Happy Halloween



SERVING CAMP LEJEUNE AND SURROUNDING AREAS SINCE 1944



Celebrating family at Pumpkin Bash 1B

- Fire on the tennis courts 5A
- Naval physician receives award 3A

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AMCC hosts post-storm information sessions

BY LANCE CPL. ASHLEY GOMEZ

Marine Corps Installations East

In the aftermath of Hurricane Florence, Marines, Sailors and their families have been left with many questions and concerns. Atlantic Marine Corps Communities hosted a post-storm information session for residents of Marine Corps Base Camp Lejeune and Marine Corps Air Station New River at Marston Pavilion on MCB Camp Lejeune, Oct. 17.

The session included representatives from AMCC, FEMA, American Red Cross, Military Housing office, legal claims, Navy-Marine Corps Relief Society, Distribution Management Office, and the Camp Lejeune - New River School Liaison.

"Anytime there is a crisis and you have families, homes, schools and work places involved, it's an emotional event," said Maj. Gen. Vincent Coglianese, Commanding General, Marine Corps

Installations Command. "There are many nonprofit organizations here with Marine Corps leadership to help Marines, Sailors and their families. It is important to get out as much information as possible and that we continue to update the active duty members and their families so they're aware of what's happening."

AMCC hosted another evening information session Oct. 22 at Knox Landing Community Center and one more is scheduled Oct. 31 at MCAS New River Community Center from 9:30 a.m. to noon.

THURSDAY, OCTOBER 25, 2018

For more information visit https://cl.atlanticmcc.com or call (888) 690-4304.

Ceremony marks 35th Beirut bombing anniversary

Visit www.camplejeuneglobe.com for more photos

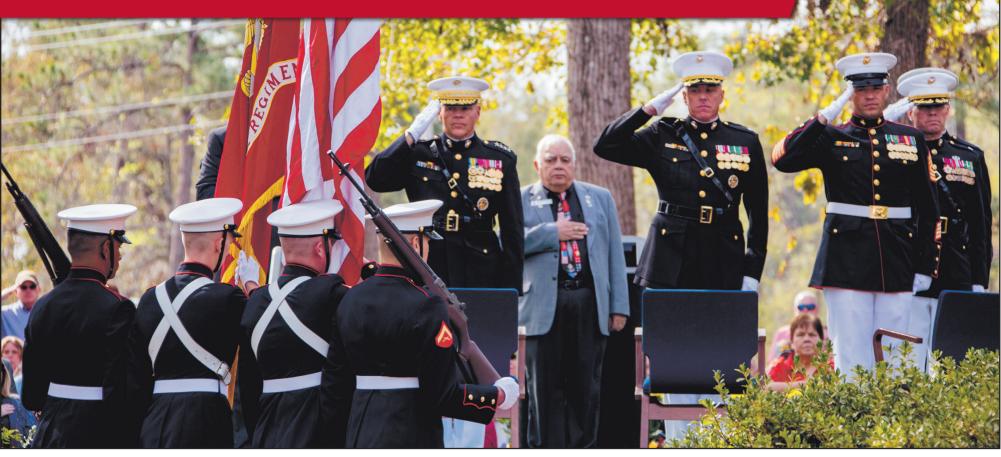




Photo below (from left to right): U.S. Marine Corps Gunnery Sgt. William L. Koeppe, career



Photos by Lance Cpl. Damaris Arias

Service members, veterans and families attend the 35th Beirut Memorial Observance Ceremony at the Lejeune Memorial Gardens in Jacksonville, Oct. 23. "Remember why we're here," said Col. Scott E. Conway. A memorial observance is held on Oct. 23 of each year to remember those lives lost during the terrorist attacks at U.S. Marine Barracks, Beirut, Lebanon, and Grenada. "I love this community because we remember moments like this and we come together to honor those service members lost during this tragic event." Conway is the commanding officer, Headquarters and Support Battalion, Marine Corps Installations East, Marine Corps Base Camp Lejeune.

DeLalio Elementary dedicated during ceremony

STORY BY CPL. NIKKI MORALES

Marine Corps Installations East

MARINE CORPS AIR STATION, NEW RIVER — "The first DeLalio Elementary School imprinted the joy of teaching on me and now I have the privilege of experiencing it coming full circle," said Janie Dickenson, a former second-grade student in 1966 and currently a teacher at DeLalio Elementary School, as the newly constructed 21st century style school was dedicated in honor of the late Lt. Col. Armond Hector DeLalio at DeLalio Elementary School, Marine Corps Air Station New River, Oct. 18.

A portrait of Lt. Col. DeLalio was revealed during the ceremony. It will be placed on the front of the school to honor him and his family.

"Although our first DeLalio is no longer with us," said Dickenson. "His family name and legacy will continue forever. Our new DeLalio Elementary will be a new beginning, a new cycle of imprinting on the hearts of these students in a way that they can develop their own 'ifs,' a pathway to help support their foundations and even foster the encouragement of their honor."

More than one guest at the dedication ceremony had attended school at DeLalio Elementary years before the construction and change to a 21st century style learning environment. Some shared their experiences.

"I get choked up just thinking about it; being a student here was special," said Clayton Bauman, a second-grade student at DeLalio Elementary School in 1990. "There would be times when we would get out of class and go to the flight line and welcome parents coming back from deployment. Sharing that specialness with other students really brought things together here at DeLalio. There's something about the military community and going to school at a military school that is truly special."



Photo by Cpl. Nikki Morales

Students at DeLalio Elementary School present information about the life of Lt. Col. Armond Hector DeLalio during the DeLalio Elementary Dedication Ceremony at DeLalio Elementary on Marine Corps Air Station New River, Oct. 18.

GLOBE FLASHBACK: WRs learn military style of camouflage

BY LANCE CPL. MIRANDA DEKORTE

This week we are republishing a story that appeared on our pages on this date in history. We hope it will give you an appreciation for our Corps' illustrious heritage and a unique look at the style and tone of journalism during these years. Today's article will reflect on the Women Reserves who served in 1944.

Women Reserves at Marine Corps Base Camp Lejeune spend a day at Camouflage School where they are marked with war paint, run a jungle sniper course replete with simulated booby traps and shelling and come away with a realistic impression of jungle warfare.

PHOTOS:

1 and 2: Pvt. Katherine McLeroy (Left) and Pvt. June Dorr (Right) are presented in these two photographs under the well-known "Before and After" label. At the left they are shown just before the camouflage experts start to work on them. And, in No. 1, they are presented with Springfields loaded with blanks and a complete ensemble of camouflage most frequently used by jungle dressed snipers.

3: When the Women Reserves make their run through the jungle sniper course they usually are surprised to learn that they've overlooked this Marine. He raises himself out of position for the camera. Treated burlap, moss and brown and black paint make the sniper part of a felled tree trunk which also acts as cover.

4: Guinea pig during lecture of facial camouflage is Pvt. Ruth Red-

ner. Silhouetted in profile against a backdrop of high grass, Ruth's face and helmet were indiscernible from one side, easily seen from the other.

5: This Women Reservist isn't exactly getting a "mud pack" but she is being treated to gobs of green cream which isn't doing her fresh morning make-up much good.

6: After running the sniper course under "fire," girls are led over trail again as snipers' positions in trees, foxholes and underbrush are revealed. Assembled under a camouflage net later, they get a good look at their assailants as camouflage techniques for various positions are explained.

7: The Women Marines take it out on each other with real war paint under the supervision of instructors previous to running the sniper course.



OFF-LIMITS The following businesses are designated by the base commander as "off-limits" Broadway

Atheas Attics at 420 Eastwood Rd., Wilmington. Bell Auto Salvage II at 136 Abbits Branch Rd., Hubert. *Best Exxon at 2945 Richlands Highway, Jacksonville. Club Phoenix at 209 East 5th St., Greenville. Dash-In at 1316 Hargett St., Jacksonville. *Drive Thru Mini Mart at 2729 Commerce Road, 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.

*Highlands Tobacco aka Piney Green

Tobacco at 835 Piney Green Road, Jacksonville. *Highway 24 Tobacco at 1448 West Corbet Ave. Jacksonville. *Hubert Tobacco at 393 Hubert Blvd., Hubert. *J&N Grocery at 1142 Beulaville Highway, Richlands. 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. *Moe's Mart at 2105 Belgrade-Swansboro Rd., Maysville. *Nash Market at 237 New River Drive, Jacksonville. *OJ's Tobacco and Vapor at 8900 Richlands Highway, Richlands.

One Stop Shop at 501 Corbin St., Jacksonville. Price is Right Lawn Design in Jacksonville. *Reid's Mart at 461 Hubert Blvd., Hubert. *Sahara Hookah Lounge at 917 North Marine Blvd., Jacksonville.

Saint Thomas Custom Homes at 3560 McArthur Rd.,

Smart Buy at 375 Jacksonville Mall, Jacksonville. (currently not open, but has history of reappearing) *Speedy's Drive Thru at 357 Henderson Drive, Jacksonville. *Sun House Vapor and Tobacco at 2840 Richlands Highway, Jacksonville

*Super-Fast Drive Thru Mini Mart at 1005 North Marine 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 Hotline - 449-6029.

To report crimes on and off base

To report crimes on and off base, you can call the Crime Stoppers anonymous hotline at 398-3273 or text your tip to TIP4CSJAX + your tip to 274637.

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- Caller never reveals his/her identity
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Help keep Marine Corp bases and Onslow County safe!

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

The

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New H&S Battalion sergeant major



Photo by Lance Cpl. Damaris Arias

Col. Scott E. Conway, left, commanding officer, Headquarters and Support Battalion, Marine Corps Installations East, Marine Corps Base Camp Lejeune, presents the non-commissioned officer sword to Sgt. Maj. Bobby D. Frazier, right, the incoming battalion sergeant major for the unit during a relief and appointment ceremony at W.P.T. Hill Field on MCB Camp Lejeune, Oct. 19. The passing of the sword symbolizes the passing of responsibilities as the senior enlisted leader and keeper of traditions from the out-going sergeant major, Sgt. Maj. Johnnie M. Hughes, to Frazier as the new battalion sergeant major. "Sgt. Maj. Frazier, Lisa (Frazier), welcome to the beast of Headquarters and Support Battalion. You have to want this job because it will test you within an inch of your sanity. We are a battalion with subordinate battalions, and we have companies with subordinate companies. It is ours and we will make it work. I look forward to setting conditions for the Marines success so we can provide our support to the II Marine Expeditionary Force," said Conway.

Happy birthday, Navy



Photo by NMCCL Deputy Public Affairs Officer Sarah Hauck

Due to Tropical Storm Michael, Naval Medical Center Camp Lejeune's ceremony celebrating the Navy's 243rd birthday had to be postponed until Oct. 19. The traditional birthday cake was cut by our wisest and youngest Sailors, Capt. William Buetel and Hospitalman Supawadee Bui. The birthday messages from the Master Chief Petty Officer of the Navy and Chief of Naval Operations were shared, special colors were observed and historic moments in the Navy's history were also shared.



File photo by Lance Cpl. Nikki Phongsisattanak

The Marine Corps Reserve Toys for Tots program will soon be kicking off at Marine Corps Base Camp Lejeune. Marine Corps Community Services has scheduled a kickoff for Nov. 8 at the Main Exchange on MCB Camp Lejeune.

MCCS to begin annual Toys for Tots campaign

Kickoff event scheduled for Nov. 8 at the Main Exchange

STORY BY LANCE CPL. ASHLEY GOMEZ

Marine Corps Installations East

Each year since 1947, U.S. Marines throughout the United States conduct local Toys for Tots campaigns from October through December.

As the holiday season approaches, Marine Corps Community Services will be kicking off its annual Toys for Tots campaign beginning on Nov. 8 at the Main Exchange on Marine Corps Base Camp Lejeune. The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December in an effort to help those who are less fortunate nationwide.

The program aims to assist young children, helping them grow into responsible, productive citizens through the message of hope that comes with a new toy.

"This is my first year coordinating for Toys for Tots," says Staff Sgt. William Gillespie, Toys for Tots Coordinator, Eastern North Carolina. "For me, I just think every child should have a toy for Christmas. Giving back like this brings the community closer together."

According to the Marine Toys for Tots Foundation website, the Marine Corps adopted Toys for Tots and expanded it into a nationwide community action project as the Marine Corps Reserves Toys for Tots Program.

Throughout its history, Toys for Tots has donated more than 548 million toys to more than 251 million children.

If you are unable to attend this campaign, there are many other ways to donate that are listed on Toysfortots.org. Also listed on their website are local Toys for Tots events and drop off sites.

For more information on Toys for Tots, visit www.toysfortots.org.





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THURSDAY, OCTOBER 25, 2018

Fire on the tennis courts

Lejeune High School tennis advances to the third round



MATTHEW SOKOL Sports writer

Lejeune High School tennis secured back-toback playoff victories to reach the third round of duel team playoffs after beating Bear Grass High School 8-1 on Oct. 22 and Manteo High School 6-3 on Oct. 17.

"I am very proud of my team and it is always nice to win. Winning makes things better for the team (spirit)," said Michael Phllips, LHS tennis head coach. "The team played and worked hard even though they missed some games during the middle of the season (due to Hurricane Florence.) It is nice to win back-to-back games in the playoffs. It is new for some of the players and for the ball harder. I always tell my teammates that we've got this and that we are going to win."

Though disappointed in the loss, Bear Grass coach Lauren Foell was proud of her team's accomplishments.

"Playing in the second round of the playoffs is a wonderful opportunity for our girls, especially since we have six seniors," said Foell. "We used to be in Lejeune's conference so we know how girls come and go on a team. One year a team could be great and then another one could be a learning year."

LHS junior Caroline Morgan has two straight playoff victories in singles, including a win over Manteo's senior Skylar Williamson 6-3, 6-1. In doubles, Morgan and Lee haven't dropped a game in two playoff rounds. Manteo head coach John Houston returned to Marine Corps Base Camp Lejeune for the first time in 25 years. The military connection runs deep in his family. "It was interesting coming back (to MCB Camp Lejeune) and it's been about 25 years," said Houston. "It is a good experience for my players to see the base because I

don't know that they have ever seen it before. My brother is a former Marine serving five years, and he is now a teacher just outside Boston. He was also a tennis coach. I have another brother who is an admiral in the U.S. Navy."

Lejeune senior Natalia Gonzalez said she enjoys the break tennis provides after a stressful day in the classroom.

"I am an athlete at Lejeune High School, but I am a student first," said Gonzalez. "I try my hardest to maintain good grades, and tennis is a stress reliever. I am taking five advanced placement classes this semester. I need tennis in my life or I would be taken over by stress."

During her last season playing for Lejeune, senior Ariana Quackenbush continues to work on her tennis fundamentals.



me."

Meanwhile individually, Georgia Lee advanced out of the 1A regionals and is scheduled to play in the state championship tournament beginning at 9 a.m. Friday at the Cary Tennis Center. She is just one of eight players across the state competing in the championship.

"I have been working on serving and my normal ground strokes," said Lee. "My ground strokes are getting better and I can hit "It was fun playing against Manteo High School and I did have to compete harder playing against my opponent," said Quackenbush. "I have been working on my serves, trying lower them."

Lejeune (8-1) is next scheduled to host Edenton Holmes (11-6) in the state quarterfinals on Monday at 4 p.m. **66** I have been working on serving and my normal ground strokes," said Georgia Lee, a senior Lejeune tennis player. "My ground strokes are getting better and I can hit the ball harder. I always tell my teammates that we got this and that we are going to win.**?**

RESULTS

Singles

Georgia Lee, Lejeune, def. Rachel Price, Bear Grass, 6-0, 6-0. Caroline Morgan, Lejeune, def. Katie Winslow, Bear Grass, 6-1, 6-1. Natalia Gonzalez, Lejeune, def. Anna Godwin, Bear Grass, 6-0, 6-0. Ariana Quackenbush, Lejeune, def. Kaylee Harris, Bear Grass, 6-2, 6-3. Jasmin Acosta, Lejeune, def. Haylee Perry, Bear Grass, 6-0, 6-0.

Amanda Lucci, Bear Grass, def. Aubrey Mathis, Lejeune, 2-6, 7-6 (7-6), 10-8.

Doubles

Lee and Morgan, Lejeune, def. Price and Katie Winslow, Bear Grass, 10-0. Acosta and Gonzalez, Lejeune, def. Godwin and Harris, Bear Grass, 10-1. Quackenbush and Mathis, Lejeune, def. Perry and Lucci, Bear Grass, 8-7.

Photos by Matthew Sokol and Cover Design by Shelley Padgett

Leading the Lejeune way



SOKOL Matthew Sokol

Sports Writer

SPORTSIDE WITH

ne simply cannot talk about sports without mentioning leadership. Leadership doesn't always have to have emotion behind it. Leadership looks different with each individual and each team. Even from coach to coach, expectations of leadership are going to be taught differently — if taught at all. Some leadership skills can't be taught, they're born from within.

At Lejeune High School, leadership isn't just seen when the clock's running or a match is being played. Being an outstanding student-athlete means excellence on the field, inside the classroom and out in the community.

LHS football head coach Jim Gardiner firmly believes in teaching his athletes to be well-rounded.

"I think athletics is the last thing on the list (of importance at Lejeune High School)," said Gardiner. "I think their performance in the classroom trumps everything else. Our kids study hard and are willing to go the extra mile. They work hard on the field, but that is not their life. Their life is what they are going to do after high school."

Look at senior football player Matthew Peterman for example. During his career, he has totaled 94 tackles, 112 assisted tackles, seven fumble recoveries, 12 interceptions and one interception returned for a touchdown.

However, take a peek at what he does off the football field. Peterman maintains a 3.5 grade point average, is a member of Fellowship of Christian Athletes and was the 2017 team's Most Valuable Player. His accomplishments check off the list of what a good leader embodies.

Even though he went down with a season-ending injury earlier this year, Peterman is always on the sidelines cheering on his teammates. There wasn't a single game after his injury that he wasn't providing a positive, gleaming smile and support during the good and bad times.

Interacting and supporting the community are actions that qualify a student-athlete as a good leader. The LHS cross-country and track programs participate in runs that take place in the community. Lejeune cross-country head coach Bronwyn Schwend said her team participates in the Grand Prix Series Marine Corps Half Marathon/5 Miler each year. Her athletes are out with the community representing the Devil Pups.

At the 2018 Beat the Bridge Run at New Bridge Middle School, former Devil Pups Ashley Washington and Maeve Cook volunteered to pass out medals at the finish line. Serving one's community and volunteering make a good leader.

Leadership at LHS is picked up at the early onset of students' high school careers. With the constant rotation of athletes moving within a military community, younger athletes have to step up. Junior Taylor Pound was a captain for the spring track team last season as a sophomore. Being an underclassmen or upperclassmen doesn't impact an athlete's ability to be a good leader.

There is strong leadership and positive results coming out of Lejeune High School on a daily basis. Year in and year out, leaders are created and sustained with success worn on the sleeves of athletes.



Photo by Matthew Soko Matthew Peterman

Editor's note: Sportside with Sokol is a weekly commentary series providing readers with a range of information about sports. Facts not attributed are purely the opinion of the writer.



Ultimate Frisbee Tournament sign-up Thursday

Registration is open through Friday at the Sports Office located at Goettge Memorial Field House, on Marine Corps Base Camp Lejeune or at AS-4000 Fitness Center, Marine Corps Air Station New River. For more information, call 449-5844.

243rd USMC Birthday Swim Challenge Thursday

Celebrate the 243rd United States Marine Corps birthday by swimming 243 laps in one of the indoor pools located at the Wallace Creek Fitness Center on Marine Corps Base Camp Lejeune, Marine Corps Air Station New River Fitness Center or Marine Corps Air Station New River Indoor Pool through Oct. 30. For more information, call 449-4309.

Creepy Kayak Tour Friday, 7 - 9 p.m.

Get the spook scared out of you at the Gottschalk Marina on Marine Corps Base Camp Lejeune. For more information, call 451-1440 or visit www.mccslejeune-newriver.com/ outdoor.

Family Fun Run: Trick or Trot Saturday, 8 a.m.

Come out and enjoy a Halloween

fun run for the entire family. The event includes special treats for all. Choose either a one- or three-mile course. Registration starts at 7:30 a.m. This event is pet friendly and strollers are welcome. For more information, call 450-1687.

Saturday Bowling event Saturday, 11 a.m. - 4 p.m.

Interested bowlers can spend the day at the Bonnyman Bowling Center on Marine Corps Base Camp Lejeune. For more information, call 451-5121 or visit www.mccslejeunenewriver.com/bowling.

Parent & Child Archery Nov. 3, 9 - 11 a.m.

Children can spend time with their parents at the Hospital Point Picnic Area on Marine Corps Base Camp Lejeune. For more information, visit www.mccslejeune-newriver.com/ outdoor or call 451-1440.

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 msokol@camplejeuneglobe.com or call 451-7421. Availability is limited to space.

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

ATHLETE OF THE WEEK



GEORGIA LEE

Lejeune High School Junior

Career facts

First season playing for Lejeune High School
Played for Abilene Christian High School
before coming to Lejeune High School
Placed third in singles during the Texas Association of Private and Parochial Schools Tennis
Class 3A 2018 Tennis Championships
Born in Honolulu, Hawaii

MCCS Youth Sports Fall Standings



018 SEASON STATS

•10-0 in singles and 6-2 doubles.

• Qualified for the state championship in individuals

• Won 6-0 in both sets against East Carteret • Secured a 6-0 victory in both sets against Bear Grass High School and Manteo High School in the first two rounds of the dual team regionals.



Photo by Matthew Sokol

Q: WHAT IS IT LIKE LIVING IN A MILITARY COMMUNITY?

A: There are advantages and disadvantages at the same time. It is good because I get to meet a lot of people and move around to play on different teams. The disadvantage is I leave good times or because it is sad leaving friends.

Q: HOW HAS THE TRANSITION GONE BETWEEN PLAYING FOR LEJEUNE HIGH SCHOOL AFTER COMING FROM TEXAS?

A: There have been some difficulties to overcome but getting to know my teammates this season has been great— they are fun to be around. Playing doubles with Caroline is great and we are always having fun.

Q: HOW DID YOU GET INTO PLAYING THE SPORT OF TENNIS?

A: I started out playing soccer for nine years but then my family moved to Texas. In Texas, I wanted to try tennis because soccer wasn't big in Texas. I picked up a tennis racket and I really enjoyed it.

Q: WHAT IS YOUR FAVORITE RESTAURANT YOU LIKE TO GO OUT TO AND WHY?

A: I really like to go to Panera Bread because they have good food and it is healthy.

To nominate someone for Athlete of the Week, send your nominations to msokol@camplejeuneglobe.com. Nominations accepted no later than Wednesday at noon the week before publication. Include the nominee's name, military affiliation, school and why you think they should be featured.

10-12 Flag Football

	<u>W</u>	Ŀ
CHARGERS	6	0
FALCONS	5	2
GATORS	3	4
CRIMSON TIDE	2	4
TIGERS (AS)	0	6

10-12 Soccer

	<u>W</u>	Ŀ
BLUE REBELS	5	0
MANCITY	3	1
CENTAURS	3	1
LONGHORNS	2	3
BRAZIL	1	3
TIGERS (AS)	1	3
DRAGONS	0	4

*2018 Fall Standings as of Oct. 20



From left to right: Desmond Johnson, Matthew Peterman and Kobe Ulrich before a practice at Lejeune High School on Marine Corps Base Camp Lejeune, Oct. 22.

MATTHEW SOKOL

Sports Writer

Lejeune High School (LHS) recognized three football players during their game against Croatan High School on Oct. 19 as part of Senior Night. Matthew Peterman, Desmond Johnson and Kobe Ulrich were honored for their dedication to the Lejeune football squad throughout their high school careers.

"Matthew has been on the team for three years; Kobe and Desmond have been on the team for four years," said Jim Gardiner, LHS football head coach. "Desmond is No. 2 in the senior class with his G.P.A. (grade point average). The senior is going to either the Naval Academy, Campbell, East Carolina University (ECU) — one of the big schools to play football. Kobe is just as bright and wants to pursue a career as an athletic trainer."

Gardiner noted the dedication of Peterman, who sustained a season-ending injury on Aug. 30.

"Matthew Peterman was injured during the Lakewood game dislocating his elbow," said Gardiner. "He has been at every game and is a

motivator. Peterman has nine colleges looking at him and he has played four games as a senior. He is good in the classroom and is a good kid."

Ulrich contributed 50 yards and a rushing touchdown on Senior Night in the 52-12 loss.

"Kobe Ulrich is a huge surprise for us this year,' said Gardiner. "He has played for us all four years, mostly on defense before this season. He came out of nowhere and made a huge running touchdown against Spring Creek on Aug. 24.

"It is really nice to have a kid who works really hard and it comes together for them. Kobe wants to go to East Carolina University, but he does have some options with some division II or III schools."

Johnson said hard work defines the three seniors.

"All of us on this football team play a brand of hard-working football," said Johnson. "We always keep fighting and stay strong. This kind of football is the brand of football that has defined the program for the last four years."

Johnson said he hopes to continue playing football in college, and is

looking at Campbell University, Chowan, Wesleyan University in Connecticut and Augustana College in Illinois. But his focus remains on the rest of the season, as the Devil Pups travel to Dixon on Friday for a 7 p.m. kickoff.

"As a team, we need to stay together and build unity, trying to get a win out of these last few games," said Johnson.

Ulrich called playing football at Lejeune High School a privilege

"Being a Devil Pup means you put in a lot of hard work, and I put in everything I have when I wear the uniform," said Ulrich. "I play 100 percent every night, and I give it my all. Since freshman year, I have improved a lot, watching a lot of highlights. It is really uncommon at LHS to stay all four years."

Peterman said football at Lejeune High School has prepared him for the future.

"It has meant the world to me be a Devil Pup," said Peterman. "Coming here at Lejeune, you have to show your heart. Playing for Lejeune football has really influenced my football career, pushing me down the right path."



From left to right: Desmond Johnson, Kobe Ulrich and Matthew Peterman before the Senior Night home game at Lejeune High School on Marine Corps Base Camp Lejeune, Oct.19.



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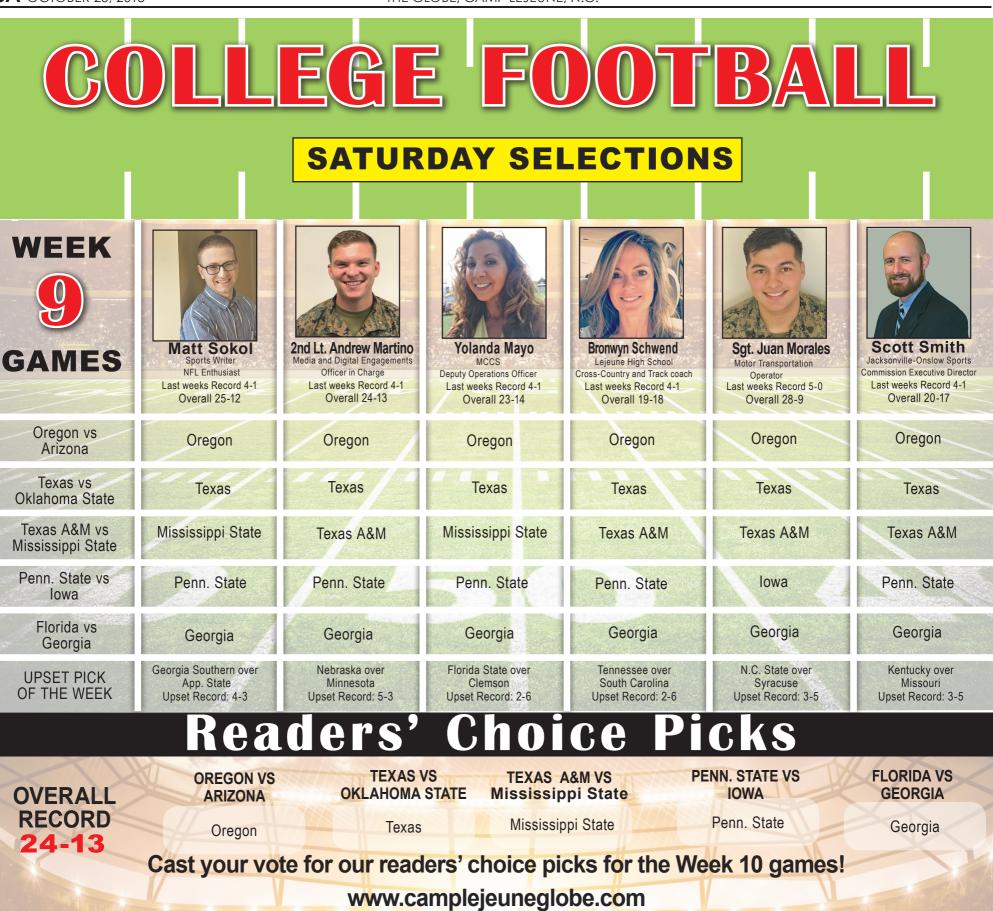
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Devil Pup game recaps

MATTHEW SOKOL Sports Writer

Lejeune soccer — The Lejeune boys soccer team (8-5) took a 2-1 victory over Pender High School (6-7) in front of the home crowd at the Lejeune High School Athletic Stadium on Marine Corps Base Camp Lejeune, Oct. 22. Senior Kylen Jones scored his 14th goal of the season unassisted in the 18th minute of the game. Pender's Jose Morales tied the game at 1-1 with a goal in the 23rd minute. In the 30th minute, freshman Robbie Morgan notched his third goal of the 2018 campaign with an assist from Jones. Sophomore goal keeper Hayden Williams tallied nine saves. The Devil Pups were scheduled to play at Trask High School on Wednesday, but results were not available at press time. Lejeune is scheduled to begin the 1A state playoffs Nov. 1. An opponent, time and location for the contest has yet to be determined.

Național Dodge Jeep Ram presențs: 1ST ANNUAL TRUNK OR TREAT AND RAFFLE GIVEAWAY



Lejeune football —

The Lejeune football team (0-8) fell to Croatan High School 52-12 at the Lejeune High School Athletic Stadium on Marine Corps Base Camp Lejeune, Oct. 19. At the half, Croatan (3-4) led 35-6.

LHS seniors Kobe Ulrich and Desmond Johnson both scored touchdowns in their final home game for Senior Night.

The Devil Pups are scheduled to return to the football field on Friday on the road at Dixon High School with the kickoff at 7 p.m.

Lejeune will play East Carteret on the road on Nov. 2 and Richlands on Nov. 9. Both games have a 7 p.m. kickoff.

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Celebrating fall & family on Camp Lejeune

CHRIS DEWITT

Lifestyles Writer

The fall season presents numerous occasions for family gatherings and recreation. Celebrations such as Halloween and Thanksgiving take place along with fall festivals, commemorating this season of harvests and changing colors. Autumn festivity was alive at the annual Pumpkin Bash at the Tarawa Terrace Community Center (TTCC) on Marine Corps Base Camp Lejeune, Oct. 20.

"Pumpkin Bash has been an annual Halloween family event for over seven years now," said Jessica Anderson, TTCC supervisory recreation

specialist. "This year we had about 1400 participants come out.'

The Pumpkin Bash featured crafts such as pumpkin painting, along with music, food, games, a bouncy house and plenty of spooky décor.

"This is our first year coming to it," said Malik Marin, mother in attendance. "Our favorite part has been the arts and crafts."

The TTCC staff was joined by volunteers from the Camp Lejeune community to host the plethora of activities for families.

"It's always great to interact with the families," said Omar Lopez, Pump -kin Bash volunteer. "I am

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passionate about sports and to be able to share that passion with these kids through the games we have is something special for me. Some of them have never held a basketball yet and seeing that happy expression on their face is something you never forget."

The Pumpkin Bash proves to be memorable for many involved, including TTCC staff who are there each year to witness it.

"The most enjoyable part about Pumpkin Bash is seeing families doing activities together," said Anderson. "This is why I do what I do. I love giving my community a reason to smile '

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"First Man" goes on a cerebral, emotional voyage to the moon

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'First Man" (PG-13)

There are a few things you should know before seeing this newest film from Damien Chazelle ("Whiplash," "La La Land"). It's not an action-filled outer space movie. It's not, at its center, even about the first Apollo moon landing. It's not really even about NASA.

All of that is in there, much of it in great detail. But based on James Hansen's massive 2005 book "First Man: The Life of Neil Armstrong," with a script by Josh Singer ("Spotlight," "The Post"), it's much more focused on what led Neil Armstrong to become commander of Apollo 11 and go on that mission. No attempt is made to cover the ground in the book, as it sticks with events that happened between 1961, when Armstrong — a pilot with an engineering background took part in NASA's manned flight training program, and 1969, when the Eagle landed on the moon and Armstrong took that

one small step. It's a long (140 minutes), slow-paced character study, punctuated by scenes of rousing action and unrelenting tension, and is a whittled-down history of how we got, to borrow a Jules Verne title, from the Earth to the moon.

It's a triumph of the spirit story, with Ryan Gosling somberly portraying Armstrong as a man who wasn't necessarily going after glory, but trying to find solace from tragedy in his work. That thread of it is introduced in the film's opening minutes, when cameras and all attention are trained on Armstrong's face after his young daughter succumbs to cancer. At that early point, his wife and young son are pretty much ignored, by the cameras and, as is revealed later, by Armstrong, who was consumed by grief.

Throwing himself into his work, and displaying a calm demeanor and a bright mind, he's seen by NASA bigwigs as a good candidate for Gemini, a series of missions that would put two astronauts in orbit in a capsule as a learning experience for the three-man Apollo flights to the moon that would follow.

But the solace he craved wasn't to be found at NASA, where the job is dangerous, and before long, tragedy is a regular occurrence in Armstrong's life there, too, as other astronauts in training go down in crashes and up in flames.

The film starts splitting its time between work and home, with Armstrong's wife, Janet (Claire Foy) struggling to keep up her inner strength, knowing full well that Neil could be the next fatality, and trying to hold back on the pent-up

FRIDAY

PG, 7 p.m.

SATURDAY

Matinee)

SUNDAY



Neil Armstrong (Ryan Gosling) narrowly escapes a training hazard. [Universal Pictures]

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anger caused by him disappearing into himself, by his indifference to being an attentive husband and father.

Chazelle has put a lot of faith in both Gosling and Foy, in that he's constantly placing his cameras right up in their faces and letting them play much of their parts wordlessly, challenging viewers to figure out what's going on inside.

As far as those exciting moments, they're done with a great deal of flair. During one Gemini launchpad sequence, there's silence, broken by heavy breathing, joined by metallic creaking sounds, interrupted by the control room countdown, finally erupting into loud pandemonium, all of it taking place within the capsule. Later on, a successful mission in space goes wrong, resulting in a nerve-racking lesson of how to keep one's cool in adverse situations. Still later, if you know what the Apollo "plugs-out" tests were, you'll know what's coming; if you don't, you'll go through an emotional wringer in that scene.

By the time things lead up to the celebrated moon landing, it's clear that Chazelle knows how to tell a gripping and unusually low-key story. Though I still like him better as a more kinetic, splashy director, he's achieved a specific major accomplishment here. In the lengthy scene where Armstrong slowly climbs down the ladder to the moon's surface, there's complete silence in the film. The full-house audience I saw it with was also absolutely silent, as if everyone was holding their

breath. It was a magical shared experience. It was one reason to go to a movie theater instead of watching a film on your couch.

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 GateHouse Media.

MOVIE SCHEDULES

CAMP LEJEUNE Bldg. 19 McHugh Blvd.

FRIDAY

"Smallfoot" PG, 6:30 p.m. "Hell Fest" R, 9:20 p.m.

SATURDAY

"Smallfoot" PG, 3:30 p.m. "The Predator" R, 6:30 p.m.

SUNDAY

"The House With A Clock in Its Walls" PG, 3:30 p.m. "Night School" PG-13, 6:30 p.m.

MIDWAY PARK Bldg. 4014A in Midway Park

"The House With A Clock in Its Walls"

"Smallfoot" PG, 11 a.m. (Half Price

"Night School" PG-13, 2 p.m.

"White Boy Rick" R, 5 p.m.

"Smallfoot" PG, 2 p.m.

FRIDAY

"White Boy Rick" R, 6 p.m. "Peppermint" R, 8:30 p.m.

NEW RIVER

Bldg. AS240 Curtis Rd., Air Station

SATURDAY "The Predator" R, 6 p.m. "Hell Fest" R, 8:30 p.m.

SUNDAY "Night School" PG-13, 2 p.m. "Smallfoot" PG, 5 p.m.

What's happenin'

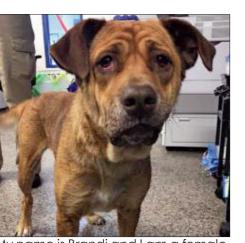
For information on concerts, festivals, special events and classes up and down the Carolina coast, check out What's happenin' CAROLINA each week. To add your event, email cdewitt@camplejeuneglobe.com or call 451-7421. Space is limited to availability. To submit your event for our online calendar, visit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



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

Howl O'Ween Dinner Friday, 6 - 8 p.m.

Join Smedley's Café in the Paradise Point Officers' Club on Marine Corps Base Camp Lejeune for Halloween crafts, a buffet and a costume parade. Online reservations must be made by 4 p.m. on Friday at www.mccslejeune-newriver.com/oclub. This event is open to all authorized O'Club patrons, SNCOs, and their guests. For more information, call 451-2465.

2018 Halloween Trail Walks Friday, 6 - 9 p.m.

The Second Class Petty Officer Association presents a spooky night of haunted trail walks behind Naval Medical Center Camp Lejeune. There will be a superhero themed trail for children and an American Horror Story themed trail for adults. Refreshments will be available. The event is open and free to Department of Defense ID card holders. For more information, email max.j.osullivan.mil@mail.mil.

OktoberFest Saturday 10 a.m. - 8 p.m.

Celebrate German culture with Onslow County's annual OktoberFest at the Riverwalk Park in downtown Jacksonville. The event will feature a children's area, live entertainment, German cuisine and the Miss OktoberFest pageant. For more information, visit www.onslowoktoberfest.org.

Trick or Treat Hours Oct. 31

Marine Corps Base Camp Lejeune and Marine Corps Air Station New River trick or treat hours will be from 5 to 9 p.m. The city of Jacksonville's trick or treat hours will be from 5 to 8:30 p.m.

Veterans Day Parade Nov. 3, 10 - 11:30 a.m.

Come out to thank our veterans for their service to our country with the annual Veterans Day Parade in Jacksonville. This two-mile-long parade on Western Boulevard begins at Coastal Carolina Community College. It is open to the public. For more information, go online to www.onlyinonslow.com/ events/#!/134154-veterans-day-parade.

Families put brains together in escape room challenge

CHRIS DEWITT Lifestyles Writer

In the movies, special agents make daring escapes and live incredible adventures. But, one doesn't have to be a special agent or movie character to take part in some adventure. Service members with the Exceptional Family Member Program (EFMP) of Lejeune-New River had the chance to do an escape room challenge at the EFMP Escape Room and Spook House at AS 112, Bancroft St. on Marine Corps Air Station New River, Oct. 18.

"We wanted to do something fun that attracted the whole family," said Daryl Witt, EFMP Training, Education, and Outreach specialist. "Whether it's couples, young kids or teenagers, we wanted to put on an event where everyone could have a good time."

According to Witt,

the EFMP originally was going to arrange a more traditional event for the Halloween season. However, a staff member who had went to an escape room suggested one. With around 200 registered participants, the event was considered a tremendous success by the EFMP.

"There is an escape room for adults and older children and an area just for children," said Witt. "We have had such incredible engagement from our families throughout this event. It has been a lot of fun for all of us."

The escape room consisted of challenges with scientific, mathematical and puzzle-based themes. Participants had an allotted amount of time to go through the challenges and escape the room. In addition to the escape room, representatives from available resources were present to interact with parents and provide refreshments and entertainment to families.

"I liked that it was very kid-friendly," said Gunnery Sgt. Thummper Garcia, father of three sons in attendance. "The kids got to engage their senses and utilize teamwork. They had a lot of fun."

The event also provided an opportunity for families to network with each other in a relaxed, recreational environment. Children were able to socialize with one another while solving the challenges together.

"I loved that there was a variety of groups," said Vanessa Garcia, mother of three sons and wife of Gunnery Sgt. Garcia. "For children with special needs, it is important for them to experience different things with other children who understand them."

For more information on the EFMP, visit www. mccslejeune-newriver. com/efmp.



Vanessa Garcia helps guide her son through the escape room challenges at the EFMP Escape Room and Spook House at AS 112, Bancroft St. on Marine Corps Air Station New River, Oct. 18.





Marine Corps volunteers interact with children at the EFMP Escape Room and Spook House at AS

112 Bancroft St. on Marine Corps Air Station New River, Oct. 18.

Families work together to make it out of the escape room at the EFMP Escape Room and Spook House on Marine Corps Air Station New River, Oct. 18.

Pumpkin spice faith is sweet to those around us



The seasonings we put on our food do not change its identity but how we perceive its taste. How we "season" our faith changes how others perceive it.



CHAPLAIN'S CORNER

Lt. Cmdr. Daniel Curtis 6th and 10th Marine Regiment

Well, it is that time of the year. From the grocery store shelves to the coffee shops, everything is coming up pumpkin spice. From breakfast to dinner, with even dog treats in between, we could eat pumpkin flavorings all day long. My wife offered me a taste of her pumpkin beverage the other day ... and she does not need to worry about me stealing a second sip. I grew up in a part of the country where autumn's arrival was marked by fresh apple cider and the first changing leaves. However, I must

admit that pumpkin spice seems to have taken over.

The Bible doesn't say much about pumpkin, but we are repeatedly treated to images of seasonings. The key to the concept is that seasoning does not define a food, but it invites the taster to experience that food in a different way. Pumpkin spice coffee is still, at its root, coffee. Pumpkin spice Cheerios are still Cheerios. Pumpkin spice beverages are still ... well, I'm still not sure about

that one.

So we are invited to consider how our faith is made more appealing how it is experienced by others in richer goodness. *Colossians 4* says: "Conduct yourselves wisely toward outsiders, making the most of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone."

This is urging people of faith to think about how to relate wisely with the world: to embrace the maturity and insight that will both accomplish more, and keep better relationships. It emphasizes especially our speech, reminding us to be full of grace.

Our faith is not defined by its "seasonings" of conduct and speech. Its core is deep inside: shaping how we think and see the world, driving our relationships with God, with others and even with ourselves. But as soon as we come in contact with others, it is the seasonings that determine how that faith will be experienced. What does my faith taste like to those I meet through the day? We have all seen that car with a religious bumper sticker,

cutting people off in traffic and seasoning the driver's faith with bitterness. We have heard people of faith gossiping or cutting others down, making their faith taste rancid. But we have also tasted the sweetness of kindness, humor and selflessness.

In a world full of angry and divisive rhetoric, of bitter rivalries and sour attitudes, perhaps the flavors of the season can act as a reminder that our words and actions can yet be a tasty treat in the lives of others. So pass the pumpkin cookies, pour me a pumpkin coffee, keep the pumpkin beverages to yourself ... and let a pumpkin spice faith spread grace to this community and beyond.

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

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Parents come together to celebrate new family members, growth at reunion

CHRIS DEWITT Lifestyles Writer

It's nice to reunite. Whether to see family or old classmates, it's nice to reunite. Reunions can be a source of great joy. It was no different for attendees at the New Parent Support Program (NPSP) Lejeune-New River Baby Boot Camp 2015-2018 Class Reunion at The Landing at New River on Marine Corps Air Station New River, Oct. 19. Baby Boot Camp is a course that instructs parents on the basics of healthy child rearing techniques and how to properly care for an infant. For NPSP staff, the opportunity to see the new family arrivals was a joyous occasion.

"We love to see our families come and enjoy themselves," said Susan Springle, NPSP registered nurse, home visitor. "It is also great to see the growth that occurs from the time they see us to now, when their baby is here."

The chance to see the babies whose parents worked hard to learn to care for makes the annual reunion a highlight for the NPSP each year. "It is so nice to see our parents now with the baby versus before they were actually parents," said Lindsey Hallingsworth, NPSP home

visitor. "It is a huge transformation. They are so much more attentive and probably more sleep deprived, but are doing so well with transitioning into parenthood."

Parents had the opportunity to dress in costume with their baby and take part in a parade around the party room and fellowship with other military parents.

"It was helpful because they do home visits to make sure everything is ready for the baby's arrival," said Jeanette Cornwell, mother in attendance. "My husband was a first-time father and they gave him plenty of instruction and guidance. We are thankful for all they do."

Parenting is perhaps the toughest vocation a person can take on. The guidance and counsel provided by the NPSP through programs like Baby Boot Camp was appreciated by parents who are now applying the skills they learned.

"There is so much information out there and Baby Boot Camp narrowed it down to the essentials," said Capt. David Denisi, accompanied with his wife, Samantha. "The help they continue to give after the delivery is appreciated as it gives us the support we need through the situations that arise as a military family."

The arrival of a new addition to the family can be one of life's greatest joys. The staff of the NPSP were glad to share this joy with the families who have gone through their instruction.

"It is about supporting our parents who underwent Baby Boot Camp to raise their babies in a healthier manner," said Mary Caldwell, NPSP branch manager. "Many of these parents are young and were having their first child. They are away from their family, so it is important for us to be here for them and encourage them along their journey."

For more information on the NPSP, visit www.mccslejeune-newriver.com/npsp.



Parents parade with their little ones in costume at the New Parent Support Program's Baby Bood Camp 2015-2018 Class Reunion at The Landing at New River on Marine Corps Air Station New River, Oct. 19.



New Parent Support Program Staff lead the costume parade at the Baby Boot Camp 2015-2018 Class Reunion at The Landing at New River on Marine Corps Air Station New River, Oct. 19.



Capt. David and wife, Samantha Denisi with the newest addition to their family at the New Parent Support Program's Baby Boot Camp 2015-2018 Class Reunion at The Landing at New River on Marine Corps Air Station New River, Oct. 19.

LHS Guidance Counselor shares some insight on what inspires her to "focus on the kids"



SCHOOL SPOTLIGHT

Christopher Dewitt Lifestyles writer

Q. What encouraged you to pursue your job as a school counselor?

A. Even under the best of circumstances, the teenage years are not always smooth. This was my personal experience and I knew I wanted to work with teens to provide support and validation to their experiences. It is such a pivotal time of growth and self-discovery. I am honored to be a part of their process.

Q. What encouraged you to pursue education within your specific age level/curriculum?

A. Working with students at this level is exciting because students are learning academic and life skills which they will use in future careers and relationships. I like that I can be candid with students at this age. I appreciate their idealism and I am fluent in the teenage language of sarcasm, which is convenient.

Q.What is your main education philosophy?

A. I believe that all students can learn and succeed under the right

conditions. We should support social and emotional growth, as much as we do their academic growth to create successful and happy students.

Q. What is a lesson you have learned from your students?

A. Every day I am inspired by my students. Whether they are working hard to make it through a tough life circumstance or working hard to balance multiple AP classes and extra-curricular activities, they remind me that I too should never stop striving to reach my next goal.

Q. What is your favorite part of being a school counselor?

A. By far, it is building relationships with them. My students trust me enough to share sometimes personal experiences, which I know is not easy. It is through these sometimes difficult conversations, that we can find solutions or resources to help them through. These tough conversations are also the most rewarding.

Q. What advice would you give to upcoming/

new educators?

A. You will get pulled in so many different directions, that it will be impossible to give your all in every area. Just remember to focus on the kids. If it's best for them, the rest will work itself out.

Q. What are three words that would describe your life outside of the classroom?

A. Family, Beach, Kickball.

Q. What is a favorite memory from your career?

A. I had the honor of being on the stage during LHS graduation last year to help pass diplomas. It was very touching for me to make eye-contact with each of my students right before they received recognition for this huge accomplishment.

Q. What advice would you give to a parent of a high schooler?

A. Give yourself and your student some grace. Being a teenager in 2018 is hard and so is being the parent of a teen. Teens still need lots of your time and guidance through these years and though their actions may say otherwise, they crave it. Keep up the great work.

Q. What changes would you like to see implemented in the school system within the next 5 years? **A.** I'd love to see more resources given to students for differentiation in learning and extra-curricular experiences.

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

A. The transient military lifestyle is a challenge for a student's education. Especially in high school, it is important to try to time moves during semester breaks when students are least likely to lose credits. Unfortunately, this is not always possible which can create a challenge in academic planning and course completion.

Q. Is there anything else you'd like to share about being a school counselor?

A. I can only pray that all my students can be as lucky to find a job as diverse and rewarding as mine is. I am excited to go to work every single day and am blessed that I get to work with the incredible students and staff at Lejeune High School.

Editor's note: "School Spotlight" aims to highlight accomplished school faculty and staff on and off base and seeks to recognize the important role they play in our children's lives and education.

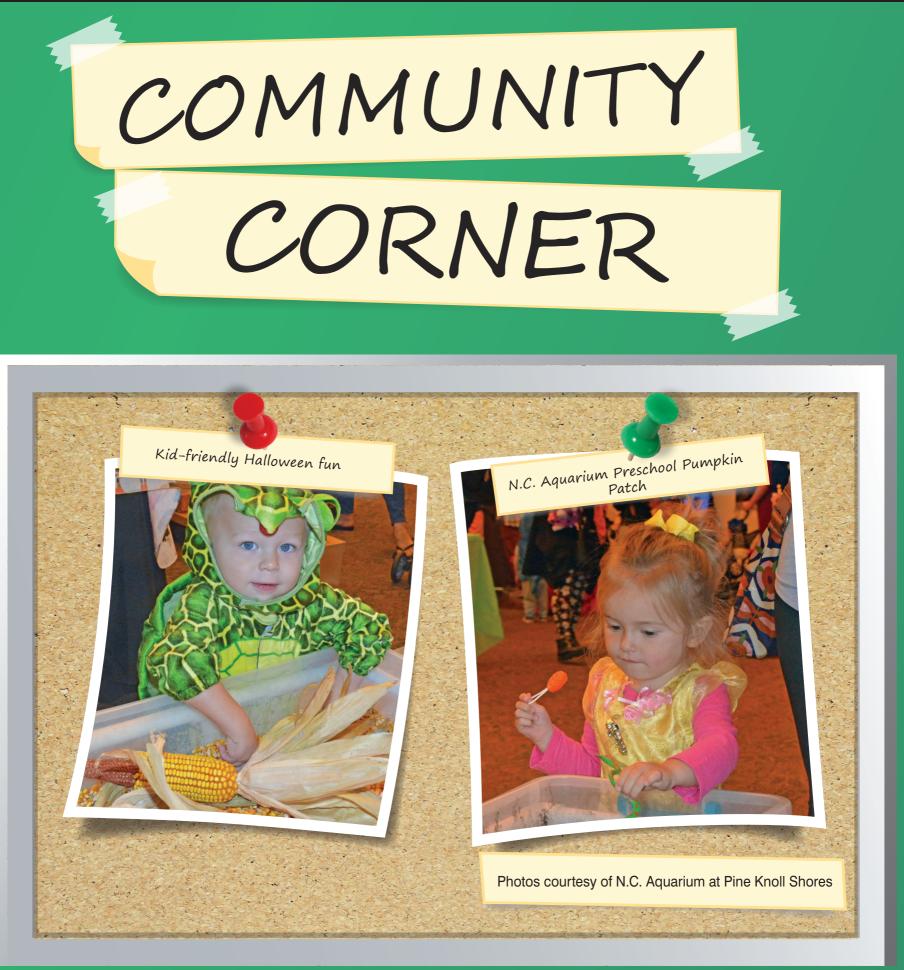


Photo by Chris DeWitt

Name:	Autumn Campbell		
Grade level/class:	School Counselor, Grades 9-12		
School:	Lejeune High School		
Graduating colleges/ universities:	BS, University of Colorado, Boulder; MS in School Counseling, Capella University		
Number of years in education: 7			

Number of years in education: 7

Number of years at current school: 2







N.C. Aquarium Preschool Pumpkin Patch still a go

COURTESY STORY

Media Release

The North Carolina Aquarium at Pine Knoll Shores has canceled its annual Trick or Treat Under the Sea event that was scheduled for Oct. 29 to 30, due to the damaging impact of Hurricane Florence on the community and staff.

However, the aquarium does plan to host its Preschool Pumpkin Patch, Oct. 31 from 9 a.m. to 12:00 p.m.

This event is tailored for young children with early bed times and features trick or treating, costumed characters, games and other activities. Tickets for the Preschool Pumpkin Patch are \$4 per person in addition to regular admission or membership.

"It is extremely disappointing to not be hosting Trick or Treat Under the Sea; however, we felt it was important to still host our pumpkin patch for the littles who could use a less scary Halloween experience," said Hap Fatzinger, aquarium director. "As a community we are hurting. There is loss everywhere you look. However, in those same directions you can see the inner strength of our community showing through."

The aquarium did not sustain major damage during the storm, but like many in the area, staff and volunteers sustained major losses.

"This hurricane has taken a toll on all of us in some way, shape or form," said Fatzinger. "Now, it is time to rally together and begin the healing process. We look forward to seeing you during our Preschool Pumpkin Patch or while the aquarium supports events throughout our community."

The North Carolina Aquarium at Pine Knoll Shores is five miles west of Atlantic Beach at 1 Roosevelt Blvd., Pine Knoll Shores, NC 28512. The Aquarium is open from 9 a.m. to 5 p.m. daily. For more information, see www.ncaquariums.com/pine-knoll-shores or call 252-247-4003.

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Social isolation, stigma mark the plight of those suffering with schizophrenia



RAISING HEALTHY MINDS

Chris DeWitt Lifestyles Writer

It's that spooky time of the year. With Halloween approaching, you might be seeing scary movies depicting crazed madmen who are out to get victims. Often, these characters are portrayed with extreme psychotic symptoms such as delusionary thinking and paranoia. While merely an attempt to add a plot twist to the story, these portrayals are inaccurate and even insulting to those living with severe mental illness.

One of these severe mental illnesses that receives a great deal of stigmatization from the entertainment industry is schizophrenia. I want to dispel the myths and provide insight into this tragic mental disorder that can deeply affect those it touches.

Schizophrenia as defined by the National Alliance on Mental Illness is a serious mental illness that can interfere with a person's ability to think clearly, manage emotions, make decisions and relate to others.

The condition used to be divided into subcategories, such as paranoid schizophrenia and schizoaffective disorder. These have been disregarded by the American Psychological Association in recent years as they were shown to have poor validity and reliability.

However, there are some hallmark symptoms

s Writer

of schizophrenia to be aware of including:

Hallucinations

Hallucinations include a person hearing voices, seeing things, or smelling things not perceivable to others. Hallucinations are very real and often very frightening to those experiencing them.

It may be very confusing or also frightening for loved ones to witness this experience. Audible hallucinations can be critical or threatening and may involve people that are known or unknown to the person hearing them.

Delusions

False beliefs that individuals hold even when presented with new ideas or facts. People who have delusions often also have problems concentrating, confusion, or the sense that their thoughts are blocked.

Negative symptoms

Negative symptoms are ones that diminish a person's abilities. Negative symptoms often include being emotionally flat or speaking in a dull, disconnected way. People with the negative symptoms may be unable to start or complete activities, show little interest in daily life, or be unable to sustain relationships.

Negative symptoms are sometimes confused with clinical depression, which



Schizophrenia can make life frightening and confusing for those struggling with its symptoms. With treatment and support, there are some bright rays of hope.

shares many of the same characteristics.

Cognitive issues/disorganized thinking

People with the cognitive symptoms of schizophrenia often struggle with memory, and don't organize their thoughts or complete tasks. People with schizophrenia often have anosognosia or "lack of insight." This means the person is unaware that he even has the illness, which can make treating or working with him more challenging.

Schizophrenia has several possible causes. Genetics, substance abuse and abnormalities in brain chemistry or structure are all potential causes for the illness. There is not a singular diagnostic test to accurately diagnose schizophrenia.

Many other factors include the abuse of drugs, presence of other mental disorders such as bipolar disorder or psychosis, and even brain tumors. A licensed mental health practitioner will need to run several tests to rule these possibilities out and pinpoint if schizophrenia is the diagnosis.

Methods of treatment for schizophrenia include forms of psychotherapy, psychoeducation, social skills training, drug rehabilitation (if needed) and various antipsychotic medications.

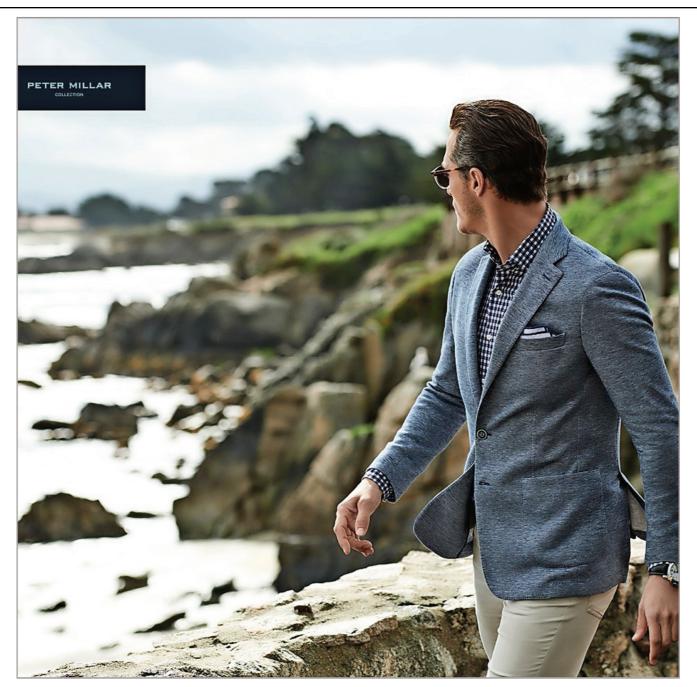
There is no known cure for schizophrenia, so the disease is a lifelong battle. With the right help and intensive support, people with schizophrenia can live relatively normal lives without interruption.

It is important if you or someone you know has schizophrenia, you stay in treatment. Getting off medications or disconnecting from support can be dangerous, as symptoms can come back.

People with schizophrenia are just that people. They are not monsters or raging madmen out to hurt you. As with many people with mental illness, they are more a danger to themselves than others. Speak out, speak up and provide support for those living with this difficult illness.

For local resources, visit www.mccslejeune-newriver.com/counseling/ index.htm. For more information on schizophrenia, visit www.nami. org/Learn-More/Mental-Health-Conditions/ Schizophrenia/Overview.

Editor's note: "Raising Healthy Minds" is a weekly column that sheds light on mental health in youth. DeWitt holds a B.S. degree in Psychology from Regent University. Facts not attributed are the opinions of the writer.



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