

OBSERVATION Post

MARINE CORPS AIR GROUND COMBAT CENTER

JUNE 18, 2010

SERVING THE TWENTYNINE PALMS COMMUNITY SINCE 1957

VOL. 53 ISSUE 24

'Thundering Third' bids farewell to fallen brothers

PFC. SARAH ANDERSON
COMBAT CORRESPONDENT

"Greater love has no one than this, that one lay down his life for his friends," quoted Navy Lt. Michael Taylor, the 3rd Battalion, 4th Marine Regiment, chaplain, from John 15:13, in the New American Standard Bible.

The hustle and bustle of everyday life stood still on the morning of June 11 as two fallen Marines from 3rd Bn., 4th Marines, were honored for their sacrifice at Lance Cpl. Torrey L. Gray Field.

Lance Cpl. Cody Stanley, 21, a native of Rosanky, Texas, made the ultimate sacrifice while serving in Helmand

province, Afghanistan. On Oct. 28, 2009, Stanley was killed by an improvised explosive device while attempting to save the life of a fellow Marine. He belonged to Weapons Company.

Lance Cpl. Joshua H. Birchfield, 24, from Westville, Ind., gave his life during a firefight as he turned to fear-

lessly face his enemy on Feb. 19, in Farah province, Afghanistan. Birchfield was assigned to Company K.

Two rifles with fixed bayonets were placed into wooden stands, two kevlar gentry placed on top, a pair of new boots were laid in front of

See FALLEN, A8

Free cigarettes may lead to identity theft

LANCE CPL. BRITTANY J. KOHLER

MARINE CORPS AIR STATION
NEW RIVER

MARINE CORPS AIR STATION NEW RIVER, N.C. — It is a proven fact that once intoxicated, one's judgment becomes impaired. Many are aware of this knowledge and some take advantage of it.

Recent reports from the Naval Criminal Investigative Service field offices state that in recent months, cigarette marketing teams have been promoting their cigarettes outside of local bars and night clubs by providing free samples.

After a few drinks, two free packs of cigarettes wouldn't seem like a bad deal. But in order for the marketers to confirm the age of the consumers, they must scan a government-issued identification card.

A non-military individual would naturally hand over their driver's license. A service member on the other hand may hand over their military ID card allowing the marketers to scan their Common Access Card.

Reports show that military members have presented their military identification to cigarette marketers in various locations in the area.

Military ID cards hold more information than simply age. Unlike a driver's

license, military ID cards clearly display a member's social security number. This information in the wrong hands can easily lead to identity theft.

Offering a military ID card to be scanned without proper authorization could also place at risk sensitive public key infrastructure information and personally identifiable information embedded in the CAC.

After receiving numerous reports, NCIS contacted the State's Department of Alcoholic Beverage Control, who said they were aware of cigarette marketers in the area and recommended that cigarette companies apply ID scanning technology to prove the age of patrons.

As the cigarette marketers continue to practice this new ID-scanning technology, service members are reminded it presents potential operational security and identity theft issues.

NCIS recommends Department of Defense personnel protect the sensitive information on their issued ID cards and specifically advises personnel to refrain from providing their card to anyone outside a government facility.

Next time you are on the streets and a couple free packs of cigarettes seems like a good deal, remember you could be paying for them for life.



PFC. SARAH ANDERSON

During a memorial service June 11 at Lance Cpl. Torrey L. Gray Field, Sgt. Brandon Jansen kneels at the memorial of Lance Cpl. Cody Stanley who sacrificed his life while attempting to save another Marine in Helmand province, Afghanistan. Jansen was Stanley's section leader in Weapons Company during the deployment.

'Watchdogs' change hands



SGT. SARAH SAHUTSKE

Lieutenant Col. John B. Barranco [left], the incoming commanding officer of Marine Unmanned Aerial Vehicle Squadron 1, takes the VMU-1 colors from Lt. Col. Richard E. Jordan [center], the former commander of the squadron, during a change of command ceremony at Camp Dwyer, Afghanistan, Sunday.



CPL. R. LOGAN KYLE

Ukrainian Army soldiers with the 30th Mechanized Infantry Brigade attack Marines with 1st Tank Battalion's scout platoon during a Marine Corps Martial Arts Program physical training exercise at Babadag Training Area, Romania, Wednesday. The PT was designed to incorporate the MCMAP skills they have learned throughout the week.

Romanian, Ukrainian soldiers join U.S. Marines for peacekeeping training

CPL. R. LOGAN KYLE
BLACK SEA ROTATIONAL FORCE

BABADAG TRAINING AREA, Romania — Marines and sailors with scout platoon, Headquarters and Service Company, 1st Tank Battalion, are currently partnered alongside Romanian and Ukrainian soldiers at Babadag Training Area, Romania, to conduct the third peacekeeping operation training evolution during the Black Sea Rotational Force

2010 deployment.

Throughout the two-week evolution, the Marines, Romanians and Ukrainians will sharpen their skills in a variety of fields, including the Marine Corps Martial Arts Program, convoy operations, patrolling, combat marksmanship and nonlethal weapons. However, the rigorous peacekeeping operations course is about more than just honing skills; it's also an opportunity for the

three nations to work together as partners.

"This is the first time we've worked with our neighbors, the Ukrainians, as well as the Marines," said Romanian Land Forces 1st Lt. Pricu Volentin, a platoon commander with 341st Battalion. "We want to see what we can learn from both of them."

"We're here to focus on training for missions in

See TRAINING, A6



Bullet points ~ See A3



The life aquatic ~ See A6



Calling in Reserves ~ See A10



EMV R & R ~ See B1



Visit the official MCAGCC facebook page by searching "The Combat Center at Twentynine Palms" at <http://www.facebook.com>

See more photos and articles online at facebook and <http://www.marines.mil>.

Yoga: An ancient weapon to battle depression

SHARI LOPATIN

TriWest Healthcare Alliance

If medication and doctor visits alone aren't helping you feel happier, practicing some yoga could benefit you by combating depression – and research proves it.

As one example, Harvard Health Publications printed the results of a 2005 German study where 24 women who described themselves as "emotionally distressed" participated in two 90-minute yoga classes per week for three months. At the end of the study, participants were significantly less depressed and less anxious.

According to the National Center for Complementary and Alternative Medicine, which is part of the National Institutes of Health, "yoga is a mind-body practice in complementary and alternative medicine with origins in ancient Indian philosophy." In its full form, yoga combines physical postures, breathing exercises, meditation and distinct life values. It helps increase relaxation while balancing the mind, body and spirit.

An article from Harvard Health Publications reports a type of controlled breathing with its roots in traditional yoga can relieve depression as well. The program is called Sudarshan Kriya yoga (SKY). It combines circular breathing patterns, to include everything from slow and calming breaths, to rapid and stimulating breathing.

Besides helping depression, yoga can have many positive effects on the body. Online literature from the National Center for Complementary and Alternative Medicine states research suggests yoga might also:

- reduce stress
- reduce heart rate and blood pressure
- increase lung capacity
- help with anxiety and insomnia
- improve physical fitness, strength and flexibility
- improve muscle relaxation
- positively affect levels of certain brain or blood chemicals

For more tips on living a well-rounded life, visit TriWest's Healthy Living portal at www.triwest.com/healthyliving.

Centerspeak

Who do you want to win the World Cup and why?

Opinions expressed in Centerspeak are not necessarily those of the OBSERVATION POST, the Marine Corps or the Department of Defense.



LANCE CPL. LEE LANDIN
COMPANY A, HEADQUARTERS BATTALION

"Italy, because one day I want to live in Italy."



PFC. JOSH OSE
WEAPONS COMPANY, 1ST BATTALION, 8TH MARINE REGIMENT

"America, because all the other countries are POGs."



STAFF SGT. FRANK TRINIDAD
COMPANY A, MARINE CORPS COMMUNICATIONS-ELECTRONICS SCHOOL

"Spain, because they have great players and prior experience."

Hot Topics

MESQUITE SPRINGS ROAD CLOSURE

Starting Monday, Mesquite Springs Road in Twentynine Palms will be closed for a month-long reconstruction project. The stretch of the road between Two Mile Road to Indian Trail will be affected by the project, which is expected to last until the third week of July. Call 367-7623 for more information.

VET CLINIC SERVICES LIMITED

Full veterinary services for privately-owned animals will not be available until August. Limited relief veterinary services will be available for privately-owned animals July 7-9. Pet owners are advised to seek care for their animals from a local veterinarian in the surrounding communities. Call 830-6896 for more information.

SCION BATTLE OF THE BUILDS

Scion, in conjunction with MWR and MCCS, is offering a car design contest for all active duty, reserve and National Guard personnel. The top designers from each base will be given money to build their dream cars and fly to Vegas for the final contest in November. Teams must have five to eight people. Registration deadline is today. Go to <http://www.battleofthebuilds.com> for more details.

SIX FLAGS MILITARY APPRECIATION DAY & PICNIC

Six Flags Magic Mountain is hosting a Military Appreciation Day and Picnic July 3. Ticket price is \$29.75 and includes a fully-catered all-you-can-eat buffet style meal. For tickets, visit the MCCS ITT office at the exchange or call 830-6163 ext. 252.

Marine Corps History

June 18, 1885

Marines land in Panama to protect trans-isthmus railroad.



Eagle Eyes

Report any suspicious activity immediately which may be a sign of terrorism, including:

1. Surveillance
2. Suspicious questioning
3. Tests of security
4. Acquiring supplies
5. Suspicious persons
6. Trial runs
7. Deploying assets

830-3937



SEMPERTOONS: CREATED BY GUNNERY SGT. CHARLES WOLF, USMC/RET.

SUDOKU #1844

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

CROSSWORD AND SUDOKU PUZZLES COURTESY OF © 2010 HOMETOWN CONTENT

THE IN RACE

[Puzzle solutions on A8]

1	2	3	4	5		6	7	8	9		10	11	12	
13						14						15		
16					17							18		
19					20			21		22				
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44	45							46						
47							48				49	50	51	52
53					54	55				56				
57					58					59				
60					61					62				

ACROSS

1. Cruise accommodation
6. Beast's abode
10. "Cheers" bartender
13. Single-handedly
14. Captain Nemo's creator
15. New Haven collegian
16. Cocktail sauce ingredient
18. Suffix with beator refuse
19. In an array
20. Those with clout
21. Bridge player's combo
23. Hourly wage
25. Daggoned
26. Read carefully
29. Twist and squirm
30. Geological span
31. Services partner
32. Sock sand
35. Place in the House
36. Metric weight moniker
38. Rock's Nugent
39. ___ du jour
40. Walkie-talkie acknowledgment
41. Feeds, as a fire
43. Report card signer
44. In fetters
46. Transvaal trekker
47. "Johnny Eager" Oscar winner
48. Costa del ___
49. "Picnic" playwright
53. Grand ___ Opry
54. Low-ranking mafioso
57. Poker payoff
58. One of the Coen brothers
59. Lecherous looker
60. Slop dig
61. ___ Martin (cognac brand)
62. Sneaks a look

DOWN

1. "All the Way" lyricist Sammy
2. Burn soother
3. Afghanistan's Tora ___ region
4. Give a lesson to
5. Alumna bio word
6. Watch readouts, for short
7. Jackie O's second
8. Way to take things
9. Cooks, as leftovers
10. Hill gofer
11. Mad Hatter's guest
12. Amplified, in away
14. It may sport the letters NEWS
17. Baptism, e.g.
22. To the ___ degree
24. Baseball batwood
25. Hive denizen
26. Irksome blade
27. Olympics slat
28. Driver ed topic
29. Habitual ways
31. Wounded at Pamplona
33. Ready for business
34. Toad feature
36. "Pay attention"
37. Meal for Goldilocks
39. Pine or spruce, e.g.
40. Actress ___ Dawn Chong
42. "Shop ___ you drop"
43. Sport you can't play left-handed
44. Pork servings
45. Ancient serf
46. Petty officer, for short
48. Hang out
50. Aswan Dam's river
51. Social goofball
52. Goes astray
55. Resistance unit
56. Hack off

OBSERVATION POST

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School Liaison Information

Question: How do busy military parents stay involved in the schools?

Answer: Any way you can!

- If you are a highly mobile family, get to know your child's new school, school administrators, teacher and classmates as quickly as possible. Make play dates with other children in your child's

class. Volunteer at school if you have time, as it's a great way to meet other parents.

- If the teacher always schedules parent activities during the workday, ask about possible evening events. Others parents will be thankful you did!
- You may not be able to attend all school functions. Get a sense of which ones are the most important to your child and try to make those. If you have any doubt, just ask your child which he or she would like you to attend.
- Accept volunteer activities when they fit into your schedule. Maybe you can call other parents in the evening, sew costumes on the weekend or build science projects when you aren't at work.

For more information, please contact smbplmsmccsschoolliaison@usmc.mil or call 830-1574.

Combat Center Spotlight

Name: Petty Officer 2nd Class Harold James Brantley
Hometown: Arvada, Colo.
Unit: Combat Logistics Battalion 2, Camp Wilson chaplain's office.
Job title: Religious programs specialist
Job duties: Manage religious programs for the battalion, and provide security for the chaplain.
What do you like most about your job? "It's

incredibly fulfilling to be a part of helping Marines and sailors on a personal level."
Significant achievements: "Preventing several Marines from suicide, and bringing chaplain home from Afghanistan."
Hobbies: Playing guitar, weight lifting
Time aboard Combat Center: Two months





LANCE CPL. M. C. NERL

Private First Class Hayden Harmon, a rifleman with Company D, 3rd Light Armored Reconnaissance Battalion, throws a grappling hook to check barbed wire for boobytraps June 10 at Combat Center Range 410. The range helped the Marines operate outside of their light armored vehicles and clear trenches.



LANCE CPL. M. C. NERL

Marines from Company D, 3rd Light Armored Reconnaissance Battalion, invade a trench at Combat Center Range 410 June 9. The range provided them practice integrating their light armored vehicles and dismounted scouts in combat.

Dragoons storm, conquer Range 410 in day, night exercises

LANCE CPL. M. C. NERL
COMBAT CORRESPONDENT

Marines of Company D, 3rd Light Armored Reconnaissance Battalion, trained the light armored vehicle scouts and crewmen to seamlessly integrate in battle at Combat Center Range 410 June 9-11.

Dragoons ran the range over and over again, practicing their trench-clearing and fire-suppression tactics day and night, scorching heat and

deafening wind to become better scouts and LAV crewmen, said Capt. Michael Simon, the company's commander, and a native of North Canton, Ohio.

"When doing a range like this, we look to make sure we do the basics correctly and efficiently from the [private first class] up to the leadership," Simon said. "What we're going for is fluid integration of our LAV-25s and their organic scouts, which is a difficult

skill to master."

Simon said his Marines performed to his expectation, but now he's pushing them to go farther.

"Overall I think they did pretty well," Simon said. "All the Marines worked very hard, but there's always room for improvement."

Simon said the Marines' hard work and diligence has helped them achieve more solid unit cohesion.

"Running this range is just like everything else," he said.

"To do it well you need sound procedures, quality [non-commissioned officer] supervision and realistic, aggressive rehearsals."

Lance Cpl. Steven Simms, a senior LAV crewman in the company, the lessons they learned on the range will help everyone, especially less-experienced Marines.

"This is good training, especially for the scouts," said the Fairview, Tenn., native. "It helps the crewmen brush up as well. We always

try to use our down time to educate the new guys.

"We're always stressing gear accountability and to always be aware of what they're doing," he said. "I always make sure they're in a learning state of mind so they get as much out of it as possible for their own good."

Lance Cpl. Anthony Sgarlata, a mortarman attached to the company, said he learned a lot about another military occupational specialty and gained some

valuable experience.

"I'm not even a scout," said the Orange County, Calif., native. "Just doing this over the past couple of days I've learned a lot about being a scout. I've never cleared a trench before, which I guess is going to help out a lot when we're in country."

The battalion will continue to train through the coming months until their deployment this fall in support of Operation Enduring Freedom.



LANCE CPL. M. C. NERL

Private first class Robert Edwards, a mortarman with Company D, 3rd Light Armored Reconnaissance Battalion, fires a missile June 10 at Combat Center Range 410. The range is meant to train units on platoon-sized attacks on fixed enemy positions.

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brewed on the premises. Each beer is unique both in name and taste. One of the most popular is the India Pale Ale with a fuller flavor and slight bitter taste. Other beers on tap usually include an Orange Blossom and Doppel Bock, or others called the Grizzly Bear or Red Ant Hill Ale. The beers vary with the changing seasons and activities. Big Bear Mountain Brewery even has a special

Oktoberfest brew in the fall and an Old Miners Gold in the summer to commemorate Old Miner's Days.

With six bears on tap year-round, many guests want to try them all, which is why you can now do a beer tasting at the Brewery for \$8.95. This wonderful tasting includes four ounces of each of the beers on tap. Belly up to the antique wooden bar where the owners, Don & Lil Wittman, and the rest of the staff give you secret recipes on mixing different combinations of beer to create a truly unique taste.

Besides the great beer always on tap, the Big Bear Mountain Brewery also has a great selection of menu items that include a variety of burgers and a customer favorite called the Ponderosa Chili.

The Brewery is located on top of Red Ant Hill on Big Bear Boulevard in Big Bear Lake. For more information call 909-866-BEER

Moonridge Animal Park Blues for the Zoo

August 7

BLUES FOR THE ZOO celebrating 50 Years of Sanctuary with a line-up of world class Blues artists. It will be held at Big Bear Lake's Swim Beach Outdoor Amphitheater (located at 41220 Park Avenue in Big Bear Lake). The concert will raise funds to support the Moonridge Animal Park's wildlife rehabilitation program.

The lakeside setting offers a scenic backdrop for an afternoon of internationally recognized musicians along with a selection of local arts and crafts and a freshly prepared food/beverage menu.



Headlining the afternoon of music is the Delta Guitar Slingers, an all-star group featuring three heralded guitarists from the Blues' current generation of virtuosos. Guy Davis, an east coast acoustic singer-songwriter, steeped in the folk tradition shares the bill. Rounding out the day are Southern California favorites Cafe R&B.

Profits from the charity concert will benefit the Moonridge Animal Park, which rose from the ashes of the 1959 forest fires that devastated the natural ecosystem of the San Bernardino Mountains. The Moonridge Animal Park is distinguished as the only zoological facility in the United States located in an Alpine/Sub-Alpine environment, dedicated to the preservation of its indigenous species. The park is a fully licensed, designated care and rehabilitation facility for injured

wildlife and confiscated animals. The majority of the rehabilitated animals are successfully released into the wild. If unfit after rehab treatment, the animals are given a "Home for Life" at the park. Some of the animals making a home at the Moonridge Animal Park include grizzly bears, bison, timber wolves, bobcats, bald eagles, Canadian lynx, coatmundis, raccoons and mule deer.

Tickets are on sale now. They are \$30 in advance and \$35 at the gate. Music runs from 3:00pm to 7:30pm with gates opening at 2:00pm. Beach chairs and blankets are welcome for lawn festival-style seating, no coolers please (a fine selection of food and beverage will be available on site). Parking on the grounds is \$3.00 per vehicle. Tickets may be purchased at the Moonridge Animal Park Gift Shop (43285 Goldmine Drive in Big Bear Lake), online at <http://www.moonridgezoo.org>, or via telephone from the Big Bear Chamber of Commerce, 909-866-4607

Outhouse Race set to Raise Money for Scholarships

There have been many races to the outhouse but very few races which pitted one outhouse against another, but that is what is planned for July 31st. Still in the planning stages, the Old Miner's Association is looking for teams of 5 to build and race themed outhouses in this 1st annual event set to raise funds for Big Bear's Old Miner Days. Interested groups should contact Terry Harris at 909-991-8073



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'America's Battalion' takes over 'Lava Dogs' area of operations in Helmand

SGT. MARK FAYLOGA

REGIMENTAL COMBAT TEAM 7

FORWARD OPERATING BASE GERONIMO, HELMAND PROVINCE, Islamic Republic of Afghanistan - As Col. Randall P. Newman spoke during the transfer of authority ceremony from the 'Lava Dogs' of 1st Battalion, 3rd Marine Regiment, to 3rd Battalion, 3rd Marine Regiment, at Forward Operating Base Geronimo, June 6, he had to raise his voice to be heard over the hum of a nearby generator.

The Regimental Combat Team 7 commanding officer didn't mind competing with the steady whir of the generator. To the contrary, he saw it as progress. After all, if he had been in the same spot last year, he would need to yell to be heard over the sound of gunfire. FOB Geronimo isn't the only area to have seen that kind of change.

"Now in areas of Nawa, most specifically the district center and the likes, there are places where a short year ago, rounds were exchanged in

combat as people resisted that effort to bring this back to the Afghan people," Newman said. "Today, in place of that combat, there are men and women shopping, going about their normal business with a sense of freedom that hasn't been felt there in a while. Nothing can speak more highly than that. We've given back to a fellow human being the opportunity to achieve a better future."

Although 3rd Bn., 3rd Marines, known as "America's Battalion," has been operating in Helmand province for weeks, the ceremony marked the official turnover of the area of operations from 1st Bn., 3rd Marines, authority to 3rd Bn., 3rd Marines.

At the ceremony, Newman wasn't the only one to note the progress made as a result of 1st Bn., 3rd Marines, work. Haji Abdul Manaf, Nawa District governor, was quick to praise 1st Bn., 3rd Marines, remarking he wished the U.S. government would write the names of the battalion's men on golden pages for the people of the United States and Afghanistan.

"[Lt.] Col. Matt Baker is a great warrior and great supporter of Nawa peace and prosperity," Manaf said. "This word is coming from all the elders and citizens of Nawa that we express our appreciation of Col. Matt Baker and his hard work and we hope that 3rd Bn., 3rd Marines, will keep that same support and relationship."

Baker, though honored by the praise, was quick to point out there is a set of names far more important than his own.

"While my name ends up being the name that gets mentioned, first and foremost there are more important people to mention," Baker said. "There is an entire battalion of Marines that did work for us, it's not possible to have the accomplishments we've had if it weren't for Sgt. Maj. [Dwight D.] Jones and all the officers and staff of 1st Bn., 3rd Marines. The names that I want to make absolutely certain that we say out loud today are the names of those who will not be going home."

Baker went on to solemnly read off the names of the four men from 1st Battalion, 5th Marine Regiment, and five from 1st Bn., 3rd Marines, who died supporting Nawa.

"These Marines will not be going home, did not go home with their battalions," Baker said. "It's very, very important that we never forget their names."

REMEMBERING THE FALLEN

1st Bn., 5th Marines

Sgt. William J. Cahir
Lance Cpl. David R. Baker
Lance Cpl. Donald J. Hogan
Lance Cpl. Justin J. Swanson

1st Bn., 3rd Marines

Cpl. Mark D. Juarez
Lance Cpl. Jacob A. Meinert
Lance Cpl. Timothy J. Poole
Lance Cpl. Noah M. Peir
Lance Cpl. Curtis M. Swenson



SGT. MARK FAYLOGA

Lt. Col. Matt Baker, the commanding officer of 1st Battalion, 3rd Marine Regiment, addresses the crowd at a lunch event honoring the work of 1st Bn., 3rd Marines, and welcoming their replacement, 3rd Bn., 3rd Marines, at Patrol Base Jaker, June 3.



SGT. MARK FAYLOGA

Using an interpreter, Haji Abdul Manaf, Nawa District governor, addresses the crowd at a transfer of authority ceremony at Forward Operating Base Geronimo where 3rd Battalion, 3rd Marine Regiment, took over 1st Battalion, 3rd Marine Regiment's area of operations June 6.

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TOUGH MINDED OPTIMISM

by Lou Gerhardt



Most of you know my eye sight is not good (macular degeneration) and my hearing is getting worse. Now I'm having trouble keeping my balance and going up and down stairs. On the other hand I am really quite healthy and my mind continues to function well.

All of this came to mind the other day when Raj Idani, proprietor of the three star Travelodge Inn and Suites in Yucca Valley was graciously and with great patience showing me through his beautifully remodeled facility.

Raj is a Rotarian, who truly lives a Rotarian test of always doing what is best for all concerned, offered me his hand and arm for support as we toured the three buildings, the spacious courtyard, the magnificently appointed rooms, the large community room, and the 64 extra large suites that contain every amenity you could possibly imagine. Each suite on the first floor has a nicely furnished patio and each suite on the second floor has a nicely furnished balcony. And the complex also includes a large four star fitness room with many pieces of brand new equipment, and the largest swimming pool of any motel in the High Desert.

In addition, the daily complimentary continental breakfast is really top notch. It not only features the items traditionally offered at other motels but also includes eggs each morning along with sausage or crisp bacon.

In these challenging and economic times it is a joy to see a family give of themselves so generously to make certain everything is done first-class at reasonable rates.

Raj is an excellent example of what it means to be a tough minded optimist.

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Marines, Estonians take beach during amphibious interoperability demonstration

SGT. ROCCO DEFILIPPIS
MARINE FORCES EUROPE

LOSKA, Estonia — Local residents and visitors crowded the shore to get a glimpse of the sight reflections gleaming from the tops of the amphibious assault vehicles making their way toward the coast.

As the AAVs took up defensive positions after reaching the shore, U.S. Marines weren't the only infantrymen to emerge from the dropped ramp and advance upon their objective — joining them were soldiers from the Estonian Defense Force, an historic first for the two NATO allies.

The combined U.S. Estonian amphibious landing comes as part of exercise Baltic Operations 2010, a multinational exercise designed to focus on maritime safety and security as well as focus on increasing the interoperability of the allies and partner nations within the Baltic Sea region.

In a speech addressed to distinguished military visitors, media and the Estonians in attendance, Estonian President Toomas Hendrik Ilves said he was glad to see the BALTOPS exercise return to Estonia and praised the commitment that NATO has to security and stability in the region.

"The participation of NATO allies and partner countries shows me how well NATO has managed to adjust and adapt to the new security situation here," said President Ilves. "Bringing in both NATO and non-NATO countries helps us prepare to confront the security challenges we face in the future in the region."

The Honorable Michael C. Polt, U.S. Ambassador to Estonia, also addressed the attendees and highlighted the spirit of cooperation on which the exercise is based.

"Today's BALTOPS landing epitomizes the United States' commitment to Estonia and to our excellent cooperation," said



SGT. ROCCO DEFILIPPIS

U.S. Marines amphibious assault vehicles embarked aboard the USS Gunston Hall depart the well deck during the start of a simulated amphibious assault. The combined U.S., Estonian amphibious landing was part of a demonstration of the interoperability between the two forces as part of exercise Baltic Operations 2010.

Ambassador Polt. "This exercise also demonstrates that from Afghanistan to Bosnia, Iraq to Kosovo, on land and at sea—Estonia and the United States can rely on each other in peace and during conflict."

According to members from both forces, the BALTOPS amphibious landing gave each nation a chance to enhance their understanding of each other and grow stronger as allies.

"[The Estonians] are very familiar with NATO tactics, techniques and procedures, so our integration together to conduct this mission was basically seamless," said Lt. Col. John Golden, commanding officer of the Special Purpose Marine Air/Ground Task Force Africa Partnership Station. "It's valuable for my Marines to get experience with amphibious operations, and it serves both our nations to increase our ability to operate together in the future."

"It is always important to strengthen our alliance bonds," said Estonian Defense Force Sgt. Lauri Asu, a squad leader who took part in the landing. "It has been exciting to train with the Marines, and I think

we have both learned a lot from each other throughout the conduct of this amphibious landing evolution."

Upon completion of the landing, the Marines and Sailors set up several vehicles and static equipment displays to give the Estonian people a chance to see it up close and learn more about the technical specifications.

"Having the ability to interact with not only the Estonian soldiers but with the people as well was a unique experience," said Lance Cpl.

Trenton Winkler, a machine gunner with 3rd Battalion, 9th Marine Regiment. "It gives the opportunity to broaden your perspective and get you thinking not only about your own nation's role, but also how all of us, as coalition partners, fit into the bigger picture."

In addition to the combined amphibious landing between the Estonians and Marines of SPMAGTF-APS, Marines from the 2nd

See ESTONIA, A9



SGT. ROCCO DEFILIPPIS

Estonian soldiers and U.S. Marines advance on the beach during a combined U.S., Estonian amphibious landing in Loska, Estonia. The combined training demonstration was part Baltic Operations 2010, an exercise designed to increase the interoperability of NATO and partner nations in the Baltic Sea region.

TRAINING, from A1

Afghanistan, and I hope we can build a strong partnership with the Ukrainians," he added.

Ukrainian soldiers said they agree the training opportunity offers a unique opportunity to bolster relationships across borders.

"It's a very good experience for us to train with Americans and Romanians, and it's very important to us," said Ukrainian Army 1st Lt. Aleksander Yasko, a combat training and planning instructor with the 30th Mechanized Infantry Brigade. "We have already learned new techniques we can use when preparing soldiers for combat."

"All of this is very interesting and new for us. We look forward to continuing to build this friendship," he added.

Since arriving in Romania, the Marines and sailors of scout platoon have spent the majority of their deployment at Babadag Training Area, and some said they think of Babadag's pastoral, rolling hills as a home away from home.

"It's been exciting experiencing the Eastern European culture," said Lance Cpl. Ryan Hazlitt, an assaultman with scout platoon. "It's a pleasant change of scenery from our desert in Twentynine Palms, Calif.,

but I do miss the comforts of home."

The Marines have spent the past six weeks working in the Black Sea, Balkan and Caucasus regions to promote regional stability, build enduring partnerships and build partner nations' military capabilities. The Security Cooperation Marine Air-Ground Task Force is Marine Corps Forces Europe's commitment to a rotating presence of Marines in Eastern Europe to meet U.S. European Command's theater security cooperation objectives.

"We've had a good time here," said Hazlitt, a native of Brownwood, Texas. "We've had the chance to meet several unique people and build strong bonds at the same time."

"I think we'll be able to walk away from this deployment with a great sense of satisfaction and a new group of friends," he added.

The peacekeeping operations training for U.S. Romanian and Ukrainian troops is slated to run through June 24 and will mark the end of the Black Sea Rotational Force's training at Babadag. Scout platoon is next slated to report to Novo Selo, Bulgaria, in late June to train alongside Bulgarian forces in the final peacekeeping operation training course of the deployment.



CPL. R. LOGAN KYLE

Cpl. Eric Franco [right], an assaultman with scout platoon, Headquarters and Service Company, 1st Tank Battalion, demonstrates a counter strike during a Marine Corps Martial Arts Program training exercise at Babadag Training Area, Romania, Tuesday. Throughout the two-week evolution, the Marines, Romanians and Ukrainians will sharpen their skills in combat and non-lethal operations including an introduction to the Marine Corps Martial Arts Program, convoy operations, patrolling, combat marksmanship, nonlethal weapons and munitions, and a wide variety of instruction encompassing the spectrum of military operations.

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Midwest educators receive West Coast training

LANCE CPL. FRANCES CANDELARIA

MARINE CORPS RECRUIT DEPOT
SAN DIEGO

MARINE CORPS RECRUIT DEPOT SAN DIEGO — High school administrators, teachers, counselors from Recruiting Stations Des Moines and Indianapolis, and two news anchors from Nebraska and Iowa experienced a week-long synopsis of Marine Corps recruit training during the Educators Workshop Monday through today.

The educators first step in their simulated transformation to becoming Marines began with their arrival at the depot.

As the buses came to a halt in front of the infamous yellow footprints, drill instructors overwhelmed the vehicles and the unsuspecting passengers making their intimidating presence known.

After yelling for the educators to exit the bus and line up on the yellow footprints with speed and intensity, the drill instructors paced up and down the rows barking orders

and ensuring the educators got into the proper position of attention. After several minutes of controlled chaos, the drill instructors stop their yelling and take a moment to congratulate the educators because they have survived the first two minutes of Marine Corps Recruit Training. The educators are then taken on a tour of the rest of the receiving process by their drill instructor guides.

"This has been good, fun and pretty interesting," said Matthew Easley, a parent-teacher-student consultant at Arsenal Technical High School in Indianapolis. "I noticed how the yellow footprints are such a simple thing yet very intimidating."

The educators attended classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, the Fleet Marine Force, and Marines' lifestyles.

"If any of my students wanted to join, I think it would be a great opportunity to grow and mature," Easley said.

They continued touring



LANCE CPL. FRANCES CANDELARIA

Ashley Boardman, a high school art teacher from Plymouth, Ind., receives encouragement during the bayonet assault course from Sgt. Pedro Lopez, a drill instructor with Company C, 1st Recruit Training Battalion.

many training sites around the depot. They watched demonstrations of water survival training at the depot Swim Tank. Marines tackle the confidence

course and even received a class and some brief hands-on training with the Marine Corps Martial Arts Program.

"This has been kind of an eye-opener," said Ashley Boardman, a high school art teacher from Plymouth Ind., "I knew Marines, but they had only been in for a few years. I never knew you could make a career out of it."

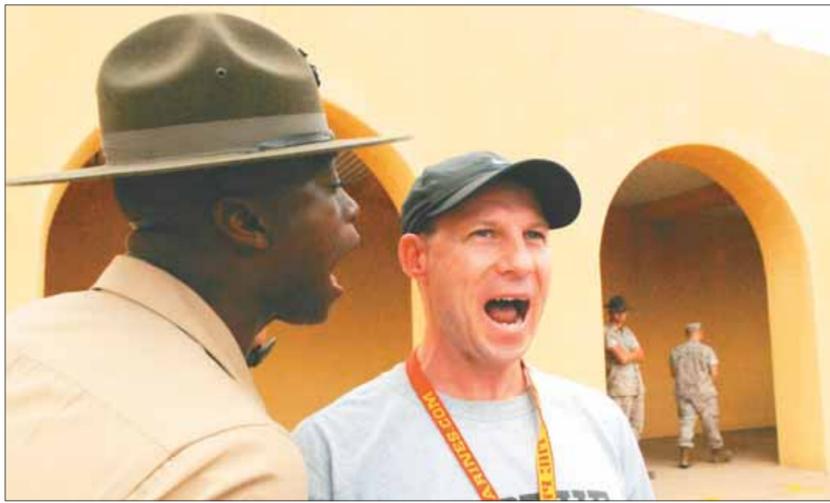
Educators also watched a demonstration of the modified Bayonet Assault Course and were offered a chance to run through the obstacles themselves. They maneuvered through the course, crawled through tunnels and navigated a rope bridge, suited in flak jackets and Kevlar helmets, while carrying rubber M-16A2 service rifles with training bayonets attached. They then engaged training targets at the end of the course.

The educators traveled to Marine Corps Air Station, Miramar, and Weapons Field

Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., as well, to get a closer look at some of the aircraft the Marine Corps employs and witness weapons firing and field training. They also

observed the new Marines of Company I participate in the emblem ceremony.

Educators leaving the depot today said they now have a better understanding of the Marine Corps and the young men and women who embody it.



LANCE CPL. FRANCES CANDELARIA

Richard Button, a high school Spanish teacher from Plymouth, Ind., replies with an "aye aye sir!" after being corrected by Sgt. Antoriano Smith, a drill instructor from Co. E, 2nd Recruit Training Bn., shortly after arriving on the yellow footprints.

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ESTONIA, from A6

Battalion, 23rd Marine Regiment, have been working with Estonian Defense Forces

throughout the duration of the BALTOPS exercise.

For the Marines of the SPMAGTF-APS, Golden said their work here highlight-

ed the flexibility and can-do attitude of the Marine Corps in what has been an historic deployment for the unit.

Deployed in January, the

SPMAGTF-APS Marines embarked aboard the USS Gunston Hall and have served under three combatant commanders: providing

humanitarian crisis assistance in the wake of Haiti's devastating earthquake, conducting theater security cooperation engagements throughout West Africa, and now here in Estonia, providing the first Marine Corps landing in the country.

"We have proven that we can execute operations

across the spectrum," Golden said. "The Marine Corps has been focused on deep land campaigns for a while, but what our deployment has shown is that we are still able to get back to our amphibious nature in addition to having the flexibility to conduct real world humanitarian assistance."



SGT. ROCCO DEFILIPPIS

Estonian soldiers wade ashore during a combined U.S., Estonian amphibious landing at a beach near Loska, Estonia. The combined training demonstration was part Baltic Operations 2010, an exercise designed to increase the interoperability of NATO and partner nations in the Baltic Sea region.

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Ads are run on a first-come, first-serve, space available basis. If you have questions please call 830-6213.

Marine Forces Reserve begins largest exercise of year

CPL TYLER J. HLAVAC
MARINE FORCES RESERVE

MARINE CORPS MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. – The biggest Marine Forces Reserve exercise of the year kicked off as the first of several reserve units arrived on deck to begin training June Saturday.

The exercise is Javelin Thrust 2010, which is an annual exercise conducted by MARFORRES in several different locations in the Southwest. This year, more than 4,500 Marines from ground combat, logistical

and air wing units will be participating in the training, which will resemble a Marine Air Ground Task Force operating in Afghanistan, in terms of both terrain and mission objectives.

“This is really the only time that all of the units train together as a MAGTF,” said Lt. Col. James King, the exercise’s lead planner, explaining the importance of the exercise.

The Marines participating in Javelin Thrust will spread across several different locations, to include the Marine Corps Mountain Warfare Training Center Bridgeport,

Calif.; Hawthorne Army Weapons Depot, Nev.; and Naval Air Station Fallon, Nev.; as the main points of the training. Additionally, training will also be conducted at Fort Sill, Okla., Naval Training Center Great Lakes, Ill.; Joint Reserve Base, Fort Worth, Texas; and Marine Air Ground Combat Center Twentynine Palms, Calif.

The variety of exercise locations will have the Marine training in desert and mountainous terrain as well as elevations ranging from 4,000 to 10,000 feet, spread across 180 square miles.

“The terrain affords the Marines a chance to train in a completely different environment than they are used to,” King said. “Marines will learn how the thinner air and mountainous terrain affect movement and communications.”

Each of the units will have a key role in the exercise.

Ground combat units will use the training areas to conduct company and battalion-



CPL TYLER J. HLAVAC

Marines with Company B, 1st Battalion, 25th Marine Regiment, wait to be transported from Marine Corps Mountain Warfare Training Center Bridgeport, Calif., to their training area for the duration of exercise Javelin Thrust 2010.

level combat training missions, and prepare for any scheduled or possible deployments to Afghanistan. Logistics units will be responsible for running convoys to transport Marines, as

well as keeping Marines fully-supplied for the duration of the exercise.

Air units will assist with transportation, as some locations cannot be reached by vehicle due to the ter-

rain. Additionally, the Air Wing Marines will conduct assault support, door gunnery live-fire and breaching training exercises.

The exercise is scheduled to conclude Thursday.

Participating units include:

- 23rd Marine Regiment, San Bruno, Calif.
- 14th Marine Regiment, Fort Worth, Texas
- Marine Air Group 49, Willow Grove, Penn.
- Headquarters and Service Battalion, 4th Marine Logistics Group, Marietta, Ga.
- 1st Battalion, 25th Marine Regiment, Fort Devens, Mass.
- 1st Battalion, 24th Marine Regiment, Battle Creek, Mich.
- 3rd Battalion, 23rd Marine Regiment, Belle Chasse, La.
- 6th Communications Battalion, Brooklyn, N.Y.

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– William Shakespeare

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B1

Warriors relax at Camp Wilson club

LANCE CPL. ANDREW D. THORBURN

COMBAT CORRESPONDENT

When Marines and sailors at Camp Wilson need a place to relax, have some fun and eat something other than Meals, Ready-to-Eat, they head to the Warriors Club.

The Warriors Club is an all ranks club which provides Marines and sailors with fast food, arcade games, wireless Internet, a beer bar and several televisions.

"When Marines come in from the field, they're dirty and grubby, and all they want is a double cheeseburger, large fries and a large coke," said Karen Burdett, the manager of the club.

"They come up to the counter to order, and they smell bad from training, but we still take care of them," she added with a laugh.

Burdett said the club is open from 8:30 a.m. to 10 p.m., and it's busiest during

lunch hours. Very often the line for food stretches from one side of the club to the other and snakes around to the patio door.

The outdoor patio offers a smoking area, six tables and a fence that provides a welcomed bit of shade.

"It is a chance to get away from the field and relax," said Sgt. William Garner, a squad leader for Company E, 2nd Battalion, 9th Marine Regiment.

Each TV is set to a different channel, and club patrons can have a channel changed simply by asking a staff member, Burdett said.

The Club also has eight pool tables, arcade-style video games and board games to keep Marines entertained.

Some say the beauty of the Warriors Club lies in the environment itself.

"Everyone comes in and relaxes and mingles right next to each other," Burdett said.

For information on the club, call 830-5613.



Lance Cpl. Hector Ortiz, a rifleman with 1st Battalion, 8th Marine Regiment, enjoys a racing game during his time off at the Warriors Club June 11.

LANCE CPL. ANDREW D. THORBURN



Mothers line up for lunch during the Mothers-to-Bee Social at the Marine Corps Exchange Tuesday. The social was a service to all mothers to promote programs and services the Combat Center offers new or expectant mothers.

PFC. SARAH ANDERSON

MCCS reaches out to new, expecting mothers with social

PFC. SARAH ANDERSON

COMBAT CORRESPONDENT

In the center of the Marine Corps Exchange, tables were lined up and filled with mothers laughing, eating, socializing and having a great time at the Mothers-to-Bee Social Tuesday.

The goal of the Mothers-to-Bee Social was to provide a little comfort for expecting or new mothers and inform them about what Marine Corps Community Services has to offer, said Lance Lenon, a divisional sales manager for the MCX, and the social's organizer.

"Out here the women are far away from their families

and don't have a normal social network," said Terese Westman, the perinatal case manager at the Robert E. Bush Naval Hospital here. "They feel isolated. Spouses can be deployed or involved with heavy training, leaving the mothers to feel like they are going through pregnancy alone."

"There are social events like this to get the girls together and let them know they aren't alone, and allow them to form friendships," she added.

MCCS personnel brought in guest speakers to provide information about different parenting and family support programs available at the installation.

Denise Cullum, the family readiness officer for 7th Marine Regiment, said several unit FROs also attend because they play a vital role as the link between Marines' units and their families. FROs ensure information from the unit commands reaches families, even while their Marines are deployed.

Westman, briefed the women on pregnancy and post-partum health issues and what to expect during their term.

Melissa Dowd, a trainer at the East Gym and Fitness Center here, offered more tips on staying healthy and in shape

See **MOTHERS, B4**

Nations come together in friendly sports competition

LANCE CPL. CORY D. POLOM

MARINE CORPS AIR STATION CHERRY POINT

MARINE CORPS AIR STATION CHERRY POINT, N.C. — Conseil International Du Sport

Militaire, or CISM, is known for introducing friendship through sports for our military men and women.

The 2010 CISM women's volleyball tournament ended with a great day of competition held at the Marine

Dome aboard Marine Corps Air Station Cherry Point, N.C., June 1.

"The play that was brought about during this last week was some of the best I've seen at this level in a very long time," said Col. Rinette Hulme, the official CISM representative for the tournament.

The competitors performed their utmost hoping to bring home the gold, but Brazil was too much for all the teams to handle as it went 6-0, winning every set to take the gold.

"The sportsmanship that each team showed was great," Hulme said. "The high quality of play and the close bonds that these athletes created made for a great CISM tournament."

Although sports can get competitive, Hulme said CISM players maintained their fellowship and demonstrated how team players should play and act throughout the tournament.

"This tournament is about bringing together militaries from different countries as a way to show that we are not all that different, and to help bring about peace among nations," said Col. Jorge Riberio, president of CISM

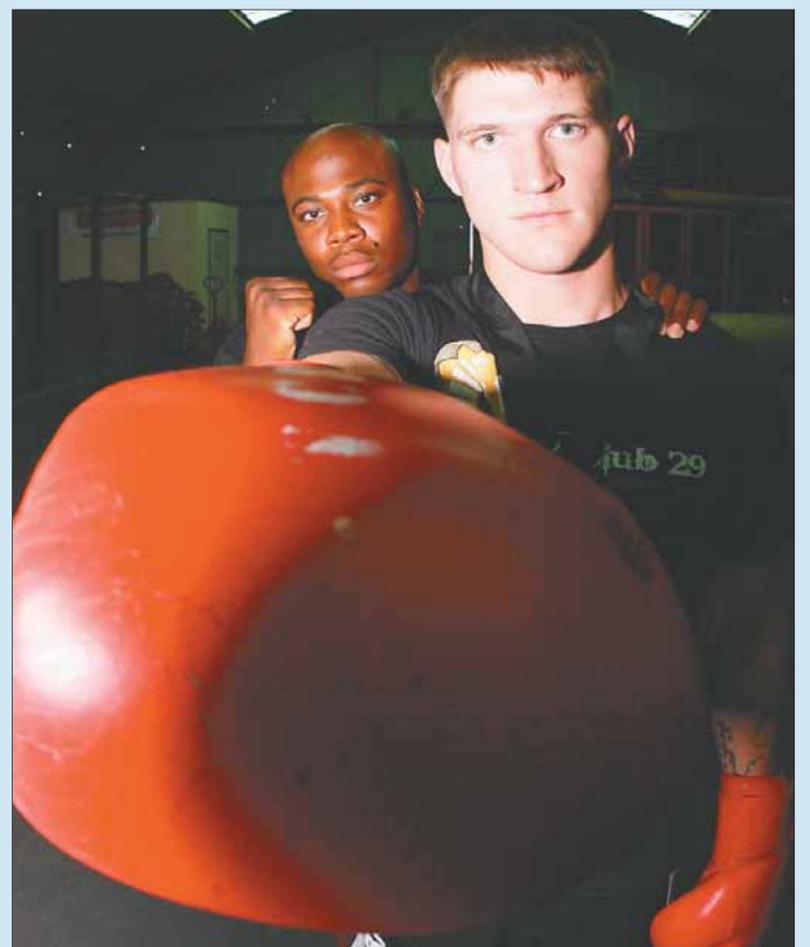
See **NATIONS, B2**



LANCE CPL. CORY D. POLOM

Christine Rostowfske, the United States team captain for the CISM tournament, sets the ball up for a spike during the first CISM game at Marine Corps Air Station Cherry Point, May 26.

Fight Club 29 grapples to victory



LANCE CPL. M. C. NERL

The Combat Center's Fight Club 29 traveled to La Jolla High School in La Jolla, Calif., Saturday, to participate in another Grappling X tournament. Three of the five competitors placed in their respective weight classes. Jarrett Edwards [not pictured] swept his weight class at 175 pounds, winning the gold medal, and his teammates Omar Askew [left] and Justin Haggard won the silver medals at 195 and 185 pounds. The club's next tournament is scheduled for July 31 in Santa Ana, Calif.



Combat Center Clubs

Excursions Enlisted Club
Fridays: Social food, 5 to 7 p.m.; Salsa dancing, 7 to 8 p.m.; ladies' night, 8 to 10 p.m.; DJ Vlad, 8 to 11 p.m.
Saturdays: Variety Night with DJ Bones, 8 to 11 p.m.
Wednesdays: DJ Gjettblaque, 8 to 10 p.m.

Bloodstripes NCO Club
Mondays: Free chicken nuggets/nachos, 5:30 to 7:30 p.m.
Wednesdays: Free Italian sausage with peppers, onions and green salad.

Hashmarks 29 SNCO Club
Fridays: DJ, 8 p.m. to 1 a.m.
Monday-Friday: All Hands Lunch, 10:30 a.m. to 1:30 p.m.
Mondays: Steak night, 5 to 8 p.m.
Wednesdays: Karaoke, 5 to 7 p.m.

Combat Center's Officers' Club
Monday-Friday: Lunch served, from 11 a.m. to 1 p.m.
Mondays: Steak night, 5 to 8 p.m.
Today: All Hands Bingo, 6 p.m.
For complete calendars, visit <http://www.mccs29palms.com>.

Local Events

The Rave-ups
Description: Self described as a roots rock quartet
When: 8 p.m., Friday, June 18
Jake Busey and the Sons of Lawless
Description: Rock with punk and grunge influences
When: 8 p.m., Saturday, June 19
Where: Pappy and Harriet's
53688 Pioneertown Road, Pioneertown
For more information, call 365-5956 or visit <http://www.pappyandharriets.com>.

Black Rain, an Ozzy Osbourne tribute band
Description: Showcasing the music of Black Sabbath
When: 9 p.m., Saturday, June 19
Where: Rattlesnake Jake's Restaurant and Bar
51572 29 Palms Highway, Morongo Valley
For more information, call 363-6513 or visit <http://rattlesnakejakessite.com>.

Mosaic, with Bobby Moses Nichols, Anthony Patler, Les Falconer, Bobby Furgio and Al Martin
Description: Blues and funk music
When: 6 to 10 p.m., every Tuesday
Where: Napoleons
6393 Sunset Road, Joshua Tree
For more information, call 902-9366.

Movies in the Park "The Blind Side"
Description: Free movies shown at Luckie Park
When: Nightfall, approx. 8 p.m. Thursday, June 24
Where: Luckie Park at the corner of Two Mile Road and Utah Trail, next to the racquet ball courts.
For more information, call the Recreation Department at 367-7562.

Lower Desert

Hot 92.3 Art Laboe's Summer Jam
Description: Hot old school and rhythm and blues
When: 8 p.m., Saturday, June 19
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information, call 800-252-4499 or visit <http://www.morongocasinoresort.com>.

The comedy of Howie Mandel
Description: Television host and comedian performs
When: 8 p.m., Saturday, June 26
Where: Morongo Casino Resort and Spa
49500 Seminole Drive, Cabazon
For more information, call 800-252-4499 or visit <http://www.morongocasinoresort.com>.

Jackson Browne
Description: The classic rock 'n' roll legend performs
When: 7 p.m., Sunday, July 18
Where: Agua Caliente,
32-250 Bob Hope Drive, Rancho Mirage
For more information, call 888-999-1995 or visit <http://hotwatercasino.com>.

Bad Company
Description: The rock 'n' roll stars perform their hits
When: 8 p.m., Friday, July 16
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, June 18
6 p.m. – Furry Vengeance, Rated PG
9 p.m. – Robin Hood, Rated PG-13
Midnight – The Losers, Rated R

Saturday, June 19
11 a.m. – Free Matinee, Alice in Wonderland, Rated PG
2 p.m. – Just Wright, Rated PG
6 p.m. – Back Up Plan, Rated PG-13
9 p.m. – Iron Man 2, Rated PG-13
Midnight – Nightmare on Elm Street, Rated R

Sunday, June 20
2 p.m. – Furry Vengeance, Rated PG
6 p.m. – Letters to Juliet, Rated PG
9 p.m. – Robin Hood, Rated PG-13

Monday, June 21
6 p.m. – Iron Man 2, Rated PG-13

Tuesday, June 22
7 p.m. – Nightmare on Elm Street, Rated R

Wednesday, June 23
7 p.m. – The Losers, Rated PG-13

Thursday, June 24
7 p.m. – Back Up Plan, PG-13

The gang's all here for final big screen 'Shrek'

NEIL POND
AMERICAN PROFILE

"Shrek Forever After"
Rated PG

After three previous movies, "Shrek Forever After" is reportedly the final big-screen outing for the lovably grumpy green guy, bringing to a close the nine-year run of Dreamworks studio's delightfully fractured fairy tale.

In the previous movies, Shrek made the transition from feared, jeered outsider to husband, father and local hero. Movie number four finds him settled into domestic life in his beloved swamp, raising a set of little ogre triplets with his ogre wife, Fiona. But Shrek, beset by a midlife crisis, begins to long for the old days and a time when he was a "real ogre" instead of "a jolly green joke." Making a deal with the devious Rumpelstiltskin, a scheming, can't-be-trusted dwarf, he's able to return to just such a time. All he has to do is trade



COURTESY PHOTO

Beset by a midlife crisis and longing for the days when he was a "real ogre," Shrek makes an ill-fated bargain with the devious Rumpelstiltskin.

one day of his life in return. But Shrek is transported to a place that's not exactly how he remembered it – because Rumpelstiltskin took away, in exchange, the day that Shrek was born. So begins an "It's a Wonderful Life"-style odyssey, with Shrek discovering what his world would be like had he never been in it. It's a pretty grim place. No

wife, no kids, no home. And the despotic king is none other than Rumpelstiltskin, who capitalized on a series of events that transpired because Shrek wasn't around to prevent them. To reverse the dwarf's wretched re-do of history, Shrek has to marshal his old friends and get a true-love kiss from Fiona before the next sunrise – challenging tasks, since in this altered reality, his "friends" and his "wife" don't even know him.

The gang's all here for the final chapter, not just the characters, but also the actors whose voices became integral to them: Mike Myers (Shrek), Eddie Murphy (Donkey), Cameron Diaz (Fiona) and Antonio Banderas (Puss 'n' Boots). Guest-star voices abound, including John Hamm (from TV's "Mad Men"), Craig Robinson (from "The

Office), Jane Lynch (from "Glee"), Ryan Seacrest, Larry King, Meredith Vieira, Regis Philbin, Kathy Griffin, Julie Andrews and John Cleese. But the star of this show turns out to be Rumpelstiltskin, voiced by one of the movie's writers, Walt Dorn, who more than holds his own against the barrage of star power all around him. The little dwarf steals every scene in which he appears.

Clever pop-cultural references will keep adults entertained as the kids titter. The animation is top-notch – but not, however, dazzling enough to justify you spending the extra dollars on seeing it in 3-D. The story is a few crackles short of the gleeful, imaginative snap of its predecessors. The drama is a bit darker, somewhat denser and not quite as much wall-to-wall fun as you might

See SHREK, B4

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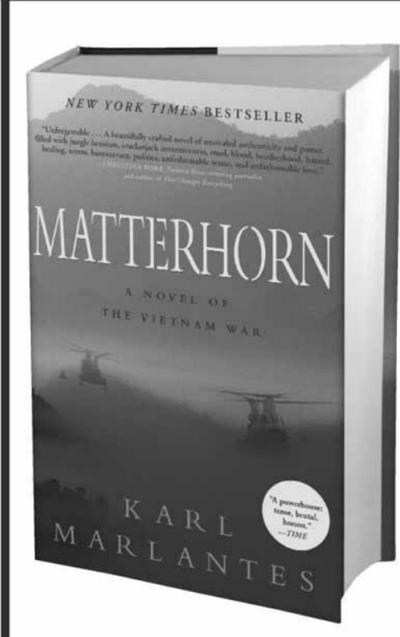
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COURTESY PHOTO

In the fourth Shrek film, Shrek has settled into domestic life.

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*San Antonio Express-News

NATIONS, from B1

volleyball committee. "Bringing these countries together helps us see the team spirit that each team brings to the world games," Hulme said. "The United States have a unique team spirit," Hulme said. "Whether it is good or bad that happens to them, they always have a lot of energy and a happy attitude." After the final games were completed, the athletes changed into their countries' military dress uniforms and met at the Station Theater for the awards ceremony and awarding of medals. "The tournament was outstanding, and congratulations to all the athletes who both won and who didn't. You all did an amazing job," said Col. Douglas A. Denn, the commanding officer for Cherry Point. "When you all go back to your respective countries, I hope you take with you the bonds of friendship you made this week, along with a great memory or two about your stay aboard Cherry Point."

Combat Center Sports

Intramural soccer standings

TEAM	WINS	LOSSES
MCCES	3	0
CLB-7	3	1
1st Tanks	2	2
HOBN	2	2
MWSS-374	2	2
NHTP	0	5



PFC. SARAH ANDERSON

Agudelo Freddy from MWSS-374 and Brennan Hershi, from CLB-7 fight for the ball during a Commanding General's Intramural Soccer League game Tuesday at Felix Field. The game ended with a 2-0 MWSS-374 victory.



PFC. SARAH ANDERSON

Marines from MWSS-374 and CLB-7 fly through the air as they battle for the ball in a Commanding General's Intramural Soccer League game at Felix Field Tuesday. MWSS-374 did not give up any goals the entire game.



PFC. SARAH ANDERSON

Jonathan Hunt, a player for MCCES, attempts to slide into home plate but is stopped by Joaquin Rios, a player for MCTOG during a Commanding General's Intramural Softball League game at Felix Field Monday.

Intramural softball standings

TEAM	WINS	LOSSES
3/11	13	2
ESD	12	3
MCCES Red	11	3
PMO	12	4
Tanks	11	4
MWSS 1	11	4
ATG	10	5
MCCES C Co.	10	5
AAV	8	7
CLB-7	8	8
3rd LAR	7	6
IPAC	7	8
MCCES White	6	10
MCTOG	6	11
Mojave Viper	5	9
Hospital	4	11
MCCES Maint	3	13
Dental	2	13
MWSS 2	2	15
CMA	1	14

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Athlete of the Week

Name: Kapri L. Willis
Unit: Naval Hospital
Job title: Leading Petty Officer
Hometown: Fort Worth, Texas
Recognition: Participated in the Conseil International Du Sport Militaire, the international volleyball championship in North Carolina, and hopes to participate in the World Games next year in Brazil.
Favorite aspect of the sport: "Meeting new people."
Advice to aspiring athletes: "Workout prior to camp or tryouts."



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- 7/24 Silverado (Country Western)
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- 8/7 Bonne Musique (Zydeco)
- 8/14 Marine Corp Band (Patriotic)

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6/26 Just Like T.H.A.T (40's & 50's)

MOTHERS, from B1

during and after pregnancy with safe workout routines. She also offered nutritional advice for pregnant women.

The women also learned about many MCCS programs. The Your Cost is Our Cost Program is a nonprofit program which offers merchandise at the same price the MCX paid for it. The Baby and Me Program gives the mother a \$10 gift card and discounts to the MCX when she brings her newborn. The Bright Beginnings Program, a child care program offered on weekdays, was also explained and garnered plenty of interest from attendees.

Other MCCS programs include the New Parenting Support Program, Dad's Baby Boot Camp for fathers, Mom's Basic Training and the Exceptional Family Member Program for families with children who have special needs.

The social was very helpful, said Jennifer Billot, a mother who attended the event. "I learned a lot of information I did not know."

New or expecting mothers are not the only ones who benefit from these services — they are for anyone with a child or who takes care of children, Lenon said.



PFC. SARAH ANDERSON

Mothers and their children enjoy refreshments during the Mothers-to-Bee social at the Marine Corps Exchange Tuesday. The social presented expectant and new mothers with information about services and benefits they can apply.

"This really teaches you how to bring children up. It's the ABCs of parenting," he said.

"MCCS has always made it our goal to provide whatever services we can to the active duty family with all of our events," Stork said. "We want to let them know that we are here for them, we think about

them all the time."

For more information about the programs MCCS offers expectant or new mothers, call 830-6163; the EFMP, call 830-7746, for more information on fitness programs or routines designed for expectant to postpartum mothers, contact the East Gym by calling 830-6440.

Combat Center gets taste of NASCAR



LANCE CPL. ANDREW D. THORBURN

The Marine Corps Exchange showcased the NASCAR number 17 Crown Royal car in their parking lot Wednesday. Patrons could look inside and under the hood of the car from 10 a.m. to 3 p.m. The car travels across the country, stopping at military installations. While the car was in the parking lot, all patrons who bought Crown Royal at the exchange received a voucher for a free T-shirt. They could also submit to win a tire from the car used during one of its races.

SHREK, from B2

have hoped.

But these are minor shortcomings in an otherwise strong finish for one of Hollywood's most successful family-movie franchises. After all the green-tinted grins and giggles they've brought audiences for nearly a decade, Shrek, Fiona, Donkey and the other memorable characters of the kingdom of Far, Far Away deserve to finally live happily ever after.



COURTESY PHOTO

Shrek couldn't be happier as he terrorizes a village just by strolling through it.

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