



MESS HALL MENU

Monday - Friday
Breakfast: 6 - 7:30 a.m.
Lunch: 11 a.m. - 12:45 p.m.
Dinner: 4 - 6 p.m.

Saturday, Sunday and holidays
Brunch: 8:30 - 11 a.m.
Dinner: 4 - 6 p.m.

MIDRATS

Sunday - Thursday
11:30 p.m. - 1 a.m.

TAKEOUT WINDOW HOURS

Breakfast - Mon. - Fri. 7:30 a.m. - 11 a.m.
Lunch - Mon. - Fri. 12:45 p.m. - 4 p.m.
Dinner - Mon. - Fri. 6 p.m. - 8 p.m.

Saturday

Lunch

Bayou jerk pork loin and rice

Dinner

Shrimp cocktail, fried chicken, steak

Sunday

Lunch

Salmon with cucumber relish

Dinner

Baked ziti with italian sausage

Monday - Friday Breakfast

Hot farina, hot hominy grits and oven-fried bacon

Monday

Lunch

Baked smoked ham and sweet potatoes

Dinner

Spicy shrimp with cheesy grits

Tuesday

Lunch

Chicken and dump-
lings and rice

Dinner

Herbed roast pork
loin with pan gravy

Wednesday

Lunch

Roast turkey and green beans

Dinner

Manhattan clam
chowder

Thursday

Lunch

Arroz con pollo and
garlic bread

Dinner

Apple glazed corn
beef and squash

Friday

Lunch

Herbed baked
chicken and carrots

Dinner

Chili macaroni and
green beans

CHAPEL SERVICES

Roman Catholic

- 9:30 a.m. - Sunday Mass
- Confession takes place before Mass
- Confession Monday - Thursday at noon

Protestant

- 9:45 a.m. - Protestant Church School (Sun-
day School)
- 11 a.m. - Protestant Sunday Worship Service
(Children's church is also available at this
time)
- 5 p.m. - Wednesday Protestant Bible Study
- 5 p.m. - Saturday Worship Service at Laurel
Bay Youth Center

Buddhist

- 11 a.m. - Saturday Worship Service in the
Chapel Fellowship Hall

Labyrinth Walk

- 8 a.m - 4 p.m. - Monday in the Chapel Fel-
lowship Hall

Other Faith Groups

- For Jewish, Mormon and Islamic support,
contact the Chaplain's Office at 228-7775

See something suspicious
Say something.

Eagle Eyes
WATCH, REPORT, PROTECT.

Call (843) 228-6710 / 911 - IMMEDIATELY

USMCEagleEyes.org

Hotlines

MCAS Beaufort Station Inspector	228-7789
Sexual Assault Response Coordinator	228-6904
Force Protection information and concerns	228-6924
PMO Dispatch	228-6710
Severe Weather and Force Protection	1-800-343-0639

Sexual Assault

The contact number for a Uniformed Victim Advocate is 592-0646. This number can get you in contact with a UVA 24 hours a day.

Fraud, Waste and Abuse

If you know of or suspect any fraud, waste or abuse aboard MCAS Beaufort, call 228-7777. If you know of or suspect any fraud, waste or abuse within MAG-31, call (252) 466-5038. The automated answering service on these lines is available 24 hours a day.

MCAS Beaufort Movie Schedule

Saturday 2:00 p.m.
PG (1:35)

Saturday 4:30 p.m.
PG-13 (1:58)

Saturday 7:00 p.m.
R (1:38)

MCRD Parris Island Movie Schedule

Sunday 2:00 p.m.
PG (1:35)

Sunday 4:30 p.m.
PG (1:34)

Sunday 7:00 p.m.
PG-13 (2:26)

Sun Protection Word Search

P H O T O S E N S I T I V I T Y I G O U
Y G A M E L A N I N A M E H T Y R E V I
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Word Bank

- AGE SPOT
AGING
BASAL
CELLS
DAMAGING
DANGEROUS
DERMATOLOGIST
DRYING
EPIDERMIS
- ERYTHEMA
FAIR
GROWING
MELANIN
MELANOMA
OUTDOORS
OVEREXPOSURE
OZONE
PEELING
- PHOTOSENSITIVITY
PIGMENT
PROTECTION
RADIATION
RAYS
REDNESS
SKIN
STAGES
STINGS
- SUNBURN
SUNLIGHT
SUNSCREEN
SWEATING
SWELLING
TAN
TRANSLUCENT
TREATMENT
WRINKLES

Sudoku

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8							6	
		9		3		7		
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5			4	9				

June 10th solution

O	A	T	C	A	L	B	F	O	D	T		T	D		
C	G	F									X	Z	C	P	W
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June 10th solution

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

HAPPENINGS

- As part of regularly scheduled, routine maintenance, runway 05-23 is closed until mid-summer. Runways undergo wear and tear when aircraft take off and land. This is similar to the wear and tear placed on roads due to traffic volume. Conducting routine maintenance on our
- runways maintains the integrity of the surface and ensures our pilots are operating on the most structurally sound runway possible.

■ The Laurel Bay Marine Mart (7-Day Store) will be closed from Jan. 21 until the fall of this year for a renovation. Improvements will include a new floor layout and new interior.
- Alcoholics Anonymous meetings are held at the Station Chapel aboard MCAS Beaufort every Monday at 6 p.m. and Thursday at 10 a.m. Meetings are open to all service members, veterans, and civilians within the Tri-Command.

■ The photocopying of U.S. Government identification cards is a violation of Title 18, U.S. Code Part 1, Chapter 33, Section 701 and punishable by fine and imprisonment.

Chaplain’s Corner Thoughts on Thinking

By Chaplain Chad Haan
United States Navy Chaplain

Last week while driving home from work I found myself thinking about a call that I had just made. Why I did I make that call to that particular person at that particular time? Upon reflection, I realized the primary reason I made that call was because I had seen a pickup truck with concrete tools on it for flat work, and the friend who I called does flat work. However, this only raised other questions. Why did I notice that particular truck among the hundreds of vehicles I passed? How many stop lights did we both have to hit just right for the driver of that truck to pass me on that small stretch of road? Why did I think to call that particular friend when I have four other friends who also do the same kind of work? When I called my friend, I understood why - he said that he had just been thinking about calling me to tell me about a health concern with his son.

The fact that these events occurred is significant. Yet what is of greater significance are the thoughts I had while reflecting on these events. While many of us have likely had similar experiences,

how often do we stop to think about what these experiences reveal regarding what we believe about God, or how we understand God? Why don’t we see God’s hand at work more often in our lives? And, what would the payoff be if we did see God at work more often in our lives? Philipians 2:13 says, “for it is God who works in you both to will and to act in order to fulfill His good purpose.” Reflecting on this verse in relation to this experience, I would say that God caused me to notice that particular truck and to think of that particular friend, and while not acting for me, He also gave me the impetus to take the action of making the call. If God cares enough to number all the hairs on our heads it certainly is not a stretch to think that He cares about, and is in control of, everything in our lives - even down to the smallest details.

Unfortunately, the biggest reason that we don’t see God’s hand at work more often in our lives is that we don’t ask for it in prayer. We don’t ask God to open our eyes or to help us see things through His eyes, or more importantly - to think with His purposes in mind. We need to ask ourselves the ques-

tion: What purpose might God have with this particular idea or thought, or in this particular situation in my life?

The payoff for seeing God at work more often in our lives is that we will be even more encouraged to see, and to diligently seek what God is going to do in our lives next, and be a part of it. We will know with certainty that it is God who is actively directing our lives – even our thoughts. Second, because of our increased awareness of what God is doing we will be an even greater blessing in the lives of those around us, blessing and encouraging our neighbors and friends. Third, as we read our scriptures and ask God to reveal His purposes in our lives we will know Him more fully, and in doing so, we will glorify God and therefore fulfill the “good purpose” of God for humanity.

Finally, the answer to the first question of the Westminster Catechism states that the chief end of humanity is to glorify God and enjoy Him forever. By being more aware of, and celebrating God’s orchestration of the moments in our days, we are able to truly glorify God and enjoy Him now, and forever.

Did you know...

June 20, 1993: The 24th Marine Expeditionary Unit returned to Mogadishu, Somalia, to stand ready to assist United Nations forces in maintaining peace in the war-torn country. Earlier that month, the 24th MEU had been ordered to cut short Exercise Eager Mace 93-2 in Kuwait to respond to possible contingency operations in Somalia.



Effective June 1, MCAS Beaufort will be in Tropical Cyclone Condition V for 2016 Atlantic Hurricane season until November 30. This year is predicted to be a normal season. NOAA is predicting 10-16 named storms, which includes Alex. 4-8 will become Hurricanes. 1-4 will become major Hurricanes. Be Prepared!



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Public Affairs Officer
Capt. Clayton Groover

Public Affairs Chief
Sgt. Dengrier M. Baez

Press Chief
Sgt. Dengrier M. Baez

Community Relations/Staff Writers
Cpl. Samantha K. Foster
Cpl. Jonah Lovy

M Beaufort.Marines.mil

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t twitter.com/MCASBeaufortSC

You Tube youtube.com/MCASBeaufortsc1

Fightertown deployed:



MALS-31 Stingers have detachments currently deployed to the Western Pacific supporting VMFA-122.



Marine Fighter Attack Squadron 122 is currently deployed to the Western Pacific as part of the Unit Deployment Program.



Marine All-Weather Fighter Attack Squadron 533 is currently deployed to support operations overseas.

Tri-Command Weather 7 Day Forecast

Fri 6/17/2016	95°	73°		A thunderstorm in spots
Sat 6/18/2016	80°	71°		Partly sunny; breezy, cooler
Sun 6/19/2016	81°	73°		A thunderstorm in the area
Mon 6/20/2016	81°	73°		An afternoon thunderstorm
Tue 6/21/2016	87°	75°		Thunderstorms possible
Wed 6/22/2016	87°	76°		Partly sunny
Thu 6/23/2016	89°	73°		Partly sunny and humid

Editor’s note: We at The Jet Stream care about our reader’s opinion. In reaching our goal to put out the best possible product, we understand the importance of your feedback. Please add a comment to the “How can we improve The Jet Stream?” topic on our www.facebook.com/MCASBeaufort discussion board on how we can better your base newspaper.

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DoD, Marine Corps Celebrate LGBT Pride Month

Story by:
Cpl. Jonah Lovy
Staff Writer

The month of June marks the observance of Lesbian, Gay, Bisexual, and Transgender Pride Month. In the Department of Defense and across the nation observances are held to recognize the strides made in the LGBT community's fight for equality. The theme of this year's pride month is, 'Celebration.'

The Department of Defense repealed its 'don't ask don't tell' policy in 2011 allowing homosexuals to openly serve in the armed services. Since 2014 the DoD's Human Goals Charter has been addressing the fact that the defense of the nation requires a well-trained volunteer force, according to MARADMIN 293/16.

The Charter wrote ten human goals of the Department of Defense as guidelines for creating a more inclusive and tolerant environment for service members. One of the goals is to make military service in the department a model of equal opportunity for all, regardless of race, color, sex, religion, sexual orientation, or national origin.

The first Gay and Lesbian Pride month was held by President Bill Clinton in June, 2000, to coincide with the Stonewall riots which occurred in June, 1969. In 2009, President Barack Obama brought back the observance a LGBT Pride Month which he has recognized every year since.

We gain a strategic advantage through the diversity of our total force and create a culture of inclusion where individuals are drawn to serve, are valued, and actively contribute to overall mission success, according to the MARADMIN.

Men and women of all sexual preferences are now free to enlist and serve in the military free from discrimination. Homosexual individuals are also protected under the Equal Opportunity laws in the Marine Corps.

"Department of Defense is leading by example to ensure that lesbian, gay, bisexual, and transgender citizens are judged by the quality of their work, not by who they love," said President Barack Obama, in his proclamation of the pride month.

On June 26, 2015, the Supreme Court took strides to give the LGBT community equal rights when they announced that all 50 states must allow same-sex marriage.

The Marine Corps is committed to promoting an environment free from personal, social, or institutional barriers that prevent its workforce from rising to the highest level of responsibility possible, regardless of sexual orientation, according to the MARADMIN. Therefore, commanders are encouraged to take time to recognize and celebrate the 2016 LGBT Pride Month. Commanders are further encouraged to promote participation in observance events both on base and in the local community.



Extreme Heat Facts

How Prepared are you for Extreme Heat?

- Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work harder to maintain a normal temperature. Most heat disorders occur because the victim has been over exposed to heat or has over exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat. Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. (i.e. pollen) Other conditions that may put you at risk, regardless of your level of fitness, are consumption of alcohol and use of antihistamines like Sudafed. Using these in times of extreme heat will increase your chances to become dehydrated quicker. If you are thirsty, you are ALREADY DEHYDRATED; thus starting the process of heat illness.

TERMS

- Heat Cramps: Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.
- Heat Exhaustion: Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.
- Heat Stroke: A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.
- Heat Index: A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

WHAT SHOULD YOU DO DURING EXTREME HEAT?

- Read ASO 6200.1H. Call MCAS Beaufort weather at 843-228-7904 for questions.
- Know where the heat flags are on MCAS Beaufort and monitor if outside.
- Drink an even mix of water and electrolytes. Avoid power drinks and caffeine.
- Listen to NWS/NOAA newscasts for duration of extreme heat waves
- If venturing outdoors, dress appropriately for conditions. (i.e. Dress in loose-fitting, lightweight & light colored clothes that cover as much skin as possible)

- Reference: <https://www.ready.gov/heat>
- Questions? Contact Mission Assurance 843-228-6985

Are You Hydrated? Take the Urine Color Test

• Urine Color Chart

HYDRATED

DEHYDRATED

OPTIMAL

WELL HYDRATED

DEHYDRATED:
You need to drink more water

SEEK MEDICAL AID:
May indicate blood in urine or kidney disease

*This color chart is not for clinical use.

Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.

RENFORTH

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cial media and for an energy-saving program.

During his time aboard the depot Williams oversaw the making of more than 38,000 Marines and oversaw the depot’s centennial ceremony. As Parris Island’s first black commanding officer he led the way for diverse commands across the Marine Corps.

After his departure, Williams will serve as assistant deputy commandant of plans for the Marine Corps’ Installations and Logistics Division in Washington D.C.

Renforth participated in Operation Desert Storm and deployed twice in support of Operation Iraqi Freedom and once in support of Operation Enduring Freedom.

He first served in the U.S. Navy before attending and graduating from the Naval Academy and then commissioning as a second lieutenant in the Marine Corps. He and his wife have five children.

The mission on MCRD Parris Island is to make Marines by recruiting quality young men and women and transforming them through the foundations of rigorous basic training, our shared legacy, and a commitment to our core values, preparing them to win our nation’s battles in service to the country.



Photo by Cpl. Alex W. Kouns

U.S. Marines and their family members attend a change of command ceremony for the Commanding General of Marine Corps Recruit Depot Parris Island/Eastern Recruiting Region at the all-weather training facility June 10. The change of command ceremony represents the transfer of responsibility, authority and accountability from the outgoing Commanding General of the depot, Brig. Gen. Terry V. Williams, to the incoming Commanding General, Austin E. Renforth.



Courtesy photo

Brig. Gen. Austin E. Renforth took command during a change of command ceremony for the commanding general of Marine Corps Recruit Depot Parris Island/Eastern Recruiting Region on Parris Island, S.C., June 10. Renforth participated in Operation Desert Storm and deployed twice in support of Operation Iraqi Freedom and once in support of Operation Enduring Freedom.

HITT

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Photo by Sgt. Dengrier M. Baez

Marines assemble before the unit’s physical training aboard Marine Corps Air Station Beaufort June 10. Marine Wing Support Squadron 273 in coordination with Marine Corps Community Services South Carolina organized the PT event to familiarize the Marines and provide basic instruction about the HITT program.



Photo by Sgt. Dengrier M. Baez

Marines execute a High Intensity Tactical Training exercise during the unit’s physical training aboard Marine Corps Air Station Beaufort June 10. Marine Wing Support Squadron 273 in coordination with Marine Corps Community Services South Carolina organized the PT event to familiarize the Marines and provide basic instruction about the HITT program.



Photo by Sgt. Dengrier M. Baez

A Marine recovers after executing a High Intensity Tactical Training exercise during the unit’s physical training aboard Marine Corps Air Station Beaufort June 10. Marine Wing Support Squadron 273 in coordination with Marine Corps Community Services South Carolina organized the PT event to familiarize the Marines and provide basic instruction about the HITT program.



Photo by Sgt. Dengrier M. Baez

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SHOW OFF YOUR RIDE

SMP CAR SHOW

27 AUGUST 1300-1800
CHECK-IN/PARK CARS 1200
OPEN TO ALL ELIGIBLE PATRONS.
PLEASE REGISTER BY 1 AUGUST.
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BEN JIE PANGELINAN AT
PANGELINANBM@USMC-MCCS.ORG
OR CALL 843-228-7405.

AWARDS FOR:
BEST IN SHOW
BEST CLASSIC
BEST 4X4
BEST CUSTOM RIDE
BEST MUSCLE CAR
PEOPLE'S CHOICE

A close-up shot of the front of a green classic car, showing the headlight and grille.

The logo for the Single Marine Program, featuring a stylized 'S' and 'M'.

The Facebook logo, with the text 'Find us on Facebook'.

The Marine Corps logo, featuring the words 'MARINE CORPS' and 'UNITED STATES OF AMERICA'.

The logo for the 2016 SFSC (Semper Fit Summer Challenge), featuring a palm tree and the text '2016 SFSC SEMPER FIT SUMMER CHALLENGE'.

A collage of images related to the Single Marine Program (SMP) events, including a group of Marines, a R2-D2 costume, a hot dog, a car, and a pool table.

DATE	EVENT	LOCATION	TIME
04 May	National Star Wars Day	Afterburners	1100
18 May	Troop Appreciation	Afterburners/Brig & Brew	1500
25 May	National Hamburger Day	Afterburners/Brig & Brew	1700
15 June	Troop Appreciation/Summer Spectacular	Afterburners/Brig & Brew	1500
25 June	Glow Pool Tournament	Afterburners	1600
09 July	UFC* 200	Afterburners/Brig & Brew	2200
20 July	Troop Appreciation Independence Party	Afterburners/Brig & Brew	1500
22 July	National Hot Dog Day	Afterburners	1100
10 August	National S'Mores Day	Afterburners/Brig & Brew	1700
17 August	Troop Appreciation	Afterburners/Brig & Brew	1500
27 August	Show Off Your Ride: SMP Car Meet	Afterburners Parking Lot	1300

For more information contact Alexa Defea at alexa.r.defea@usmc-mccs.org,
Benjie Panglinan at pangelinanbm@usmc-mccs.org or call 843-228-7405.

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The Facebook logo.

The Semper Fit logo.

The Single Marine Program logo.

The Marine Corps logo.

ALCOHOLICS ANONYMOUS

MEETS
EVERY THURSDAY
STATION CHAPEL
RECOVERY
1000

You Tube

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youtube.com/mcasbeaufortsc1

PMO

continued from page 1

“We haven’t done this [obstacle course] since we were recruits so I think is a great way to build some confidence and push your body physically,” said Sgt. Michael L. Marcum, a criminal investigator with PMO.

The Marines were split into groups mostly by work section and given a different starting point at the course. Once the signal was given to start, it was on that team to complete a full rotation.

“Most of the groups were a mix of different sections, so there were Marines talking and interacting with others who they might have not had a chance to do that with in the past,” said Marcum. “Once we got moving and going through the obstacles everybody started to have a good time and pushed them to do things they thought they weren’t able to do.”

Marine Corps Recruit Depot Parris Island is unique because male recruits from the eastern United States and all female recruits train here, totaling nearly 18,000 recruits annually. Designated as a recruit training base on November 1, 1915, more than a million men and women have trained at the depot, and have served the United States all over the globe.

“It’s a unique experience being stationed here at Marine Corps Air Station Beaufort and Parris Island,” Sgt. Michael Toops, an assistant operations chief with PMO. “Events like this give the Marines a chance to do something that they might not have in other duty stations.”

Due to circumstances that arise during recruit training not every Marine gets the opportunity to participate in every training event. For some Marines, this was their first time going through the obstacles.

“It was good training and a great way to get back on the saddle for me,” said Cpl. Lyndsay D. Dole, a military police officer with PMO, who recently returned from maternity leave. “The hardest but most fun obstacle here is ‘Slide for Life.’ I’ve never done it before but I got through it.”

Once all the groups got through the course, the Marines gathered once again and retreated to an area where the leadership could address them. After a short brief, the PMO Marines returned to work where they will continue to maintain constant vigilance over the Tricommand at all hours of the day and night to ensure the safety of its residents and visitors.



Photo by Sgt. Dengrier M. Baez

Marines slide down a rope obstacle during a confidence course in Marine Corps Recruit Depot Parris Island during a physical training event June 9. The Provost Marshal’s Office coordinated the event to challenge the Marines physically, build camaraderie and promote teamwork. Marines from every section of PMO participated in the event. The Marines are with PMO, Marine Corps Air Station Beaufort.



Photo by Sgt. Dengrier M. Baez

A Marine climbs up an obstacle at a confidence course in Marine Corps Recruit Depot Parris Island during a physical training event June 9. The Provost Marshal’s Office coordinated the event to challenge the Marines physically, build camaraderie and promote teamwork. Marines from every section of PMO participated in the event. The Marine is with PMO, Marine Corps Air Station Beaufort.



Photo by Sgt. Dengrier M. Baez

A Marine swims out of the water after falling from a rope obstacle at a confidence course in Marine Corps Recruit Depot Parris Island during a physical training event June 9. The Provost Marshal’s Office coordinated the event to challenge the Marines physically, build camaraderie and promote teamwork. Marines from every section of PMO participated in the event. The Marine is with PMO, Marine Corps Air Station Beaufort.

Pulling string at Warrior Games



Marine Corps veteran Christopher McGleinnass, left, and Master Sgt. Mark Mann practice archery in preparation for the 2016 Department of Defense Warrior Games at the U.S. Military Academy at West Point, New York, June 13, 2016. McGleinnass, an Orinda, Calif., native, and Mann, a Salinas, Calif., native, are members of the 2016 DoD Warrior Games Team Marine Corps. The 2016 DoD Warrior Games is an adaptive sports competition for wounded, ill and injured Service members and veterans from the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command and the British Armed Forces.



Marine Corps veteran Christopher McGleinnass practices archery in preparation for the 2016 Department of Defense Warrior Games at the U.S. Military Academy at West Point, New York, June 13, 2016. McGleinnass, an Orinda, Calif., native, is a member of the 2016 DoD Warrior Games Team Marine Corps. The 2016 DoD Warrior Games is an adaptive sports competition for wounded, ill and injured Service members and veterans from the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command and the British Armed Forces.



Marine Corps veteran Christopher McGleinnass practices archery in preparation for the 2016 Department of Defense Warrior Games at the U.S. Military Academy at West Point, New York, June 13, 2016. McGleinnass, an Orinda, Calif., native, is a member of the 2016 DoD Warrior Games Team Marine Corps. The 2016 DoD Warrior Games is an adaptive sports competition for wounded, ill and injured Service members and veterans from the U.S. Army, Marine Corps, Navy, Air Force, Special Operations Command and the British Armed Forces.

Courtesy Story
Wounded Warrior Regiment

WEST POINT, N.Y. — Over the hum of flourescent lights, the distinctive “thwip” of arrows being loosed echo through Gillis Field House at the United States Military Academy here, followed by the “thwap” of the arrows hitting the target.

U.S. Marine Corps veteran Christopher McGleinnass, an Orinda, Calif., native, readies his bow for archery practice at the 2016 Department of Defense Warrior Games, a

paralympic-style event for wounded, ill and injured Service members from all branches of service.

McGleinnass, a member of the All-Marine Team competing in both archery and shooting, suffered multiple traumatic brain injuries and a chronic case of Meniere’s Disease, which is an inner-ear condition where he suffers from constant vertigo.

“One of the things I’ve learned from doing archery and shooting is that it’s really helped me develop my coping skills, especially

archery,” he said.

Participating in adaptive sports such as archery has given McGleinnass the chance to use the relaxation techniques he’s learned during his rehabilitation in a real-world scenario.

“When you get to full draw, you can only hold for so long,” he said. “If I feel things moving and my body tensing up, it gives me an opportunity to practice those things I’ve learned in therapy.”

The Warrior Games have been designed to use adaptive sports

to give Service members and veterans a way to supplement their rehabilitation in fun and effective ways.

“I feel like I’ve made more progress doing the adaptive sports through recreational therapy than with traditional therapy,” said McGleinnass.

Jessie White, the venue manager for the archery event, has taken steps in order to ensure that the competition runs smoothly and at an Olympic-level caliber.

White, a U.S. Army wounded

veteran, competed in the first four Warrior Games as well as the first Invictus Games in London and has drawn on his past experiences in order to make the event as professional as possible.

“The judge system I brought in runs the top competitions in the U.S.,” he said. “Everything here is going to be top-notch and ready for them to go.”

Marine commanders prepare for integration

Story and photos by:
Lance Cpl. Shellie Hall
1st Marine Division

MARINE CORPS BASE CAMP PENDLETON, California—In December 2015, Secretary of Defense Ashton Carter announced his decision directing that all services open all occupational specialties to service members regardless of gender. With previously closed units and combat arms occupations opening up for female Marines, training is being presented at major Marine Corps installations to ensure the integration goes smoothly.

Commanders and senior enlisted leaders of I Marine Expeditionary Force attended integration education training at the Marine Memorial Chapel and the Unit Event Center June 7-8, 2016.

The goal of integration education training is to ensure commanders and staffs are sufficiently educated and prepared to receive Marines of either gender by October 31, 2016 (active) and January 31, 2017 (reserve).

The deadlines will provide leaders the time to train their Marines prior to the arrival of female Marines into

previously closed ground combat arms occupations and units.

“This training gives us the opportunity to go back and plan our training for our units and to get the actual truth out to our Marines so this integration is done responsibly and smoothly,” said Maj. John Hunt, the executive officer of 3rd Battalion, 5th Marine Regiment, 1st Marine Division.

The subject matter experts from Headquarters Marine Corps reviewed policy changes and the USMC Gender Integration Implementation Plan, answered questions and corrected misinformation, and summarized changes to physical performance standards. They also discussed individual and institutional bias, and provided leaders the tools to address practical issues and leadership challenges.

“It dispels a lot of the myths and reduces the ambiguity and uncertainty that is in any organization,” Hunt said. “I think once you strip that away with this training, it opens the door significantly for those females to come in and be successful.”

The instructors from the HQMC mobile training team trained and educated senior leaders through the “train-the-trainer” method. This develops subject matter experts for each unit who can pass the information down the chain of command to the rest of the Marines.

“We’re going to take this information back and develop our own period of instruction and then we will present that to all of the leadership,” said Hunt. “They will facilitate small group discussion that is open, honest, and frank. Communication between Marines and their leadership is how we are going to do this.”

The audience was nearly twice as large as the mobile training team expected and it shows that the leaders are on board, said Maj. Misty Posey, the plans officer with the Manpower Integration Office, Headquarters Marine Corps.

Upon completion of the training, instruction rating forms were given to the Marines in attendance to express their views of the how the information was presented and their thoughts on the overall experience.

“The feedback has been pretty positive,” Posey said. “We’re taking the feedback we get from one session and we make improvements before the next session.”

The Marine Corps’ proactive approach to educating its service members on these new policies is a testament to its determination to train and maintain the most effective fighting force possible, taking into consideration all qualified individuals.

“I think, as long as the right people come to these training sessions with an open mind and an open heart about the transition, it will be beneficial,” said Maj. Kahlilah Thomas, ground supply officer, Ammunition Company, 1st Supply Battalion, 1st Marine Logistics Group. “Overall, I think the integration of women into all jobs and units is beneficial because we have to pick the right talent for whatever the job is. Sometimes a female Marine may be the best candidate for a particular job.”



Maj. Misty Posey the Plans Officer with the Manpower Integration Office, Headquarters Marine Corps, educates an audience about the integration of female Marines into previously closed combat arms occupations and units at the Unit Event Center June 8, 2016. The goal of integration education training is to ensure commanders and staffs are sufficiently educated and prepared to receive Marines of either gender by October 31, 2016 (active) and January 31, 2017 (reserve). “I hope we get to the point where people look at female Marines as Marines first and as women second,” Posey said.



Lt. Gen. David Berger, the commanding general of I Marine Expeditionary Force, addresses the audience at integration education training at the Marine Memorial Chapel June 7, 2016. The training highlighted the placement of female Marines into previously closed combat arms occupations and units. “It’s about managing the whole population of the Marine Corps to make sure that as a warfighting organization, we’re moving people to the right assignments,” Berger said.

Charlie and Papa

Company Graduates

Honor Graduates

Platoon 1040

Pfc. J. R. Lucke, West Chester, OH
Senior Drill Instructor: Staff Sgt. S. R. Sullivan

Platoon 1041

Pfc. L. J. Kallal, Seminole, FL
Senior Drill Instructor: Staff Sgt. J. J. Miller

Platoon 1042

Pfc. C. T. Odea, Mobile, AL
Senior Drill Instructor: Staff J. D. Broyles

Platoon 1044

Pfc. J. D . Hill, Louisville,KY
Senior Drill Instructor: Sgt. A. R. Simons

Platoon 1045

Pfc. C. A. Williams, Perrysburg, NY
Senior Drill Instructor: Sgt. V.T. Song

Platoon 4020

Pfc. Pedruna N. Adams, Atlanta, GA
Senior Drill Instructor: Staff Sgt. T. Z. Nielsen-Nowakowski

Platoon 4021

Pfc. Tyra M. Allen, Fort Belknap, MT
Senior Drill Instructor: Staff Sgt. D. Sosa

Platoon 1040

Pvt. A.M. Anthony , Pfc. B.C. Baker , Pfc. T.L. Barker Jr , Pfc. C.J. Baxter , Pvt. G.L. Bennet , Pvt. J.J. Berroa , Pvt. D.M. Bochette Jr , Pvt. J.G. Boggs , Pfc. J.A. Braddock , Pfc. G.W. Britton , Pvt. A.C. Butler , Pvt. B.S. Campbell , Pfc. A.T. Carranza , Pfc. C. Cepeda , Pvt. S.R. Chambers , Pvt. K.D. Chapman , Pvt. C.M. Christy , Pfc. C.J. Clark , Pvt. R.M. Cyr , Pfc. S.J. Dieumercy , Pvt. S.M. Durham , Pvt. S.S. Dykes , Pvt. C.A. Ellis , Pvt. S.A. Gilbert , Pfc. Z.J. Griffin , Pvt. M.A. Hall Jr , Pfc. K.E. Hampton , Pvt. R.T. Hill Jr , Pfc. J.M. Jernigan , Pvt. V.F. Johnson II , Pfc. Y.M. Kabtimer , Pfc. C.J. Kalvin , Pfc. D.W. Kerwin , Pvt. T.C. Kincer , Pvt. J.R. Lucke* , Pvt. C.A. Magana Jr , Pvt. D.L. Mcamis , Pfc. P.E. Mcclusky , Pfc. T.M. Miles , Pfc. O.S. Morrison , Pvt. T.D. Parder , Pfc. T.L. Parker , Pvt. J.R.Porter , Pvt. T.J. Redman , Pvt. H.A. Rivas , Pfc. B.M. Rogers , Pfc. Q.R. Searcy , Pfc. J.E. Smith , Pvt. J.D. Smith , Pfc. A.L. Teston , Pvt. G.I. Thomas , Pfc. C.T. Tomlinson , Pfc. M. Vaughn , Pfc. C.N. Whitby , Pvt. J.O. Wilson Jr , Pvt. J.W. Workman

Platoon 1041

Pfc. M. R. Barrett , Pvt. J. A. Barron , Pvt. K. A. Bennett , Pfc. N. G. Blascak* , Pfc. T. A. Burch , Pvt. N. M. Cooper , Pvt. J. S. Crowder IV , Pvt. A. Dalesroca , Pvt. A. M. Decker , Pfc. J. A. Dejesusrosa , Pvt. R. M. Denully , Pvt. D. J. Devine Jr , Pvt. J. T. Dugan , Pfc. B. I. Fenney , Pfc. M. C. Gerger , Pfc. J. T. Haruch , Pfc. S. P. Held Jr , Pvt. A. M. Hodge , Pvt. W. D. Hoffert , Pfc. D. A. Holbrook , Pfc. M. P. Jameson , Pfc. L. J. Kallal* , Pfc. E. Kim , Pfc. J. W. Kruize , Pfc. J. J. Lopezsotomayor , Pvt. M. C. Lowsky , Pvt. A. F. Macho-quiero , Pfc. D. J. Maciejewski , Pfc. C. A. Makuch , Pfc. I. P. Marchand , Pfc. S. P. Mccarthy , Pfc. S. P. McMullen , Pfc. J. M. Mitchell , Pfc. J. T. Moen , Pfc. M. G. Moore , Pvt. F. Nyema Jr , Pfc. J. R. Obrien , Pvt. G. M. Petry , Pvt. J. S. Pettit , Pvt. A. N. Pless , Pvt. D. A. Powell , Pvt. I. P. Preston , Pvt. D. A. Reid , Pfc. A. C. Richardson , Pvt. S. A. Rivas , Pfc. J. A. Riveracamacho , Pvt. A. R. Riverallanos , Pfc. E. L. Savage* , Pvt. M. A. Severns , Pvt. M. C. Sexton , Pfc. A. C. Smith , Pvt. J. N. Triplehorn , Pvt. J. A. Vargas , Pvt. A. M. Varghese , Pfc. B. A. Wash , Pfc. Z. D. Woomer

Platoon 1042

Pvt. A.A. Anan , Pfc. H.D. Baez , Pfc. T.C. Bailey Jr , Pvt. J. Becquer , Pfc. D.T. Blemings , Pvt. J.T. Boncore* , Pvt. R.R. Brunner IV , Pfc. C.C. Bugel , Pfc. J.I. Campos , Pfc. A.G. Caruso II , Pvt. A.A. Catchingshill , Pfc. J.C. Crews , Pvt. S.M. Davis , Pfc. J.A. Duquemorales , Pvt. G.A. Escalera , Pfc. A.K. Fairley , Pvt. C.J. Ferland , Pvt. C.F. Forrest Jr , Pvt. T.Q. Foster , Pvt. J.D. Fuller , Pfc. A.S. Ganley , Pvt. R.S. Garcia* , Pfc. J.R. Gausman , Pfc. J.C.Godzwa , Pvt. D.W. Guidry , Pvt. D.S. Harrynarine , Pfc. S.L. Hightower , Pfc. A.J. Hill , Pvt. T.M. Hinkel , Pvt. A.H. Holland , Pfc. C.A. Holmes , Pfc. T.A. Holtman , Pvt. N.A. Honaker* , Pvt. N. Jeanbaptiste , Pfc. E.D. Lake , Pfc. J.P. Lee , Pvt. J.T. Lopez , Pvt. B.L. Lowe , Pvt. T.M. Mcfadden , Pfc. G.E. Miller III , Pfc. P.G. Morrison , Pfc. C.T. Odea , Pfc. O.A. Orellana , Pvt. R.D. Pandolfi III , Pfc. A.M. Pratt , Pvt. C.C. Price , Pfc. C.G. Rosario , Pvt. J.A.Sansone , Pvt. C.A.Schmidt , Pfc. J.L. Tellez , Pvt. H. Vernuau* , Pvt. A.A. Villa* , Pvt. R.R. Villela , Pvt. F. Villodasvelazquez , Pvt. J.N. Vose , Pvt. J. Williams , Pvt. B.J. Williamsowens

Platoon 1044

Pvt. J. A. Acosta , Pvt. Y. A. Alyakubbah , Pvt. R. A. Ayluardo , Pvt. A. J. Barnabae * , Pvt. M. P. Barnes , Pvt. R. D. Beal , Pfc. J. S. Brasier , Pvt. B. G. Busch * , Pvt. K. T. Byrd , Pfc. L. S. Carannante , Pvt. C. D. Chuqui , Pfc. E. A.Colindresramos * , Pvt. I. Colondominguez , Pvt. E. Cruz , Pvt. D. Q. Dechev , Pvt. A. D. Diacko , Pvt. T. A. Dowd , Pfc. J. D. Fenton , Pvt. A. Fernandez , Pvt. C. A. Franco , Pvt. J. R. Fry , Pvt. D. M. Garland , Pvt. K. B. Gee , Pfc. C. D. Goff , Pvt. M. S. Guashpa , Pfc. A. P. Gulinao , Pvt. A. J. Harding , Pvt. A. L. Hernandez , Pvt. B. G. Hernandez , Pfc. J. D. Hill , Pfc. T. B. Hood PCF D. Kavaliou , Pvt. P. R. Kime , Pfc. C. S. Klevins , Pfc. T. J. Korsgen , Pfc. H. S. Kraemer , Pvt. M. T. Leach , Pfc. A. S. Lee , Pfc. X. Lu , Pfc. I. D. Martinez , Pfc. D.M. Meade , Pvt. J. A. Miller Iv , Pfc. D. A. Miller , Pvt. J. W. Miller , Pfc. W. W. Miller , Pvt. B. C. Neely , Pfc. J. M. Padgett , Pvt. A. L. Parker , Pvt. L. P. Petrushko , Pvt. A. Portillobaires , Pvt. H. I. Pullen * , Pvt. M. C. Ray , Pvt. A. J. Renschler , Pvt. G. E. Riverasegundo , Pfc. B. T. Spartichino , Pfc. J. T. Sturgeon , Pfc. C. Weldon , Pvt. D. J. Wright , Pvt. L. C. Young , Pvt. L. Zamora

Platoon 1045

Pvt. M. F. Amado , Pvt. J. M. Anderson , Pvt. L. K. Bushong , Pfc. B. R. Butler* , Pvt. J. P. Campbell , Pvt. K. C. Carvalho , Pvt. J. T. Chapman , Pvt. C. E. Cherry Jr , Pvt. S. T. Clark , Pfc. X. A. Coffey* , Pfc. R. L. Costner , Pvt. C. G. Cristales , Pfc. A. D. Cruz , Pfc. C. J. Decker , Pfc. S. C. Donnelly , Pfc. M. B. Dykes , Pvt. Q. P. Gum , Pvt. W. Z. Haney , Pvt. K. L. Heath , Pvt. J. B. James , Pvt. J. R. Jones , Pvt. D. M. Kirkhart , Pvt. W. J. Kotoku , Pvt. T. J. Lavelle , Pfc. P. R. Lewis* , Pvt. C. T. Meadows , Pfc. N. K. Mercurio , Pvt. I. S. Moten , Pfc. D. M. Moyla , Pfc. S. F. Mullen , Pvt. I. Munrayos , Pfc. C. B. Nelson III , Pvt. E. W. Opwondo , Pvt. J. D. Padilla , Pvt. C. E. Pender , Pvt. W. Perezcabral , Pvt. B. G. Perry , Pfc. P. M. Persoon , Pvt. A. E. Picard , Pfc. D. E. Popham III , Pvt. W. Ramirez , Pvt. D. R. Robey , Pvt. B. G. Roblessgiron , Pfc. R. Rogers II* , Pfc. T. D. Ruble* , Pfc. T. Saye , Pvt. C. S. Schiller , Pfc. D. M. Smith , Pvt. D. C. Stewart , Pvt. J. A. Thomas , Pvt. J. J. Toner , Pvt. Y. P. Ulloa , Pvt. T. N. Vega , Pvt. E. C. Wandrey , Pfc. C. A. Williams , Pvt. J. D. Williams , Pfc. L. J. Zepeda

Platoon 4020

Pfc. Adams, Pedruna N. , Pfc. Akther, Aafia * , Pvt. Andrus, Candace M. , Pfc. Bocanegramorteo, Nicole , Pfc. Boston, Claire M. , Pvt. Brito, Mireya , Pfc. Burten, Caroline C. , Pfc. Chavez, Noemi A. , Pvt. Cherono, Faith D. * , Pvt. Cirello, Ashlynn E. , Pvt. Coloncortes, Hazel G. , Pvt. Columbo, Jenna C. , Pfc. Cornell, Marlana M. , Pfc. Coville, Madyson K. , Pvt. Crutcher, Dakota D. , Pfc. Davis, Jacquelyn N. , Pfc. Dejesusgemartino, Sindy , Pfc. Delacruzsolano, Mayra A. , Pvt. Edwards, Meganashle , Pvt. Elrod, Taylor E. , Pvt. Fuller, Emily N. , Pfc. Geiss, Baylee E. , Pvt. Gomez, Lorena , Pfc. Greenleaf, Alyssa K. , Pvt. Hughesvassar, Samantha M. , Pfc. Hymel, Amanda L. , Pvt. Jimenez, Ariel , Pfc. Korn, Kennedy R. , Pfc. Logrippo, Carley R. , Pvt. Long, Lacie R. , Pvt. Mayo, Precious D. , Pvt. Mccullough, Kiley A. , Pvt. McGill, Kelsea R. , Pvt. Mosby, Sarena A. , Pvt. Nicholson, Cemone L. , Pfc. Norris, Paris C. , Pvt. Ocbazgi, Aden F. , Pfc. Padilla, Gloria M. , Pfc. Penning, Alexandra R. , Pvt. Peters, Jaszmine L. , Pvt. Ping, Autumn B. , Pvt. Sierra, Leah K. , Pvt. Snader, Heather A. , Pfc. Tarango, Cassandra , Pfc. Thornton, Jennifer A. , Pvt. Tyson, Adrianna D. , Pvt. Vela, Remi N. , Pfc. Villa, Taylor M. , Pvt. Ward, Azaria J. , Pvt. Woodley, Daisy M. , Pfc. Zahnd, Megan N.

Platoon 4021

Pvt. Aguilar, Mariah A. , Pfc. Aguirre, Erica E. , Pfc. Ailworth, Rachel * , Pvt. Allen, Tyra M. , Pvt. Allman, Jamie L. * , Pvt. Bach, Indigo K. , Pvt. Boldenrunkey, Maddison K. , Pvt. Canoarellano, Andrea , Pvt. Castillo, Carlie L. , Pfc. Cox, Megan K. , Pfc. Diazsolano, Kenddy M. , Pvt. Escobedo, Victoria A. , Pfc. Flores, Amber D. , Pvt. Flores, Amber D. , Pfc. Gilmore, Tracey C. , Pvt. Harwood, Jahaira Q. , Pvt. Hilario, Samantha , Pvt. Hillerich, Miranda N. , Pvt. Kline, Desiree G. , Pfc. Knepper, Marie A. , Pvt. Lay, Kimberly C. , Pvt. Lee, Lauren T. , Pvt. Lungwitz, Joni L. , Pvt. Lupien, Marie G. , Pvt. Lyovin, Valentina , Pfc. Martinez, Lexus M. , Pvt. McIntire, Jayden B. , Pfc. Nellis, Cassandra M. , Pfc. Nugent, Mickaella C. , Pvt. Ortega, Isabella I. , Pvt. Parsley, Abigail C. , Pvt. Pereira, Marlin M. , Pvt. Phalavong, Kelly P. , Pfc. Ramirez, Camila A. , Pfc. Ramirez, Wendy L. * , Pvt. Readmond, Katherine A. , Pfc. Reed, Promyse N. , Pvt. Salcido, Raelynn G. * , Pvt. Shaffer, Clare J. , Pvt. Sherrard, Nayda E. , Pvt. Stephens, Cassandra J. , Pvt. Strickland, Lauryn C. * , Pvt. Terrio, Alexandra L. , Pvt. Tobonbotero, Tiffanny , Pvt. Torres, Sophia A. , Pvt. Toruno, Lilian N. , Pvt. Tunupopo, Zadah V. , Pvt. Valeros, Brianna M. , Pfc. Vanderpool, Rebecca R. , Pvt. Warner, Quevada M. , Pfc. Yee, Tennice T. , Pfc. Young, Laney M.



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