

# The Globe



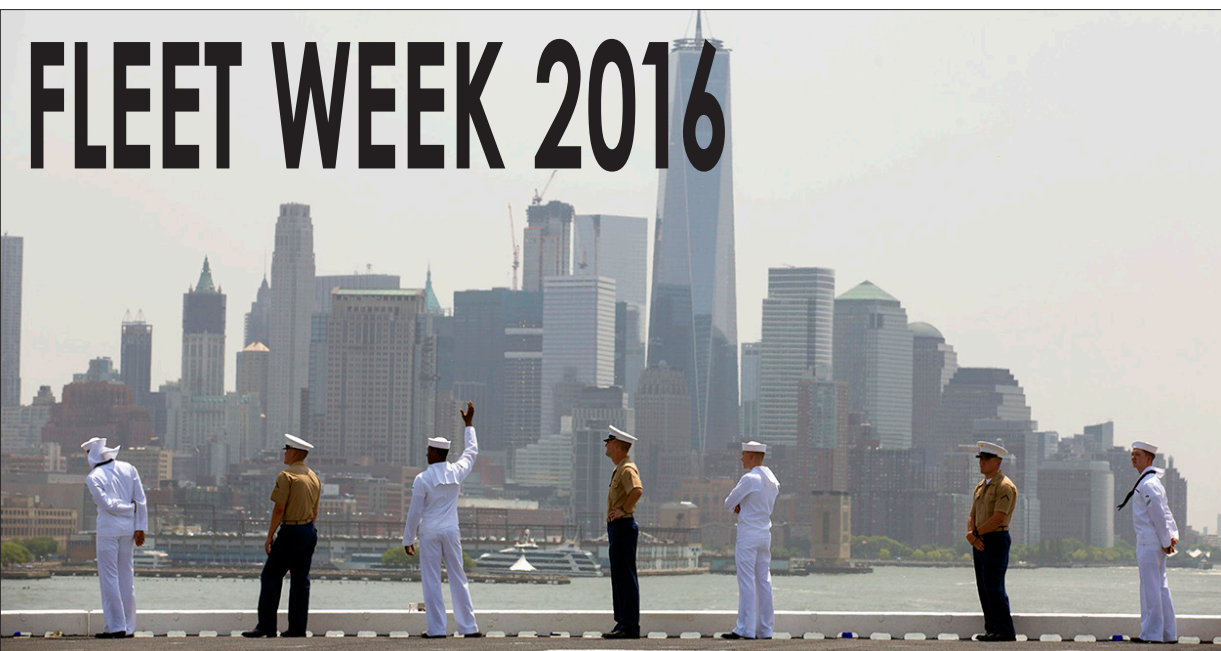
SERVING CAMP LEJEUNE AND SURROUNDING AREAS SINCE 1944



- Intro to Standup Paddleboarding 5A
- 13th annual Blueberry Festival 1B
- Red Bull Global Rally Cross returns to New River July 2 5B

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THURSDAY, JUNE 2, 2016



Marines and sailors aboard the USS Bataan (LHD 5) man the rails during the parade of ships as part of Fleet Week in New York, May 25. The Bataan transported more than 500 Marines and sailors with the 24th Marine Expeditionary Unit who will participate in this year's Fleet Week.

NEW YORK CITY

## Service members, NYC honor fallen

LANCE CPL. SEAN BERRY  
MCB Camp Lejeune and MCAS New River

New Yorkers and active-duty service members came together to honor the nation's fallen veterans during the Intrepid Memorial Day Commemoration ceremony at Pier 86, Monday.

Hundreds of active-duty service members, veterans, civilians and prominent figures in the New York City community gathered to pay tribute to and recognize the fallen as well as share in the history of the USS Intrepid, a retired Navy ship docked at the pier.

This event was one of the nearly 200 events that took place throughout the city during Fleet Week New York and one of the many events that honored the nation's veterans on Memorial Day.

New York City Mayor Bill de Blasio spoke at the event, recognizing those involved in the fleet week events and giving thanks to the men and women who gave their lives in service to the country.

"It was a real heartfelt gratitude that I felt (being here)," said Julio Velazquez Jr., a Marine Corps veteran and native of New York. "It's nice to hear thank you."

At the conclusion of the ceremony, many veterans and active-duty service members were brought to tears as Navy leaders, including Chief of Naval Operations Adm. John M. Richardson and New York political leaders laid four wreaths in honor of the fallen.

"We can never forget the sacrifices that they made, and the pain that their families endured as they gave their final measure," said Richardson. "So young, so far away from home and so many of them from here in New York City."



(Above) Marines with the 24th Marine Expeditionary Unit run through the city streets during the Freedom Run as part of Fleet Week in New York, Sunday. Service members from the Marine Corps, Navy and Canadian Navy ran from the North Cove Marina to the 9/11 Memorial to honor the fallen. (Below) Marines with the 24th Marine Expeditionary Unit stand in formation prior to the start of the Glendale/Ridgewood Memorial Day Parade, Monday, in Queens, New York. Marines and sailors are in New York as part of Fleet Week, which allows the service members to interact with the public, demonstrate capabilities and teach the people of New York about America's sea service



Photo by Lance Cpl. Brianna Gaudi

Marines with 2nd Combat Engineer Battalion detonate a charge while formed up in their stack during breaching operations at Marine Corps Base Camp Lejeune May 19. The unit built, placed and detonated charges to practice gaining entry and clearing an enemy-occupied building in preparation for an upcoming deployment.

## 2nd CEB knocks down doors

LANCE CPL. BRIANNA GAUDI  
II Marine Expeditionary Force

Marines with Mobility Assault Company, 2nd Combat Engineer Battalion, conducted breaching operations to sustain and improve their capabilities for accomplishing their mission at Marine Corps Base Camp Lejeune, May 19.

The Marines practiced the basic engineering skills necessary for breaching by making charges, otherwise known as explosives, to detonate. They also practiced placing those charges and performing at a tactical level in an urban environment.

The engineers started off by building their charges then calculated the necessary distance for their standoffs, which is how far they must stand away from the explosion to safely avoid the blast.

"Along with standard safety procedures," said Staff Sgt. Matthew Monteforte, a platoon sergeant with 2nd CEB. "We have our unit leadership out here on the training site to assist in monitoring."

After charges were in place and Marines formed their stack by standing one behind the other in a straight line, they braced themselves for the blast and detonated the charge.

This particular charge was simulating blowing a door knob off, allowing the Marines to open the door and to charge in and secure the building.

"The overall purpose of breaching is for Marines to gain entry into a building in order to clear the compound," said Monteforte. "At the end of the day our goal is to get inside those doors."

Exercises like breaching operations are critical to the unit in terms of mission readiness. They conduct them every three to four months in order to keep the knowledge fresh in the minds of the Marines.

AL QUWEYRAH, Jordan

## Marines, Jordanians conduct squad attacks during Eager Lion 16

CPL. PAUL S. MARTINEZ  
II Marine Expeditionary Force

Marines with 1st Battalion, 2nd Marine Regiment, 2nd Marine Division and the Jordanian 77th Marines Battalion conducted squad attacks as part of Eager Lion 16 in Al Quweyrah, Jordan, May 19.

The focus of the training was fire and maneuver as a squad, which was put to the test with a patrol before taking simulated enemy fire. From there, Marines initiated buddy rushes down the line until reaching a trench.

"The formations we use during this training allows us to provide all-around security and make it effective to maneuver as a whole," said Lance Cpl. Phillip T. Bennett, a rifleman with Company A. "It's important for Marines to have an open mind when training in a new environment like this."

Marines and Jordanians integrated as a squad to put rounds and training grenades down range before reaching a trench, clearing out targets and launching a counterattack.

"We have been training alongside the Marines for the past couple of years, and we want to hold our battalion to the same standards as U.S. Marines," said 1st Lt. Mahmood Baniomar, a company executive officer with the Jordanian 77th Marines Battalion. "Training out here is worth every moment."

Marines have noted the integration of the two forces during training exercises has become more seamless since the start of Eager Lion.

"I have worked with the Jordanians before in Afghanistan, and they are very spot-on," Bennett said. "Our techniques and the way we train is very similar."

Baniomar noted the value of not only training in this environment, but also utilizing the weapons and equipment put in their hands by the Marines.

"My men are getting more proficient with their weapons," Baniomar said. "Some of the equipment we do not have in our battalion yet, but when we do get the weapons our Marines will already know how to use

them because we are training here."

Another priority from Baniomar's perspective is regional stability, and the Jordanian forces' commitment to being ready for the future.

"We may be conducting operations in any climate of any surrounding area," Baniomar said. "I am grateful for the Marines taking this chance to come to Jordan and train with us. The opportunity is excellent for all, from my young Marines to us officers."

Eager Lion is a recurring exercise between partner nations designed to strengthen military-to-military relationships, increase interoperability and enhance regional security and stability.



Photo by Cpl. Paul S. Martinez

Members of the Jordanian 77th Marines Battalion engage targets during a squad attacks exercise in Al Quweyrah, Jordan, May 19. Eager Lion is a recurring exercise between partner nations designed to strengthen military-to-military relationships, increase interoperability and enhance regional security and stability.

SEE 2ND CEB 3A ►

## FALLS CHURCH, VA.

# Navy medicine releases updated Zika virus infection guidance

## PUBLIC AFFAIRS

U.S. Navy Bureau of Medicine and Surgery

Navy Medicine released updated Zika virus infection guidance in NAVADMIN 121/16, May 26, communicating current information, travel precautions and risk reduction measures to Navy and Marine Corps personnel.

"The updated NAVADMIN includes the latest Centers for Disease Control and recommen-

dations for the prevention of sexual transmission of Zika virus; it also highlights recommendations for couples who are considering conception," said Cmdr. Alan Lam, deputy associate director, U.S. Navy Bureau of Medicine and Surgery public health, emergency preparedness and response.

The updated NAVADMIN also directs installation commanders to implement the secretary of defense guidance to control Zika virus transmitting

mosquitoes on Navy installations and in housing areas. Installation commanding officers will ensure public health emergency officers and installation vector control staff coordinate their efforts with state and local counterparts.

BUMED has instructed Navy Medicine providers to follow clinical guidelines issued by the CDC. In addition, Navy and Marine Corps Public Health Center issued an updated information sheet and trifold pamphlet on

their public website for Navy and Marine Corps personnel.

"Navy Medicine implements the latest CDC guidelines and supports installation vector surveillance and control efforts; however, each member of the Navy and Marine Corps family must also do their part to ensure they are protected from the Zika virus," said Lam.

Zika is a viral infection primarily spread by a bite from an infected mosquito. The virus also

is spread by a mother to her fetus during pregnancy, through blood transfusion, and by a man infected with Zika to his partner during sex. Typical symptoms include fever, conjunctivitis, muscle pain, rash, headache and joint pain.

Zika virus infection during pregnancy can cause microcephaly and other birth defects.

Currently, Zika outbreaks are occurring in numerous Pacific Is-

SEE ZIKA 4A ▶

## Traffic Management Office award



Photo by Cpl. Mark Watola

Col. Michael Scalise, Marine Corps Installations East-Marine Corps Base Camp Lejeune chief of staff, presents Daniel Clark, a traffic management specialist, with the military Surface Deployment and Distribution Command "Excellence in Traffic Management" award during a ceremony at the traffic management office on Marine Corps Base Camp Lejeune May 25. The SDDC presents awards to employees and enlisted military who support resupply missions, deployment readiness operations and logistics support.

## Tactical recovery mission



Photo by Cpl. John Hamilton

An MV-22B Osprey with Marine Medium Tiltrotor Squadron 264 (Reinforced), 22nd Marine Expeditionary Unit, boards the USS Wasp (LHD-1), to bring Marines back from a tactical recovery of aircraft and personal mission May 19. The 22nd MEU and Amphibious Squadron Six are underway for composite training unit exercise.

## 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)

## Alligator issues force awareness

### LANCE CPL. TAVARIUS HERNANDEZ

MCB Camp Lejeune and MCAS New River

Marine Corps Base Camp Lejeune is filled with a combination of manmade constructs and forest with its natural inhabitants such as the American Alligator currently listed as threatened on the U.S. Endangered Species list.

Female adult American Alligators can reach sizes of 8 feet with their male counter parts growing to 13 feet and weighing more than 500 pounds. These alligators have been growing as a constant sight and danger for those around due to people's interaction with them.

"Normally (alligators) are more afraid of you than you are of it, but people began feeding alligators," said Paul F. Boniface, chief conservation enforcement officer. "When you feed an alligator it associates humans with food, thus humans are food, is what the alligator will think. That is why you never should feed them."

Alligators are most active around dusk and dawn, and they can be found in freshwater, slow-moving rivers, swamps, marshes, lakes, water ways, creeks and some have been seen in water retention ponds. Do not approach any alligator or attempt to move them whatever their size as they can move quick with a sudden burst of reserved energy.

If you encounter an alligator, you're encouraged to leave it alone and contact the conservation enforcement office at 451-5226 and select option zero. If they are closed, or they do not answer, call the military police. They will be able to get an enforcement officer to assist you. If the alligator is in a residence off base, place of business or interrupting traffic on a public road, call the National Wildlife Research Center at 800-662-7137.

**DON'T WASTE FUEL.**  
EFFICIENT DRIVING HABITS INCREASE OPERATIONAL REACH AND MISSION EFFECTIVENESS.

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Ten seconds of idling uses more fuel than restarting your vehicle.
- Accelerate and brake slowly.**  
Aggressive driving wastes fuel and adds stress to critical vehicle parts.
- Only use A/C and heat with the windows up.**  
This decreases engine wear and saves fuel.
- Ensure that your tires are properly inflated.**  
You can increase gas mileage up to 9% with the right tire inflation.

**YOU HAVE THE POWER**

## The Globe

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# 22nd MEU completes COMPTUEX, ready for deployment

**GUNNERY SGT. MATT EPRIGHT AND CPL. JOHN HAMILTON**  
22nd Marine Expeditionary Unit

Composite training unit exercise is the culminating event of the 22nd Marine Expeditionary Unit's pre-deployment training program, a rigorous cycle of training courses and unit-level exercises designed to prepare and certify the MEU for the mission essential tasks it may be called upon to perform during its upcoming deployment to the 5th and 6th Fleet areas of responsibility.

Whether executing a large scale, multi-ship, targeted amphibious raid on a simulated enemy position or bringing desperately needed water and relief supplies to notionally starving masses of displaced persons, the key to successful mission accomplishment during the exercise was the tight coordination of the "Blue-Green Team" made up of the 22nd MEU and PHIBRON-6.

"This was high quality training that allowed us to rehearse for missions we may be called to execute around the world. Because of COMPTUEX our Navy-Marine Corps team is better prepared to succeed in the missions we will be assigned while deployed," said Lt. Col. Cory Martin, 22nd MEU executive officer.

Now that the team has completed the last major exercise, they move into the final phase of pre-deployment where the 22nd MEU and its subordinate elements, as well as the ships of PHIBRON-6, will ensure their equipment and personnel are mechanically, personally and professionally prepared for the pending deployment.

The 22nd Marine Expeditionary Unit is made up of its Ground Combat Element, Battalion Landing Team, 1st Battalion, 6th Marine Regiment; its Aviation Combat Element, Marine Medium Tiltrotor Squadron 264 (Reinforced) (VMM-264); and its Logistics Combat Element, Combat Logistics Battalion 22. The 22nd MEU will deploy this summer aboard the ships of Amphibious Squadron Six; the USS Wasp, the USS San Antonio, and the USS Whidbey Island.



Photo by Cpl. John Hamilton  
An MV-22B with Marine Medium Tiltrotor Squadron 264 (Reinforced), 22nd Marine Expeditionary Unit, prepares to take off from the flight deck of the USS Wasp during composite training unit exercise, May 14.

## 2ND CEB FROM 1A

"You never know what to expect when you get deployed to somewhere you've never been, so we want to make sure we get all the practice we need so when we do get the word that we have to deploy we can execute proficiently," said Sgt. Stephen Winther, a squad leader with 2nd CEB.

By breaching and blowing up doors or obstacles, 2nd CEB improves the mobility of Marine infantry units, ensuring they are able to carry out their mission.

Completing these tasks requires teamwork, forcing the Marines to work together and build relationships throughout the duration of the operation.

"This kind of exercise helps cross-train Marines to do different jobs so we can learn from each other and become a better asset to the Marine Corps by being versatile," said Winther.

2nd CEB's role is to provide engineering support for II Marine Expeditionary Force, and be ready to go wherever the Marine Corps needs them. The exercise will help prepare the unit for an upcoming deployment.

MARINES & SAILORS

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## H&S Bn completes combat readiness circuit course



Photo by Lance Cpl. Ned Johnson  
Cpl. Broc Clark, an All-Marine Team wrestler, coaches Marines with Headquarters and Support Battalion, Marine Corps Installations East-Marine Corps Base Camp Lejeune, during a combat fitness training event. "We owe this to those who made the ultimate sacrifice," said Capt. Bryce Saddoris, the All Marine Wrestling Team officer in charge. "I see life in two ways: you're either getting better, or you're getting worse. Push yourself to get better." The Marines participated in a 10-station circuit course that used wrestling training techniques to simulate the strength and endurance required in combat, according to Saddoris.

Member: Jay Rodriguez  
U.S. Navy Reserve

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8 Road Trips  
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2 Grade Schoolers

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# UK Royal Army officers participate in MEFEX 2016

2ND LT. ALEKSANDRA SAWYER  
II Marine Expeditionary Force

Maj. Neil Whitehead, an Army commando from Commando Logistic Regiment, 3 Commando Brigade, in the United Kingdom spent 10 days embedded with the operations staff of 2nd Marine Logistics Group during the execution phase of MEF level exercise 2016.

During that phase, the staff sections from 2nd MLG and its subordinate elements provided logistical support to II Marine Expeditionary Force as the logistics combat element.

Whitehead was placed with 2nd MLG because of his background in logistics and equipment support. He is the officer in charge of an equipment support company which primarily provides support to the entire 3 Commando Brigade. This is similar to the way Combat Logistics Regiment 2, 2nd MLG supports 2nd Marine Division.

Whitehead used his experience and knowledge to offer feedback and compare common practices while the staff worked through problems the enemy generated during the exercise.

"Maj. Whitehead is clearly a highly-trained, professional officer who brought a lot of knowledge and experience, as well as a high level of inquisitiveness regarding our processes and doctrine," said Maj. James Isaacs, senior watch officer during MEFEX.

At times, Whitehead went beyond the scenario to compare it to real-world coordination.

"Interactions Marines have with foreign officers and foreign forces help us in the way we think and interoperate. It also exposes them to our service culture, which is vital because everywhere we conduct operations we work with foreign militaries," said Isaacs.

As II MEF battled as part of a coalition force in a foreign country, Whitehead's noted the importance of being able to work together.

"We have discussed at length the 'ways and means' we can integrate and support one another on potential deployments of this nature to accomplish a common goal," said Whitehead.

After the exercise concluded, Whitehead sat down with Brig. Gen. Charles G. Chiarotti, commanding officer of 2nd MLG, to discuss the UK officer's experience and future collaboration.

"The way forward is looking for opportunities to integrate our logistics capabilities to train as we will fight. This understanding of our individual services prepares us for future deployments as a coalition force," said Chiarotti.

War fighting aside, Whitehead learned a lot about the culture of the Marine Corps.

"The professionalism, motivation and passion displayed were evident. This is a military force with a very apparent Esprit de Corps, and it is that unity and sense of purpose which clearly drives them," said Whitehead.

"I am very confident, as allies, we shall continue to prove our capacity to interoperate and deploy on a myriad of operations. I'd like to express my gratitude to the U.S. Marine Corps for allowing me this opportunity and the overall hospitality they have shown to members of 3 Command Brigade. This is a relationship that will certainly endure and will resound operational success in the future."

## Rear Adm Lindsey visits 22nd MEU, USS Whidbey Island



Photo by Gunnery Sgt. Neill Sevellus  
Rear Adm. Bruce H. Lindsey, commander of Carrier Strike Group 4, answers questions and speaks with Marines and sailors with the 22nd Marine Expeditionary Unit in the chiefs' mess of the USS Whidbey Island, May 20. Lindsey visited to discuss exercises and an upcoming deployment.

### ZIKA FROM 2A

occurring in numerous Pacific Islands, the Caribbean, and throughout Central America and South America.

Navy and Marine Corps personnel are at risk when traveling to areas experiencing active Zika virus transmission. Infection risk is reduced by taking measures to avoid mosquito bites.

No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific antiviral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of active transmission and avoid unprotected sex with a man who may have been exposed to Zika. Mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night.

The CDC recommends pregnant women postpone travel to any area with active Zika virus transmission. Pregnant women who do travel to one of these areas should talk to their Navy Medicine health care provider before traveling and strictly follow steps to avoid mosquito bites.

The CDC also recommends that, for the duration of pregnancy, pregnant women avoid unprotected sex with any man who lives in or travels to an area of active

Zika virus transmission.

The following steps are recommended for those traveling to an area with ongoing Zika virus transmission:

- Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for pregnant women when used as directed.
- Use permethrin-treated clothing and equipment.
- Avoid unprotected sex with potentially exposed men.
- Use condoms the right way, every time you have sex.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.



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## Intro to

# SUP

## Stand Up Paddle Boarding



### Get on board with brand new hobby

#### ALLIE LANDEN

Sports editor

Before the tropical storm set in for the weekend, Outdoor Adventures gave patrons one more chance to enjoy the sunny weather with its Introduction to Stand Up Paddle Boarding class Friday. Participants gathered at the Gottschalk Marina on Marine Corps Base Camp Lejeune to begin the lesson.

Dana Gelinger and Kaylynn Stone, recreation assistants, began the class by holding introductions, going over safety tips and measuring participants to fit their paddles. Gelinger has been teaching the class for about two years.

"Stand up paddle boarding is gaining popularity fast," said Gelinger. "Everyone wants to do it, and it's so much easier than you'd think. You don't have to be great at balancing. As long as you keep your feet shoulder-width

apart, knees bent and eyes on the horizon, you're fine. It's a cool new hobby you can do with your kid or dog on the board with you."

Phil Morris, the newest recreation assistant, went along as well to get more practice in hopes of teaching the class in the future.

"So far, I've learned you have to stay relaxed," said Morris. "If you are fighting the bounce of the waves and tensing up, you're burning too much energy. You have to bend your knees to let the tension out."

Though every participant was a first-timer, they all stood up on their boards with ease. The instructors offered advice on positioning and technique along the way to ensure a safe trip.

"I had a lot of fun," said Lisa Castleberry, a participant. "Dana did a great job helping us along and answering questions. It was just a great experience being on the water. On the way back, we were paddling along peacefully, having a quiet conversation. The relaxation was great."

For more information on Outdoor Adventures, visit [www.mccslejeune-newriver.com/outdoor](http://www.mccslejeune-newriver.com/outdoor).

# HALL OF GAME

## Warriors overcome, NBA Finals rematch set

LANCE CPL. NED JOHNSON

MCB Camp Lejeune and MCAS New River

I'm not ready to deem the 2016 NBA Western Conference Finals as the greatest comeback ever, but with the Golden State Warriors down three games to one, a wounded Steph Curry and a blazing Oklahoma City team, it was certainly impressive when the Warriors won game seven.

I'm not going to get too deep into that series, though. It was a great one. It was a series for the ages, in fact, with Kevin Durant and Russell Westbrook playing some of their best basketball yet against the reigning champs.

Now, it's time for the rematch everyone wanted. This storyline is basically a better movie plot than "Batman V. Superman" and "Captain America: Civil War." You can't make this kind of drama up.

Last year, the Cleveland Cavaliers were without Kyrie Irving and Kevin Love in a heated series where ultimately Golden State took home the championship after

Lebron James played more minutes than imaginable.

Everyone wanted to see the two teams play the series again with both sides having all of their stars.

On the way to that plot, the Golden State Warriors won more games than any team in NBA history. Then, Steph Curry won the league MVP and became the first player to receive all of the first place votes.

But wait, there's more. Curry gets hurt in the first round of the playoffs. Then, the Cavaliers start out 10-0 in the playoffs, sweeping their way into the Eastern Conference Finals.

After two ugly Cavs losses to Toronto and the Warriors down three to one, it looked like we might not get our wish after all.

Nonetheless, the Cavs smacked around Toronto (go back to hockey, Canada! Oh, wait, your teams didn't make the hockey playoffs either), and on Monday night the Warriors came from behind to beat the Thunder and create what we wanted all along: the NBA Finals with a healthy Cavaliers and the 73-win Warriors.

Thursday, the fun begins.

**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

## The juice is worth the squeeze

ALLIE LANDEN

Sports editor

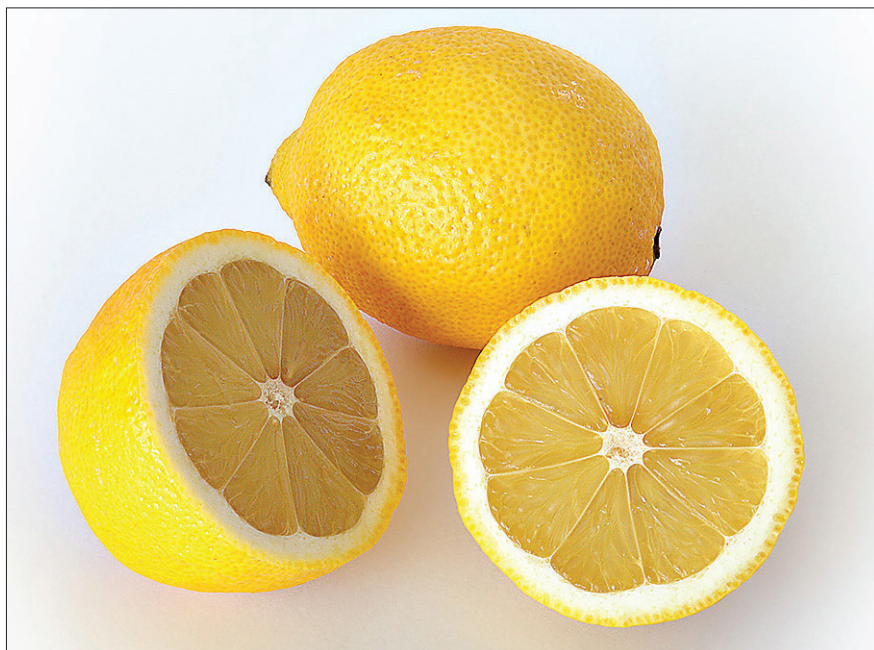
Drinking more water has so many benefits. It promotes weight loss, hydrates your muscles, revitalizes your skin and flushes out toxins. But, you already knew that, didn't you? Of course you did. Everyone is well aware of the perks, yet we still see articles urging readers to drink more water. Why?

Let's face it –water is boring. It tastes like nothing. I order it at restaurants because it's free, but honestly, if other options were free, water probably wouldn't make the cut. So, knowing I need to drink more water, I've recently looked into different ways to spice it up. My first thought was adding lemon juice. That's also the first thing I disregarded. I thought lemon juice added flavor and not much else. Instead, I opted for water flavoring additives for more variety.

Turns out, I was wrong.

As I was researching lemon juice, I found it has many more benefits than I could imagine. Sure, I assumed it had some vitamins in it, but did you know lemons have minerals too? Actually, lemons have more potassium than apples or pears. Yes, bananas still take first place in that department, but who knew lemons packed such a potassium punch?

Lemon juice has vitamin C, which is no surprise. Vitamin C makes your skin healthier, your immune system stronger and helps protect you against cardiovascular disease. Though many mammals



CC image courtesy of André Karwath on Wikipedia

naturally produce their own vitamin C, humans do not. We have to rely on our diets to provide ascorbic acid. Adding lemon juice to your water is one small, easy way to increase your intake of vitamin C.

Lemon juice freshens your breath. You don't have to be self-conscious while talking to people in a confined area if you've just had your glass of lemon juice. Even if bad breath isn't a concern of yours, think about the obvious benefits of being able to eat whatever you want for lunch. Tuna, garlic and onions will no longer be banned from the lunchbox. As long as you have a glass of lemon water afterward, you're covered.

Lemon water makes your water taste good without adding mysterious artificial flavors. Those liquid

water enhancers have preservatives, sweeteners and the dreaded, red 40, which is made from coal or petroleum. Gross. According to Forbes, experts say artificial dyes are toxic, carcinogens and could lead to behavioral problems like Attention Deficit Disorder. Why risk it with these manufactured additives when lemon is readily available?

Pro tip: if you find the taste of lemon too sour, try adding some honey to balance it out. It's a natural sweetener and if you use local honey, it can defend you against allergens in your area.

Adding lemon to your water is one simple way to be more health-conscious. It doesn't take much time, effort or money, so when life hands you lemons, make lemon water.

**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.**

# Thank you!

## Alicia Hackett/Frameworks Photography

for your photo contribution in Coastal Carolina Family and Parenting Magazine.



**Kayak for the Warriors™**

**Saturday, 10 a.m.**

The race will begin at Garner Park on Oakleaf Drive in Pine Knoll Shores. A \$50 registration includes a T-shirt and lunch. A family fun kayak race begins at 10:30 a.m. for a \$15 registration which includes lunch. Participants can use any paddle-worthy vessel in order to compete. Fun racers who raise \$50 or more in sponsors will be given a free t-shirt. For more information, visit [kayakforthewarriors.org](http://kayakforthewarriors.org).

**Super Hero Scramble Community Fun Run**

**Saturday, 8 a.m.**

MCCS will hold the superhero-themed monthly fun run with 1- and 3-mile options 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, call 450-1687 or visit [www.mccslejeune-newriver.com/community](http://www.mccslejeune-newriver.com/community).

**Registration open for Hard Corps Classic Bodybuilding and Fitness Competition through Saturday, 9 a.m.**

The Hard Corps Classic Bodybuilding and Fitness Competition registration is open now through Saturday. Cost is \$75. There is a one-time fee of \$40 for crossover competitors. Judging will be held Saturday at the Base Theater on Marine Corps Base Camp Lejeune. For more information, visit [www.mccslejeune-newriver.com/hardcorps](http://www.mccslejeune-newriver.com/hardcorps).

**S'mores Family Campout**

**Saturday, 1 p.m.**

Outdoor Adventures is hosting a S'mores Family Campout at the new Brewster Recreation and Camping Area on Marine Corps Base Camp Lejeune Saturday at 1 p.m. until Sunday at 10 a.m. Participants will enjoy archery, hiking and s'mores. Cost is \$40 per family. For more information, visit [www.mccslejeune-newriver.com/outdoor](http://www.mccslejeune-newriver.com/outdoor).

**Intramural Outdoor Soccer League Open Registration**

**Monday through June 24**

Active-duty service members stationed on Marine Corps Base Camp Lejeune or Marine Corps Air Station New River are encouraged to register for the intramural outdoor soccer league Monday through June 24. Teams are formed at the unit level. The season starts July 11; games will be scheduled for 6 p.m. Space is limited. For more information, visit [www.mccslejeune-newriver.com/sports](http://www.mccslejeune-newriver.com/sports) or call 451-2061.

**HITT 2016 Tactical Athlete Competition**

**June 10, 8 a.m.**

The 2016 Tactical Athlete Competition will be held at the High Intensity Tactical Training Center on Marine Corps Base Camp Lejeune June 10. It will test strength, stamina and endurance as competitors go through a series of performance-based testing. The top male and female winners will be sent out to a designated base to compete against Marines from other U.S. Marine Corps installations to determine the male and female Tactical Athlete of the Year for the Marine Corps. For more information, visit [www.mccslejeune-newriver.com/fitnesscenter/hitt](http://www.mccslejeune-newriver.com/fitnesscenter/hitt).

**Splash Camp**

**June 13-17, 8 a.m.-noon**

Armed Services YMCA presents Splash Camp at the Tarawa Terrace Pool on Marine Corps Base Camp Lejeune. The five-day camp costs \$75 per child and will include swim lessons, games, water relay races, crafts and safety lessons. Open to authorized patrons 6-14 years of age. Register by June 8 at [www.mccslejeune-newriver.com/aquatic](http://www.mccslejeune-newriver.com/aquatic).

**Sandsational 8K Beach Run**

**July 9, 7 a.m.**

The Sempers Fit Grand Prix Series will host the Sandsational 8K Beach Run on Marine Corps Base Camp Lejeune July 9 at 7 a.m. This scenic course includes sand, dirt roads and pavement. Registration is available for \$40 per person until June 10. A 1-mile option is also available for \$10 until July 5. For more information, visit [www.mccslejeune-newriver.com/grandprix](http://www.mccslejeune-newriver.com/grandprix).

**BFF: Best Furry Friend Community Fun Run**

**July 16, 8 a.m.**

MCCS will hold the pet-themed monthly fun run with 1- and 3-mile options 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, call 450-1687 or visit [www.mccslejeune-newriver.com/community](http://www.mccslejeune-newriver.com/community).

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).

# Sportsman's Hideaway

## Pro tips for novice campers

**ALLIE LANDEN**  
Sports editor

What comes to mind when you think of camping? If your first thought is about relaxation or peace and quiet, chances are you're not new to the camping scene. On the other hand, if your first thoughts are about bugs, wild animals or nasty weather, you've either had a bad experience or you're a first-timer. Personally, I'm the latter. I like being in the outdoors, but I've never been legit, fire-making, sleeping-on-the-ground, purifying-water camping.

Thursday, I sat down with Jeremy Cunningham, a recreation specialist who teaches about camping and survival (among other things) at Outdoor Adventures on Marine Corps Base Camp Lejeune. He filled me in on some tips and tricks for novice campers.

**What are the must-have supplies for a weekend camping trip?**

Always have a knife. The knife is number one. Then, you'll need food, either something that holds water or purifies water, some sort of fire-starting utensil, something to make a shelter, first-aid items and some type of rope. If you have those things, you're golden.

**Why is rope necessary?**  
You can use rope for just

about anything. If you're lost in the woods, you can use it to make traps for food. You can use it to hang things up, make a shelter or cook over a fire. It's very useful.

**What specific first-aid items are needed?**

For a weekend trip, just some minimal things. Band-Aids, alcohol pads, and tweezers should be enough.

**How do you keep the animals and bugs away if you don't want the sticky after-effect of bug spray?**

For bugs, you can put a dryer sheet in your pocket. It helps keep mosquitos away. You could also add more garlic to your diet. When you sweat, you'll have a garlic taste to mosquitos and ticks; they don't like it.

The best thing to keep snakes out of your campsite is just make sure you put your food away. Don't leave it out or snakes and other animals will be drawn to you. Also, if you have a fire,

attend it; when you're going to sleep, put it out. Snakes are attracted to fire because they are cold-blooded. They want to be warm.

**What if you're in deep woods? Shouldn't you keep the fire going at night to ward away the bears?**

You can, yes. But, if you have your food away and you're just sleeping, they're not really going to mess with you. You hear of people getting attacked by bears or getting snake bites, but that's when they are actually out walking in the woods. People provoke animals with their actions, not while they are sleeping.

**If you got lost and your phone battery dies, how do you get out of the woods?**

You can use the sun. The sun rises in the east and sets in the west, so just know which way you're supposed to travel to get back.



CC image courtesy of Justin Kopp on Wikipedia

If you find a stream, that's where you want to stay. That's where search parties would be looking for you. Your basic needs in life are shelter, food and water. By a stream, you have water, fish for food and you build your shelter there.

**I've read about people bringing condiments and things in tiny containers. Do you recommend anything like that?**

Yes. Different sized pill bottles are the best things

to use. You can fill them up and make separate kits. One can be a first-aid kit with your tweezers, Band-Aids and stuff. One can be a fire-starter kit with matches and a striker. Another can be a sewing kit with needles and thread. Put nothing but popcorn kernels in one so you have back-up food.

I use Altoids cans too, because they're metal. When you're out in the woods and you need to heat something up, you can just put it inside the can,

close it up and throw it in the fire. You can heat up food in it like a little oven. So, if you caught a fish, put it in the can and toss it in the fire.

**Any final tricks you want to share?**

If the temperature drops low at night, put large rocks into your fire. Once they heat up, dig a hole, put the rocks in the hole and cover it back up with dirt. Then, you can sleep on top of the covered rocks and keep yourself warm.

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# SEMPER FIT GROUP EXERCISE JUNE

### Stone Bay Fitness Center

TIME	MON	TUES	WED	THU	FRI
11:30 a.m.-12:30 p.m.	Tabata and AB Lab	Yoga	Warrior Yoga	Restorative Yoga	

### Wallace Creek Studio 134

TIME	MON	TUE	WED	THU	FRI	SAT
9:45-10:45 a.m.	Pilates	Yoga	Barre-Pilates Fusion	PIYo®	Power Yoga	Yoga Flow
11:30 a.m.-12:30 p.m.	Yoga	Barre	Y3: Yin-Yang Yoga	Restorative Yoga	Cardio Dance & Barre	
5-6 p.m.	Restorative Yoga		Hot Hula Fitness®	Barre-Pilates Fusion		
6:15-7:15 p.m.	Power Yoga	Yoga Flow	June 1, 8 & 15: Yoga Flow June 22 & 29: Piyo®	Power Yoga		

### Area 3 Boxing & Exercise Gym

TIME	MON	TUE	WED	THU	FRI	SAT
6-7 a.m.			TBC: Total Body Circuit		Cycle	
9-10 a.m.						TBC: Total Body Circuit
11:30 a.m.-12:30 p.m.		HOT Power Yoga			HOT Yoga	

### Tarawa Terrace Fitness Center

TIME	MON	TUE	WED	THU	FRI	SAT
8-9 a.m.	Warrior Yoga	Semper Fitness	Yoga	Semper Fitness	Semper Strength	
9:15-10:15 a.m.	HIIT and AB Lab	PIYo®	Strictly Strength	Step		June 4 & 18: Step June 11 & 25: Zumba®
10:30-11:30 a.m.		Zumba®		Zumba®	Hot Hula Fitness®	
5:30-6:30 p.m.	Strength & Stamina		Step	PIYo®		
6:40-7:40 p.m.	Zumba®		Zumba®			

### Wallace Creek Studio 132 A & B

TIME	MON	TUE	WED	THU	FRI
9:30-10:30 a.m.	Zumba®	TAC & TRX	Zumba®	TBC: Total Body Circuit	
11:30 a.m.-12:30 p.m.	TBC: Total Body Circuit	Strictly Strength	HIIT & AB Lab	Kettlebells	Tabata & BLT
6:30-7:30 p.m.		Dance Party!		Zumba®	

### Wallace Creek Cycle Studio 130

TIME	MON	TUES	WED	THU	FRI	SAT
5:30-6:30 a.m.	Pedal & Kettle		Cycle			
9:30 a.m.-10:30 a.m.						Cycle
11:30 a.m.-12:30 p.m.	Cycle & Core	Cycle	C2: Cycle Circuit	Cycle	Cycle & Core	
5:15-6:15p.m.		Cycle		Cycle		

### Wallace Creek Studio 133 A & B

TIME	MON	TUES	WED	THU	FRI
5:30-6:30 a.m.	Pedal & Kettle	Tabata & AB Lab		HIIT & AB Lab	Strength & Stamina
11:30 a.m.-12:30 p.m.	Cycle & Core	Zumba®	C2: Cycle Circuit	Cardio Kickbox	Cycle & Core

### Onslow Beach Starfish Point

TIME	MON	TUES	WED	THU	FRI	SAT
8:30-9:30 a.m.						Family Beach Yoga Family Beach Bootcamp



Students at Tarawa Terrace Elementary School on Marine Corps Base Camp Lejeune participate in the 3rd annual Color Fun Run Friday. Photo by Allie Landen

# Tarawa Terrace students finish with flying colors

**ALLIE LANDEN**  
Sports editor

There were white shirts as far as the eye could see, but not for long. Faculty, students and parents grouped together behind Tarawa Terrace Elementary School on Marine Corps Base Camp Lejeune in preparation for their 3rd annual Color Fun Run Friday.

The run was established in 2014 as a memorial to honor first-grade student Bryan Russell, who passed away. Now, as a tradition every year, Tarawa Terrace raises money for a new cause. This year, the school partnered with Carry the

Load, a non-profit dedicated to restoring the true meaning of Memorial Day. Together, they raised more than \$1,000 in two weeks for Heroes on the Water, an organization dedicated to helping warriors and veterans from all branches of the U.S. military relax, rehabilitate and reintegrate through the therapeutic qualities of kayak fishing and the outdoors.

"It gets bigger and better every year," said Christy Spade, a teacher. "This year, it seems like there are a lot more parents out here supporting their kids, which is great. It's a fun way to get exercise and celebrate our end of year."

One parent, Yolanda Mathis, joined her 9-year-old daughter in the run.

"My daughter loved it," said Mathis. "We kept each other motivated through the run. She really liked the water stations where they could cool off for a second. The atmosphere is just fun. We are just out here with other families, enjoying the beautiful day."

After the run, families enjoyed inflatable slides, a picnic and student dances.

For more information about Carry the Load, visit [www.carrytheload.org](http://www.carrytheload.org).

For more information about Heroes on the Water, visit [www.heroesonthewater.org](http://www.heroesonthewater.org).

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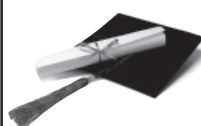
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## Blueberry festival kicks off summer season

**ENA SELLERS**  
Managing editor

If you are ready to relax and have a good time, grab the kids and head to downtown historic Burgaw for two days of blueberry everything. That's right. As we welcome warm temperatures and enjoy many outdoor activities, we also welcome the opportunity to participate in the 13th annual North Carolina Blueberry Festival June 17 and 18.

The North Carolina Blueberry Festival takes place the third Saturday in June and provides a host of activities and the opportunity to participate in more than 20 family-friendly events from a car show, 5K run, street fair, recipe contest to a barbecue cook off, among many others. Last year the festival boasted more than 20,000 participants from all over the country. This year the event organizers expect that number to grow.

"We attract people from all over, from different states; our festival has something for everyone. A big draw to our festival is our annual 5k run/walk event as well as our large selection of arts and craft vendors and of course all the blueberries," said Olivia Dawson, festival coordinator. "We are hoping for record crowds as our festival grows 40,000 festival goers."

From mildly sweet to tangy, blueberries are more than just a fruit to southeastern North Carolina farmers, they are a way of life. According to North Carolina Farm Bureau, North Carolina is one of the states heavily involved in farming the super fruit and grows more than 2,900 harvestable acres of blueberries, with some of the top producing counties being Bladen, Duplin, New Hanover, Pender and Sampson. North Carolina's blueberry farming began in Pender County in the 1930s and made its way up as the second top producer of the antioxidant-rich fruit.

According to Pete Cowan, festival vice president, the economic impact of the blueberry festival in Burgaw and surrounding areas is approximately \$1 million dollars.

Burgaw, where the festival is held, is a quaint historic town nestled in the heart of Pender County and is a town rich in cultural heritage with buildings dating back before the Civil War.

"Burgaw has always been known for its quaintness, but it is also now known as the home of the North Carolina Blueberry Festival," said Cowan. "Thirteen years ago, an agricultural department member along with some town members began the festival to support the growing blueberry industry that was taking place within our area along with the growing blueberry farms that were located right outside of Pender County."

The festival started in 2004 as a way to bring the community

SEE FESTIVAL 3B ▶



# 'Ratchet and Clank,' a computer-animated sci-fi 'The Nice Guys,' an action comedy

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**"RATCHET AND CLANK"**  
(PG)

"Ratchet and Clank" is a 3D computer-animated science fiction and action comedy that is based on the first game of a video game series.

This movie tells the story of two unlikely heroes as they

struggle to stop a vile alien named Chairman Drek from destroying every planet in the Solana Galaxy.

When the two stumble upon a dangerous weapon capable of destroying entire planets, they must join forces with a team of colorful heroes called the Galactic Rangers in order to save the galaxy.

Along the way they will learn about heroism, friendship and the importance of discovering one's own identity.

Among the voice actors are some from the video game series reprising their respective roles, along with new cast members and character:

James Arnold Taylor as Ratchet, a young Lombax (something like a space raccoon), who is also a nice mechanic; David Kaye as Clank, a wise and tiny robot; Paul Giamatti as Chairman Drek, the villainous leader of the Blarg, and an evil and ugly destroyer of galaxies; John Goodman as Grimroth Razz, Ratchet's mentor; Bella Thorne as Cora Veralux, a Galactic Ranger; Rosario Dawson as Elaris, who serves as tactical support for the Galactic Rangers; and Sylvester Stallone as Victor von Ion, Drek's robotic lieutenant.

Director Kevin Munroe ("TMNT," "Dylan Dog: Dead of Night") and Jericca Cleland, an accomplished



cinematographer, are responsible for this film.

"Ratchet and Clank" is a charming little movie adaptation of the beloved PlayStation series; however, it is a rather disappointing and shallow adventure tale.

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

**"THE NICE GUYS" (R)**

"The Nice Guys" is an action comedy and buddy cop mystery.

The story takes place in 1970s Los Angeles where a pair of incompetent gun-for-hire private eyes investigate the apparent suicide of a fading porn star.

Ryan Gosling ("The Big Short," "Gangster Squad," "The Notebook") stars as Holland March, a down-on-his-luck private detective with a smart 13-year-old daughter Holly, played by Angourie Rice ("These Final Hours"), who can hold her own in assisting her father.

Russell Crowe ("The Water Diviner," "Noah," "Gladiator") stars as Jackson Healy, a hard-core muscle for hire enforcer.

The two are paired up to work together to solve the case

of a missing girl and the seemingly unrelated death of a once prominent female porn star.

During their investigation, the pair uncover a shocking criminal conspiracy that reaches up to the highest circles of power.

Co-starring are Matt Bomer ("Magic Mike XXL") as John Boy, a hitman; Margaret Qualley ("Palo Alto") as Amelia, the missing girl; Ty Simpkins ("Jurassic World") as Bobby; and Kim Basinger ("Blind Date") as Judith Kutner; Amelia's mother.

Writer and director Shane Black ("Iron Man 3," "Kiss Kiss Bang Bang") teamed up with producer Joel Silver for this inventive new film.

Gosling and Crowe have a winning odd-couple chemistry that is at times hilarious, mixed with plenty of slapstick action and lots of humor as they act as a pair of wise guys.

"The Nice Guys" is a dark action mystery in the old-fashioned gumshoe genre that is fun to watch as the twisty tale unravels.

**Editor's note: Information for movie reviews provided in part by: [www.rottentomatoes.com/ratchet-and-clank](http://www.rottentomatoes.com/ratchet-and-clank) and [www.rottentomatoes.com](http://www.rottentomatoes.com).**

## MOVIE SCHEDULES

### CAMP LEJEUNE

Bldg. 19 McHugh Blvd.

#### FRIDAY

"Captain America: Civil War" 3D  
PG-13, 6:30 p.m.  
"Elvis and Nixon"  
R, 9:20 p.m.

#### SUNDAY

"The Jungle Book" 3D  
PG, 3:30 p.m.  
"Captain America: Civil War"  
PG-13, 6:30 p.m.

### MIDWAY PARK

Bldg. 4014A in Midway Park

#### FRIDAY

"Ratchet & Clank"  
PG, 6:30 p.m.  
"Criminal"  
R, 9 p.m.

#### SATURDAY

"Captain America: Civil War"  
PG-13, 2 p.m.  
"Keanu"  
R, 5 p.m.

#### SUNDAY

"The Jungle Book"  
PG, 2 p.m.  
"Mother's Day"  
PG-13, 5 p.m.

### NEW RIVER

Bldg. AS240 Curtis Rd., Air Station

#### FRIDAY

"The Huntsman: Winter's War"  
PG-13, 6 p.m.  
"Keanu"  
R, 8:30 p.m.

#### SATURDAY

"Ratchet & Clank"  
PG, 6 p.m.  
"Mother's Day"  
PG-13, 8:30 p.m.

#### SUNDAY

"Captain America: Civil War"  
PG-13, 2 p.m.  
"Ratchet & Clank" 3D  
PG, 5 p.m.



Tickets and concessions open 30 minutes prior to movie time.  
Pricing: \$4 Adults, \$3 Children  
For 3D movies: \$5 Adults, \$4 Children

## 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).

### Introduction to The Seven Principles for Making Marriage Work Friday, 8:30 a.m. to 1:30 p.m.

The Marine and Family Advocacy Program will host an Introduction to The Seven Principles For Making Marriage Work class at the CDR Springle Education Center, Bldg. 797, Room 5 Friday at 8:30 a.m. The goal of the class is to help couples strengthen their relationships in a variety of ways including deepening their love maps, fostering fondness and admiration, facilitating turning toward each other, accepting influence, solving solvable problems, overcoming gridlock, creating shared meaning and maintaining gains. Interested couples, please register online at [www.mccslejeune-newriver.com/fap](http://www.mccslejeune-newriver.com/fap) or call 451-6060.

### Sewing Class: Doll Clothes Friday, 10 a.m. to noon

For beginner or intermediate sewers who would like to learn how to make clothes for 18-inch dolls, this class will go over patterns and sewing techniques required to make mini dresses. Class will be held at the Harriotte B. Smith Library on Marine Corps Base Camp Lejeune. For more information or to register, visit [www.mccslejeune-newriver.com/libraries](http://www.mccslejeune-newriver.com/libraries).

### Craft Morning for Kids ages 2 through 5 Monday, 10 a.m.

Harriotte B. Smith Library on Marine Corps Base Camp Lejeune will host a Craft Morning for Kids ages 2 through 5 Monday at 10 a.m. The class is free and all materials will be provided. For more information, visit [www.mccslejeune-newriver.com](http://www.mccslejeune-newriver.com) or call 451-3026.

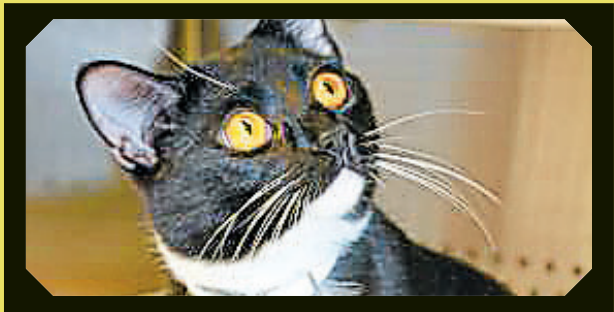
### Destructive weather preparation class Tuesday, 1:30 p.m.

Marine Corps Community Services will host a destructive weather preparation seminar at LCH-4012 A, Midway Park on Marine Corps Base Camp Lejeune Tuesday at 1:30 p.m. Learn how to be better prepared for destructive weather. The seminar will look at several different types of destructive weather with a heavier emphasis on hurricane preparedness. Registration is required. This workshop is intended for adults, children of any age are not permitted. For more information, call 451-0176.

## Adorable Adoptables of the Week



My Name is Taylor, and I am a male, retriever/Labrador mix. The shelter thinks I am 3 years old.  
Pet ID#27802818



My name is Hershey, and I am a male, domestic shorthair mix. The shelter thinks I am less than 1 year old.  
Pet ID#29912135

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**FESTIVAL FROM 1B**

together and has become Burgaw's biggest event. It has also brought the quaint town together as charities, churches, farmers and community leader's work hand in hand to make the event possible.

"On festival day, there are normally at least five of our most popular blueberry farms selling blueberries by the flats, these are fresh just picked blueberries. Also, we have many churches that offer up varieties of baked goods, jams, jellies, pies and more made from fresh blueberries," said Dawson.

The blueberry festival is bound to be bushels of fun, with vendors lining up the streets offering all-time favorites like the popular blueberry slush punch, sour cream coffee cakes, jam and muffins. This year the festival will host 130 arts and crafts vendors featuring an array of fine handmade items. If you have baking skills, get ready to dip your hands in buckets of tantalizing blueberries and show off your talents. The festival will host a recipe contest for a chance to win cash prizes. Prepared recipes will be accepted June 17 from 8:30 to 10 a.m. at the Burgaw Community House. In addition to the recipe contest the festival hosts their traditional yearly Barbecue Cook Off, where contestants face off for bragging rights and the title of Blueberry Festival Barbecue Champ.

"The festival is a great source of local pride, with the community involved in promoting Burgaw to the world in its finest shade of blue," said Dawson. "My favorite thing about the festival is its local pride."

Dawson, who has been the festival coordinator for the fourth consecutive year, said she

is happy to be involved in the community and help organize an event that brings family fun to downtown Burgaw.

"I am happy to help plan an event that invites others to our town while supporting an agricultural event. Our festival celebrates the importance and promotion of the blueberry industry within our area while giving back to our community in many ways," said Dawson.

Musical entertainment will kick off the festival Friday night with The Fantastic Shakers taking the stage at 7 p.m.

Saturday festivities will begin in downtown Burgaw at 7 a.m. with a 5K run/walk, followed by the open car show, appraisal and antique show fair and a model train show among other events.

Opening ceremonies will feature the national anthem, scholarship awards and barbecue cook off awards at noon.

Bring your lawn chairs and get ready for a great time as the Band of Oz takes the stage at 1 p.m. If dancing is your game, get your dancing shoes on for the shag contest at 3 p.m. followed by a performance of North Carolina singer/song writer Bryan Mayer. Closing the show will be Carolina beach music sensation, Ken Know & Company featuring some of his most popular hits.

According to Dawson, the proceeds from the festival go toward their annual scholarships program and are awarded to seniors in the blueberry producing counties of Bladen, Duplin, New Hanover, Pender and Sampson.

"The festival awards at least \$20,000 in scholarships each year," said Dawson.

For a complete schedule of events, visit [www.nclblueberry-festival.com](http://www.nclblueberry-festival.com).

# Chaplain's Corner

## The faith of a leader

**LT. CMDR. JASON M. CONSTANTINE**  
2nd Tank Battalion, 2nd Marine Division

In Luke 7:1-10 we find the story of a military leader who is desperate to take care of a person under his charge.

No sooner had Jesus entered Capernaum, he was approached by some of the Jewish elders who had been sent by a centurion in order to ask Jesus to heal the centurion's most beloved servant. The Jewish elders make it a point to speak of the centurion's worthiness as this Roman military leader has been very benevolent to the people of Capernaum. This gentile military leader of the occupying force even went so far as to build a synagogue for Capernaum. Now there's a COMSERV project!

Jesus agrees to go with the Jewish elders to the centurion's house. Before reaching the centurion's front door, the centurion sent some of his friends out to deliver the following message to Jesus. "Lord, do not trouble yourself, for I am not worthy to have you come under my roof; therefore I did not presume to come to you. But only speak the word, and let my servant be healed. For I also am a man set under authority, with soldiers under me; and I say to one, 'Go,' and he goes, and to another, 'Come,' and he comes, and to my slave, 'Do this,' and the slave does it" (Luke 7:6b-8, NRSV).

After hearing this, Jesus turns to the crowd following him and says, "I tell you, not even in Israel have I found such faith" (Luke 7:9b, NRSV). Jesus does not go to the centurion's house but instead heads to a town called Nain. However, the centurion's friends do return to the centurion's house and find that the centurion's beloved servant had been healed.

When I look at this story, I think about what kind of man the centurion was. Knowing that he's a centurion says a bit about him. He was a professional Roman soldier who most likely had come-up through the ranks to a position that is really the equivalent of both a company commander and a company first Sergeant. He was most likely a fairly savvy leader of both his troops as well as the civilian population in his area of responsibility. He had established a very healthy relationship with the societal leadership of Capernaum

that encompassed mutual respect. I'm sure that such respect was developed by much more than simply building a synagogue.

The centurion's desperation to seek healing for his servant is not all that uncommon. After all the servant was not only highly valued, but the centurion may certainly have had an emotional connection with the servant similar to a familial relationship. Such affection for servants was not unheard of in the Roman world. What is interesting is that there were often many healing shrines that traveled with Roman Army units. Why hadn't the centurion turned to these shrines for help? Maybe he did, and they produced no effect.

The centurion chose to reach-out beyond what most certainly would have been his comfort zone in sending the Jewish elders to request support from Jesus to heal his servant. Remember that at this time Jesus was simply known as an itinerate teacher that had been rumored to have the power to heal. The curve ball comes when the centurion sends his friends to intercept Jesus with a message of the centurion's unworthiness to have Jesus enter his house. This is not what a typical centurion would do while serving in an occupying force.

I find it interesting that Jesus doesn't make a judgment concerning worthiness. He heard an argument from the Jewish elders that the centurion is worthy of Jesus' time and support just before receiving a message from the centurion who claims to be unworthy of Jesus time and support. Instead, Jesus comments on the kind of faith the centurion showed in the centurion's unorthodox actions as a Roman military leader for the sake of one under his charge.

So what about us? As leaders we have a responsibility to care for those under our charge. There are many resources available to us for taking care of our people, but one resource that I find is often overlooked by leaders is prayer. If you practice a faith tradition that includes praying for others, do you pray for those under your charge? Let your faith inform your leadership in this simple, unobtrusive, yet effective way.

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



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# Hammocks Beach State Park to host 14th annual Military Appreciation Day, Saturday

**DESIREE NELSON**  
Layout editor

There's no doubt Eastern Carolina has a lot of love for the military, and they're eager to show it. In honor of local military members, Swansboro Area Chamber of Commerce's Military Affairs Committee and Hammocks Beach State Park are teaming up to present the 14th annual Military Appreciation Day Saturday at 10 a.m.

The all-day, all-ages event will be hosted at the seaside

park and is free to all active duty, retired personnel, veterans and their families, although everyone is welcome.

"(The event is) a way of giving back to military members and their families for all they sacrifice on our behalf," said Donna Hammonds, executive director at Swansboro Area Chamber of Commerce. "We have many families that attend while dad or mom is deployed. It's a great day filled with fun and activities for all ages."

According to Hammonds, visitors can expect vendors

from the USO, Museum of the Marine, United Way of Onslow County, Possum Wood Acres, Live Reptile Display and much more.

Local magician Billy Collins will be dazzling visitors with his tricks. A giant bouncy house, a touch tank (a hands-on Marine life exhibit) and an Aquatic Life Exhibit will capture the little ones' attention. Face painting, arts and crafts, corn hole and live music from local favorites Scarce and Ketner and Wild Honey will round out the day.

"Ferry rides to Bear Island, a barrier island just off the coast of Swansboro, also a part of the park, will be available," said Hammonds. "(The ride) takes approximately 20 minutes one way. Once there, visitors can ride the waves, collect shells, build sand castles, fly a kite or just relax on the pristine beach. Ferry rides are all free of charge."

Kayaks will also be available for those wishing to paddle their way through the beautiful park. Call the park in advance, to make a free reservation.

All that fun can make anyone hungry. Hot dogs, juicy watermelon, hot and salty buttered popcorn, pizza, chips and drinks will be available, all free of charge to military personnel and their families.

Off-site parking will be available at Saint Mildred Catholic Church at 653 Old Hammock Road. A shuttle service will be offered free of charge.

For more information, call the Swansboro Area Chamber of Commerce at 326-1174 or Hammocks Beach State Park at 326-4881.

## Scarlet and Gold Club hosts open house



Photo by Lance Cpl. Tavorius Hernandez

Col. Michael Scalise, chief of staff Marine Corps Installations East-Marine Corps Base Camp Lejeune, talks with Scarlet and Gold Club kids' drill team member Kylie Birchfield, whose horse is Grace, about her experience riding, drilling and being an active member and supporter of the independent club at the stables at Camp Lejeune May 25. In the 11 years the club has been around, it has gained support from Wounded Warriors and from members on base. "We have made an impact on many people who have come back and recollect those experiences and connect to their history," said Kim Reid, president of Scarlet and Gold Riding Club.

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# Rotovue

SERVING THE MARINE CORPS AIR STATION NEW RIVER COMMUNITY



Photo by Cpl. Mark Watola  
Sgt. Maj. Bryan Zickefoose, II Marine Expeditionary Force sergeant major, speaks as the guest of honor at Headquarters and Headquarters Squadron's Warrior Mess Night at the Officer's Club on Marine Corps Air Station New River May 25. Marines attended the event in order to build camaraderie and maintain traditions in the Marine Corps.

## H&HS gathers for Warrior Mess Night

CPL. MARK WATOLA

MCB Camp Lejeune and MCAS New River

Marines from Headquarters and Headquarters Squadron gathered for Warrior Mess Night held at the Officer's Club on Marine Corps Air Station New River May 25.

Fifty noncommissioned officers, 15 staff noncommissioned officers, five officers and special guests attended the event in order to build camaraderie and maintain the traditions of the Marine Corps.

The event brought together Marines who don't normally see each other on a day to day basis because they work to support the airfield operations through aircraft rescue and firefighting, air traffic control and personnel administration.

"It's a great opportunity to remind ourselves of these unique traditions we have in the naval service," Lt. Col. Les Chiu, H&HS commanding officer. "Everyone that was here tonight will help carry that tradition."

Marines supporting flight operations work in stressful situations or mission requirements, but mess night allowed Marines to build camaraderie in a relaxed, yet still respectful environment.

"It's always a lot of fun to see who your characters are in the unit," said Chiu. "You see them in the capacity that they are at work and they're very straight and narrow. You see some personalities come out."

Some of the naval traditions showcased during the night were the tasting of the beef to ensure the

food was fit for consumption, toasting to the fallen and fining Marines who broke the rules of the mess.

Marines were fined for speaking out of turn or not addressing the president of the mess properly and violators paid the price through drinks from the grog and punishments such as song and dance which brought laughter to the members of the mess.

"It's a good camaraderie booster," said Cpl. Kaleb Turner, air traffic maintenance communications technician. "You get to meet a lot of the guys you don't normally see, and I met a lot of cool guys today. It's good to have fun together."

While mess night is a time for fun and games, it is ultimately meant to remember Marine Corps traditions and remember those who have given their lives to allow the traditions to continue.

## Red Bull Global Rallycross returns to New River July 2

PRESS RELEASE

Marine Corps Air Station New River

Red Bull Global Rallycross announces its return to Marine Corps Air Station New River in Jacksonville for the second consecutive season. The world's best rallycross drivers will compete at MCAS New River once again on July 4th weekend, with this year's festivities expanding to a double-header.

"We are honored to have the opportunity to return to MCAS New River for the second year in a row," said Red Bull GRC CEO Colin Dyne. "We had an incredible experience racing in front of the Marines and their families last year, making this event an obvious choice to expand to a double-header this year." This year's event will feature an all-new course layout, bringing the track even closer to the fans. Attendees will be able to get up close to the starting grid and feel the rumble of 6,000 horsepower as 10 of the world's greatest drivers launch in dual Supercar finals Saturday and Sunday.

The inaugural Red Bull GRC event at MCAS New River last July marked the first time that a major motorsports series held a championship event on an active military installation. This year's event will serve as the halfway point of the 2016 season, with Saturday and Sunday action serving as rounds six and seven of the 12-race schedule. A full field of Supercar and GRC Lites drivers, including superstars Tanner Foust, Brian Deegan, and defending champion Scott Speed, is expected to be on hand for the event.

Red Bull GRC at MCAS New River will be open to the general public, July 3, with free general admission access and premium paid ticketing options also available. The event will also be open to Department of Defense ID cardholders and their sponsored guests for Military Appreciation Day July 2. For more information and to purchase premium tickets online, please visit [www.redbullglobalrallycross.com/tickets](http://www.redbullglobalrallycross.com/tickets).

## New River Branch Medical unveils updated facility

DANIELLE BOLTON AND SEAMAN WILLIAM CAGLE

Naval Hospital Camp Lejeune

Marine Corps Air Station New River Branch Medical Clinic unveiled an updated clinic model May 26. The clinic restructuring will allow the clinic more flexibility as it grows the Marine Centered Medical Home program.

Rolled out in 2013, the program helps to lower the number of emergency department visits while also ensuring provider continuity and nursing support.

"Over 7,000 Marines stationed on Marine Corps Air Station New River have been formally assigned to their squadron's medical officer as their primary care manager across two teams: Marine Aircraft Group 26 and Marine Aircraft Group 29," said Lt. Cmdr. Heather Kirk, deputy director, Branch Medical Clinics, Naval Hospital Camp Lejeune. "Even with operational up-tempo in April, patients saw their PCM 45 percent of the time and saw someone on their team 95 percent of the time with an average of 100 patients seen each day."

In addition to provider continuity, the program allows more members to be scheduled and seen the same day.

SEE MEDICAL 6B ▶



Photo by Hospital Corpsman William Cagle  
Brig. Gen. Thomas Weidley, Marine Corps Installations East-MCB Camp Lejeune commanding general (second from right) and Col. Timothy Salmon (center), Marine Corps Air Station New River commander and special guests cut the ribbon at the opening of the Marine Centered Medical Home Port Program at Marine Corps Air Station New River Branch Medical Clinic May 26.



Photo by Lance Cpl. Tavairus Hernandez  
Alyssa Nunez, a 4th grader, explains her invention to Lauren Buonanno, a 5th grade teacher at Delalio Elementary School on Marine Corps Air Station New River May 27.

## Delalio students showcase STEM projects

LANCE CPL. TAVAIRUS HERNANDEZ

MCB Camp Lejeune and MCAS New River

Delalio Elementary School students showcased inventions made from scratch to assess the knowledge they gained from the program STEM, science, technology, engineering, math, at the school on Marine Corps Air Station New River May 27.

Third through fifth graders used the month prior to come up with ideas, gain useful data needed, gather necessary material and finally complete their trifold presenters.

"The kids are excited about it, and it's fun," said Kara Fernandez, STEM teacher and coordinator at Delalio. "Seeing that they all of sudden go from feeling that they need to rely on adults to help them with everything, to knowing that they can do it."

Fernandez added that STEM unlocks potential and teaches kids skills that can be used too for their chosen career path.

"If we start at the elementary level and show

the kids all of the options that they have, we can open up all the doorways for (students) that they didn't know were possible," said Fernandez. "We try to give our kids open-ended skills that set them up to be resourceful no matter what the job opportunities are."

According to Wyonia Chevis, principal of Delalio, the students represent the future.

"Just getting kids to think that this is the beginning stages of 'I want to make a difference in this world' allows kids to further understand what a dream means," said Chevis. "Who knows? From this project they'll probably think of other ideas and other ways to help the world as they go on with their young lives, which is what we really want."

The children demonstrated their knowledge through their inventions, but also through their ability to explain the inventions to the judges.

"Inventors aren't just adults," said Fernandez. "They're people who have ideas and (students) have lots of ideas. Why not let them use them?"

# New River tactical athlete competition coming June 24

**CPL. MARK WATOLA**  
MCB Camp Lejeune and MCAS New River

Marines looking to become the "most tactical athlete" can look no further because the Tactical Athlete Competition is coming to Marine Corps Air Station New River at the High Intensity Tactical Training Center June 24.

According to Marine Corps Community Services, the High Intensity Tactical Training program's primary purpose is to enhance operational fitness levels and optimize combat readiness and resiliency for Marines.

"The tactical athlete competition is pretty much to see who's the best all-around athlete through performance capabilities," said Raymond Anderson, air station HITT Center program coordinator. "You also have the tactical side of things, which is very unique, something similar to a combat situation and also the combat fitness tests."

Each Marine Corps Installation's HITT Center hosts the event, which is a preliminary competition to the overall Tactical Athlete Competition which will be held on Marine Corps Air Station Miramar later this year.

The competition is designed to put Marine's physical and mental capabilities to the test through vigorous challenges.

During the preliminaries, participants compete in three events, the performance assessment, tactical shuffle and kettlebell burpee challenge.

The performance assessment tests sprint speed, change of direction capability and explosive lower and upper body power.

After a short break, competitors then maneuver the 400 yard tactical shuffle, similar to the combat fitness test. Marines carry kettlebells and ammo cans for 100 yards then fireman's carry and bear hug a sandbag for 100 yards each.

Then the participants move on to the kettlebell burpee challenge where they perform kettlebell swings after a set of burpees.

Marines who would like to train for the competition can visit the HITT Center which provides individual and group training at no cost to Marines.

"Marines have professional help," said Anderson. "What we've done different from last year is that we've designed a training program for the competition. I want more Marines to come out and compete at it because it's great."

For more information about the competition visit [www.mccslejeune-newriver.com/fitnesscenter](http://www.mccslejeune-newriver.com/fitnesscenter).



Photo by Lance Cpl. Ned Johnson

Marine Corps Air Station New River will host a Tactical Athlete Challenge June 24 at the air station High Intensity Tactical Training Center. Competitors will compete in five events and winners will have the opportunity to compete Marine Corps wide at Marine Corps Air Station Miramar later this year.

# Sergeant Major's Corner

Greetings and welcome to the latest edition of the Rotovue. In this issue I would like to announce our latest initiative of identifying the hard work and extra effort displayed by our housing residents by being selected and recognized as the Yard of the Month. Our partnership with Atlantic Marine Corps Communities is designed to provide a safe and enjoyable community experience for the residents, and they make every effort to ensure the housing areas are aesthetically pleasing and inviting. Many residents take pride in their homes through beautification projects such as flower gardens and landscape enhancements. My wife Susan and

I have spent most of our career in military housing and have always made it our goal to ensure our home was well groomed, and we always had plenty of flowers to brighten up the outside. Over the years we were selected a few times for Yard of the Month, and each time we felt like our efforts were appreciated. When you drive through your neighborhoods please look for the Yard of the Month sign and help Col. Salmon and I commend them on their enthusiasm to make your air station the best tour in the Corps.

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



Photo by Lance Cpl. Ned Johnson  
(Left) Brian Smith, a retired Marine, and his wife pose with Marine Corps Air Station New River and military housing leadership to celebrate being awarded the enlisted housing Yard of the Month at the air station Friday. Smith has been awarded the honor three years in a row. (Below) Lt. Cmdr. Randy Connolly, a medical officer with Marine Air Group 29, and his wife, pose with Marine Corps Air Station New River and military housing leadership to celebrate being awarded the officer housing Yard of the Month at the air station Friday. Connolly has been awarded the honor two years in a row.



## MEDICAL FROM 5B

"In the past, it's been about when the doctor is available, that's when the patient gets seen," said Navy Capt. Vincent DeCicco, deputy medical officer of the Marine Corps. "With Marine Centered Medical Home, it's about meeting the needs of the patient when the patient has that need."

Forty percent of Marines assigned to the air station have Relay Health accounts to provide secure medical email messaging directly to their PCM and their team, which provides 24/7 access for medical consultation, said Kirk. Additionally, the station's access to care was 99.8 percent in April, with 40 percent of all appointments scheduled and seen the same day.

This is significant considering that MCMH enrollees have 15 percent greater access to same day appointments compared to Marines at nearby clinics and 5 percent greater access compared to the entire Navy, said Kirk.

This rapid access has led to increased readiness and patient satisfaction. The air station is leading the pilot study with more than 88.5 percent of enrollees medically ready to deploy compared to the overall study of 85 percent.

"The Marines and flight surgeons providing aviation support has worked out great," said Col. Timothy M. Salmon, MCAS New River commanding officer. "There hasn't been a squadron or flight crew who deployed without a flight surgeon by their side making sure they were ready to deploy."

Not only does Marine Centered Medical Home foster high readiness rates, the patient care team takes responsibility for working with other medical professionals to ensure the patient gets the services thus preventing healthcare gaps and avoiding service duplication.

"Marine Centered Medical Homeport is going to ensure our warfighters get the best care possible," said Navy Capt. Rick Freedman, the Naval Hospital Camp Lejeune commanding officer. "When the operational forces need to deploy, they know Navy Medicine is going to make sure they're taken care of."

# HMLA 167 returns from Japan



Photo by: Cpl. Melodie Snarr

Sgt. Clint Hargrove, a maintenance controller with Marine Light Attack Helicopter Squadron 167, spends time with his wife Mary Hargrove and children after returning to Marine Corps Base Camp Lejeune, from a six month deployment to Japan May 20. HMLA-167 supported Marine Aircraft Group 36, 1st Marine Aircraft Wing, III Marine Expeditionary Force in Okinawa, Japan, during their deployment.

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# SALES EVENT

*The Biggest!*

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