

The Globe

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MAG-29 adapts and overcomes at Ullr Shield

U.S. Marines with Marine Air Control Group 29 radio for a casualty evacuation as part of urban operations training during Ullr Shield at Fort McCoy, Wis., Jan. 20, 2018. Ullr Shield is a training exercise designed to improve 2nd Marine Aircraft Wing’s capabilities in extreme cold weather environments.

LANCE CPL. CODY ROWE
2nd Marine Aircraft Wing

During the Korean War, the Marines that fought in the Battle of the Chosin Reservoir encountered extreme cold weather conditions. Even with temperatures reaching minus 35 degrees and excessive snow and ice, the Marines adapted and overcame the grueling environment.

In January of 2018, the Marines of Marine Aircraft Group 29 got a taste of what the Marines in Korea went through by participating in exercise Ullr Shield at Fort McCoy, Wis.

“Ullr Shield is a 2nd Marine Aircraft Wing exercise run by MAG-29,” said Col. Robert Morgan, commanding officer of MAG-29. “It’s designed to test our ability to operate in cold weather and we’re up here in

Wisconsin to do that very thing.” For many years, 2nd MAW has fought the nation’s wars in the Middle East and has adapted to operating in the desert, but needed to test their tactics and equipment in extreme cold conditions, said Morgan.

“The cold weather in Wisconsin has been an ideal environment for the Marines to train in,” said Morgan. “It ensures that we learn the challenges we have to face with the cold.”

The Marines conducted live-fire ranges, conditioning hikes, aerial flights, motor transport convoys, and other various aviation training exercises while facing snow, ice and temperatures as low as minus 25 degrees. The Marines also participated in cold weather warfare training, including snow shoe patrols, ski patrols and cold water immersion.

The Marines performed well with adapting and overcoming the challenges of operating in the cold environment, said Morgan. The Marines even used equipment that wasn’t made for use in low temperatures.

According to Morgan, Marines built tents around equipment to raise the air temperature inside to keep the equipment from freezing.

“The cold environment also tested them and their endurance,” said Morgan. “Here, you would wake up in the morning and trudge through the snow and ice to get to the showers or portable toilets.”

Overcoming these challenges were shared hardships, said Morgan. By adapting and overcoming these hardships with each other, the Marines built stronger bonds that go well beyond what



Pfc. Andrew T. Scaggs, a refrigeration and air conditioning technician with Marine Air Control Squadron 2, provides security as part of urban operations training during Ullr Shield at Fort McCoy, Wis., Jan. 20. Ullr Shield is a training exercise designed to improve 2nd Marine Aircraft Wing’s capabilities in extreme cold weather environments.

they would normally develop in MAG-29.

“It’s a force multiplier for 2nd MAW to develop these relationships,” said Morgan. “So if we

are called to go to some other part of the world, we know who our peers are because we’ve had experiences together and are stronger because of it.”

Task Force Southwest homecoming



Marines and Sailors assigned to Task Force Southwest are greeted by friends and family Jan. 21, aboard Marine Corps Base Camp Lejeune after returning from a nine-month deployment to Helmand Province, Afghanistan. The Task Force is composed of approximately 300 personnel from II Marine Expeditionary Force, who deployed spring of 2017 in support of the NATO-led Resolute Support mission. Led by Brig. Gen. Roger B. Turner, the Task Force trained and advised key leaders within the Afghan National Army 215th Corps and the 505th Zone National Police. The redeployment of the Marines and Sailors to Afghanistan is the largest since 1st Battalion, 2nd Marines concluded the Marine Corps’ combat role in Afghanistan in late 2014. They transferred authority to a new rotation of Marines, led by Brig. Gen. Benjamin T. Watson, aboard Marine Corps Base Camp Shorab, Jan. 15.

Photos by Cpl. Luke Hoogendam and Sgt. Matthew Callahan

Bulk Fuel Company conducts Fuel System Training

LANCE CPL. TYLER STEWART
2nd Marine Logistics Group

Marines with Bulk Fuel Company, 8th Engineer Support Battalion, 2nd Marine Logistics Group participated in Amphibious Assault Fuel System training aboard Marine Corps Base Camp Lejeune, Jan. 10 through Jan. 16.

Bulk Fuel Company simulated a large scale movement of fuel from a naval vessel to a storage container, ending at a distribution center where fuel would be disbursed to sustain combat forces.

The exercise was held to increase job proficiency by providing the opportunity to operate a system that distributes fuel to a desired location.

The Marines trained using water instead of fuel, which lowered the cost of the training exercise, while ensuring the Marines received the training that they needed to remain proficient.

“A lot of the Marines out here are new to the fleet, so we thought it would be best to use water for this exercise,” said Gunnery Sgt. Christopher Gilchrist. “This way, the Marines will get the training that is required of them.”

In total, Bulk Fuel Company transported 1.12 million gallons of water

approximately three miles across the training area during the course of the exercise.

“This exercise is great because it helps the Marines understand the most effective way to utilize the gear,” said Cpl. Noah W. Murray, a bulk fuel specialist with 2nd platoon.

According to Murray, there is a big difference between learning the job, and actually doing the job. This exercise also highlighted that the freezing temperatures made a big difference in the way the gear performed.

“It’s one thing to learn your job at the school house, it’s another thing to go to the field and have to perform,” said Murray. “The freezing temperature only adds to the training; nobody wants to be outside when it’s this cold, but since we are, we have to stick together to complete the mission.”

8th ESB provides general engineering support to Marine expeditionary forces encompassing mobility enhancement, including the employment of standard bridging, survivability, explosive ordnance disposal, the provision of tactical utilities support, production and storage of bulk water, and general supply support incident to the handling, storage and distribution of bulk fuel.



Photo by Lance Cpl. Tyler W. Stewart

Marines with Bulk Fuel Company, 8th Engineer Support Battalion, 2nd Marine Logistics Group, deconstruct a Tactical Fuel System during a training exercise at Engineer Training Area 2 aboard Marine Corps Base Camp Lejeune, Jan. 12. The exercise was designed to increase proficiency while sustaining ground readiness and combat capability of II Marine Expeditionary Force.

Abdul Zhaiya pulls from Iraqi background to better the Marine Corps

LANCE CPL. TAYLER SCHWAMB

Marine Corps Installations Pacific

“Picture this: It’s 2008 and I was 13 years old,” started Abdul Zhaiya rubbing his calloused hand on the worn portion of his knee as he recalled a faded memory. “We had four 100 gallon water steel tanks on top of our house, that’s the water supply you have for the week, the government replenishes the water weekly. If I remember correctly, we were three days into the week and my dad asked me to check the water level to see how much water we had left. Rationing your water is important because if you run out, that’s it. I went upstairs to the roof and checked the first tank, it was empty. The second was a quarter of the way full. The third was only halfway full. Then I checked the last and final one, I opened the lid on top and noticed it was full but also had a dead rat floating on the surface. Clearly the water was contaminated and so I sat there on the roof, thinking. These are the two scenarios that played out in my mind. One, I could go downstairs and tell everyone what I’d seen and end up having to drain all of our water. The only water we had for cooking, cleaning, showering, drinking, anything you

could think of. Two, I could take the rat out, throw it off the roof and go downstairs and tell my dad that it was good. If we got sick and died, we died. After a while, I chose the second option.”

Abdul Zhaiya, a Mosul, Iraq, native, was born in the middle of America’s war on terror. At the time his father, Nizar, was an employee for NATO, and his wife, Hanan, daughter, Aysha, and son, Abdul, became a target for terrorists. Within months of Zhaiya’s birth, Zhaiya’s family was moved to a refugee camp in Guam by the United States government. Six months later, Zhaiya’s family was brought to America, where Zhaiya would live for 10 peaceful years.

Despite the peaceful lifestyle, Zhaiya’s family longed to move back to their home. As the war came to a close, Zhaiya’s family began to plan to move. Zhaiya’s parents feared that Zhaiya and his sister would never learn about their beloved Middle Eastern culture. In August of 2006, their family moved to outskirts of Dubai. In August of 2007, Zhaiya returned to Iraq.

“I’ll give you a good example of Iraq, I’ll paint you a picture of my school,” said Abdul Zhaiya his lips twisting into a smirk. “My first year of school in eighth grade had 75 students in it, and the whole class was the size of this wall to this wall,

and it fit 75 people in there with desks.” Zhaiya motioned with his bronze arms showing the classroom that held more than six dozen students was roughly the size of a cubical.

“There were wooden desks with wooden seats that were lined up in 5 or 6 rows and the people who sat in the back always had to climb up onto the desks just to get to the back, there wasn’t any room in-between the desks for people to walk through. The walls were kind of a stained brown-yellow, a dirty, dusty color. We had three windows, two of them were shattered with bars on them. There were a bunch of bullet holes that littered the wall right across from various fire-fights that had happened. In the middle of summer when it is 120 degrees, with 75 people it got hot. We had eight periods per day but we would only go to about five classes per day because teachers wouldn’t come and we didn’t have substitute teachers. We would just go outside and play soccer until we heard gun shots and then we would run back inside.”

After five years of Zhaiya going to school in Iraq, Hanan and Nizar chose their children’s education and safety over their desire to stay at home. With heavy hearts, they moved back to the United States, where Abdul would pick up high school from the beginning.



ABDUL ZHAIYA

At 17 years old, despite his recognized intelligence, he struggled to transition from the Iraqi school system to Lincoln, Nebraska.

After graduating high school, Zhaiya struggled against his desire to join the military. Then, an unsuspected death changed everything.

“I initially joined the Marine Corps because of a third of ISIS was back in my native country, it became a personal battle,” shared Zhaiya. “I was 21 years old when my cousin was killed by a mortar attack from ISIS during my third phase of boot camp. He was kind of like my younger brother. When I moved to Iraq he was the one who showed me what to do and what not to do. We were close, his name was Abdul too. He really liked cars. He talked about cars like Lamborghinis all the time, and he kept saying one day he would own one. His death motivated me, making we want to go to the Mid-

dle-East to serve over there.”

As Zhaiya began to look into enlisting in the Marine Corps, he realized his options were limited. Due to the education conflicts, when Zhaiya took his Armed Services Vocational Aptitude Battery as a student, his scores were low. The ASVAB is a multiple-aptitude test that measures developed abilities and helps predict future academic and military occupational successes. The military utilizes it as a qualification for enlistment into various military occupational specialties.

“I chose utilities because my ASVAB score was pretty low because of the education system that I went through in Iraq,” said Zhaiya. “Education wasn’t consistent and it was different than what the United States had. I narrowed down my few choices and security forces was set for me until the night before I left for boot camp, I had 24 hours to pick an MOS. I considered being utilities because I thought it was just being an electrician. Iraq only has power for two hours a day, so I thought I could help my friends or family if I understood it. When I became a water support technician, I was content though. After living in Iraq, I understood the importance of not having running water, and having clean or purified water to drink. I understand the importance of my MOS in missions and field ops.”

Now, Zhaiya is a water support technician with Marine Wing Support Squadron 172, Marine Wing Support Group 17, 1st Marine Aircraft Wing, III Marine Expeditionary Force. Water support technicians, commonly known as water dogs, install, operate, inspect and perform corrective and preventive maintenance on pumps, water filtration and purification equipment, water storage and distribution systems and laundry and shower facilities. Water support technicians are key in establishing and maintaining water and sanitation systems for Marines deployed and in garrison.

Zhaiya is well known throughout his chain of command for his resilience, dedication and commitment to MWSS-172’s mission and

the betterment of the Marine Corps. Zhaiya constantly pushes the envelope, constantly asking questions and tactfully striving to better his unit and fellow Marines.

“What is interesting with our platoon is a lot of our Marines have very different backgrounds,” said Chief Warrant Officer 2 Ross D. Larson, the utilities platoon commander of MWSS-172. “With Zhaiya being from Iraq and many of our staff non-commissioned officers having been deployed there, it brings new perspective. I think commitment is the most important value and Zhaiya upholds it. He’s committed to serving his country and fellow Marines and he understands the importance of our freedoms.”

Even after his long days of working in the blazing Okinawa sun, Zhaiya has dedicated countless hours to volunteering at the United Service Organization, playing ping pong and talking to countless Marines about their life goals.

“If I could share anything with other Marines, I would say that every effort is initially your own,” said Zhaiya. “No one can force you to do anything. There is a difference between an order and an instruction. Be humble, take everything around you with a grain of salt. Everyone has different battles and experiences, respect them.”

As Zhaiya’s career continues, he looks to take his fourth and final language test for another dialect of Arabic and to retake his ASVAB. Zhaiya’s future goal is to be a translating asset to the U.S. helping strengthen and preserve our most precious resources while strengthening and enhancing our relationships with allies and partners, enabling their success as he pursues his own.

“If I could say thank you to the Marine Corps, I guess I’d say thank you for letting me travel, meet people and serve,” stated Zhaiya. “The United States gave me a roof over my head and so I felt like I needed to serve for at least one term to show my gratitude and repay the country that brought me in. I don’t care about the title of being a Marine, I care about the brotherhood.”

Know the signs of alcohol poisoning

JENNIFER ATTILA

Substance Abuse Prevention Specialist

Staring intently across the table, completely focused, you aim, cautiously, carefully, and with a perfect flick of the wrist, the small plastic white ball soars through the air and lands perfectly in the intended target, floating at the midpoint of the plastic red cup. Another weekend, another round of beer pong, another case of beer and another person passed out drinking too much.

While some think it’s safe to drink two alcoholic beverages a day, drinking always has the potential for overdose. By the time a typical person of average height and weight, consumes 12-15 beers or about ¾ a bottle of hard liquor, they have consumed enough alcohol to be lethal.

According to the Mayo Clinic, drinking too much can be life threatening and it is important to be aware for

the sake of your friends, family, and yourself what the signs and symptoms of alcohol poisoning are and what to do in response.

The Mayo Clinic lists the following symptoms of alcohol poisoning: confusion; vomiting; seizures; slowed or irregular breathing; pale or blue tinged skin, lowered body temperature, or passing out and unable to be awakened.

You don’t have to have all of these symptoms for it to be an emergency. What is most important to remember is to never leave a person alone if they have passed out, because they may never wake up. An assumption that a drunk individual can sleep off the effects of alcohol could mean their life.

The National Institute on Alcohol Abuse and Alcoholism warns that it can be dangerous to assume that someone who is unconscious will be able to sleep it off. Even after someone has passed out from alcohol, their Blood Alcohol Content can

continue to rise because the alcohol may still be waiting in the stomach and intestines to be absorbed into the bloodstream. Because alcohol is a depressant, it has the potential to hinder essential brain signals that when suppressed, can kill us.

The Center for Disease Control and Prevention reports that six people die from alcohol poisoning every day, so this weekend, protect yourself and protect your friends because your career is not the only thing that is threatened by excessive alcohol use.

If you feel that you or a loved one are in need of support for a substance abuse problem, contact the Substance Abuse Counseling Center at 451-2865 for Lejeune or 449-5249 for New River.

Editor’s note: Jennifer Attila, M.S. is a prevention specialist with Marine and Family Programs. Facts not attributed are purely the opinion of the writer.

OFF-LIMITS

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

Atheas Attics at 420 Eastwood Rd., Wilmington.

Bell Auto Salvage II at 136 Abbots Branch Rd., Hubert.

Club Phoenix at 209 East 5th St., Greenville.

Dash-In at 1316 Hargett St., Jacksonville.

D’s Drive Thru (AKA: Raul’s Drive Thru) at 226 Wilmington Highway, Jacksonville.

D’s Quick Mart at 2840 Highway 258 West, Richlands.

Expressions at 419 South College Rd., #39, Wilmington.

Express Way at 1261 Gum Branch Rd., Jacksonville.

Golden Dragon (AKA) Tokyo Asian House at 1850 Wilmington Highway, Jacksonville.

Karen Huffman’s Cleaning Jacksonville.

King’s Tobacco Drive Thru at 1796 Gum Branch Rd., Jacksonville.

Laird’s Auto and Truck Repair (U-Haul Rental) at 1197 Piney Green Rd., Jacksonville.

MB Super Discount at 800 Shipyard Blvd., Wilmington.

One Stop Shop at 501 Corbin St., Jacksonville.

Price is Right Lawn Design in Jacksonville.

Saint Thomas Custom Homes at 3560 McArthur Rd., Broadway.

Smart Buy at 375 Jacksonville Mall, Jacksonville. (currently not open, but has history of reappearing)

***Tasty II/Taco’s Best** at 2119 Lejeune Blvd., Jacksonville.

Tobacco at 521 Yopp Rd., Unit 106, Jacksonville.

Tobacco Leaf at 343K Western Blvd., Jacksonville.

Veterans Affairs Service Jacksonville. (This is a private organization not affiliated with the Department of Veterans Affairs, VA Outpatient Clinic, nor Onslow County Veteran Services.)

MCAS Cherry Point Area:

98 Cent Only Store

(Big Daddy) Wesley’s Grocery

Coastal Smoke Shop

Expressions

Friday’s Night Club (AKA: Club Insomnia, Club Classics, Infinity Lounge)

***Flyers** at 400 Fontana Blvd., Havelock.

H&D Express (AKA: Citgo)

Nadine’s Food Mart

Tobacco Outlet (Havelock and New Bern)

Tobacco Shop & Gifts (Beaufort and New Bern)

Tobacco Town

Tobacco Shop (Newport and New Bern)

Twin Rivers (Not the mall)

White Sands Convenience Store

Off-limits Roads:

Catfish Lake Road

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

Hotline numbers to report fraud, waste, abuse and corruption

II MEF Hotline - 451-5555 www.iimef.marines.mil/UnitHome/CommandInspectorGeneral.aspx

MCIEAST Hotline - 451-3928 www.mcieast.marines.mil/StaffOffices/CommandInspectorGeneral/CommandingGeneralsInspectionProgram.aspx

TECOM Hotline - (703) 432-1650 www.tecom.usmc.mil/pages/ig.aspx

Naval Hospital Hotlines - (910) 450-4240 NHCL-IGHotline@med.navy.mil

MARSOC Hotlines - 440-1045/0941 www.marsoc.marines.mil/UnitHome/InspectorGeneral.aspx

New River fraud, waste and abuse Hotline - 449-6029.

The Globe

Commanding General MCIEAST,
MCB Camp Lejeune
Brig. Gen. Julian D. Alford

Communication Strategy and Operations Director
Nat Fahy
nat.fahy@usmc.mil

Deputy Director
Maj. Lori Miller
lori.miller@usmc.mil

Production Chief
Staff Sgt. Jayson Price
jayson.price@usmc.mil

Managing Editor
Ena Sellers
esellers@camplejeuneglobe.com

Graphic Designer
Kenbasa Harrell
kharrell@camplejeuneglobe.com

Lifestyles writer
Christopher Dewitt
cdewitt@camplejeuneglobe.com

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Leading from the front: 3/6 Marines train to become small unit leaders

CPL. AARON HENSON
1st Marine Expeditionary Force

Marines with 3rd Battalion, 6th Marine Regiment, 2nd Marine Division conducted a Tactical Small Unit Leaders Course at Marine Corps Base Camp Lejeune, Jan. 8 through 19.

The 10-day course provides small unit leaders with the confidence, knowledge and ability to effectively lead Marines in combat situations.

The course begins with classroom instruction to retrain Marines on basic fundamentals such as the make-up of a Marine Corps fire team, mechanical skills, troop leading procedures and offensive tactics.

“We did two weeks of training and the first week was all classes,” said 1st Lt. Austin Cooper, the Tactical Small Unit Leaders Course Officer in Charge with the unit. “They focused on weapons that are organic to the fire team, how to integrate those weapons in a combined arms effect and different ways to train Marines.”

The following week, the Marines conducted live-fire ranges where they rehearsed rocket battle drills and fire team attacks. The Marines used the M72AS 21mm Trainer System, M72 Lightweight Anti-Tank Weapon, AT-4 rocket launcher, M203 grenade launcher,



Photo by Cpl. Aaron Henson

A Marine with 3rd Battalion, 6th Marine Regiment, 2nd Marine Division conducts a practice run with an M72AS 21mm Trainer System prior to conducting a live-fire range during a Tactical Small Unit Leaders Course at Marine Corps Base Camp Lejeune, Jan. 17. Marines conducted live-fire ranges where they rehearsed rocket battle drills and fire team attacks.

M32 grenade launcher and M27 Infantry Automatic Rifle.

“The Marines used weapon systems they have never worked with before,” said Cooper. “Some of the Marines

have never fired the M27 or live rockets. They are now more proficient and have a better understanding on how to implement them in their own fire team.”

The course aimed to

make the Marines team leaders and increase proficiency with various weapon systems and tactics so they can mentor their Marines and become a more effective team.

“My biggest take-away from the ranges was getting out and shooting,” said Lance Cpl. Zachary Baker, a team leader with the unit. “One thing to remember is to rely on your basic fundamentals

and the Marines to your left and right. If you don’t know something, ask other Marines or the instructors, because everyone in the course is helpful and it’s been a good learning experience.”

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A Light Armored Vehicle with 2nd Light Armored Reconnaissance Battalion moves into position during gunnery training at Marine Corps Base Camp Lejeune, Jan. 17. Marines conducted the training to improve weapon proficiency, maintain unit readiness and prepare for upcoming intermediate gunnery qualifications.

Photos by Lance Cpl. Leynard Kyle Plazo

2nd LAR conducts basic gunnery training

CPL. AARON HENSON

II Marine Expeditionary Force

Marines with Alpha Company, 2nd Light Armored Reconnaissance Battalion, 2nd Marine Division conducted basic gunnery training at Marine Corps Base Camp Lejeune, Jan. 17.

During the training, junior Light Armored Vehicle crewmen conducted basic gunnery training using the LAV-25A2 to improve crew cohesion and proficiency with the weapon systems in preparation for an upcoming intermediate gunnery course.

“Intermediate gunnery has very specific tasks built off the doctrine that are implemented in order to assess a crew’s ability to qualify with the main weapon system,” said Staff Sgt. Joseph Graziano, the 2nd

LAR Battalion master gunner.

To prepare for the gunnery training, the Marines conduct procedures such as loading and unloading the LAVs and target acquisition before proceeding down range and conducting live-fire engagements against notional targets based on different scenarios.

“Everything we do is implemented into our gunnery table,” said Graziano. “They are designed off the idea that if this happens in combat, our Marines will be able to adapt to the situation and still be combat effective.”

Junior crewmen must be proficient using the LAV-25A2 weapon systems such as the 25mm Bushmaster chain gun, a 7.62 coaxial machine gun and a 7.62 M240 bravo medium machine gun.

“The most important part about this training are the lessons


learned for the new crews,” said Graziano. “The things they mess up here are learning points. I think the most important part is giving them trigger time and showing them how different live fire is compared to simulated fire so they can adapt and improve what they need to work on.”

Marines with the unit conduct gunnery training multiple times throughout the year to sharpen their skills and maintain expeditionary readiness.

“This training helps with unit cohesion and gets the crews tighter together,” said Sgt. Christopher Huey, the master gunner for Alpha Company, 2nd LAR. “They are all out here working and getting to know each other so when we come back out, they’ll be better trained as one cohesive unit.”



Marines with 2nd Light Armored Reconnaissance Battalion sit on top of a Light Armored Vehicle after finishing a course of fire during basic gunnery training at Marine Corps Base Camp Lejeune, Jan. 17. Marines operated the LAV-25A2 to better familiarize themselves with the weapon system and improve overall unit cohesion between the crew members.



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CHRIS DEWITT
Lifestyles Writer

Many of us can recall childhood memories of riding our bicycles through our neighborhood. Now as adults, riding a bike is still just as healthy and fun. The Spin Class at Wallace Creek Fitness Center aboard Marine Corps Base Camp Lejeune on Jan. 19 cycled to get an intense workout.

"This is a full body workout," said Stephanie Newman, spin instructor at Wallace Creek Fitness Center. "People typically think it just works out your lower body, but you use all of your body."

According to Fitness Science, spin is designed to involve cycling at various resistance levels and speeds while sitting or standing on a stationary bike.

The Spin class usually lasts 60 minutes and serves as a form of interval training. This aspect makes it highly effective in increasing maximum oxygen uptake and thus improving endurance. Spin is also very useful for losing weight and burning fat.

"I get a fabulous, refreshing

workout in between my work day," said Emily Crossman, a class participant. "I feel accomplished after class."

Because the bicycles' resistance levels can be adjusted, the workout can be adjusted for people of different fitness levels.

"This class is made up of a diverse group," said Newman. "We get everyone from retirees to active duty and their family members."

There are some precautions to consider before taking up a spin class. People suffering from knee problems should be cautious due to the high impact that is placed on the knees. Keep in mind that participants can adjust their intensity or modify the instructor's directions for their own fitness level.

Speak with your doctor and consult fitness experts to determine if spin would benefit your health needs. If spinning is a good fit, you can make a customized schedule to get the adequate exercise you need.

To find out more about spinning or other group exercise classes, visit www.mccslejeune-newriver.com/groupexercise.



Divide your workout sessions to conquer your muscle groups



MIND TO MUSCLE

Kenbasa Harrell
Graphic Designer

Now that the temperatures are finally starting to warm up, there is no doubt that many of us are well on our way to sculpting the perfect physique for the inevitable swimsuit season that is just around the corner. But when it comes to the proper way to sculpt the features you are aiming to develop, there is a lot of speculation about what is important and what is not important.

One commonly overlooked strategy for attacking the daily gym visit and feeling confident with your progress is incorporating muscle isolation into your routine.

Muscle isolation workouts help you focus on what you came to work on each time you take that trip to the gym. Think of it as a part of your daily physical fitness planner. You wouldn't want to go to the gym to work on your triceps and end up predominately working on your pectoral muscles would you?

More importantly, when you base each individual exercise within a session on different sections of a body part, everything will be worked more equally. According to bodybuilding.com, while basic exercises that work compound multiple muscle groups are

fundamental to building the most mass in a short amount of time, sticking to these and neglecting isolation exercises can lead to a physique lacking in definition and quality.

The real benefit of isolated muscle workouts is the satisfaction of knowing that on arm day, you will be confident that you have worked biceps, triceps, forearms, wrist muscles and shoulders as well if that is included in your arm-day workout. According to bodybuilding.com, exercises like standing barbell and dumbbell curls are usually the go-to for the upper arm region, but when extra movements like preacher curls and hammer curls are added, extra muscle groups are trained in different ways thus adding more thickness and shape to the upper arms.

The process can be compared to tuning the parts of a car. Everything comes together to create a system, but everything is fine tuned separately before they can be utilized at peak performance.

There is no cure-all exercise for working multiple groups. When you want to see results in specific muscles, they need to be given extra attention. You're the guidance counselor when it comes to your body. It's



Stock photo

up to you to decide what is best for your development.

Bodybuilding.com suggests using one isolation exercise for every two mass building exercises that you do in your routine.

Some suggested isolation workouts to incorporate include bench press using the bar or dumbbells for chest isolation, upright rows for shoulder isolation, deadlifting for back isolation, standing bicep curls for arms, squats and leg press for legs and floor crunches for the abdominal region.

There are plenty of other isolation workouts and tips on how to use them in your routine available at your installation's fitness center. The key is deciding which movements work best for the results that you are trying to achieve.

At the end of the day, your workout journey is yours alone. Armed with the right knowledge, you will be at your goal in no time leaving you free to set new goals and continue to sculpt your body the way you intend for it to look.

Editor's note: Mind to Muscle is a weekly commentary series providing readers with a range of information combined with experience and education, regarding health and fitness. Facts not attributed are purely the opinion of the writer. Credit to www.ironmanmag.com.au/training/training-tips.

Sports on Tap

Game Night

Today, 4 – 9 p.m.

No buy ins! Grab a buddy and play poker, pool, dice, cards, dominoes, darts, and shuffleboard! Please note there are no prizes. Open to all authorized SNCO Club patrons. For more information, call 450-9556.

Tumble

Friday, 1:15 - 2 p.m.

An introduction into tumbling with a focus on building strength, coordination, and flexibility for ages 3-5. In this class, students will begin to learn forward and backward rolls, bridges, cartwheels, and some limbering skills. Classes are held at Tarawa Terrace Community Center. For more information call 450-1687.

American Red Cross Saturday Swim School

Saturday, 8 a.m. - 12:50 p.m.

Learn to swim in this weekly group class made for beginner, intermediate, or advanced swimmers. No class on the second Saturday of each month and Federal holiday weekends. Class is held at the New River Indoor Pool (AS-4400). Ages 6 months and up. For more information, call 449-4309.

Shorin Ryu Karate

Jan. 29, 6 - 8 p.m.

Classes are for kids and adults. Family Karate Center of Camp Lejeune encourages parents to attend with their children. Family discounts available. Classes are held at Tarawa Terrace Community Center. For more information, call 450-1687.

Lil' Ballet/Tap

Jan. 30, 2 - 2:45 p.m.

Ballet and tap technique, barre, stretching and across the floor technique with ballet and tap choreography for ages 3-5. Class is for little ones who are ready for more structure than creative movement. To register, call 450-1687 or stop by the Tarawa Terrace Community Center. For more information, call 450-1687.

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

To add your event to our website calendar, visit www.camplejeuneglobe.com/calendar.

Healthy half-time snacking tips from a pro

COURTESY STORY

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Healthy snacking and making good food choices can be difficult any time of the year, but it can be especially tough during the big game. Business Insider reports that only 80 percent of people who start a New Year's resolution keep that resolution through February. This happens to correspond with the biggest football game of the year and the common food temptations that go along with it — chicken wings, chips and salsa, pizza, not to mention beer.

Bryan Snyder, registered dietitian and nutrition director for the Denver Broncos, who is responsible for keeping the year-round nutrition strategies for the team's players on track, also knows the pitfalls for the fans. "I advise people trying to eat healthier to follow a sustainable meal plan."

Snyder describes a sustainable meal plan as one that allows some flexibility to have a meal here and there that might have a higher calorie intake.

"I often see people go from eating a poor diet and choosing unhealthy snacks, in combination with not exercising, to all of a sudden deciding to work out every day and eat perfectly every meal. The issue that can arise from that behavior is that it isn't a sustainable plan, and it doesn't allow any room for those big game snacks."

Snyder's recommendation is to find a nice middle ground. Allow yourself to sneak in some of those not-so-healthy calories on game day, but also give yourself some healthier options that you can have while keeping a guilt-free conscience.

Snyder's snack of choice? Pistachios. "Pistachios are loaded with antioxidants and fiber, which will help you feel full and prevent you from overeating during the big game, and give you an immune system boost as well."

Other healthy options are pita chips with hummus, vegetables with vegetable dip, bison or turkey burger sliders, popcorn, baked sweet potato fries, or a cup of turkey chili. For those who can't imagine game day without wings, Snyder suggests baking the wings instead of deep-frying to replace some of the unwanted

and unnecessary fats.

"Oftentimes we want to eat healthier, but we simply don't know what to eat," says Snyder. "All of these options are healthy swaps for satisfying game day enjoyment."

Snyder recommends, too, having a backup plan if you're going over to someone else's house to watch the game, as this can be one of the biggest pitfalls to straying from a diet. "Don't give yourself an excuse to eat poorly. Take along some portable healthy snacks — such as healthy bars, trail mix or pistachios — to be sure you have options and don't indulge in hours of unhealthy snacking."

While it is certainly understandable and sometimes difficult to eat healthy during the big game, it is something that can be done with the right planning and preparation, according to Snyder.

"One other common misconception about healthy snacking is that you have to sacrifice great taste," warns Snyder. "Follow this game plan, and I guarantee you won't."

On Target: family fun at the base archery range



Photo by Ena Sellers

Dylan, an 11-year-old from Jacksonville prepares to release his arrow at the target at the McIntyre-Parks Recreational Shooting Complex aboard Marine Corps Base Camp Lejeune, Jan. 21. The complex offers a skeet-shooting range and an archery range for all patrons. Children 15 years old and younger must be accompanied by a parent or guardian. The facility also has a range certified safety officer to give free basic archery and shotgun safety handling instructions. For more information, visit www.mccslejeune-newriver.com.

CAMP LEJEUNE & MCAS NEW RIVER



COMMANDERS' CUP SERIES

BATTLE READY ON AND OFF THE FIELD

Courtesy photo illustration

Fostering effective teamwork, stronger relationships through competition

ENNA SELLERS

Managing editor

Each year, service members team up in unit leagues that compete against each other for the Commanders' Cup. The Commander's Cup program encourages Marines to build unit cohesion and develop strong bonds through a yearlong sports competition.

According to Jolyne Agramonte, Semper Fit Division's sports supervisor, the Commander's Cup is a competitive sports series that promotes combat readiness, leadership, teamwork and loyalty amongst active-duty service members through their participation in sports.

"(The goal) is to provide competitive sports opportunities that promote unit cohesion," said Agramonte. "We want anyone interested in a sport or recreation to participate with their unit team. There are tournaments which are short in duration and leagues which require a larger time commitment."

The Commander's Cup is comprised of two programs according to Agramonte. One is for units and tenant commands assigned to Marine Corps Base Camp Lejeune and the other one for units assigned to Marine Corps Air Station New River and Camp Geiger's permanent personnel.

"Teams must register as a designated unit team at their respective duty station," said Agramonte. "The series has traditional leagues like basketball, softball, soccer and flag football but we also have non-traditional tournaments like dodgeball, deck hockey, ultimate frisbee and kickball to name a few. There is something for everyone regardless of skill, interest or availability."

Points are awarded for 1st, 2nd, and 3rd place winners in each division when units win a competition in the different sports categories. At the end of the program, the winners will be awarded with a Commanders' Cup trophy and monetary compensation in the form of unit and family readiness funds.

This year's program differs from last year in the number of events. This year, the Commanders' Cup will have a total of 10 events. Teams participating in each event will be on a first-come, first-served basis during the registration period.

"(Gen. Robert Neller) encourages Marines to strive to have more fun together," said Agramonte as she referred to the Commandant of the Marine Corps Message to the Force 2017: Seize the Initiative, in which he

encourages Marines to participate in intramural sports. "Sports are unique in their ability to bring people together, whether playing or spectating, sports build cohesion. There has always been a correlation in sports and psychological resilience because athletes must utilize a range of mental qualities to withstand the pressures that they experience, much like our operational forces endure during deployments."

Registration space is limited in each program; each team must submit a completed registration packet, including command endorsement, full team roster and all accompanying materials.

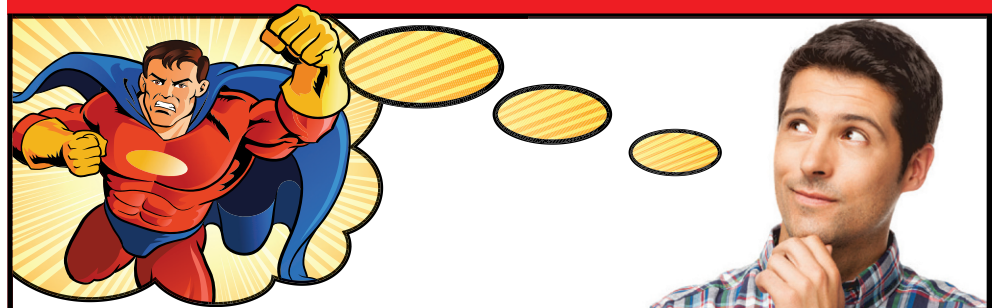
For more information about the Commander's Cup, visit www.mccslejeune-newriver.com/sports.



Official U.S. Marine Corps Photos

The Commander's Cup program encourages Marines to build unit cohesion through a yearlong sports competition. The program is for units and tenant commands assigned to Marine Corps Base Camp Lejeune, Marine Corps Air Station New River and Camp Geiger's permanent personnel. For more information visit www.mccslejeune-newriver.com/sports.

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CHRIS DEWITT
Lifestyles writer

Thin Mints, Tag-a-longs and Caramel deLites are just some of the varieties of cookies that the Girl Scouts promote and sell each season to raise funding. Selling cookies to raise funds is just one aspect of the annual campaign, which places emphasis on fellowship and developing business skills. On Jan. 12, the Cookie Kickoff held at Johnson Primary School aboard Marine Corps Base Camp Lejeune had that mission in mind.

“The cookie kickoff is important to teach girls the skills they will need to be confident cookie entrepreneurs during the sale,” said Nancy Blair, Girl Scouts of North Carolina Coastal Pines Membership director. “It focuses on goal setting, decision making, money management, people skills, and business ethics. It is also a chance for the girls and leaders of on-base troops to get together and build sisterhood relationships that are so important in Girl Scouts.”

Blair has worked with the organization for approximately 11 years. In that timeframe, she has seen and sought to fulfill the mission of the Scouts.

“Girl Scouts seeks to build girls of courage, confidence and character to make the world a better place,” said Blair.

In line with that goal is the aspect of teaching selected values and skills. The skills of business and entrepreneurship are just some that are taught by the organization according to Blair.

“Girl Scouts teaches girls about many important skills and issues such as leadership, financial literacy, community service and many skills and competencies through our badge programs,” said Blair.

These competencies are sought to be learned through events like the Cookie Kickoff and selling campaigns. Those are not the only events that scouts participate in, however. The organization hosts multiple events throughout the year that provide opportunities for community service, fundraising and fun.

“The on-base Service Unit has a fall festival, a holiday workshop, a Powderpuff Derby Car Race, World Thinking Day to celebrate other countries, camporees, and this year we’ll be having a summer day camp,” said Blair.

Blair is proud of the work she has done with the Girl Scouts and has witnessed

moments that have touched her profoundly.

“My proudest moments are watching the girls do community service,” said Blair. “Seeing them do things such as adopt children at Christmas and use their troop funds to purchase presents for children in need just melts my heart and makes me beyond proud.”

The Girl Scouts are open to all girls from kindergarten to 12th grade. Blair believes strongly in what the organization means for young ladies, especially during cookie season.

“Our girls work hard during the cookie season to set up and run their own cookie businesses and to learn the five skills of goal setting, decision making, money management, people skills and business ethics,” said Blair. “Girls use these funds to be able to do service projects in their local communities, purchase materials for the troops, and be able to fund trips and outings. Trips start out small when the girls are Daisies (K and 1st grade) and increase in length and distance as they progress through our program. By the time the girls are in high school, they are eligible to go on Girl Scout Destination trips to places such as Alaska, Costa Rica, India, and Mexico.”

If you are looking to contribute to the Girl Scouts, cookie sales have already started. The scouts will be doing door-to-door sales as well as setting up cookie booths at various locations on base. Each year, 70 percent of the funding raised goes toward training, paying for memberships and supporting camps. The other 30 percent goes toward the production and distribution of the cookies. The Girl Scout troops on base are looking to sell 40,000 boxes this year. Contact the troop leader of your child’s school to learn more.



“The cookie kickoff is important to teach girls the skills they will need to be confident cookie entrepreneurs during the sale.”

~Nancy Blair



‘Den of Thieves’ offers refreshing new twists on a good old heist story

ED SYMKUS
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Den of Thieves (R)

Los Angeles is best known for being the place that most movies are made. But it’s also infamous for its traffic jams and its electrical system brownouts and, according to the statistics printed across the screen in the opening moments of “Den of Thieves,” for being the bank robbery capital of the world.

Yes, it’s another heist movie, a popular genre (“The Brink’s Job,” “Ocean’s 11,” “Dog Day Afternoon”) that in 2017 was a semi-regular occurrence at cinemas, with a couple of great examples — “Baby Driver” and “Logan Lucky” — gracing the screens.

This one opens with a scene that approaches parody: At 5:14 a.m., somewhere in Los Angeles, an armored car pulls up to a donut shop. But it immediately stops being a funny idea when it’s overwhelmed by a well-prepared team of masked robbers armed with automatic weapons. Things go wrong, and amid approaching police sirens, massive volleys of gunfire, and a quickly building body count, the bad guys get away, with an empty armored car.

Soon the parking lot is littered with cops, fronted by Nick Flanagan (Gerard Butler), who heads up the Major Crimes Division of the L.A. Sheriff’s Department. He’s a walking, talking caricature of a cop — coffee cup in one hand, donut in the other, cigarette in his mouth, always on the lookout for a swig of Pepto-Bismol. He initially comes across as loose and relaxed, a sort of funny wiseguy. But it’s not long before he reveals just how tough he is, and that he and his short fuse are not to be messed with.

There’s some confusion as to the motive for stealing an empty armored car, and so Nick and his crack team begin working the case, starting with a lead at a local watering hole, a shady joint called Ziggy’s Hofbrau, where they grab Donnie the bartender (O’Shea Jackson Jr.), take him away, rough him up, and interrogate him, because they believe he has some connection to the crime.

“But I was only the driver,” he finally moans, then spills more about his cohorts than was expected. First-time director Christian Gudegast impresses here with a nicely structured set of flashbacks that introduces the bad guys, run by former elite soldier Merrimen (Pablo Schreiber), and tells how Donnie became part of the gang.

It’s too bad that Gudegast and his fellow scripter Paul Scheuring also pack the film with side stories on Nick’s home life (bad marriage, yearning love for his kids), as it’s



Stock photo

not very interesting and it mars the flow of the film. But fortunately, the main story keeps returning to the center of the action, and continues to evolve.

Regularly cutting back and forth between the criminals and their future plans, and the cops trying to figure out who the criminals are and, once they do, how to catch them in action, it’s soon seen that both sides are made up of very smart, if dissimilar men.

Merrimen’s goal is to hit the Federal Reserve Bank in Los Angeles, a building that’s so tightly secured, it’s never been robbed before, a place that regularly shreds large batches of “unfit bills,” those 10s, 20, 50s, and 100s that are no longer in good enough shape to be in circulation. As all of this plays out, it’s easy to see that Merrimen keeps a cool head, while Nick is a boiling cauldron of inner turmoil.

In short order, a small but complex bank robbery — ac-

companied by sweaty closeups, fast cutting, and droning music — sets the actual plot in motion, as it all evolves into an intricate heist and an example of intricate storytelling. Though most of it moves along at a tension-filled but somewhat leisurely pace, it leads to a grueling, explosive finish that neatly ties into the atmosphere of the film’s opening salvo of violence. Though the film is populated by very sharp, smart people, one of the characters is definitely smarter and sharper than the rest. The script effectively makes you wait till the final minutes to figure out who.

Editor’s note: Reviews provided by Content Now, a media news service. The opinion of the writer, does not constitute the views or endorsement of the Department of Defense, the U.S. Marine Corps, or Gate House Media.

MOVIE SCHEDULES

CAMP LEJEUNE Bldg. 19 McHugh Blvd.	MIDWAY PARK Bldg. 4014A in Midway Park	NEW RIVER Bldg. AS240 Curtis Rd., Air Station
FRIDAY "The Greatest Showman" PG, 6:30 p.m. "Pitch Perfect 3" PG-13, 9:20 p.m.	FRIDAY "Jumanji: Welcome To The Jungle" PG-13, 7 p.m.	FRIDAY "Ferdinand" PG, 6 p.m. "All the Money in the World" R, 6:30 p.m.
SATURDAY "Ferdinand" PG, 3:30 p.m. "Star Wars: The Last Jedi" PG-13, 6:30 p.m.	SATURDAY "Ferdinand" PG, 11 a.m. "Pitch Perfect 3" PG-13, 2 p.m. "All the Money in the World" R, 5 p.m.	SATURDAY "The Greatest Showman" PG, 6 p.m. "Jumanji: Welcome to the Jungle" PG-13, 8:30 p.m.
SUNDAY "Jumanji: Welcome To The Jungle" PG-13, 3:30 p.m. "All the Money in the World" R, 6:30 p.m.	SUNDAY "The Greatest Showman" PG, 2 p.m.	SUNDAY "Star Wars: The Last Jedi" PG-13, 2 p.m. "Pitch Perfect 3" PG-13, 5 p.m.



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

To see more photographs of pets available for adoption, visit www.onslowcountync.gov/AnimalServices. For more information, call 455-0182.

What’s happenin’ CAROLINA

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

Within My Reach Series: How to Avoid a Relationship DUI

Jan. 29, 9 a.m. - Noon

This workshop is designed to help you get what you deserve out of relationships. Have you ever been stuck in an unhealthy relationship and don’t want to go down that road again? Had doubts about your relationship and didn’t know what to do? Class is not intended for couples to attend together. For more information, call 451-5960.

Home Buying Course

Jan. 30, 8:30 - 11 a.m.

A home is one of the most expensive purchases you will ever make. This class will provide complete, objective and unbiased information to aid participants. Class will be held at John A. Lejeune Education Center, Room 101. For more information, call 451-3219.

Tiny Tots and Parents Playgroup

Jan. 31, 10 - 10:45 a.m.

Looking for a playgroup for your 2-3 year old? Tiny Tots Playgroup offers a place for your child to enhance their socialization skills, while parents have fun meeting other parents with kids! The event will be held at Tarawa Terrace Community Center, Bldg. TT44. For more information, call 450-1687.

Credit Management Seminar

Feb. 1, 8:30 - 11 a.m.

Discover effective techniques and behavior necessary to establish and maintain good credit and avoid excessive debt. Class subjects include identifying the specific behavior necessary to establish credit, maintaining good credit, reducing the cost of credit, calculating a debt-to-income ratio and determining a safe debt load. The seminar will be held at John A. Lejeune Education Center, Room 101. For more information, call 451-3219.

Early Literacy Storytime (Newborn – 3)

Feb. 02, 10:30 - 11 a.m.

This is a music based story time that allows babies and toddlers to learn rhythm and movement, develop listening skills, and connect with their caregivers. The event takes place at Harriotte B. Smith Library aboard Camp Lejeune. Contact 451-6196 for more information.

Passport Fair

Mar. 03, 9 a.m. - 5 p.m.

In need of a passport? Passport Acceptance Agents at the Jacksonville Department of Public Safety will provide one-stop convenient assistance for your US Passport at the Center for Public Safety. (This service is also provided outside of the event.) For detailed information about passport applications, please call 455-4000.

Course guides military members through home buying process

CHRIS DEWITT
Lifestyles Writer

Buying a home is a major investment. According to the National Association of Realtors, 35 percent of all home buyers in 2017 were first time buyers. This figure implies a significant number of people out there who are navigating the home buying process for the first time.

Buying a home can potentially present different issues. These can range from debt concerns to figuring out what size or location meets your needs and desires.

The Personal Financial Management Program aboard Marine Corps Air Station New River will host a home buying course Jan 31. to properly educate service members on the home buying process as well analyze their personal finances.

"We are inviting service members and eligible dependents who want to learn more about the pros and cons of homeownership as well as the real costs involved," said Corrinne McKenna, Marine Corps Community Services personal finance manager. "They are welcome, regardless of their age or current financial situation. Even if you don't plan to buy a home anytime soon, the course will equip you with an understanding of what financial steps should be made now in order to be in a position for homeownership in the future."

There are many questions that can come up when making home-buying decisions. The class seeks to give answers to many of them.

Topics included in the discussion are renting versus buying, setting up for success before you begin home shopping and keeping a solid monthly budget.

"The most common ques-



Courtesy photos

Service members and eligible family members interested in learning about the pros and cons of homeownership and the real costs involved can sign up for the home buying course hosted by the Personal Financial Management Program at Marine Corps Air Station New River, Jan 31.

tion is 'will buying a home save me money'", said McKenna. "Along those lines, is the issue of homeownership for clients who are not in a position to cover their mortgage payments if they suddenly get permanent change of station orders and move away from the area. This can result in them becoming involuntary landlords or having to sell their home, potentially at a loss."

With military families facing added challenges in this sector, the home buying course was designed to assist with some of those specific issues.

"Military couples have numerous challenges when it comes to buying a home," said McKenna. "The prima-

ry one being the likelihood of a PCS, which results in them having to pay for the mortgage until the home is rented or sold. The Consumer Financial Protection Bureau released a report in 2014 stating that the largest portion of the complaints they received from service members were due to mortgage-related issues."

According to McKenna, 55 percent of these mortgage complaints from service members were from those having difficulty making payments. These issues were related to loan modification or foreclosures.

"The goal of the Marine Corps Community Services Home Buying course is to reduce the number of these



complaints for the Lejeune-New River community," said McKenna.

The Personal Financial Management Program offers

other resources in addition to the home buying course. For more information, visit www.mccslejeune-newriver.com/finance.



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Dial encourages teachers to treat students as their own children



TEACHER FEATURE

CHRIS DEWITT
Lifestyles writer

This week our featured teacher is Tyais Dial, who teaches third graders at the Tarawa Terrace Elementary school aboard Marine Corps Base Camp Lejeune. Dial has been teaching at TTE for seven years, but has 16 years of experience in the educational field. Dial graduated with a Bachelor's of Business Administration from California State Dominguez Hills University and has a Master's of Special Education and Dual Teaching Credential from California Baptist University. Dial also has an Educational Leadership Degree from Liberty University.

Q. What encouraged you to pursue your job as an educator?
A. Education has always played a major role in many facets of my life. As an adolescent, I was always encouraged by my family and teachers to do my best, get good grades, and take rigorous classes to ensure a college education and better opportunities. My teachers were my biggest advocates though. They fostered in me a desire to learn, grow, and challenge myself. They told me I can be anything I wanted to be if I worked hard and set goals – and you know what? I believed them! I especially believed it after hearing it from passionate teachers like my English teacher and my

Algebra I teacher. As an undergraduate, my personal goal was to possess a strong work ethic, knowing I would be on a path to post-graduate studies, as well as being the first one in my family to earn a Bachelor's degree. During this time, I went through many family tragedies; including losing my brother and taking care of my son in the burn center for an extended amount of time. It took a bit longer than expected, but God's timing is always perfect isn't it? Continuing along those lines, as a mother of school-aged children, I try to teach my babies how to be successful in their educational endeavors, as well as how powerful education can be if it is used to change people and things for the better. Finally, having been an employee of both the public and private sectors, determination to create an environment which assists students and district employees in areas of quality education without compromising a Christian worldview is crucial. No matter the channel, revisiting the educational discipline sowed many seeds of interest, which eventually blossomed into my passion to be an educator. Being passionate about becoming an educator not only came from being immersed in the field, but

by understanding that education is more than just teaching in a classroom or learning best practices, but a sincere love for children and a passion for helping them succeed and develop personally. Teaching fills my life with purpose and I am blessed each and every day for this opportunity. **Q. What encouraged you to pursue education within your specific age level/curriculum?**
A. I originally began my career with older children in the area of special education (11-21 year olds). It was very challenging, but rewarding to work with middle and high school students. However, my passion was for younger students who are more "pliable." I felt like I could help lay the foundation for how they view education at an early age. Not only that, but I can develop them into their future selves. So, I started teaching the younger kiddos and the rest is history. **Q. What is your main classroom philosophy?**
A. My classroom philosophy encompasses the fact that we are a family when we walk in the door and no matter what has happened outside our door, we must leave it there and start fresh. We understand that families do not always agree, but we have genuine care and compassion for one another. We do a morning chant. I say, "You can be whatever you want to be." Kids say, "With hard work." I say, "What do you want to be today?"

Students raise their hands and tell me things like, be a good listener, a mathematician, a friend, be kind, a great reader. We also say, "The only mistakes you make are the ones you don't learn from." We have meetings at any time of the day to reflect, discuss something they did not quite get, or other issues they are having. They know I am firm and I will push them, but they also know I love them and would do anything for them. I attend birthday parties, sporting events, or other things that will make my students feel supported. If their basic needs are met, then I know, "class is in session." **Q. What lesson have you learned from your students?**
A. I learn lessons from my students each day – so, many valuable lessons. An important lesson I learned from them is to never assume anything. Don't assume they know something or they are not capable of learning things. Don't assume what the last teacher said will necessary happen with you in your class. Don't assume anything about their skills, knowledge, dispositions or backgrounds. Don't assume where they come from determines who they will turn out to be. I have learned students benefit more from interactions and practical applications rather than lectures. I learned this to be true of students of all ages. This has been especial-



Tyais Dial stands in her classroom at Tarawa Terrace Elementary School, Jan. 22.

ly evident when I personally have sat through lecture trainings that are more of the lecture learning style. Because of this, I am more reflective in my classroom and try to not be so long winded when I am introducing or explaining a concept. **Q. What is your favorite part of being an educator?**
A. Seeing smiling kids that love you despite of your flaws and forgive you quickly when you make a mistake. I love when kids finally understand or get the conceptual knowledge of something they are learning. I love the joy of working with kids from all walks of life and seeing things from their perspective.

Q. What advice would you give to upcoming/new educators?
A. Be flexible, patient, positive, and proactive, not reactive. Love your students. Love your students as you love or would love your own kids, because they are yours during the hours that they are with you. Understand that you will not be perfect, some days you will get frustrated with new standards and initiatives, but if you go into it with students in mind first, it will make the difference. Collaborate, because you have great ideas and so do other teachers. Be yourself and don't try to be another teacher!

SEE TEACHER 6B ▶



Scholarships for Military Children recipients from the McGuire Commissary at Joint Base McGuire-Dix-Lakehurst, New Jersey.

Scholarships for military children deadline is Feb 16

BY MIKE PERRON,
DeCA public affairs specialist

Having put 2017 in the rear view mirror, some military families are turning to the first big deadline of 2018: finalizing their Scholarships for Military Children applications in time for the program's Feb. 16 application cutoff. Applying for one of the 700 available \$2,000 scholarship grants is straightforward. Requirements include providing a completed two-page application; the student's official transcript indicating a minimum cumulative GPA of 3.0 or above on a 4.0 scale for high school applicants, or college transcript indicating a cumulative minimum GPA of 2.5 or above on a 4.0 scale for students already enrolled in college; and a typewritten or computer-printed essay of 500 words or less, and no longer than two pages. This year's essay question

addresses the effect of the internet on modern society and the family: "With the development of high speed internet, you are now living in a world that is completely different than 20 years ago. What are the pluses and minuses for society and the family? How would you address the minuses?" The Scholarships for Military Children Program was created in 2001 to recognize the contributions of military families to the readiness of the fighting force, and to celebrate the role of the commissary in the military family community. The program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. "With the deadline to submit your application for the Fisher House Scholarship for Military Children fast approaching, make sure you

double-check the list of items required to be submitted to be eligible for the scholarship," said Marye Dobson, the Defense Commissary Agency's scholarship program liaison. The two-page application, your high school or college transcripts and the short, typed essay all have to be submitted in one package. Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. The applicant must also be planning to attend or already be attending an accredited college or university, full time, in the fall of 2018 or be enrolled in a program of studies designed to transfer directly into a four-year program. Applicants who are awarded a full scholarship to attend

a college or university or receive an appointment to one of the military academies or affiliated preparatory schools are not eligible to receive funds from this program. A full scholarship is usually defined as one that provides for payment of tuition, books, lab fees and other expenses. All rules and requirements for the program and the downloadable application are available at www.militaryscholar.org. Students enter brief background information and educational goals and the search tool will identify military-affiliated scholarships they may be eligible for based on their input. Once the search is complete, students receive a list of scholarships with a summary of eligibility requirements, points of contact and links to the scholarship provider's website. Students can elect to have a PDF file of the results immediately emailed to them for use in selecting which

scholarships to apply for. According to Brian Gawne, vice president of community relations for Fisher House, the Scholarships for Service search engine is never used to collect data for marketing purposes. "We're not using this to collect data and then send email or other solicitations," he said. The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization. If students have questions about the scholarship program application, they should call Scholarship Managers at 856-616-9311 or email them at militaryscholar@scholarshipmanagers.com. No government funds are used to support the Scholarships for Military Children Program. Commissary vendors, manufacturers, brokers, suppliers and the general public donate money to fund the program.

Defense Commissary Agency photo

Coastal Carolina Community College's Office of Veteran Affairs assists military students

CHRIS DEWITT
Lifestyles Writer

Being a student can pose significant challenges. The long nights of studying, reviewing notes and guzzling down coffee are a few of the experiences students can potentially face. Adding on a family and full-time job can add to these challenges. Veterans face these issues as well as juggling the military lifestyle or transition into civilian life. The office of Veteran Affairs at Coastal Carolina Community College provides support to members of the armed forces entering the institution.

CCCC lies within an area with a large military demographic. With that, much of their student body consisting of military members, having a department specially to suit their needs was almost unquestionable.

"I retired from the military in 1996 and started out as a work study while studying here," said Christopher Sabin, Coastal Carolina Community College Veterans Programs director. "I continued to work here as an employee after graduating and was excited to accept this position some years later. I love helping fellow veterans."

Sabin works with veterans alongside a team of department staff, which includes Emily Ellis, Disability Support Services coordinator.

"Working in this department fits perfectly with my current position," said Ellis. "Many of our veterans have brain injuries and other forms of disability. I am working in both of my roles to give them the best service possible while they attend CCCC."

Coastal seeks to offer various resources to assist veterans. They are currently serving over 1,100 veterans (not

including active duty) in their student body this semester.

"We have a veteran-to-veteran approach to providing service," said Sabin. "My office is filled with work studies who are veterans and currently in school here. They are able to give them accurate information on student life and benefits."

The office is set up in attempt to customize services. The goal is that each individual veteran can come in and have any and all questions answered.

"We are here to guide them from admission to graduation," said Sabin. "Whether it be questions about picking the right program or what paperwork to submit, we are here to help."

Making assistance readily accessible is one of the core aspects that Sabin and Ellis strive for in their office.

"One of the best things I think we do is hosting a veterans' fair in February where local organizations gather to meet with the students all in one place," said Sabin. "It serves as a one-stop shop for veteran student needs."

To Ellis, having veteran-specific activities does more than just introduce veterans to resources at CCCC.

"Our Veteran's Day

brunch and service learning fairs are designed to also introduce veterans to one another and let them have fellowship," said Ellis. "Starting school and being in a new environment can be a bit nerve racking, so we want them to know they are not alone."

If having any form of disability is a concern to students, Ellis also assists with providing classroom accommodations to help students perform at their best.

"I am here to coordinate any accommodation that is needed," said Ellis. "We want our students to succeed here and are glad to do all that is possible."

For Sabin, it is the people who provide as the best resource for veterans at CCCC.

"We have career coaches, admissions counselors and faculty that understand the needs of veterans," said Sabin. "We are all here on campus and willing to help in any way they can, no question is too small."

Coastal will be hosting a Veterans' Resource Fair Feb. 15 from 11 a.m. – 2 p.m. in the Melton Skills building for students looking to see what resources are offered. For more information on events and CCCC, visit coastalcarolina.edu.



Photo courtesy of Christopher Sabin and Emily Ellis. Coastal Carolina Community College's Veterans Programs director, Christopher Sabin and Emily Ellis, Coastal Carolina Community College's for Disability Support Services coordinator representing the college Sept. 9, 2016 at a function hosted by the Wounded Warriors at Marston Pavilion on Marine Corps Base Camp Lejeune.



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Tips to help children cope with military lifestyle, stress



RAISING HEALTHY MINDS

CHRIS DEWITT
Lifestyles writer

Welcome to the first official edition of “Raising Healthy Minds,” a column designed to address the mental health needs of your children and teens. This month we cover how to help children cope with the stress from the military lifestyle with Dr. Katherine Perez, administrator at Jacksonville Children’s Multispecialty Clinic. Dr. Perez has been working in child and adult development for 40 years and has spent 22 of those working here in Jacksonville.

“Anxiety and depression are the most prevalent issues in children of

military families,” said Perez. “There is angst over the safety of their deployed parent and sadness over their absence.”

Stephanie Knauer, a medical assistant with Perez who was a military child herself, understands the possible challenges that can come along with life as a military child.

“I witnessed a lot of anxiety and depression,” said Knauer. “The instability that comes with the life really affected some kids.”

The potential for mental health woes is a reality for military kids. However, war times add a lot more stress and

the amount of exposure to media coverage of combat plays a role. The role of technology in the prevalence of anxiety and depression in military children of this era compared to others is of great significance to Perez.

“Children can now see in live time what exactly is happening to mom or dad,” said Perez. “They can see the fighting on all types of readily accessible media. It is not like in the past where the war news was just printed in the paper.”

The constant reminders of danger can pose a significant problem for military youth. However, the treatment and resources available to families are plentiful.

“Each Onslow County and Department of Defense school has their own resources for

parents to help children facing problems at home or in school,” said Perez. “Teachers and coaches can serve as emotional support while a parent is absent.”

Some military units have programs focused on families as well.

If you believe your child may benefit from therapy, there are some considerations you need to make when looking into this option.

“The relationship between client and therapist is a crucial factor in treatment success,” said Perez. “There needs to be a sense of trust and understanding in the relationship. You might have to see several therapists to find the right fit.”

Therapists have several tools and forms of therapy at their disposal. In the case of children, play therapy or other

age appropriate models might be implemented. There are other helpful things parents can get their children involved in as well.

“You want to get your child engaged in pro-social behavior,” said Perez. “This can be volunteering at a soup kitchen, helping a neighbor with chores or any constructive activity that draws attention away from their situation and boosts their self-esteem.”

For Knauer, this was an important factor. She described some of the things that helped her growing up.

“The community was a great help because everyone understood the military lifestyle,” said Knauer. “Also, going to a base school, where the teachers and other kids know what you were going through. It was a

great support system.”

The community itself is a resource, with after-school sports, music and art programs.

“Getting your child to express emotions but not internalize or express them unhealthily is key,” said Perez. “These also assist in drawing attention to a positive event in their lives and away from the stress and worry of having a deployed parent.”

If you want to learn more about events and activities available in the community, visit us online at www.camplejeuneglobe.com, or check out our Facebook page at www.Facebook.com/camplejeuneglobe.

Editor’s note: “Raising Healthy Minds” is a monthly column that sheds light on mental health in youth.

Passion for adventure should be balanced with appreciation for the everyday



CHAPLAIN'S CORNER

LT. Dwight Dunlap
MCCSSS Camp Johnson

I grew up with a passion for adventure. Ever since I can remember, I idolized the concept of the “Hero” as portrayed on TV, movies, books and cartoons. I was big into Batman, and G.I. Joe. I was the kid that the Star Wars merchandiser originally targeted for their countless products. I dreamed about being a hero in my day-to-day play as I delved into realms of my imagination. As I grew older, this sense of fantasy and adventure developed further as I discovered the

joys of reading books such as “The Lord of the Rings” and “The Chronicles of Narnia.” The Bible also became alive as the ultimate book centered on adventures. Yes, I was naive. I thought it would be great to be in an adventure of my own.

I guess the old saying is true, “Be careful of what you wish for, it just might come true.” After two tours in Iraq, I went through some life experiences which many would classify as being an adventure.

I am amazed as I think

back to those days in Iraq, just how boring adventure really is. Sure there were many moments of fear, but they were spaced out by endless days of routine and boredom.

It was during these days of boredom when the average service member would begin to be lulled into a false sense of security.

We became comfortable in our routine, and less aware of our surroundings. This would continue until something major happened such as a mortar attack, or an improvised explosive device detonating on our convoy and waking us up from our slumber.

What always amazed me after these moments was just how easy it was for us to forget

about the danger and get back to our routine.

I guess there lays within all of us the desire to feel safe, no matter how false that sense may be.

The Apostle Paul warned us that our life struggle is “not against flesh and blood...but against spiritual forces in the heavenly realms.” (Ephesians 6:12) Life in general is routine and boring. We strive daily to overcome our boredom by immersing ourselves in various amusements, ignoring the fact that we are in the middle of an adventure called life.

Yet unlike the enemy we faced in Iraq, who reminded us of their presence by mortar attacks, our adversary in life is more than content to keep us

in our apathy.

We are fooled into believing that our lives are in a state of peace we then neglect our spiritual fitness. It is at these moments of apathy, God often blesses us with struggles which make us aware of our need for him. To enjoy peace in our lives, both spiritual and physical, we must be prepared and willing to fight. If we are not, we will lose in this adventure known as life. There is only one consequence, when we fail in this adventure.

Editor’s note: The Chaplain’s Corner covers everything faith-related. Facts not attributed are purely the opinion of the writer.

TEACHER FROM 4B

Q. What is a favorite memory from your teaching career?

A. When I taught at a school for emotionally disturbed students. High-need students were sent to this school because they could not function in regular education or even special education in a regular high school. I had a 12-year-old student that was ADHD and also suffered from severe emotional issues, which stemmed from a domestic incident and both her parents were sent to prison. She was sent to live with her grandparents. Long story short, I worked with this girl intensely, because she was behind in school as well. She eventually moved to another home, and consequently to another school. I was in Target five years later and ran into her. She ran up to me and told me she graduated high school and she had a 3.0 GPA. She headed off to college soon and she wanted to thank me for believing in her. We both cried in Target.

Q. What advice would you give to a parent of a 3rd grader?

A. I know third grade seems like a huge leap. I hear it from parents all the time...they have arrived into the dreaded “upper grades.” They will be learning more complex concepts, their level of conceptual knowledge will grow in all subjects, they have to be more independent, and they must read to learn instead of learning to read. I know it is a lot for parents to handle. My advice is to relax, they will rise to the occasion. I would also tell them to keep the communication lines open between parent and teacher, support and praise successes (even very small ones), and be ready for their kids to make mistakes (and let them learn from them).

Q. What changes would you like to see implemented in the school system within the next five years?

A. I would like to see a teacher task force/advisory committee in each district, which is directly linked to each superintendent and other upper leadership to assist in making educational decisions (in regard to curriculum, implementation of educational goals and learning communities). I think sometimes administrators who have often been out of the classroom do not fully understand how implementing affects student learning in practice (only in theory and what some research says). I think they are great at seeing the whole forest, but sometimes have a hard time just looking at the trees. I think this type of committee will bridge the gap between student-classroom learning/teachers and administrators.

Q. What are the biggest challenges you face as an educator in a military town?

A. The mobility of the community can sometimes hinder the educational process of some children. Change is hard for some children and educational change and environment can be even harder. I also believe that as we have gotten closer to meeting the mark of being uniform as far as pacing and what is being taught, we still have to be very intentional about the curriculum, pacing, and teaching above the standard. We have to make sure we know that our students have conceptual knowledge and problem solving skills that carry them a long way.

Q. Is there anything else you’d like to share about being an educator?

A. I love being an educator; educating; empowering.

Editor’s note: “Teacher Feature” aims to highlight accomplished educators on and off base and seeks to recognize the important role they play in our children’s lives and education.

Essential LINKS for Marines

LANCE CPL. TESSA WATTS
Marine Forces Reserve

Lifestyles, Insights, Networking, Knowledge, and Skills, is an official Marine Corps program that provides Marines and their families with the connections and resources essential to managing life in the Corps.

A volunteer-based program, LINKS provides Marine families with available resources, such as deployment support, information on Marine Corps traditions, career planners and more.

“The LINKS program is designed to support Marines, their family members and command by informing them of the Marine Corps lifestyle,” said Lisa Brito-Greene, a self-employed consultant who volunteers for the LINKS program. “The program is really beneficial to new, young Marines, and serves as a great reminder to those who’ve been in for a while.”

Program partnerships with services and personnel, including career planners, chaplains, and LINKS mentors, encourage the development of a strong family support system.

“Almost everything in the Marine Corps is about the Marine, and it ought to be,” said Gabriela Swanson, an intern for the United States Army Corps of Engineers who volunteers for LINKS. “But a Marine does a lot better, in my opinion, when they have a family that supports them.”

All Marines, and their parents, spouses, and children, are eligible to participate in their local LINKS events, and unit sessions are also available. Marines and their families often express to LINKS volunteers that they wish they had learned about the program sooner.

“I recently had someone who had been in for almost 30 years, who sat in on his first LINKS session and said he wished he would have come to LINKS



Photo by Lance Cpl. Paul Peterson

LINKS classes provide Marine spouses with a better understanding of the Marine Corps and the challenges of living a military lifestyle, while building the groundwork for a support system with other spouses.

when he first got in,” said Brito-Greene.

For families and spouses without prior Marine Corps experience, navigating the world of Marine Corps traditions, rank, benefits, and deployments can be confusing and intimidating.

“I remember how scared my parents were when I became a Marine,” said Swanson. “I remember thinking ‘this program would have been so useful for them to attend so they wouldn’t be afraid, and know what to do while I was deployed.’”

The typical three-day long program for active duty Marines is condensed to approximately four hours for Reserve Marines, allowing it to be completed during a drill weekend.

LINKS coordinators who support Marine Forces Reserve uniquely tailor the course to meet the needs of Reserve Marine families by traveling to Reserve training centers, which are located across the country.

It is also important to the volunteers who are teaching Marines and their families about LINKS to keep the program fun and interactive. Retention of information is made easier for the participants with the inclusion of games and trivia.

“We do it in a fun and interesting way,” said Brito-Greene.

“We don’t kill them by Power-Point. We make it interactive. We play games that talk about the history of the Corps. But, even though we’re doing it in a fun manner, we’re actually learning and discussing things.”

Volunteers reap the rewards of the program just as much as the Marines and their families.

“As a volunteer, there is definitely growth in working and providing for someone else,” said Brito-Greene. “There’s definitely strength in being the one who is providing support and guidance to another individual, but also in helping keep something going that is really beneficial. I would say that the person who is providing some of the support is definitely going to get almost as much out of it as the person they’re supporting. There’s tremendous benefits on both sides.”

LINKS is a useful program ensuring the success of Marines and their families by providing a wealth of information, resources and guidance on living the Marine Corps lifestyle.

For more information on LINKS, call 450-1465 or visit the MCCS Lejeune-New River Marine Corps Family Team Building home page; www.mccslejeune-newriver.com/mcftb/.

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