drive-in is open year-round, Thursday through Sunday.

Both theaters offer low prices and their own appeal. The drive-in provides a fun old-fashioned way to watch movies and although they may not have the slightly higher digital quality of other theaters, they make up for it with a unique experience and comfortable atmosphere.



Combat Center Clubs

Excursions Enlisted Club

Monday: Margarita Mondays
 Thursday: Rockin' Karaoke 7 to 10 p.m.
 Friday: Social hour with food, 5 - 7 p.m. followed by DJ Gjettblaque, 8 - 11 p.m., Ladies Night
 Saturday: Variety Night, DJ Gjettblaque 8 to 11 p.m.

Bloodstripes NCO Club

Monday: Margarita Mondays
 Thursday: Warrior Night 4:30 - 9 p.m.
 Friday: Karaoke Night 6 to 9 p.m.

Hashmarks 29 SNCO Club

Friday: Steak Night, 4:30 - 8 p.m.
 Monday-Friday: All-hands lunch from 11 a.m. to 1:30 p.m.
 Monday: All-hands steak night, 4:30 - 8 p.m.

Combat Center Officers' Club

Monday: Steak night, 5 - 7:30 p.m.
 Monday-Friday: All-hands lunch, from 11 a.m. to 1:30 p.m.
 Thursday: Taco Night, 5 - 7 p.m.

For complete calendars visit <http://www.mccs29palms.com>.

Local Events

Free Line Dance Lessons

Learn to dance the night away
 When: 5 to 9 p.m., every Sunday
 Where: Willie Boy's Saloon and Dance Hall
 50048 29 Palms Hwy, Morongo Valley, Calif.
 For more information, call 363-3343.

Gypsy

When: Now through April 6
 Where: Theatre 29
 73637 Sullivan Rd., Twentynine Palms, Calif.
 For more information call 316-4151
 or visit <http://www.theatre29.org>

Lower Desert

Commodores

American soul/funk band performs
 When: 9 p.m., Friday, April 5
 Where: Agua Caliente Casino Resort Spa
 32-250 Bob Hope Dr., Rancho Mirage
 For more information call 888-999-1995 or visit <http://hotwatercasino.com>

Morris Day and the Time

comedian performs
 When: 9:00 p.m., Friday, April 12
 Where: Morongo Casino Resort and Spa
 49500 Seminole Drive, Cabazon, Calif.
 For more information call 800-252-4499 or visit <http://www.morongocasinosort.com>.

Brian Regan

comedian performs
 When: 8 p.m., Friday, April 12
 Where: Spotlight 29 Casino Resort
 46-200 Harrison Place, Coachella, Calif.
 For more information call 866-377-6829 or visit <http://www.spotlight29.com>

Il Divo

Crossover quartet performs
 When: 8 p.m., Saturday, May 18
 Where: Fantasy Springs Resort Casino
 84-245 Indio Springs Parkway, Indio
 For more information call 800-827-2946 or visit <http://www.fantasyspringsresort.com>.

Sunset Cinema

Friday, April 5

6 p.m. - Jack the Giant Slayer, Rated PG-13
 9 p.m. - Identity Thief, Rated R
 Midnight - Snitch, Rated PG-13

Saturday, April 6

10:30 a.m. - Free Matinee Planet 31, Rated PG
 12:30 p.m. - Escape from Planet Earth Rated PG
 3 p.m. - Jack the Giant Slayer 3-D, Rated PG-13
 7 p.m. - Sneak Preview 42, Rated R
 Midnight - A Good Day to Die Hard, Rated R

Sunday, April 7

12:30 p.m. - Escape from Planet Earth Rated PG
 3 p.m. - Dark Skies, Rated PG-13
 6 p.m. - Oz The Great and Powerful, Rated R
 9 p.m. - 21 and Over, Rated R

Monday, April 8

7 p.m. - Safe Haven, Rated PG-13

Tuesday, April 9

7 p.m. - Jack the Giant Slayer 3-D, Rated PG-13

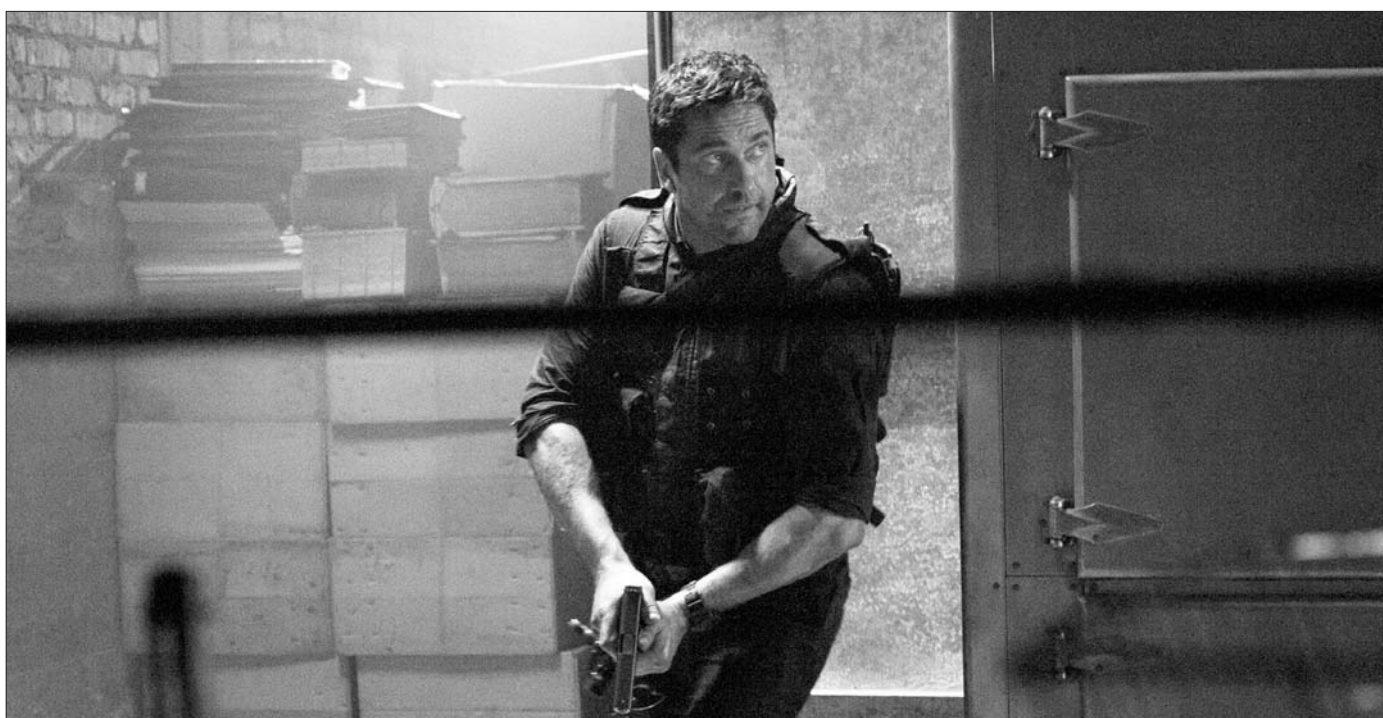
Wednesday, April 10

5:30 p.m. - Identity Thief, Rated R
 8:30 p.m. - Dark Skies, Rated PG-13

Thursday, April 11

5:30 p.m. - Beautiful Creatures, Rated-13
 8:30 p.m. - Side Effects, Rated R

Gerard Butler fights White House terrorists in big, boomy action thriller



COURTESY PHOTO

NEIL POND

"Olympus Has Fallen"

Starring: Gerard Butler, Morgan Freeman & Aaron Eckhart
 Directed by Antoine Fuqua
 Rated R, 120 min.

At any given time, it's never hard to find someone who thinks Washington is in ruins and a dangerous extremist is running the White House.

In "Olympus Has Fallen," which takes that line of thinking quite literally, a group of North Korean terrorists storms the world's most fortified residence, kills off the Secret Service staff, holds the president hostage, and prepares to bring the United States to its knees.

Only one man stands in the way of their cold-hearted leader and his evil plan: Mike Banning (Gerard Butler), a former Secret Service agent now droning away at a desk job after a tragic incident 18 months ago resulted in his dismissal from the White House detail.

If it sounds like something you've seen before, only in a new setting, in a new situation, with a new star...well, that's because you HAVE seen it before: in "Die Hard," its sequels, and countless other slam-bang, gung-ho, yippee-ki-yay action yarns that followed in its invincible, lone-hero footsteps over the past 25 years.

How Butler's character, armed with only a handgun and a set of handcuffs, manages to get back inside the White House to BECOME the only thing between America and terrorist Armageddon is but one of the movie's leaps of logic, of which

there are many. But people who enjoy movies like this are willing to forgive leaps of logic, I suspect, as long as enough bad guys get stabbed in the head, have their necks snapped with a loud pop, and get plenty of red, white and blue revenge along with some snappy, profanity-peppered wisecracks.

The all-star cast features Aaron Eckhart as the president, who spends most of the movie trussed up, scowling and seething; Morgan Freeman as Speaker of the House, stepping into Chief of State duties over at the Pentagon once both the prez and his tough-cookie VP (Melissa Leo) have been shanghaied; Dylan McDermott as a Secret Service agent with more than one secret; and Angela Bassett as the Secret Service director. Newcomer Finley Jacobson plays the president's young son, an underdeveloped role that seems to be begging for a bigger slice of the plot.

Ashley Judd gets even less screen time as the president's wife, but her brief part in the beginning sets up everything else that follows.

There's a traitorous turncoat, a garbage truck that becomes a weapon of mass destruction, and an Oscar-winning actress reciting the Pledge of Allegiance as she's dragged kicking and screaming down a hall. Characters spout cheesy, overly dramatic lines like "We've just opened up the gates of hell," "I'm the best hope you've got," and "Now, too, America will know suffering and famine."

The movie does a believable job of recreating the look of the interiors and exteriors of the White House, especially as all kind of mayhem breaks out in its normally dignified hallways underneath the stately, immutable gazes of presidential portraits of Truman, Kennedy, Nixon and other previous occupants.

The explosive, wall-to-wall action is stoked by incendiary images of hallowed icons of liberty being desiccated or destroyed — an American flag strafed with gunfire and left in tatters, the upper third of the Washington Monument sliced off by an enemy airplane, the White House violated from within and without.

But for a story set at ground zero of America's most politicized city, "Olympus Has Fallen" doesn't really seem to make a political stand of its own — except, perhaps, in a scene when Butler's character is fighting one of the terrorists and uses a bust of Abraham Lincoln to finish him off, crushing his wounded opponent's skull with the sculpted, stoic noggin of the Great Emancipator.

The delicate dance of diplomacy, it seems to suggest, will only get you so far — zand in this big, boomy, flag-waving bash of lug-headed escapism, it won't get you anywhere at all.

Cinema 6
 Showtimes Effective
 4/5/13 - 4/11/13

Evil Dead
 (R)
 Everyday: 2:15, 4:30, 6:45, 9:00

The Host
 (PG13)
 Everyday: 2:15, 4:30, 6:45, 9:00

G.I. Joe Retaliation
 (PG13)
 Everyday: 2:15, 4:30, 6:45, 9:00

The Croods
 (PG)
 Everyday: 2:15, 4:30, 6:45, 9:00

1 (760) 365-9633
www.cinema6theatre.com

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