

The Globe

SERVING CAMP LEJEUNE AND SURROUNDING AREAS SINCE 1944



- Armed Forces Golf Championship 5A
- LHS supports student 1B
- Bitz students celebrate reading 3B

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THURSDAY, JUNE 6, 2019

Mellon visits Camp Lejeune to receive updates on hurricane recovery efforts



Photos by Cpl. Jon Sosner
Todd Mellon, acting assistant secretary of the Navy for Energy, Installations and Environment (center left), and Colonel Nicholas E. Davis, chief of staff, Marine Corps Installations East-Marine Corps Base Camp Lejeune (center right), look at a map of Onslow Beach along with Sarah Wiltgen, assistant chief of staff, Marine Corps Community Services Lejeune-New River (far left), and Tony Sholar, deputy assistant chief of staff for Facilities, MCIEAST-MCB Camp Lejeune (far right), during his tour of MCB Camp Lejeune, May 30. Mellon traveled to MCB Camp Lejeune and met with key leaders to receive updates on hurricane recovery efforts on the installation.

Todd Mellon, acting assistant secretary of the Navy for Energy, Installations and Environment (left), and Colonel William P. McClane, senior intelligence officer, II Marine Expeditionary Force (right), inspect the halls of the II MEF headquarters building during his tour of MCB Camp Lejeune, May 30. Mellon traveled to MCB Camp Lejeune and met with key leaders to receive updates on hurricane recovery efforts on the installation.

Off-Duty Education Graduation ceremony highlights academic achievements



Photos by Cpl. Ashley Gomez
The 24th Annual Off-Duty Education Graduation Ceremony took place at the Base Theater on Marine Corps Base Camp Lejeune, May 31. The graduation ceremony recognizes those who completed programs of study during the 2018-2019 academic year while serving in the United States Armed Forces or working full-time jobs.

Graduates smile after receiving their diplomas during the 24th Annual Off-Duty Education Graduation Ceremony at the Base Theater on MCB Camp Lejeune, May 31. The graduation ceremony recognizes those who completed programs of study during the 2018-2019 academic year while serving in the United States Armed Forces or working full-time jobs.

Want phone alerts for on-base emergencies? Get AtHoc

LANCE CPL. KARINA LOPEZMATA
Marine Corps Installations East

said Garry Neal, the regional emergency manager.

Announcements for emergency situations will provide specific information on what to do and where to go during an emergency. Non-emergency events are those events that could possibly impact a large number of personnel on the installation, but are not immediately life threatening such as road closures, facility incidents or unexpected school closures.

All active duty personnel, government service employees and contractors with a Common Access Card (CAC) can register from a Marine Corps Enterprise Network computer.

Active duty personnel can register with a work or personal email address, phone number and their unit designation. They may also include their dependents' telephone num-

ber and email address.

Personnel who work full-time on the installation and do not hold a CAC can contact the MCIEAST-MCB Camp Lejeune G-3/5 or the S-3 at MCAS New River.

"Commanders of operating forces and other tenant organizations aboard Marine Corps installations are strongly encouraged to cooperate and coordinate with their respective installation commands in the implementation of the eMNS," Neal said.

MCEN users can register in AtHoc using the self-service website and by following the directions given in the USMC self-service registration instructions at <https://alerts1.mcds.us.mil/SelfService/Entry.aspx?pid=2060346>



Marines partner with Parkwood Elementary School



Photos by Cpl. Ashley Lawson

Students from Parkwood Elementary School run alongside Marines during a log run competition at a Commander's Cup event with 2nd Transportation Battalion, Combat Logistics Regiment 2, 2nd Marine Logistics Group at Onslow Beach, May 24, 2019. The unit adopted Parkwood Elementary in January 2019 School and are volunteering their time with students weekly.

U.S. Marines with 2nd Transportation Battalion, Combat Logistics Regiment 2, 2nd Marine Logistics Group, present the unit's colors during a Commander's Cup event at Camp Lejeune, North Carolina, May 24, 2019. The unit adopted Parkwood Elementary in January 2019 School and are volunteering their time with students weekly.

Base's Environmental Restoration Program works to clean up another former range

CHARITY DELANEY
Environmental Engineer

Marine Corps Base Camp Lejeune's Environmental Restoration Program has been working since the 1990s to conduct environmental investigations and cleanup, in partnership with the U.S. Navy, the North Carolina Department of Environmental Quality and the United States Environmental Protection Agency.

These agencies work together to come up with long-term, cost-effective clean up strategies with the goal of returning property to reusable land. Short- and long-term goals are always to protect human health and the environment, whether that be through various cleanup technologies and/or restricting land use. This includes prohibitions on digging or drinking groundwater.

Military Munitions Response Program (MMRP) Site UXO-06 is a former training area for fortified beach assault used from 1953 to 1977. As a result of these activities, potential explosive hazards from remaining munitions are present and cleanup activities are currently being conducted. The site is located south of McHugh Boulevard, west of Sneads Ferry Road, and bounded by Cowhead Creek to the south.

Environmental investigations conducted at this site from 2006 to 2015 confirmed the presence of potential explosive hazards left behind by previous training activities.

While a majority of the site was cleaned up, including the former borrow pit, there are still areas where there may be explosive hazards present, namely the wooded area surrounding the former borrow

pit site.

A clearance project is currently underway at UXO-06 where munitions will be identified and removed from over 140 acres of accessible surface area. Land use controls will be put in place to protect public health and welfare from potential explosive hazards since surface clearance will not remove all the munitions items from the site and below the ground.

Warning signs and digging restriction signs will be put in place around UXO-06 to discourage unauthorized personnel from entering the site.

The cleanup activities are planned for completion in September 2019. If you have questions, contact your chain of command or the Base Environmental Management Division at 910-451-9385 or via email at Lejeune_IR_Program@usmc.mil.

WARNING

This area is a historic range with possible explosive hazards!

NO DIGGING ALLOWED IN THIS AREA!

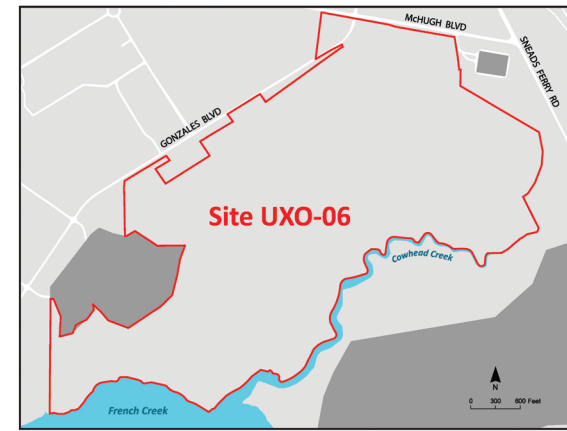
STAY SAFE!
Follow the 3Rs!

-  **Recognize** – If you encounter a munitions item.
-  **Retreat** – Do not touch, move, or disturb it.
-  **Report** – Call 911 immediately.

Scan for 3Rs Training Video



Base Order 5090.10



Courtesy Photo

OFF-LIMITS

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

CAMP LEJEUNE REGION:

Atheas Attics at 420 Eastwood Rd., Wilmington.
Bell Auto Salvage II at 136 Abbots 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., Broadway.

* 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 938-3273 or text your tip to TIP4CSJAX + your tip to 274637.
- Cash rewards up to \$2,500 for information deemed of assistance to law enforcement.
 - Caller never reveals his/her identity
 - Reward is collected through code system
- Help keep Marine Corps bases and Onslow County safe!**

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.
Triple C Diesel Performance and Mobile Repair 602 Richlands Highway, 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

The
Globe

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Assistant Chief of Staff Captain Christopher Adams retires, receives recognition for service



Photos by Lance Cpl. Jinnie Lee

U.S. Navy Capt. Christopher G. Adams, assistant chief of staff, facilities and environment, Marine Corps Installations East-Marine Corps Base Camp Lejeune, returns a salute while being piped to shore at the conclusion of his retirement ceremony at the Marston Pavilion on MCB Camp Lejeune, May 31. Adams was awarded the Defense Meritorious Service Medal in recognition of his superb management of facilities at installations across the region especially during Hurricane Florence, one of the worst environmental disasters to impact the region in years.

U.S. Navy Capt. Christopher G. Adams (left), assistant chief of staff, facilities and environment, Marine Corps Installations East-Marine Corps Base Camp Lejeune, poses for a photo with Col. Scott A. Baldwin, deputy commander, Marine Corps Installations East-Marine Corps Base Camp Lejeune, after being presented his retirement certificate at the Marston Pavilion on MCB Camp Lejeune, May 31.



U.S. Navy Capt. Christopher G. Adams, assistant chief of staff, facilities and environment Marine Corps Installations East-Marine Corps Base Camp Lejeune, is presented a gift after receiving his retirement certificate at the Marston Pavilion on MCB Camp Lejeune, May 31. Adams was awarded the Defense Meritorious Service Medal in recognition of his superb management of facilities at installations across the region.

U.S. Navy Capt. Christopher G. Adams, assistant chief of staff, Marine Corps Installations East-Marine Corps Base Camp Lejeune, poses for a photo with his wife and children after his retirement ceremony at the Marston Pavilion on MCB Camp Lejeune, May 31.

MCIEAST prepares for hurricane season in midst of 2019 projections

CPL. ASHLEY GOMEZ
Marine Corps Installations East

Marine Corps Base Camp Lejeune – Leaders from Marine Corps Base Camp Lejeune gathered on May 29 to discuss mission planning, the 2019 seasonal forecast and improvements made in preparation for the upcoming hurricane season.

MCB Camp Lejeune is still recovering from Hurricane Florence, which made landfall last September along the southeastern North Carolina coast impacting Onslow County and the surrounding areas with approximately 30-40 inches of rain, tropical storm force winds for a period of over 48 hours and record breaking flooding.

The National Oceanic and Atmospheric Administration (NOAA) predicts a range of 9-15 storms this year, of which 4-8 could become hurricanes. Since the base is still carrying post Florence vulnerabilities, lesser storms could cause damage disproportionate with their strength.

This year, NOAA's fleet of Earth-observing satellites include three operational next generation satellites. Forecasters use the data from these satellites to make critical decisions days in advance. NOAA is making a planned upgrade to its Global Forecast System as well (the first major upgrade in 40 years) that will improve tropical cyclone tracking and intensity forecasts. Also, NOAA's Hurricane Hunter aircraft will collect higher resolution data that will be transmitted to hurricane specialist at the National Hurricane Center and forecasters at the NWS Weather Forecast Offices.

From June 24-27, MCB Camp Lejeune will be conducting destructive weather training to ensure personnel on the base are prepared this season. They will be conducting drills with two response and recovery teams. One will be assigned to Camp Lejeune with the other being assigned to Marine Corps Air Station New River.

Marines assigned to destructive weather teams will also exercise shelter procedures at the Wallace Creek Fitness Center and Tarawa Terrace Elementary School. This year, the Wallace Creek Fitness Center will be a pet friendly shelter.

"We need to work as a team and be fully prepared this season," said Col. Scott A. Baldwin, acting commander, Marine Corps Installations East-MCB Camp Lejeune. "It only takes one to cause devastating damage."

Adorable Adoptables of the Week



Meet Spud! A 4 year old, fun loving, hound mix looking for a new home!



Muffin is a 2 month old kitten looking for her forever home! Come introduce yourself today!

The Onslow County Animal Shelter is open Tues-Fri: Noon to 6:30 PM and Sat: 10AM -4PM • 910-937-1166 • To see more pets available for adoption, visit www.onslowcountync.gov/animalservices

Bayshore Animal Hospital

615 College St. • Jacksonville, NC
910.939.5298

Small Animal Medicine
Grooming/Boarding • Coggins Testing

Sea dogs, devil dogs & cool cats welcome!



Feast held recognizing Ramadan

CPL. ASHLEY GOMEZ
Marine Corps Installations East

Marine Corps Base Camp Lejeune – Service members and their families came together to share a meal in celebration of Ramadan on Marine Corps Air Station New River, June 1.

During the month of Ramadan, Muslims traditionally fast from sun up to sunset for 29 to 30 days. Fasting is one of the Five Pillars of Islam, which form the basis of how Muslims live their lives. The other pillars are faith, prayer, charity and making the holy pilgrimage to Mecca.

Ramadan is significant because the Holy Quran (Holy Scripture for Islamic faith) was revealed

during this time. Ramadan strengthens discipline against temptation for Muslims and helps them resist wrongful desires.

“The month of Ramadan is one of the holiest months in the Islamic faith,” said Lance Cpl. Aadil Masra, Islamic lay leader, Marine Corps Installations East. “Muslims must keep abstinence from all foods and liquids throughout the day for a month while engaging in activities that elevate them spiritually by charity, acts of kindness, praying and other means.”

According to Masra, fasting also helps gain nearness to God by obeying his command and going through the rigors of fasting purely for his sake. This makes them conscious of God in their

everyday life knowing that God is seeing all of the hardships they go through and bestows love upon them.

The Iftar meal, following sundown, is when Muslims break their fast for the day during Ramadan. Those in attendance broke the fast with water and dates. After prayer and worship, they gathered together to eat.

“In this holy month, the Islamic community has put together a dinner where after a very long day of fasting, we will break bread with our brothers and sisters, as a family, no matter what faith,” Masra said. “This is to show the unity and love the Islamic faith shares for their neighbors and the community these Muslim Marines and Sailors serve.”



Photos by Cpl. Ashley Gomez

Service members and their families pray before an Iftar dinner held to break the daily fast during Ramadan on Marine Corps Air Station New River, June 1. The Iftar is a fast-breaking meal Muslims have after sunset during Ramadan, the ninth month of the Islamic year observed with daily fasting from dawn to sunset.



Service members and their families kneel in prayer before an Iftar dinner held to break the daily fast during Ramadan on Marine Corps Air Station New River, June 1. The Iftar is a fast-breaking meal Muslims have after sunset during Ramadan, the ninth month of the Islamic year observed with daily fasting from dawn to sunset.



Service members and their families line up to eat during an Iftar dinner held to break the daily fast during Ramadan on Marine Corps Air Station New River, June 1. The Iftar is a fast-breaking meal Muslims have after sunset during Ramadan, the ninth month of the Islamic year observed with daily fasting from dawn to sunset.

CYBERCRIME IS CREATING JOBS. 3.5 MILLION ARE PREDICTED TO GO UNFILLED BY 2021.*

University of Maryland University College can help prepare you with the latest skills in cybersecurity, cyber technology, cyber policy and digital forensics.

Our cyber programs have a reputation for excellence, and our online classes fit your life. At UMUC, you'll learn from faculty who are leaders in the field, gain hands-on experience and network with other students, like our award-winning cyber competition team. Plus, our dedicated veterans advisors can assist you in navigating your benefits and other payment options and help you plot your academic and career paths. Study at a state university founded for working adults, and earn a respected cyber degree designed to help you meet the demand.

Undergraduate classes start June 17



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*Source: "Cybersecurity Market Report," Cybersecurity Ventures, May 31, 2017.

Camp Lejeune Marine ties for 8th at Armed Forces Golf Championship



Cover photo by Mr. Steven A. Dinote (Armed Forces Sports)

2nd Lt. Brediger cards two rounds under par to finish +3

CALVIN SHOMAKER
Sports Writer

A Marine stationed at Marine Corps Base Camp Lejeune tied for 8th at the 2019 Armed Forces Golf Championship in May.

2nd Lt. Nick Brediger carded two rounds under par to finish +3 in the four-day tournament that was held at Falcon Dunes Golf Course at Luke Air Force Base in Arizona, May 15-18. Brediger, a logistics officer with Headquarters Battalion, 2nd Marines Division, traveled to Luke AFB a week prior to the championship to compete in the trial camp where he qualified for the All-Marine team and earned its number one spot.

"It was definitely an honor and a privilege to represent the Marine Corps on the All-Marine golf team," said Brediger, who played four years of college golf at Radford University in Virginia from 2013 to 2017. "I couldn't have asked for a better group of men and women to be my teammates."

Brediger's team members had a mix of ranks, ranging from sergeant to major, and experience levels that included first-time All-Marine golfers and some golfers who had been competing at the championship for nearly a decade or more. The team's diversity made for a unique experience, Brediger explained.

"I didn't know one person going in there and I came out of there with eight or nine new friends," Brediger said. "It's been two or three weeks now and we are still communicating, and this weekend I'm actually playing golf with one of the Marines that was there, so I can see from that one tournament that I've got friendships for a lifetime now."

The Air Force men won their eighth team title in ten years with a score of 51-under par as they had golfers claim each of the top-five spots. Brediger was the Marine Corps' top finisher among five other Marines who placed in the top-25. The All-Marine women's team finished third overall and had three women Marines place in the top-10.

"I was surprised at the quality of players that the other branches have," Brediger said. "They have some really, really good golfers. I was impressed with them."

The top six men and top three women finishers qualified for the U.S. Armed Forces Golf teams which will go on to compete in the 7th Conseil International du Sport Militaire (CISM) Military World Games in Wuhan, China on October 18-28, 2019. Brediger, who was six strokes shy of making the national team, will serve as an alternate in case the team needs a replacement. Though he feels that he played and hit the ball well, Brediger knows that he lost some shots with his putting and could have scored better in certain situations. In the second and third rounds, Brediger had three and four-under par rounds going into the final two holes only to finish at one-under par in both rounds. Despite the disappointment of missed opportunities on the course, Brediger is motivated to come back and contend at next year's championship.

"Playing in the Armed Forces Championship kind of sparked my fire again for golf," Brediger said. "I'm definitely looking forward to next year. I want to practice and prepare for it and see if we can go out there and win."

Brediger, who is from Roanoke, Va., began playing golf in middle school and has been in the Marine Corps for going on two years. He won the Camp Lejeune Base Championship at Paradise Point Golf Course in the fall of 2018.

"My favorite part about golf [has] got to be how quickly things can change and how you have to adapt and overcome the situation," Brediger said. "That's what Marines do. You can be having a good round, going along, and something happens and you have to battle and be able to roll with the punches and continue on."

The Armed Forces Sports program offers 25 men and women team and individual sports. Annually it holds 16 Armed Forces Sports Championships and nine qualifying events and participates in 16 CISM Military World Championships. CISM is the second largest multi-sport discipline organization behind only the International Olympic Committee.



The All-Marine golf team takes a photo at the 2019 Armed Forces Golf Championship that was held at Luke Air Force Base in Arizona on May 15-18.

2019 Armed Forces Golf Championship Results Falcon Dunes Golf Course, Luke Air Force Base, Arizona May 15-18, par 71

Top three finishers (men):

- 1st – Capt. Kyle Westmoreland, U.S. Air Force Academy, CO - USAF (271)
- 2nd – Capt. Andrew Fecteau, Minot AFB, ND - USAF (272)
- 3rd – Capt. Brandon Johnson, Wright-Patterson AFB, OH - USAF (273)

Top Marine finishers (men):

- Tied-8th - 2ndLt. Nick Brediger, Camp Lejeune, NC – USMC (287)
- Tied-13th – Gunnery Sgt. Ryan Pippen, Camp Pendleton, CA - USMC (292)
- 16th – Staff Sgt. David Banks, Camp Pendleton, CA - USMC (295)
- Tied-19th – Capt. Michael Cathey, Camp Pendleton, CA - USMC (299)
- 22nd – Sgt. Zachary Selvig, Camp Pendleton, CA - USMC (304)
- 23rd – Gunnery Sgt. Travis Barnes, Camp Pendleton, CA - USMC (305)

Top three finishers (women):

- 1st – 2nd Lt. Melanie DeLeon, USAG Bavaria, Germany - Army (294)
- 2nd - Lt Col. Linda Jeffery, Maxwell AFB, AL - USAF (309)
- 3rd – Lt. Laurel Gill, Naval Air Station North Island, CA - Navy (315)

Top Marine finishers (women):

- Tied-6th – Maj. Susan Upward, 29 Palms, CA - USMC (368)
- 8th – Gunnery Sgt. Cydney Rose, Camp Pendleton, CA - USMC (383)
- 9th – Master Gunnery Sgt. Carla Perez, Camp Pendleton, CA - USMC (397)



Photo courtesy of Radford University Athletics

Tied-8th, 2ndLt. Nick Brediger
Camp Lejeune, NC, USMC:
Rd 1 – 74, Rd 2 – 70, Rd 3 – 70,
Rd 4 – 73, Total – 287 (+3)

Round one of the 2019 Hard Corps Series is in the books

CALVIN SHOMAKER
Sports Writer

The first two of five events in Semper Fit's 2019 Hard Corps Series are complete following bench press, bodybuilding and fitness competitions that were held at the Base Theater on Marine Corps Base Camp Lejeune, June 1.

Anthony Woodfolk won the men's bodybuilding show as Joshua Lee was the men's retro physique winner and Hayden Eichenseer took the men's physique crown. Victoria Hubberstey won the women's physique show and Cary Chase took home the women's figure championship. Kristin Croake won the bikini show.

"This is a great first time show [for beginners]," said Dennis Yeddo, Camp Lejeune fitness facilities manager. "This is a great show to actually get your feet wet in because we put on a good show and we make it a very friendly atmosphere. We do free posing clinics for [the competitors], so we kind of help guide them through the process."

In the bench press competition, John Wilkerson won the Masters Category, Rickie Dozier won the Open and Kareem Grant won the Novice. Monica Nilson took first in the women's Masters Category as Jamie Christensen won the Open and Sanda Heger won the Novice.

This Hard Corps Series event is in its 7th year and is all about promoting a health-conscious lifestyle by providing a fun activity for the MCB Camp Lejeune community, according to Yeddo, who has been working with Semper Fit at MCB Camp Lejeune for 23 years.

"What we try to do is just really promote a health, wellness and fitness atmosphere for the military and their families," Yeddo, who was the competition's head judge, said. "It's just a cool way to introduce new people to the sport and to introduce them to a healthy lifestyle."

The fitness competition is an opportunity for bodybuilders to show off what they've been working on, but the bench press competitors come out to show how much they can lift.

"It's very fun," said U.S. Marine Corps Cpl. Tim Casto, who competed for the third time in the bench press competition. "I enjoy the competition. It's fun to come out and pick heavy things up."



John Walton II, Joshua Lee and Brandon Hamblin celebrate on stage at the 2019 Bodybuilding & Fitness Competition at the Camp Lejeune Base Theater on June 1. Photo by Tina Brooks

The next Hard Corps Series event will be the Push-Pull Meet on Aug. 17 at 10 a.m. at the Stone Bay Fitness Center. The dates for the remaining Hard Corps events, the Strongman and Powerlifting competitions, have yet to be set.

For more information on the Hard Corps Series, go online to www.mccslejeune-newriver.com/hardcorps.

Hard Corps Classic Bodybuilding & Fitness Competition (June 1, 2019, Camp Lejeune Base Theater) Results:

Men's Bodybuilding Show Winner: Anthony Woodfolk
Men's Retro Physique Show Winner: Joshua Lee
Men's Physique Show Winner: Hayden Eichenseer
Men's Bodybuilding Novice Winner: Dee Lafana
Men's Physique Open Winner: Hayden Eichenseer
Men's Physique Master's Winner: Dac Carpenter

Women's Physique Show Winner: Victoria Hubberstey
Women's Figure Show Winner: Cary Chase
Women's Figure Open Winner: Cary Chase
Women's Figure Master's Winner: Cary Chase
Women's Figure Novice Winner: Abigail Eggleston
Bikini Show Winner: Kristin Croake
Bikini Open Winner: Kristin Croake
Bikini Master's Winner: Amanda Bublitz
Bikini Novice Winner: Lesa Anderson

Bench Press Competition:

Men:

1st place, Masters Category – John Wilkerson
1st place, Open Category – Rickie Dozier
1st place, Novice Category – Kareem Grant

Women:

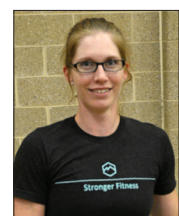
1st place, Masters Category – Monica Nilson
1st place, Open Category – Jamie Christensen
1st place, Novice Category – Sanda Heger



Photo by Tina Brooks

Mariposa Finan, Lance Hickman and Jackeline Calzada provide a sneak peak at the start of the show as all the participants come on stage during the 2019 Bodybuilding & Fitness Competition at the Camp Lejeune Base Theater on June 1.

Fitness instructor shares workout tips and bench press basics



FITNESS FOCUS WITH SAMI SZYDZIK

Calvin Shomaker
Sports Writer

Sami Szydzik is a certified personal trainer, a certified fitness nutrition specialist and a group exercise instructor who teaches primarily at Wallace Creek Fitness Center on Marine Corps Base Camp Lejeune. Some of the group exercise classes she teaches include indo row, tabata, cycle circuits and TRX (Total Body Resistance Exercise) classes. Functional fitness, a type of training that focuses on preparing your body for daily movements and tasks as opposed to stationary lifting, is one of Szydzik's personal favorites.

"The more I can train someone functionally the better, because your body doesn't work in one plane all day," said Szydzik. "It makes no sense to just work in the one plane all the time."

Many of the common mistakes Szydzik sees in the weight room include people putting their knees over their toes and increasing the weight they are lifting too quickly, which often results in poor form. The fundamentals of your exercises are the most important thing to remember when working out, according to Szydzik, whose husband is a sergeant in the Marine Corps.

"You should have the foundations down before you start pushing yourself, because it's just going to lead to injury," Szydzik said. "Those will forever be the main thing you need to have, proper alignment and

proper form, if you're going to do your lifts; otherwise, you're just going to hurt yourself, even with functional movements. It's dynamic, but you need to have your back straight, your chest up, your knees behind your toes, regardless of what the movement is."

If Szydzik sees people slacking off or getting lazy during a workout, she won't hesitate to make them do what she calls a "refresher workout" where they go back to a foundational workout in order to emphasize the basics. Szydzik also recognizes that it is important for people to remember that everyone works at their own pace and that the key to a successful workout is to keep consistent form throughout.

"I preface all my classes with, 'You're working at your own level. Don't compare yourself to whomever else is in the room,'" Szydzik said. "You can be swinging 45s and you can be swinging a 10, but as long as your form is fine, it's the same workout."

Whenever energy levels drop during workouts, Szydzik likes to give her classes' attendees challenges by playing different team games and competitions to keep things interesting. When there is winning and losing on the line, Szydzik says people have much more fun and go harder because they don't want to lose. When it comes to personal workouts, Szydzik likes to get to know her clients and what motivates them in order to figure out how to interact with them in the gym.

Here are some bench press basics from Szydzik.

Bench Press Steps:

1: When you sit down on the bench, place your feet flat on the floor, shoulder-width apart, almost like you're doing a squat.

2: Lay back and position yourself so that the bar is centered almost directly above your nose.

3: Using a medium-width grip, align your pinky fingers with the groove in the ribbing of the bar, and lift the bar from the rack. Hold it straight over you with your arms nearly locked, wrists over elbow, and elbows over shoulders. This will be your starting position.

4: From the starting position, breathe in and begin to lower the bar, coming down slowly, until the bar touches your chest. Be sure to keep your elbows in line with your shoulders.

5: After a brief one to two second pause, push the bar back to the starting position as you breathe out, keeping the weight in your palms. Focus on contracting your chest muscles as you push and again at the top of the motion. Hold for a second and then start coming down slowly.

For beginning clientele, Szydzik recommends a basic strength series of 3 sets of 8-10 repetitions with a moderate weight.

Free Kid's Archery Day Pass

June 8, 10 a.m. to 4 p.m., McIntyre-Parks Recreational Shooting Complex, MCB Camp Lejeune

Free Kid's Archery Day Pass valid for authorized patrons and guests ages 10 and younger. Bow rental not included. For more information, call **910-451-3889** or go online to www.mccslejeune-newriver.com/shoot.

9 Pin Summer Swing Tournaments

June 15, 5 p.m., New River Bowling Center, MCAS New River

Registration begins at 4 p.m.; game starts at 5 p.m. \$20 entry fee per bowl per tournament. Format: 3 team members. Everyone bowls a 3-game series. Then the top half of the field will bowl a 4th game. Then the top 3 bowlers from the 4th game will bowl a stepladder final. Payout will be to 1 of 3 top entries (amount depends on how many people bowl).

For more information, call **910-449-4922** or go online to www.mccslejeune-newriver.com/bowling.

Paradise Point Golf Course Pro-Am Series

June 16, 8 a.m., Paradise Point Golf Course, MCB Camp Lejeune

Series dates remaining: June 16 and July 21. \$10 per event, plus cart and greens fee. Format: Individuals will compete in two divisions: Net or Gross. Scores will be combined with gross score of the PGA Tour Player on third round of each PGA Major in 2019. Blind draw will be 6:45-7:15 a.m. at the Clubhouse for all events. Open to the public. To register, call **910-451-5445** or stop by the Pro Shop.

Father's Day Bowling Special

June 16, 1 p.m. to 5 p.m., Bonnyman and New River Bowling Centers, MCB Camp Lejeune, MCAS New River

Take Dad bowling on his special day! Only \$8 per person for two games of bowling, shoe rental and a 16-oz. fountain drink. Open to all authorized patrons and their guests. For more information, call the Bonnyman Bowling Center at **910-451-5121** or the New River Bowling Center at **910-449-4921**.

Summer Bowling Explosion

June 17 – Aug. 23, Bonnyman and New River Bowling Centers, MCB Camp Lejeune, MCAS New River

Beat the heat with \$1.50 games per person (shoe rental not included; available for \$2 per person). Valid weekdays from 11 a.m. to 4 p.m. (except Mondays at New River and Tuesdays at Bonnyman Bowling Centers, when the facilities are closed; holidays also excluded). Open to all authorized patrons and their guests. To learn more, call the Bonnyman Bowling Center at **910-451-5121** or the New River Bowling Center at **910-449-4921**.

3-Day Golf Mini Camps (ages 6-9)

June 17-19, 9 a.m. to June 19, 10:30 a.m., Paradise Point Golf Course, MCB Camp Lejeune

All skill levels welcome! Register at the Paradise Point Golf Course Pro Shop. Space is limited; first come, first served. Open to the public. \$40 per child per camp. To learn more, call **910-451-5445** or go online to www.mccslejeune-newriver.com/golf.

Family Fun Night

June 19, 5 p.m. to 7 p.m., Bonnyman Bowling Center, MCB Camp Lejeune

Fun for all ages! Only \$25 per lane for 2 hours of bowling (up to 5 bowlers; shoes included). Must be on the lane by 7 p.m. to qualify for Family Fun Night rate. Open to all authorized patrons and their guests. For more information, call **910-451-5121**.

Intro to Stand-Up Paddleboarding

June 21, 5:30 p.m. to 7 p.m., Outdoor Adventures Office, MCB Camp Lejeune

This is a fun way to learn stand-up paddleboarding in a small group, allowing you to progress comfortably at your own pace. You will be introduced to proper paddling techniques and safety while on the water. Learn how to hold your paddle, standing and kneeling on the board, and paddleboarding etiquette. For authorized patrons ages 12 and up (under age 16 must have parent or guardian present). Limited space, register early! \$25 per person. Cost includes paddle, board, and instructor. Register online or at the Outdoor Adventures Office located next to Gottschalk Marina aboard Camp Lejeune. To learn more, call **910-451-1440** or go online to www.mccslejeune-newriver.com/outdoor.

Poker Night

June 21, 7 p.m., The SNCO Club, MCB Camp Lejeune

Open to all authorized SNCO Club patrons and their guests, officers and retired officers. Start time is 1900; no new players after 1930. Unlimited rebuys for first 60 minutes (must have \$5.00 in chips). 10-minute break every hour. Count cards before and after every session/break. Payouts are issued in MCCS gift cards and will be paid out the following week. To learn more, call **910-450-9556**.

Splash Bash

June 21, 7:30 p.m. to 10 p.m., Tarawa Terrace Pool, MCB Camp Lejeune

Fun for the whole family and an opportunity to get to know your community! Enjoy an evening of games, music, dancing and swimming. Open to authorized patrons; children of all ages welcome. Additional opportunity: August 16. To learn more, call **910-450-7659** or go online to www.mccslejeune-newriver.com/pools.

Paradise Point Open, Part of the 2019 Grand Slam Series

June 21 and 22, 8 a.m. to 1 p.m., Paradise Point Golf Course, MCB Camp Lejeune

We're halfway through the Grand Slam Series! Register by June 19. \$25 per golfer, plus cart and greens fee. Open to the public. Players must have a USGA handicap. To learn more, call **910-451-5445** or go online to www.mccslejeune-newriver.com/golf.

Splash Camp

June 24, 8 a.m. to June 28, 12 p.m., Tarawa Terrace Pool, MCB Camp Lejeune

Splash Camp is a week long, half-day camp designed to provide personal growth in areas of aquatic skills, socialization and team activities. The camp includes swim lessons, pool games, water activities, crafts and safety. Kids should plan on having fun in the water while enhancing their swimming skills and knowledge. Bring your swim suit, towel, sun block, snacks and plan on having fun cooling off this summer in the pool! Register at any base pool. Open to all authorized patrons. \$85 per person. For more information, call **910-450-7659**.

Free Gun Rental Weekend

July 6, 9 a.m. to 4 p.m., McIntyre-Parks Recreational Shooting Complex, MCB Camp Lejeune

Free gun rental valid for authorized patrons and guests ages 10 and older. Ages 10-17 must be accompanied by an authorized parent/guardian. To learn more, call **910-451-3889** or go online to www.mccslejeune-newriver.com/shoot.

Sports on TAP

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 call **451-7421**. Availability is limited to space. To add your event to our website calendar, visit www.camplejueglobe.com.



Name that Marine Athlete

Name that Marine Athlete is a recurring trivia game that will test your knowledge of professional athletes who served in the Marine Corps.

Hint #1: This Marine Athlete spent six months on active duty at Parris Island, South Carolina and Camp Lejeune, North Carolina in the late 1950s.

Hint #2: This Marine Athlete was the first Hispanic Major League Baseball player to be named league MVP.

Hint #3: This Marine Athlete shares the record for most Gold Glove awards by outfielders with Willie Mays at 12.

The answer to this week's Name that Marine Athlete will appear in next week's paper.

Last week's answer: Ted Williams

12th annual Kayak for the Warriors



Participants in the 12th annual Kayak for the Warriors' 3.2-mile kayak and paddleboard race stay on course as spectators watch from a deck on June 1.

Photo courtesy of Kayak for the Warriors

CALVIN SHOMAKER

Sports Writer

On Saturday, June 1, over 140 people kayaked and paddleboarded in the 12th annual Kayak for the Warriors race which moved through Bogue Sound and the Pine Knoll Shores canals. Ray Moore earned the winning-time by completing the 3.2-mile course in 31 minutes, 51 seconds. The winning team was the "Old Guyz" who brought in over \$2,000 in sponsored funds for Hope for the Warriors, a national nonprofit that was founded in 2006 on Marine Corps Base Camp Lejeune and is dedicated to serving veterans, service members and military families.

Since 2008, Kayak for the Warriors has raised over \$515,000 to benefit Hope for the Warriors and its programs which focus on clinical health and wellness, sports and recreation and transition. Other programs include A Warrior's Wish and Run for the Warriors.

For more information on Hope for the Warriors, visit www.hopeforthewarriors.org.



Participants in the 12th annual Kayak for the Warriors' 3.2-mile kayak and paddleboard race paddle through the Pine Knoll Shores canals on June 1.

Photos courtesy of Kayak for the Warriors



Participants in the 12th annual Kayak for the Warriors' 3.2-mile kayak and paddleboard race paddle through the Pine Knoll Shores canals on June 1.

Inline Hockey Rink at MCAS New River reopens, league games resume with new surface

CALVIN SHOMAKER

Sports Writer

The Inline Hockey Rink at Marine Corps Air Station New River reopened on May 20 following a two-week closure for floor resurfacing. The new surface replaced a similar type of tile that had been the rink's floor for nine years. MCAS New River Sports Coordinator Chris Miller says the new floor will give

skaters more grip and, as a result, improve player safety.

"The rink is open to all authorized patrons for use for skating, inline hockey and deck hockey," Miller said. "Whether it be a league, a unit doing PT or an individual or a small group coming out for some exercise, all of those patrons will benefit from the new surface."

The New River Inline Hockey League resumed

regular season play on May 30 and will have playoffs in late June.

The Raptors have a slim lead over Dirty Mike and the Boys (DMATB) going into the four-team league's final regular season games.

"The old surface was really hard to skate on," said DMATB team coach Hospitalman First Class Brad Erickson who has been playing hockey at the inline rink for nearly

a decade. "It had no grip left so we would always slip."

SSgt. Albert Finan, the Warlocks' team coach from the 8th Engineer Support Battalion, says there is some good and some bad when it comes to the new floor. Since the surface is so new and still sticky, the puck won't glide on the surface very well. Instead, it rolls and tumbles, so controlling the puck has been a

challenge for the players. However, since the new floor is a darker than the old one, sun glare is no longer an issue.

"The top-two teams are good," Finan said, who is in his second season in the league. "They have veteran-type guys that are very seasoned players and have been playing hockey since they were kids."

The Inline Hockey Rink at New River is a

regulation-sized outdoor, uncovered hockey rink that can be reserved in advance throughout the year. All players are required to wear protective gear. The rink is located next to the Skate Park on Agan Street on MCAS New River.

To contact the New River Inline Hockey Rink, call **910-449-0294**.

Adult summer sports updates:

CALVIN SHOMAKER

Sports Writer

Intramural Soccer League

Registration for the intramural soccer league is open through June 24. The league is available for all active-duty military. Teams must register as a designated Unit Team. There will be a Camp Lejeune League and a New River League. All games will be played at Liversedge Field on Camp Lejeune. All intramural leagues offered by Lejeune-New River Sports are free to join. Registration runs June 3 through 24 and can be found on the MCCS site.

Current Tournament and League Updates

The Lejeune-New River Sports' co-ed volleyball tournament championship will be at 7 p.m. on June 10 at Goettge Fieldhouse on Camp Lejeune. The women's softball league begins on June 17. Games will be played on Mondays and Thursdays at 6:30 and 7:30 p.m. at the Harry Agganis Softball Stadium on Camp Lejeune.

Upcoming Leagues

Intramural flag football registration will be from August 5-26. Registration packets are available online at mccslejeune-newriver.com.

[com/sports](http://mccslejeune-newriver.com/sports) or at the sports offices located at the Goettge Memorial Field House on Camp Lejeune and AS-4000 at MCAS New River. The league is open to all active-duty military. Unit teams must register with the appropriate base. There should be 15 players per team. The season begins Sept. 16. Games will be played at both Camp Lejeune and New River.

For more information, contact the sports departments at Camp Lejeune (910-451-3762) and New River (910-449-0294) or go online to www.mccslejeune-newriver.com/sports.

Preliminaries for High Intensity Tactical Training (HITT) Competition begin

CALVIN SHOMAKER

Sports Writer

Preliminaries for the 5th annual High Intensity Tactical Training (HITT) Competition will begin this Friday, June 7 at Marine Corps Base Camp Lejeune and Marine Corps Air Station New River's HITT Centers starting at 8 a.m.

The Marine competition that is held across the Corps tests the fitness levels, combat readiness and resiliency of Marines. The top male and female from installations across the Marine Corps will go on to compete Sept. 9-13 at the HITT Championship at MCB Quantico.

"By implementing

the latest cutting edge training methods and fundamental scientific principles, the HITT program focuses on enhancing athleticism for today's tactical athlete – the United States Marine," said Christopher Campbell, Camp Lejeune's assistant HITT program coordinator.

There will be two main events for each preliminary. The first event is a series of performance assessments that include vertical jump, pro agility, prone 25-yard sprint, max deadlift, max pull ups and 300-yard shuttle. The second event is a 300-yard tactical shuttle that tests the Marines' strength, endurance and agility.

To register for the competition, fill out the registration form online at www.mccslejeune-newriver.com/hitt or visit your nearest HITT center.

The HITT Center aboard Camp Lejeune is located at Bldg. 401 across from Goettge Memorial Field House. New River's HITT Center is in Bldg. AS-4024. Registration closes at 0800 on the day of the event. There is no entry fee since the event is for active duty only, but command approval is needed.

A second preliminary will be held on Friday, June 28 at the same locations, but Marines may only participate in one of the preliminaries.

Lejeune community comes together in support of student battling cancer



James Bowker, Lejeune High School School Resource Officer, prepares to let LHS Senior Matt Smith shave his head during an assembly at LHS, May 31. Bowker raised over \$300 over the course of three days in support of Smith, who recently finished cancer treatment at Duke Medical Center.

BY PAT GRUNER
Managing Editor

On February 6, 2019 Lejeune High School senior Matt Smith was diagnosed with stage 2 cancer. Four weeks ago, the student completed his treatment at Duke University Hospital in Durham, North Carolina. The battle was fierce. Smith had trouble eating along with other symptoms which go hand in hand with the scourge of cancer. It was also a familiar one for James Bowker, LHS School Resource Officer. He had fought the same fight in 2018. That is why, on the morning of May 31, students at LHS and representatives from the Provost Marshal's Office rallied together to mark the occasion of Bowker showing his solidarity with Smith by shaving his head.

Over the course of three days Bowker had raised over \$300 in support of Smith. There was no marketing, no established campaign and no sweeping call to action which prefaced it. It was just Bowker, as he put it, paying things forward.

"I fought a similar battle with cancer," Bowker said. "He (Smith) and I are both still fighting it. When I had my issues the school came together for me and made donations."

The news on Smith returning to school came across Bowker's radar due to a memo.

"It was recent," Bowker said. "It said he was the only student who could wear a hat. That sparked something for me."

For Smith's parents, Staff Sgt. Matthew Smith, 2nd Combat Engineer Battalion, and Michele Smith, the school and

community's support was something that got them through such a difficult time.

"The school was supportive the second we found out about Matthew," Michele Smith said. "They helped get his work completed. They set up a 504 (customized education plan). Teachers would come to visit him. They'd email him to check on him. They would hug him and show him love. They were amazing to him. We couldn't ask for a better support system."

Staff Sgt. Smith's command also played a big role in providing support.

"Between this school and battalion they've been phenomenal," said the elder Smith. "They made sure I had the time and people I need. All the way from our Battalion Commander (Lt. Col. Robert M. McLellan, CO, 2nd

CEB) to my Company Commander (Capt. Marc B. Bucks, Company Commander, Engineer Support Company). Capt. Bucks asked me what Matt's favorite restaurant was and gave us a gift card. He knew he'd been having trouble eating."

For Smith, the school was just as important.

"The school literally bent over backwards," Staff Sgt. Smith said. "They knew he (Matt) was a good student. They were willing to go above and beyond. As a parent you can't describe it. Everyone in this community came together. Our neighbors even put together a kickball tournament for him."

"We're very blessed," Michele Smith added.

Staff Sgt. Smith also wanted to make note of his Platoon Commander, Chief Warrant Officer-3

Cory L. Surber, Platoon Commander, Heavy Equipment Platoon, who played a role in ensuring Smith had the time for his son.

Bowker agreed that the community's true colors showed in splendor with their support of the funding and other aid for the Smiths.

"I think it shows," Bowker said. "We only did this for three days and we have over \$300. It shows a lot about these students and the whole Devil Pups culture. With him getting accepted to Penn State, I know he's going to have a tough back and forth. This community will do anything for ours."

As for Matthew, the enduring support has resonated. The LHS theatre department dedicated their May performance of "The Great Gatsby" to

Smith, who was originally cast in the lead.

"He told me it was so special to be mentioned," Michele Smith said. "He had three goals – the play, prom and graduation. Two out of the three worked out."

Matthew Smith will be crossing the stage on June 14 alongside the rest of the senior class. Even cancer wasn't going to stop him from achieving his diploma and going on to college.

And the best news of all?

"He's feeling much better," Michele Smith said.



Staff Sgt. Matthew Smith, 2nd Combat Engineering Battalion, touches up James Bowker, Lejeune High School School Resource Officer's, new 'do during a morning assembly at LHS, May 31.



James Bowker, Lejeune High School School Resource Officer, poses for a photo with Matt Smith, a senior at LHS, after getting his head shaved in support of Smith, who recently finished cancer treatment at Duke Medical Center.

'The Hustle' will bamboozle you at the box office

ED SYMKUS
More Content Now

If you've seen "Dirty Rotten Scoundrels," the silly, but funny 1988 film about a couple of con men - played by Steve Martin and Michael Caine - bilking women out of their money on the French Riviera, there's no need to see "The Hustle," a film about two con women - played by Anne Hathaway and Rebel Wilson - bilking men out of their money on the French Riviera.

In these days of Hollywood remakery, it's yet another example of a do-over of something that was perfectly fine (for what it was) in the first place, but now replacing men with women in the same roles, in the same story. It didn't work with "Ghostbusters." It didn't work with "Ocean's 8." It sure doesn't work here.

But it does begin with a pleasant surprise. The animated opening credits are reminiscent of the silly, funny, and always inventive ones that were featured in the old "Pink Panther" films. Watching them now, my hopes were high.

There was Rebel Wilson, as comically self-deprecating an actress as we've got on the screen these days. And as brave as she is for that, she's also unafraid to fill her performances with slapstick



Penny (Rebel Wilson) and Josephine (Anne Hathaway) give each other the once-over.

Photo courtesy of Metro-Goldwyn-Mayer

pratfalls. Put her next to doe-eyed, ever sleeky Anne Hathaway, who has also done well - albeit to a lesser degree - with comic roles, and you've got a wonderfully mismatched pair of main characters that it could be a lot of fun to spend time with.

But it's not. There are fabulous, photogenic locations in the film, which purportedly takes place on the French Riviera ("Dirty Rotten Scoundrels" was shot around the south of France, but "The Hustle" uses the coastline of Spain), and there's costume design that will make fashionistas drool. But the script, which is

credited to four people, three of whom wrote "Dirty Rotten Scoundrels," two of whom couldn't do anything about this because they're no longer with us, is crass and crude and features shamelessly over-the-top humor performed in a shamelessly over-the-top manner.

This is Rebel Wilson territory, but even Hathaway gets into the act. Much of the physical side of what she does here must have been at least slightly embarrassing for her.

The plot - if you haven't seen that earlier film - involves these two women, each operating their own

versions of hustling gullible men, coincidentally meeting, deciding to work together as teacher - Hathaway's classy Josephine - and student - Wilson's schlubby Penny.

But the script regularly shows its hand, so it's not going to surprise anyone that they cannot possibly work together, that one of them will always be trying to take advantage of the other, and vice versa. It comes down to the two of them getting into a not-so-friendly competition: Whoever bilks the next male target out of an agreed-upon amount of money first gets to stay around to continue bilking; the other must leave

town.

The target is young, excitable, exceedingly nice guy Thomas (newcomer Alex Sharp), a wealthy inventor who designs computer apps. And if there's one thing that's perfect in this movie, it's this actor playing this oblivious mark. But all too soon, the competitive nature of the women's relationship gets in the way of the story, keeping the focus on them as characters instead of what they're trying to pull off. At the same time, the script is trying too hard to be funny, just as the Gypsy jazz-like score by Anne Dudley is trying too hard to make the film feel bouncy.

In its mercifully brief 90-minute running time, there are some inescapable laughs, and that's a good thing. Unfortunately, they're extremely sporadic.

Editor's note: More Content Now, is a media news service providing a variety of lifestyle, opinion, niche and partner content for GateHouse publications. 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 "POKEMON Detective Pikachu" PG 6:30 p.m. "The Intruder" PG-13, 9:20 p.m.	FRIDAY "Avengers: Endgame" PG-13, 7 p.m.	FRIDAY "The Hustle (2019)" PG-13, 6 p.m. "The Curse of La Llorona" R, 8:30 p.m.
SATURDAY "Avengers: Endgame" PG-13, 3:30 p.m.	SATURDAY "Breakthrough" PG, 11 a.m. "POKEMON Detective Pikachu" PG 2 p.m. "The Hustle (2019)" PG-13, 5:00 p.m.	SATURDAY "POKEMON Detective Pikachu" PG, 6 p.m. "The Intruder" PG-13, 8:30 p.m.
SUNDAY "POKEMON Detective Pikachu" PG 3:30 p.m. "The Hustle (2019)" PG-13, 6:30 p.m.	SUNDAY "POKEMON Detective Pikachu" PG, 2 p.m.	SUNDAY "Avengers: Endgame" PG-13, 2 p.m.

MCCS WE'RE PROUD TO SERVE YOU
For movie times, call 449-9344.
*Movies are subject to change without notice.

Tickets and concessions open 30 minutes prior to movie time.
Pricing: \$4 Adults, \$3 Children
For 3D movies: \$5 Adults, \$4 Children

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 pgruner@camplejeuneglobe.com or call 451-7421. Space is limited to availability.

To submit your event for our online calendar, visit www.camplejeuneglobe.com/calendar.

EFMP Experience - Bus Tour Jun 6, 10 a.m. to 12 p.m.

The Exceptional Family Member Program Office located at LCH 4014D, Midway Park is hosting an interactive bus tour is intended to provide a fun, engaging, and informative experience. Most information will be learned through activities, peer sharing, and a bus tour of specified locations; Relocation Assistance Office Bldg. 60, DODEA Schools, MCFTB (M&FP), NMC/ Peds office, EDIS, LINKS, base housing and LSSS Legal (EFMP Lawyer). Seats on the bus are free. For more information as well as a registration link visit <http://www.mccslejeune-newriver.com/efmp/>. If reasonable accommodation is required for public participation contact the EFMP offices at 449-5251 or 451-4394.

Mental Health First Aid for Veterans Jun 11, 8 a.m. to 5 p.m.

The Carteret-Onslow Crisis Continuum Project is hosting a Mental Health First Aid for Veterans, Military Members and their Families at the Morehead City Police Department located at 300 N. 12th St. Morehead City, NC 28557. The class will teach individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders. The 8-hour training teaches the skills needed to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care. For more information visit mentalhealthfirstaid.org/.

All Ranks Daddy Daughter Dance Saturday, Jun 8, 3 p.m. to 7 p.m.

The Landing at New River, Bldg. AS-710, Flounder Rd. will pay host to a Daddy Daughter Dance. Event is \$27 per Daddy daughter couple. Food will be served. For more information and to register for the event visit mccslejeune-newriver.com/thelanding.

Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Mary, and I am a female, brown and white coonhound/treeing walker mix. The shelter thinks I am about 6 years old.

Pet ID# 41574280



My name is Merida, and I am a female, brown and grey domestic shorthair mix. The shelter thinks I am about 2 years old.

Pet ID# 41698416

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.

Bitz Intermediate students rewarded for reading over 1,000,000 words



Photo by Pat Gruner

Brenda Kay, Excel Limousine Service manager, holds a limousine door for a particularly enthusiastic student in the Bitz Intermediate School Millionaire Club at Bitz Intermediate School on Marine Corps Base Camp Lejeune, June 3.

BY PAT GRUNER
Managing Editor

Bitz Intermediate School's parent teacher association and staff rolled out the red carpet Monday in recognition of certain students' reading accomplishments. The school's annual Read Like a Millionaire Challenge called upon students, teachers and parents to flex their mental muscles and Monday saw those who did rewarded accordingly.

Bitz Intermediate students formed a row along a red carpet put together by members of the PTA to congratulate students who had read over one million words. The students who had achieved that goal

got to take a stroll down the red carpet along with teachers and chaperones all dressed in their flashiest finery. Awaiting them were limousines ready to take students to the USO of North Carolina for a day of dancing and ice cream alongside their fellow students.

"Our students and teachers know the greatest reward for reading like a Bitz millionaire is learning to love reading as a cheap and universally available leisure time activity," said Dr. Mary Beth Poole, a reading specialist. "Many of our students are now reading because they love to learn; because they enjoy learning more about our world and the people who inhabit our

world. We teachers know that students improve their spelling and writing through seeing the printed word. We also know reading sparks students' curiosity. The more they know, the more they want to know about the many topics that interest them."

The number of words students read is monitored by tests submitted to the Reading Counts program. Students who reach benchmarks of 250,000 to one million words throughout the year are recognized through intercom announcements and bulletin board posts. Upon reaching one million words, students are represented on the school's TV News station.

Among the cheering

students supporting their colleagues who achieved their lofty goal were parents who attended to take photos and show their support as well. Queen's "We Are The Champions" played over the intercom as students made their way to the limou-

sines, which were provided by the PTA and Excel Limousine Service.

"We do this every year," said Brenda Kay, a manager and driver with Excel Limousine Service. "It's all about the kids."

Poole mentioned that, as far as resources to

keep kids reading over the summer, Onslow County's and Marine Corps Base Camp Lejeune's libraries provide a variety of media.

"Both offer e-books and other digital resources as well as traditional books," Poole said.



Photo by Pat Gruner

A proud parent embraces their student prior to the departure of the Bitz Millionaire Club to the USO of North Carolina, Jacksonville, at Bitz Intermediate School on Marine Corps Base Camp Lejeune, June 3.



Photo by Pat Gruner

Bitz Intermediate School teachers Travis Parker and Bea Eaton-Hines make their way down the red carpet prior to the departure of the Bitz Millionaire Club at Bitz Intermediate School on Marine Corps Base camp Lejeune, June 3.



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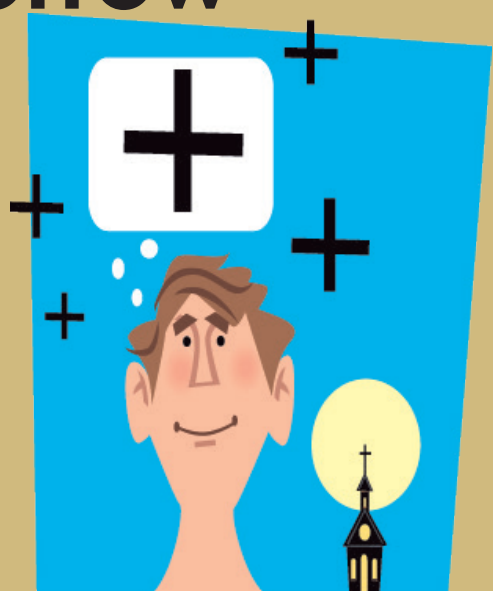


Pine Knoll Shores Aquarium had a day of crafts and hands-on fun for military families at Pine Knoll Shores Aquarium in Pine Knoll Shores, North Carolina, May 26. The event gave families a tour of the facility while providing dinner and activities like hand-bald eagles (left) and touch tanks. Visitors were also presented live animals like reptiles while becoming acquainted with birds such as owls and pelicans that call the region home.

Photos courtesy of Pine Knoll Shores Aquarium Special Events Team

For more information on Pine Knoll Shores Aquarium visit ncaqariums.com/pine-knoll-shores

Chaplain's Column: Stay positive about tomorrow



CHAPLAIN'S CORNER

LT JASON D. TURNER
2nd Marine Division

The days seem to bleed into each other like a smeared watercolor. Time has lost its distinction as you feel unable to escape the funnel in which you find yourself. It is as though you can hear the methodical thumping of a cosmic second hand drumming you through an existence you would rather not have to engage. You wake up, you go to sleep...maybe. You eat, work, study and live this life. Yet it is this life that seems to steal your joy, robbing you of a fresh breath before you have a chance to catch it.

You recall a fonder time. A time when you knew love and laughter. A time when you didn't dread hearing the phone ring. A time when your spouse was reliable. A time when your hopes remained intact. A time when you knew yourself and knew what you wanted. Your mind now often drifts aimlessly to the familiar cry, "I wish things could be the way they were." But things will never be the way they were, and really, do you want them to be?

For many of you reading this article, this is you. Perhaps you have never expressed it out loud, but this brief portrait is already ringing all too familiar.

Yours is a shared experience among humanity throughout time. The citizens and Kings of Judah experienced great struggles as the shadows of impending conquerors cast across their land. Yet there was an answer,

should they receive it; an alternative to the bleak future that had captured their hearts.

God spoke to them through the prophet Isaiah with simple words of hope, should they choose to listen:

"Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it?" (Isaiah 43: 18-19)

The answer was there, yet with one exception, the people chose not to accept it. When things get tough we have a tendency to dwell in the past, rather than simply looking to it for guidance or reassurance. The past is not where we should return, rather, proceed in the present with our eyes on the creator and our hearts

filled with fond expectations of the future.

Paul tells us in Colossians 3:2, "Set your minds on things that are above, not on things that are on Earth." And King David proclaims in Psalm 121: 1-2, "I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and Earth."

Take heart, friend. There is a God who is aware of your situation. Turn your eyes to Him, for to abandon the spiritual is to abandon a critical part of your holistic existence. The end is not yet here. This article is your alarm. Rise up for the sun is poised to shine across your face. I can feel the warmth even now. Can you?

Keeping anxiety low is essential for students on test day

BY PAT GRUNER
Managing Editor

Underclassmen exams are the week of June 10 through 13 at Lejeune High School and, as in all things, proper preparation is what will prevent poor performance. Part of that is giving students a sense of perspective and support.

Autumn Campbell is a counselor at LHS. Her job is to assist students with problems both personal and academic. In addition to preparing them for college applications or other transitions, a big part of that is test prep. She shares a few things parents and students can keep in mind when preparing to take on finals.

"Talk to students about their fear or stress around upcoming tests," Campbell said. "Talking about where it is coming from may help you target the areas in which you can make the greatest impact by addressing. This also helps to provide a context for students' feelings, and

to help them keep things in perspective. If they have adequately studied, they likely won't bomb the final."

Campbell also reminds students that they should not build finals up in their mind to be a make or break moment.

"Finals are only one of many tests that students have completed throughout the year," Campbell said. "Student needs to be reminded that they are not defined by one test, but that adequately preparing can help them to have less stress and anxiety when facing the exam on finals day."

Campbell spoke to how a support system can help students in their preparation.

"Teachers and parents can help students learn various study strategies which will help them to be more confident when they finally sit down to take the exam," Campbell said. "Talking about student successes can help counter some of the negative self-talk that students can

become consumed with."

Finally, Campbell speaks to the importance of keeping anxiety at a minimum.

"Anxiety-reducing techniques can help students when they are faced with acute anxiety symptoms experienced while testing," Campbell said. "These can be deep breathing exercises, visualization, seated stretches or positive self-talk. There are many stress-reduction exercises that can be found via apps, online and on YouTube such as the Calm app or Mindshift app. Practicing these with students prior to test day will help them feel more comfortable using these techniques during test time if the need arises."

The day of testing is also essential for students, Campbell says.

"Ultimately, students are going to be in the best mental state to handle the stress of test taking if they have had plenty of sleep, a healthy breakfast and a non-rushed morning experience," Campbell said.

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Exceptional Family Member Program familiarizes families with air travel, emergency situations



Photo courtesy of EFMP

Family members with Marine Corps Base Camp Lejeune's Exceptional Family Member Program look out on the tarmac at Albert J. Ellis Airport (OAJ) in Jacksonville during a visit to OAJ, May 18.

BY PAT GRUNER

Managing Editor

For the second year in a row, Marine Corps Base Camp Lejeune-Marine Corps Air Station New River's Marine Corps Community Services' Exceptional Family Member Program (EFMP) partnered with Albert J. Ellis Airport (OAJ) in Jacksonville to give families a familiarity with air travel. The May 18 visit is part of the EFMP's goal of helping Marines maintain mission readiness while taking care of their dependents.

"Compared to last year's event, this year's was much more effective in accomplishing the intention behind the event," said Patrick Larkin, EFMP program manager. "An airport can be filled with numerous external stimuli for children with sensory processing disor-

ders (SPD). For them, an airport experience can be much more overwhelming."

Larkin made note of how events like this benefit service members and their families, particularly with a military lifestyle that will likely entail a few trips to the airport over the course of one's career.

"Our partnership with the airport and Delta staff allowed us to provide an airport experience for children with SPD's enrolled in EFMP," Larkin said. "By participating in this event, the parents and children observed and experienced what it would be like to travel by air. It also uncovered some of the mystery behind airport travel for these families."

The 2019 event saw a notable upswing in participation. Delta Airlines staff at OAJ was also eager to provide as much assistance as possible.

"This year's event saw almost twice as much participation compared to last year. Each child received their own special boarding pass and a gift bag. Johnathan Mercer, the OAJ Delta Manager, and his team went above and beyond to accommodate our requests for this experience."

The visit mirrored a typical airport visit. After receiving boarding passes, children made their way through security. Participants also carried small luggage totes with items inside of them. These bags were scanned and participants were also made to pass security checks. After waiting at their assigned gate for their flight to be ready for a simulated take off, participants loaded by section. Afterwards, families were permitted to speak to the captain in the cockpit and take pictures

before heading back to the baggage carousel to wait for their luggage.

"The Lejeune-New River EFMP office is thrilled to have such great friends like Johnathan and his staff at our local airport," Larkin said. "Together, we are interested in making the event more valuable in the future."

EFMP is a program which assists active duty who have family members with special needs. The program spans across all branches of the military to ensure Marines, Sailors, soldiers and airmen can have access to the facilities and medical assistance their family requires regardless of where a permanent change of station places them. Larkin emphasized the importance of taking account of unseen needs.

"Not all needs are visible," Larkin said. "When you hear the term special

needs you typically form a picture of someone and what they look like in your mind, but most of our top 10 enrolled diagnoses are things that you can't see when you're interacting with somebody. Depression, anxiety, ADHD, asthma, allergies and epilepsy. You can't really see that. Those diagnoses and the treatment plans associated with them require specialists, medication or frequent visits with psychiatrist or psychologist. It's important to enroll in the program to ensure those specialists or even that medication is going to be available at your next duty station."

"This EFMP is the best in the Department of Defense," Larkin said. "Not even the USMC. Our team has excellent transition consistency."

THE EFMP also hosted a special needs

forum on June 4 which featured 14 prominent resources teaching families what to do in emergency situations. June 4 marked the official beginning of hurricane season meaning that storms, as well as the other hazards associated with coastal North Carolina, were areas of focus for the forum.

"Last year there was an experience that was very traumatic," Larkin said. "We don't want to over-infatuate the hurricane so this is about emergency preparedness. North Carolina also experiences 110 heat, significant pollen for those with allergies or asthma and in the winter ice and snow. Not to mention rain. We want experts available to help people deal with the four seasons of NC."

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



Photo courtesy of EFMP

Family members with Marine Corps Base Camp Lejeune's Exceptional Family Member Program pose with a plane on the tarmac at Albert J. Ellis Airport (OAJ) in Jacksonville during the program's visit to OAJ, May 18. The visit was focused on helping familiarize families with special needs members on the process of air travel.



Photo courtesy of EFMP

A flight attendant with Delta Airlines gets visitors from Marine Corps Base Camp Lejeune's Exceptional Family Member Program settled into a plane simulating take off at Albert J. Ellis Airport in Jacksonville, May 18.



Photo courtesy of EFMP

Delta Airlines employees at Albert J. Ellis Airport (OAJ) in Jacksonville demonstrate the process of acquiring a ticket to families with the Exceptional Family Member Program at OAJ, May 18.

Lejeune High students recognized for academic achievements



(From left) Lejeune High School Junior Class Marshals Connor Ruberte, Dylan Presson, Abigail Paquin, Lauren McClane, Ann Horton, Peter Gillen, Dean Fecteau, Lee Balderaz and Chief Marshal Sophia Harding are recognized for their work during the 2018-2019 school year during LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30.

BY ETHAN LOVELESS
Editorial Intern

On Thursday May 30, there was excitement and pride in the air as Lejeune High School held its annual Academic Awards Ceremony and Scholars Reception at Marston Pavilion on Marine Corps Base Camp Lejeune. The

ceremony honored all of the hard work that students have put into their education by presenting awards, scholarships and announcing those who achieved the Lejeune Scholars awards.

The Lejeune Scholars Program recognizes LHS students who have completed a specified schedule

of rigorous courses while maintaining a cumulative weighted GPA of 3.55 or higher. When a student is a scholar for all four of their years at Lejeune High School, they become a Lejeune Scholar and are presented a cord to wear with their graduation cap and gown.

This year's hardworking

Lejeune Scholars were seniors Jasmin Acosta, Joseph Bruno, Natalia Gonzales, Sydney Hassell, Desmond Johnson, Kylan Jones, Keegan McDonough, Nathan Perdue, Mercedes Rodriguez and Broden Wilhelmsen.

The seniors this year were not only Lejeune Scholars but also went

above and beyond by earning \$1,397,222 in scholarship money altogether. Some of the impressive scholarships accepted by the LHS seniors were Matthew Howard's four year Air Force Reserve Officer Training Corps (ROTC) Scholarship to North Carolina State University and Keegan McDonough's

four year Navy ROTC Marine Corps scholarship.

Junior Marshals, the top academic students in the junior class, were also recognized. Ten juniors were recognized for the honor.

Congratulations to the 2018-2019 LHS Scholars and scholarship recipients!



Lejeune High School Senior Matthew Howard accepts a four year Air Force Reserve Officer Training Corps Scholarship to North Carolina State University during LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30.



Lejeune High School Senior Keegan McDonough accepts a four year Navy Reserve Officer Training Corps Marine Corps Scholarship during LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30.



Lejeune High School's Color Guard (from left) Korben Singletary, Antonio Barrios, Nathaniel Presson and Dylan Presson present the colors prior to LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30.



Lejeune High School Senior Broden Wilhelmsen is recognized as a Lejeune Scholar during LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30. Wilhelmsen will be attending Eastern Carolina University in the fall on a scholarship.



Lejeune High School junior Sophia Harding (left) is presented The Harvard Book by senior Natalia Gonzalez during LHS's Academic Awards and Scholars Reception at Marston Pavilion, May 30. The book is awarded to top junior class scholars in schools around the world.

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