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Warlords prepare for Afghanistan
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Sand Jam is coming to Onslow Beach
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THURSDAY JULY 23, 2009

WAR PROVINCE, IRAQ
Weapon exchange: Iraqi soldiers, MiTT-7 Marines conduct weapons range

JO JONES
National Force - West

Helicopters flew downrange to meet the Marines with Military Operations Team 7 and Iraqi soldiers with route clearance platoon, 7th Engineering Regiment, 7th Iraqi Army Division, fired machine rifles and pistols during a joint firing range course at Al Asad Air Base, Iraq,

at the point of the range is the familiarity with different types of weapons," Capt. Russell Tuten, training advisor with 2nd Recon, said. "Iraqi soldiers blasted targets with their PK medium machine guns from turrets in the Resistant Ambush Vehicle, while we did the same with M-240B and M-240G machine guns. Many Iraqi soldiers then moved to fire foreign weapons.

"The Iraqis are getting experience with our weapons, we are getting experience with their weapons systems," said Tuten. "It builds trust between us to come out and shoot together." Lt. Mark Wedde, a logistician with MiTT-7, fired the range and said he is learning more about Iraqi weapons systems. "It was pretty neat to see the weapons the Iraqis use," said Wedde. "It was fun to work with them. They are quick learners.

Iraqi army 2nd Lt. Bashir Abed, commander of the clearance platoon, said he enjoyed interacting with the Marines, and the experience helped Iraqi soldiers gain a better understanding of marine weapons-handling techniques. "We had fun with the Marines today," said Abed. "The Marines taught us how to aim and fire their guns. It was really awesome."

SEE RANGE 7A ▶

INSIDE THE GLOBE



OPERATION HANJAR: REINFORCE AUTHORITY, SUPPORT AFGHANS NATIONAL SECURITY FORCES PAGE 4A

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MUDAYSIS AIRFIELD, IRAQ

Recon Marines work with Iraqi commandos to build stronger force



Photo by Cpl. Alan Addison
Iraqi commandos from the Commando Company, 29th Brigade, 7th Iraqi Army Division, establish security for a CH-53E Super Stallion during a training exercise at Mudaysis Airfield, July 1. This exercise was a part of a one-month training package involving the commandos and Marines of reconnaissance platoon, Regimental Combat Team 8.

CPL. ALAN ADDISON,
Regimental Combat Team 8

It's a few hours before sunrise and Marines are at their vehicles preparing for the day's mission. Once all of the appropriate checks have been made, they don their gear, load into their vehicles and begin their journey. About two hours later, the small convoy comes to a stop in front of a marksmanship range, just a short distance from what appears to be a small compound.

Marines from reconnaissance platoon, Regimental Combat Team 8, led Iraqi soldiers from the Commando Company, 29th Brigade, 7th Iraqi Army Division, in a variety of training packages at Mudaysis Airfield, June 1 through July 2.

"Initially we came out to do our part in helping with the Iraqi security forces professionalization," said Capt. Joe Clarke, the platoon commander for RCT-8's reconnaissance platoon. "This was something RCT-8 really wanted and my guys were happy about coming out to help."

Although the recon Marines jumped at the opportunity to come out and train the Iraqi soldiers, there were a few hurdles they had to cross in the process.

"A large part of our platoon didn't have prior experience training Iraqis," commented Clarke. "So we had to look at our own skill set and pass on as much of our knowledge and training as we could."

Even though their lack of experience could have potentially hindered some of the training, the Marines did not let that hold them back.

"The Marines have done some great things," Clarke said. "Our vehicles were breaking down and we were having some issues with the training,

but these guys maintained their professionalism and pushed through."

"Without the limitless ingenuity and initiative of the Marines, this successful training mission would not have taken place," said Gunnery Sgt. Christopher Williamson, platoon sergeant for recon platoon.

Not only did the Marines put a lot of hard work into the mission, but the Iraqi soldiers also came out and trained feverishly alongside them.

"The soldiers' skills were very raw when we showed up, but they've worked hard, and we feel very comfortable conducting a mission with them," Clarke said. "They've really improved a lot."

"It felt very rewarding seeing the commandos as strangers on day one, and subsequently becoming familiar with individual personalities, and watching the natural young leadership step up and jump head first into what the Marines were instructing," Williamson commented.

The Marines didn't just come out and push the Iraqis through the training, but they made sure to reiterate the importance of each aspect of the training and showed them how they can train on their own.

"There aren't many units coming over to train with them so they need to know the process. It would be pointless to run them through a package without showing them how it's done," Clarke stated. "We reviewed everything from operational risk management to the construction of the range."

"It's invaluable that they learn the fundamentals of soldiering," Williamson said. "These fundamentals will aid them in making sound decisions in continuing the security of their country when

SEE FORCE 7A ▶

MUDAYSIS AIRFIELD, IRAQ

2nd Recon teaches Iraqi commandos advanced marksmanship

CPL. ALAN ADDISON
Regimental Combat Team 8

Two Iraqi soldiers took positions inside a stationary vehicle and waited until they were given the command to move. Once instructed, they exited the vehicle and made their way toward make-shift barriers and windows and began engaging targets. Once they fired at the first few targets, they continued down the line and took aim at the next set of targets, keeping in sync with one another's movements.

Marines from reconnaissance platoon, Regimental Combat Team 8, led Iraqi soldiers from Commando Company, 29th Brigade, 7th Iraqi Army Division, in marksmanship training at Mudaysis Airfield, Iraq, June 22 through 24.

"It's great that recon (Marines) could come out to train these guys," said 1st Lt. Todd Musicant, assistant operations officer with the 29th Brigade Military Transition Team. "These guys are professionals; they train in these tactics all the time. So the Iraqi soldiers will be able to learn a lot from these guys."

Some of the marksmanship aspects the Iraqis trained in were proper target engagement,

engaging targets using cover, engaging multiple targets and proper immediate and remedial reaction drills.

"It's very important for these guys to focus on this type of training," said Cpl. Jake Hildenbrandt, a point man with recon platoon. "Getting a good grasp on this stuff will help them become more proficient with their weapons, and it could also help them save their buddies' lives, as well as their own."

Although the Iraqi soldiers improved their shooting greatly, it doesn't take away from the large amount of hard work that went into the training.

"We did the whole crawl, walk, run thing," Musicant said. "We started with the basic weapons skills, and then from there we progressed into stationary shoots and from there we went into more complex firing drills."

Musicant went on to say even though all of the drills took place on the range, the techniques they learned will also transition into room clearing procedures.

Although the Marines of recon platoon only trained a few groups of Iraqi commandos, their intent is that the training doesn't end when the last round is fired.



Photo by Cpl. Alan Addison
Under the watchful eye of Marines from reconnaissance platoon, Regimental Combat Team 8, an Iraqi commando exits a humvee during a marksmanship training exercise at Mudaysis Airfield, Iraq, recently.

"The recon Marines made sure to train the commandos in such a way they would be able to train their counterparts," Musicant said.

"They are already starting to help each other out," said Cpl. Christopher LeClair, an assistant team leader with the

platoon. "When they see one of their guys doing something the wrong way, they stop them and show them the correct way. They've been making our job easier."

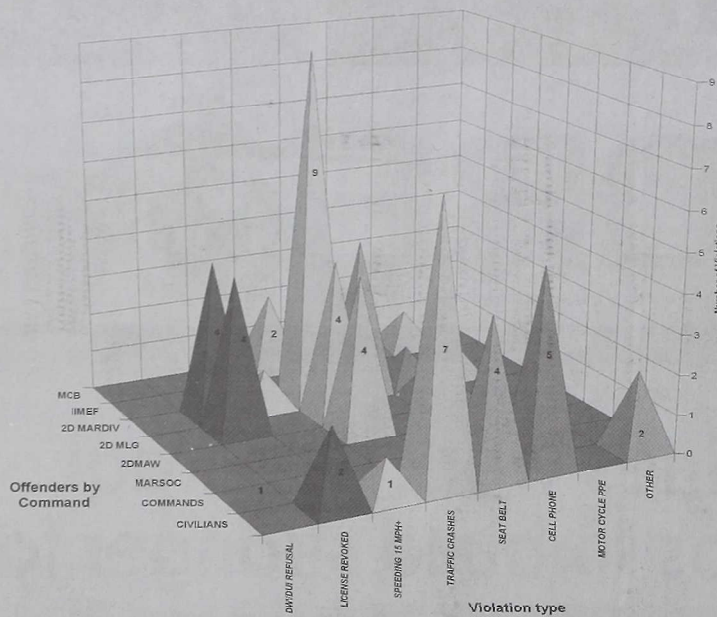
More than just making the Marines' job easier, the Iraqis also worked hard to

build confidence in their newly sharpened skills.

"From the time we started until now, you can definitely see that their confidence has boosted," LeClair said. "Not only has their improvement boosted their

SEE MARKSMANSHIP 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 13 through July 17. 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

Legal Advice

The Service Member Civil Relief Act: Myths and facts

The Service Member Civil Relief Act provides several important rights and protections. It's most often used to terminate residential leases and cell phone contracts, delay civil suits, and reduce interest rates on pre-service debts. The Act is not well understood by the military community, especially its youngest members, who often receive and act on bad information to their detriment.

Myth: Service members can ignore financial obligations, such as car payments, during deployment or while undergoing recruit training.

Fact: The SCRA does not allow a service members to ignore financial obligations. Failure to make timely installment payments on a mortgage, car loan, or other debt can result in serious consequences: bad credit, debt collector calls, repossession of property, and civil suit. Section 535 of the SCRA allows the service members to terminate a vehicle lease if the lease was initiated prior to military service or if the service members receives orders to deploy in excess of 180 days or permanent change of station orders to leave the continental United States. Termination requires return of the vehicle to

the lessor, written notice, and delivery of orders or letter from the commanding officer verifying the orders.

Myth: The SCRA prevents creditors from repossessing the car of a service members while she or he is deployed.

Fact: Most repossessions are conducted quickly and without a court order. The repo man just shows up in the middle of the night and takes your car away. SCRA section 532 requires creditors to obtain a court order before they can repossess a car, but only if that car was purchased before the debtor entered military service. Other provisions of the SCRA may make it more difficult to obtain such a court order, especially if the service members is deployed. The bottom line: the creditor can repo the car as long as he jumps through the necessary legal hoops.

Myth: A deploying service members may simply walk away from a residential lease without any consequence.

Fact: Section 535 of the SCRA allows the tenant to terminate a residential lease early if the lease was initiated prior to military service, or the service members received deployment or PCS orders. However, the ten-

ant must provide the required written notice to the landlord and must provide a copy of his orders (or a letter from the command verifying such orders). Under the SCRA, any obligation to pay rent is terminated 30 days after the next rental payment is due. For example, if proper written notice is provided on April 1 and the rent is due on the 5th day of the month, then the lease ends 30 days after April 5.

Myth: A deploying service members may ignore state traffic tickets until after the deployment.

Fact: The SCRA does not apply to any criminal actions, including traffic tickets. Service members must resolve their traffic tickets prior to deployment or convince the prosecutor or judge to delay the hearing until after the deployment. Failure to show up on the appointed court date or otherwise resolve the traffic ticket may result in a warrant for arrest and suspension of driving privileges.

Myth: The SCRA prevents service members from getting sued while deployed.

Fact: Any service members who ignores a civil court summons and complaint will lose his case, just like anyone else who fails to show up for court.

service members may request a delay in the case when military service "materially affects" ability to appear and defend. A visit to a judge advocate will be necessary to draft the required request, which also includes a letter from the CO. The necessary papers must be filed with the court, where the judge will determine whether the requirements for delay under the SCRA have been met, and if so, how long the court should delay the case.

Myth: Interest on all pre-service debts is automatically reduced to 6 percent.

Fact: The SCRA provides that interest on pre-service obligations will be reduced to 6 percent, upon the debtor's request, if military service "materially affects" the debtor's ability to pay. Upon receipt of such a request, the creditor must either show that there is no such material effect or reduce the interest rate. Government guaranteed student loans are exempt from the rate reduction provisions of the SCRA.

The complete text of the SCRA and several informative articles are available at the Camp Lejeune legal assistance web site. Additional information is provided by the NC State bar at www.nclamp.gov.

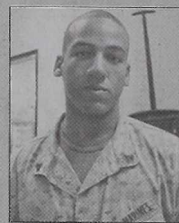
MAN ON THE STREET

What do you think of soldiers in Afghanistan wearing our cammies?



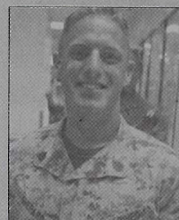
Lance Cpl. Mark McKain
1st Battalion, 10th Marine Regiment, 2nd Marine Division
Philadelphia

"Man, it's just like the Korean war when the enemy was afraid of us and knew us by our boots, so they didn't mess with us. We had to be changing boots to make it less dangerous for the Army, who was always picked on."



Cpl. Hendrick Calderon
3rd Battalion, 9th Marine Regiment, 2nd Marine Division
Brooklyn, N.Y.

"It should be no problem just the armed service helping each other out."



Staff Sgt. Josh P. Shepard
2nd Combat Engineer Battalion, 2nd Marine Division
Mustang, Okla.

"I don't think it's a good idea because if soldiers then get killed, the enemy can use our cammie to infiltrate our lines. It's bad for operational security."



Army Pfc. Wayne Thibeault
Army Veterinary Command Detachment
Cranston, R.I.

"I think it's a good idea to blend in, it's just a shame that our cammie don't."



Capt. Justin S. Strickler
2nd Intelligence Battalion, II Marine Expeditionary Force
Pascagoula, Miss.

"I don't have a problem with it as long as they wear it properly and it's saving lives and working toward mission accomplishment."

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 participation, call 451-9309 or send an e-mail to rccamplejeune@coles.com.

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Photo by Cpl. Jo Jones

Wathaha, a female camel that currently resides aboard Al Asad Air Base, Iraq, is given a drink of Gatorade, July 11. The camel was brought aboard the base to give U.S. service members a chance to experience a small facet of Iraqi culture.

AL ASAD AIR BASE, IRAQ

Iraqis and U.S. service members create cross-cultural bonds

MEG MURRAY,
National Force - West

Wathaha stands close to 6-foot tall from toe to top. She has sandy brown fur, four thin legs and she is a female camel. Wathaha is a camel, and she is temporarily made Al Asad Air Base, Iraq, her home. When coalition troops received a small piece of Iraq, they were brought to their base near the province, Ali Nowafreen was quick to respond. She promptly purchased the camel near Rawah, Iraq, and brought her to Al Asad.

Once on base, Hemreen bought a tent and set up a small area for Wathaha in a shopping center parking lot. He said all of his purchases for the event totaled about 21 million Iraqi dinars, which converts to approximately \$18,000.

Hemreen currently has the camel on display from 10 a.m. until 6 p.m., and with a 10 dollar bill, customers can get photos with Wathaha and go on a short camel ride around the parking lot.

The central idea of the project is to introduce U.S. service members to one facet of Iraqi culture. Not only is Wathaha

friendly and photogenic, but she is also a symbol of heritage.

People began using camels more than 3,000 years ago, and because of their ability to brave hot, dry climates, camels have played a vital role in Iraq's deserts for many years.

"I think learning about and respecting the Iraqi culture is very important for reconciliation, because culture is what gives a nation an independent sense of national culture and identity," said Petty Officer 2nd Class Frank Wilkins, who serves as a supply clerk with Navy Mobile Construction Battalion

24. "Our efforts to understand one another show the Iraqis we care about them, and we're here to help with their newly found freedom."

Hemreen hopes to bring even more of his culture to U.S. service members in the near future.

"I am only allowed to have the camel here for three weeks," said Hemreen. "I would like to keep her here longer and maybe even set

up an Iraqi coffee shop where customers can come to play dominoes."

He is currently submitting the paperwork and waiting to find out if his dreams will become a reality.

But, service members don't have to take a photo with a camel to show their gratitude and respect for their host nation. Everyday actions can speak a thousand words.

"Just be friendly, smile

and shake their hands," said Wilkins. "We can show them the same respect they show us."

Tomorrow, when the first customers climb atop Wathaha for a ride around the parking lot, it may be an experience they never forget, but what will truly last forever are the cross-cultural bonds Iraqis and Americans are creating every day through events like this.



"For The Fallen"

FOR THE FALLEN

"For The Fallen" is the latest limited edition lithograph from Lexington, NC artist Dennis Lanier. This print is in honor of all of those who have made the ultimate sacrifice serving our country and to those who fearlessly defend our freedoms every day.

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An Afghan National Police officer carries a child with a dislocated elbow to a motorcycle to be transported to the local hospital in Helmand province's Garmisr district. The Garmisr Hospital could not do anything for the child's arm, so the Marines radioed Forward Operating Base Delhi, and received authorization for the ANP to take the child there for additional treatment.

Photo by Lance Cpl. Daniel A. Flynn

HELMAND PROVINCE, AFGHANISTAN

2/8 Marines, Afghan soldiers continue Operation Khanjar

LANCE 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 from 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



Photo by Lance Cpl. Daniel A. Flynn

Two Afghan National Police Officers use a motorcycle in order to transport a child with a dislocated elbow to the Garmisr Hospital for further treatment.

of Hasanabad in the Garmisr 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 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 Battalion, 8th Marine Regiment, 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.

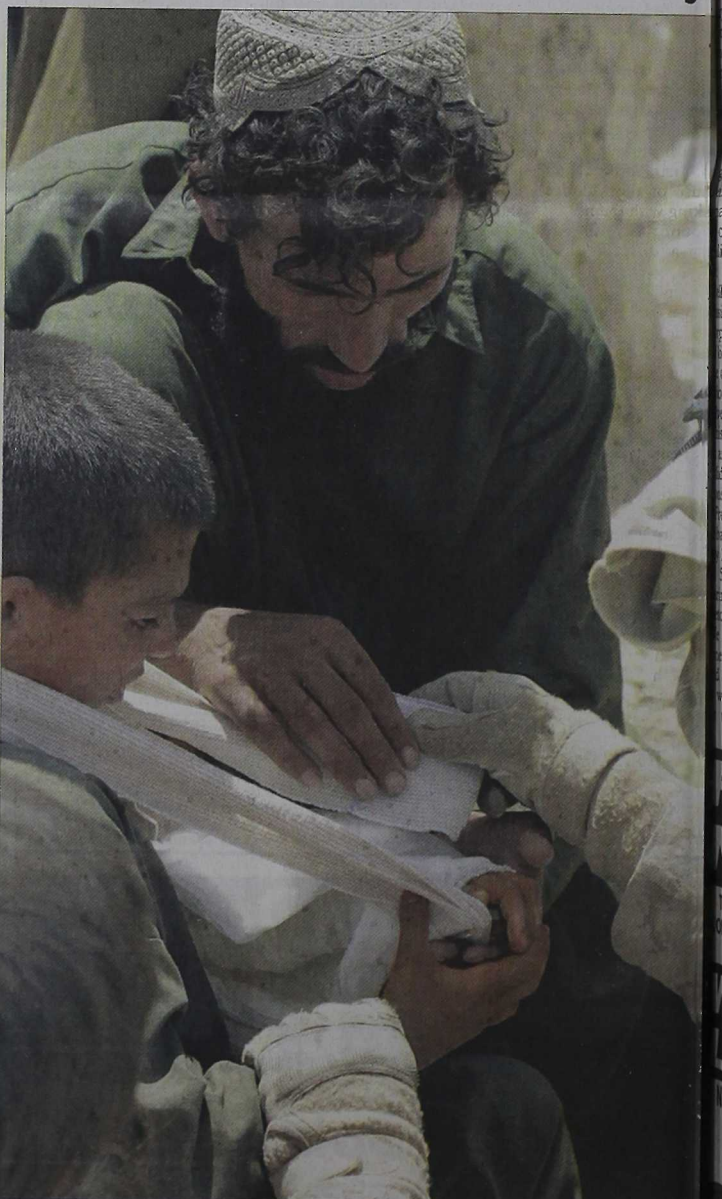


Photo by Lance Cpl. Daniel A. Flynn

Seaman Jesse Deller, a corpsman 2nd Battalion, 8th Marine Regiment, puts a bandage on the arm of an Afghan child with a dislocated elbow. While Deller provided medical care, Afghan National Police posted security at the scene. The ANP took the boy to the local hospital in Helmand province's Garmisr district. The Garmisr Hospital could not do anything further for the child's arm, so the Marines radioed Forward Operating Base Delhi, and received authorization for the ANP to take the child there for additional treatment.



Photo by Lance Cpl. Daniel A. Flynn
U.S. Marines with 2nd Battalion, 8th Marine Regiment, Regimental Combat Team 3, patrol through Afghanistan's southern Helmand province, July 4 during Operation Khanjar.

ND PROVINCE, AFGHANISTAN

Expeditionary chaplain maintains battalion's spiritual readiness

BY SGT. CHRIS W. COX
The Expeditionary

...having thousands of brothers and sisters. Imagined you'd be worried you'd be whether they're safe or taking care of themselves.

...imagine you could be doing for each and every one of them.

...ry chaplains do that. They've served in the Marine Corps for themselves for about four years. I'm '93 to '97," said Chaplain Ronald O'Dell, chaplain of the 1st Battalion, 5th Marine Regiment, currently deployed in Afghanistan. "I've had a lot of opportunity to meet guys with spiritual readiness and it became something I really enjoyed."

...en his days as a enlisted Marine and a Navy lieutenant's wife does now, the man at Ware Shoals, S.C., had several opportunities that could have given him a completely different path. He got out and began working for himself through local church connections while he was in the South Carolina area. Before long, he was working as a full-time pastor even before he went to seminary school. With a clear direction in life to go to the dark haired and named O'Dell there was something missing in the picture.

...st puzzle. This piece was fit in by his seminary professors as also a good friend. He is to his student about responsibilities of chaplains. A stark difference is you travel with your parents," O'Dell explained. "It appealed to me to see what they see, to do and experience in their respect and because of the sacrifice making with them."

...opportunity fit his life and desires like I went on to earn a commission in the Navy Chaplains. He was offered the lieutenant junior grade of his experience and training. So with a bar on his collar, he was way to his first duty as an officer, the Naval Station Charleston, South Carolina. From there, he transferred into Marine green in 2007, joining 1st Battalion, 5th Marine Regiment at Camp Lejeune, N.C.

...went with the 11th Expeditionary Unit," about his first deployment with his new Marines. "That I was fortunate



Photo by Gunnery Sgt. Chris W. Cox
Chaplain Ronald O'Dell baptizes a Marine from Company C, 1st Battalion, 5th Marine Regiment prior to Sunday service at the Camp Leatherneck Chapel, June 21.

...enough to stay on and deploy to Afghanistan." Where he is today. Like most deployed service members, O'Dell has family back home. The difference between his family and most others is O'Dell's wife, Amy, is as important to his professional responsibilities as him physically being with his Marines. Not only is she active with the Family Readiness Team, she also works closely with local churches and veteran's organizations to try and maintain family strength, motivation and a sense of community while the Marines are away.

"We just recently had a lot of births in our battalion," explained O'Dell. "One of the churches offered to have a baby shower. She coordinated that." She coordinates events to bring families together, but Amy also keeps track of noteworthy events, like actual births, and makes sure O'Dell is informed about important family information.

"She's good at keeping me abreast of things," O'Dell said. "I'm a chaplain for 1,200 Marines. Sometimes it's hard for me to keep up with things." After 18 years of marriage, the O'Dells have children and care about each other as much as they ever did. Only now, they also function together as a professional team that intimately understands every aspect of the service they provide.

"What I enjoy most about working with my husband is the fact that we can empathize with the families we

serve," Amy said from her home in California. "We know what it's like to stand on a parade deck and wave goodbye or stand on a dock and wait until the ship becomes a tiny speck before leaving. You feel the same heartaches and joys as the men and women you serve."

Caring for anything enough to dedicate your life to it is a calling few humans have the courage to undertake. To make a decision to serve those who serve their country in the most demanding conditions around the globe adds yet another dimension to a life of sacrifice. Nevertheless, there are a few perks to the job.

"It's gratifying to have guys come up to me and ask, 'When are you doing another service?'" O'Dell remarked. "It's good to know the guys are not only interested in the service, but also to be a part of a service you are leading."

"To me it demonstrates they have a connection with their chaplain," he continued. From the outside looking at the unit, it is unmistakable O'Dell feels a connection with the men of his battalion.

"There's nothing else I'd rather be doing," he said. "Although it is laborious, it's much more satisfying than it is laborious. I feel like I'm contributing to something that will have a lasting effect."

More than contributing to

the unit's overall effectiveness, which every chaplain does, O'Dell feels like his accomplishment is far more personal for each of his Marines.

"If they're not spiritually ready, it definitely impacts their performance," he said before the beginning of Operation Khanjar earlier this month. "Our Marines are spiritually equipped."

"They're brave, courageous men who give themselves sacrificially for the cause of freedom and the love of their country," O'Dell said of his Marines.

Military chaplains care about their Marines. They take action to ensure their charges and their families are as comfortable as possible in an uncomfortable situation. But the O'Dells are different. They've been through what their Marines are going through as one of them. They're more than the battalion chaplain and his wife. They're also a Marine family whose job description happens to include, "Ensure your brothers and their families are cared for."

1st Battalion, 5th Marine Regiment is part of Regimental Combat Team 3 whose primary focus remains conducting counter-insurgency operations in southern Afghanistan alongside Afghan national security forces in order to allow the legitimate government to provide a secure environment for the people living here.

Combat cooks hit front lines with Company G

LANCE CPL. DANIEL A. FLYNN
Regimental Combat Team 3

Every Marine throughout their career has heard the saying "Every Marine, a Rifleman." For most Americans this saying may not mean much, but for two of the Marines with 2nd Battalion, 8th Marine Regiment, this saying has a very personal meaning. They are the battalion's combat cooks.

Food service specialists Lance Cpl. Charles Melvin Hurd II and Cpl. Johnny Molina participated in Operation Khanjar with the rest of 2nd Battalion, 8th Marine Regiment's Company G starting July 2.

"I never really expected to see combat," said Hurd, "I planned on feeding Company G - not doing a combat push south for three days with them."

This push was part of Hurd's first field experience as a combat cook since he joined the Corps November 2007, but Molina having been with a tank battalion before joining 2nd Battalion, 8th Marine Regiment has performed as a field messman multiple times.

"I kind of expected it," said Molina. "This is something that, while not probable, was always a possibility." Uncomfortable with the idea of participating in the push at first, both Marines adapted to the change of pace quickly.

"When they found out they were going on the push they were a bit nervous," said Gunnery Sgt. Josue Santoyo, Company G company gunnery sergeant. "Once we got out there, they calmed down and didn't worry about how dangerous it was."

"At times it was very grueling and hot, but that is all forgotten in the adrenaline rush when bullets start flying over your head," Hurd recalled.

While out with the grunts, Molina and Hurd carried the same weight as every other Marine in the battalion and assisted with the company's aid and litter team - the designated group who collects Marines wounded in battle and transports them to the front line medical facility.

"This experience hasn't really changed me much. My job is to be a cook, but if it comes down to it, I am a Marine and I take pride in that," Molina said. "It was a tough experience though - days without a shower, hot water to drink and very little food - but nothing in life is easy."

"I do it for my family and the knowledge they are safe because of my sacrifice," he added. After her return from this deployment, Molina plans to work toward his college degree in the medical or scientific field, but he also says he will probably reenlist for another four years.

SEE COOKS 7A

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HELMAND PROVINCE, AFGHANISTAN

Provincial governor unveils district development plan in Garm

Security, justice, development: Foundation of Garm'sir's community council plan

GUNNERY SGT. CHRIS W. COX
2nd Marine Expeditionary Brigade

Provincial Governor Mohammad Gulab Mangal visited sites throughout the Helmand province and held the first gubernatorial shura since the beginning of Operation Khanjar two weeks ago.

The community shura for local tribal elders and other Garm'sir district residents was held at the district governor's compound in Garm'sir, July 14. Prior to the shura, Mangal was helicoptered from his office in Lashkar Gah to Forward Operating Base Delhi where he and his staff were met by Col. Duffy White, Regimental Combat Team 3's commanding officer and Lt. Col. Christian Cabaniss, the commanding officer of 2nd Battalion, 8th Marine Regiment. Through translators the Marines gave a brief overview of their observations and activities since beginning operations throughout the district, July 2.

"Under the leadership of the district governor, we will

be able to clear the enemy out of these areas," Cabaniss explained via translator from his seat while locations on a map were displayed before the assembled crowd of district governors, staff members and Afghan media.

The most noteworthy event though, according to the battalion commander, has been the activity around "Drop 8," a sluice gate along the Helmand River now acting as the primary entrance for all the irrigation in the district.

"There was a problem with silt building up," he explained. "But working together with the district governor and elders, we were able to solve the problem within one week."

"It's a great example for the people to see the government of Afghanistan working to meet their needs," Cabaniss said.

From the brief, the procession was originally scheduled to move directly to the shura, but instead, escorted by Afghan National Police, the governor went to "Drop 8" near the town of Garm'sir where he cut a "grand opening" ribbon on the recently completed project.

A crowd of nearly 400 tribal elders and local residents attended the shura in the district governor's courtyard, where Mangal unveiled the district development plan under a banner with the words "Local Solutions for Local Problems." The plan, produced by the community council of Garm'sir, outlines a strategy based on the three pillars of security, justice and social and economic development.

The recent initiative to hold community shuras is an attempt by the Helmand governor's office and the Garm'sir Community Council to encourage a free flow of information and community involvement in what has been dubbed the country's most volatile province.

The vision of the council's three-year plan is far reaching, and the goals set forth in the plan are lofty. However, some examples, like increasing the size and capacity of the police force, improving lines of communication, and improving the education, medical and agricultural systems are already seeing documented progress.



Photo by Gunnery Sgt. Chris Cox. Provincial Governor, Mohammad Gulab Mangal, his staff and Marines from Marine Expeditionary Brigade debark a CH-53D Sea Stallion to receive a Operation Khanjar from the Marines, July 14.

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NOTICE OF NAVY'S INVITATION FOR PUBLIC COMMENT ON THE Engineering Evaluation/Cost Assessment Operable Unit 16, Site 89 Marine Corps Base Camp Lejeune

The Department of the Navy (Navy) invites public comment on the Engineering Evaluation/Cost Assessment (EE/CA) for the Western Wetland at Operable Unit (OU) Number 16, Site 89, at Marine Corps Base (MCB) Camp Lejeune in Onslow County, North Carolina. The EE/CA identifies and discusses the preferred alternative for soil and sediment remediation activities at the Site 89 Western Wetland.

In accordance with 40 CFR 300.415(b)(4), the assessment of risk information as related to the environment and the preferred alternative is summarized in the EE/CA for Site 89.

The preferred alternative for the Site 89 Western Wetland is excavation and offsite disposal of contaminated soil and sediment.

The EE/CA preferred alternative choice is based upon the findings of previous site-related documents contained in the Navy's Administrative Record for MCB Camp Lejeune. The Administrative Record can provide you with important background and site investigation information about Site 89. Background documentation and the EE/CA are located for public review on the internet at http://public.lantops-ir.org/sites/public/lejeune/Site89_WesternWetland.aspx.

The website can be accessed at the following location:

Onslow County Public Library
58 Doris Avenue East
Jacksonville, North Carolina 28540
(910) 455-7350

Please provide written comments on the Site 89 Western Wetland EE/CA from July 28, 2009 through August 27, 2009. Send all written comments on or before (postmark by) August 27, 2009 to the following address:

Mr. Dave Cleland
Attn: Matt Louth
5700 Cleveland Street, Suite 101
Virginia Beach, Virginia 23462
Phone (757) 322-4851/Fax (757) 322-8280
david.t.cleland@navy.mil

In addition, you are invited to a public meeting regarding the Site 89 Western Wetland EE/CA, MCB Camp Lejeune. Representatives from the Navy will report on the status of Site 89 and the preferred alternative. The meeting is scheduled for:

Tuesday, July 28, 2009
6:00 p.m. to 7:00 p.m.
Coastal Carolina Community College,
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FROM 5A
 "dealing with everything we have
 th, I take pride in everything I have
 lished," Hurd stated about his experi-
 with the leathernecks of 2nd Bantal-
 Marine Regiment. From his point
 these two "just cooks" carried as
 eight and covered as much ground
 nfantry Marines, and for someone
 of the combat military occupation-
 alities, that is something to be proud

ve much more respect for all of the
 i involved with this push," he said.
 er my four years I plan on getting
 a motivational tattoo and the mem-
 my experiences in the Corps."
 I plans on going back to college to
 ther the culinary arts or the medical
 e said everything he has done is all
 ids, and as long as he can take care
 "it's all good."
 rdless of what they choose to do
 is experience is over, both Molina
 rd will always have the memories
 accomplishments and stories to tell
 ends and families, reminding them
 ir time in the Corps wasn't spent as
 od service specialists."
 were Combat Cooks.

FORCE FROM 1A
 coalition forces leave."
 Throughout the training, the Iraqi soldiers
 learned a variety of skills and techniques, but
 there was one that took slight precedence over
 the rest.
 "The most important piece by far was the
 weapons manipulation, weapons handling and
 live fire," noted Williamson. "Without a sound
 foundation of these skill sets, the soldiers would
 not be able to operate at their full potential."
 "My definition of success is the fact that
 these relatively inexperienced soldiers handled
 their weapons safely and learned how to shoot,
 move and communicate with one another,"
 Williamson stated.
 "If this training can help this company grow
 in size, strength and capability, then it's a defi-
 nite win for the Iraqis and Coalition forces,"
 Clarke said.

As the Marines awaited the next move-
 ment, someone gave the command to load up
 and prepare for departure. In that instant, the
 training was over and the recon Marines and
 Iraqi soldiers had not only achieved success in
 creating a more capable force for the Iraqi se-
 curity forces, but they had further strengthened
 the bond between coalition and Iraqi forces.

MARKSMANSHIP FROM 1A
 confidence, but it's boosted ours as well. It feels
 good to see them grasp the things we've taught
 them and become better shooters."
 In addition to the useful weapons skills, the
 Marines of recon platoon left the Iraqi soldiers
 with a few other useful tools for their training
 needs. All of the barriers and windows the
 recon Marines worked to build, as well as the
 targets, were left at Mudaysis Airfield for the
 Iraqis to continue to practice and perfect their
 already capable skill set.
 As the sound of the last gunshot faded into
 silence, the Marines and Iraqi soldiers exited
 the range and prepared to close out this portion
 of training. In the distance, the barriers and
 bullet-riddled targets showed more than just
 improvements in marksmanship; they showed
 the improvements in relationships between
 Iraqi and coalition forces.

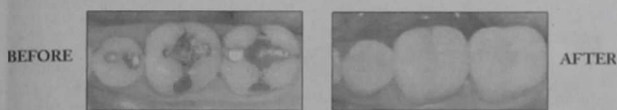
RANGE FROM 1A
 Tuten and the rest of his team have
 been working with soldiers of the 7th
 IA Division for almost a year. Tuten
 said the Iraqi soldiers are eager to learn
 and have shown remarkable progress
 and confidence in their weapons-hand-
 ling abilities.
 "When I got here, the Iraqis had not
 trained on these weapons at all, so my
 knowledge," said Tuten. "They've pro-
 gressed quite a bit."
 Abed said the skills his soldiers learned
 at the range will help them defend them-
 selves as they work to keep Anbar prov-
 ince safe for the Iraqi people.
 "We will be ready for anything."



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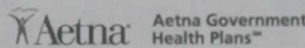
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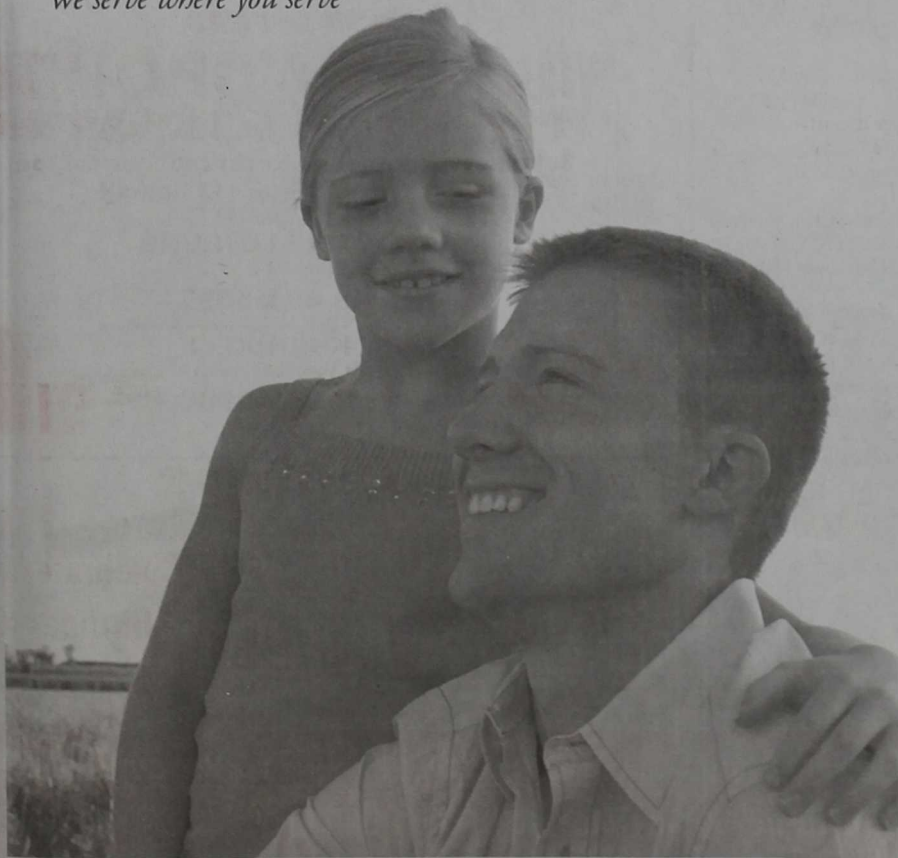
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WOUNDED WARRIORS take up cycling

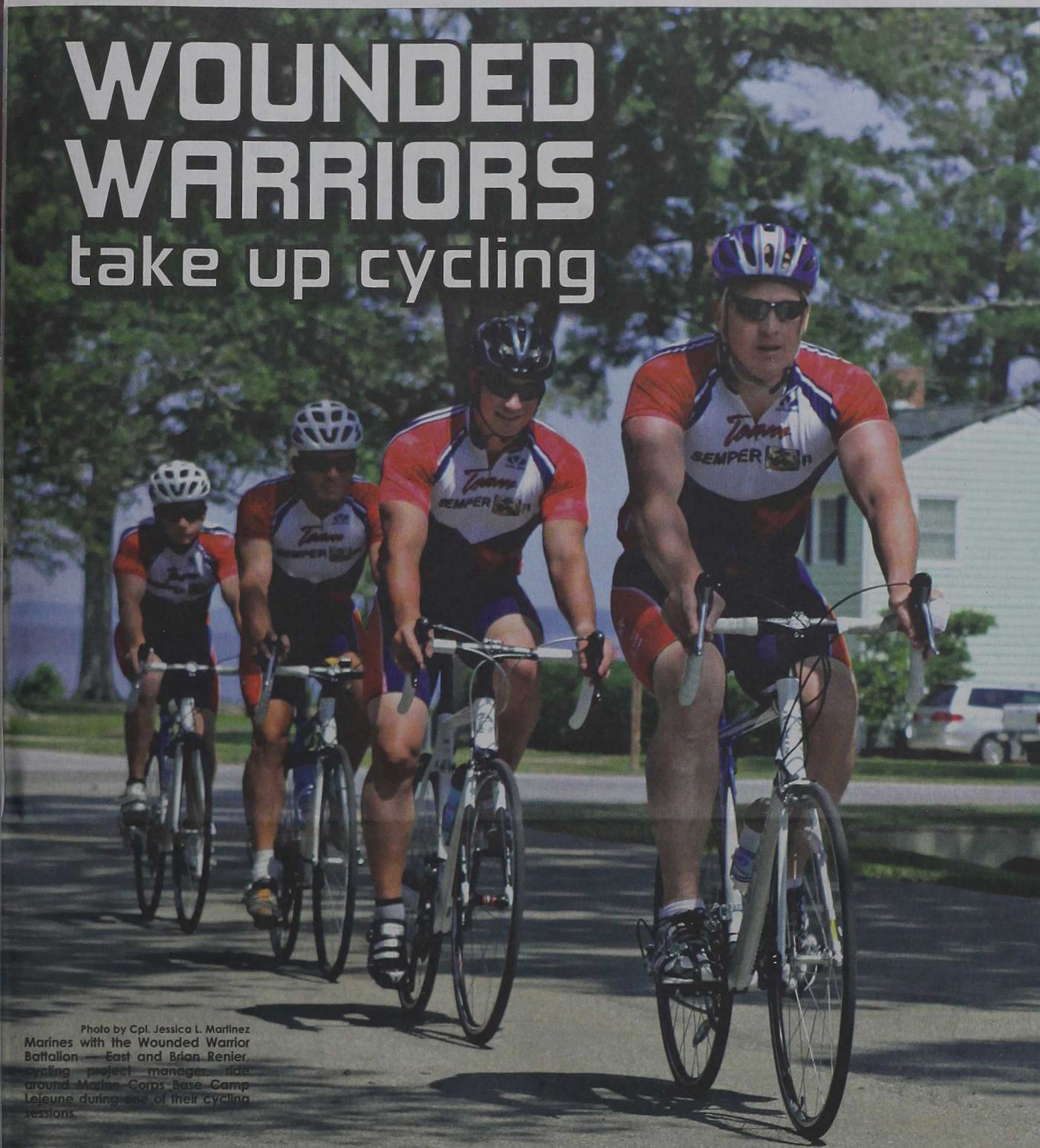


Photo by Cpl. Jessica L. Martinez
Marines with the Wounded Warrior Battalion — East and Brian Renier, cycling project manager, ride around Marine Corps Base Camp Lejeune during one of their cycling sessions.

CPL. JESSICA L. MARTINEZ
Marine Corps Base

A few Marines and their coach, wearing Marine Corps red, white and blue special riding gear, speedily glide down the road making the colors blend together, as they travel on their light-weight bicycles with wheels only about an inch wide. The cyclists make it look easy.

These Marines are using cycling as part of their rehabilitation while with Wounded Warrior Battalion — East. Cycling is one of the choices Marines have under the Warrior Athlete Rehabilitation program.

The program is designed to help with the recovery process and help the Marines overcome injuries while getting back into physical shape and building their morale. Aside from increasing muscle strength, endurance and balance, it also manages weight, improves memory and helps control behavior.

The cycling coach, Brian Grenier, was in the Marine Corps for 22 years and retired as a gunnery sergeant. His interest in cycling began early in his life then later on he became a competitive rider, taking up the sport as part of triathlon training. After he retired, Grenier started cycling

full time. He is now a licensed coach through the U.S. Olympic Committee.

Recently, Grenier was asked by the WAR program manager, Ginger Gold, to coach the warriors. Gold sought Grenier because he had suffered traumatic brain injury like some of the wounded warriors at the battalion. Because of his injury, he could better relate to and help train the Marines with the program.

"Our stated mission is to use road cycling in its many forms, to develop programs to aid in the physical, mental and spiritual recovery of wounded Marines," said Grenier. "I found out early on that Marines are aggressive in nature and need goals and competitions to keep them focused and sharp. It has paid off with the team getting silver and gold medals thus far from races this year."

As of now, the WAR program has 15 bikes available for the wounded warriors with 10 Marines signed up and participating in the program.

Sgt. Travis Bartlett, a Marine with the battalion, first heard about cycling when Renier gave a speech about it to the battalion. Bartlett was interested in cycling because his injury prevented him from running. Since he still needed a good cardio workout to stay in shape, he decided to give



Courtesy photo

Marines with the Wounded Warrior Battalion — East, Brian Renier, cycling project manager, and Bob Irwin, project advisor, pose in front of the Wounded Warrior Battalion building for their team photo. Cycling is currently being used as a form of rehabilitation with the battalion's Warrior Athlete Rehabilitation program. It is designed to help with the recovery process and overcome the Marines' injuries while getting back into physical shape and building their morale. Aside from increasing muscle strength, endurance and balance, it also manages weight, improves memory and helps control behavior.

cycling a try.

"Cycling is a great activity since I can't run," said Bartlett. "It really helps with rehabilitation and building back my leg strength."

Grenier is currently training with the Marines in preparation for the State Games of America, which will be held this year in Colorado Springs, Colo., at the end of

this month. He says the team is eager to take home all three gold medals. The event is four days consisting of three races for cyclist to complete.

"I'm really excited about state games," said Sgt. Daniel Greenwald, another team member. "I think it's going to be a great time."

Greenwald, who suffers from a TBI, said he enjoys

cycling because it helps him with recovering from his injury while staying in shape. He said he recommends cycling to others and thinks more people should give it a try.

Other races and rides coming up for the team are the Tour of Utah, in mid-August, and the Memorial Day Challenge ride from the District of Columbia to Virginia Beach, Va.

Codfish collapse serves notice for NC



Lejeune Outdoors

With Jamie Cameron

Through the magic of print, you probably didn't know I've been on vacation for the last two weeks. Our friends' recent wedding took us to Newfoundland, where the bride grew up in a small fishing village on the coast.

Aside from the spectacular scenery, wonderful people and perfect weather, this trip to the North offered a valuable insight as to the importance of maintaining sustainable fisheries for current and future generations.

Historically, Newfoundlanders have made their livelihoods on the sea. Since the 1800s, the island province's main export was salted codfish, harvested in huge quantities from the Grand Banks in the North Atlantic Ocean. Due to its extreme climate, Newfoundland has never supported agricultural or timber industry — everything is tied to the bounty of the sea.

Starting in the 1960s, fisheries biologists started to predict that the Grand Banks were overfished. Too many big, old cod had been removed from the population, and trawl nets, dragged across the ocean floor, were destroying

the very habitat the fish needed to flourish. In spite of the scientific evidence, the government refused to take the necessary steps to reverse to downward spiral, and by 1992, the estimated cod population on the Grand Banks was 1-percent of what it had been in the 1960s. That year, the Canadian government finally enacted a complete moratorium on cod fishing in the North Atlantic, but the damage had already been done.

To this day, there is no commercial cod fishery in Newfoundland, just a small, subsistence season for local consumption, and even that hasn't helped. Around 30,000 Newfoundlanders lost their only means of making a living and much of the economy has turned to other, less-profitable sea products and tourism. The fish have yet to rebound to their pre-moratorium populations and many scientists fear they may never come back.

As fish populations around the world edge closer and closer to the brink, the Newfoundland lesson should be at the top of everyone's mind.

Here in Eastern North Carolina, flounder, black

sea bass and gray trout are categorized as overfished, according to the 2008 Division of Marine Fisheries assessment.

While the local economy is more diverse than much of Maritime Canada, a population collapse for any of these species would be a serious blow to the area's marine ecosystem, as well as commercial and recreational fishermen. Think about that the next time your inner voice tempts you into keeping a few fish over the legal limit or trying to sneak a few "shorties" under the ice in the cooler.

Speaking of putting fish in the cooler, Richard Ehrenkauser, a.k.a. Dr. Bogus, has been keeping

close tabs on the fishing scene during my absence.

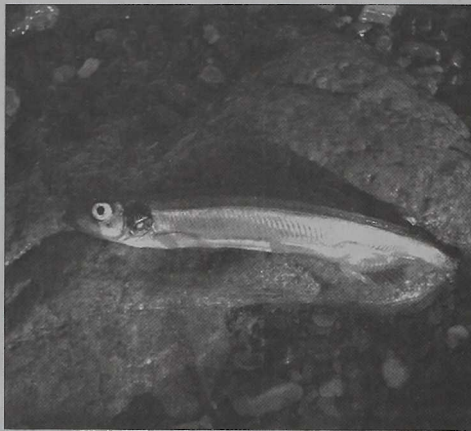
Summertime can be a slow time for coastal fishing, but nighttime has been the right time for red drum and speckled trout of late. According to Dr. Bogus, live and cut bait are out-fishing lures and artificials.

A few flounder are also biting back in the marshes, but most of them are undersized.

Along the beaches, large Spanish mackerel in the 2- to 5-pound range are running just outside the inlets and along the tide lines.

Closer in, surf fishermen are catching spot, sea mullet, red drum and pompano.

Until next week, good luck out there.



Capelin, a small, forage fish in the North Atlantic, serves as food for cod, seabirds and whales.

Photo by Nate Bachelor



Have you been on an outdoor adventure lately? Share your photos, send them to jamie.cameron@militarynews.com

TIDE TABLES FOR NEW RIVER INLET

National Oceanographic and Atmospheric Administration

THURSDAY		
High tide	9:05 a.m.	9:35 p.m.
Low tide	3:11 a.m.	3:08 p.m.
FRIDAY		
High tide	10:00 a.m.	10:25 p.m.
Low tide	3:59 a.m.	4:05 p.m.
SATURDAY		
High tide	10:55 a.m.	11:14 p.m.
Low tide	4:47 a.m.	5:02 p.m.
SUNDAY		
High tide	11:50 a.m.	
Low tide	5:34 a.m.	6:01 p.m.
MONDAY		
High tide	12:05 a.m.	12:48 p.m.
Low tide	6:22 a.m.	7:04 p.m.
TUESDAY		
High tide	12:58 a.m.	1:47 p.m.
Low tide	7:11 a.m.	8:10 p.m.
WEDNESDAY		
High tide	1:54 a.m.	2:48 p.m.
Low tide	8:03 a.m.	9:18 p.m.

SPORTS ON STAP

Submission grappling try-out

Spots on the Camp Lejeune Submission Grappling Team will be up-for-grabs Saturday at the Area 5 gym. Weigh-ins start at 8 a.m. and the tournament will run from 9 a.m. until. All active-duty Marines and sailors stationed aboard Camp Lejeune are eligible to try-out for mens and womens spots in eight weight classes. For more information, call 451-0826.

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.

Surf camp

The Hurley Surf Camp and Quicksilver Surf Camp, for participants of all ages, have scheduled upcoming sessions aboard Camp Lejeune. To register for the Quicksilver camp, Aug. 6, at Onslow Beach, or the Hurley camps, Aug. 8, go to the Main Exchange by Aug. 1. For more information, call 451-5030.

Lejeune varsity golf try-outs

The Camp Lejeune Varsity Golf Team has scheduled a qualifying tournament for potential team members during August. For more information, call 451-2710.

Intramural soccer season

The Camp Lejeune intramural soccer season is scheduled to begin Aug. 17 and run through Sept. 29. There will be a mandatory coaches meeting Aug. 6, at 6 p.m., at Goettge Memorial Field House. A letter of intent must be submitted to the Camp Lejeune Semper Fit Intramural Sports Office no later than Aug. 6 for consideration. For more information, call Antonio Warner at 451-2061.

Golf tournament

A "scramble" format golf tournament is scheduled for Aug. 8 at Paradise Point Golf Course aboard Camp Lejeune. The \$10 registration fee does not include cart or greens fees. Deadline for registration is 7:30 a.m., Aug. 8. For more information, call 451-5445.

Family fun run

The Tarawa Terrace Family Fun Run/Walk is scheduled for Aug. 15 at the T11 Community Center picnic area, starting at 9 a.m. Participants are encouraged to show up before the start of the race to register. For more information, call 450-1687.

Intramural flag football season

The Camp Lejeune intramural flag football season is scheduled to begin Sept. 7. There will be a mandatory coaches meeting Aug. 20, 6 p.m., at Goettge Memorial Field House. Call 451-2061 for more information.

ATLANTA

Childress headed for another basketball season in Greece

CHARLES ODUM
AP Sports Writer

Josh Childress said July 17 the Atlanta Hawks' "hardball" negotiations forced him to return for a second season in Greece with Olympiakos.

Childress signed a three-year, \$20 million deal with Olympiakos last year after scoring double figures in each of his four seasons with the Hawks.

The Hawks retained rights to Childress, who as a restricted free agent could negotiate with other NBA teams. Meanwhile, Childress also faced a Wednesday deadline to commit to his return to Greece.

Childress and his agent, Jim Tanner, said in a telephone interview July 17 that they visited Milwaukee and had interest from other teams. They said those teams couldn't reach an agreement with the Hawks.

"I knew I didn't have a ton of time and honestly didn't want a ton of time," Childress said, referring to this week's deadline with Olympiakos. "If (the Hawks) wanted to get something done it would get done early."

The Hawks will again retain the NBA rights to Childress after next season. Childress said "it's not out of the question at all" for him to return to Atlanta.

"I just think there needs to be some kind of agreement where both parties meet in the middle," he said. "This idea of hardball is kind of old. I'm not the type of guy that's gonna bad mouth and do all the other things. I've kind of

been the kind of guy who wants to move forward and get something done."

Hawks coach Mike Woodson said Monday he would welcome the return of Childress.

"I'd accept him with open arms, without a doubt," Woodson said.

Childress said he was open to a return to Atlanta.

"The Hawks were definitely in my scope," he said. "I spent four years there. I'm familiar with the team and the organization. I'm

familiar with the city. I still have a home there. I think it just came down to whether or not I felt like negotiations would move forward with them. I really didn't, just being quite honest."

Tanner said his hope was to find Childress a home with another NBA team.

"I would say with a couple of teams in particular we went pretty far down the road, in both cases talking about sign-and-trade transactions," Tanner said. "We did have a visit to Milwaukee. We had extensive conversations with other teams."

Tanner wouldn't reveal details of any sign-and-trade offer to the Hawks. Childress averaged 13.3 points and 3.6 rebounds for Olympiakos.

Childress, from Stanford, was the No. 6 overall pick by Atlanta in the 2004 NBA draft. He started in a career-high 44 games as a rookie and averaged 10.1 points.

He averaged a career-high 13.0 points in the 2006-07 season. He played in 76 games, all in a reserve role, while averaging 11.8 points in the 2007-08 season.



Josh Childress

Correction

A story in the July 16 edition of The Globe contained some inaccuracies in regards to Camp Lejeune's new hunter tracking system, to be implemented Aug. 10.

Hunters are required to check in to the system no later than 1-1/2 hour after sunset.

Hunters who fail to do so will be penalized on their first offense by losing hunting privileges on base for one week. A second offense will lead to a two week suspension and a third offense will require a mandatory court date, with a 6-month loss of privileges. If a game warden is required to go into the field because a hunter cannot be contacted by telephone, the hunter will automatically be given a court date if he fails to check out of his hunting area, regardless of his previous offenses.

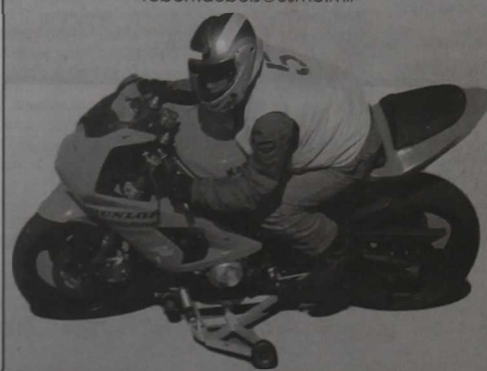
The Globe editorial staff apologizes for any confusion.

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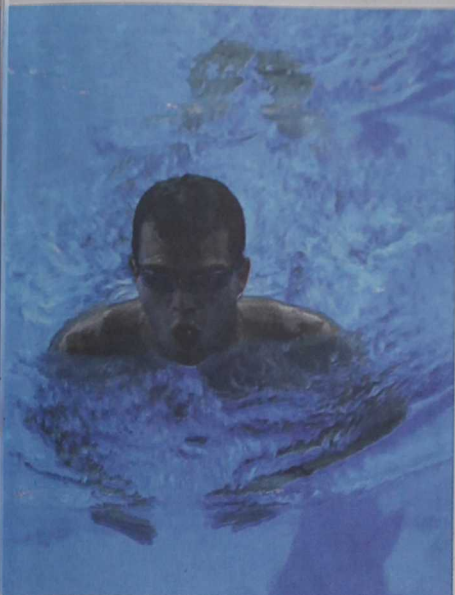


Photo by Lance Cpl. Jonathan G. Wright



Photo by Lance Cpl. Jonathan G. Wright

Marines can take advantage of free swimming opportunities at the Area 2 pool.

The Area 2 pool aboard Camp Lejeune offers plenty of lanes for Marines and dependents to stay fit and work on their swimming strokes.

Area 2 pool for fun, fitness

LIEUTENANT COLONEL JONATHAN G. WRIGHT, Area 2 Pool Supervisor, Marine Corps Base

The sun beat down upon the barracks, spewing almost solid sheets of heat onto anything that could absorb it. The pavement in front of the barracks masqueraded as a stove top, announcing in grim tones that summer had finally arrived. When the air conditioner is broken, turning the windows only makes it worse, and the options to stay cool are limited. So, why not visit the pool? There are five pools on base for recreational use, however, Area 2 has several features to suit an aquatic need. We offer a number of classes including the usual swim lessons to guard instructor classes," said Lt. Bodenhamer, a water safety lifeguard instructor. "Every day we also host water polo

matches, as long as there are 10 people to get a game started." Another popular feature of the pool is the water aerobics class, where participants get an invigorating workout in various muscle groups from the resistance of the water. "The best thing about working out in the water is that it's a completely no impact exercise," said Pamela Gaines, a water safety instructor and lifeguard. "Anyone, even if they have an injury, can get a good workout." Gaines went on to further explain no matter what sport you play, the resistance of the water makes it ideal for cross-training. The Area 2 pool also offers more equipment and swimming gear than the several other pools in the area. "Most of the equipment we have is for swimming aides, but we also have some for exercising, such as water weights," said Bodenhamer. The weights use their buoyancy

to work against the water, thus giving the same muscle effect as a real weight, she said. Free swim lessons are offered to active-duty service members, and while the pool does not support swim requalification, they will help you to prepare for it. "The only things you have to pay for are civilian or non-active Marine swim lessons if you rent the pool for parties," said Bodenhamer. The last feature offered is through the lifeguard classes, where one can become certified in Cardio Pulmonary Resuscitation through Marine Corps Community Services. With the summer heat beating down on Camp Lejeune and with all the classes the Area 2 pool has to offer, consider spending a free afternoon in the pool. For more information about classes or swimming hours, visit the Camp Lejeune swim areas Web site, mcslejeune.com/pools.

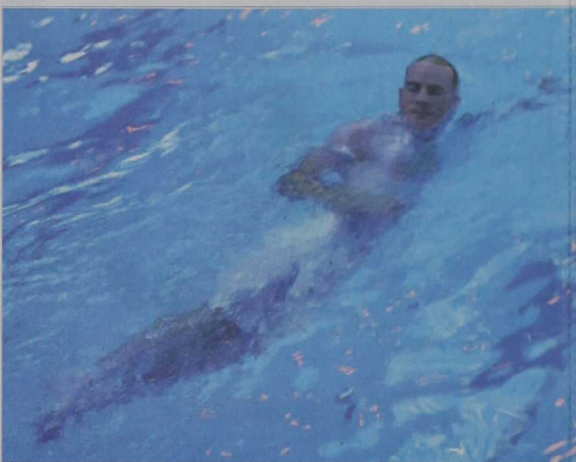


Photo by Lance Cpl. Jonathan G. Wright

A Marine at the Area 2 pool demonstrates the proper technique for the sidestroke.

Advertisement row including Southern Auto Parts & Machine Shop, First Citizens Bank, Wal-Mart, Marine Federal Credit Union, and JOEMC.

Advertisement for August 4th National Night Out at Riverwalk Park, featuring Best Buy Furniture Fair, Target, and Sammy O'Banion.

Advertisement for the 11th Annual Crime and Drug Prevention Event at Riverwalk Park, including a map of the location and details about the event.

Advertisement for Mardi Gras with Sammy O'Banion, featuring a photo of the event, a mascot, and a crossword puzzle.

Advertisement row including Landmark Military Newspapers of NC, Inc., Coastal Bank & Trust, The Lejeune, Jacksonville Mall, and The Daily News.

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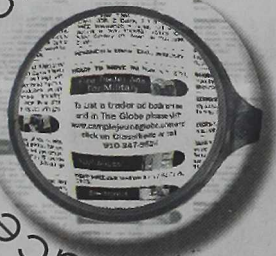
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Functional fitness helps reduce injury

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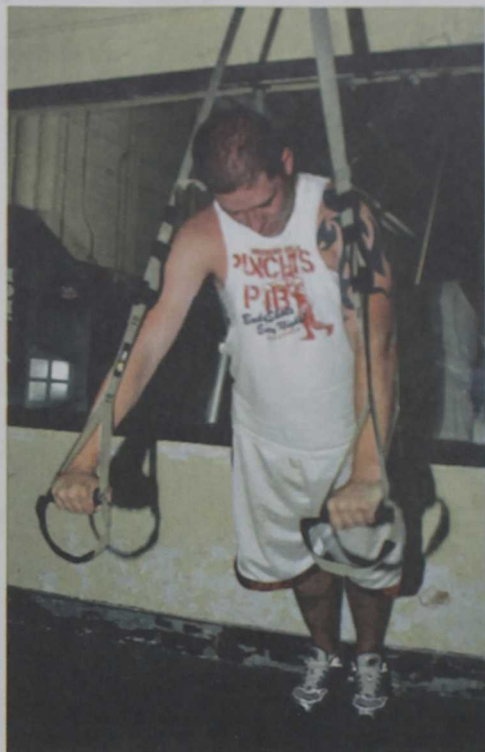
Because Marines can't ambly or press a kettlebell or press a dumbbell, it doesn't mean they are any lifting, but Semper as the solution. Functional fitness, as opposed to traditional weight training, which doesn't provide the combined use of strength and endurance, is a practical use. It involves muscle groups in a way they are actually used in day-to-day functions. The Marine Corps Base Camp Lejeune gymnasiums will offer functional fitness classes, such as the Total Resistance Exercise training, kettlebells and TRX. The equipment used with real-life mind. Marine Corps Community Services also offers functional fitness classes, which improve strength. When you work out with traditional equipment isn't used in everyday life, it doesn't move in everyday life. Mary Troja, fitness instructor with MCCS, "A lot of people have been coming in with shoulder injuries because they were lifting heavy equipment that weren't used to in the way they

naturally would." Traditional use of modern equipment isolates a single muscle group, said Andrea Lucie, a group exercise and mobile unit coordinator. "You never do anything with just one muscle. It is all your muscles working together and that is what functional fitness strengthens," she said. Practical use is one reason Marines take up this less than traditional form of exercise, but it has other benefits as well. It offers a way to hit a high-intensity workout, which develops overall strength, in a short amount of time. "You can't do functional exercise and not get a great core workout in," said Lucie. "These exercises are perfect for combat readiness and that's what working out should be about. Exercise should be about getting fit and not just about looking good." Combat fitness is stressed in the Marine Corps, as evidenced by the fitness tests. MCCS Semper Fit uses functional workouts to prepare Marines for the demands of the Combat Fitness Test. "We hold skills drills classes at the French Creek Fitness Center Wednesdays at 11:30 a.m.," said Lucie. "It is a real good old-fashioned

workout. We teach Marines how to correctly perform techniques, so they don't get injured when preparing for a CFT." The class at the fitness center is one way to prepare combat readiness, but service members aboard Lejeune shouldn't forget what the gym has to offer. In addition to the functional equipment, the gym allows for enough space to perform exercises. "If you want to use functional equipment, like a plyometric box, you have to move it outside," said Lucie. "With the Area 4 Gym you can go in and not have to worry about hitting someone in the head with a kettlebell." Right now, only the Area 4 Gym has functional fitness equipment, but soon all of them will offer the space and equipment for practical workouts. The Area 1 and Stone

Bay Gyms are expected to open and have equipment within a month or two. As with any training regimen, to prevent injury, it is important to know how to perform techniques properly. MCCS offers one-on-one personal training for those interested in either starting this type of training or for those who want to know more. Units or groups can also request instruction on functional fitness. For more information, contact Andrea Lucie at 451-0826.

Photo by Sgt. T.D. Smith
Lance Cpl. Wes Byrd, an infantryman with 2nd Battalion, 6th Marine Regiment, performs a push-up on the Total Resistance Exercise. The TRX is lightweight and can be used anywhere there is a pole to attach it to.



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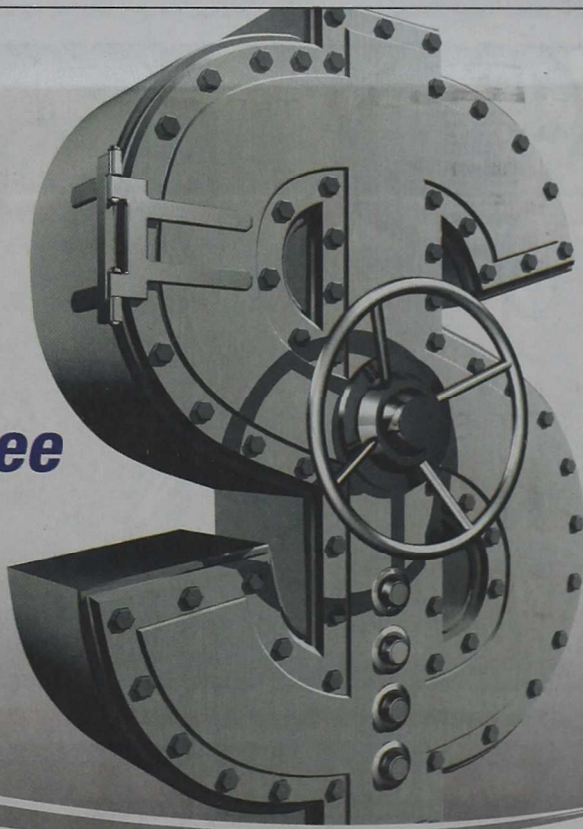
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MARINE CORPS AIR GROUND COMBAT CENTER TWENTYNINE PALMS, CALIF.

Former Super Bowl champ teaches football to Combat Center kids

CPL. NICOLE A. LAVINE
Marine Corps Air Ground
Combat Center Twentynine
Palms

A football celebrity visited the Combat Center to spend time with children during a Youth Sport program and to learn about a lifestyle very foreign to him: the lifestyle of the active-duty Marine and sailor.

Last week, former Green Bay Packers Super Bowl XXXI champion Chris Hayes opened the eyes of Combat Center children, ages 7 through 18, to the possibilities in athletic careers through a Youth Sports-sponsored football program called Coaches Solution Innovations at Felix Field. Meanwhile, Hayes' own eyes were opened to the realities every deploying Marine and sailor experiences.

Hayes, who had never set foot on a military installation before, said he gained a deeper respect for the sacrifices made by service members and their families. "People need to see what

these people do on a day-to-day basis," said Hayes. "I'm not talking about the watered down stuff you see on the news. I'm talking about the real thing."

Hayes said his experience sitting in the driver's seat of a stationary M1A1 Abrams main battle tank painted a vivid picture for him of what Marines go through when in country and in war. He also visited injured Marines at the Robert E. Bush Naval Hospital.

"I was very humbled by it all," he said. "Sitting in that tank for two minutes changed my life. Knowing these people do what they do for my well being and my family, blows my mind. I don't think civilians realize the full impact of what these men and women do until they experience what I have experienced today. I would definitely want a (service member) fighting on my behalf before anyone else."

One service member in particular, Petty Officer 3rd Class Sonny Lemerande,

stood out in Hayes' memory.

"Just standing there talking to him, I saw how much discipline he had," Hayes said. "I felt like I was in the presence of such dignity. I asked myself 'how can you obtain such discipline without getting shot at?' If there was another way to get that discipline, I'd sign right up."

Hayes said as a professional athlete, he understands the value of strong discipline. To him, football represents more than one of America's favorite sports. It represents an attitude in life and helps him put his personal principles in motion — principles that promote good work ethic and kind treatment toward others. He said he wishes to share this attitude with youth so they may be inspired to follow their dreams and work hard.

"It has a sense of paying it forward," Hayes said about youth involvement. "Everybody needs somebody. I didn't get where I am without someone pouring back into me. God has shown

me my gift (football skills) and I want to pour that into these children."

Joe Rosselli, the youth and community recreational manager here, said Hayes expressed great enthusiasm in furthering professional athletes' participation in community projects.

"Chris wants to stay involved with this program," Rosselli said. "He has contacts with other NFL players and he's going to bring this message back to them. He's very impressed with the mentality he's seen in these children."

Rosselli said he has received much positive feedback from parents and children about the program thus far.

He and Hayes are coordinating to create a family day aboard the Combat Center which would involve a flag football game between Combat Center children and a team of NFL players, as well as a barbecue and autograph period.

12-year-old Sam Glass, son

of Beth and Maj. Michael R. Glass, the officer in charge of the Explosive Ordnance Disposal, was one of the children participating in the program.

"I like football because it's

a contact sport," said Sam, who has played the sport more than four years.

"And I think it's great that Chris Hayes is out teaching us everything he knows. It's really, really

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The **U.S. Marine Corps** has prepared a Draft Environmental Impact Statement (EIS) to assess the potential environmental impacts of the Grow the Force initiative at Marine Corps Base Camp Lejeune, Marine Corps Air Station (MCAS) New River, and MCAS Cherry Point, NC. By the end of Fiscal Year 2011, the Marine Corps plans to permanently increase its military and civilian personnel by about 9,900 across the three installations. The public comment period begins on July 17, 2009 and lasts 45 days. At this time, copies of the Draft EIS will be available for review at the following libraries:

Onslow County Public Library	58 Doris Ave. East	Jacksonville	NC	28540
Richlands Branch Library	299 S. Wilmington St.	Richlands	NC	28574
Sneads Ferry Branch Library	242 Sneads Ferry Rd.	Sneads Ferry	NC	28460
Law Library Branch	109 Old Bridge St.	Jacksonville	NC	28540
Havelock-Craven County Public Library	301 Cunningham Blvd.	Havelock	NC	28532

The public may download an electronic version of the Draft EIS by visiting the project website at www.GrowTheForceNC.com or by requesting a copy from the address listed below. Written comments may be submitted via the website or by sending them to:

USMC Grow the Force in North Carolina EIS Project Manager
Naval Facilities Engineering Command Mid-Atlantic, Code BMEV31
Building C, Room 3012, 6506 Hampton Blvd.
Norfolk, VA 23508-1278

Please provide all comments by September 1, 2009 to ensure that they receive consideration in the Final EIS. Public hearing meetings are scheduled to occur the week of August 18, 2009. Specific dates, times, and locations will be announced in local newspapers.

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Summer Fun Photo Contest



Photo by Cpl. Katie Densmore

Dodge-baller rears back to unleash a strike against his opponents during the French Creek Dodge-ball Tournament, July 15.

DODGE THIS: PURPLE COBRAS WIN DODGEBALL TITLE

KATIE DENSMORE
Corps Bosc

The balls were carefully placed in the center of the court as the teams lined up on opposite sides of the gym. The players lined up each other down intensely as the crowd cheered and rhythmically stomped their feet. The noise began to die down when the referee raised his hand and a sharp whistle blast pierced the air. Both teams moved toward the aligned balls, hoping to gain an advantage in the heated dodgeball match.

Each team consisted of six players each competing for trophies and bragging rights in a tournament at the French Creek Community Center on July 15.

The rules of the game were simple. If you were hit, you're out, catch a ball and your team is out and you can bring back a new player. Other stipulations included a one-minute limit after picking up the ball to start a new match.

Several matches lasted only four minutes but were filled with excitement. The heated match came down to one team against an entire team with a minute left. Against overwhelming odds, he fought his way back eliminating the other team.

Several of the competitors it was a game from their childhood. "I loved it," said Curtis Doncklee, team captain of The Destroyers. "I mean, it's the

first time I have done something like this. I haven't played since elementary school, but I would definitely do this again."

Although the game of dodgeball is about teams lobbing balls as hard as they can at one another, there was much more to this tournament.

"It is really about team building and bringing people together," said Angela Rodier, a fitness program specialist with Marine Corps Community Services.

To keep bringing teams together, the tournaments happen all year long to spice up normal routines.

"We do these tournaments periodically," she said. "The last one was about five months ago at Courthouse Bay. We want to keep people interested and not have people get bored with it."

In the end it came down to three teams: Balls in Your Face, 2-Fat-2 Win and Purple Cobra. 2-Fat-2-Win was eliminated after four rounds of competition leaving Balls in Your Face and Purple Cobra to battle for first place.

The match came down to two on two. The crowd cheered at every ball as they flew across the room. After several close calls, Purple Cobra eliminated one of the players leaving Balls in your Face's lone female to fend for herself. She desperately tried to catch a ball to bring back her teammate, but during the attempt, she missed and was called out, leaving Purple Cobra to claim their title as dodgeball champions.



Photo by Cpl. Katie Densmore

Team Purple Cobra beat out 14 other dodge-ball squads to lay claim to the French Creek Dodgeball Tournament, July 15. The event was hosted by Marine Corps Community Services as a way to spice up the normal fitness routine aboard Camp Lejeune.

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KATIE DENSMORE
Marine Corps Base

For military members and families, the biggest obstacle of going to college is out-of-state tuition rates. Lately, for those serving in the country and their families, that cost has changed.

Now all state, public institutions must give in-state tuition to active-duty members and their families. This change is part of the Higher Education Opportunity Act, which is the Higher Education Act of 1965. The law is effective for periods of enrollment that begin after July 1.

The law helps military members who have wanted to go to college, but simply can't afford the old rates.

In order to receive the benefit, a person must be on active duty for a period of more than 30 days in the year or his family member must be on active duty for more than 30 days in the year. Another requirement of the law is that the family member or his family member must be enrolled in school while he is still on active duty.

Even if the service member is on the day before he departs the military, he can receive in-state tuition for the year," said Bob Songer, head of the Lifelong Learning Branch, Marine and Air Service Division, Marine Corps Community Services. "After the year passes, they have to become residents to continue receiving in-state tuition."

Songer added although the new law is a policy North Carolina has had for quite some time. The new law applies to every state.

"Every state has to do it," he said. "If a military member is a problem with their state not complying, he can contact the Department of Education."

WARLORDS prepare for Afghanistan in training facility



Photo by PFC. Walter Marino
Pfc. Emmanuel Nunez, a grenadier with Company F, 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, provided first aid to Lance Cpl. James Hofelich, an engineer attached to Company F, during a training exercise aboard Camp Lejeune, July 15. During the exercise, Marines practiced procedures done in an improvised explosive attack to help prepare them for a future deployment to Afghanistan.

PFC. WALTER MARINO
1st Marine Expeditionary Force

In an effort to prepare them for an upcoming deployment to Afghanistan, Marines from the 2nd Battalion, 2nd Marine Regiment, 2nd Marine Division, participated in a unique field training exercise aboard Camp Lejeune, July 15.

Patrolling one of Camp Lejeune's urban training facilities, groups of 12 to 30 Marines of Company F, just

as they would in Afghanistan, learned how to combat improvised explosive devices and hostile insurgents, while at the same time interact with Afghan citizens.

Second Lt. Brian McGrath, the first platoon commander for Company F, said he believed the training is an important step in preparing the Marines for Afghanistan, so mistakes can be made in a training environment instead of overseas.

What added to the realism of the exercise was the presence and participation

of men and women of Afghan descent. This is a departure from earlier exercises where Marines had been role players.

"This is getting us used to the culture differences between the Iraqi and Afghan people," said Sgt. Jeremy Beaudette, a Company F squad leader. "They're setting up the training to mimic what's going on in Afghanistan."

Marines talked about the usefulness the Afghan natives brought to their training.

"It's better than last

year," said Lance Cpl. Anthony Ortiz, a rifleman with Company F. "We have role players that are actual Afghans, not Marines playing Afghans."

During one group's patrol, a loud blast broke the relative silence as pyrotechnics signified a simulated IED had been detonated. Arriving at the scene of the 'explosion,' the Marines found a simulated casualty.

Lance Cpl. James Hofelich, a combat engineer attached to Company F, lay with a mock head injury and

covered in fake blood. As he wrapped Hofelich's head in bandages, Pfc. Emmanuel Nunez, a first platoon grenadier, spoke words of reassurance to the 'injured' Marine.

"You're talking to me, so that's good," said Nunez. "You're going to be ok."

The simulated casualty, coupled with the interaction between the Marines and the Afghan role players, enabled the Marines to place another tool in their kitbag in anticipation of their upcoming deployment in support of Operation Enduring Freedom.

Get some fun, relaxation or education at Tarawa Terrace community pool

BRYCE C.K. MUHLENBERG
Marine Corps Base

Feeling hot, bored, cooped up? Need to get you and your kids out of the house and into some fun? Well, head to the Tarawa Terrace 1 community pool, for cool water, fun times and a helpful staff await you and your's.

The pool is open free of charge, Wednesday to Monday from 12 p.m. to 7 p.m., but is always closed Tuesday, due to training and kid's camps. Private parties can be scheduled at a cost of \$40 for 10 people or less and can be held from 10 a.m. to midnight.

It's great because it's a safe recreational environment for kids and adults, and it's a really well kept facility," said Sgt. E. Fulton, a certified lifeguard instructor who works at the pool.

The pool's maximum capacity is 400 people, and according to Trish Mumford, the pool supervisor, that limit has been met numerous times. In short, we love the pool simply because it's convenient, it's an all-ranks pool and it has vending machines and a full-service bar, said Mumford.

The services we provide are unparalleled and beneficial for Marines, kids and families alike," said Fulton. "Just to list a few we have water aerobics, swimming lessons, lifeguarding classes, pool safety and something we call splash camp, which is a weeklong day camp where we have arts and crafts, pool games and swimming lessons. It's a really fun camp



Photo by Cpl. Bryce C.K. Muhlenberg
The Tarawa Terrace 1 community pool is open free-of-charge Wednesday to Monday from 12 p.m. to 7 p.m., but is always closed Tuesday, due to training and kid's camps. For more information about various pool camps, activities or scheduling private parties, call 450-1610.

for kids ages six to 14."

Fulton added they also have community pool parties, which are usually a blasting good time and at only a dollar per person with drink and food, you can't beat it.

For the kids, it's all about exercise, getting outdoors and making new friends in the neighborhood, added Fulton.

"Hey, it's better than leaving your kid to play video games all day," said Mumford. "We want more adult swimmers

and parents who like to interact with their kids. Our swim program is growing all around from swimming lessons to water safety and lifeguard instructor courses and it's all top-notch. Safety is our priority, but we also like to have a really good time, so come one, come all."

For more information about the pool, classes and scheduling private parties, visit mccslejeune.com/pools or call 450-1610.



Courtesy photo
Wounded warriors with the Wounded Warrior Battalion - East, Camp Lejeune participate in a kayaking trip with the Warrior Athlete Rehab Program, recently.

WAR program offers nontraditional healing

CPL. JESSICA L. MARTINEZ
Marine Corps Base

A deployment can have several effects on a Marine and after returning home, the recovery process isn't always an easy or fast one.

The Warrior Athlete Rehab Program is a program for Marines belonging to the Wounded Warrior Battalion - East at Camp Lejeune. It began in February 2008 and is a referral based conditioning program and solely voluntary.

"We want to take Marines from a de-conditioned state to a reconditioned state," said Dr. Ginger Gold, program manager with the Wounded Warrior Battalion - East. "When Marines are injured they move from a fit state to an unfit state and that affects the Marines' health both physically and mentally."

When Marines are injured and are unable to continue with their daily workout routine, they tend to lose muscle mass and gain weight as they slowly fall out of the physical standards they once held themselves to.

SEE HEALING 2C ▶

Museum hosts fundraiser for community

CPL. JESSICA L. MARTINEZ
Marine Corps Base

For those of you who desire some entertainment, but need a change from the typical Jacksonville scene, then the Museum of the Marine has something different to offer.

But, to make it a reality requires help. In order to raise money for construction of the Museum of the Marine, a special event has been arranged. "A Summer's Night with our Heroes" will take place at the Jacksonville American Legion Building from 6 to 10 p.m., July 31.

"These fundraisers help us to cover our operating expenses," said Bill Ayers, a retired Marine colonel and interim director of the Museum of the Marine. "The money we raise allows us to continue to prepare the exhibits that will go into the museum."

The Museum of the Marine is planned to be built in the Lejeune Memorial Garden, which is currently home to the Beirut and Vietnam War Memorials off of Highway 17.

The 40,000 square-foot

building will house three main galleries and a changing gallery.

The first gallery, called Corps and Carolina, will tell the story of Camp Lejeune and Marine Corps Air Station Cherry Point and how the community surrounding the bases has evolved.

The second gallery is called World Warriors. It will tell the battle history of the units who have been at Lejeune. The third gallery, called 21st Century Marine, will show all of the new innovations, equipment and adaptations of the Marine Corps. The fourth gallery is a gallery housing special exhibits and will change from time to time.

During the fundraising event, there will be six World War II and Korean War vehicles on display for attendees to observe. Also, active-duty service members will be present dressed in the proper uniforms for the time period they are representing.

"It's going to be a really great time," said Ayers. "We've got door prizes, a silent auction, and an auction with an auction-

eer, so there's a chance for everybody to get something. You can either win it or buy it."

The museum will tell the story and what it means to be a "Carolina Marine." The fundraiser allows the community to get involved in the story and help out with their donations and time.

The event is open to everyone and tickets are currently on sale for \$55 per couple and \$35 per person. The ticket covers a catered buffet, beverages throughout the evening as well as a silent auction.

Other entertainment will also be available, such as dancing and door prizes. Many items will be auctioned from original paintings and signed and numbered prints to authentic World War II uniforms and vacation trips.

Monetary donations and auction items are still being accepted. For more information about the event or to purchase tickets, call Tonya Ramsey at 938-7653. For more information about the Museum of the Marine, visit the Web site at museumofthemarine.org.



Photo by Cpl. Jessica L. Martinez
Pictured here is an M-274 mechanical mule. This vehicle was used in the Vietnam War to carry the 106-recollless rifles, as well as transport ammunition and chow for members during the war. This vehicle will be on display during the Museum of the Marine's fundraiser, 'A Summer's Night with our Heroes'. The event will take place at the Jacksonville American Legion Building from 6 to 10 p.m., July 31.

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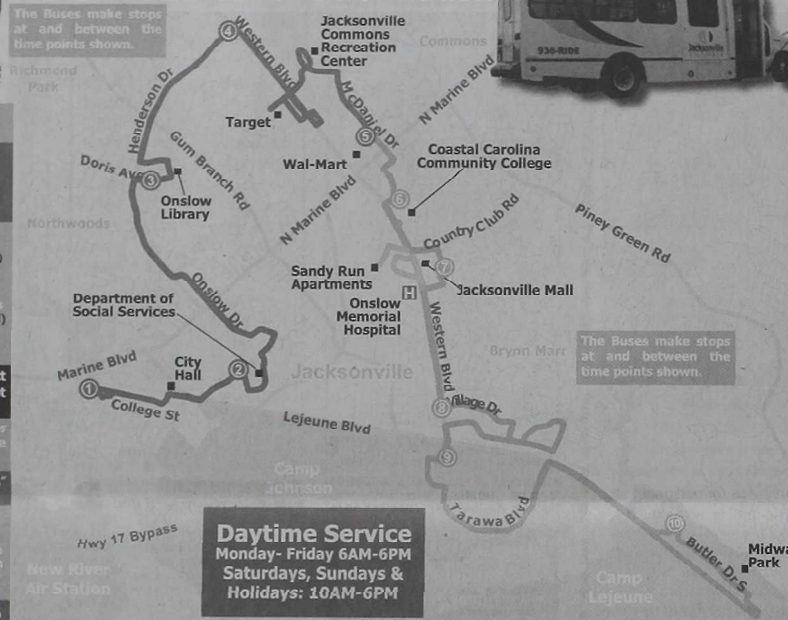
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CPL. JESSICA L. MARTINEZ
Marine Corps Base

For those who don't own a vehicle or have it with them aboard Camp Lejeune, traveling on and off base may not be the easiest or cheapest thing to do.

November 2007, the Jacksonville Transit System began offering service members a safe and economical means of traveling on and off the bases in the area. The buses take riders to the greater Jacksonville area for a diminutive fee.

The Jacksonville Transit System offers two types of service throughout the week to help service members and families living in base housing.

The day-time service runs during the week throughout Jacksonville, Midway Park and both Tarawa Terraces. It costs \$1.25 per adult and \$0.60 for seniors and children ages 6 to 18. The

daytime service runs Monday through Friday from 6 a.m. to approximately 6 p.m., and Saturday and Sunday from 10 a.m. to 6 p.m.

"This benefits service members living in base housing, allowing them to get out in Jacksonville, the mall and Coastal Carolina Community College," said Ron Massey, the Interim City manager of Jacksonville.

The express service runs during the weekends on and off the bases. It begins Friday at 6 p.m. running until 2:50 a.m.; Saturday from 11 a.m. to 2:50 a.m.; and Sunday from 11 a.m. to approximately 6 p.m. It costs \$3.

Tickets can be purchased for single fares on the bus, at Jacksonville City Hall and the Marine Corps Exchanges on the bases.

"This is the best bargain in town," said Massey. "It's hard to find a cheaper ride."

Although the transit system has

been up and running for almost two years now, Jacksonville City Transit continues to better the service they offer to the military community.

"We are currently developing a regional transit plan to identify ways to improve transit service throughout the region," said Chris Lukasina, Metropolitan Planning Office Administrator with Jacksonville Development Services.

The Jacksonville Transit System is conducting a survey with Marine Corps Community Services that will be available soon.

"We hope, in time, as ridership increases we can expand our service where it is needed," said Massey. "We want to get ourselves well established and see where we grow."

For more information regarding the Jacksonville Transit System call 938-RIDE (7433) or visit the Web site at <http://ci.jacksonville.nc.us>.

HEALING FROM IC

To help with this problem and transition back to working out regularly, the WAR program uses several activities to help with increasing muscle strength and cardio function and decreasing body fat; activities such as aquatics, cycling, equine, golf, rowing/kayaking, yoga, biofeedback, and strength and conditioning.

"Exercise affects the brain," said Gold. "Aerobic exercise increases the growth of brain tissue. It's important to get the brain working right away, helping them to focus on the activities."

All the activities available are individualized for the Marines' particular physical needs.

"The WAR program works hand-in-hand with a physician," said Gold. "With the program, we want to help reduce the number of medications the Marines are taking."

Since the program took effect in the beginning of 2008, approximately 50 Marines participate weekly.

It's helped Marines with losing weight, reducing fears, improving balance, increasing confidence, as well as a positive overall mood change, said Gold. They've improved their sleep efficiency and minimized severe depression and anxiety.

Although the program is centered around the wounded warriors, spouses are able to participate in certain activities with their loved one.

There are three ways to get into the program, by either self referral, referral by the Marine's command or referral by the Marine's physician.

For more information about the WAR program, contact Dr. Ginger Gold at 449-9577.



Courtesy photo
Wounded warriors with the Wounded Warrior Battalion — East Camp Lejeune, N.C. participate in scuba diving with the Warrior Athlete Rehab Program. The program began in February 2008 and offers a nontraditional therapy setting. Since the program began, approximately 50 wounded warriors participate weekly. The program helps with weight loss, to increasing muscle strength and cardio conditioning.

Never too early for II MEF's hurricane preparedness

PFC. WALTER MARINO
II Marine Expeditionary Force

With hurricane season in full stride, Marines and Sailors here should feel a little more at ease knowing II Marine Expeditionary Force has taken the proper precautions to prepare for the disastrous winds and heavy rains a hurricane could bring.

"II MEF goes through exercises that help prepare for hurricanes," said Will Brown, II MEF Operations deputy.

Marines and sailors practice the destructive weather so it can be used if a hurricane were headed toward Lejeune. Its purpose is to evacuate all personnel while providing rapid recovery teams, vehicles, gear and supplies before, during and after a hurricane.

"It is important to train for situations like this because like anything else in the Marine Corps, if you don't train it, you don't have preparedness and without preparedness people can get hurt," said Brown.

The first official day of hurricane season was June 1, 2009. Brown says preparation began months before.

"Every May, new orders are written and a training exercise such as the destructive weather exercise is started, repeated through September," Brown said.

"We look at the known effects of the hurricane, planning and sequence is formatted to the anticipation of the hurricane," Brown said. "(Camp Lejeune Safety) sends us requirements, and we provide them armored vehicles, working parties and forklifts. Everything they need during a hurricane."

II MEF works with its major subordinate command to pull all the resources needed to prepare and recover from a hurricane, and gives operation orders based on what each unit can bring to the team.

Brown explained II MEF's standard operation procedure is based off of requirements levied by Marine Corps Camp Lejeune as a whole. II MEF then tells each MEF material and manpower to provide, and attaches resources to the base.

Together, II MEF and MCB Camp Lejeune maintain operation to provide hurricane relief for the installation as well as its inhabitants.

In charge of Camp Lejeune's transportation support is Capt. Tony C. Armstrong, mobility officer, Marine Logistics Group. His experience in last year's storm Hanna helped ready him for future natural disasters.

"Seventy-two hours prior to the storm, we start preparing equipment," said Armstrong. "After the storm ends, we provide power back with generators and we're also ready for providing recovery teams for the cleanup of the aftermath of the storms."

When it comes to Marines' safety, Armstrong says there are always areas to improve.

"After hurricane season, or after any major storm, we can improve. If we need to change the order we want that change," said Armstrong.

Dealing with destructive weather since 1996, Marine Sgt. Byron Gale, combat service support officer, 2nd MLG, said preparation is key in destructive weather planning.

"The preparation stage is the most important. Two hours prior to imminent danger from the hurricane, we start getting them home or to the racks. We set up generators at fall-out shelters, track chow halls and medical facilities," he said. "But the stage is important too, because that's when we help recover to fully operational status."

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114 STEEP HILL DR-\$224,900. Spacious home on large 2/3 acre lot. Freshly painted living room with fireplace, formal dining room & breakfast nook. Large open kitchen includes dishwasher, smooth-top stove, microwave. Large 4th BR or Bonus Room! Septic for 4 BRs. Great location on Silver Creek Golf Course minutes to shopping, schools, marinas or beach. Sellers have moved & need to sell now-reduced from \$234,900 to \$224,900. Bluewater GMAC about our Military Advantage Program @ 866-467-3105.

123 ITS THAT EASY! New 3 Bedroom, 2 bath located on 3 acres for \$112,000. Ready to move in! Call Ricky 910-389-2130 or visit www.newcenturyhomesnc.com

173 SANDERS DR-Hubert. Beautiful building lot that is almost 1/2 acre located a few minutes away from the side gate at Hwy 172! Also close to Historic Swansboro and the fabulous Emerald Isle Beaches! Three bedroom septic permit on file!! Only \$35,000!! CHOICE Realty 910-330-4481.

174 CEDARWOOD RD-\$109,900. This 1998 Oakwood mobile home looks almost new. It is a second home rarely used. It has been well maintained and comes furnished with few exceptions. It has the upgraded insulation pkg. Owners have added a front porch, back deck and paved driveway. Large (30'x12') storage shed in back. Easy living! Owner is even leaving the riding lawn mower!

Classified Ad Form

Readers is a free service provided by the Public Affairs Office and submitted by active duty and retired military personnel and their dependents, and civilian personnel aboard Camp Lejeune and MCAS New River. Ads must be resubmitted each week and reach the Public Affairs Office by noon Thursday for the following week's publication. Ads should be submitted on the Advertiser form, available here at the Public Affairs Office. Ads are reserved for the exchange or sale of personal goods only. Ads for personal services or businesses may not be printed. The Public Affairs Office reserves the right to withhold ads that may be deemed inappropriate for any reason. Official phone numbers CANNOT be listed.

There is three ads per week. If the Public Affairs Office receives more ads than space permits, certain ads may not be published until the following week.

Individual forms must be filled out for each "Category" of items (automobiles, pets, etc.) and written legibly. No more than 25 words per form.

Trader ads submissions cannot be accepted by phone, guard mail, or fax, as these means are reserved for official business only.

Submit your ad by dropping it off at the Public Affairs Office or visit: www.campjeuneglobe.com or www.newriverrotovue.com

Trader Form

Drop off form: Public Affairs Office, Bldg. 67, Virginia Dare Rd. (Mainside) MCB Camp Lejeune, NC 28542-004

Name: _____ Rank: _____ Organization: _____

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[25 Words Per Form - Write Legibly.]

I certify that I have read and understand the above information. I certify that I am not involved in any commercial enterprise and requesting advertisement for rent or sale of a house or trailer, it is available without regard to race, creed, or religion.

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208 W. VOLANT STREET Better than new!! Three bedroom, 2 bath with one car garage in Queens Ridge Subdivision. New carpet, vinyl floors and light fixtures. Home has been freshly painted inside and out. New windows and new doors to be installed! Enjoy your winter evenings relaxing by the fireplace and summer barbecues out on the patio! Lots of room in the back yard for the kids to play in. New architectural roof! Mls# 101607	161 WILSON AVENUE Why pay rent and possibly even pet fees when you can own your own home for less? Really nice 3 bedroom, 2 bath double wide on an acre of land in Richlands. Built in 1997. Lots of land for the kids to run around on and quiet! \$93,000. Mls#100965
113 INVESTMENT LANE BRICK, 3 bedroom house on 1 acre lot that backs up to the woods in lovely Harvest Ridge. Spacious floorplan with living room, dining room and den. Newly refinished hardwood floors and freshly painted interior. Seller to pay all buyer's closing costs and home warranty! This one won't last long at only \$139,900!! Mls# 101160	826 DEPPE ROAD What a deal!! 3 bedroom, 2 bath BRICK home with a garage on almost 1/2 acre...out in the country and away from it all, but only minutes to the base, shopping and schools! Seller will pay \$1,000 of buyer's closing costs AND provide a one year home warranty! First time homebuyers get up to \$8,000 cash back! A great buy at only \$133,975. Mls#103302

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107 MEADOW FARMS RD.
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104 ASHBURY COURT
 PRISTINE 3BR 2.5BA All-weather hardy epoxy finished concrete in the open 1/2 acre lot. Hardwood floors, bay windows & a balcony. Second floor has built in bookshelves & recessed gas cooktop, stainless steel appliances, dual zone heating with dual thermostats, all wood. Master bath has been completely redone with tile, granite & master BR has walk-in closet. For the guys there's a workbench in the covered carport. Private back yard with level & treeshouse for the kids. You really have to see to appreciate all it has to offer for only \$249,900!

3042 FOXHORN ROAD
 WOW! That's what you'll think when you see this lovingly maintained 3BR 2BA Foxhorn Village home. This home just feels like home with a stone tile gas FP, cozy galley style kitchen with breakfast bar & new light fixtures in both beds. Ceramic tile floors in the kitchen and baths and newer paint & carpet too! The master bedroom has 3 closets for all of your storage needs...and a privacy fenced back yard for summer fun! You won't find a more perfect home at a perfect price at \$137,000! Mls#102091

1322 NEW RIVER INLET
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290 BROOKSTONE WAY
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110 SPARKLING BROOK WAY
 Fantastic 2 story new construction in desirable Brookstone at Land's End. The Orlando features 2,000+ sq ft. Huge living room with fireplace, formal dining room, breakfast area & walk-in closet. Master bedroom has tray ceiling, walk in closet and separate bath & shower unit. Buyers may choose colors & make this home truly their own! Mls# 102887

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Real Estate For sale
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Real Estate For sale
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282 CHADWICK ACRES ROAD Sneads Ferry 3BR/2BA 1769 SF .62 acre wooded lot. New laminate/carpet. New paint. New kitchen appliances. 10 min to Camp Lejeune. 6 min to the beach. \$117,900 919-782-4525.



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317 LAKEWOOD DR Beautiful, charming 3 bedrooms, 1.5 bath home located within minutes to everything Jacksonville has to offer: dining, recreation, shopping, schools. Refinished Hard wood floors smooth to the touch, ceramic tile kitchen is bright and inviting, new paint, new light fixtures, open deck for entertaining friends and family. Large back yard—come see this dream home today! Barbara Canavan & Associates, 910-355-0397



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348 OLD CHURCH RD Priced at \$128,900. Perfectly maintained home, needs no work, freshly painted, split bedroom floor plan, manicured yard, fenced, 2 nice storage buildings, one w/electricity, screened in covered patio. Double-wide with permanent foundation. Perfect home or second home for beach

407 ALDER CT New 2 story home with approx. 1,898 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

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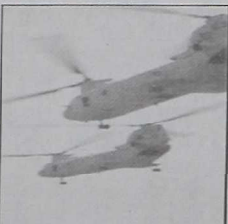
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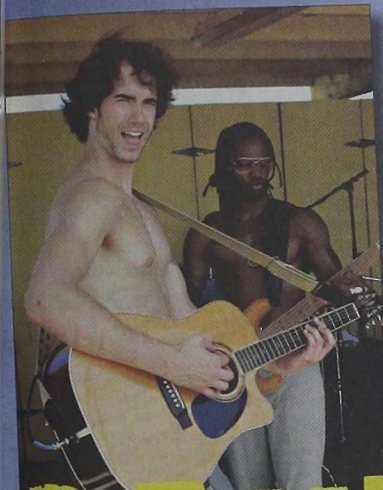
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SAND & JAM

Marines, sailors and their guests can relax and have fun at Sand Jam 2009 which is scheduled for Aug. 1 at Onslow Beach aboard Camp Lejeune. The event includes popular activities such as beach volleyball, a tug-of-war contest and a Flex on the Beach contest.

Photos by Renee J. Harding



Can you handle THE FUN?

HEATHER M. OWENS
Carolina Living editor

Marines and sailors, it's time to get pumped up. The biggest beach party of the year is just around the corner.

The event is Sand Jam 2009, of course. The date is Aug. 1. The location is Onslow Beach. The agenda is fun in the sun, all day long, man.

Beach volleyball players may want to roll out of bed early that morning so they can be at the beach for the 11:30 a.m. registration for the competition. Registration will take place at the "Crab Shack" near the entrance to the enlisted beach.

Volleyball registration will continue through 12:30 p.m.

Other revelers can plan to be at the beach for the official Sand Jam start at noon or be fashionably late and arrive later in the afternoon.

Camp Lejeune's Single Marine Program sponsors Sand Jam, but all Marines and sailors are invited, even if they have a wedding band on their finger. Other authorized patrons and guests are welcome as well.

Susan Goodrich, SMP coordinator, said organizers like to shake things up and try new activities each year, just to keep things fresh.

This year, attendees will be able to test their mettle on the mechanical surfer ride, which will be up and running from noon through 6 p.m.

"It's kind of like one of those mechanical bulls, but it is a surfboard you are going to be riding," said Goodrich.

After Marines and sailors prove their surfing prowess on the mechanical surfer, they may want to participate in any one of the many other activities available on the beach.

Goodrich said many of the old standard favorite activities from Sand Jam's past will be available this year as well.

For those who signed up earlier in the day, the recreational volleyball com-

petition will be up and running from 12:30 to 2:30 p.m.

That perennial favorite, the tug-of-war contest, will take place between 1:30 and 2:30 p.m. Then, the Flex on the Beach contest will kick off at 2:30 p.m., next to the enlisted pavilion. Both men and women will have the opportunity to strut their stuff on stage while showing off their muscles. The best flexers will receive awards at a short ceremony scheduled to take place at 3:30 p.m. Awards will also be presented to the winners of the day's other activities.

All of these activities will take place to a funky, musical soundtrack. A disc jockey will be spinning tunes on the beachfront all day long. The Islanders' Steel Drum Band will jam out from noon to 4 p.m. Then funk/dance band Painted Man will play their funky beat from 4:30 to 5:30 p.m.

For those who like more of a twang, Nashville recording artist Veronica Ballestrini will headline the main stage (located near the parkinglot side of the enlisted pavilion) from 6 to 7 p.m.

Goodrich said the SMP is happy to sponsor Sand Jam for the service members aboard Camp Lejeune.

"This event has been successful because of the beautiful beach and because it provides what our Marines and sailors want, which is good music, great food and being able to have a good time with their fellow Marines and sailors," said Goodrich. "It's playtime for Marines and sailors. They work hard and they need to be able to play hard, too. This event enables them to do that."

Editor's note: Parking will be available on the Onslow Beach island, and a trolley will shuttle attendees to the beach. Carpooling to the beach is recommended. Service members who live in the barracks and require transportation, may sign up for a shuttle service to the beach at their recreation center or by calling the SMP at 451-4642. Dogs and glass will not be allowed on the beach. This event is not recommended for children.





MovieReview



From the front row with Reinhold Molderhauer Huneycutt

'Year One' takes an inane romp through ancient times

Playing at the Camp Lejeune Theater

"YEAR ONE" (PG-13)

"Year One" is another crude comedy, this time exploring ancient times when two hunters in a Stone Age tribe are expelled.

Jack Black ("Tropic Thunder," "Nacho Libre") and Michael Cera ("Superbad," "Juno") play Zed and Oh, two primitive men who wander through early civilization in biblical times.

The pair of outcasts stumble through ancient history after being banished from their village.

They embark on a journey tracing the Book of Genesis and discussing their various religious beliefs.

The caveman saga includes performances by Oliver Platt ("Frost/Nixon") as High Priest; David Cross ("Kung Fu Panda") as Cain and Paul Rudd ("Forgetting Sarah Marshall") as Abel; Vinnie Jones ("Hell Ride") as Sargon; Olivia Wilde

("Alpha Dog") as Princess Inanna; and Hank Azaria ("Night at the Museum 2") as Abraham.

Director Harold Ramis ("Knocked-Up," "Analyze That," "Groundhog Day") describes his latest film, produced by his good friend Judd Apatow, as "just a good, dumb, broad comedy."

"Year One" is a pre-historic farce with sexual content, potty jokes and juvenile humor throughout. The slapstick comedy is a rather stupid epic romp through ancient history.

Playing at the Jacksonville Theater

"BRUNO" (R)

"Bruno" is another over-the-top satirical comedy by the outrageous and controversial Sacha Baron Cohen.

This time, the twisted British comic, Sacha Baron Cohen ("Borat," "Sweeney Todd," "Tallageda Nights"), takes another of his alter egos, the Austrian fashioni-

sta, on the road.

Cohen disguises himself as Bruno, a flamboyant, gay fashion guru, who is the host of a top-rated late night fashion show. His goal is to become the biggest Austrian celebrity since Hitler.

To accomplish this feat, Bruno crisscrosses the globe and takes his show to America in hope of finding fame and love.

Bruno, craving fame, uses the adoption of an African baby as an art project and stages an audition for little models; he tries to make peace in the Middle East; infiltrates the National Guard, and goes hunting with good ole boys.

Co-starring are Gustaf Hammarsten ("Together") as Lutz, Bruno assistant; and Josh Meyers ("College Road Trip") as Kookus.

Also seen (or heard) are musicians Bono, Chris Martin, Elton John, Slash and Sting.

Director Larry Charles ("Borat," "Masked & Anonymous") presents Cohen in the character of Bruno as he treks across America, exposing hypocrites and homophobia and highlighting the absurdities of the fashion industry in yet another shocking so called 'mockumentary.'

Cohen co-wrote and produced this third film based on characters from his popular Da Ali G Show.

"Bruno" is a silly, crude, rowdy and sometime jaw-dropping, uncomfortable and scandalous, funny adult satire. Nothing more or less than one expects from the fearless Sacha Baron Cohen; the film is barely squeezing out an R rating.

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

GamingIntel

'Sims' is simply fun

BRIAN BOWERS
Stars and Stripes

"The Sims 3" offers more options than you can possibly pack into one life. That's why I've created an entire household of digital people.

Brian is charismatic and friendly and his life's ambition is to be surrounded by his loving family. However, Jasper is clumsy and mean-spirited and aspires to become the "Emperor of Evil."

With the new version of Electronic Arts' digital dollhouse, selecting such personality traits and lifetime wishes is just as important as choosing the right hairstyle when you're creating a new character. Traits and ambitions affect how your Sim will react to certain situations and how much pleasure, or irritation, he'll experience when certain events transpire. And they also add new options to certain activities and interactions. For example, Jasper loves washing with "evil soap."

Of course, choosing hair, noses, lips and other physical features are important, and fun, elements of the game.

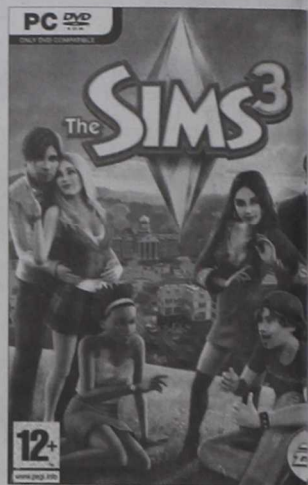
The expended options for tweaking facial details and changing clothing colors explain why both my wife and daughter were immersed in the game for hours before they even considered "playing" it.

Playing "The Sims 3" involves pretty much the same activities as in previous versions. You need to keep your Sim rested, fed, entertained, clean, socially active and visiting the bathroom so he'll feel well enough to make friends, get promotions and make enough money to buy cool stuff.

That is, if you're into the whole "American Dream" thing. If your Sim is Jasper, he won't mind falling asleep in the flower bed or setting fire to the kitchen, and reaching the bathroom in time might be optional.

However, even a budding "Emperor of Evil" needs a cool hangout. As a result, the game offers expanded options for customizing furniture, fixtures, appliances and gadgets. In addition, building tools have been revised to make designing the ideal home easier.

But your Sim doesn't need to stay cooped up at home. He can stroll down to the beach, art museum, park, grocery store, restaurant, gym or criminal warehouse. Once there, he can make new friends, participate in challenges and boost skills needed to get promotions. The activities



can get rather involved. For example, I doesn't just buy "groceries," he selects specific items to stock the pantry and in specific recipes.

With all this action, it's likely you'll find your Sims doing something you want to share with the world. In that case, you can create movies featuring your digital creations.

Simply capture in-game action, upload it to the official Web site, edit the action soundtrack and transitions and then share the results with friends.

The game offers a good set of tutorials for newbies. However, there are still a few sticky spots, even for the Sim-savvy. The most annoying is the lack of an auto-save feature. My wife lost a couple of hours playing time because she forgot about it.

The graphics have improved over previous editions, permitting finer detail and better representations, though still on the cartoony side.

Overall, Sims fans should enjoy the options and newbies should discover a way to spend a simulated lifetime.

Platform: PC
On the Web: thesims3.com

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TRANSFORMERS 2 PG13 • DTS • DLP
1:30 • 4:45 • 8:00

MY SISTER'S KEEPER
PG13 • DTS • DLP • 2:15

THE PROPOSAL
PG13 • DTS • DLP • 1:30 • 4:10 • 6:50 • 9:30

HANGOVER R • DTS • DLP
1:45 • 4:15 • 6:45 • 9:15

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FRIDAY
"The Proposal," PG-13, 6:30 p.m.;
"Year One," PG-13, 9:15 p.m.

SATURDAY
"Imagine That," PG, 3:30 p.m.;
"The Proposal," PG-13, 6:30 p.m.;
"Year One," PG-13, 9:15 p.m.

SUNDAY
"Imagine That," PG, 3:30 p.m.;
"Year One," PG-13, 6:30 p.m.

TUESDAY
"Drag Me to Hell," PG-13, 7:30 p.m.

WEDNESDAY
"Year One," PG-13, 7:30 p.m.

MIDWAY PARK THEATER
BLDG 4014A in Midway Park

TODAY
"Terminator Salvation," PG-13, 7:30 p.m.

FRIDAY
"Land of the Lost," PG-13, 6:30 p.m.;
"The Hangover," R, 9:15 p.m.

SATURDAY
"Up," PG, 3:30 p.m.;
"Land of the Lost," PG-13, 6:30 p.m.;
"The Hangover," R, 9:15 p.m.

SUNDAY
"Up," PG, 3:30 p.m.;
"Land of the Lost," PG-13, 6:30 p.m.

TUESDAY
"Up," PG, 7:30 p.m.

WEDNESDAY
"The Taking of Pelham 123," R, 7:30 p.m.

NEW RIVER THEATER
BLDG AS240 on Base Air Station

FRIDAY
"My Life in Ruins," PG, 7 p.m.;
"The Hangover," R, 9:30 p.m.

SATURDAY
"My Life in Ruins," PG-13, 7 p.m.;
"Land of the Lost," PG-13, 9:30 p.m.

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. Space is limited to availability.

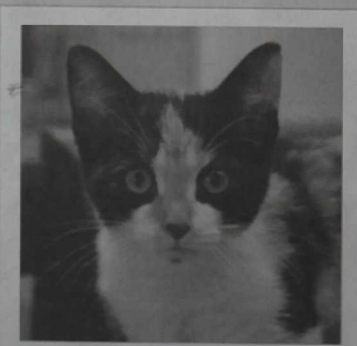
Manga art workshop
Friday, 10 a.m., Jacksonville Main Library
July 30, 1:30 p.m., Swansboro Branch Library
Aug. 1, 10 a.m., Richlands Branch Library
Camp Lejeune librarian Jana Guitar is scheduled to bring her popular manga art class to the Jacksonville Public Library system. Children ages 7 to 12 years will learn to draw the Japanese artform in this class. For more information, visit the library's Web site at onslowcountync.gov/library or call 455-7350.

2nd annual Armed Services YMCA Car Show
Saturday, 10 a.m. to 3 p.m.
The Camp Lejeune Armed Services Young Men's Christian Association has scheduled its 2nd annual Car Show for Saturday at Doug's Car Care Center on Bellflore Road. Registration is \$20 in advance and \$25 on the day. Car club presidents may enter free. Participants must check in by 10 a.m.; judges will start promptly at noon. As space is limited, registration is advised. Face painting, a 50/50 raffle and entertainment will be available at this family event. For more information, call 451-9569.

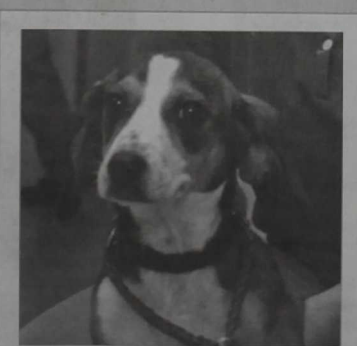
Farmers' Market singing contest
Saturday, 10 a.m.
The Onslow County Farmers' Market has scheduled its 3rd annual American Idol-like singing contest Saturday. Contestants 16 and older can still sign Saturday morning between 8:30 and 9:30 a.m. Program starts at 10 a.m. Prize money ranges from \$150 to \$500. Call 340-0009 for more information.

Pets of the Week

Photos by Kelli Huffman



Meow! My name is Agent-1 and I'm trying to find a new friend to love me. I am a 3 month old, female, calico and white domestic shorthair. Won't you take me home with you today?
Pet ID # A030052



Hi there! I'm just a sweet little girl waiting to go home with a new family. I am a 1 year old, tan and white beagle, Jack Russell terrier mix. Please come adopt me.
Pet ID # A030179

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.petsharbor.com.
For more information, call the Onslow County Animal Shelter at 455-0182.



Photo Lance Cpl. Jonathan G. Wright

Tagmeyer, pictured above, runs Camp Lejeune's Auto Body Hobby Shop. He said the shop is a laid back place where patrons may come to work on their vehicles.

Auto Body Hobby Shop provides friendly workspace aboard base

CE CPL. JONATHAN G. WRIGHT
The Corps Base

The office reverberated with the sounds of a pneumatic wrench and the smell of an acetylene torch, creating those generic body shop rhythms. In this shop stands out from all the rest. In the midst of the tools and paint can be found a platter of donuts and an always-full pot of coffee, but the most distinct feature is being immediately greeted with an outstretched hand and simple words: "Hello friend."

That's exactly the atmosphere in which you'll find yourself in when you visit the Auto Body Hobby Shop here; it may be your first time, but you'll feel like you've known the employees all your life.

"We try to be as laid back as possible and provide every courtesy to the customer," said Tagmeyer, the Auto Body Hobby Shop manager. "The shop never goes out of style."

The hobby shop is not your usual run-of-the-mill body shop, quite the contrary, for the level of customer care it holds for its customers is something that only can be fully known by actually visiting and experiencing it.

"We always have coffee and donuts, as well as occasional weekend cookout to anyone who is in," said Tagmeyer. "This isn't my shop, it's our shop. We just keep the tools here."

retired gunnery sergeant, Tagmeyer has led a philosophy of trust and friendship like no other shop holds.

An emblematic sign by the door to the office reads: "There are no such things as strangers, only people we haven't met."

"That's the way we run this shop," said Tagmeyer. "We want you to come in and feel like you're at home and relaxed."

And that's exactly what it is; relaxing, for amidst the noises and smells, anyone can come in with their vehicle and work in peace among friends.

"It's a relaxing shop to go to for someone who's worked on cars all his life," said Lance Cpl. Jarred Myers, with Wounded Warrior Battalion East. "It's an easy place to go to relax at after the stresses of work."

Myers, after emerging from underneath the front of his behemoth truck, said he was referred to the hobby shop by the automotive shop at New River Air Station, being told it was a larger facility with more up-to-date tools. Upon entering and talking with the manager, he discovered the instant shop camaraderie for himself.

"More people need to know about this place," said Myers. "It's a great group of guys, and also a lot cheaper than some of the shops off base."

Just recently, the shop built two stainless steel stoves for the Wounded Warrior Battalion as well as chin-up cubes for 1st Battalion, 2nd Marine Regiment, 2nd Marine Division.

"We're kind of rebels like that," said Tagmeyer. "Customer service is our top priority, even if we've never seen the person before."

Anyone with a means of transportation needs to be made aware of the Auto Body Hobby Shop and the never-before-experienced quality service it has to offer to all that come.

"If you treat people right, that's your best advertisement," said Tagmeyer. "We'll do anything as long as it isn't unsafe, illegal or immoral."

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OUR TOP 10 THINGS TO DO THIS SUMMER

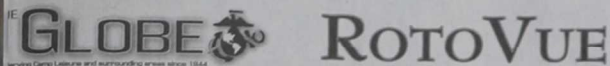
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Carolina Beach: A jewel of North Carolina

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With Cpl. Katie C. Densmore

With summer in full swing, I believe now more than ever is the time to practice the lost art of "daycating," simply put, getting into the car for a short trip to a local paradise. It's perfect — you can get away without going far away.

As your tour guide, I plan to show you several spots you may not even know exist. So fill up the gas tank, pack your bags and put on your sunscreen; it is time to head to Carolina Beach, N.C.

The ride is a very simple one down Highway 17 south, until you are in Wilmington, N.C., on Market Street. Hop onto South College Road and you are there. If you get a little confused, there are tons of very large signs pointing you in the right direction.

My first stop on my road trip was Carolina Beach State Park. According to the park guide, the 761-acre park was established in 1969 to preserve the unique environment along the Intracoastal waterway.

"There are all kinds of reasons for people to visit our park," said Terri Taylor, park superintendent. "There are more than six miles of hiking trails for bird watching and animal viewing. A lot of people come here to fish along the Cape Fear River. There are also 83 campsites."

The park offers several activities for families free of charge. One of the newest programs the park is offering for young explorers is the Junior Ranger Program. It allows children to explore the park, attend park ranger programs and complete an activity booklet.

"Quite a few state parks have the Junior Ranger Program now," Taylor said. "The program targets kids. They can learn what the park is here for and feel like they have a part in the conservation."

Families interested in participating can go to the Web site, ncparks.gov for more information on events and the Junior

Ranger Program, Taylor said.

After talking to the staff at the information center, which was more like a museum filled with wildlife exhibits, I headed out on the trail to explore.

It was beautiful, filled with pines and tall swamp grass. I followed the well-kept trails to a pristine white-sand beach. I enjoyed walking in the sand and chasing the tiny crabs, which covered the shore. After walking the trails for awhile, I decided it was time to head back, considering I still had other sites to see.

As I was walking back to my car, I was startled by a rustling in the brush. I peered through to see a deer not seven feet from me. It stared at me for a few seconds and then began to meander away.

I left the trail to follow the deer and walked into some of the uncleared areas. I never found the deer, but I saw several squirrels, spiders and the largest raccoon I have ever seen in my life. It was at this point I decided I really needed to head back before getting lost or worse, eaten by a bear.

I returned to the civilized side of Carolina Beach at the boardwalk. The boardwalk was dominated by a small carnival that is open during the summer in the evenings for thrill seekers. Tickets for rides are good throughout the summer, so if you buy too many you can always come back another day, or invest in a \$20 wristband to ride as much as you want in one evening.

But, the carnival is definitely not the only attraction of the boardwalk. Every Thursday night there is a free concert starting at 6:30 p.m. and a fireworks show afterward on the beach.

I was excited to learn the band's musical style on this particular evening was bluegrass. "The Bearded" put on a wonderful show for the beachgoers. The crowd began to fill the beach chairs, provided by the city, as children got up and danced to the beat.

The city offers these free concerts every Thursday, but also sponsors several other events throughout the week.

"Tuesday is 'Family Nite,' which has several children's activities, variety shows, story telling, and arts and crafts," said Gail McCloskey, the executive director of the Pleasure Island Chamber of Commerce. "Wednesday is 'Cash Bingo,' with cash prizes up to \$1,500. Friday offers shag dancing on the boardwalk and Saturday is 'Kids' Bingo' where children can win prizes. All these events are sponsored by the Boardwalk Make-over."

The boardwalk events are just a small portion of the free events offered throughout the summer, she added. The chamber of commerce presents free movies at the Carolina Beach Lake every Sunday and a free concert the second and fourth Friday every month at Fort Fisher.

McCloskey had an important message for Marines and their families who are looking for something different to do.

"We just really want everyone to know there is a lot going on down here this summer," McCloskey said. "The best part is a



A boy enjoys a day of play at Carolina Beach. Located an hours drive from Jacksonville, the beach offers a variety of activities from hiking to swimming in the

whole lot of it is for free, and you can't beat that."

With so many fun, free events, there is no reason to miss your summer "daycations" in Carolina Beach. I know it and have no doubt you will too.

For more information on activities or concert listings, visit Carolina Beach's Web site, carolinabeach.org and pleasureislandnc.org.

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Podiatrist keeps Marines, sailors healthy for fight

HEATHER M. OWENS
Carolina Living editor

"It's truly a blessing to get up every morning and serve, not only as a physician, but as an officer," said Navy Lt. Kittra Owens, doctor of podiatric medicine and division officer of podiatry at Naval Hospital Camp Lejeune.

Though she did not have a family connection to the military growing up, many assumed she did because of the discipline she demonstrated through her life in academics and athletics. Owens played semi-professional basketball after graduating from college in an era before the Women's National Basketball Association had been established.

"All through high school and college and being an athlete, I always had the demeanor of someone who was in the military," said Owens.

So perhaps it was no surprise that she ended up in the military.

While in medical school, Owens briefly spoke with an Air Force recruiter, but that person did not have any openings. However, he kept her information. Then, through a chance discussion with a Navy recruiter who needed to fill a podiatry spot, Owens received an offer to join the Navy.

It was an offer she seriously considered, and then decided it was the right fit.

"This transition (into the Navy) was easy for me. I have always been a leader," said Owens. "I used to ask myself, 'Why do I have to be the trail blazer?' Then I thought, 'Why not me?'"

Owens joined the Navy during her second year of residency. NHCL is her first command and, she jokes, she enjoys being the "sole" podiatrist there.

She is one of only 13 active-duty podiatrists in the Navy, and she is proud to be one of the few.

"With being the only podiatrist, I have to be my biggest critic," she said. "Whatever happens, it all falls on me. I spend a lot of time preparing for surgery."

Due to the weakened economy, many of her civilian counterparts have seen a reduction in their caseloads. When times get tough, some may consider seeing a podiatrist as a luxury they cannot afford.

Not so on a high operational tempo military installation full of Marines and sailors who are constantly in motion, training for the mission. Owens' schedule is filled each day, and she has even started seeing nearly a dozen more patients per week.

One of the most common foot injuries Owens treats is LisFranc's dislocations. Named after Jacques LisFranc, a surgeon in Napoleon's army, the injury occurs when the metatarsal bones (located in the forefoot) become misaligned with the bones in the midfoot. At times, the condition can be hard to diagnose, but it can be debilitating when left untreated.

Another common foot injury she sees is caused by Howitzers rolling over artillerymen's feet.

Though Marines and sailors are tough and often "play through the pain," Owens encourages them to seek treatment immediately.

"When there is a concern, seek appropriate healthcare and don't power through it, like we tend to do," she said.

Though treating bunions, a structural deformity of the bones and the joint between the foot and big toe, is the

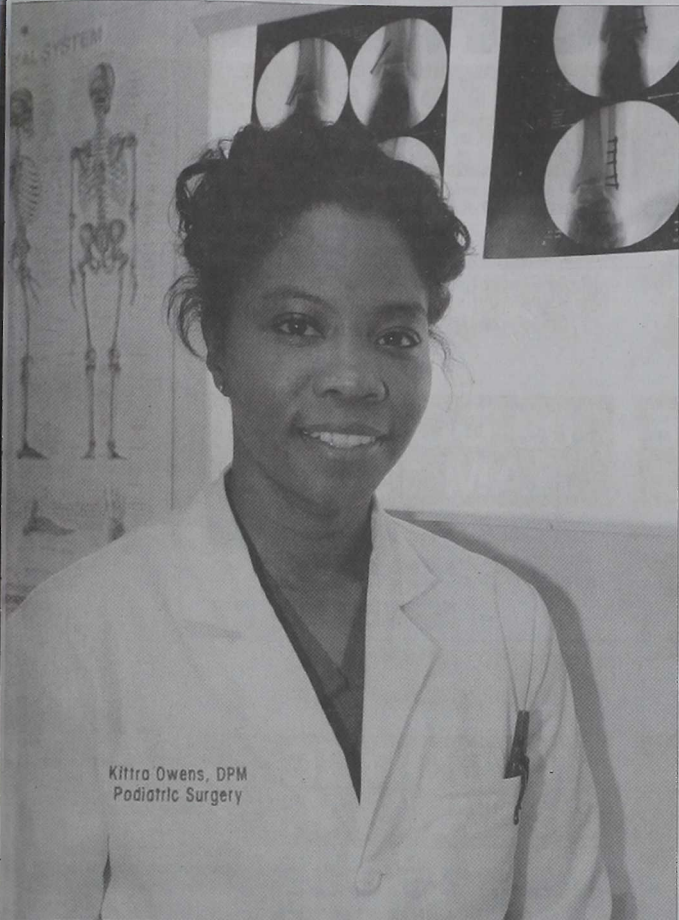
"bread and butter" of podiatry, Owens prides herself in her training in the latest surgical techniques to correct even more complex issues. Podiatrists now must receive three years of surgical experience, correcting issues of the foot and ankle. Owens conducts her surgeries each Wednesday.

One year into her time at Camp Lejeune, Owens said helping patients meet their mission requirements is very fulfilling. She said she especially enjoys staging service member's treatment and recovery so they may deploy with their units.

"We ask our feet to do a lot of things. Unfortunately, they aren't like our tires. We rotate our tires. We put air in them. We ask our feet to do a lot throughout our lifetime. And, when we're in the military, we have a lot of demands on our feet which increases that demand exponentially," she said.

That's why Owens said she feels blessed to serve.

Editor's note: In addition to correcting foot and ankle problems through surgery and treatment, Owens also works to help prevent injuries before they even happen. She conducts periodic shoe seminars at the Marine Corps Exchange where she helps patrons select the best athletic shoe for their body and needs. It is a popular event because, as Owens said, wearing appropriate shoes decreases the chances of injury and discomfort. The next shoe seminar is scheduled for Sept. 18 from 10 a.m. through 3 p.m. at Camp Lejeune's Marine Corps Exchange. For more information, visit the Marine Corps Community Services' Web site at mccslejeune.com as the date draws closer.



Kittra Owens, DPM
Podiatric Surgery

Photo by Heather M. Owens

Kittra Owens, doctor of podiatric medicine and division officer of podiatry at Hospital Camp Lejeune, is the hospital's sole podiatrist and one of 13 active-podiatrists in the Navy. She has co-written a chapter in the upcoming 4th edition of *Hammy's Comprehensive Textbook of Foot and Ankle Surgery*. "I studied under the key players in my profession and he gave me the opportunity to co-write the fracture chapter," she said. "For them to see you and have respect for early in your career is admirable, and it inspires me to be one of the leading podiatric surgeons."

Coastal Carolina Community College honors Marine spouse

HEATHER M. OWENS
Carolina Living editor

Michelle Koenig is a people person. It may sound rather cliché, but to Coastal Carolina Community College students who study at the John A. Lejeune Education Center, it doesn't. Koenig, CCCC's department head of off-campus sites and curriculum coordinator at Camp Lejeune, recently was named the 2009 Staff Member of the Year. Koenig's supervisor, Roger McElraft, named her for the honor, in part, because she set up a pilot program which allowed Staff Noncommissioned Officers to take the opportunity to take CCCC 111, an expository writing course, for credit. She also arranged transportation for service members from the Wounded Warrior Barracks could take classes. Koenig is extremely honored that Roger named her, and I'm even more honored she was selected," said Koenig. Koenig's Marine spouse of 17 years, she discovered life's calling while stationed with her family in Hawaii when she became a education assistant for Hawaii Pacific University.

Koenig is on the front lines, helping students for classes and processing their assistance," she said. "At Hawaii Pacific University, that's when I knew what I wanted to do, which was to work in an education center on a military base helping members and their family members to reach their educational goals."

Koenig took that mission statement and turned it into a meaningful career with her family transferred back to Camp Lejeune. Each day, Koenig and her colleagues at the CCCC office in the John A. Lejeune Education Center assist and advise students to help them achieve their educational goals.

Koenig is the first person in her graduate program at UNCW to receive the scholarship. She said she encourages other military members to continue to pursue their education for scholarships or financial aid, if in order to meet that goal.

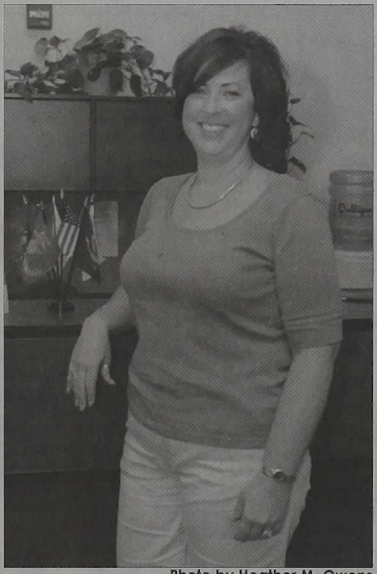


Photo by Heather M. Owens

Michelle Koenig, Coastal Carolina Community College's department head of off-campus sites and curriculum coordinator for Camp Lejeune, recently was named the college's staff member of the year. Koenig, who has been married to Master Sgt. Scott Koenig for 17 years and has two children, Scott, 15, and Austin, 13, also earned a scholarship to help pay for her master's degree studies at the University of North Carolina — Wilmington.

"The rewards are well worth it," she said. Koenig said she is pleased that CCCC can help military family members meet their educational goals.

For example, of the 32 students who recently graduated from CCCC's nursing program, 11 were military family members.

"We have so many spouses who want to be nurses, and Coastal's nursing program is so incredibly competitive. We can get them in and put them on the right path," she said. "It's nice to see that so many people have benefited from Coastal's programs."

In talking with Koenig, phrases such as "on the right path" and "meeting goals" come up a lot. Helping students achieve their dreams seems to be what makes Koenig most happy.

"The most thrilling and rewarding thing is handing them that application for graduation and, for the guys who are getting out (of the military), finding out they have gotten into the school they wanted to back home," she said.

National Night Out helps stop crime, drug use in community

SGT. T.D. SMITH
Marine Corps Base

The first Thursday of August is party time for Jacksonville, N.C., and this year will be no exception. The community is getting together to throw crime a going away party.

With civilians outnumbering police, it takes cooperation in keeping communities safe. The National Night Out allows for those two groups to intermingle and learn from each other.

The 11th annual National Night Out is scheduled to take place at Riverwalk Park, Aug. 4, beginning at 5 p.m. with festivities, including dancing, face painting and fireworks, and is scheduled to last through 9:30 p.m.

"The event promotes awareness," said Staci Leyble, chairperson for the National Night Out. "We'll provide information on how to keep your house safe and how to stay safe when you are alone. We want to let people know about services, like counseling, that are available."

Safety isn't the only thing vendors will offer at the event. Food booths will offer a variety of delicacies, with profits benefiting local charities, such as The United Way and the Jacksonville Jaycees.

Another attraction at the National Night Out, is the bicycle give-away. Local busi-

nesses donate bikes that will be given to children in attendance at the event. Lucky recipients of the cycles will be able to register their bikes while at the event. This will help police recover the bike should it get lost or stolen.

In addition to bikes, children can also be registered at the event. There will be a fingerprinting and identification booth where parents can include their children in the national database.

Providing useful services and information isn't the only purpose of the National Night Out, it is also about having fun. The 2nd Marine Division Band will be featured at the event as well as Mardi Gras with Sammy O'Banion.


The 2nd MarDiv Band was a new addition to this year's Night Out. The event has grown bigger each year.

It started out with 65 vendors and now has more than 200.

Jacksonville Transit is helping to ease the growing pains of the event by providing free transportation to the party. Pick-up locations include the Piggly Wiggly at the New River shopping center, City Hall on New Bridge Street, The Health Department on College Street, and the Tax Office on Court Street.

"The event has grown every year," said Leyble. "It is a lot of work, but it is well worth it."

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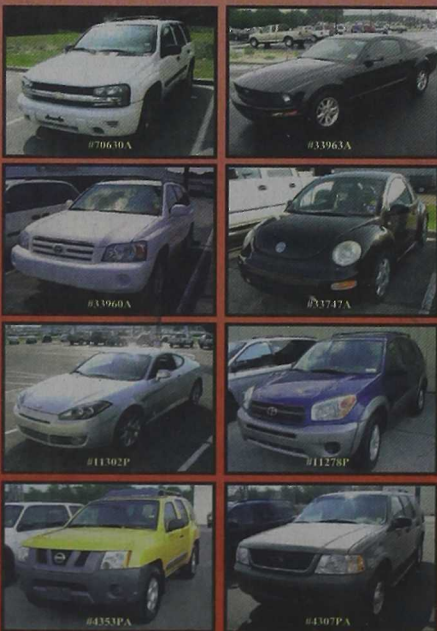
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