

# The Globe

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THURSDAY, JANUARY 28, 2016

## LEANING IN WITH II MEF



U.S. Marine Corps photo illustration by Cpl. Fatmeh Saad

Brig. Gen. Loretta E. Reynolds, commander of U.S. Marine Corps Forces Cyber Command, spoke with leaders across II Marine Expeditionary Force as the guest speaker at a Lean In Circle event at Camp Lejeune, N.C., Jan. 20, 2016. In Sept. 2015, Secretary of Defense Ash Carter announced a partnership with LeanIn.Org, founded by Facebook's chief operating officer, Sheryl Sandberg, and his commitment to bring Lean In Circles to military installations throughout the Department of Defense as a resource to be used for mentorship at the lowest levels.

## Camp Lejeune's leadership 'Lean In'

**CPL. FATMEH SAAD**  
II Marine Expeditionary Force

Leaders across II Marine Expeditionary Force participated in a Lean In Circle event at Camp Lejeune, North Carolina, Jan. 20, 2016. The event was attended by both male and female leaders from the enlisted and commissioned ranks, to include Maj. Gen. Walter L. Miller, the commanding general of II MEF, and Brig. Gen. Robert E. Castellvi, the deputy commanding general of II MEF and the commander of the 2nd Marine Expeditionary Brigade.

In Sept. 2015, Secretary of Defense Ash Carter announced a partnership with LeanIn.Org, an organization founded by Facebook's chief operating officer, Sheryl Sandberg. The organization serves as an open forum and support group to empower women in the workplace. Carter and other leadership recognized a need to incorporate men and women in these groups when the concept was brought to the Department of Defense.

"I believe the Lean In Circles that are inclusive of both men and women will create a stronger bond between us, and will help preserve the mission of the Marine Corps," said Lt. Col.

Mary Kate Flatley, the co-founder of Lejeune's chapter, Camp Lejeune All Ranks. "That is the purpose of creating a Lean In Circle for Camp Lejeune."

The group invited Brig. Gen. Loretta E. Reynolds, commander of U.S. Marine Corps Forces Cyber Command, to guest speak at the event.

"We invited Brig. Gen. Reynolds to be our guest speaker for our first event because she is the only female active-duty general in the Marine Corps," Flatley said. "She offers an inspirational message and she motivated the audience with her discourse."

Reynolds reflected on what

she's learned about leadership throughout her extensive career, and the understanding that leadership involves a responsibility to mentor and sponsor other Marines.

"The piece of advice that I would give you is: delivery is everything," Reynolds said to the audience. "When there's a teachable moment, certainly teach."

Reynolds said it's important to use these Circles as an opportunity to come together and help change the tone of the dialogue surrounding Corps-wide or local issues. She shared her experience through topics that included promotion, working with an ever-shrinking pool of

peers, and how beneficial mentors and sponsors are to retaining Marines in the service.

Marines attending the event were invited to start smaller circles within their units that are gender neutral. The intent is to have smaller Circles meet throughout the Camp Lejeune area regularly and come together for big quarterly events.

"When I read 'Lean In,' by Sheryl Sandberg, she discussed how we as leaders need to look for people to mentor," Flatley said. "The purpose and concept of 'Lean In' is an important tool we can use for mentorship for our men and women, which ultimately are our greatest asset."

## MARFORCOM commanding general visits II MEF



Photo by Cpl. Sullivan Laramie

Lt. Gen. John Wissler, commanding general of Marine Forces Command, talks with Marines from 8th Engineer Support Battalion, 2nd Marine Logistics Group and 2nd Combat Engineer Battalion, 2nd Marine Division, to receive a better understanding of the day-to-day functioning of II Marine Expeditionary Force at Marine Corps Base Camp Lejeune Jan. 21. II MEF provides scalable Marine Air-Ground Task Force support for U.S. Geographic Combatant Commander requirements and the U.S. National Security Strategy, which spans the range of military operations – from theater security cooperation with international partners to crises and contingency response.

NOVO SELO TRAINING AREA, BULGARIA

## One-of-a-kind armor unit concludes debut deployment

**1ST LT. MONICA WITT**

U.S. Marine Corps Forces Europe and Africa

U.S. Marines and sailors with Combined Arms Company concluded the initial iteration of the unit's three planned rotations at Novo Selo Training Area, Bulgaria, Jan. 22.

The mechanized unit, supplemental to the Black Sea Rotational Force, arrived in Eastern Europe in August 2015 to provide reassurance to partner-nations by demonstrating the value of the U.S. commitment to security in the region.

Accompanied by roughly 160 U.S. Marines, the CAC is composed of M1A1 Abrams Tanks, M777 Howitzer artillery cannons and light-armored vehicles. "There is no other unit in the Marine Corps like the Combined Arms Company," said Lt. Col. Kemper Jones, BSRF commanding officer. The unit was conceived in North Carolina, the equipment was brought overseas to Germany and transported Bulgaria, ready to meet strategic objectives and support partner-nations, Jones said.

The heavy equipment, not only a token of commitment, builds upon collective capabilities and enhances major exercises. The most recent exercise in which the CAC participated in was Platinum Lion 16-2, which concluded Jan. 15.

"During Platinum Lion, we really hit the mark on what the CAC is out here to do, which is to show our NATO Allies the capabilities we can bring to the table with armor and artillery," said Capt. Dan Whitt, CAC commander. "We proved that we can fight effectively side-by-side with integrated combined arms."

The CAC incorporated its assets into three multinational live-fire exercises during the six-month deployment and engaged with more than five different nations. These exercises, Whitt said, are a unique opportunity to exchange tank employment techniques, mechanized infantry tactics and indirect fire procedures.

"The development and employment of the CAC proves the Marine Corps can build composite units quickly and effectively to meet the demand signal," Jones said.

The oncoming CAC, commanded by Capt. Kirk Steinhorst, is sourced from 1st Battalion, 10th Marines; 2nd Tank Battalion; and other augmentments from II Marine Expeditionary Force out of Camp Lejeune. The unit is scheduled to participate in cold weather training with partners in Latvia during the months of February and March.

FORT LEE, VA.

# Scholarships for military children deadline approaches

**MIKE PERRON,**  
DeCA public affairs  
specialist

The time remaining to apply for one of the 2016 Scholarships for Military Children, each worth \$2,000, is rapidly dwindling, as this year's Feb. 12 deadline approaches.

Applications, including the required essay, must be received at a military commissary by the close of business that day. They should be hand-delivered, but if that is not convenient, they can be sent to a commissary via the U.S. Postal Service or FEDEX/UPS. They cannot be faxed or emailed. At least one scholarship will be

awarded at every commissary location with qualified applicants.

This year's essay question has to do with childhood obesity and its effect on military recruitment: "Obesity is among the leading causes of military ineligibility among people 17 to 24, affecting nearly 30 percent of men and women in this age group. Specifically, how would you address this problem and what are your proposed solutions? What would be the challenges with implementing your plan?"

Essays must be 500 words or less, typewritten or computer-generated, double spaced and no longer than two pages. Last year,

700 students were awarded scholarships from the 4,000 applicants who submitted entries by the deadline.

Applications are available in commissaries worldwide and online at [www.militaryscholar.org](http://www.militaryscholar.org). To apply for a scholarship, the student must be a dependent, unmarried child, younger than 21 (or 23, if enrolled as a full-time student at a college or university) of either a service member on active duty, a reservist, a guardsman or a retiree, or the survivor of a military member who died while on active duty, or the survivor of a retiree.

Eligibility is determined using the Defense Enrollment Eligibility Reporting

System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2016 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants who are awarded a full scholarship or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that

provides for payment of tuition, books, lab fees and other expenses.

The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. Since its inception, the program has awarded almost \$14 million in scholarships to nearly 9,000 children of service members.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families.

Scholarship Managers, a national, nonprofit, scholarship-management services organization, manages and awards the military scholarships. If students have questions about the scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at [military-scholar@scholarshipmanagers.com](mailto:military-scholar@scholarshipmanagers.com).

No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program. Every dollar donated goes directly to funding the scholarships.

## Tax season in full swing, base offers free tax preparation services

**CPL. JARED LINGAFELT**

Marine Corps Base Camp Lejeune

As the temperature drops and gym memberships rise with the New Year, tax season opens in full swing and Marine Corps Base Camp Lejeune has a one stop shop for all service members and their families.

The base tax center offer completely free tax preparation and filing services to service members, their families, retirees and base employees.

"Here we can get all of your taxes prepared fully at no charge at all," said Lance Cpl. Taylor Devillier, Noncommissioned Officer in Charge. "MCCS employees are welcome to come as well, however we do not accept temporary base employees."

While using the base tax center, you can be confident in knowing that the person filing your taxes for you is properly qualified, said Devillier.

"All the Marines go to a course on Camp John-

son, taught by the IRS," said Devillier. "The IRS sends a representative to us directly and they give a course which goes over tax services. We learn how to prepare returns, tax law and how to recognize a fraudulent return. After that course, all of us go take a test where we get certified to prepare and file taxes."

While other institutions or options to file your tax return are available, most require payment or fees.

"Take advantage of this resource," said Devillier. "This is free to the military. We can get you in and out, quick and easy. You will not be persuaded to one thing or another and you're getting your taxes done by someone who is certified and qualified to do it."

For more information on the base tax center including hours and necessary documents needed to file, visit [www.marines.mil/StaffOffices/LegalServicesSupportTeamCampLejeune/TaxCenter.aspx](http://www.marines.mil/StaffOffices/LegalServicesSupportTeamCampLejeune/TaxCenter.aspx) or call 451-9391.

## CDC offers new hours

**STAFF REPORTS**

Marine Corps Community Services

Marine Corps Community Services Lejeune-New River will offer extended hours of childcare services at select locations beginning Feb. 1.

The New River Child Development Center, Heroes Manor II CDC, Courthouse Bay CDC and Tarawa Terrace II CDC will provide a 5 to 5:30 a.m. option as well as a 6 to 7 p.m. option.

The extended morning care fee is \$3 and a \$6 fee will accompany evening extended hours, both of which can be paid at the following regularly scheduled pay date.

Patrons are required to register at least 30 days in advance for extended hours and cancellations must take place one working day prior to the service, or they will be

charged a no-show fee. Availability will be on a first-come, first-served basis.

For those who have children at the Tarawa Terrace I and Heroes Manor I locations, reservations can be made at the Tarawa Terrace II and Heroes Manor II locations, and staff members will escort children accordingly. No transportation is available from Brewster CDC, however, patrons can make all day reservations at another location with extended hours, and only be billed for the extended hours portion of the day.

The current late-fee policy will remain in effect - \$10 for every 15 minutes past the time the child is required to be picked up, if there are no reservations for extended hours in place.

For further information, call 449-9581.

## Legal Services Support Section closed for Professional development training

The Legal Services Support Section will be closed at noon tomorrow in order to conduct professional development training. This closure will impact all services provided by the LSSS, to include Legal Assistance services in Building 66, as well as Trial Services and Defense Services (to include defense counsel consultation) in Building 63.

The Tax Center in Building 50 is not affected by this closure and will remain open and operational.

Normal services and hours at Legal Assistance and the Trial Services Offices will resume Feb. 1.

Please note that due to previously scheduled Chief Defense Counsel of the Marine Corps training, the Defense Services Office at Marine Corps Base Camp Lejeune will remain closed from Feb. 1 through Feb. 5.

The DSO Camp Lejeune Branch will resume providing services on Feb. 8.

## OFF-LIMITS

The following businesses are designated by the base commander as "off-limits"

**Atheas Attics** at 420 Eastwood Rd., Wilmington.  
**Bell Auto Salvage II** at 136 Abbots Branch Rd., Hubert.  
**C&K Auto/C&A Auto Repair** at 701-A North Marine Blvd., Jacksonville.  
**Cash Pools** at 3054 Wilmington Highway, Jacksonville.  
**Club Phoenix** at 209 East 5th St., Greenville.  
**Dash-In** at 1316 Hargett St., Jacksonville.  
**D's Drive Thru (AKA: Raul's Drive Thru)** at 226 Wilmington Highway, Jacksonville.  
**D's Quick Mart** at 2840 Highway 258 West, Richlands.  
**Discount Tobacco** at 331, G&H Western Blvd., Jacksonville.  
**Expressions** at 419 South College Rd., #39, Wilmington.  
**Express Way** at 1261 Gum Branch Rd., Jacksonville.  
**\*Golden Dragon** at 1850 Wilmington Highway, Jacksonville.  
**King's Drive Thru** at 1796 Gum Branch Rd., Jacksonville.  
**Laird's Auto and Truck Repair** (U-Haul Rental) at 1197 Piney Green Rd., Jacksonville.  
**MP Super Discount** at 800 Shipyard Blvd., Wilmington.  
**New York Tobacco Center (AKA: Tobacco for Less)** at 439 Western Blvd., Jacksonville.  
**Northern Lights Smoke Shop** at 4710 Market St., Wilmington.  
**One Stop Shop** at 501 Corbin St., Jacksonville.  
**Price is Right Lawn Design** in Jacksonville.  
**Saint Thomas Custom Homes** at 3560 McArthur Rd., Broadway.  
**Smart Buy** at 375 Jacksonville Mall, Jacksonville. (currently

not open, but has history of reappearing)  
**Smitty's R&R** at 3742 Highway 17, S.C.  
**Tobacco** at 521 Yopp Rd., Unit 106, Jacksonville.  
**Tobacco Club** at 487-B Western Blvd., Jacksonville.  
**Tobacco House Cigarette Center** at 1213-C Country Club Rd., Jacksonville.  
**Tobacco Leaf** at 215 Western Blvd., Jacksonville.  
**Veterans Affairs Service** Jacksonville. (This is a private organization not affiliated with the Department of Veterans Affairs or the VA Outpatient Clinic.)

**MCAS Cherry Point Area:**  
**98 Cent Only Store**  
**(Big Daddy) Wesley's Grocery**  
**Coastal Smoke Shop**  
**Expressions**  
**Friday's Night Club (AKA: Club Insomnia, Club Classics, Infinity Lounge)**  
**Flyers**  
**H&D Express (AKA: Citgo)**  
**Nadine's Food Mart**  
**Super Expressway**  
**Tobacco Outlet (Havelock and New Bern)**  
**Tobacco Shop & Gifts (Beaufort and New Bern)**  
**Tobacco Town**  
**Tobacco Shop (Newport and New Bern)**  
**Twin Rivers (Not the mall)**  
**White Sands Convenience Store**  
**Off-limits Roads:**  
**Catfish Lake Road**

\* Identifies a new business added since the last update of the Bulletin.

## Hotline numbers to report fraud, waste, abuse and corruption

**II MEF Hotline** - 451-5555 [www.iimef.marines.mil/UnitHome/CommandInspectorGeneral.aspx](http://www.iimef.marines.mil/UnitHome/CommandInspectorGeneral.aspx)  
**MCIEAST Hotline** - 451-3928 [www.mcieast.marines.mil/StaffOffices/CommandInspectorGeneral/CommandingGeneralsInspectionProgram.aspx](http://www.mcieast.marines.mil/StaffOffices/CommandInspectorGeneral/CommandingGeneralsInspectionProgram.aspx)  
**TECOM Hotline** - (703) 432-1650 [www.tecom.usmc.mil/pages/ig.aspx](http://www.tecom.usmc.mil/pages/ig.aspx)  
**Naval Hospital Hotlines** - (910) 450-4240 [NHCL-IGHotline@med.navy.mil](mailto:NHCL-IGHotline@med.navy.mil)  
**MARSOC Hotlines** - 440-1045/0941 [www.marsoc.marines.mil/UnitHome/InspectorGeneral.aspx](http://www.marsoc.marines.mil/UnitHome/InspectorGeneral.aspx)

The  
**Globe**

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Explosive Ordnance Disposal technicians with EOD Company, 8th Engineer Support Battalion, review their calculations to build the correct sized explosive during a breaching course at Marine Corps Base Camp Lejeune Jan. 14. Photo by Lance Cpl. Samuel Guerra

# Breaching course prepares EOD for exercise Cold Response

**LANCE CPL. MIRANDA FAUGHN**  
 II Marine Expeditionary Force

Debris soared through the sky as technicians with Explosive Ordnance Disposal Company, 8th Engineer Support Battalion, participated in a breaching course with

live explosives Jan. 14.

EOD technicians conduct breaching courses semi-annually to maintain proficiency in their billet and retain proper breaching techniques to be prepared for real-world contingencies and disasters. However, some technicians are preparing for NATO's up-

coming Cold Response exercise in Norway.

"You learn (these skills) for three weeks at the school house, but you forget it fast," said Sgt. Daniel Lohmann, an EOD technician with the unit. "It definitely helps to stay on top of (this training), so you don't lose it."

Lohmann also said the Marines received classroom instructions a day prior to the practical application. The lessons consisted of safety procedures and instructions on how to construct their own explosive charges specifically engineered for breaching doors.

"Rather than just do-

ing demolition operations a couple times a month, it gives them another aspect of their job, which they don't usually get to (perform)," said Chief Warrant Officer 4 Michael Pickartz, executive officer for the company.

Pickartz said the most difficult portion of the course was making sure

the Marines used the right amount of explosives necessary to gain access into the building.

"We are a force multiplier for MEF, (working) to make a well-rounded EOD Marine," said Pickartz. "That way, regardless of what situation they will face, they will be prepared for it."

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Photos by Lance Cpl. Luke Hoogendam  
 (Left) Lance Cpl. Hunter Rooks, a Marine with Combat Logistics Battalion 22, deflects baton attack from an assailant after being sprayed with oleoresin capsicum, more commonly known as OC spray, at Marine Corps Base Camp Lejeune Jan. 14. (Bottom) Lance Cpl. Hunter Rooks, left, and Lance Cpl. Joshua Sutton, both Marines with Combat Logistics Battalion 22, perform a two-man takedown against an armed aggressor after being sprayed in the eyes with oleoresin capsicum, more commonly known as OC spray, at Marine Corps Base Camp Lejeune Jan. 14. The take-down was part of an obstacle course, which also entailed the use of other baton techniques, blocking attacks from an assailant and a two-man takedown against an armed aggressor.

# CLB-22 conducts non-lethal weapons course

**LANCE CPL. LUKE HOOGENDAM**  
 II Marine Expeditionary Force

Marines with Combat Logistics Battalion 22 endured multiple stressors in an intense non-lethal weapons training course, Jan. 11 through 22, in preparation for an upcoming deployment with the 22nd Marine Expeditionary Unit. The non-lethal weapons training course is a two-week course challenging each Marine to perform under a high intensity situation. The course teaches Marines everything from

joint manipulation to riot control. "The purpose of this course is to gain compliance without using lethal force," said Cpl. Hayden Jolly, an artillery section chief with the unit. Jolly added, if a situation does escalate while on deployment, we can use this training to our advantage. In the first course they studied the effects and purposes of oleoresin capsicum, a water based liquid, more commonly known as OC spray. Marines often use OC spray when joint manipulation or other take-down techniques are no lon-

ger safe to execute. One of the course's practical applications included an obstacle course, which began with Marines experiencing OC spray firsthand. Following that, Marines executed takedown techniques using a baton, blocked attacks from an assailant and paired up to perform a two-man takedown against an armed aggressor at the end of the obstacle course. "Your eyes slam shut, you have watery eyes, an itchy-burning feeling with shortness of breath," said Staff Sgt. Graham Lease, an Expeditionary Operational

Training Group non-lethal weapons instructor, about the effects of OC spray. Graham added that learning about the proper and effective use of OC spray is important because it can be dangerous and have a lasting effect. "I feel this was an effective means of instruction because if you or any of your Marines accidentally come in contact with the spray you're going to know what to expect," Jolly said. "If you ever find yourself in that situation while on deployment you can revert back to what you have learned at this course."



# BUSINESS Spotlight

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## Patrons get Hard Corps about powerlifting

**ALLIE LANDEN**  
Sports editor

The Hard Corps Powerlifting Competition had a huge turnout with 60 lifters at the High Intensity Tactical Training Center on Marine Corps Base Camp Lejeune Saturday. Men and women of all ages came to participate in the first event of the year for the Hard Corps Series. The building was crowded with friends and family to cheer on competitors.

The event showcased the powerlifting triple threat: bench press, deadlift and squat categories. After each attempt, the judges gave a thumbs up or down to show whether the lift had been successful or not. Then, the next lifter was called to attempt his predetermined weight.

For the attempt to be successful, there are specific things the judges need to see from the competitors.

“What makes good lift is having good form throughout the movement,” said John Heger, HITT program coordinator. “For squats, we are looking for the hip crease to break 90 degrees before coming back up. The bench press is maintaining the five points of contact while bringing the bar down to touch your chest and pausing before pressing back up. As for the deadlift, it’s taking the bar from the ground to a standing position locking out at the top of the lift before setting the bar back down.”

When a lifter hears the “good lift” call, they know their hard work has paid off.

“I started weightlifting about five years ago,” said Jason Sharpe, a competitor. “It’s a healthy outlet that keeps me away from bad habits. I love powerlifting. This is my fourth meet, and I plan on sticking with it for life. I want to compete at an amateur level, at least, in the future.”

There were medals for the 1st, 2nd and 3rd place in each weight bracket, but the lifters will tell you, they were not actually competing with each other. Weightlifters compete with themselves.

“I hit a (personal record) today,” beamed Jessica Brown, a competitor. “I squatted 275, which is 15 more pounds than I’d lifted five weeks ago. I love weightlifting. It gives me confidence. I used to be scared to gain weight; I was this really thin person. Now, I am gaining weight, feeling good and getting stronger every day.”

Brown had some advice for other women who may be thinking about starting weightlifting.

“Don’t be scared to gain muscle and be strong,” said Brown. “It’s not just a guy thing. Girls can do it too.”

For more information, visit [www.mccslejeune-newriver.com/hardcorps](http://www.mccslejeune-newriver.com/hardcorps).

# HARD CORPS POWERLIFTING COMPETITION

# HALL OF GAME

## You're fired

**LANCE CPL. NED JOHNSON**  
MCB Camp Lejeune and MCAS New River

"You're being let go. Your department's being downsized. You're part of an outplacement. We're going in a different direction. We're not picking up your option."

The famous line from Disney's "The Emperor's New Groove" is what most sports fans have come to recognize as the end of the season for professional coaches.

Every now and then, a team is horrible from the beginning of a season and the head coach gets fired before the season even ends, but this year, in the NBA, specifically in Cleveland, something completely different happened.

David Blatt was fired by the Cleveland Cavaliers despite making the NBA Finals last year and leading the Eastern Conference for the first half of the season this year.

In fact, Blatt was 30-11 this year and 83-40 overall. If you don't know, that is pretty good.

There are all sorts of rumors and theories about LeBron James wanting Blatt fired and the two not getting along, but I'm not buying it.

I don't like when coaches get fired. Nobody likes to lose their job. It hurts. It isn't fun, and it means you have to go find a new one after being canned for not being good enough.

Ouch.  
But in this case, I like this decision by Cleveland. The Cavs are clearly talented, and Blatt was clearly not the right coach for them.

Take it or leave it, but this team started to look coachless at times. That shouldn't be a thing in professional sports. A coach must command his team or expect to lose his job.

And Blatt did just that. There were many times on the court where Blatt looked baffled at what was happening when his team was down. Sometimes, he appeared to not understand how his team was winning.

I don't think LeBron walked into the owner's office



CC image courtesy of Eric Drost on Wikimedia Commons

and asked for him to fire Blatt. But you would have to be foolish to think that his body language and criticism of his team didn't ring true in the minds of the front office.

Here is what I think though. Do the job, do it well and keep your job. Blatt didn't.

I hate the winning standard. I mean, the New York Giants fired Tom Coughlin, a proven great coach with multiple Super Bowl wins. So that means I love this.

You win a lot? I don't care because your team is talented - not to mention they got clearly outcoached and outplayed in the Finals.

You lose with a bad team? I don't care about that either. I want a good coach.

Blatt didn't have what it takes this time around and he lost his job.

I am okay with that.

**Editor's note: Hall of Game is a weekly commentary series covering everything sports-related. Facts not attributed are purely the opinion of the writer.**

## On the fit side



CC image courtesy of Jeffrey O. Gustafson on Wikimedia Commons

## Why bad cravings happen to good people

**ALLIE LANDEN**  
Sports editor

Cravings are frustrating. You're watching TV and suddenly a fast food commercial comes on. Now, all you can think about is that food. Whether it's sweet or salty, you don't need it, but you want it. Cravings can be the bane of any diet, so, as with any problem, let's look at what causes cravings and how to stop them in their tracks.

Cravings can be caused in many different ways, but your habits and mood are the primary culprits. Habits are developed over time. Have you ever noticed you get hungry when you're watching movies? It's probably because you've developed a habit of eating in front of the TV. Whenever you eat dinner while

watching TV, you are teaching your brain TV and food are a package deal. You're creating your own cravings. Shocking, right? When you eat in an undesignated area (car, office desk, couch) you are teaching your brain this place is associated with food. Every time you sit on your couch, at your work desk or in your car, you'll want to eat. For those of us who sit at a desk for 8 hours, it can be very difficult to curb your cravings. Stop developing habits you don't want. Leave the food for the dining table.

Mood can make you eat when you don't need it. If you're sad, stressed or just plain bored, your body can trigger a craving. If you have a craving that seems random, stop and assess how your mood might be affecting you, first. Are you

sad? Instead, try listening to your favorite music or call a friend to uplift your spirits. Are you stressed? Think about the source of your stress and take care of the problem where it starts. Are you bored? Go for a walk. Get out of the house and experience the outdoors.

Many people think when you have a craving, it will get worse if you ignore it. On the contrary, cravings come in waves, so if you can hold off on indulging, the feeling will go away. Just be patient.

Your cravings don't control you, which is actually good news and bad news. The good news is, you should feel empowered to know you're the boss. You can beat the cravings. But, the bad news is, cravings can no longer be an excuse to overeat. You're the boss; fire the cravings.



**Bear Island Eco-hike**  
**Tomorrow, 1 p.m.**

Join a ranger to visit Bear Island and learn about one of North Carolina's hidden treasures. You will be able to explore and enjoy some of nature's wonders found during these cooler winter days and maybe collect some seashell souvenirs. Dress appropriately for the weather and the boat ride. Bring binoculars if you have them. Seating is limited; registration is required. For more information, call 326-4881.

**Snowball Softball Tournament**  
**Saturday and Sunday, 9 a.m.**

Lejeune-New River Sports is hosting a Snowball Softball Tournament at Marine Corps Air Station New River Softball Fields, Saturday and Sunday at 9 a.m. For more information, visit [www.mccslejeune-newriver.com/sports](http://www.mccslejeune-newriver.com/sports) or call 449-5844.

**USAA Grand Prix Series Trifecta Registration through Tuesday**

Registration for the Trifecta marathon bundle is open until Tuesday. The registration fee is \$90 and includes the following three races: X-treme Endurance Challenge 12K+, St. Paddy's Engineer 5-mile Challenge and MARSOC Mud, Sweat and Tears 5-mile Mud Run. For more information or to register, visit [www.mccslejeune-newriver.com/grandprix](http://www.mccslejeune-newriver.com/grandprix).

**X-treme Endurance Challenge 12K+**  
**Feb. 6, 8 a.m.**

This race is the first of the Grand Prix Series for 2016. It's a brand new course and will be held on Marine Corps Air Station New River at Alligator Bridge. It is an off-road course testing runners' agility on its varied terrain. Registration is \$50 until Tuesday. For more information or to register, visit [www.mccslejeune-newriver.com/grandprix](http://www.mccslejeune-newriver.com/grandprix).

**Basic Nutrition Class**  
**Feb. 10 and 11, 9:30 a.m.**

This program provides awareness and education to all members of the military community and encourages people to improve their full health potential. The Feb. 10 class is held at Wallace Creek Fitness Center on Marine Corps Base Camp Lejeune. The Feb. 11 class is held in building AS-208 on Marine Corps Air Station New River. For more information, call 451-0470.

**Cupid's Arrow: Couples Archery**  
**Feb. 13, 10 a.m. and Feb. 14, 1 p.m.**

Outdoor Adventures will host Couples Archery at Hospital Point Picnic Area on Marine Corps Base Camp Lejeune, Feb. 13 at 10 a.m. and Feb. 14 at 1 p.m. The cost is \$30 per couple, which includes instruction and use of equipment. For more information or to register, visit [www.mccslejeune-newriver.com/outdoor](http://www.mccslejeune-newriver.com/outdoor) or call 451-1440.

**Love Your Cause: Community Fun Run**  
**Feb. 20, 8 a.m.**

Marine Corps Community Services will hold a cause-themed monthly fun run encouraging patrons to wear the colors of any cause close to their hearts at the Tarawa Terrace Community Center on Marine Corps Base Camp Lejeune. The event is free and open to all authorized patrons. For more information, visit [www.mccslejeune-newriver.com/community](http://www.mccslejeune-newriver.com/community).

**St. Paddy's Engineer 5-mile Challenge**  
**March 12, 8 a.m.**

The Semper Fit Grand Prix Series will host the St. Paddy's Engineer 5-mile Challenge at Courthouse Bay on Marine Corps Base Camp Lejeune March 12 at 8 a.m. Well known as the muddiest of the Grand Prix races, the St. Paddy's Engineer 5-mile Challenge is a grueling off-road race that features chest-high muddy waters, rope crawls and various other obstacles. Registration is \$45 until Feb. 12. For more information, visit [www.mccslejeune-newriver.com/grandprix](http://www.mccslejeune-newriver.com/grandprix).

**MARSOC Mud, Sweat & Tears 5 Mile Mud Run**  
**April 23, 8 a.m.**

The Semper Fit Grand Prix Series will host the MARSOC Mud, Sweat & Tears 5 Mile Mud Run at Stone Bay on Marine Corps Base Camp Lejeune April 23 at 8 a.m. The off-road course includes forest terrain, dirt paths, winding trails, fallen tree obstacles and lots of mud. Early registration is available until Feb. 19 for \$40 per person. For more information, visit [www.mccslejeune-newriver.com/grandprix](http://www.mccslejeune-newriver.com/grandprix).

For more information on games, tryouts, special events and exercise classes around Marine Corps Base Camp Lejeune, check out Sports on Tap each week. To add your activity, email [LandenA@CampLejeuneGlobe.com](mailto:LandenA@CampLejeuneGlobe.com) or call 451-7419. Space is limited to availability.

To add your event to our website calendar, visit [www.camplejeuneglobe.com/calendar](http://www.camplejeuneglobe.com/calendar).

**Editor's note: On the Fit Side is a weekly series covering everything health and exercise-related. Facts not attributed are purely the opinion of the writer.**

# LEJEUNE-NEW RIVER youth 2016 season SPORTS PROGRAMS

## SPRING sports

Baseball	Ages 7-14	Tee-Ball	Ages 5-6
Golf	Ages 8-15	Track	Ages 5-15

SEASON: Mar-Jun REGISTRATION: Feb

Please call for pricing and additional info. Program parameters subject to change.

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# EVERYTHING YOU NEED TO KNOW!

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**EXTREME ENDURANCE CHALLENGE 12K+** FEB 6, 2016 | 8 AM | MCAS NEW RIVER | REGISTER -NOW!- | PRICE INCREASES FEB 19 @ NOON

**ONLINE REGISTRATION ENDS FEB 21**

**ST. PADDY'S ENGINEER 5 MILE CHALLENGE** MAR 12, 2016 | 8 AM | COURTHOUSE BAY | REGISTER -NOW!- | PRICE INCREASES FEB 12 @ NOON

**MORSOC MUD SWEAT & TEARS 5 MILE MUD RUN** APR 23, 2016 | 8 AM | STONE BAY

REGISTER ONLINE @ [MCCSLEJEUNE-NEWRIVER.COM/GRANDPRIX](http://MCCSLEJEUNE-NEWRIVER.COM/GRANDPRIX)

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## Daddy Daughter Dance

Tickets on sale now at Paradise Point Officers' Club!

**Sat, Feb 6, 2016**  
**Marston Pavilion**

[mccslejeune-newriver.com/marston](http://mccslejeune-newriver.com/marston) Open to all authorized patrons and all ranks.

Enjoy an elegant four course dinner accompanied by fine vintages.

**Valentine's Dinner & Dance**

Sun, Feb 14  
 Marston Pavilion

**Clubs & Catering**

\$90 per couple  
 \$50 per single

Info @ [mccslejeune-newriver.com/marston](http://mccslejeune-newriver.com/marston)

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For an updated list of employers, visit:  
[mccslejeune-newriver.com/jobfair](http://mccslejeune-newriver.com/jobfair)

**I.T. AWARENESS DAY / CAREER SEMINAR**  
**FEB 10 • 10-3 PM**  
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MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities.

## Youth Basketball Standings Week 4

	W	L
HAWKS (AS)	4	0
CLIPPERS	3	0
BLAZERS	2	1
BULLS	2	2
ROCKETS	2	2
PISTONS (AS)	2	2
LAKERS	1	3
MAGIC	0	3
KNICKS	0	3

PAID ADVERTORIAL

# Local H&R Block Office Celebrating Winners of 1,000 Win \$1,000 Daily Sweepstakes



**WHAT:** H&R Block is putting the "fun" back in Refund Season. Winners of the H&R Block 1,000 Win \$1,000 Daily Sweepstakes will be celebrated at local H&R Block offices at designated times and have their pictures taken with giant, winner checks by office staff and local media.

**WHO:** Thirty-two thousand people will win \$1,000 from H&R Block during the first month of tax season. Anyone who files their taxes in a participating H&R Block office by Feb. 15 can be automatically entered into the sweepstakes. For more information, including official rules and other ways to enter, taxpayers can visit [www.hrblock.com/grand](http://www.hrblock.com/grand).

**WHY:** By filing early in the season, taxpayers are helping protect themselves from tax refund fraud. As part of its efforts to encourage taxpayers to file their tax returns early in the season, H&R Block is giving away \$32 million through its 1,000 Win \$1,000 Daily Sweepstakes.

**HOW MANY:** We've already had 27 local winners in Jacksonville. That's \$27,000 handed out locally. Get in early to increase your chances of winning!

**About:** H&R Block H&R Block, Inc. (NYSE: HRB) is the world's largest consumer tax services provider. More than 680 million tax returns have been prepared worldwide by and through H&R Block since 1955. In fiscal 2015, H&R Block had annual revenues of nearly \$3.1 billion with 24.2 million tax returns prepared worldwide. Tax return preparation services are provided by professional tax preparers in approximately 12,000 company-owned and franchise retail tax offices worldwide, and through H&R Block tax software products. H&R Block also offers adjacent Tax Plus products and services. For more information, visit the H&R Block Newsroom at <http://newsroom.hrblock.com/>.

# Community fun runs: back on track for 2016

**ALLIE LANDEN**  
Sports editor

The cold weather was no match for fitness-minded patrons, set to participate in the first Community fun run of 2016 Saturday. Every year, Semper Fit hosts 12 free races (one every month) to promote fitness to area military families. The Resolution Run wended through Tarawa Terrace for either the 1-mile or 3-mile option.

"Running is a stress-reliever," said Nancy Hovey, a participant. "You get your endorphins running, it makes you feel better and just helps with your overall health; that's why I came out."

This year, the remaining themes are Love your Cause, Shamrock Shuffle, Treasure Dash, Fashion Faux Pas, Super Hero Scramble, BFF (Best Furry Friend Run), Back to School Boogie, Patriot Run, Monster Mash, Thanksgiving Pa-

rade Run and Elf on the Run.

Victoria Brown, recreation specialist, said it was hard to pick her favorite run.

"Each one is so different," said Brown. "February's Love your Cause theme should be fantastic. It's always wonderful to meet people and hear what they are passionate about. Although, the Fashion Faux Pas should be a blast (with all the costumes). And the Best Furry Friend Run. I really can't pick just one."

All races this year have a 1-mile or 3-mile option since the goal is to encourage everyone to participate regardless of their experience level.

"You don't even have to run," said Brown. "You can bike, skateboard, walk or whatever. So, grab the whole family, even the fur-babies, and join us for a good time."

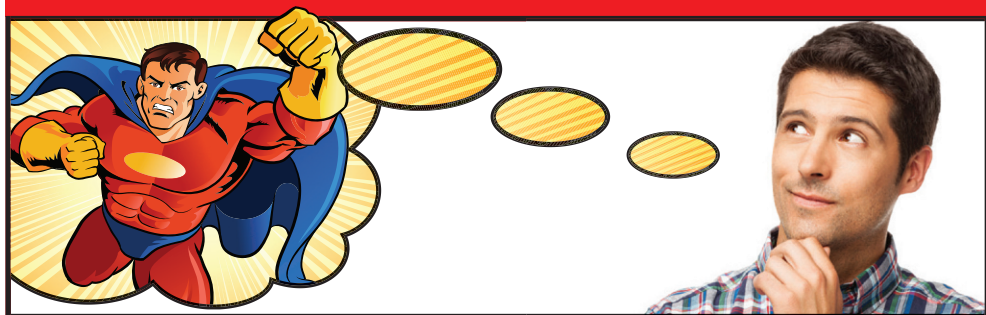
For more information about the Community fun runs, visit [www.mccslejeune-newriver.com/community](http://www.mccslejeune-newriver.com/community).



Patrons brave the cold weather to participate in the Resolution Run held at Tarawa Terrace Community Center on Marine Corps Base Camp Lejeune Saturday.

Photo by Allie Landen

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## Translate your military skills into a successful IT career

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### This event will include:

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- Discussion on how to prepare now for a career in the IT field

### BRING YOUR RESUME!

### Participating Employers:

*No USMC Federal Endorsement implied.*

- |                         |              |
|-------------------------|--------------|
| Cisco Systems           | CompTIA      |
| State of North Carolina | Select Group |
| MetLife                 | EPlus        |
| SAS                     | Kforce       |
| Red Hat                 |              |

### WHEN?

Wednesday, February 10, 2016  
10:00 am – 3:00 pm  
Lunch will be provided

### WHERE?

Paradise Point Officers' Club  
Lejeune Room  
Bldg. 2615 Seth Williams Blvd.  
Camp Lejeune, NC

### WHO?

Transitioning Service members  
12 months or less until EAS  
who are interested in  
an IT career.

Register online, or contact  
Transition Readiness Staff  
910-451-3754  
(space is limited)

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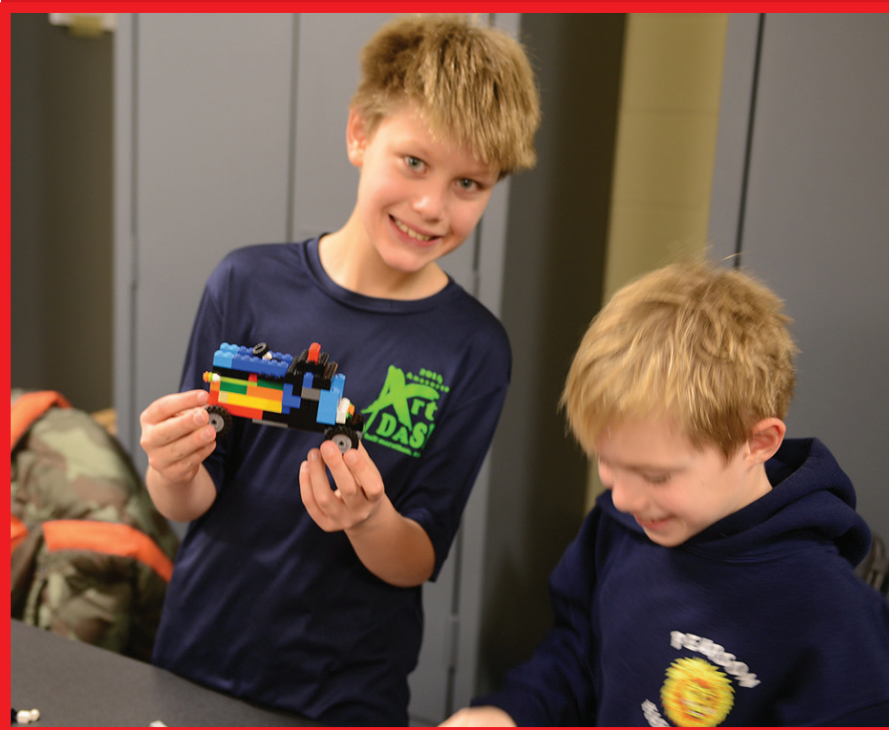
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MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities.

**Marine & Family programs**  
TRANSITION READINESS

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# LEGO® Day



## Kids show off building skills at base library

**BROOKE LEONARD**  
Lifestyles editor

Children used their imaginations to design and build using Legos, Saturday at the Harriotte B. Smith Library on Marine Corps Base Camp Lejeune for Lego Day.

"The goal of Lego Day is to not only explore the world of Legos by challenging them to work as a team, but to also help teach kids about engineering," said Sean Pittman, library technician supervisor. "Legos are one of the very first tools most kids use and play with that teaches them engineering."

The afternoon kicked off with a friendly competition; the children split into three teams to build a car out of their given Legos. The rules of this competition stated the car had to have four wheels, a steering wheel and a complete enclosure so a Lego person could fit inside.

The timer began with an hour on the clock, and the teams got to work with their designs. Some teams choose to collaborate on one car, while others had each

teammate build a car and at the end, voted on whose should be entered to be judged.

After the hour passed, kids lined up their completed cars on the judges' table, proud of what they engineered.

"Other than having fun, Legos teach kids about different things, mainly engineering skills," said Pittman. "If you go online you will see hundreds of videos where kids to adults have created feats of wonder and amazement, all only Legos. They also work a children's imaginations, by allowing them to build whatever they want, within the limits of the pieces."

Children completed their Lego afternoon with a free-build session, creating more cars, birds, houses and anything else they could imagine.

"Having a Lego Day helps give the kids a chance to come let their imaginations flow and have some fun building crazy things," said Pittman.

For more information on library events, visit [www.mccslejeune-norwiver.com/libraries](http://www.mccslejeune-norwiver.com/libraries).



# 'Daddy's Home,' a predictable comedy; '13 Hours: The Secret Soldiers of Benghazi,' a gripping drama focused on heroism

**REINHILD MOLDENHAUER HUNEYCUTT**  
Special to The Globe

**Now playing at Camp Lejeune, Midway Park, New River**

**"DADDY'S HOME"**  
(PG-13)

"Daddy's Home" is a comedy about a stepfather whose only goal in life is to be a good father. Will Ferrell ("Get Hard," "Anchorman," "The Internship") stars Brad Whitaker, a mild-mannered and affable radio executive, who finds himself competing for the affections of his stepchildren following the unexpected reappearance of his wife's ex-husband.

Linda Cardellini (TVs "Mad Men") costars as Sarah, Brad's wife and mother of the two children.

When the super cool, but freeloading and freewheeling biological father of her children, Dusty Mayron, played by Mark Wahlberg ("Ted," "Lone Survivor," "The Gambler"), comes back in the picture, he foils all of Brad's plans on getting his stepchildren to love him and call him Dad.

Determined to undermine Brad's standing as the favorite dad, these two polar opposites soon get caught up in a competition to win the

hearts of the family they both love.

But their rivalry quickly escalates out of control.

Costarring are Thomas Haden Church ("Heaven Is for Real") as Leo Holt; Bobby Cannavale ("Ant-Man") as the fertility Dr. Francisco; and pro-wrestler John Cena.

Scarlett Estevez and Owen Vaccaro as Megan and Dylan Mayron.

Director and writer Sean Anders ("That's My Boy," "Horrible Bosses 2") collaborated with screenwriter Brian Burns on this film.

"Daddy's Home" is a predictable and vaguely amusing comedy with an odd couple pairing that doesn't always work and in the end fails to deliver.

**Now playing at the Patriot 12 in Jacksonville**

**"13 HOURS: THE SECRET SOLDIERS OF BENGHAZI"** (R)

"13 Hours: The Secret Soldiers of Benghazi" is an action thriller about those who fought to defend the American diplomatic compound in Benghazi after a terrorist attack Sept. 11, 2012.

The American ambassador and three other Americans were killed during the attack, as a security team struggled to make sense out of the chaos.

On the evening of the

## From the FrontRow



11th anniversary of the Sept. 11 attacks, a group of Islamic militants attacked the American U.S. consulate and nearby CIA Annex in Benghazi, Libya.

CIA security contractors – military veterans who served with the Navy SEALs, Marine Forces Recon and Army Special Forces – undertake a desperate defense of the American ambassador and his staff within the diplomatic compound.

When everything went wrong, six men had the courage to do what was right.

Among the cast are: James Badge Dale ("The Walk") as the leader of the team, Tyrone S. "Rone" Woods, a 20-year veteran of Navy SEALs and an independent contractor for the C.I.A.;

John Krasinski ("The Office," "Aloha") as Jack Da Silva, a newly arrived member of the team;

Pablo Schreiber ("The

Brink") as the wisecracking Kris "Tanto" Paronto;

Max Martini ("Captain Phillips") as Max "Oz" Geist;

Dominic Fumusa ("Allegiance") as John "Tig" Tiegán, a former Marine and member of the security team; and

Toby Stephens ("The Machine") as Glen "Bub" Doherty, a Global Response Staff Officer and member of the security team.

Also appearing are David Denman ("The Gift") as Boon; Freddie Sroma ("Pitch Perfect 2") as an undercover CIA officer in Libya; and David Costabile ("Runner Runner") as the CIA chief in charge.

Michael Bay ("Transformers" series, "Pearl Harbor," "Armageddon") directed and produced this film about heroism and explores the stories of the members of the security team.

The movie is based on



the true story of the six members of the security team written by Mitchell Zuckoff in his 2013 book "13 Hours: The Inside Account of What Really Happened in Benghazi."

"13 Hours: The Secret Soldiers of Benghazi" is a harrowing story of men putting their lives at risk. Focusing wholly on the six contractors, and avoiding any political

discussion, the end result is a vintage Michael Bay movie, a gripping, grim and rip roaring drama showing bravery against all odds.

**Editor's note: Information for movie reviews provided in part by: [www.daddyshomemovie.tumblr.com](http://www.daddyshomemovie.tumblr.com) and [www.thirteenhoursmovie.com](http://www.thirteenhoursmovie.com).**

## MOVIE SCHEDULES

### CAMP LEJEUNE

Bldg. 19 McHugh Blvd.

#### FRIDAY

"Daddy's Home"

PG-13, 6:30 p.m.

"Concussion"

PG-13, 9:20 p.m.

#### SATURDAY

"Alvin and the Chipmunks: Road Chip"

PG, 3:30 p.m.

"Point Break"

PG-13, 6:30 p.m.

#### SUNDAY

"Daddy's Home"

PG, 3:30 p.m.

"Star Wars: The Force Awakens"

PG-13, 6:30 p.m.

### MIDWAY PARK

Bldg. 4014A in Midway Park

#### FRIDAY

"Brooklyn"

PG-13, 6:30 p.m.

"Point Break"

PG-13, 9 p.m.

#### SATURDAY

"Star Wars: The Force Awakens"

PG-13, 2 p.m.

"Daddy's Home"

PG-13, 5 p.m.

#### SUNDAY

"Alvin and the Chipmunks: Road Chip"

PG-13, 2 p.m.

"In the Heart of the Sea"

PG-13, 5 p.m.

### NEW RIVER

Bldg. AS240 Curtis Rd., Air Station

#### FRIDAY

"In the Heart of the Sea"

PG-13, 6 p.m.

"Sisters"

R, 8:30 p.m.

#### SATURDAY

"Alvin and the Chipmunks: Road Chip"

PG, 5:30 p.m.

"Concussion"

PG-13, 8:30 p.m.

#### SUNDAY

"Point Break"

PG-13, 2 p.m.

"Daddy's Home"

PG-13, 5 p.m.



For more movie times, visit [www.mcclejeune-newriver.com/movies](http://www.mcclejeune-newriver.com/movies).

Tickets and concessions open 30 minutes prior to movie time.

Pricing: \$4 Adults, \$3 Children

For 3D movies: \$5 Adults, \$4 Children

\*Movies are subject to change without notice.

## What's happenin' CAROLINA

For information on concerts, festivals, special events and classes up and down the Carolina coast, check out What's happenin' CAROLINA each week. To add your event, email [leonardb@campjeuneglobe.com](mailto:leonardb@campjeuneglobe.com) or call 451-7421. Space is limited to availability. To submit your event for our online calendar, visit [www.campjeuneglobe.com/calendar](http://www.campjeuneglobe.com/calendar).

### Ladies' Bingo Night Saturday, 7 to 9 p.m.

Ladies 18 and over looking for a fun night out can attend Bingo night at the Tarawa Terrace Community Center on Marine Corps Base Camp Lejeune. The evening will feature prizes and light refreshments. For more information or to register, visit [www.mccslejeune-newriver.com/community](http://www.mccslejeune-newriver.com/community).

### The Jacksonville Toastmasters Club Meeting Tuesday, 7 p.m.

Anyone looking to improve his or her public speaking skills can meet at the Onslow Memorial Hospital Education building. Meetings typically include giving impromptu speeches, presenting prepared speeches and offering constructive evaluation. For more information, email [lesean.carey@gmail.com](mailto:lesean.carey@gmail.com).

### Daddy Daughter Dance Feb. 6, 6:30 to 9 p.m.

Girls can get dressed up for a special night of dinner and dancing with dad at Marston Pavilion on Marine Corps Base Camp Lejeune. The dance is open to all ranks and all interested patrons must register by Wednesday. For more information, visit [www.mccslejeune-newriver.com/marston](http://www.mccslejeune-newriver.com/marston).

### Coastal Crafts Feb. 14, 2 to 4 p.m.

Seashell collectors can stop by Hammocks Beach State Park for an afternoon of crafting with beach findings. Participants will learn about their unique shells and build their own crafts to take home. For more information or to register, call 326-4881.

### Military Family Homeschool Meet-Up Feb. 25, 9 to 11 a.m.

Military families living on or off base who homeschool their children can attend a meet-up at the Stone Street Youth Pavilion on Marine Corps Base Camp Lejeune. Children will participate in fun learning activities while parents network, share experiences and discover resources. For more information, visit [www.mccslejeune-newriver.com/schools](http://www.mccslejeune-newriver.com/schools) or call your school liason office at 449-9915 ext.9749.

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Photos by Onslow County Animal Shelter



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The Onslow County Animal Shelter is open Tuesday through Friday from noon to 6:30 p.m. and Saturday from 10 a.m. to 4 p.m.

To see more photographs of pets available for adoption, visit [www.onslowcountync.gov/AnimalServices/](http://www.onslowcountync.gov/AnimalServices/)

To adopt a pet or learn about fostering opportunities, visit the Onslow County Animal Shelter at 244 Georgetown Rd., Jacksonville, N.C., or call 455-0182.

# Chaplain's Corner

## Falling out of repentance

**CDR. BRANDON HARDING**  
2nd Marine Logistics Group

I have officiated at a hundred or so weddings over the time I have been a chaplain. I have yet to have a couple stand before me on that occasion with a look of hatred in their eyes for their future spouse. Instead, as they look at one another they almost seem to glow with the euphoria of the moment.

Fast-forward a few months or years and now the couple no longer looks at each other with that same fondness. What happened? A prominent writer on marriage stated "couples don't fall out of love, they fall out of repentance." I have seen the great truth in this statement. The principle of repentance can be applied to marriage whether you are religious or not.

I believe there are five basic steps of repentance, which if applied to any relationship will lead to a great degree of harmony and satisfaction.

**Step 1 - acknowledge you have done wrong.** Think of the good will that could be engendered by being willing to say you have messed up. The opposite is also true. If every time your spouse brings up an issue and your response is "oh yeah, what about..." you know you are on the wrong track.

**Step 2 - Feel real remorse about what you have done.** The apostle Paul refers to this as Godly sorrow. This means you are sorry you did some-

thing wrong, not sorry you got caught.

**Step 3 - Make restitution for what you have done.** This step can be difficult, especially if your offense can't be easily fixed. This step is absolutely essential because it shows your spouse that you are serious about changing your behavior.

**Step 4 - A deep heartfelt apology will work wonders.** Notice this is step 4. You can't skip steps 1, 2 and 3. If you do, your apology will come across as shallow and without real meaning. Depending on the offense, you may have to apologize more than once.

**Step 5 - Don't repeat the behavior again.** Think of how it makes you feel if someone does something to hurt you, says they are sorry and then does the same thing again and again. True remorse leads to a change in behavior.

When couples apply the principle of repentance to their marriages it leads to their hearts softening toward each other. The goal of every marriage should be to learn how to be one with your spouse. This is extremely difficult to do if your hearts have turned to granite. Applying the principle of repentance will soften your hearts like clay and you can experience the joy of being one.

It is my prayer that we can begin 2016 with a renewed commitment to our spouses by learning the value of repentance.

**Editor's note: Chaplain's Corner is a weekly series covering faith.**

### Restoration Advisory Board Meeting

Learn more about Marine Corps Base Camp Lejeune's environmental cleanup program by attending Camp Lejeune's Restoration Advisory Board Meeting at Coastal Carolina Community College, Room BT105 on Wednesday, Feb. 10 at 6 p.m.

Presentations will be given on FY15 accomplishments and goals for FY16, long term monitoring pilot studies and removal actions at Munitions Response Program Site UXO-23.

For more information, go to <http://go.usa.gov/cPM49> or call 451-9385.

## BLOOD DRIVE

February 2016

Naval Hospital Camp Lejeune Blood Donor Center Blood Drive Schedule

MON	TUE	WED	THUR	FRI
1 Marine Combat Training Battalion 11 a.m. to 2 p.m.	2	3 2nd Marine Division Headquarters Hospital Point 9 a.m. to 1 p.m.	4 Marine Corps Combat Service Support Schools 11 a.m. to 2 p.m.	5
8 Marine Combat Training Battalion 11 a.m. to 2 p.m.	9	10 A Company Infantry Training Battalion 7 to 10 a.m.	11	12
15 Marine Combat Training Battalion 11 a.m. to 2 p.m.	16	17	18	19 Atlantic Marine Corps Communities Stone Street 9 a.m. to 1 p.m.
22 Marine Combat Training Battalion 11 a.m. to 2 p.m.	23	24 B Company Infantry Training Battalion 7 to 10 a.m.	25	26
29 Marine Combat Training Battalion 11 a.m. to 2 p.m.				



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# Town Hall meeting educates community on adolescent suicide prevention

**BROOKE LEONARD**  
Lifestyles editor

Camp Lejeune District Schools joined with Onslow County Partnership for Children to take an active approach in preventing adolescent suicide during a Town Hall meeting Jan. 19 in the Lejeune High School Auditorium on Marine Corps Base Camp Lejeune.

The meeting included a presentation from special guest, Dr. Barry Feldman, a nationally-recognized researcher and educator in the field of suicide intervention and prevention. Feldman talked to the parents and teachers gathered at LHS about risk factors, warning signs and ways to try to prevent suicides from happening in the younger population.

Dr. Feldman began his presentation by asking members of the audience to simply say the word "suicide" on the

count of three. The point of this was to have people say the word out loud and know it is something permissible to discuss.

"Suicide is preventable," said Feldman. "If people know the risk factors and warning signs, they can do something about it."

Feldman identified some of the common risk factors found in suicidal adolescents such as drug and alcohol use, family history, exposure to suicide, loss, relationship trouble or access to means.

Requiring more immediate attention, are warning signs pointing to a possibly suicidal adolescent. These signs include feelings of hopelessness or despair, reckless actions, changes in behavior, school performance or appearance, threats or suicidal statements, and stressors or expectations.

Learning these risk factors and warn-

ing signs can make members of the community more aware of people's behaviors around them, a goal Onslow County Partnership for Children strives to achieve with help from schools and parents.

"We wanted to increase awareness (with the Town Hall meeting)," said Becca Baas, special projects coordinator for Onslow County Partnership for Children. "We are trying to destigmatize the suicide conversation; this is an opportunity to expand and make sure parents are equipped to deal with it."

Onslow County Partnership for Children, Camp Lejeune District Schools and Onslow County Schools are working together to make the community more aware of the resources available to them, so prevention can be one step easier.

"It seems hard to take the first step, but there's a lot available to us," said Baas. "If we're all a little more mindful

of how people are behaving, we can make a difference in someone's life."

Children, teens, parents and teachers are reminded to call a professional if they believe someone is in danger of committing suicide. With resources on base, like the Community Counseling Center, or out in town with doctors or police officers, community members will always find help.

"I wouldn't hesitate to call 911 or take them to the emergency room," said Baas. "That's what you do if someone's life is in danger. It's time to involve the professionals."

Concerned parents, teachers, friends, or anyone having suicidal thoughts can also call the National Suicide Hotline at 1-800-273-8255 for help.

For more information about Onslow County Partnership for Children, visit [www.onslowkids.org](http://www.onslowkids.org).

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## FINAL FLIGHT

### Student pilot completes MV-22B training

Photos by Cpl. Michelle Reif

1st Lt. Erik Erlandson (left) completes the pre-flight checklist aboard the MV-22B Osprey while his evaluator, Maj. Matthew Cave, oversees his work prior to takeoff of his final flight with Marine Medium Tiltrotor Training Squadron 204 at Marine Corps Air Station New River Jan. 12. Erlandson underwent four months of intensive flight training on the MV-22B to ensure he could meet all standards required of Marine Corps pilots in the operating forces.

**CPL. MICHELLE REIF**  
 II Marine Expeditionary Force

Today was not just another routine flight for 1st Lt. Erik Erlandson, of Marine Medium Tiltrotor Training Squadron 204. Today was the day that he proved his skills as an MV-22B Osprey pilot. Today was the day that he was judged against the strict standards and requirements of the Naval Air Training and Operating Procedures Standardization Program. Today was the day he completed the final steps toward joining the Marine Corps fleet as a fully qualified copilot. Today, he graduated. Erlandson completed his

final flight with VMMT-204 at Marine Corps Air Station New River Jan. 12. Maj. Matthew Cave, student control officer for the training squadron, evaluated Erlandson during the flight to confirm his preparedness to join the operating forces.

"We provide new pilots and crew chiefs to the fleet," said Cave. "Today we are doing a check ride (which is) basically the final event before they graduate."

Leading up to the check ride, pilots received classroom instruction, basic manipulation of the airplane, basic maneuvering, formations, instrument flying, confined area landings, low altitude tactics and night systems. Erlandson completed

two flights in the simulator for every one flown in the sky. The beauty of the simulator is that instructors can freeze, replay and do over as much as they need to — exposing student pilots to any scenario they might actually face. The entire syllabus is about four months long, Cave said.

"By our standards, I should be able to ask him any question about the core skills of the V-22 (such as) our operating manual, the airplane limitations, emergencies and basic maneuvering," said Cave. "He knows all that and I'll be quizzing him on it today to make sure that he is good enough to leave here."

During the check ride,

Erlandson demonstrated his skills in communication as well as flying. He was required to speak with range control to clear landing space; as well as, be aware of any obstacles in the area, such as parachutists. While in flight, he proved his knowledge in several different approaches, landing and tactical maneuvers.

"I was pretty nervous getting to the brief because there is so much to be quizzed on and a lot of limitations that you have to know," said Erlandson. "But once I got through the brief I felt pretty confident going into the flight."

At the end of the check ride, both pilots knew the flight went smoothly and

Erlandson had proven he was ready to move on to the fleet. He is prepared to take the next step in his career as the newest pilot with Marine Medium Tiltrotor Squadron 365.

"Advice that I would give

to new pilots is to study early and often," said Erlandson. "I know that it can be overwhelming at first, but if you stay the course and take small bites at a time it'll add up and you'll be well prepared to continue on."



1st Lt. Erik Erlandson lands an MV-22B Osprey during a check ride course requirement with Marine Medium Tiltrotor Training Squadron 204 at Marine Corps Air Station New River Jan. 12.

## Wounded warriors prepare for swim trials

**LANCE CPL. NED JOHNSON**  
 MCB Camp Lejeune and MCAS New River

Athletes with Wounded Warrior Battalion-East completed a week-long swim camp that culminated in a competition-style swim meet at Marine Corps Air Station New River Jan. 15.

Twenty Marines participated in the camp, which was designed to prepare athletes for the 2016 Marine Corps Trails which begin Feb. 28 at Marine Corps Base Camp Pendleton.

"We worked on freestyle, breaststroke and backstroke, and worked more on the technical aspects of competitive swimming," said Sarah Gillam, a swim coach with WWBn-E.

Gillam added most of the athletes had never swum competitively.

"It was a lot of fun. I didn't think I would enjoy it because I have never really swam, so it was something new for me," said Cpl. Alexander Salazar with WWBn-E.

While the swim meet was designed to allow swimmers to experience the excitement and stress of race day, there were no winners and losers.

"By the time it was all said and done, everyone was excited. Everyone was very proud of themselves and they had a lot of fun," said Salazar.

The swim camp was also about more than just the Marine Corps trials, it also allows the Marines to exercise with less pain.

"I love it," said Salazar, a 22-year-old native of San Antonio, Texas, who has chronic pain in his shoulder, knees and hips. "It's easier to move around in the water. It's easier on my body."

Salazar is excited about the trials and hopes to qualify to compete for the Marine team.

Gillam expects all 20 Marines to go to the trials and compete in swimming and to her, that makes the camp a success.

"It was amazing. They remembered what they were supposed to do and they all gave their all."



Photo by Lance Cpl. Ned Johnson

Cpl. Alexander Salazar with Wounded Warrior Battalion-East swims the breast-stroke during a swim meet at Marine Corps Air Station New River Jan. 15. The meet prepared wounded warriors for the swim competitions to be held during the Marine Corps Trails, taking place later this year at Marine Corps Base Camp Pendleton.

## MCIEAST honors Marines, sailors of the year



Photo by Lance Cpl. Ned Johnson

Awardees pose with Commanding Officer, Capt. Rick Freedman Marine Corps Installations East-Marine Corps Base Camp Lejeune Commanding General, Brig. Gen. Thomas Weidley during a breakfast to honor the MCIEAST Marine and sailor of the year at the Ball Center at Marine Corps Base Camp Lejeune Jan. 22.

**LANCE CPL. NED JOHNSON**  
 MCB Camp Lejeune and MCAS New River

Two Marines and two sailors were honored during an awards breakfast at the Ball Center at Marine Corps Base Camp Lejeune Jan. 22.

Petty Officer Second Class Christine Martinez was awarded Marine Corps Installation East "Sailor of the Year" and Petty Officer Third Class Christian Miranda, who was recently promoted, was awarded MCIEAST "Junior Sailor of the Year."

The two sailors are both assigned to Naval Hospital Camp Lejeune.

Sgt. Tyrone Comer, an air traffic controller with Headquarters and Headquarters Squadron, Marine Corps Air Station New River,

was awarded MCIEAST "NCO of the Year" and Cpl. Delvin Belote, an administrative clerk with H&HS, was awarded MCIEAST "Marine of the Year."

"This is impressive to be selected out of all the Marines and sailors across multiple installations," said Brig. Gen. Thomas Weidley, commanding general, Marine Corps Installations East-Marine Corps Base Camp Lejeune. "I think they exemplify the characteristics we expect of Marines and sailors."

Along with breakfast, the Marines and sailors each received a plaque and a Navy Achievement Medal in recognition of their hard work.

"I didn't know what to say about it," said Belote. "To think about how many Marines were involved in the process, it's just

an honor to be nominated.

"When you enlist and go to boot camp, you never think about something like this," Belote continued. "So it's definitely huge."

The Marines and sailors were chosen after being selected Marine or sailor of the quarter across the four installations under MCIEAST during 2015.

"I think it's awesome that we could have one Marine honored, but to have two makes me feel really great," said Sgt. Major Leiva, H&HS sergeant major. "For both of them, I would say their attitude defines them. I heard in a movie, 'Remember the Titans' that attitude reflects leadership, and for these two their attitude definitely reflects their leadership, and I look forward to them going back and sharing that attitude with their fellow Marines."

# SERGEANT MAJOR'S CORNER



SGT. MAJ. BILL OLDENBURG  
SGT. MAJ. MCAS NEW RIVER

Welcome to the latest edition of the Rotovue. In this issue I wanted to highlight a few Marines who recently received special recognition due to their excellent contributions to our Corps and local community. Staff Sgt. Daniel Macias from the Center for Naval Aviation Technical Training on New River was selected as the Jones Onslow Chamber of Commerce, Military Affairs Committee, Service Member of the Year based on his superior performance as a CH-53E Avionics Instructor and his many hours volunteering within the local community. Headquarters and Headquarters Squadron also had both their Marine of the Year and Noncommissioned Officer of the Year selected as the Marine Corps In-

stallation East, Marine Corps Base Camp Lejeune NCO and Marine of the Year. Sgt. Tyrone Comer and Cpl. Devlin Belote competed against Marines from across the five bases and stations of MCIEAST and quickly rose to the top. My intent is to recognize the Marine Aircraft Group 26 and MAG-29 NCO of the Year and Marine of the Year when their boards are complete. As I have stated previously, 2016 promises to be exciting and dynamic. In my opinion, all the nominees are winners because they put into action all the traits and principles that make our Corps unique and respected around the world. Bravo Zulu, Marines and thank you for ensuring New River remains the best tour in the Corps!

# MCCS to host job fair

LANCE CPL. SEAN J. BERRY

MCB Camp Lejeune and MCAS New River

Marine Corps Community Services is giving service members the opportunity to venture into careers outside the Marine Corps in the avionics community by introducing them to employers in the field.

Marine Corps Air Station New River is hosting an aviation job fair in the Career Resource Center from 1-3 p.m. Feb. 15 for service members interested in an avionics career once they leave the service.

"The purpose of the job fair is to give active-duty and retired Marines, their family members and authorized base patrons the opportunity to meet and network with potential employers," said Lori Luna, a personal and professional development advisor for Marine Corps Community Services. "The job fair also gives employers the opportunity to speak with military members and help them better understand how skills learned in the military can be an asset to their company."

More than 20 employers are set to attend the job fair, offering jobs locally, regionally and nationally. Employers will be seeking pilots and people with a background of maintenance, avionics, mechanical and support skills for the career fields.

"MCAS New River has a high concentration of transitioning military members with an aviation background," said Luna. "Many employers reach out to the transition readiness staff to tap into that experience."

Patrons who attend should wear civilian attire and be dressed professionally, if not dressed in the uniform of the day. It's also advised that those interested should bring several copies of their résumé. The list of potential employers is updated weekly and can be found at [www.mccslejeune-newriver.com/jobfair](http://www.mccslejeune-newriver.com/jobfair).

"While the job fair appears to target the aviation community here aboard MCAS New River, we want to reach out to all active-duty service members, retirees, family members and authorized base patrons," said Luna. "We are also reaching out to the employers as many of them attend various job fairs nationwide and talk to recruiters and hiring managers from various occupational backgrounds."

With so many service members currently with an aviation background, having an avionics-focused job fair helps both the service members target specifically what job fits their needs and skillset while helping the employers fill vacant positions with quality applicants.

"In addition to recruiting for their companies, the employers have a sincere desire to assist our military men and women and their families in making a successful transition," said Luna. "We hope many of the attendees will walk away with job offers or interviews."

# USS Kearsarge operations



Photo by Mass Communication Specialist 3rd Class Tyler Preston

Cpl. Wesley Huntress, from Rochester, N.H., attached to the 26th Marine Expeditionary Unit, performs maintenance in an MV-22 Osprey on the flight deck of the amphibious assault ship USS Kearsarge. Kearsarge is the flagship for the Kearsarge Amphibious Ready Group and, with the embarked 26 MEU, is deployed in support of maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of operations.

# MWSS-272 tests support capabilities

LANCE CPL. AARON FIALA

II Marine Expeditionary Force

Marines with Marine Wing Support Squadron 272 tested their support capabilities during a field operation at Marine Corps Outlying Field on Camp Davis Jan. 13. MWSS-272 re-equips aircraft and provides engineering and runway services.

Marines with the unit simulated a brief security sweep of the area upon the start of the field operation and then set up a forward operating base behind the flight line. The FOB had an aviation ground service operation center that tasked simulated missions for Marines to conduct. These missions prepared Marines for numerous situations they may face on a deployment.

One mission was a simulated attack causing damage to the runway. Marines with Engineer Operations Company were tasked with repairing two, one-foot-wide, three-foot-deep holes caused by enemy fire.

"Our company's main focus today is to conduct base recovery after attack operations," said 1st Lt. Courtney Thompson, Engineer Operations Company executive officer. "The engineers' function, in this case,

is to support damage assessment teams and damage assessment and response teams."

These teams focus on the recovery of runways, aircraft parking and facilities which are damaged during an attack. An expeditionary airfield is required so aircraft can land, refuel, resupply and get back into the fight.

Another piece of equipment provided by MWSS-272 is a portable system capable of stopping a plane.

Staff Sgt. Gordon Llewellyn, a runway supervisor with the unit, explained the use of the M31 Marine Corps Expeditionary Arresting Gear. It is a ground-based braking system used for tail hook aircraft, and it allows pilots to make aborted takeoffs or emergency landings by catching the tail hook with a woven steel cable. The M31 is placed on each side of the runway and the tail hook of an aircraft catches on when needed.

MWSS-272 is capable of providing emergency landing

equipment for aircraft, securing an airfield, re-equipping aircraft and even repairing runways that are damaged from combat.

"As MWSS-272 Marines, we support the guy who supports the grunts on the ground,"

said 1st Lt. Bryan Hart, a logistics officer with the unit. "We provide aviation ground support to Marine Aircraft Group 26 as well as elements of MAG-29."



Photo by Lance Cpl. Aaron Fiala

Marine Wing Support Squadron 272 assemble the M31 Marine Corps Expeditionary Arresting Gear during a field operation at Marine Corps Outlying Field, Camp Davis, NC Jan. 13. The M31 Marine Corps Expeditionary Arresting Gear is a hydrodynamic braking system used for tail hook aircraft, such as a F/A-18 Hornet, allowing planes to make aborted take-offs or emergency landings.

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