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THE

# GLOBE



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THURSDAY JULY 16, 2009

HELMAND PROVINCE, AFGHANISTAN

## 2/8 MARINES, AFGHAN SOLDIERS CONTINUE OPERATION KHANJAR



Photo by Sgt. Pete Thibodeau

Marines with the 2nd Battalion, 8th Marine Regiment wait to leave a temporary patrol base during an operation in the Helmand province of Afghanistan, July 5. The Marines' presence restricts enemy groups freedom of movement and helps restore peace and prosperity to the local populace. The battalion is part of the ground combat element of Regimental Combat Team 3, 2nd Marine Expeditionary Brigade.

ANCE CPL. DANIEL FLYNN  
Regimental Combat Team 3

More than 180 Marines with 2nd Battalion, 8th Marine Regiment, Company G performed route clearance over a 12-kilometer area near the Helmand River July 2 through July 5.

Their mission was a part of Operation Khanjar, which involves more than 600 members of the Afghan national army and nearly 4,000 Marines and sailors from Marine Expeditionary Brigade - Afghanistan working to secure population centers along the Helmand River Valley from

the threat of Taliban and other insurgent intimidation and violence.

The company's main objective was to link up with the ANA at another location and help them provide security for the people in the southern region of Helmand province.

The Marines completed this grueling foot patrol weighed down with an average of 65 to 80 pounds of protective gear, ammunition and water. Over the course of the three-day movement, the Marines encountered several improvised explosive devices, came under small arms fire and detained several insurgent fighters.

"The company's overall performance was outstanding," said Capt. Matthew J.

Martin, Company G commanding officer. "It was a very well-planned and executed operation."

Despite the sporadic fighting the Marines encountered during the three-day push, they suffered no casualties while completing their mission of clearing the area south of Hasanabad in the Garmsir district, deep into southern Helmand province.

"The Marines handled themselves well out there, and they all made it to the objective safe and sound - which is good," said Sgt. Liam Anthony Flynn, a squad leader with Company G.

With the objective reached, one platoon pushed further south to meet up with a sister company from the battalion.

Another platoon stayed at the objective to build a patrol base and start working with the ANA to develop relationships with the locals, according to 1st Sgt. Robert W. Pullen, Company G first sergeant.

"It's amazing what the Marines did," Pullen said. "With a full combat load, they made it through this push with all of the firefights and IEDs they encountered - as well as dealing with the heat - and did a phenomenal job."

The Marines involved in Operation Khanjar have seen temperatures soar well above 100-degrees Fahrenheit - heat that is compounded by the body armor and gear that is worn close to the body.

Pullen attributes the success of the Marines here to

the intense training they went through prior to their deployment, which brought the Marines together as a team and allowed them to accomplish even the most challenging of missions.

2nd Bn., 8th Marines, along with the other battalions under Regimental Combat Team 3, continue to reinforce the authority of the Afghan government and support the Afghan national security forces in this volatile part of the country. The Marines' primary focus remains on conducting counter-insurgency operations in southern Afghanistan alongside the ANSF in order to allow the legitimate government to extend its ability to provide security for the Afghan people.

## Warfighters celebrate Independence Day by becoming US citizens

CPL. DAVID A. WEIKLE  
II Marine Expeditionary Force

In the United States, July 4, 1776 is celebrated as Independence Day by Americans in fairgrounds, athletic fields and backyards across our vast nation.

In this tradition, family and friends gathered here to celebrate America's 233rd birthday.

Among the hundreds present for the fireworks and music, were 25 Marines, sailors and military spouses waiting to observe this most American of holidays as full-fledged citizens for the first time.

In recognition for their service to our nation, Jack Bulger, the chief of Field Operations for the U.S. Citizenship and Immigration Services, traveled here to officially swear them in as citizens of the United States.

They came from countries as diverse as Albania, the Philippines, Zambia and a host of other nations, but they left the stage as Americans.

"There's only one thing better than becoming a citizen on the 4th of July - and that's becoming a citizen on the 4th of July while serving as a Marine or sailor," Bulger said as he explained the importance of immigrants to the United States throughout its history. "Immigrants have served in every war this country has fought. Today, nearly 40,000 immigrants wear the uniform of our armed services and serve our country across the globe."

Bulger went on to tell the story of one Polish Brig. Gen. Thaddeus Kosciuszko, who volunteered to serve the American cause during the American Revolution and became a naturalized citizen following the war.

Bulger congratulated the new Americans for leading the

SEE CITIZENS 7A ▶

INSIDE THE GLOBE



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FOR RETURN TO  
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HELMAND PROVINCE, AFGHANISTAN

## Marines secure southernmost point of operations in Afghanistan

1ST LT. DAVE HECHT  
2nd Marine Expeditionary Brigade

After a 10 hour bumpy, dusty drive through the desert, the United States Marine Corps has now secured the southernmost point of operations in Helmand province and began construction on what will be the largest combat outpost ever built by Combat Logistics Battalion 8 out of Camp Lejeune, N.C.

"This is the tip of the spear. Right now we are the farthest south Marine unit in Afghanistan," said Capt. Chris Annunziata. "Everything that happens south of the river depends on us."

Within minutes of bulldozer and excavators being unloaded from

flatbed trucks, construction began on COP Payne which overlooks the Helmand River Valley. Annunziata, the on-site officer in charge of the construction project said building the COP will take 96 hours to complete. The COP will serve as a logistical center for all operations that will eventually take place south of the river along the border of Pakistan.

By the end of the first day of construction, a 10-foot wall of dirt and gravel surrounded the 600-foot by 600-foot compound and a burn pit was dug for disposing of garbage. At the same time, other crews were working on a fording site across the Helmand River and fortifying Khan Necson, a former Taliban stronghold that will be handed over to the district



Photo by 1st Lt. Dave Hecht

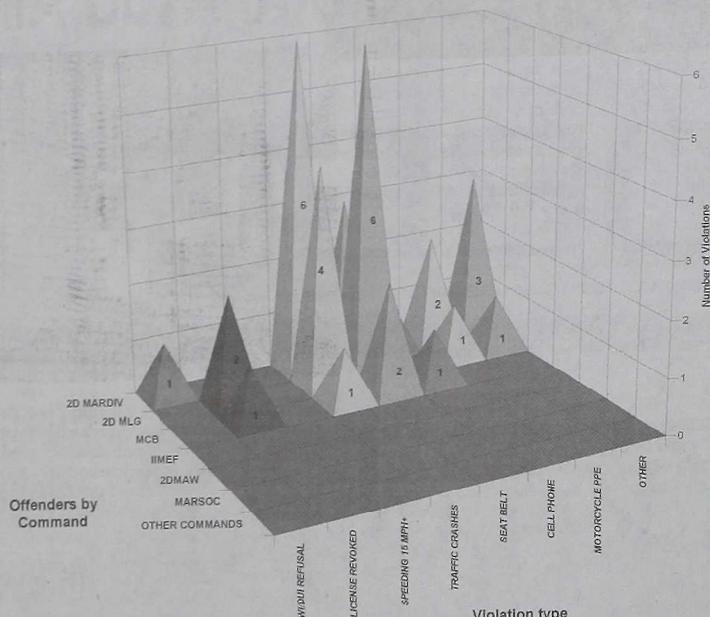
Marines secure the perimeter and watch over the Helmand River Valley as members of Combat Logistics Battalion 8 begin construction on Combat Outpost Payne which is now the southernmost point of operations for U.S. military forces in Afghanistan.

governor. "I have the best equipped and most motivated Marines," said Annunziata. "These men and women are true

professionals and I couldn't be more proud of them." The Marines carried

SEE SECURE 7A ▶

# Traffic violations aboard Camp Lejeune



This graph represents traffic violations and driving while intoxicated / driving under the influence refusals for Camp Lejeune during the week of July 6 through July 10. Traffic violations are defined as: driving while license revoked, speeding in excess of 15 mph or over, traffic crashes, seatbelt, cellular telephone and motorcycle personal protective equipment violations. Source: Command Inspector General's Office for Marine Corps Base Camp Lejeune

# Semper Safe

## Destructive weather, hurricane preparedness

What time is it? It's time to enjoy the beach. It's the time school is out and oh yeah, hurricanes. It's time to start watching weather forecasts a little bit closer. Most of us know June 1 to Nov. 30 is Atlantic Ocean hurricane season. Most of us probably don't know North Carolina and three other southern states lead the nation in billion dollar weather-related disasters since 1980, primarily hurricanes. So it's time to break out your copy of Camp Lejeune's Destructive Weather Plan, BO P3440.6G, and be prepared.

This manual provides information, guidance and procedures for use during destructive weather, such as locations of the emergency shelters, conditions of readiness and responsibilities of military units including personnel and equipment.

First step in preparing for destructive weather is putting together an emergency home survival kit good for three days. Include essentials such as water, nonperishable food requiring little to no cooking, baby supplies, medications, portable radio, spare batteries, flashlights, sanitation supplies, extra cash and clothes. For more information, please refer to the Ready North Carolina Web site <http://readync.org/>. Don't forget about your pets, as they are not allowed in most emergency shelters. To obtain the current weather conditions aboard Camp Lejeune, dial 451-1717. The message will provide civilian employees with reporting procedures, weather advisories, base school closures and fire conditions.

Here are the some of the destructive weather condi-

tions you need to know for proper planning. Refer to BO P3440.6G for more details on the conditions:

**DWC V** - The potential for destructive weather is elevated but no specific system threatens the area. Automatically set from June 1 to Nov. 30, normal operations exist.

**DWC IV, III, and II (DWC IV, 72 hours; DWC III, 48 hrs; DWC II, 24 hrs)** - A specific system is forecast to affect the area within 72, 48, and 24 hours respectively.

**DWC I, 12 hours** - System is within 12 hours; secure training, release non-essential personnel, restrict liberty to base only and evacuate high risk areas. Secure or store all loose outside items to further prevent loss and property damage from flying debris. This goes for your residence too.

**DWC IC, 6 hours** - System is within 6 hours; secure all liberty (restricted to residence/barracks) and close all base facilities except emergency mess halls.

**DWC IE** - The storm is here; everything is closed.

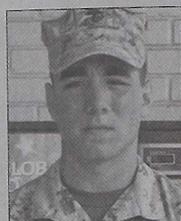
**DWC IR** - The system has passed but all orders, restrictions and guidance previously established remains in effect. Only emergency operations are taking place.

Commanders and supervisors: You are responsible for the safety of your personnel. It is your duty to ensure your personnel understand how important it is to prepare for destructive weather.

For more information, contact your unit safety officer, base safety representative or visit our Web site at <https://intranet.mcieast.usmc.mil/C12/Workplace%20Safety%20Information%20S/default.aspx>.

### MAN ON THE STREET

What do you think of the proposed ban of tobacco products on military installations?



**Pvt. Karac Vial**  
Legal Company, 2nd Marine Regiment, 2nd Marine Division  
Smithsburg, Md.

"I don't think it's a very good idea. A lot of Marines find smoking very calming, especially (those) with high stress jobs."



**Staff Sgt. John Nickerson**  
2nd Battalion, 2nd Marine Regiment, 2nd Marine Division  
Pontiac, Mich.

"I don't think it's going to work; half the world smokes. If the president can smoke, so can all of the military."



**Lance Cpl. Kevin Gonzalesierra**  
3rd Battalion, 8th Marine Regiment, 2nd Marine Division  
Ponce, Puerto Rico

"I really don't smoke. To me it doesn't matter that much, but I think it will be a good thing because smoking is bad for people."



**Kellie Peterson**  
Housewife  
Grants Pass, Ore.

"I am not a smoker and I have allergies toward smoke, so for me it would be great. I am sure some people would be angry though."



**Sgt. Matthew Ryba**  
2nd Battalion, 6th Marine Regiment, 2nd Marine Division  
Manchester, Conn.

"I just quit a week ago, but I don't agree with it. It's your right as an American to smoke if you want to."

## News Watch

The College of Continuing Education's Command and Staff College and Expeditionary Warfare School seminar programs for academic year 2010 will commence the last week in September. Enrollment requests must be received prior to Sept. 1. To enroll or discuss your particular situation, call 451-9309 or send an e-mail to [rcamplejeune@cofs.com](mailto:rcamplejeune@cofs.com).

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ASAD AIR BASE, IRAQ

# Fire safety awareness a priority aboard Al Asad Air Base

**1ST LT. JASON RANDEZ**  
Multi National Force - West

Increasing temperatures, humidity and higher electricity use all contribute to a den predator here in Iraq. Al Asad's Base command reported 10 fires in June. Although there were injuries in any of the fires, there were nine containerized housing units lost in a single fire.

"Fire safety is important because we all want to go home alive," said Gunnery Sgt. Thomas Conklin, the safety chief for Multi National Force - West. "It's the time of year when air conditioning and overexertion of power supplies are at their highest." According to the MNF-W Safety Office, fire safety and prevention are a priority, especially during Iraq's summer months when risks of fire are at their highest.

"Fire prevention prevents loss of life and property caused by fires," said Mike Gallagher, the occupational safety and health program manager for MNF-W. "If someone's personal stuff burns in a fire out here, who's going to replace it?" According to MNF-W Safety Office personnel, the cause of electrical fires aboard installations like Al

Asad is the use of air conditioning units and light ballasts for fluorescent lightbulbs, combined with overexerted power sources. The greatest non-electrical cause of fire is smoking.

Gallagher explained that if people throw lit cigarettes away irresponsibly in humid climates, the cigarettes will usually end up burning out. In the arid climates of the Middle East, though, there is very little moisture in the air to help the cigarette burn out on its own.

"Back in North Carolina, if the humidity drops below 30 percent it is considered a high-risk time for fires," said Gallagher, who is also a fire chief with the Sneads Ferry, N.C., Volunteer Fire Department. "Here in Iraq, it's rare when the humidity gets into double digits, so we're even more at risk for fires than a great many (other places)."

The MNF-W Safety Office is taking active steps to reduce the risk of fire.

"Currently, we're forming working groups in order to assess what needs to be done," said Gallagher. "Once we get to the bottom of some of these problems, we'll use the proper channels to get the orders rewritten."

For now, service members and civilians aboard installations across Iraq are being advised on steps they can take to reduce fires in their areas.

Gallagher said smokers should dispose of their cigarettes and cigars into designated metal receptacles. Service members should also try to ensure they do not overexert wiring and power supplies, such as surge protectors.

According to Gallagher, one way to avoid overexertion is to "do the math."

Gallagher walked into an office and picked up a surge protector, turned it over and pointed out a small numerical figure - 15A. It stands for 15 amps and, Gallagher explained, if the combined power of connected appliances draws more than that, it will overheat and most likely catch fire.

He explained that people can check appliances connected to their surge protectors by looking at the amount of watts on the connected appliance. To do the math, divide watts

by 220, and the resulting number is the amount of amps the appliance draws. Ensure the combined number of amps of all connected appliances does not exceed the maximum amps figure on the back of the surge protector, and the appliance is safe for use.

"But when people see six or seven outlets in a surge protector, they're going to think they can use all of them at the same time," said Gallagher. "If you begin to combine that water heater with other appliances, you can easily max out that protector, starting a fire."

For safety reasons, energy-hungry appliances like refrigerators should be plugged directly into wall outlets.

Gallagher also explained a fire is likely to start if you plug one surge protector into another, creating what is often referred to as a "daisy chain."

In general, people can keep themselves, friends and family safe from fire



Courtesy photo  
Although still under investigation, the key cause of the fire that destroyed this containerized housing unit is believed to have been electrical. During summer months, fire incidents rise due to increased air conditioning unit use coupled with overexerted power sources.

by staying vigilant.

"Be responsible for your own area; don't put off problems you see," explained Gallagher. "Pick a day of the week where you take some time and check your smoke detector and fire extinguisher

to ensure they are in good working order."

What Gallagher feels is the most important safety tip is fire safety is everyone's responsibility, and service members should act and keep an eye out accordingly.

## Registration of motorcycles aboard Camp Lejeune

Recently there have been several infractions against motorcycle owners who have placed a Department of Defense decal on their motorcycle in a location not visible to gate sentry or patrol officers. In addition, several owners have placed the decal on a removable magnet utilizing the decal only when entering base. Due to the amount of decals being confiscated and the cost associated with the issue process, a policy change is necessary to ensure strict compliance with the base order.

Effective immediately, all motorcycles requiring a DoD decal will have the motorcycle present and the decal will be affixed on the motorcycle by a vehicle registration employee. The decal will be placed on a permanent part of the motorcycle in a location clearly visible to the gate sentry when in motion.

For more information, call the services chief for the Marine Corps Base Camp Lejeune's Provost Marshal's Office at 451-4336.

## Upcoming CSC, EWS seminar programs

The College of Continuing Education's Command and Staff College and Expeditionary Warfare School seminar programs for academic year 2010 will commence the last week in September. Enrollment requests must be received prior to Sept. 1. The on-site seminar groups meet once a week for a couple of hours in the evening from September through May.

For CSC students who are deployed or deploying, there is also an online seminar opportunity. To enroll or discuss your particular situation, please contact the CCE regional coordinator's office at 451-9309 or send an e-mail to rccamplejeune@cots.com.

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## MUDAYSIS AIRFIELD, IRAQ

## 2nd Recon teaches Iraqi soldiers combat lifesaving

**CPL. ALAN ADDISON**  
Regimental Combat Team 8

In a combat environment, efficient medical personnel and supplies are needed in order to ensure an individual's safe return in case of an emergency. Without these two important details, a person's treatable wounds may become more serious, decreasing their chance of survival.

A Navy corpsman along with Marines from Bravo Company, 2nd Reconnaissance Battalion, Regimental Combat Team 8, trained Iraqi soldiers in various areas of combat lifesaving, June 22 through 24, at Mudaysis Airfield, Anbar province.

During the three-day

course, Iraqi soldiers learned how to stop major bleeding, how to dress a wound, and basic airway maintenance, as well as other aspects of first aid.

"It's very important for these guys to learn this stuff," said Petty Officer 2nd Class Aaron Ward, a corpsman with 2nd Recon. "Coalition forces won't always be here to assist, so all of this training will come into play when they conduct their own missions."

"This type of training will assist them in building up their forces and becoming a more ready unit," said Lance Cpl. Derek Hoffman, a reconnaissance Marine with the battalion. "They will also be better at handling most

situations on their own."

Although the classes only cover the beginning stages of combat lifesaving, the Iraqi soldiers learned how to quickly respond to a life-threatening situation and administer a basic level of care.

"I know these classes won't teach these guys everything about treating wounded individuals," Ward said. "My hope for these guys is that they learn to stop bleeding and treat certain wounds until they can get the patient to the next echelon of care."

Not only does combat lifesaving help to assist and treat those injured on the battlefield, but it also helps other aspects of the Iraqi military.

"Their structure is a lot different from ours," Ward said. "Conducting instruction like this allows us to assist them in putting adequately trained guys with the groups that need them."

"Combat lifesaving will also help in the event an enemy is wounded," explained Ward. "If they can help treat the enemy, they can get information they normally wouldn't have access to. Helping the enemy can also work to improve relationships."

Hoffman added that the lifesaving skills the Iraqis learn will hopefully help in creating better day-to-day care for the Iraqi soldiers.

Even though the training

came to an end after three short days, it doesn't mean the work stops there.

"We're leaving these guys with the necessary tools needed to remain successful," Ward commented. "We're giving them the outlines of the classes we've covered, PowerPoint presentations, as well as other hands-on material they can use."

"Hopefully this won't stop here," Hoffman added. "We know they aren't corpsmen, but hopefully they'll take the information we've taught them back to their neighboring units and help them improve their combat lifesaving skills."

Although the language barrier seemed difficult to

overcome at times, with help of an interpreter, it appeared as if the Iraqi soldiers grabbed hold to the information taught to them.

"They've improved in all bounds since we've been here," Hoffman said. "At first was a little difficult, but now we can tell that they understand material and are getting something out of the classes."

When a man goes down in the heat of battle, a combination of steps must be taken to get him back in the fight or to the next level of care. When personnel are not trained or prepared, a unit not only loses an operator, but they risk losing a fellow warrior who can never be replaced.



Photo by Sgt. Scott A. Whittington

Lance Cpl. Ryan W. Simms, an 18-year-old radar operator with 3rd Battalion, 11th Marines, looks through a bore sight to ensure the AN/TPQ-36 is lined up correctly while Sgt. Calvin R. Wauchope, a 21-year-old radar team leader supervises. The radar can detect incoming artillery or rockets up to 24 kilometers away.

## HELMAND PROVINCE, AFGHANISTAN

## 3rd Battalion, 11th Marines Regiment maintain umbrella of security

**SGT. SCOTT WHITTINGTON**  
2nd Marine Expeditionary Brigade

When enemy insurgents fire mortars or rockets at U.S. and coalition troops, a long beep resonates and a small blip appears on the screen for counter battery radar Marines to see.

That beep and blip can start a fire mission for the Marines of 3rd Battalion, 11th Marines Regiment.

Marines like Sgt. Calvin R. Wauchope, a radar team leader, monitor the sky using the AN/TPQ-36 radar, a system that can ascertain the location of a round's impact and origin before it even hits. He has a team of eight Marines working 24-hour shifts and closely monitoring the radar, which can see up to 24 kilometers. The radar covers troops in the open, convoys and bases.

If the machine goes down, radar technicians go to work to get it up and running. The radar operators and technicians live less than 20 feet from their equipment to facilitate quick responses and troubleshooting.

"It's exciting knowing we track the people that shoot at us," said Cpl. Robert L. Squires, advanced field artillery tactical data system

operator with 3rd Battalion, 11th Marines Regiment. "No one can get away from us."

Once the blip appears on their screen, the information is relayed to the combat operations center where Squires monitors the fire mission system. He passes the information simultaneously to the fire direction officer and fire direction control center. The FDO contacts the unit operating in the impact location to verify an explosive hit. If it is confirmed, the FDO will determine if artillery can fire on the enemy launch site. Sometimes howitzer fire is not the best way to shoot back due to dense civilian populations or landmarks of historic or cultural significance. While these and other considerations are influencing the decision to fire, the FDC determines which battery will fire, the type of round to be used and the range to target information.

"Nothing takes priority except getting safe reliable data to the gun line," said Staff Sgt. Desmond D. Onezine, battalion assistant operations chief. "If we don't, we could hit our own troops or innocent civilians."

Onezine added that artillery has played a vital role on the battlefield since its inception, earning it the title "King of Battle." Ground artillery has a fast-

er response than air support - three minutes maximum.

The infantry can be confident in the accuracy of artillery, according to Cpl. Trent B. Istre, FDC operator. "We can tailor to their needs with a variety of support."

"We can bring the rain, or we can bring the light," said Istre about the various rounds artillery uses, which include both high-explosive and illumination rounds.

3rd Battalion, 11th Marine Regiment is currently participating in Operation Khanjar as an element of Regimental Combat Team 3. To this point in the ongoing operation, the artillery battalion has only had the need to fire illumination rounds and has not fired any high-explosive rounds. These actions reflect the NATO International Security Assistance Force tactical directive that explains the top priority of coalition forces - to protect the Afghan people, rather than kill the insurgents.

Operation Khanjar commenced July 2 and involves nearly 4,000 Marines and sailors from Marine Expeditionary Brigade - Afghanistan and more than 600 Afghan national security forces working to secure population centers along the Helmand River Valley.

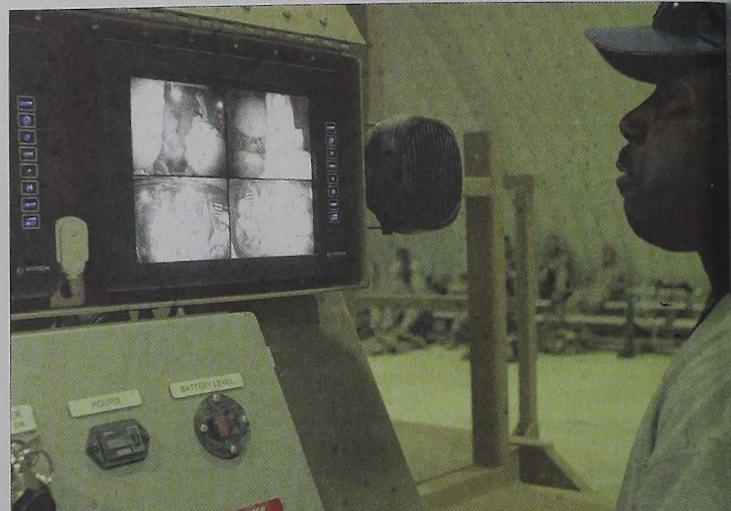


Photo by Cpl. Triah Pendracki

An instructor at the Mine Resistant Ambush Protected Egress Trainer aboard Al Asad Air Base, Iraq, monitors the Marines from Truck Company, II Marine Expeditionary Force Headquarters Group (Forward), as they undergo training July 3. MET is now a requirement for all personnel operating MRAP vehicles while deployed.

## AL ASAD AIR BASE, IRAQ

## Egress training takes Marines for a tumble

**CPL. TRIAH PENDRACKI**  
Multi National Force - West

While navigating rough terrain throughout Iraq's Anbar province, service members need to have all the skills necessary to keep themselves and their passengers safe.

Marines from Truck Company, II Marine Expeditionary Force Headquarters Group (Forward), took part in Mine Resistant Ambush Protected Egress Training aboard Al Asad Air Base, Iraq, to ensure they are prepared for possible rollovers in MRAP vehicles.

Soldiers from the 321st Sustainment Brigade have been controlling and operating the MET aboard Al Asad since its first use in early June.

"We expect attendance to rise drastically over the next couple of weeks since service members in our area of operations are being notified that the trainer is here," said Army Master Sgt. Reginald Sterling, operations sergeant major for the 321st and manager of the MET. "There is a standing order for all personnel operating MRAP vehicles to attend and complete the training."

MET instructors not only taught the Marines how to properly and safely evacuate an MRAP vehicle, they also showed the Marines some simple ways to help avoid a rollover.

The MET holds nine passengers, including the gunner and driver. After classroom instruction, Marines prepared for three different egress drills inside the MET.

The first drill is used to help students come familiar with rolling over in a vehicle. Marines experienced rolling over and had the simulated vehicle stop at 30, 90 and 180 degree angles to the ground, on both sides, before beginning the second drill.

During the second drill, instructors turned the MET completely upside down and the Marines to evacuate the MRAP using the driver's door and front passenger door.

During the final drill, one Marine was selected to act as a simulated casualty. The student were flipped 90 degrees and exited through the gunner's turret while assisting the casualty providing security.

Vehicle rollovers are extremely dangerous and are usually caused by speeding, poor vehicle control while cornering, untrained or inexperienced drivers and inclement driving conditions.

"The training is very important here in Iraq," said Sterling. "This training is necessary for our service members, based on the fact that our troops encounter during their operations, as well as the increased height of terrain."

"I like this training," said Lance Cpl. Jeremiah Morrison, a motor transport operator with Truck Company. "Even if we are licensed, we now know how to get out of a vehicle after it has rolled over."

Leaving the MET, Truck Company Marines took with them the skills needed to help ensure their safety while operating vehicles on the roads of Iraq.

## Marine Corps Association Luncheon

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Photo by Lance Cpl. George W. Irwin

Iraqi military officials converse with Marines of 2nd Battalion, 1st Marine Regiment, Regimental Combat Team 8, about the closure of Combat Outpost Hit, Iraq, recently.

HIT, IRAQ  
**COP Hit transfers, ISF take CONTROL**

**SGT. ERIC C. SCHWARTZ**  
 Regimental Combat Team 8

the RCT-8 Iraqi security forces operations officer.

Gunnery Sgt. Melvin Harper Jr., the company gunnery sergeant for Company F.

Children walk the streets safely, store fronts are filled with patrons buying goods and Iraqi security forces are seen throughout the Anbar province keeping the Iraqi people safe from insurgents and terrorist activity. With each passing month, the Iraqi army and police have proved more and more they can protect their citizens with less and less coalition help.

During their stay at the COP, inbetween key leader engagements with the town's leadership, the Marines made sure the Iraqis received extra military training to ensure the stability of the COP.

Leaving behind sand-filled HESCO barriers, bare walls and empty desks, the Marines of Company F left the Iraqi soldiers a welcoming gift at their new outpost.

Because of this strong ISF stability, Regimental Combat Team 8 has transitioned Combat Outpost Hit, formerly a very strategically located COP, over to the Iraqi army.

"We ran the (Iraqi soldiers) through a training course and gave them pointers," said Lance Cpl. Thomas Love, a rifleman with Company F, 2nd Battalion, 1st Marine Regiment, RCT-8.

"We cleaned out rooms and moved in 80 sleeping racks and 40 air conditioners," Reynolds said.

"We have conducted a successful withdrawal, and the Iraqi security forces have the RCT's confidence they have the capability to maintain the necessary security and stability," said Maj. Eric Andersen,

"We carried the (Iraqi soldiers) to ranges and also showed them how to run them," said Lance Cpl. Gavin Reynolds, a rifleman with Company F.

The transfer of COP Hit is only one of many COPs transferred to the Iraqi military or closed altogether during the responsible drawdown of U.S. forces.

Working directly with the IA unit transferring into the COP has helped to ensure the stability of the town.

"There was a time in late 2008 that there were over 40 outposts and bases in (western Anbar)," Andersen said.

"The biggest thing we did here was help enforce the good relationship and trust with the people of Hit," said

With a well-trained Iraqi army transferring into COP Hit, the nearby city and villages will know they are being protected under the watchful eye of their own military.

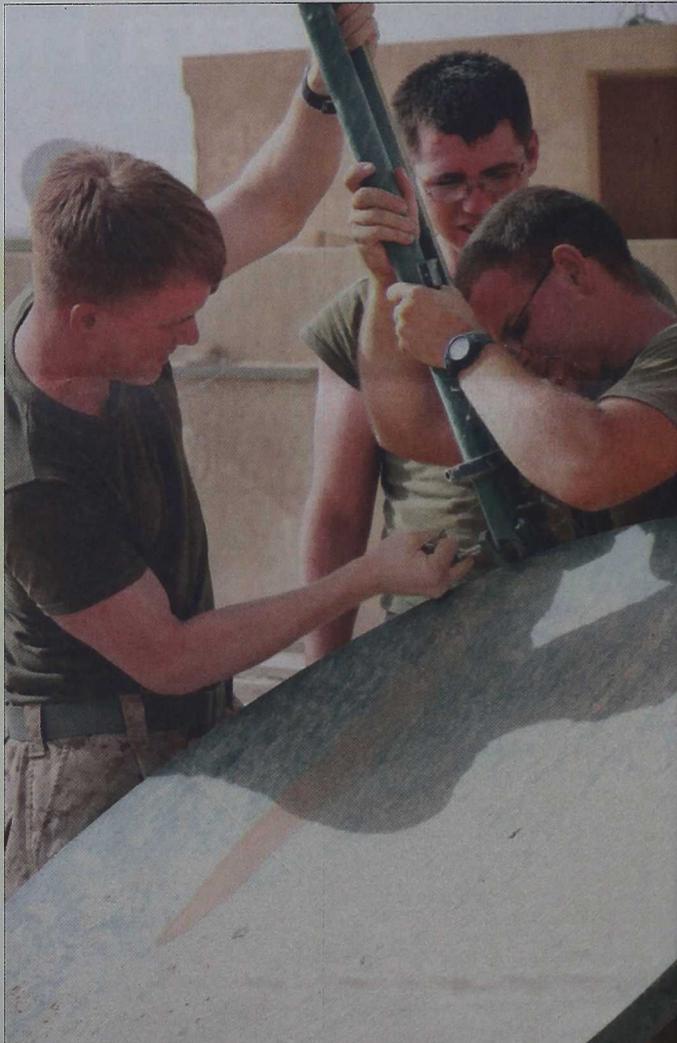


Photo by Lance Cpl. George W. Irwin

Marines with Company F, 2nd Battalion, 1st Marine Regiment, Regimental Combat Team 8, disassemble a satellite dish on the roof of the Combat Operations Center aboard Combat Outpost Hit, Iraq, recently. Marines with Company F, prepared COP Hit for return to the government of Iraq as part of the responsible drawdown of U.S. forces.



Photo by Lance Cpl. George W. Irwin

An Iraqi contractor operates a tow crane to remove a building from Combat Outpost Hit, Iraq, as part of the demilitarization of the base, recently. Marines with Company F, 2nd Battalion, 1st Marine Regiment, Regimental Combat Team 8, prepared COP Hit for return to the government of Iraq as part of the responsible drawdown of U.S. forces.



Photo by Lance Cpl. George W. Irwin

Marines with Company F, 2nd Battalion, 1st Marine Regiment, Regimental Combat Team 8, remove a canvas cover from the top of HESCO barriers aboard Combat Outpost Hit, Iraq, recently. Marines with Company F prepared COP Hit for return to the government of Iraq as part of the responsible drawdown of U.S. forces.



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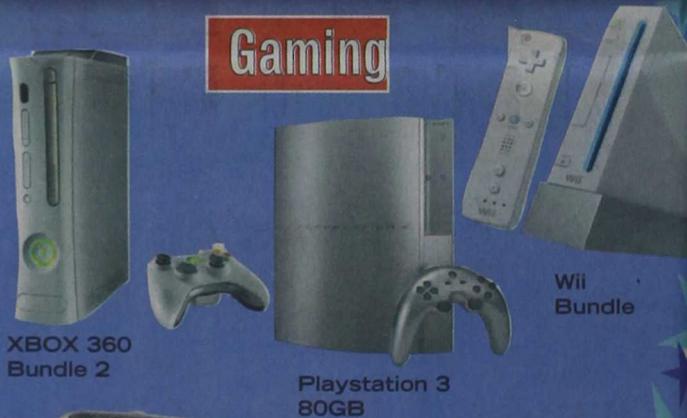
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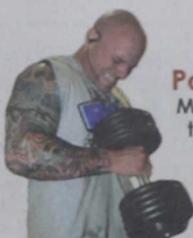
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Marine Corps Community Services' Grand Prix Run for the Beach kicked off at 8 a.m., where approximately 200 competitors were in attendance for a race along the shore of Onslow Beach, July 11. Ninety-five percent of the race was on sand with the last stretch being on the hard top. Photo by Sgt. T.D. Smith

# GRAND PRIX series

## heats up on beach

SGT. T.D. SMITH  
Marine Corps Base

The sun was reflecting off the ocean as approximately 200 runners took their mark on the sandy shores of Onslow Beach.

The 2009 Grand Prix Run for the Beach took place on Marine Corps Base Camp Lejeune, July 11. The race replaces the Mud Run Challenge, of previous years, due to construction.

"Runners were asking for a beach run," said Michael Marion, the race director with Marine Corps Community Services. "That is why we decided to hold the event out here and logistically a mud run was impossible, because the course is now a parking lot."

The run was open to active duty, retired military and their family members. The fun and relaxed mood made it accessible to all running abilities.

"It is a real family atmosphere out here," said Marion. "Everybody bonds here, and you will see the same people

at all of these races and out running together. It is a great way to meet new friends."

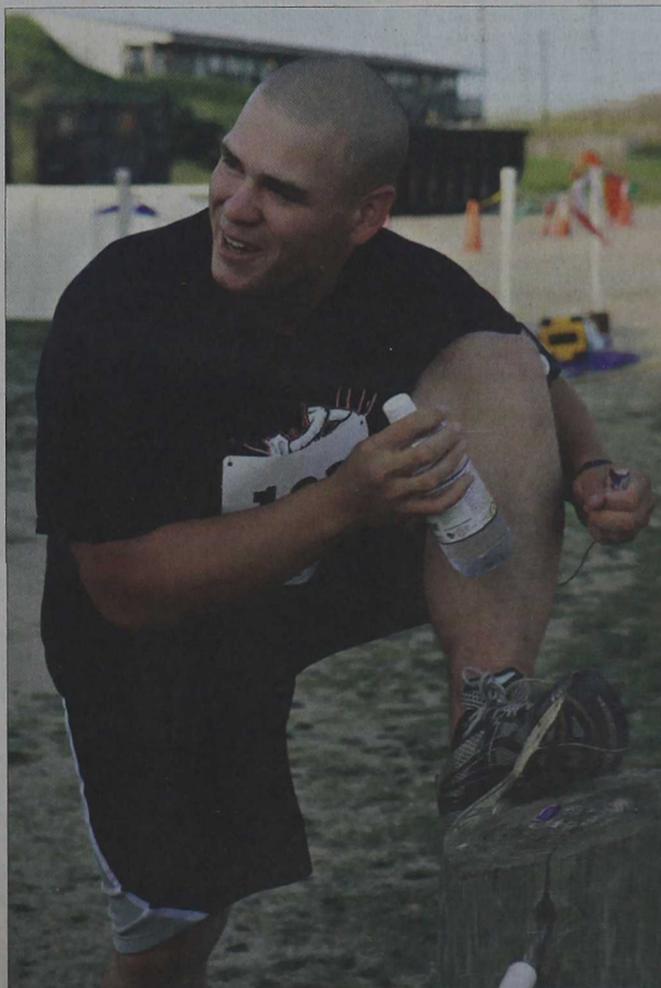
The 4.9-mile race was 95 percent on the beach with the last stretch on the road. Some runners commented the soft sand gave them a little trouble.

"My favorite part of the course was the turnaround point at mile three," said John Bates, the men's first place winner. "That's because you can see everyone behind you."

For some, the race was just an excuse to get out and run, but others took the race a little more seriously pushing themselves to achieve their goals.

"I love racing," said Bates. "It gets the adrenaline pumping. All these people have an enthusiasm for running. It is the passion that makes a good runner."

The race is part of the MCCA Grand Prix Series. The competition is set up so individuals can earn points by participating in various Grand Prix events. At the end of the year an awards banquet is held to honor the top finishers.



Pre-race stretching was a common sight at Marine Corps Community Services' Grand Prix Run for the Beach, July 11. The race awards Grand Prix points to top finishers and a banquet will be held at the end of the year to honor those who accumulated the most points. Photo by Sgt. T.D. Smith



It was a final push to the end, after completing 4.9 miles in the Grand Prix Run for the Beach, July 11. The runners were treated with Gatorade, hotdogs, hamburgers and fruit. The event was hosted by Marine Corps Community Services and replaced the Mud Run Challenge. Photo by Sgt. T.D. Smith

# Mahi-mahi make summertime grade



## Lejeune Outdoors

With Jamie Cameron

For anyone who has not taken the plunge to charter one of North Carolina's fantastic offshore fishing trips, now is the time to do it.

Mid-summer in the Gulf Stream means dolphin, otherwise known in politically correct circles as mahi-mahi. While many of the larger fish (called 'gaffers' because they require the use of a gaff to bring them aboard) have moved on, the smaller dolphin are tearing things up from 12 to 30 miles offshore.

Finding the small, 2- to 5-pound dolphin is a matter of locating a line of Sargasso weed along a current edge and trolling down one side with small lures and rigged ballyhoo. Once a fish is hooked, the captain puts the boat out of gear to allow the dolphin to be brought in and, hopefully, bring its friends with it. These dolphin often run in schools that number from 10 to 100 fish.

As the first fish is reeled close to the boat, the mate throws a handful of chum into the water to stir the rest of the school into a

feeding frenzy that can take on epic proportions. Imagine you and five of your buddies standing shoulder to shoulder at the stern of the boat, dropping pieces of squid or ballyhoo into a swirling dervish of ravenous fish. It's mayhem at its best.

With a good deckhand to unhook fish and keep everyone baited up, a crew can easily catch dozens of dolphin in short order, and despite their relatively small size, when dolphin are fought on light tackle, they can put on an aerial show that rivals any game-fish on the planet.

When the dolphin bite is at its best, it can be quite easy to catch a limit (10 fish per angler) of the most beautiful and best-tasting fish you have ever seen. Once the fishermen have had their fill of dolphin catching, there's often plenty of time left in the day to put the trolling spread back out and search for the elusive marlin or sailfish.

Is it obvious yet how much I love catching dolphin?

Back at the dock, make sure you have plenty of



Photo by Jamie Cameron

Small, school dolphin (mahi-mahi) provide great sport during the middle of summer out in the Gulf Stream.

ice to transport your catch in good condition. Fresh mahi-mahi is an extremely versatile fish and can be cooked any number of ways, including broiling, grilling, frying and sautéing.

With inshore fishing

embroiled in the usual mid-summer lull, now is the perfect time to get your friends together for some of the most exciting action you will ever experience.

Until next week, good luck out there.



Have you been on an outdoor adventure lately? Share your photos, send them to [jamie.cameron@militarynews.com](mailto:jamie.cameron@militarynews.com)

## TIDE TABLES FOR NEW RIVER INLET

National Oceanographic and Atmospheric Administration

### THURSDAY

High tide 2:02 a.m. 2:59 p.m.  
Low tide 8:14 a.m. 9:27 p.m.

### FRIDAY

High tide 3:02 a.m. 4:00 p.m.  
Low tide 9:10 a.m. 10:34 p.m.

### SATURDAY

High tide 4:06 a.m. 5:02 p.m.  
Low tide 10:11 a.m. 11:38 p.m.

### SUNDAY

High tide 5:11 a.m. 6:01 p.m.  
Low tide 11:12 a.m.

### MONDAY

High tide 6:13 a.m. 6:58 p.m.  
Low tide 12:37 a.m. 12:14 p.m.

### TUESDAY

High tide 7:13 a.m. 7:52 p.m.  
Low tide 1:31 a.m. 1:13 p.m.

### WEDNESDAY

High tide 8:10 a.m. 8:44 p.m.  
Low tide 2:22 a.m. 2:11 p.m.

## SPORTS ON STAP

### Paradise Point customer appreciation

Paradise Point Golf Course customer appreciation days take place every Thursday through the month of July. Greens fees and golf carts are provided at the discounted rate of \$23. For more information, call 451-5445.

### Camp Lejeune rugby

The Camp Lejeune rugby team is looking for new recruits. No experience is necessary for men and women, active duty, dependents and DoD civilians. For more information, call 546-0462.

## Lightning danger on the water

### PRESS RELEASE

Metro Creative Connection

Boating, swimming and other water sports are some enjoyable recreational activities, provided safety is intermixed with fun.

There are a variety of dangers lurking below the surface of the water and from water itself. But many people don't realize the dangers beyond the water, notably lightning.

According to the National Oceanic and Atmospheric Administration, an estimated 40 million lightning strikes account for nearly 100 deaths annually in the United States, making lightning considerably more harmful than hurricanes and sharks. Being completely exposed on a boat or another type of craft, such as a surfboard or water skis, makes water recreation dangerous when a storm is predicted. Sailboats with their tall masts are more susceptible to lightning hits than powerboats. But lightning can also funnel through the electronic systems on any boat. The National Marine Electronics Association dealers report substantial amounts of lightning damage to big-boat electronics every year.

According to marine experts, there are no ways to actually protect a boat from lightning, just ways to limit the damage if a strike should occur. Actually, keeping a boat docked during storms that have the potential for lightning is the only surefire way to ensure passenger safety.

### How Risky Is Lightning?

It's important to understand some fundamentals about lightning to realize the danger involved. Lightning occurs when the difference between the positive and negative charges, the electrical potential, becomes great enough to overcome the resistance of the insulating air and forces a conductive path between the positive and negative charges. Lightning will generally seek the easiest path to the ground. Therefore it tends to strike the highest point in the immediate area. On the flat surface of the water, that is generally a boat. Most smaller



Courtesy photo

Avoid boating or entering the water when strong lightning-producing storms are predicted.

crafts are not made from metal. They are made from lightweight materials such as fiberglass. Therefore, if lightning strikes, it will search for any path to ground and the human body may be the best route.

Radio antennae, fishing rods and even lightning protection system rods - may be targets for lightning strikes. Again, reason enough to keep off the water if lightning is forecast.

### Medical Help

CPR may be required to rescue a person who has been struck by lightning. Prompt artificial breathing and CPR can jump-start the heart and lungs should they fail after a strike. Remember, there is no danger to touching a person who has been struck by lightning - the current has already passed through to the ground or water. Keep a level head and provide emergency care.

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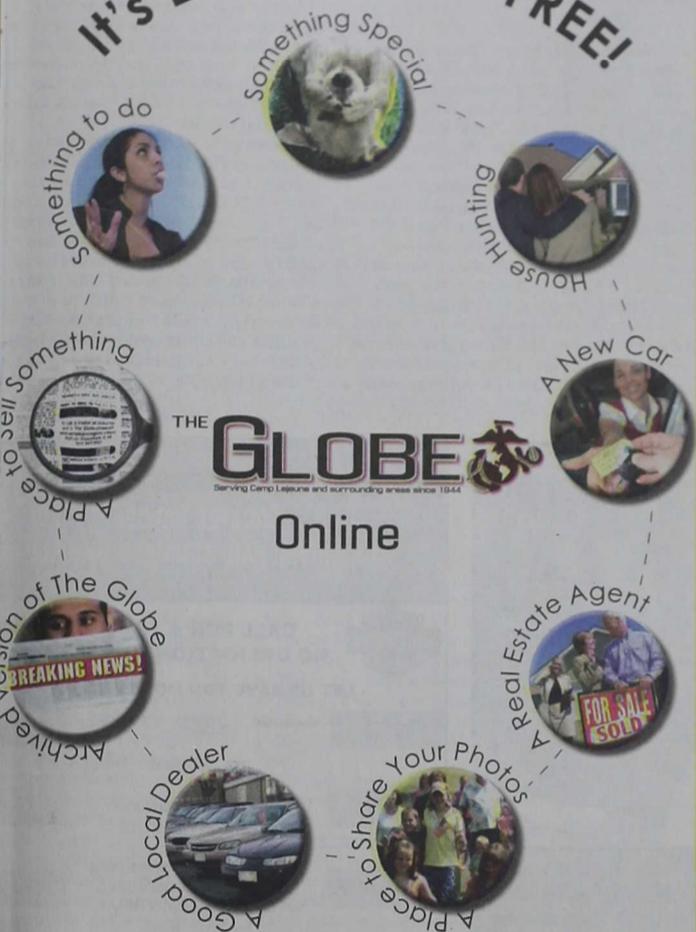
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# New tracking system update to help hunters

**LANCE CPL. RANDY LITTLE**  
Marine Corps Base

The base Conservation Law Enforcement Office will be implementing a new Fish and Wildlife Conservation Tracking System scheduled to go into effect Aug. 10.

The tracking system will shut down from Aug. 7 through 9 for the update to take effect. Hunting will not be allowed during that time, but the system will be up in time for hunting season, Sept. 1.

The new system will allow hunters, fishermen and firewood harvesters to more efficiently check in and out when they plan to go on their outdoor excursions. "The new system won't be too much different than

the old one," said Patrick O'Neal, a U.S. Conservation Officer. "It will be easier to navigate through and we've removed some of the old bugs in the system that disabled some of the links."

Hunters who were previously registered will be automatically switched as long as their profiles are current. Any hunter's profile deleted will be required to retake the hunting test.

The purpose of the Web site is to notify game wardens of who's hunting on any particular day and where they're hunting at. This allows the wardens to make sure every hunter gets home safely.

"Hunters are required to check back in on the system no later than two hours after sunset," said O'Neal. "If

they don't check in by that time we send out a warden to look for them."

O'Neal said most of the time when a hunter checks in late it's because they forgot but because wardens take the tracking system seriously, hunters will lose their privileges to hunt on base after three strikes.

The Fish and Wildlife Conservation Tracking System also enables hunters and fishermen to record their harvest data. This helps the environmental office keep track of the statistics of the animals in the area.

For more information about the update, visit the base Conservation Law Enforcement Office Web Site at [lejeune.usmc.mil/gwarden](http://lejeune.usmc.mil/gwarden) or call O'Neal at 451-5226.

INDIANAPOLIS, IND.

# Adam Meyer claims two gold medals at USA swimming championship

**NEWS REPORT**  
Navy Sports

Navy's Adam Meyer (Bethesda, Md.) teamed with the Mecklenburg Aquatic Club to win a pair of relay events at the ConocoPhillips USA Swimming National Championship and World Championship Trials. The five-day event concluded Saturday night.

The opening night of the championship that was held in Indianapolis, Ind., saw Meyer swim the anchor leg on the team that won the 400-freestyle relay by nearly seven seconds with a winning time of 3:22.34. Included on the team was 2008 Olympic Gold Medalist Cullen Jones. Meyer would also anchor the club's victorious 800-freestyle relay team Friday night. This foursome posted a victorious time of 7:39.47 to win the event

by six seconds.

Meyer also had a successful week while competing as an individual swimmer at the championship. He placed second in the B final and 10th overall in the 200-butterfly event and won the C final to finish in 17th place in the 200-individual medley.

Meyer was one of four Mids to compete at the championship. Adam's younger brother, Mark Meyer, a rising junior at Navy, placed sixth in the C final and 22nd overall in the 200-individual medley, 2009 NCAA Championship qualifier and rising junior Erik Hunter (Placerville, Calif.) placed 40th in the 400-individual medley and 57th in the 400 freestyle, while two-time NCAA qualifier and rising senior Thuy-Mi Du (Anaheim, Calif.) finished in 74th place in the 50 freestyle.

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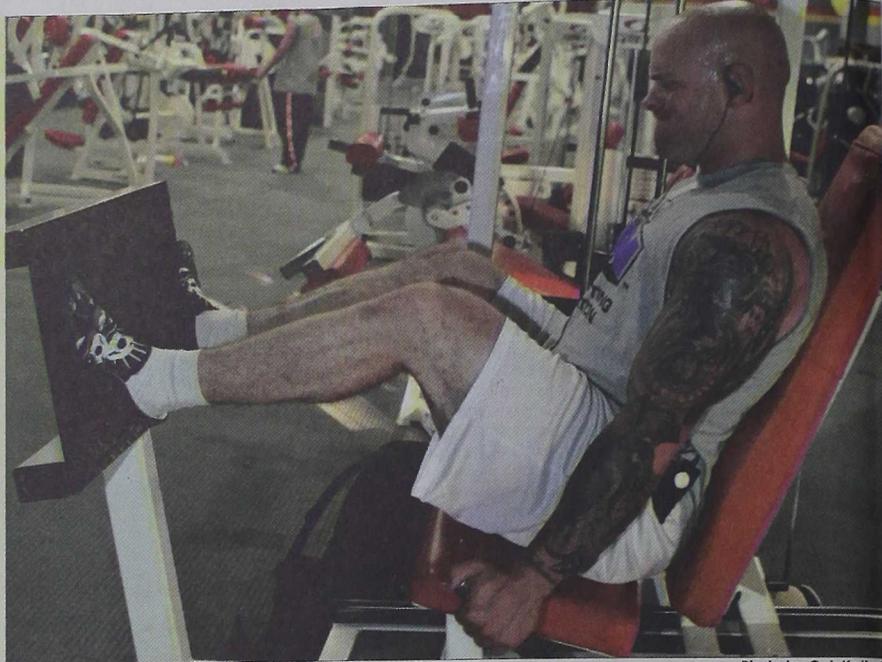
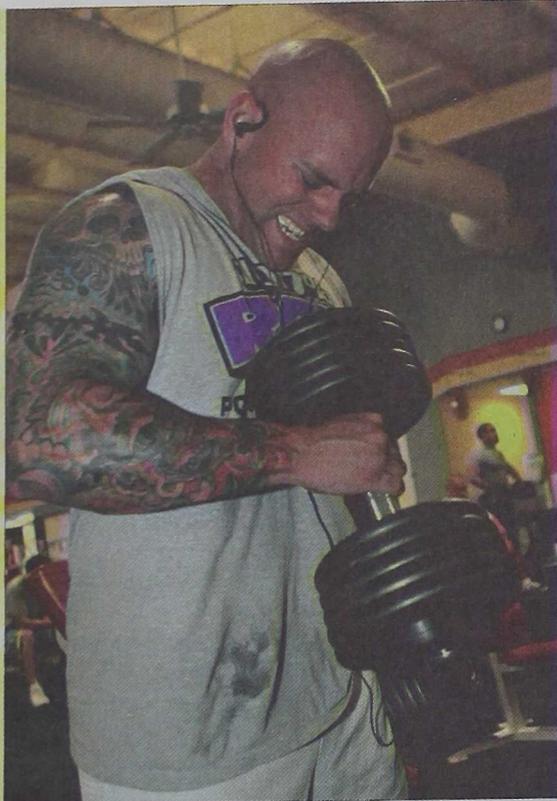


Photo by Cpl. Katie Densmore  
 (Left) Staff Sgt. Kevin Dickhut, the chemical, biological, radiological, nuclear chief with Headquarters Service Company, 2nd Reconnaissance Battalion, 2nd Marine Division, does bicep curls as part of training for the powerlifting World Championships, Oct. 17, in Las Vegas. Dickhut qualified by lifting seven times his own body weight in the National Championship, as well as setting a new world record. (Above) Staff Sgt. Dickhut uses the leg press to strengthen his lower body as part of his powerlifting routine. Dickhut maintains a strict workout routine in order to compete as a powerlifter. He lifts six days a week alternating between max lifts and dynamic lifts, which are light speed lifts.

# Marine dominates powerlifting circuit

**CPL. KATIE DENSMORE**  
 Marine Corps Base

When most people think of a powerlifter, they think of a massive guy who has shoulders nearly broader than he is tall, bulging biceps, rippling thighs and a round solid wall of muscle for a belly; an intimidating sight with an attitude to match. However, powerlifters come in all different shapes and sizes, and Staff Sgt. Kevin Dickhut, the chemical, biological, radiological, nuclear chief with Headquarters and Service Company, 2nd Reconnaissance Battalion, 2nd Marine Division, definitely does not fit that mold.

At first glance, the 5-foot-7-inch Marine looks just like a regular guy, strong but by no means bulky. Yet in the gym, he stands out from the pack usually by lifting several times his body weight. "I am a member of the

100 percent Raw Powerlifting Federation," he said. "It is one of the organizations that uses pure power with no assisting devices such as, wrist wraps, weight belts and bench shirts, which are specially designed to help lift. It is one of the recognized professional organizations."

Not only is Dickhut a member of the federation, he is also a record holder. "This year I competed in the North Carolina State Championship in Currituck, N.C.," he said. "I won my weight division and set a new state and national record. Then in June, I competed in the National Championships and won again and at the same time set a new world record."

Dickhut also qualified for the World Championships scheduled for Oct. 17 in Las Vegas by lifting nearly seven times his body weight.

"I am excited about the World Championships," he said. "There are people coming from Russia, Estonia, Brazil, all these different countries."

Competing in the World Championships has been a longtime dream for Dickhut which started in high school and followed him throughout his military career.

"Years ago when I was stationed in Japan, I really wanted to compete," he said. "I read magazines and saw the guys who benched 1,000 pounds, and I really wanted to do that, but there were no competitions in Japan. Then I was stationed in Missouri, and there were still no competitions. So I was excited to get out here to the East Coast, where I joined the federation and started competing a little more than two years ago."

In order to compete at the level Dickhut does, he maintains a strict workout routine. He lifts six days a week alternating between max lifts and dynamic lifts, which are light speed lifts. He also puts a great deal of emphasis on strengthening his core.

"I pretty much work the core everyday," he said. "You have to have a strong core, or you won't be able to lift."

Dickhut believes all of the hard work and hours spent in the gym are well worth it. Competitive lifting is much more meticulous than simply lifting weights at a gym.

"It feels really good when I successfully finish a good lift," he said lighting up as he momentarily relived the high of a good lift. "It is a lot more strenuous than lifting in a gym. You have to lift a certain way by going all the way down and making sure your hands come up at the same time, while your head and body remain stable. There are judges from every angle looking at you to make sure it is perfect."

If the lift is clean, the judges signal by turning on a white light. If they see something wrong, they turn on a red light. A lifter needs two out of three white lights for the lift to be acceptable. The lifter is also given three attempts where he must declare the weight before attempting the lift.

"It is really a mental game, because you want to lift enough to beat the other guys, but still have something

left for the next round," said Dickhut.

Because of his strong mental game, Dickhut has achieved great success and is looking forward to being able to give something back and hopefully get more people interested in the sport.

"I'm hosting my first meet, Sept. 11, at Gold's Gym in Jacksonville, (North Carolina) to raise money for charity," he said excitedly. "It is open for anyone who wants to compete. I might even compete there as a warm up for the World Championships."

Holding a world record, competing on an international stage and hosting a meet are all amazing achievements on their own, but each one started with small steps.

"I set personal records," Dickhut said. "If I can beat what I did last time, then I win. You can't control what other people lift. If you focus on beating your personal records, breaking competition records will come, and for me they keep coming. I plan to keep going. I'm only

27 and most guys hit prime at 35."

He added when he shatters a record a trophy is nice and looks great, but it is not his favorite part of the sport.

"It's just the environment of all of the people you meet," he said. "People would think powerlifters are nice people, but every really friendly and supportive. Quite a few guys give tips and hints during competitions to help me improve. There are no egos, everyone cheers everyone on."

Along with the trophies and competitors, there is one small but vocal mentor that keeps Dickhut motivated during the competition.

"My daughter is my biggest fan," he said laughing as he recalled his daughter's enthusiastic support during competition. "Having her there at meets means everything to me. In the last competition she voted the best leader; she just screamed 'Daddy,' when I get up

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# Skeet team holds its own in tournament

By T.D. SMITH  
Marine Corps Base

Every Marine is a rifleman, however, two Marines in Camp Lejeune aren't just riflemen, they are All-Marine Skeet Team shooters as well.

The team recently competed in the 49th annual High Desert Sportsmen Skeet competition. The tournament's branches of the armed forces against each other. The Marine team took runner-up to the Air Force overall, but was able to clinch the 12-gauge event for the first time since 1981.

During the five-day tournament, each shooter took on 600 targets. They fired with the 12-gauge, 20-gauge, 28-gauge and .410-gauge weapons.

"A lot of the sport is mental," said Staff Sgt. Brian Mills, an intelligence analyst with Headquarters Battalion, 2nd Marine Division. "It is almost as if you mentally shoot the skeet target. You need to keep your focus."

In addition to challenging one's mental focus, Marines who participate gain practice firing at a moving target. This helps when faced with a mobile enemy. It's just combat enemy training that proves to be the valuable opportunity to meet new people as well.

"Skeet shooters are some of the friendliest people I'll meet," said Chief Warrant Officer 2 Darron Todd, an engineer maintenance officer with U.S. Marine Corps Forces Special Operations Command.

There is a lot of camaraderie among skeet shooters. The good nature of skeet shooters helps those want to get into the sport, or help those already involved prove their skills. It is easy to find a mentor, as most of your more seasoned skeet aficionados will be more than happy to help, said Todd.

Veteran shooters aren't the only ones helping out in skeet enthusiasts. Marine Corps Community Services has been an invaluable resource for Lejeune's skeet shooters, said Todd. They provide ammunition for practice and help with coordination in events.

Some might not know that two of the participants in the All-Marine Skeet Team, one being Todd, were selected for the National Skeet Shooting Association's 2009 All-American Military Team.

To represent the Marine Corps in the sport of skeet, Marines must apply for the position. For more information and an application, go to the Web site [usmc-mccs.com/sports/allmarine.cfm](http://usmc-mccs.com/sports/allmarine.cfm).

# Nutrition workshop a healthy choice

LANCE CPL. JONATHAN G. WRIGHT  
Marine Corps Base

Two Marines run a physical fitness test; matching each other in pull-ups and sit-ups, but when it comes to the run, the difference between their finishing times is five minutes. The night before, one had a spaghetti dinner with sports drink while the other had a bag of candy with beer.

The reason the results are different is easily apparent, yet some Marines still prefer the latter way of eating before any physical activity. In this sense, an intervention is needed; that of a dietician.

Amber DeVore, the only Marine Corps Community Services' dietician for Camp Lejeune, holds monthly classes on everything one would need to educate themselves in the value of dieting, as well as what to look out for in terms of performance-enhancing products.

"Pre-event meals are very important in how you physically perform," said DeVore. "People need to be very watchful of what they eat and drink."

The workshop starts with general information on nutrition and ends with information about which foods are beneficial for eating before exercise, eating during exercise and eating for recovery.

"A good balance of carbohydrates, fats and protein is essential," said DeVore. "Lacking or overindulging in any of these will make a difference in your performance."

Along with explaining the variations of foods and their values, DeVore also explains possible risks and benefits of supplement and caffeine use.



Courtesy photo  
Monthly nutrition education workshops are held by Camp Lejeune's Marine Corps Community Services' dietician, Amber DeVore. "A good balance of carbohydrates, fats and protein is essential," said DeVore.

"Four years ago I was taking hydroxycut," said Vanessa Renfroe, a civilian attendee, on her experience with supplements. "I had a panic attack. I just went crazy."

DeVore went on to describe the effects of caffeine, and little-known facts such as how the energy drink Red Bull is banned in three countries due to the physical effects it can have.

Lasting a total of four hours, the Nutrition Education Workshop is open to any Department of Defense ID card

holder. From topics ranging from the importance of eating 5 to 6 times a day to learning about how hydration affects performance, you'll discover a number of ways to improve your health.

If you are interested in learning more about nutrition, please attend the Semper Fit Health Promotion Education Workshop. Call 451-2865 for upcoming workshop dates and to register for the class. Limited seats are available.

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## Excellence in basics

### Marines test skills using iron sights

LANCE CPL. JAMES W. CLARK  
II Marine Expeditionary Force

Marines master many techniques of warfare from martial arts, Military Operations on Urban Terrain, land navigation courses, weapon ranges and a myriad of field exercises. However, it's the responsibility of the Marine Corps Security Forces Regiment, II Marine Expeditionary Force, to focus on Close Quarters Battle skills.

Unlike many methods the Corps uses to conduct warfare, CQB is not solely a military skill, but one exercised in the civilian sector as well. Therefore, the instructors of the CQB schoolhouse in Norfolk, Va. sometimes look outside the military to their civilian counterparts in SWAT teams for evaluation of their

performance and ideas to improve their training program.

The instructors of Marine Corps Security Force Training Company, II MEF, recently participated in the Security Protection Officer Team Competition, which included expert marksmen from civilian and military law enforcement and security units, in Albuquerque, N.M., May 31 through June 4.

Marine instructors from the regiment's training company have participated in the event for the last 13 years to maintain their edge and share best practices in CQB.

"(The competition) is a good assessment of the techniques and procedures we use, which are similar to our civilian counterparts," said Capt. Christopher L. Buck, officer in charge of Close Quarters Battle Section, Training Company, Marine

SEE BASICS 2C ▶

Photos courtesy of www.spofc.doe.gov  
Marine instructors with Close Quarters Battle Section, Training Company, Marine Corps Security Force Regiment, II Marine Expeditionary Force, competed in the Security Protection Officer Team Competition, May 31 through June 4. The event allowed the instructors to test their skills and evaluate their techniques through friendly competition with teams from civilian law enforcement agencies across the country.

## Marine spouse aids drowning Marine

LANCE CPL. JAMES W. CLARK  
II Marine Expeditionary Force

While swimming at the Area Two Pool, June 18, with her 18-month-old son, Sarah Elliott, the assistant family readiness officer for 1st Battalion, 2nd Marine Regiment, 2nd Marine Division, saw a Marine swimming near them in the shallow end.

After swimming laps, Sgt. Sam Sokphal, Wounded Warrior Battalion-East, Wounded Warrior Regiment, had a seizure wading in the water. While holding her son and calling for help, Elliott pulled Sokphal up and kept his head above water while she waited for assistance. Sokphal was taken to the hospital and released after his recovery.

Sokphal, who suffers from Complex Regional Pain Syndrome in his arm and pain in his back due to surgery, said he uses the pool as a way to ease back into physical activity.

"The swimming helps a lot with the nerve damage. It hurts at first, but feels much better the more you do it," he said.

Elliott said when she saw Sokphal submerged in the water, she thought he was holding his breath, but when he didn't come up she came closer to see if he was alright.

"He was on the edge of the pool and underwater, shaking. I walked over to see if he was alright, but had the feeling he wasn't okay," Elliott said. "He didn't respond when I touched his arm, and that's when I

SEE SPOUSE 2C ▶

## No texting, driving across North Carolina

### Governor signs new law banning texting

RYCE C.K. MUHLENBERG  
Marine Corps Base

Governor Beverly Perdue recently signed a new law requiring North Carolina citizens to follow new driving rules established in the state.

Effective Dec. 1, the law will require drivers to pull to the side of the road before texting or e-mailing while driving in North Carolina.

"If an officer has a reasonable suspicion you are texting while driving, there's a possibility he'll pull you over," explained State Representative Earl Jones, in an interview with WFMY News

recently. "I felt this type of legislation protects the public."

The use of factory-installed or aftermarket GPS or wireless communications devices and voice operated systems are allowed.

North Carolina is the most recent state to pass these laws in an attempt to reduce careless accidents and loss of life.

"Anything to keep people focused on the road is good in my book," said Lance Cpl. Curtis B. Thornton, a patrolman with Military Police Company, Headquarters and Support Battalion, Marine Corps Base Camp Lejeune. "We lose enough Marines to wrecks as

it is, so this should help people become less distracted."

According to the bill, violators can face up to \$100 in fines plus court costs. Even if fines may be heavy, violator's insurance rates will not be affected and no additional points will be added to his or her driver's license.

Thornton also added for those individuals who think they can skirt the law, it isn't going to be easy.

"It's usually not hard to tell who is and isn't texting, it's obvious in how they are driving and the

SEE TEXTING 2C ▶



Photo courtesy of Abejon Photography  
A new law taking effect Dec. 1 will require drivers to pull to the side of the road before texting or e-mailing anywhere in North Carolina.

## Medieval game meets modern warrior



Courtesy photo  
Master Gunnery Sgt. James Adkins, the staff noncommissioned officer in charge of the Marine Corps administrative analysis team aboard Camp Johnson, intently stares at a chess board during a match to qualify for TO games in Germany.

CPL. KATIE DENSMORE  
Marine Corps Base

Two warriors met on the battlefield and stared each other down. They prepared to give their troops orders to move and attack. They focused on strategy trying to out wit and counter attack before a move is made. The heated battle between the two continued until the word, 'checkmate,' declared the victor.

For Master Gunnery Sgt. James Adkins, the staff noncommissioned officer in charge of the Marine Corps administrative analysis team aboard Camp Johnson, playing chess has become much more than just a hobby. It has become a large part of who he is.

"I began playing chess in sixth grade," Adkins said. "My uncle taught me and he always beat me until eighth grade when I asked my mom for a book on chess. I studied and learned about the game. Then I beat him and from then on I kept beating him. He got sick and died of diabetes. The day before he died I let him win that last game. He was so happy to beat me that last time."

Adkins then took a brief hiatus from the game, playing only one other opponent in high school.

"I only played one game in high school against someone else," he said. "I walked into the chess team's practice and asked who the best player was. They told me the coach. So I asked to play him. I beat him and then walked out. After that I didn't play until I got into the Marine Corps."

Adkins originally joined the Marine Corps to pursue wrestling. He was on the wrestling team when he rediscovered his passion for chess.

"One day after wrestling practice I saw these guys in the library playing chess," he said, smiling as he recalled the moment his old love was rekindled. "I challenged all of them and beat everyone there. The next day they showed up at my wrestling practice and challenged me. I beat them again and within a year I was the chess team captain."

Some may believe chess and the Marine Corps are an odd pairing. Most people don't envision Marines sitting calmly and playing a board game for hours, but the reality is the game and war are very similar.

"It's truly a microcosm of military tactics," he said. "There are a lot of field tactics you use in chess. If your opponent is weak on his left flank, you attack that flank just like in the battlefield."

Adkins even attributes his success in chess to the Marine Corps.

"I am truly a product of the (Marine Corps Community Services) system and (Morale Welfare and Recreation)," he said. "If they had pool, chess, poker or any other tournament I was involved. When it comes to competing, I'll play games. To me that's a lot better than drinking and blowing all of your money."

Adkins has won numerous games, achieved several titles and even beat 30 people at once in an exhibition game aboard Marine Corps Air Station Cherry Point. But one game resulted in his most cherished and unexpected prize.

"I always tell people I won my wife in a game of chess," he said, proudly bragging about not his greatest victory, but the best reward. "She was seeing another guy at the time, and he challenged me to a game of chess, which I won. She came to watch and I saw her and said that's my future wife. We are still married today."

Adkins' favorite moment involved the NATO chess tournament in Italy September 2001. He played against one of Italy's top ranked players.

"I had to play against Marco Corvy, the top

SEE GAME 2C ▶



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**Services**

**290 RIVER OAKS DR** Reduced to \$190,000. This home has been completely remodeled with new doors, flooring, windows, tile, counter tops, and the list goes on. There is also a great view of the White Oak River from the back deck. Short distance to base and Emerald Isle beaches. Call Bluewater GMAC about our Military Advantage Program @ 800-752-3543. [www.bluewatergmac.com](http://www.bluewatergmac.com)

**Services**

**3BR/2BA-1** Car Garage with approx. 1018 sq.ft., \$131,000. New Construction offered in Ashbury Park. Call Jody @ CHOICE Realty (910) 265-0771 or 455-7284 [www.sammjodyhomes.com](http://www.sammjodyhomes.com)

**Services**

**407 ALDER CT** New 2 story home with approx. 1,800 sq.ft. yard size is just over 3 acres. To be built in Ashbury Park located off of Luther Banks Rd in Richlands. Space and acreage for \$194,900! Ask Jody for details on paid buyer closing costs and color selections for your new home. Contact Jody Davis at Choice Realty (910) 265-0771 or 455-7284. [www.sammjodyhomes.com](http://www.sammjodyhomes.com)

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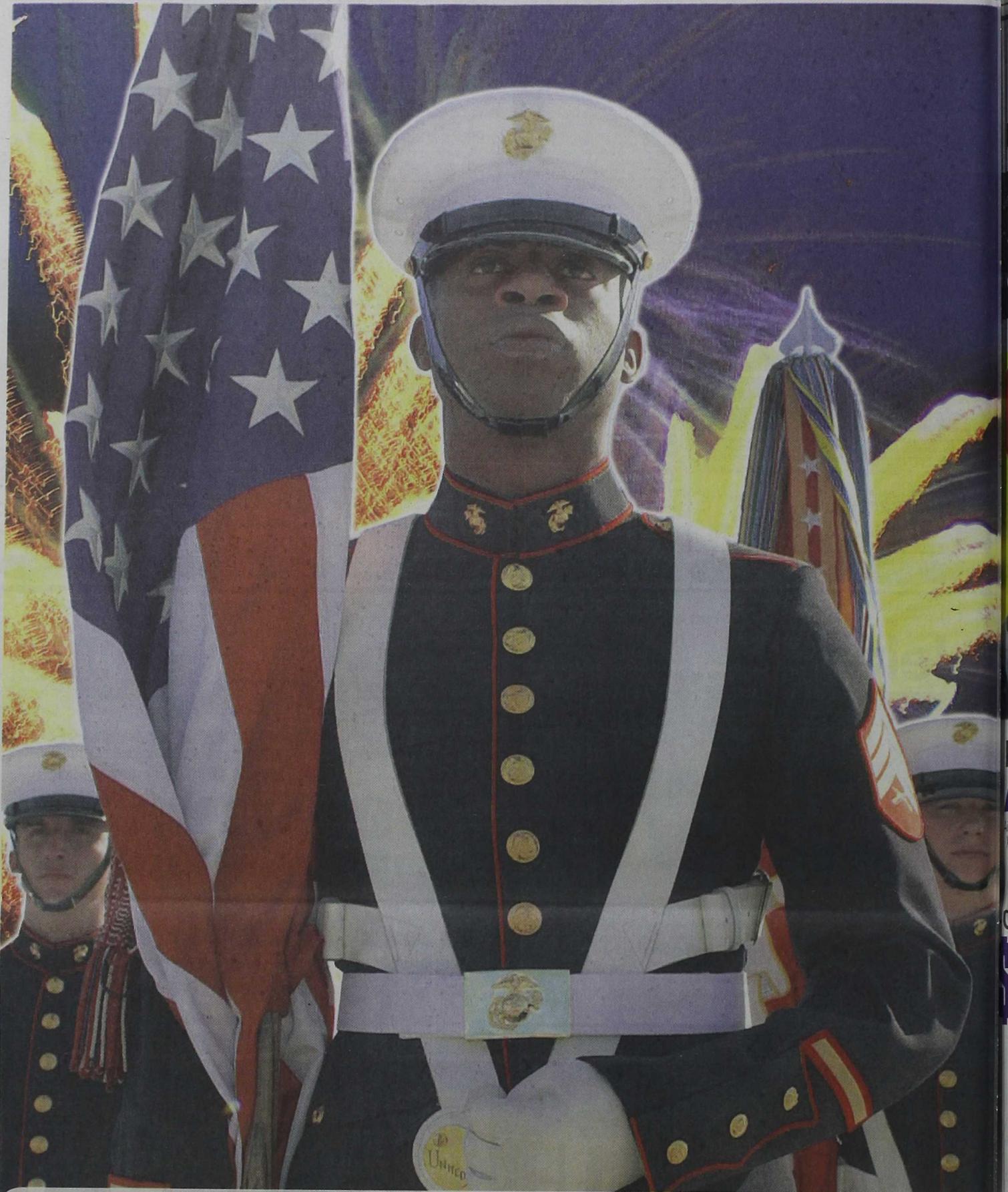
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1 Bay Dr - Includes beautiful home with 3 BR and boat slip with pool and tennis court privileges **\$2000/mo**

105 Sea Turtle Cove - 3BR/2.5BA open floor plan can include club membership for a additional fee rent w/o membership **\$1400/mo to include membership \$1550/mo**

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306 Vesta Ct - 4BR/3.5BA Includes boat slip, upgraded appliances, granite in the kitchen double carport underneath, includes use of pool & clubhouse, pets req. **\$1600/mo**

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104 Scooter Ct. in Pelican Reef 2BR/2BA adorable home, w/club privileges **\$1100/mo.**

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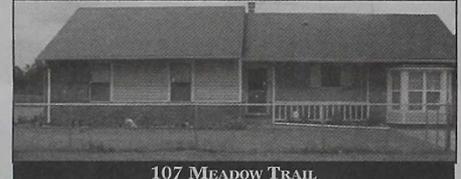
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BANK FORECLOSURE - 5BR 4 baths! First floor kitchen with granite & granite countertops, dining & living. FP, hardwood floors, try windows, balcony, second floor with 3BR & 2 1/2 baths. Third floor master suite with walk-in closet. Home has ceramic tile in view balcony too, upgraded fixtures & TOR and your own walkway to the beach and outdoor private shower, storage for special financing & incentives, contact me! Melissa Miller (910) 938-9031. This way below market value at \$410,000!

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139 Plow Point Ln, 2300 sqft. Fenced back yard with patio & retractable awning. 173K. 910-388-0260

2 car garage, 1400 plus \$156,900. "The Orchard" New in 149 Ashbury Park Lane. @ CHOICE Realty (910) 455-7284. or 455-7284. [odyhomes.com](http://www.odyhomes.com)

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**JUST IN!** New lots available in Maynard Manor, only minutes from base. 4BR/2BA, 2026 sqft home for \$134,900. No money down at all! Closing costs paid by seller on approved credit. Call NOW, 910-546-0043 & ask for Mike. [www.NewCenturyHomesofJacksonville.com](http://www.NewCenturyHomesofJacksonville.com)

**LAND FOR SALE** 19 Acres, Hwy 24/258, 4 Acres in Richlands, Hargett Street & Hwy 24/258 in Richlands. 4 Building Lots Comfort Rd. Richlands Insurance & Realty, 910-324-3133

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**OPEN HOUSE** Sunday, 7/19, 11 a.m.-4 p.m., 107 Rex Ct, Jacksonville. \$122,000 3BR/1.5BA, completely remodeled in 2008! Huge fenced yard with large shed.

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**PT OPPORTUNITY** Mature handyman needed for Jacksonville apartment community. Apply in person M-F 10 a.m.-Noon at Phoenix Park II Apartments, 500 Progress Way, Jacksonville. EOE

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Tennis Privileges. This two story open floor plan townhome features a private patio with attached utility/laundry room with washer and dryer and all other appliances included. It is just minutes from Camp Lejeune Main Gate and Cherry Point. FHA and VA approved. This townhome is a must see! Home Owners Association fee is \$80/mo and includes water, sewer, exterior maintenance, and street lights. \$134,900. Call Bluestwater GMAC for more information @ 888-354-2128. [www.bluestwatergmac.com](http://www.bluestwatergmac.com) \$134,900.

**ASHBURY PARK SUBDIVISION IN RICHLANDS** New neighborhood in Richlands located off of Luther Banks Rd. 3bed/2 bath homes starting at \$124,900. 4bed/2ba homes starting at \$144,900. Paid closing costs offered when financing through preferred lender. Melissa Pittman Mills (910) 340-1195 with JPMorgan Chase Bank (some restrictions may apply). Ask Melissa for information on VA, FHA, USDA, or Conventional loans for these homes! Listed by Jody @ CHOICE Realty 910-455-7284 or 265-0771

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**Real Estate For sale**  
old... Three bed 2 bath with attached garage. Open kitchen to living separated by bar. Gumbanch area of Jacksonville. \$146,000. Call Courtney Carter, CHOICE Realty 910-526-5151

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**Wanted**  
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**Kirsten Holmstedt**  
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## Service members 'FIREPROOF' their marriages

**CPL. JESSICA L. MARTINEZ**  
 Marine Corps Base

**W**hen it comes to marriage, people often want or hope for the fairy tale story. Yet that happily ever after feeling isn't a 24/7 thing. Marriage isn't always easy; it takes some work.

To help service members strengthen their marriages as well as deal with the stresses military life adds to the relationship, Cmdr. Robert Carpenter, command chaplain for Marine Corps Base Camp Lejeune, Marine Corps Installations — East and the Deployment Processing Command, began the Fireproof Marriage Enrichment Program aboard Camp Lejeune.

The marriage enrichment program is a spin off of the movie "Fireproof," a film about improving marriages which was released in 2008. The movie focuses on the relationship of firefighter Capt. Caleb Holt and his wife, Catherine. Their relationship is failing. Just when they are ready to call it a quits, Caleb's father challenges him to try the "Love Dare," a 40-day challenge a husband or wife can do for their spouse.

With help from the Midway Park Theater, Carpenter began holding free viewings of the movie in February and then the Fireproof Marriage Enrichment Program soon after.

"Since everything began, we've had about 1,400 people attend a total of eight showings of the film and, on average, 75 people attended our weekly marriage seminar," said Carpenter.

"What we are seeing is marriage is tough, and there are times in or during every marriage when husbands and wives can feel overwhelmed and unhappy," said Carpenter. "One of the great strengths of the Fireproof marriage program has been that couples are seeing, no matter what trials they may face in their marriage, there is hope for them to be happy once again."

Military life isn't always easy on couples and brings many challenges. Everyone is affected by workups, deployments and separation. Other factors can also take a toll on a relationship; trust, fidelity, forgiveness and communication are huge issues impinging on many military marriages.

Many couples who watched the movie "Fireproof" also attended the seminar to help strengthen their marriages and work on the weak areas of their relationship.

"I heard about 'Fireproof' from Chaplain Carpenter," said Gunnery Sgt. Michael Reiser, company gunnery sergeant with Company C, Infantry Training Battalion, aboard Camp Geiger. "He recommended the movie and my wife and I ended up buying it. The movie and the classes really helped my relationship with my wife. It brought us so much closer. Our biggest issue we were dealing with was communication, and it showed me the real way to treat a wife and how to set my priorities as a husband and father."

Reiser commented on how, as a Marine, he could relate to the firefighter in the movie. He said the work relationship the firefighter had with his fellow firefighters and how he handled it helped him to improve his work relationship with his fellow Marines.

"It gave me different avenues to take to really open the doors of communications with my Marines," said Reiser. "I mention the movie to them a lot and recommend it, as well as the book, all the time."

The first semester seminar of the Fireproof Marriage Enrichment Program concluded in April. To honor the end of the semester, Carpenter held a vow-renewal ceremony to help give couples a fresh and strengthened start to their marriages.

"I am very excited at how our Fireproof Marriage Enrichment Program has made such a substantial impact on so many couples," said Carpenter. "The seminar gives couples hope they can once again recapture the love and happiness they once knew."

Carpenter plans to continue to use the movie and related materials inspired by it to help strengthen military marriages.

"Hopefully, we'll continue as long as possible, especially as couples continue facing difficulties in their marriages," said Carpenter.

The Fireproof Marriage Enrichment Program has been so successful that Carpenter is scheduled to take it to Marine Corps Air Stations New River, Cherry Point, Beaufort, S.C., and Marine Corps Base Quantico, Va.

Currently the Love Dare Bible Study takes place every Monday evening at 6:30 at the Midway Park Chapel. It lasts approximately an hour and free childcare is available through Marine Corps Community Services. To reserve childcare, call 451-2672 in advance of the session.

For more information on upcoming movie screenings, marriage counseling or the Fireproof Marriage Enrichment Program, contact Carpenter at 451-3210.



Photo by Cpl. Jessica L. Martinez  
 Gunnery Sgt. Michael Reiser and his wife Carri embrace aboard Onslow Beach Friday. The couple, who have been married 11 years and have two daughters, recently completed Camp Lejeune's Fireproof Marriage Enrichment Program.



## MovieReview



From the front row with Reinhild Moldenhauer Huneycutt

# 'Imagine That:' Eddie Murphy stars in hilarious, family adventure flick

Playing at the Camp Lejeune Theater

**"IMAGINE THAT" (PG)**

"Imagine That" is a family comedy with loads of fantasy.

Eddie Murphy ("Norbit," "Daddy Day Care," "Shrek") stars as Evan Danielson, a successful financial executive who is focused and driven, but too involved in his work to pay much needed attention to his daughter.

Newcomer Yara Shahidi plays Olivia, Evan's sweet 7-year-old daughter who has lots of spunk but misses the connection with her father and finds solace with her imaginary friends.

When Evan has a crisis of confidence and his career starts going down the drain, he finds the solution to his problems from tips Olivia has given him.

Evan now forms a close bond with Olivia as she begins to give him astute stock

advice through her imaginary friends.

To retrieve these tips, Evan has to pretend to visit her imaginary playmates in their fairy kingdom.

However, it is not clear if her father is exploiting her or really strives to get closer to his daughter.

Co-starring are Thomas Haden Church ("Sideways") as Johnny Whitefeather, a mystical Native American and Evan's company rival; Nicole Ari Parker ("King's Ransom") as Trish, Evan's ex-wife; Ronnie Cox ("American Outlaws") as Tom Stevens; Bruce McGill ("Vantage Point") as Ryan Rowe; and Martin Sheen ("The Department") as Dante D'Enzo.

Director Karey Kirkpatrick ("Over the Edge") brings Murphy and Shahidi together, who have a magical chemistry in this film.

"Imagine That" is a hilarious adventure for the

young in which the father is forced to reexamine his life and his relationship with his daughter and redefine his meaning of success.

Playing at the Jacksonville Theater

**"PUBLIC ENEMIES" (R)**

"Public Enemies" is a Depression-era docudrama about the most storied bank robber John Dillinger.

Dillinger lived fast and died young and left a legacy as one of the most talked about criminals of the 20th century.

He was considered by many a Robin Hood, giving a lot of the stolen loot away to the poor.

In a time where most Americans had no sympathy for the banks that had plunged the country into the Depression, Dillinger was almost a hero.

While he and his gang thrilled many, J. Edgar Hoover made Dillinger America's Public Enemy No. 1 and put his best agents on the massive manhunt.

However, Dillinger and his gang outwitted and out-gunned the Federal Bureau of Investigation men for a long time.

Johnny Depp ("Pirates of the Caribbean," "Finding Neverland") stars as John Dillinger, the bad boy and notorious bank robber of the 1930's and one of the most wanted men of his time.

Christian Bale ("The Dark Knight," "3:10 to Yuma") stars as Melvin Purvis, the dashing FBI agent who is hot on Dillinger's trail, trying to take down the notorious gangster and his henchmen during their crime wave of the 1930's.

Marion Cotillard ("La Vie En Rose," "The Good Year") co-stars as Billie

Frechette, Dillinger's girlfriend.

Dillinger's henchmen are portrayed by Channing Tatum ("Stop-Loss") as Pretty Boy Floyd; Stephen Graham ("Inkheart") as Baby Face Nelson; Jason Clarke ("Death Race") as John 'Red' Hamilton; Giovanni Ribisi ("Perfect Strangers") as Alvin Karpis; Stephen Dorff ("World Trade Center") as Homer Van Meter; and David Wenham ("Australia") as Pete Pierpont.

Also starring are John Ortiz ("Pride and Glory") as Frank Nitti; Stephen Lang ("The Treatment") as Winstead; Leelee Sobieski ("88 Minutes") as Polly Hamilton; and Billy Crudup ("Watchmen") as J. Edgar Hoover, the first director of the FBI of the United States.

Acclaimed writer and director Michael Mann ("Miami Vice," "Collateral," "The Insider," "Ali," "Heat," "The Last of the Mohicans") this time focuses his attention on the 1930's bad guy, Dillinger.

Based on a book by Bryan Burrough, a Vanity Fair special correspondent, Mann takes on this true story of the depression era and America's greatest crime wave, including the birth of the FBI.

"Public Enemies" is a fascinating cat-and-mouse action thriller based on the true story of the lightning-fast bank robber and America's first ever Public Enemy No. 1.

"Public Enemies" is a great piece of Americana which was appropriately released for the July 4th weekend. Plus, Depp, as always, does not disappoint.

**Editor's note:** Ms. Huneycutt is the Public Affairs Assistant at the Base Public Affairs Office.

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<b>SATURDAY</b> "Imagine That," PG, 3:30 p.m.; "Drag Me to Hell," PG-13, 6:30 p.m.; "The Taking of Pelham 123," R, 9:15 p.m.	<b>SATURDAY</b> "Up," PG, 3:30 p.m.; "Land of the Lost," PG-13, 6:30 p.m.; "Terminator Salvation," PG-13, 9:15 p.m.	<b>SATURDAY</b> "Drag Me to Hell," PG-13, 7 p.m.; "Terminator Salvation," PG-13, 9:30 p.m.
<b>SUNDAY</b> "Imagine That," PG, 3:30 p.m.; "The Taking of Pelham 123," R, 9:15 p.m.	<b>SUNDAY</b> "Up," PG, 3:30 p.m.; "Night at the Museum," PG-13, 6:30 p.m.	<b>SUNDAY</b> "Land of the Lost," PG-13, 3 p.m.; "The Hangover," R, 6 p.m.
<b>TUESDAY</b> "The Hangover," R, 7:30 p.m.	<b>TUESDAY</b> "Up," PG, 6:30 p.m.	<b>MONDAY</b> "Land of the Lost," PG-13, 7 p.m.
<b>WEDNESDAY</b> "Drag Me to Hell," PG-13, 7:30 p.m.	<b>WEDNESDAY</b> "My Life in Ruins," PG-13, 7:30 p.m.	<b>WEDNESDAY</b> "The Hangover," R, 7 p.m.

**WE'RE PROUD TO SERVE YOU** Tickets and concessions open 1 hour prior to movie time. Pricing: \$2 Adults, \$1 Children

# Pets of the Week

Photos by Kelli Huffman

Meow! I'm a little kitten looking for someone to give me a new home. I promise I'll make a great pet. I'm a grey tiger domestic shorthair and am only 3 months old.  
Pet ID # A029879

Hey there! I'm just a friendly guy looking for a new friend to cuddle with. I'm a brown retriever mix and am 1 year old. Please take me home with you today.  
Pet ID# A029813

The Onslow County Animal Shelter is open Monday through Thursday from noon to 7 p.m., Friday from noon to 3 p.m., Saturday from 10 a.m. to noon and 1 to 3 p.m.  
To see more photographs of pets available for adoption, visit [www.petharbor.com](http://www.petharbor.com).  
For more information, call the Onslow County Animal Shelter at 455-0182.

# GamingIntel

## Legos do battle in real time

**BRIAN BOWERS**  
Stars and Stripes

Pirates, knights and aliens ... all in one game. Sounding like too much for the tiny Nintendo DS? Well, "Lego Battles" manages to squeeze a lot of action and a lot of fun into its small package.

The title, developed by Hellbent Games and produced by TT Games for Warner Bros., is a light strategy game. Most strategy games on the DS are content to let you turn with your foe as you slowly slog your way across battlefield. Not "Lego Battles." It offers an active real-time simulation that keeps you on your toes.

The game play is simple, but very satisfying. No complex menus. No waiting for turns to unfold. Just tap on the screen with the DS stylus once or twice and your unit scurry off to do your bidding.

For most activities, you tap on a unit or building to open a very small menu and then select the desired icon. However, some key activities don't even require that much effort. For example, all you have to do to harvest resources or attack enemies is tap on a unit and then tap on its destination.

Of course, your foes are also more nimble away from the turn-based battlefield, which keeps the game very lively.

In the campaign mode, you start as the monarch of small kingdom under assault by skeletal soldiers. You sail the seven seas as a pirate captain before taking on challenges of space flight. In each case, you play as both sides in the conflict, which means you can play through six stories with more than 90 different levels.

The different scenarios offer a good variety of units, dragons, knights, alien queens, tribal chieftains and even ninja masters. And the heroes get an interesting selection of special attacks. For example, the king can create earthquakes, the wizard can throw fireballs, the space can fire a big laser and the pirate captain can unleash a "monkey swarm."

In addition to the campaign mode, the game offers free play for those who don't want to get bogged down a story. It also offers head-to-head competition over the DS's wireless connection.

"Lego Battles" once again shows how much fun the blocks can be, even in a digital world.

**Platform:** Nintendo DS  
**On the Web:** [legobattles.com](http://legobattles.com)

**Editor's note:** This story is used with permission from Stars and Stripes. Copyright 2009 Stars and Stripes. Please do not reprint.

## 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, e-mail [heather.owens@militarynews.com](mailto:heather.owens@militarynews.com). Space is limited to availability.

**Meditation by the Sea**  
Tuesday, Thursday, Saturday, 8 a.m.  
Escape to the beach and renew your body and mind. The warm sand and gentle breeze away Semper Fit offers its Meditation by the Sea at Onslow Beach each Tuesday, Thursday and Saturday at 8 a.m. The class blends yoga, Pilates, and meditation into an hour of bliss. Participants should wear comfortable clothing, bring a beach towel and meet at the Officers' Pavilion at the beach. The class is free to authorized patrons with valid ID card. For more information, call 451-0826 or visit [mccslejeune.com](http://mccslejeune.com).

**Lecture about Montford Point Marines**  
Thursday, 7 p.m.  
Dr. Clarence E. Willie is scheduled to give a talk entitled "The Marines of Montford Point: Fighting for Freedom" at the Tryon Palace Historic Sites and Gardens in New Bern, N.C. The event is free and is set to take place at Tryon Palace auditorium at 610 Pollock. For more information, visit Tryon Palace's Web site: [tryonpalace.org](http://tryonpalace.org) or call 252-514-4900.

**Farmers' Market singing contest**  
July 25, 10 a.m.  
The Onslow County Farmers' Market has scheduled its 3rd annual American Idol-like singing contest on July 25. Lunch will be available for purchase, and the public is invited to help cheer on the contestants.

**United Services Organization benefit**  
July 25, 8 p.m.; July 26, 3 p.m.  
The Snead's Ferry Community Theatre is scheduled to perform their latest show, "The Cemetery Club," to benefit the United Services Organization of North Carolina. The show is a two-act comedy by Mike Menchell. Tickets are \$10 at the door. Light refreshments will be served. This event is open to the general public. It will take place at the USO of North Carolina's Jacksonville Center at 9 Tallman St. For more information, call 455-3411.

**Military Retiree Health Care Town Hall**  
July 30, 2 p.m. and 6:30 p.m.  
Navy Capt. Gerard Cox, commanding officer of Naval Hospital Camp Lejeune, is hosting the Military Retiree Health Care Town Hall meeting July 30. Sessions are scheduled for 2 p.m. and 6:30 p.m. in classrooms A and B at the hospital. This is an opportunity for military members, retirees and family members to hear what's going on directly from the commanding officer. Additionally, Lt. Cmdr. Christopher Tepera, urologist, is scheduled to give a presentation about prostate cancer. For more information, call Raymond Applewhite, public affairs officer, at 450-4463.

# Bob Ross' spirit touches Camp Lejeune through art

**BRYCE C.K. MUHLBERG**  
Marine Corps Base

If you love to paint or want to, and you're near Marine Corps Camp Lejeune, you now have reason to jump for joy. The legendary legacy of the Bob Ross painting technique is taught during new weekday classes hosted by Melody Ann Panneton, a certified Bob Ross instructor. Classes are held the first and third Tuesday of the month from 5 p.m. to 7 p.m.; every Wednesday from 10 a.m. to 2 p.m.; and the second and fourth Thursday of the month from 5 to 9 p.m. The classes are for all authorized patrons with a valid ID card. The cost of materials and attendance is \$40 per class. If a student has his own easel, the cost for attendance is only \$25. There are some awesome students and they start with an empty canvas and, in four hours, end up with masterpieces to take home, Panneton said. "That's how I got into it. Thirty years ago my husband was in the Marine Corps and he was gone all the time, and I needed something to do. I loved painting so much I decided I wanted to share it with everyone."

Denise Martin, a military spouse and one of Panneton's students for the last year, said she has her own reasons for painting. "It's my therapy, and it helps me decrease any stress," said Martin. "I think I actually heard about it in The Globe, but I've been doing it for a year now, and I can't encourage people enough to get on out."

Children's Bob Ross Painting Camp is scheduled for Aug. 10 and 13 from 9 to 11 a.m. and Aug. 14 from 9 a.m. to 1 p.m. The camp is for children ages 8 years old and up. The cost is \$100 per camper. Parents must register for the class prior to Aug. 7, but a fee may be paid on the first day. For more information, visit [mccslejeune.com/community](http://mccslejeune.com/community) or call 450-1687.



Photo by Cpl. Bryce C.K. Muhlenberg

Denise Martin, a military spouse, puts the finishing touches on her most recent creation at the Bob Ross painting class aboard Tarawa Terrace I. "It's my therapy, and it helps me decrease any stress," said Martin. For more information about the classes, visit the Marine Corps Community Services' Web site at [mccslejeune.com/community](http://mccslejeune.com/community) or call 450-1687.

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SUMMER 2009

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OUR TOP 10 THINGS TO DO THIS SUMMER

Courtesy photo  
 Jacksonville  
 Kirsten Holmstedt  
 currently on tour to  
 promote her second  
 book, "The Girls Come  
 Marching Home: Stories  
 of Women Warriors  
 Returning from the War in  
 Iraq." She has planned  
 several book signings in  
 Jacksonville and her new  
 book is available at  
 the Barnes & Noble  
 bookstore located at  
 Jacksonville Mall. She  
 is also scheduled to  
 read from the book  
 at the Books-A-Million  
 bookstore located at  
 Western Boulevard at  
 4 p.m., July 17th. For  
 more information on  
 the book and other  
 events, visit the book's  
 Web site at  
 girlscomemarchinghome.com.



## 'The Girls Come Marching Home:' Book features homecoming stories of women warriors

BY MER M. OWENS  
 Living editor

It's not beach reading, but it's important  
 reading," said Kirsten Holmstedt of her new  
 book, "The Girls Come Marching Home:  
 Stories of Women Warriors Returning from  
 the War in Iraq." Holmstedt set out to tell the  
 stories of women service members as they  
 come home from deployment. For some, the  
 war begins and ends on the battlefield. For  
 some, it follows them home. For some, it  
 begins when they get home," Holmstedt  
 said. "Military women are not given the  
 same raw attention to themselves, so I am  
 proud and honored to tell their stories."  
 Although many of the women featured in  
 the book's sophomore outing are from other  
 branches, the Army is heavily represented and  
 the Coast Guard is included for the first  
 time, she said the book is still very relevant  
 to the Marines and civilians in the  
 Camp Lejeune area.

It's not that you are a Marine, sailor or  
 airman, if you went to Afghanistan, you  
 will see some part of that story in here,"  
 she said of the book. The women (service  
 members) who will share a lot of the same  
 experiences that are in the book." Holmstedt's  
 first book, "Band of Sisters: Stories of  
 Women at War in Iraq," made a debut in  
 Jacksonville during July 2007. Several local  
 Marines were featured in the book and  
 joined Holmstedt at area book signings,  
 including a heavily-attended book signing  
 event at the Jacksonville Country Club.

The first book helped women know they  
 were not alone, even if they were serving  
 alongside of all men," said Holmstedt. "We  
 need a band of sisters."

Holmstedt, who was formerly married and  
 a Navy chaplain and worked at Coastal  
 Community College for a number of years,  
 first became interested in the role of women  
 in the military at the start of the War on  
 Terrorism when she started writing their  
 stories in the media. "The stories I was  
 hearing did not go deep enough for me.  
 I wanted to know more," she said.

"I also wondered if 9/11 had happened  
 20 or 25 years ago, how I would have  
 responded. Would I have responded? So it  
 was kind of a personal as well as profes-  
 sional journey," said Holmstedt.

She began writing "Band of Sisters" as  
 her thesis in the creative non-fiction writing  
 program at the University of North Carolina  
 — Wilmington where she received her  
 masters of fine arts degree during 2006. The  
 program helped her to focus on and finish  
 the book.

Since the publication of her first book,  
 Holmstedt has made stops across the coun-  
 try and at a military installation in Ger-  
 many talking about the issue of women  
 serving in combat zones.

Often she brings along one or several of  
 the service members featured in the book  
 to share their stories and start a discussion  
 with attendees. She plans to do the same  
 with the current book tour.

"It's so cathartic for the women (service  
 members) to be on the book tour, because  
 people are so encouraging and interested  
 in what they have to say," said Holmstedt.  
 "You could hear a pin drop when they are  
 talking."

She said she finds fulfillment in educat-  
 ing civilians about women's contributions to  
 the military.

By raising awareness about military  
 service women's lives and service, she hopes  
 more civilians will be aware of and appreci-  
 ative of them.

"When I talk to civilian women about  
 what our women (warriors) are doing, they  
 are blown away," she said. "Another place  
 I love to speak is at universities, colleges  
 and women's studies programs and educate  
 them about what their counterparts are do-  
 ing on the battlefield."

**Editor's note:** Holmstedt is scheduled to  
 give a reading from and discuss "The  
 Girls Come Marching Home" Saturday at  
 2 p.m. at the Barnes & Noble bookstore  
 located in the Jacksonville Mall. She is  
 also scheduled to appear at the Books-A-  
 Million on Western Boulevard at 4 p.m.,  
 July 31. Other area events and informa-  
 tion are available on the book's Web site at  
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# Local girl gives hope to cancer survivors through donations



Taylor Nickerson, a family member of a Camp Lejeune Marine, holds a 10-inch ponytail of her hair which she recently donated to the Locks of Love program. Nickerson made the donation in honor of her grandfather who passed away from cancer.

**SGT. T.D. SMITH**  
Marine Corps Base

Even though Taylor Nickerson had been growing her hair for quite some time, she didn't think twice about losing 10 inches of her brunette mane.

Through the Locks of Love program, Nickerson, a family member of a Marine from Camp Lejeune, will help a child who has lost hair due to a medical ailment, such as cancer.

Her hair will be used to create a wig for a disadvantaged child with a medical need.

"It feels good to donate my hair," said Nickerson. "It feels good to know a kid who doesn't have hair, because of cancer, can use it. Besides, my shorter hair will be easier to brush out."

The 10 year old had a personal reason for her do-

nation, as she lost a grandfather to cancer.

Before his death, her grandfather had even suggested she donate her hair, because supporting St. Jude's Children's Research Hospital and children's cancer charities was important to him.

She explained that was the reason she decided to give up some of her hair.

Nickerson's mom said the donation was an emotional event because of the personal tie.

She said she had been thinking about her father all day.

"I'm very proud of her," said Amanda Nickerson, Taylor's mother. "I know (my father) is looking down at her and is very proud of her. If it can help a child with cancer, it is definitely worth it."

The pair hope others will

also consider donating locks to the program.

Whether you donate because of personal reason or just because it makes you feel good, there is some information to bear in mind.

The minimum donation is 10 inches.

Donated hair cannot be chemically treated.

It must be in a ponytail or braid prior to being cut.

Even if you don't have long hair, you can still donate to the Locks of Love program.

A direct monetary donation can be made. Also one might consider buying a product which donates to the program.

**Editor's note:** For more information about Locks of Love, visit the program's Web site at [locks.org](http://locks.org). The Web site includes a step-by-step video of the donation process.

## SPOTLIGHT OF Homes

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# Stay safe during sizzling summer grilling

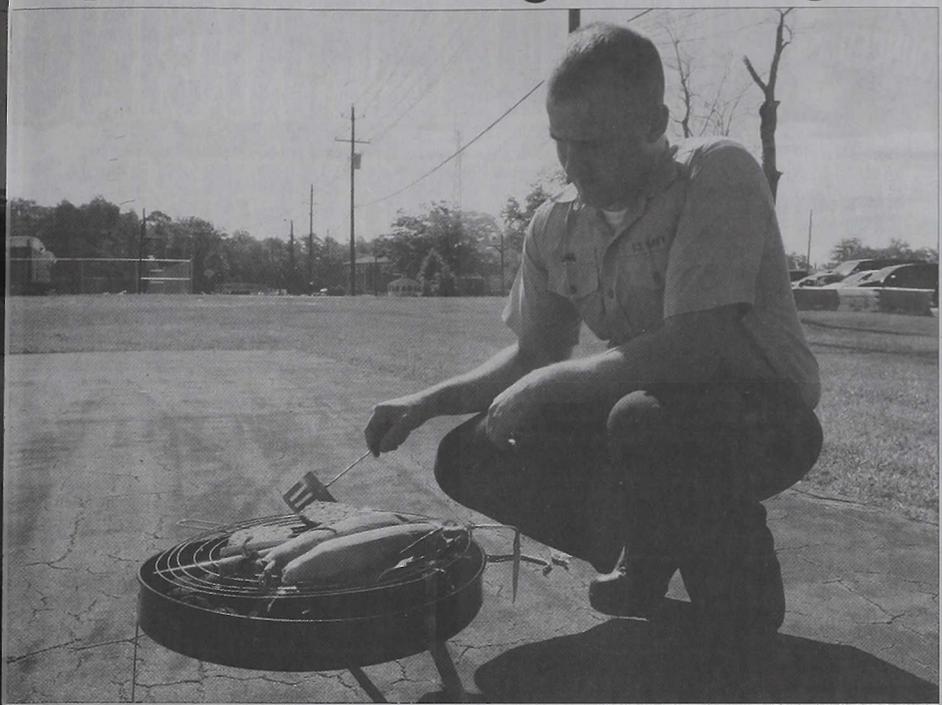


Photo by Sgt. T.D. Smith

an Ryan Long, religious program specialist with Marine Corps Base Camp Lejeune Chaplains Office, crouch on the basketball court near his office. The court, which is a hardtop set away from the building, is a good option for grilling. Employing a few important safety measures can make grilling a safe and rewarding experience.

**D. SMITH**  
Corps Base

At the onset of summer, it is turning up and not the weather. Outdoor grilling is a popular summer pastime, but there are some important safety measures to mind.

One such thing to think about is the correct operation of the grill as well as being cautious with the equipment seems to be a good idea. There are some things working with these if they are being problematic.

"Sometimes gas grills won't start up on the first try," said Eric Quinn, a safety specialist with base safety. "You don't want to keep trying to light it over and over again, because it could explode or cause a fire. You should wait at least five minutes in-between attempts to light the grill, as this allows the gas to dissipate."

If you are unable to get the gas grill fired up or you can't seem to get the coals going, it might be a good idea to have a backup plan or an alternative cooking method when grilling

away from home. Have a restaurant in mind or bring foods you can eat without cooking, like beanies weenies or spam.

Once you do get the gas going, remember it can also pose a fire danger, so becoming familiar with the equipment can be helpful in a few ways. It can enhance the grilling experience, improve your culinary skills and help decrease operator error.

You might be borrowing a grill or helping a friend cookout on his grill and a fire ignites. Knowing how to turn off the propane bottle is a good way

to control a gas-grill fire, said Glenn Zurek, assistant chief with the Fire Prevention office.

The food on the grill might still be on fire, so it is best to shut the lid, keep an eye on it and let it burn itself out.

Part of being knowledgeable about a gas grill is knowing its manual.

If a recent grill purchase didn't come completely assembled, you may want to seek professional help in putting it together.

Seek the advice and expertise of the sales people where

you bought the equipment.

"One minute you're planning a nice day of barbecuing, and the next thing you know you are going to the hospital," said Quinn. "If you put together a gas grill, read the caution warnings, because they are definitely there for a reason. If you do something wrong, you could cause an explosion."

After ensuring the equipment is safe and ready to use, be sure you have everything you need on hand before kicking off a picnic.

If you are prone to forget things, or have an impromptu picnic, have the barbecue near a store where you can pick up needed items.

Also, keep meats in the fridge until the grill is fired up and ready to go, as this reduces the risk of food poisoning.

Ensure meats are cooked to a proper temperature, which can often be found on the packaging. It's imperative to get the grill hot enough to get the meat to a minimum safe temperature.

If you forget lighter fluid or run out of propane, you don't want to use an alternative method of igniting a grill, said Quinn.

You never want to use gasoline to light charcoal, and you don't want to use excessive amounts of lighter fluid.

Some might opt to use neither gas nor charcoal grill and instead employ a fire pit.

When cooking with an open fire, make sure the flames don't get out of control.

Use long tongs as this helps you keep a farther distance from the flames and could help you avoid burns.

Make sure the fire is completely out and the embers have cooled before you leave the pit unattended.

Like a fire pit, grills can cause burns. Grills should also be attended until they have completely cooled to avoid

potential hazards.

"Even after you're done cooking, you should still pay attention to a barbecue. The grill or the coals could still be hot and this causes potential for injury, especially for children."

Keeping a close eye on what's cooking while the grill is still hot is another good idea, especially if you have pets.

Whether you prefer gas flame or a charcoal flavor, Rover may share your tastes in food and you don't want your pooch to get burned because you weren't paying attention to the grill.

Children are also at risk of accidentally getting too close to the barbecue and getting injured.

"Unattended cooking is one of the biggest problems we've seen on base," said Zurek. "You could be out having fun, walk away from the grill and then a dog or a child knocks it over. That could start a fire."

Knocking over a grill isn't the only fire hazard. The temperature could ignite nearby objects, so make sure the area around the grill is free of debris.

"Keep grills away from structures," said Zurek. "Once the barbecue starts heating up, it can start melting away vinyl siding, which is used on base housing."

In addition to structure fires, wildfires have been known to start from barbecues.

If a fire does start, a fire extinguisher is the best way to put it out and prevent the fire from spreading.

"If a coal grill catches fire, you may be tempted to throw water on it, but that will actually fan the flames," said Zurek. "Water does the opposite of what you think it will do, so it is best to use a fire extinguisher."

This summer, when gearing up to "throw some shrimp on the barbie," keep in mind the hazards that could occur. Take proper precautions when firing up the grills and stay safe.

## Rolling Thunder honors Marine, veterans with motorcycle ride

**HEATHER M. OWENS**  
Carolina Living editor

Rolling Thunder was a retired Marine who loved Marine Corps, Rolling Thunder and riding Harley.

Two years ago, July 3, 2007, Relay passed away following a three-year battle with pancreatic cancer.

Members of Jacksonville's Rolling Thunder NC-5 Chapter decided they wanted to honor their beloved friend with a motorcycle run.

On July 25, that goal of honoring Relay became a reality when the chapter holds the first Ron Relay Memorial Ride.

Everyone who is interested in the ride may register at 9 a.m. at the New River Harley Davidson shop on Highway 17 just south of Marine Corps Air Station New River.

The entrance fee is \$15 for each bike. Kids will go up at 11 a.m. for a ride up to the Bern Harley Davidson.

After partaking in refreshments and socializing, riders will return via a different route to New River Harley Davidson location. A lot of hot dogs, chips and soda will await riders there.

Not only will the ride honor Relay, it will be a money for a good cause.

All proceeds from the ride will go to The Ride Home, said Jean Levesque, media representative for the Rolling Thunder NC-5 Chapter.

The Ride Home is a national Rolling Thunder event which takes place each year in Andersonville and Americus, Ga. This year's event is set to kick off on National Prisoner of War/Missing in Action Recognition Day, Sept. 18.

Rolling Thunder chapters from all over the country sponsor former POWs and their families so they may attend the event which honors them.

During 2008, more than 75 former POWs attended the two-day celebration. Rolling Thunder's goal for 2009 is to sponsor more than 150 POWs and family members.

Levesque and Relay's wife, Chris, are looking forward to the event which will honor Relay.

"He was a great father and a wonderful husband," said Chris. "He loved the Marine Corps and he loved Rolling Thunder. He'd do anything for his brothers and sisters in the Marine Corps and Rolling Thunder."

**Editor's note: For more information about Rolling Thunder NC-5 Chapter, visit the Web site at [rollingthundernc5.com](http://rollingthundernc5.com). For additional information regarding The Ride Home, visit its Web site at [POW-RideHome.org](http://POW-RideHome.org). To donate funds for the NC-5 Chapter to sponsor POWs to attend The Ride Home, call Paul Levesque, chapter president, at 326-7969 or e-mail him at [jlevesque@ec.rr.com](mailto:jlevesque@ec.rr.com).**

## USO collects formal dresses, accessories for ball season

**HEATHER M. OWENS**  
Carolina Living editor

Cinderella had a fairy godmother to help her get ready for the ball.

But the average woman doesn't have access to a fairy godmother.

Enter: the United Services Organization of North Carolina Jacksonville Center.

A half dozen years ago, center director Tammy Price was stationed on the West Coast with her Marine husband. At that time, an organization was collecting formal dresses to give away to military ID card holders to help get them ready for military ball season.

Price filed that great idea away and brought it here to Jacksonville with her.

The Jacksonville USO Center, located at 9 Tallman St. downtown, is currently collecting formal dresses and accessories such as shoes, wraps, purses and costume jewelry.

Price is thinking big. She said she would love to fill up the center's auditorium with dresses.

To make her dream a reality, she is hoping that area dress shops and other businesses will consider donating dresses and accessories.

In addition, members of the public are invited to donate their clean, gently used dresses and other fashion accessories.

Donations may be dropped off at the Jacksonville USO Center Monday through Sun-

day from 10:30 a.m. through 5 p.m. Receipts will be offered for those who would like to claim the donation for tax purposes.

"We are looking for all sizes, all styles," said Price. "I hope that it turns out that we have plenty of dresses."

Price said the goal is to start giving the dresses away during the middle of September.

"You never know what someone is going through financially," said Price.

Thus, all military ID card holders may receive one dress and one of each accessory item such as shoes and jewelry. No income or need statement will be required, and service members and family members from all services are invited to partake. Items will be given away on a first come, first served basis.

**Editor's note: Watch The Globe during September for details about when the dresses will be distributed. For more information about donating dresses and accessories, call the Jacksonville USO Center at 455-3411.**

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## Brief trains Marines to stop domestic abuse

**D. SMITH**  
Corps Base

Tommy just fell down the stairs.

My is dead," a six-year old girl said in a call.

Battle Creek, Mich., child was with her mother's death. This is just one domestic and sexual abuse harms not victims, but bystanders as well.

"Don't wait to get help," said Jennifer, a Naval Criminal Investigative Service agent. "Domestic and sexual abuse was wrong a year ago, and it's still wrong today. Don't wait to get out of a bad situation."

Domestic and sexual violence isn't something anyone should have to endure. Marines received valuable information, involving these serious topics, at the Pavilion, June 29.

Every Marine is a rifleman, until they

commit a domestic or sexual assault offense. Spokesmen at the event said when someone is convicted of either of those crimes, they lose the right to carry a weapon. If you can't have a weapon, you can't be in the military.

Victim's advocates, at the brief, explained how sexual assault and domestic violence affects victims and young bystanders of the abuse.

Children, who witness abuse, are more likely to commit physical harm to those around them when they grow up.

Another topic covered during the nearly two-hour long event involved concerns Marines might have about reporting an assault. Some might not want a lot of people to know about the abuse.

"If you report a sexual assault to me as restricted, it is completely confidential," said Staff Sgt. Shana Gilstrap, a uniformed victim's advocate with Headquarters and

Support Battalion, Marine Corps Base Camp Lejeune. "You can always change the status of the report from restricted to unrestricted if you want the incident to be investigated. Forensic evidence is held for a year after the report."

Also detailed in the brief was the importance of not showering after being assaulted. It explained that going to a hospital and having evidence collected immediately is crucial.

Marines attending the annual training were told about the importance of the information even if you aren't being abused. The facts shared at the brief can be used to help someone you know who is being abused.

If you or someone you know is being domestically abused or sexually assaulted, encourage them to get help immediately. For more information visit the Web site at [usmc-mccs.org/victimadv/vappocs.cfm](http://usmc-mccs.org/victimadv/vappocs.cfm).

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