Sgt Maj Kent recalls Corps career during visit to Cherry Point

Dr. Tracy J. Brunson

It’s tough to see the good go by, but Sgt. Maj. Carlton W. Kent graciously gave up his post as sergeant major of the Marine Corps to Sgt. Maj. Michael P. Ferrel during today’s post and relief ceremony at Marine Corps Air Station Cherry Point.

Prior to the final touches on the 32-plus-year career, Kent spent the past five months visiting Marine Corps across the world from deployed Marines in Afghanistan to the more than 1,700 stateside Marines he visited while he was Commanding General of Marine Corps Air Station Cherry Point June 3.

“When I heard that the military would be paying for it, I sold it,” said Sergio L. Jimenez, a former sergeant that was able to go to school because of the Marine Corps.

“Going to school is almost as much work as hav- ing a new baby to care for. You tire all the time and you have to make sure all your work gets done. However, getting an education takes a lot of hard work and dedication, more than 90 members of the Cherry Point community gathered from various colleges during a ceremony at the air station theater June 2.

“I’m a single mom with two kids, one of it’s a junior,” said Stephanie Alexis, a corporal in the Marine Corps Reserve.

“Sargent to Nilsson will get an advanced education, he will graduate from Marine Corps in the Corps in the fall and will be in basic training until next spring. He is very excited to see our Marines come home.

“Just like the deployed Marines, the families never take for granted the relationship they have with the Marine who has left his home in Memphis, Tenn., for the famous yellow footprints of Marine Corps Recruit Depot Parris Island, S.C.

“The situations these young SAR trainees go through are the same kind of situations we have to respond to weekly, if not day to day.”

“Some say he’s got a good attitude and doesn’t dil-

This “type of training keeps us on point,” said Gun-

ner Sgt. Ryan C. Valvo, a flight line division chief and a training as a rescue swimmer with PEDRO.

“Not only that, but getting to see the mission of Pedro. “We are the same kind of situations we have to respond to every day,” he said. “The missions of PEDRO.

Vinlove said the training they conducted in the Cro-

“During Sator’s tenure, he also

Vinlove said the training they conducted in the Cro-

Sator had a fellow gunnery sergeant under his wing
during the training exercises who shares a deep passion

Sarhi Wiggins, the
during the training exercises who shares a deep passion

Sarhi Wiggins, the

Don’t take care of your child. “I can say we are all very

The Marines arrived at the station theater early, and

Kent caught most of them off guard when he walked in from behind them while they were already seated.

“We’re going to get a master’s in mental health coun-

Jimenez. As a vetaran, I have a Post 911 GI Bill, which pays for 12 years of college and a year round. They also pay for me to go to school, which is an awesome benefit for anyone who doesn’t have a job or is going to school full time and doesn’t have time for a full time job. They also pay books for a $1,000 stipend per year.

Besides gaining knowledge for one’s own sake, college education can help one to achieve life goals and further career opportunities if the unexpected were to happen. It is up to that individual to seek their education.

I’m going to get a master’s in mental health coun-

Sator. “We are the same kind of situations we have to respond to weekly, if not day to day.”

Sator. “The Marines and Sailors are great Americans. As volunteers, they don’t have to do what they do to defend this country.

Sator. “I truly believe that there are Americas out there like me waiting to meet him on the flight line.

Sator. “I truly believe that there are Americans,” said Sator. “The Marines and Sailors are great Americans. As volunteers, they don’t have to do what they do to defend this country.

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Navy chaplain speaks good word to deployed troops

From the clinic: Summer safety tips

From the clinic:

Looking back in history at Marine Corps aviation

A young Navy Lt. James C. Ragain found himself face to face with tragedy in his seventh-grade year. His father, a Navy dentist, had moved his family to Punta Island, S.C., where Ragain recalled his fondest memory of military chaplains that would forever change his life.

“One afternoon a couple bullies and I went to a local swimming pool and one of my friends drowned,” Ragain said. “The whole neighborhood came out to console the family. I remember the chaplain being out there to support the boy’s family. That was enough to really make a lasting impact on a young boy like me.”

After graduating from Miami University in Oxford, Ohio, with a degree in social studies education, Ragain became a high school teacher.

Two years later, he still felt a call to serve the military and to serve God. So to the Knoxville, Tenn., native decided to take part in the Navy’s chaplain candidate program.

That was enough to really make a lasting impact on a young boy like me."

If your condition does not improve within an hour, seek immediate medical assistance. Heat stroke may cause heat damage if left untreated. Heat stroke can be fatal. Symptoms of heat stroke may include rapid breathing, difficulty speaking, seizures, coma or loss of consciousness and hallucinations.

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Highlight Your Superstar

From the clinic:

Looking back in history at Marine Corps aviation

The 1st Marine Aviation Force’s flag dedication ceremony took place in France in 1918. While in France, the 1st Marine Aviation Force became the first American Force of any service aviators to serve overseas. As part of the Northern Bombing Group, the Marines shot down at least four and possibly 12 enemy aircraft, performed the first combat aerial reys for a French regiment straddled behind enemy lines and received two Medals of Honor. At the time, there were 282 officers and 2,160 enlisted men in Marine aviation, about half of Marine aviation would survive the World War I. This year, the Marine Corps celebrates 100 years of Marine aviation.

Navy Lt. James C. Ragain is the chaplain for Marine Corps Aviation Logistics Squadron 40, currently deployed to Camp Bastion, Afghanistan. He has served as a chaplain with 2nd Marine Aircraft Wing since 2003 and is serving his first deployment in Afghanistan.
"Death by power point" is what Marines envision when they receive safety briefs prior to an extended liberty period. Marine Light Attack Helicopter Squadron 467 Marines stepped out of the ordinary and engaged in fun, interactive lesson plans to ensure they instill safety awareness prior to their Memorial Day weekend departure May 26.

HMLA-467 held the interactive classes for its Marines at the bachelor of officer's quarters soccer field and at the Pelican Point Marina. Lesson plans included boater's safety, operational risk management, heat casualty prevention and care, proper vehicle inspections, suicide awareness and trip planning. To cover each subject, the squadron broke into six teams with one class per team.

“It's more hands on. A lot of people, including myself, learn better that way than just being preached at,” said Cpl. Brian E. Harvey, a UH-1N Huey mechanic for HMLA-467. “With people just talking, a lot of people get bored and stop listening.”

The teams rotated through each class during the day, using practical application, taking quizzes and writing stories. In keeping with the bonding experience, they broke for a squadron barbecue at lunchtime.

Afterward, the squadron went to Pelican Point Marina and kayaked with drunken goggles to simulate the dangers of being under the influence while in the water. They swam against a simulated rip current as part of the water sports safety lesson.

Most of the Marines who participated in the activities agreed that the experience was more informative than the usual standard briefing methods.

“I think it’s a whole lot better than sitting in a chair for hours listening to people talk back and forth,” said Lance Cpl. Brad S. Farrell, an AH-1W Super Cobra mechanic for HMLA-467.

Maj. Adam M. Pastor, the director of safety and standardization for HMLA-467, said the process of putting the brief together and executing the day’s events was successful due to the enthusiasm of those involved.

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“We had feedback from the Marines saying they didn’t like sitting in the station chapel watching a bunch of power point presentations, so I came up with the idea of doing it outside with a form of field meet competition,” said Pastor. “A couple of my Marines went about recruiting teachers and giving them guidance on how to teach the class, how to make it entertaining, and how to make a game out of each class. It was just a little bit of running around and asking people to help. Everybody was enthusiastic about it.”

According to Pastor, the secret of the success was the competitive nature of the event. In every class, there were points that each of the six teams could earn. The winning team would receive a day off work so the Marines would actually care about the results.

“I didn’t see so many people falling asleep or anything, so I think more people paid attention and actually picked up on the stuff we were taught today,” said Farrell.

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Brother, sister in arms: Colorado Springs siblings reunite in Afghanistan

Siblings reunite in Afghanistan

A4 | June 9, 2011

The Windsock

Judy and her brother, George, an Army sergeant who serves as an infantryman with the 2nd Brigade of the 4th Infantry Division, reunite at Kandahar Airfield, Afghanistan, May 30. Judy, a Marine deployed with her squadron to Kandahar, said she was shocked when she found out her brother was coming to the airfield, en route to a combat outpost in Kandahar province.

“I’ve always joked that if I saw my brother here, I didn’t care who was in front of me,” she said. “It was overwhelming, seeing a face I saw every day growing up, in a country a world away. It felt like a piece of home.”

As with any military goodbye, it could have been anyone’s guess as to when the siblings would see each other again. But fate, and in this case the U.S. military, had that particular moment planned.

“Even so, the two said it was a surprise to all when they reenlisted. George had long hair with beard while Judy described herself as a “true spirit liberal arts student who hated the military.”

“After I went to George’s boot camp graduation at Fort Benning, Ga., I had an epiphany,” she added.

Brother and sister mostly smiled during their reunion, but they were also acutely aware of the roles they play in Afghanistan. Recently, their brother, another soldier, was sent home from deployment with an injury he sustained in a vehicle rollover. George wears a bracelet in memory of fellow soldiers who have paid the ultimate price in combat, “gone but not forgotten,” as he puts it.

Judy said goodbye to her sister in the predawn hours of June 2, when Kandahar Airfield was finally quiet enough to allow such affairs. Judy expects them to laugh together again next year.

“My father, he tells us every day, he reminds us how proud he is, he also likes to thank us for our service,” Judy said.

“Now that I’ve seen him, I feel physically safer,” said Judy. “He told me the day he was leaving for Afghanistan he felt he couldn’t protect me anymore. I told him he was in my strongest thoughts, and that anything he could do as a soldier, I felt I could do as a Marine.”

Hunziker and her brother, George, a maintenance administration clerk with Marine Attack Squadron 113, last saw her brother, who was on pre-deployment leave in Colorado Springs, Colo., April 16. It was the first time she was on pre-deployment leave in the comfort of her hometown of Colorado Springs, Colo.

“After I went to George’s boot camp graduation at Fort Benning, Ga., I had an epiphany,” she added.

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Army Sgt. George Hunziker, left, an infantryman with 2nd Brigade, 4th Infantry Division, and his sister, Sgt. Judy Hunziker, a maintenance administration clerk with Marine Attack Squadron 113, trade covers at the boardwalk on Kandahar Airfield, Afghanistan, May 30. Judy, a Marine deployed with her squadron to Kandahar, said she was shocked when she found out her brother was coming to the airfield, en route to a combat outpost in Kandahar province.

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When a group of Marines are told to be in green-on-green PT gear, you will see that they all match until you look down at their feet. One thing Marines usually don’t have in common is the type of shoe they wear.

Every person’s body is built differently — especially the feet. Some people have high arches, some have flat feet, but the one thing they have in common is they are able to find and purchase the exact shoe that fits their unique needs.

Personnel from Naval Health Clinic Cherry Point recently held classes in the Semper Fit Center to teach Marines and Sailors how to pick the proper running shoe for their feet, which can help reduce the chance of injuries.

“The feet are the first contact that the body has to the floor, so it’s really important to have a good running shoe for your foot,” said Kristin A. Widmayer, a physical therapist for the health clinic. “Two of the major problems of getting the wrong shoe can be shin splints and plantar fasciitis, two things we see that can put a patient out for a while.”

First, they need to know what type of foot they have — if they have high arches, normal arches or low arches,” said Kimberly J. Lazaruk, a physical therapist with the clinic. “If they have high arches, their feet are really rigid, so they need a shoe that’s more cushioned and more moveable. If they have normal arches, they just need a normal stability shoe, nothing really fancy about them. If they have low arches, they will be looking for something that supports an arch and gives them an arch when they land, that’s a motion control shoe. The biggest thing is to know your foot type and then learn what shoe would best correspond to that.”

It is important for a person to know when it is time to replace the old shoes with new ones, Lazaruk said. Runners should replace their shoes every six months or 300 miles, depending on how often they use their shoes. There are several tests to see if shoes are ready to be replaced. When sitting on a flat surface, shoes should sit flat. Place a finger on the toe of the shoe and rock it forward; if the shoe tilts to either side while rocking, then it should be replaced. Also, bend the front of the shoe up, it should bend equally. If any part of it bends suddenly, it should be replaced.

“If a person continues to wear worn-out shoes, he or she will eventually cause damage and injury to their body. The cost of maintaining good running shoes can be quite inexpensive compared to the price you could pay for neglecting the care of your feet.”

Marines learn differences between good, bad running shoes

Buying the right shoes can prevent foot injuries. The main factor determining what a foot needs is the arch, which can be high, regular or flat. According to Kimberly J. Lazaruk, a physical therapist at Naval Health Clinic Cherry Point, feet with high arches need rigid shoes, feet with regular arches need normal shoes, and feet with low arches need motion control shoes. Lazaruk also explained tests that can be done to see if a shoe is worn out and needs replacing.

“Always try to have 100 percent unit readiness, the more Marines that are ready, the better you are to accomplish the mission,”’d said Sgt. Cameron S. Neivert, a section leader in 2nd Platoon, Battery B, 2nd Low Altitude Air Defense Battalion. “The two principles of Marine Corps leadership are mission accomplishment and troop welfare. If I’m taking care of the Marines and they’re taking care of themselves, then mission accomplishment comes easier and you can take the fight to the enemy.”

LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT
MC CS "PURE ADRENALINE.
BATTLE LOS ANGELES
It’s not just. It’s spectacular.
"The Windsock June 9, 2011 A5
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Marines are responsible for keeping themselves in fighting condition and maintaining the manpower of their units. When one Marine goes down, it affects more than just the individual. The Marine Corps depends on being fully manned so that they can keep force preservation by taking care of themselves first.

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LANCE CPL. SCOTT L. TOMASZYCKI
MCAS CHERRY POINT
The Windsock

Marine Corps Hornets, Harriers team up for tandem operations in Afghanistan

By: Adam Diegel

PFC. SEAN DENNISON

KANDAHAR AIRFIELD, Afghanistan – There was a different sort of two-seat aircraft buzzing around Afghanistan skies May 21. For the past year, Marine Corps F/A-18 Hornet pilots flew together after both completed aerial refueling in Helmand province, Afghanistan, May 22. VMFA-122 air support to coalition forces below. VMA-513 reigned over the airspace, providing much needed close-air support, a transfer of authority, a formal act where the outgoing squadron or battalion relinquishes the area of operations to the incoming unit. As far as working with them, that was the first time I’ve flown with them, and I had an awesome time at it,” explained Capt. Andrew Biddle, a VM-513 pilot.

Flying together in sections, the VMFA-122 Werewolves helped familiarize the Harriers of their new area of operations, the dust-colored blanket of land not too dissimilar from the ranges of Marine Corps Air Station Yuma, Arizona.

“We’re allowing people to rebuild their lives,” said Lee. “As far as working with them, that was the first time I’ve flown with them, and I had an awesome time at it.”

“We’re con...
Bird Bath: Marine mechanics keep Harriers dust-free in Afghanistan

KANDAHAR AIRFIELD, Afghanistan – Marine Attack Squadron 513 airframe mechanics clean one of the squadron’s AV-8B Harriers at Kandahar Airfield, Afghanistan, June 3. Keeping Harriers free of Afghanistan’s fine sand, often called moon dust by Marines, helps ensure the multimillion dollar jets are ready on a moment’s notice.

“We haven’t seen anything yet,” said Staff Sgt. Aaron Palacios, the VMA-513 airframe division chief and San Bernadino, Calif., native. “This weather is similar to Yuma. I don’t think things will get too crazy.”
Lt. Cmdr. Wesley T. Myhand watches his son, Steven, 5, cast his line into Catfish Pond during the annual “Cast-A-Way” Kids Fishing Tournament June 4. The children were separated into three age groups: 3-5, 6-9 and 10-15. “My son and I always have a good time during this event,” said Myhand. “Fishing is a great way to spend time together and to create memories. I learned how to fish from my father and now my son is learning from me. It is a part of our heritage to enjoy nature.” Myhand is a chaplain with Marine Aircraft Group 27.
June 9, 2011

KENT

Tom’s enthusiasm kept the Marines’ attention through connecting, dealing with his fellow Marines, and being a leader.

“He is still full of energy,” said Lance Cpl. Lucas B. Johnson, a bulk fuel specialist with VMFA-122. “He is still full of energy.”

Johnson added that he always appreciated the way Sgt. Maj. Kent worked for the Marines and understanding how things go through.

“He’s basically all grown up,” Johnson said.

Putting Kent’s career in perspective, one of his former recruits was among those in attendance at the ceremony.

“Master Gunny – come down here,” Kent said to Master Gunny Sgt. Christian Ragain, another former recruit. “I know it’s time for me to retire when I’ve got recruits that are sergeant majors and master gunny sergeants.

Pemberton modestly walked down and stood next to the sergeant major, and Kent told him how proud he was of him, but that he wanted to make sure he would never ‘try and outdo’ him to be a better and still better Marine.

Pemberton grabbed and leaned into the microphone in Kent’s hand, saying: “Great, great Marine. The best Marine. The best Marine.”

Kent smiled while watching a parting salute at the Marines and Sailors across the auditorium, and then turned to his wife of 11 years.

“I’m proud of you devil dogs, and remember, the eagle, globe and anchor is burned in our hearts forever.”

PEDRO

Putting it all in perspective in a highly vegetated area.

“The dense amount of trees and brush makes it extremely difficult to see the simulated carnalites while on the ground,” said Vinlove. “This also made it difficult to get the gear we needed from the helicopter while we navigated.”

Lance Cpl. Tristan L. Morgan said he felt the exercise gave him a better understanding of the stresses of the job.

“For that reason we threw everything we can at them and try to stress them out on purpose because that is what they have to do when we go to the field,” said Smith.

After the visit to the Croatian National Forest and the SAR-X was completed, Pemberton worked with the working on a book for passengers.

“We have four Marines and Sailors getting their certification as rescue swimmers,” said Smith.

“The open water a few miles off the coast from Fort Macon, swims occurred in the water along with Smith and another supervisor. They worked with the rescue swimmer putting it on people and taking it off while the water and waves rushed around the swimmer.”

“During this certification training to become a SAR Marine, we are tested physically and mentally,” said Vinlove. “Every time we do something right in our training, we learn a little bit more about our strengths and weaknesses in our training.”

Morgan said he felt the training put their stress levels to the ultimate test with a situation where they could have a little bit of both. "It’s a very different environment." 

“Every day we train to become SAR members,” said Morgan. “It is that spark that we need to keep our spirit up.”

“Every day we train to become SAR members," said Morgan. "I’m getting closer to being a Marine and I think the training gives me a better understanding of what it means to serve the Marine Corps."
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NEW YORK – Marines with Company F, 2nd Battalion, 9th Marine Regiment, attached to the 24th Marine Expeditionary Unit, maneuver off an MV-22B Osprey during a simulated raid at Eisenhower Park May 28. Various units from II Marine Expeditionary Force and Marine Forces Reserve have organized under the 24th MEU to form Special-Purpose Marine Air-Ground Task Force New York. The Marines embarked on the Navy’s amphibious assault ships, the USS Iwo Jima and USS New York, to partake in Fleet Week New York 2011 from May 25 to June 1. The Marines showcased the capabilities of a MAGTF and also honored those who have served, by participating in various events during the Memorial Day weekend.
NEW BERN, N.C. – Dozens of senior men filed into the New Bern National Cemetery with solemn looks on their faces. Many of them wore veteran’s hats, displayed with a solemn pride that they had served their country in times of war during World War II, Korea and Vietnam. They came to pay respects to the friends they served with but had not made it back.

Taps played at cemeteries across the country and at the New Bern National Cemetery May 30 as part of the Memorial Day remembrance of American service members, who fought and died in wars across the world. The Craven County Veterans Council organized the event with dignitaries who made speeches, conducted a wreath laying ceremony, and honored from Marine Corps Air Station Cherry Point, who fired a 21-gun salute and played Taps.

Many participants of the ceremony said their appreciation of service members who died in America’s wars stems from the freedoms they died to protect.

“It’s the soldiers, not the reporter, that gives you freedom of the press,” said James Ward, chairman of the Craven County Veterans Council, during his remarks. “It’s the soldier, not the politician, who gives you freedom of speech. It’s the soldier, not the campus organizer, who allows you to demonstrate. It’s the soldier who salutes the flag, serves the flag and whose coffin is draped with the flag, who allows the protesters to burn the flag. It’s a beautiful sight I see out here, everyone coming to honor those who have given their lives for us to be able to do this or anything we want to do in the United States.”

Service members in the past and present have put their life on the line for their country. Memorial Day is a day for American citizens to pay their respects to those who have fallen.

“Everybody should take a minute out of their time and pay respects to our brothers and sisters who we lost in other countries the United States has sent them, to defend and serve us,” said Rusty Clark, an Operation Iraqi Freedom veteran and a corporal in the North Carolina National Guard.

“We want to reach out more to young people so the day isn’t about going out and barbecuing, going out of school or off of work, it’s really something special, I think we should pass it on to more generations.”

One of the recurring themes during the ceremony was the human cost of the wars to preserve those freedoms. North Carolina Rep. Norman W. Sanderson stated that more than one million service members have died in battle since the American Revolution in 1775. While the cost of freedom has been high, remembrance of the price makes it mean something.

“Let us never forget that under these stones there are dreams that will never be fulfilled, there are books that will never be written, there are songs that will never be sung, they gave the price for you and I so that we might enjoy the freedom that we have,” said Sanderson. “There’s a quote that says, ‘we are what we remember,’ if we remember the cost of freedom, we will remain free. Our freedom can never be taken from us. We can give it away, let’s not give it away. Let’s not make the sacrifices of one million men and women to no avail.”

“A new generation of troops does remember and will keep the memory of past service members alive.

“It was a great honor to be able to pay respect for the people that have come before me and let me sleep safe in my bed at night,” said Lance Cpl. Kenneth Seatright, the bugler at the cemetery. “I appreciate all our soldiers because I am fortunate that I am not serving before my time. I wouldn’t have the opportunity to serve my country, and the country might not even be here without their willingness to lay down their lives.”
Your image appears to contain a mix of unrelated text and possibly a movie review or a list of events. It seems to be a page from a newspaper or a magazine, but I can't determine its exact content. If you could provide more context or clarify what you need, I would be happy to help.
Volunteer Opportunity

The North Carolina Aquarium at Pine Knoll Shores is recruiting volunteers to assist in a variety of areas, including visitor education, exhibit interpretation and special events. Your expertise is necessary and you will be in touch with North Carolina’s habitats and animals. This position is flexible in the ability to give you the option to volunteer in several different areas. To learn more about the volunteer opportunities, please contact Chris Ciferi at 247-4003, ext. 286 or visit the volunteer page at the Pine Knoll Shores section of the ncaquariums.com.

The Aquarium is five miles west of Atlantic Beach at 8600 Pine Knoll Shores, N.C.

Cherry Point Road Construction

This project includes lane merging and repaving in the intersection of Roosevelt Boulevard “A” Street and Cunningham Road.

Phase construction expected as follows:

1. (A) Street between Cunningham and Roosevelt, mid-April to June
2. (B) Cunningham between “A” Street and Roosevelt, late April to early June
3. (C) Roosevelt between Highway 101 and Slocum Road, June to August
4. (D) Roosevelt between Jack Rabbit Road and Navy Boat Docks, August to September

What motorists should know:

Asphalt will cure the same day and be available for traffic. Active construction areas will be clearly marked by flags, barricades, safety cones and signage across and perpendicular to roadway. It is requested that motorists be patient and exercise caution in these areas. Updates will be provided via all hands email. Face book at https://www.facebook.com/MCASCherryPoint and MCAS Cherry Point website at https://www.marinestudios.mil/marineparks/pages/default.aspx as phased work progresses. Questions or concerns should be addressed directly to the ROCC Engineering Technician. Mr. Marc Garland at 466-4759 or marc.garland@navy.mil.
NASCAR’s reaction is to Richard Childress as a member of NASCAR in an action against another NASCAR member, nothing that would have warranted the actions of Richard Childress,” Helton said. “We’ll have to decide what appropriate and are confident all parties involved under-

“I don’t want you to disappoint anyone anymore or whatever – that I was honest – when I don’t race anymore or whatever – that I was honest – when I don’t race anymore. I don’t want to disappoint anyone. I don’t want to be a disgrace.”

“They’re showing their respect to the sport. They’re showing the sport and what they did for our family name. I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyone ashamed of me. I just want to run good and I want to run right and I want to say anything that’s going to make anyo...
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