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- Devil Pups fight for playoff 5A
- Veterans Stand Down 1B
- Career readiness 5B



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THURSDAY, FEBRUARY 6, 2020

Second Lady of the United States Karen Pence visits MCB Camp Lejeune

More on 6B



Second Lady, Karen Pence, gives her remarks during an interview following a meeting with military spouses at Marston Pavilion on Marine Corps Base Camp Lejeune, Jan. 30. In the fall of 2018, Pence launched an awareness campaign to promote and encourage military spouses. Since then, Pence has been traveling domestically and internationally, addressing military spouse employment challenges. Photos by Lance Cpl. Ginnie Lee

BY STAFF SGT. JENNIFER POOLE
Marine Corps Installations East

Second Lady of the United States, Karen Pence spoke to more than 350 Navy and Marine Corps spouses, calling them the “backbone of military families” during a visit to Marine Corps Base Camp Lejeune, North Carolina, Jan. 30.

Pence’s visit highlighted the hardships military spouses face, specifically employment and occupational licensure - a topic that inspired her to launch an awareness campaign in the fall of 2018 to promote and encourage military spouses. The Sec-

ond Lady has since been traveling throughout the country and world, addressing military spouse employment challenges.

“We know our military members are not the only ones who serve,” Pence said. “You do so much for our nation, you make so many sacrifices, without asking for much in return ... I admire your selfless support.”

According to Pence, she’s in position to understand some of the hardships and challenges of military spouses. Her son, Michael Pence Jr., is a Marine pilot stationed at Marine Corps Air Station Beaufort, and her daughter, Charlotte, married a naval aviator last month.

“Hearing little things like ‘we don’t know when we’re going to get our orders’, or ‘when we can get married’ or ‘if we’re going to live on base’ ... some of the struggles that people don’t realize are unique to our military families.”

As part of her awareness campaign, Pence has conducted listening sessions with military spouses across the nation who have repeatedly brought up unemployment and occupational licensure challenges. According to Pence, approximately 34 percent of military spouses work in fields that require a state license in order to practice, adding to the obstacle of finding employ-

ment after permanent change of station moves.

“Military spouses are disproportionately affected by occupational licensing requirements,” Pence said. “We are encouraging states and territories to take immediate action to ensure military spouses who accompany their spouse on a permanent change of station are not adversely affected by occupational licensing regulations.”

Pence stated over the last few months, a handful of state Governors have proposed occupational licensing reform for their states, but she is insistent on better aligned state and federal regulations when it comes to military spouses.

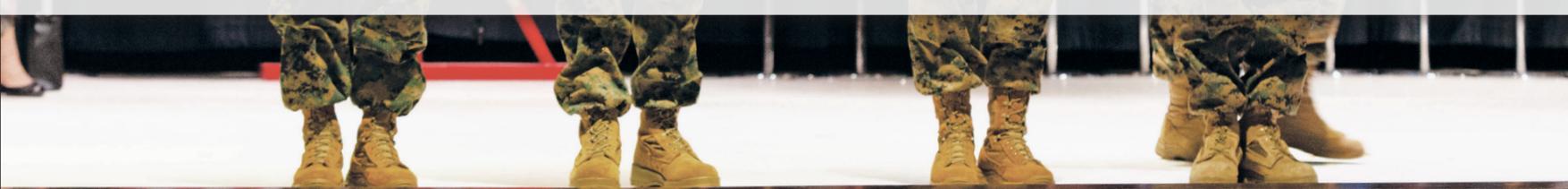


Military spouses attend a meeting with Second Lady Pence and Leah Esper, the spouse of the Secretary of Defense, at Marston Pavilion on Camp Lejeune.



MAW Marines recognized for off-duty heroism

More on 3A



(Left to right) Staff Sgt. Leary Reicharwarfel, Sgt. Anders Larson, Cpl. Austin McMullen and Cpl. Timothy Watson pose for a photo after receiving the Navy and Marine Corps Medal at Marine Corps Air Station Cherry Point, Jan. 28. The Marines received this award for his heroic efforts while saving a family at Atlantic Beach. Photo by Staff Sgt. William L. Holdaway

Symposium highlights base's range capabilities to warfighters



Photos by Cpl. Dominique Osthoff

U.S. Marine Corps 1st Lt. Ashley Velez, Headquarters and Support company executive officer, 2nd Combat Engineer Battalion, and Gunnery Sgt. Nathaniel Gager, H&S company gunnery sergeant, 2nd CEB, have a discussion over a map displayed at the Warfighter Training Symposium at Marston Pavilion on Marine Corps Base Camp Lejeune, Jan. 24. The symposium is held annually to familiarize MCB Camp Lejeune leaders about the training capabilities on more than 120,000 acres of range training areas.

BY CPL. DOMINIQUE OSTHOFF

Marine Corps Installations East

More than 200 Marine Corps unit leaders from across Marine Corps Base Camp Lejeune attended the Warfighter Training Symposium at Marston Pavilion, Jan. 24.

The annual symposium informs leaders about the training opportunities, facilities and venues necessary to meet the requirements and provide tenant commands an opportunity to ask questions about the range complex capabilities, along with other significant issues.

According to Dale Kruse, the director of Range and Training Area Management (RTAM) with Marine Corps Installations East-MCB Camp Lejeune, the symposium not only informs unit leaders about the different training opportunities offered to service members and their units, but promotes communication between tenant commands and Camp Lejeune, regarding design

and construction of more than 120,000 acres of range training areas.

"It is the small unit leader and unit leader's responsibility to train their unit morally, mentally and physically to prepare for combat," said 2nd Lt. Andrew Grothmann, the Weapons Platoon commander with 3rd Battalion, 8th Marine Regiment. "Everything is training, and training is everything. Being able to utilize the assets the base has to offer is extremely important."

The symposium addressed major efforts based on feedback from the 2018 symposium to improve existing ranges and design new ranges to meet tenant commands requirements. One of the new ranges, the company live-fire defensive range, allows units to conduct deliberate defense planning efforts, which may include digging actual fighting positions and integrating fire power.

According to Kruse, alongside the new ranges, there are additional training tools available, such as robotic targets.

The robotic target is a four-wheeled automatic target system that has the ability to move in all directions, speeds and has artificial intelligence to respond to any environment, making it more challenging and realistic.

"The Marine Corps has gone through a substantial investment in modernizing the ranges that are available for the warfighter," Kruse said. "In the last decade, the Marine Corps spent over \$1 billion updating ranges, making them more interactive and realistic in the training environment. The goal is to provide the most realistic and best available training for the service member. These ranges are fairly high tech and very in depth as to the capabilities they have and the capabilities available for training. It is important to get this information out to the units so they can take advantage of them and utilize the range to its fullest extent possible."

For more information on scheduling ranges, contact Range Control at (910) 451-3065/3066.

NMCCCL update on CORONAVIRUS

COURTESY STORY

NMCCCL

Naval Medical Center Camp Lejeune patients will soon see signage around the Medical Center regarding the 2019 Novel Coronavirus (2019-nCoV).

Medical officials are asking for any patients who have traveled to China during the past two to three weeks to notify staff immediately upon check in. If possible, patients who have traveled to China should call ahead if experiencing a mild to severe respiratory illness (fever, cough or shortness of breath.)

While the Centers for Disease Control and Prevention (CDC) considers the Coronavirus a serious situation, the CDC determines the immediate risk of the virus to the American public is LOW at this time.

However, we can all do our part to be prepared. Please follow the recommended guidance:

- It is currently flu and respiratory disease season; please make sure you have had your flu shot.
- Wash your hands often with soap and water for at least 20 seconds at a time.
- When coughing/sneezing, cover your mouth and nose with your elbow or tissue.
- Avoid touching your eyes, nose and mouth.
- Stay home if you are sick.
- Avoid close contact with those who are sick.

NMCCCL is closely coordinating with health care providers across Marine Corps Installations East and with Navy and Marine Corps Public Health to closely monitor the Coronavirus.



Dale Kruse, director of Range and Training Area Management, Marine Corps Installations East-MCB Camp Lejeune, gives a range capabilities presentation to Marine Corps leaders.

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.
 *Precision Motor Sports at 1321 Lake Cole Road, 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.

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

* 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.
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The
Globe

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State of the Community Breakfast focuses on post-hurricane progress

BY LANCE CPL. GINNIE LEE
Marine Corps Installations East

Leaders from Marine Corps Installations East-Marine Corps Base Camp Lejeune, Marine Corps Air Station New River and the community attended the 25th annual State of Community Breakfast at The Landing at New River on MCAS New River, North Carolina, Jan. 28.

The annual event provides leaders the opportunity to share information pertaining to the state of their respective establishments and discuss potential impacts they will have on the local community.

Community leaders discussed a wide array of topics that mostly centered on

impacts and actions following Hurricanes Florence and Dorian.

Maj. Gen. Julian D. Alford, commanding general, MCIEAST-MCB Camp Lejeune and Lt. Col. Roger Holliday, director of Installation and Environment, MCAS New River, discussed planned military construction, renovation, and ongoing efforts to ensure existing buildings are more resilient to handle future natural disasters.

To that end, both military leaders said an influx of contractors to the installations are expected with the new construction and also discussed future requirements for lodging and traffic flow on and off of the base and station in the future.

According to Holliday, there are plans for mitigat-

ing traffic near the MCAS New River front gate by looking at the timing of commercial and construction traffic coming in and out of the station. Additionally, he said he appreciated hearing from each of the agencies represented.

"Having an understanding of exactly where each individual sector of the community stands alone allows for the community as a whole to work in unison to improve the quality of life for service members and their families on MCB Camp Lejeune and MCAS New River, as well as the citizens of Jacksonville and Onslow County. The cooperation we have with Onslow County and all of the supporting agencies in the community is absolutely essential both on base and off," Holliday said.



U.S. Marine Corps Lt. Col. Roger Holliday, director of Installations and Environment, Marine Corps Air Station New River, left, gives his remarks during the 25th annual State of Community Breakfast at The Landing at New River on MCAS New River, North Carolina, Jan. 28. The event focused on economic development, healthcare, education, military, local government and the positive impact of partnerships between community organizations.

From 1A

MAW Marines recognized for off-duty heroism



Maj. Gen. Karsten Heckl, commanding general, 2nd Marine Aircraft Wing, speaks during an awards presentation at Marine Corps Air Station Cherry Point, Jan. 28. Heckl presented four Marines the Navy and Marine Corps Medal for their heroic efforts while saving a family at Atlantic Beach.



Maj. Gen. Karsten Heckl (left), commanding general, 2nd Marine Aircraft Wing, presents the four Marines with Navy and Marine Corps Medals.



(Left to right) Staff Sgt. Leary Reicharwarfel, Sgt. Anders Larson, Cpl. Austin McMullen and Cpl. Timothy Watson pose for a photo with their families.

Photos by Staff Sgt. William L. Holdaway

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MCAS Beaufort completes TBR expansion and modernization



Photo by Lance Cpl. Aidan Parker

A video explaining the range's 17-year expansion and modernization plays.

BY SGT. ASHLEY PHILLIPS
Marine Corps Air Station
Beaufort

Marine Corps Air Station Beaufort held a ribbon cutting ceremony for Townsend Bombing Range (TBR), January 29. The ceremony was held to commemorate the completion of expanding and modernizing TBR, the East Coast's premier air-to-ground bombing range.

"When I first encountered the range and started working with the personnel in 2015-2016, it was still operated by Georgia Air National Guard," said Lt. Col. Brian Gerschutz, the Pilot Training Center officer in charge and an instructor pilot with Marine Fighter Attack Training Squadron 501. "Prior to the full transfer of ownership to the Marine Corps, it was

trending toward becoming obsolete. There was little to no modernization. The Marine Corps began numerous initiatives to not only modernize the range but also its size expansion."

Although MCAS Beaufort owned the bombing range, until October 2017 Georgia Air National Guard maintained and operated it. Since then, MCAS Beaufort has assumed full operational responsibility of the range, expanding it from 5,183 acres to 33,834 acres.

"Townsend Bombing Range is important not only to the Marine Corps but also for other aviation platforms in the U.S. South East," Gerschutz said. "Its expansion and modernization of our air-to-ground targets will make it a first-class training range. As our aircraft and

weapons evolve and become more precise, they are also increasingly longer in range, so it's important for our ranges to evolve and enable our pilots to employ those long range precision weapons."

In 2003 Marine Aircraft Group 31 proposed the expansion of the range to meet the needs of pilots and air crews to train as they fight, using precision guided munitions. Previously, due to the size of the range, the aircrews were only able to train with gravity bombs.

The range not only services the Marine Corps, but also the aircrews of the Navy, Air Force, Air National Guard, Army and Army National Guard from nearly 15 installations along the East Coast. It's about 82 miles southwest of MCAS Beaufort in Townsend, Georgia.

The nation's aircrews use it as an inert air-to-ground training range to drop precision guided munitions.

"The impact that (TBR) has, particularly for MAG-31, is it is pretty much a backyard bombing range for them," said Dave Wilson, a retired MCAS Beaufort Logistics Officer. "For the F/A-18s and F-35Bs both a large portion of their mission is to do air-to-ground, which is deliver air-to-ground ordnance on time, on target and Townsend bombing range is where they practice a bulk of that mission."

As the range continues to be updated and maintained, it will be adapted to meet the ever changing needs of pilots, ensuring they are ready to meet any challenge or enemy, as America's force in readiness.



Photo by Lance Cpl. Nicholas Buss

Col. Frank N. Latt, assistant wing commander, 2nd Marine Aircraft Wing, left, Maj. Gen. Edward D. Banta, commander, Marine Corps Installations Command, middle and Col. Timothy P. Miller, commanding officer, MCAS Beaufort, right, cut the ceremonial ribbon to commemorate the expansion and modernization of Townsend Bombing Range, the East Coast's premier air-to-ground bombing range, Jan. 29. The range has expanded from 5,183 acres to 33,834 acres, which now allows pilots and air crews to train with precision guided munitions. TBR will continue to allow our pilots to train to deploy without deploying to train.

Interim Dental Clinic opened to Camp Johnson

BY CPL. DOMINIQUE OSTHOFF

Marine Corps Installations
East

Marines, Sailors and dental staff gathered for a ribbon cutting ceremony to mark the reopening of the Camp Johnson Interim Dental Clinic after more than a year-long closure on Camp Johnson, Jan. 30.

The clinic closed in September 2018, due to severe weather damage from Hurricane Florence, which made it unsuitable for patient care. A Mobile Dental Unit (MDU) was established to bridge the gap and facilitate routine dental procedures.

"The MDU was only able to support dental exams and x-rays. Patients had to travel to MCAS New River and other clinics around Camp Lejeune for care," said Lt. Jennifer Kolin, a dental officer with 2nd Dental Bn. "With the

opening of the Camp Johnson Interim Dental Clinic, permanent personnel and entry-level Marines attending the Marine Corps Combat Service Support School (MCCSSS) will no longer have to leave base for basic dental services. It allows Marines to spend their valuable time teaching, learning and preparing for the missions ahead."

According to Petty Officer 2nd Class Caleb Gonzalez, a dental hygienist with 2nd Dental Battalion, Hurricane Florence devastated the clinic causing water and other irreversible damage to the facility forcing them to move into an MDU on Camp Johnson.

The clinic now offers patient administration services, family screening services, advanced scheduling for the MCCSSS students and comprehensive dental treatments to include operative, examination and oral prophylaxis. The Interim Dental Clinic

will provide emergency treatment for sick call patients, such as root canal therapy and simple extractions. Emergency referrals will also be available for specialists at Camp Lejeune.

"It is our mission to support our warfighters by providing them the best possible dental care," Kolin said. "Whether they are deployed, in garrison or in training."

According to Kolin, the Interim Clinic is temporary. Camp Johnson is in the initial planning phase for a new, joint medical and dental Military Connect project. A pharmacy with an oral surgeon onsite, one to two days per week, will be available for surgical cases, such as third molar (wisdom teeth) extractions.

"We are very thankful for the support and patience of Camp Johnson staff, instructors, entry-level Marines and Sailors over the past 16 months," Kolin

said. "Opening this clinic is a product of many people's efforts. The teamwork demonstrated across the board is the result of all parties working towards the common goal - enabling service members to focus on and accomplish their primary missions."

The clinic is located at M407 B and M407C trailers at the end of Company A Street next to the fitness center and is open from 7 a.m. to 3 p.m. Monday, Wednesday and Friday and 7 a.m. to 4 p.m. Tuesday and Thursday. For information or to make an appointment, call (910) 450-0905.



U.S. Navy Lieutenant Jennifer A. Kolin, Annex head, 2D Dental Battalion, addresses Marines, Sailors, and civilians.



Photos by Sgt. James A. Guillory

U.S. Navy Captain Joseph DeHoogh, left, executive officer, 2d Dental Battalion, and U.S. Marine Corps Col. James L. Shelton Jr, commanding officer, Marine Corps Combat Service Support Schools, cut the ribbon during the Camp Johnson Interim Dental Clinic Grand Opening at Camp Johnson, Jan. 30.

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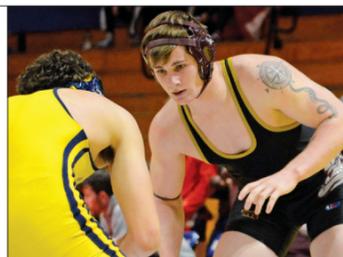
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Give and get back more!



Playoff Push: Devil Pups focused on 'one game at a time' mentality



The Lejeune High School basketball team breaks down a huddle following a timeout in a game versus Southwest Onslow at home, Jan. 31. The Devil Pups defeated the Stallions 85-45.



Lejeune's Andrew Navarro shoots a jumper over East Carteret's Mason Rose, Jan. 17. Navarro scored 20 points, but the Devil Pups fell to the Mariners 69-58.

With just three regular season games left, the Devil Pups are fighting for a state playoff berth

BY CALVIN SHOMAKER
Sports Writer

Lejeune High School boys' basketball coach Hugh Miller knows what it takes for his team to make the state playoffs, but he isn't going to tell them.

Instead, Miller's message is to remain true to what has been the team's focus all season.

"We are just going to work one game at a time," Miller said. "That's our motto."

The Devil Pups, who are a "Last 5 In" team according to HighSchoolOT.com's IA state playoff projections, have been trending in the right direction. Over the last nine games, the Devil Pups have seven wins.

Lejeune has seen

growth, but it is an uphill climb to the top of a strong Coastal 8 Conference (1A/2A). With a league record of 6-5, LHS is fourth in the standings behind Dixon (8-3), East Carteret and Pender, who both share a 10-1 record in conference play.

Heading down the season's final stretch, Lejeune will lean on junior Jaylon Armstrong and sophomore Andrew Navarro to lead the way. The team's two standouts have gotten quality support from the likes of Nick Simon, LaKeigh Harris, Tariq Lee, Matt McClane and other role players who have come into their own as of late.

For Coach Miller, it is the team's bond and their reliance on each other that makes this group special.

"It's a great group," Miller said. "They are great in the classroom, great on the floor and they are together. They are a cohesive group, and that's what I like about them."

Oftentimes outnumbered and outsized, the Devil Pups are determined not to be outworked.

"We are not afraid of anybody we are going to play," said Miller, who won a state title as an assistant at Rocky Mount Senior High. "I don't care if they are bigger than we are, we are going to work that much harder to beat them."

Lejeune hosts Heide Trask on Friday before traveling to East Carteret on Tuesday. The team's regular season finale will be at home on senior night against Pender, Feb. 14.



Lejeune's Jaylon Armstrong glides through the air for two of his 16 points against Southwest Onslow, Jan. 3.

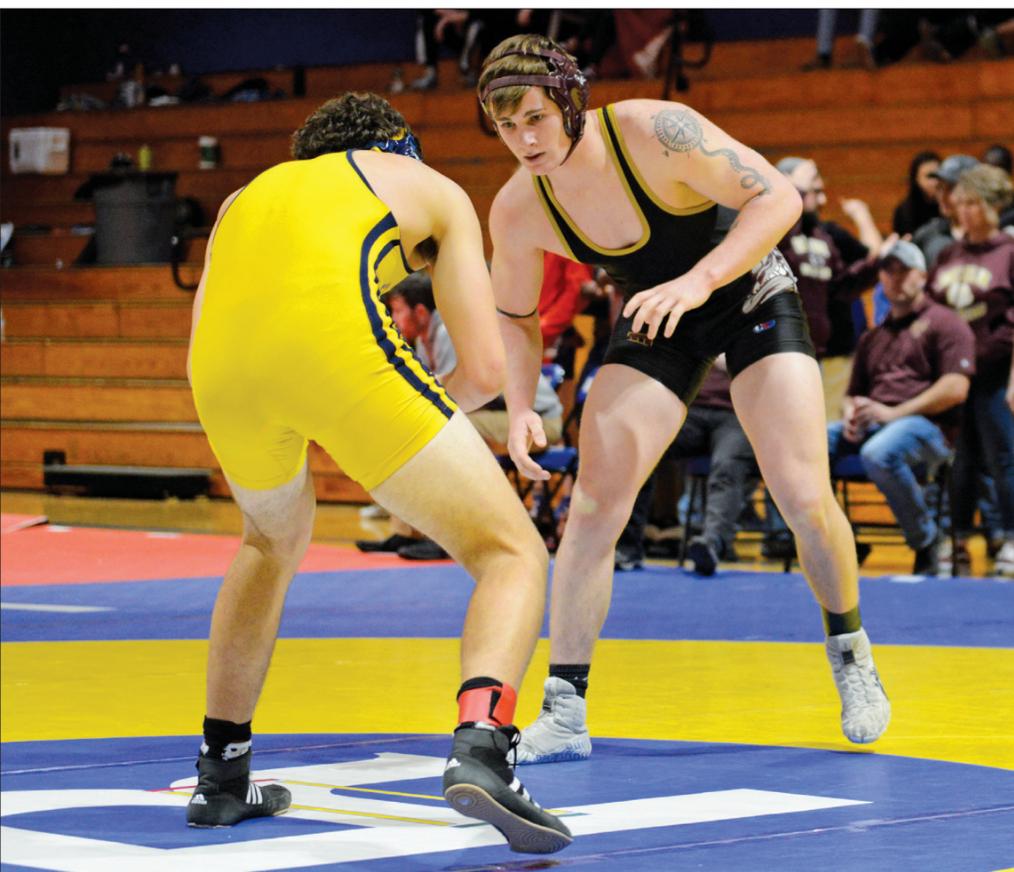


Lejeune's LaKeigh Harris, left, goes to the basket against Southwest Onslow, Jan. 31. Harris hit a buzzer-beating layup to send LHS into overtime against Dixon on Jan. 28 before the Devil Pups were defeated 73-69.



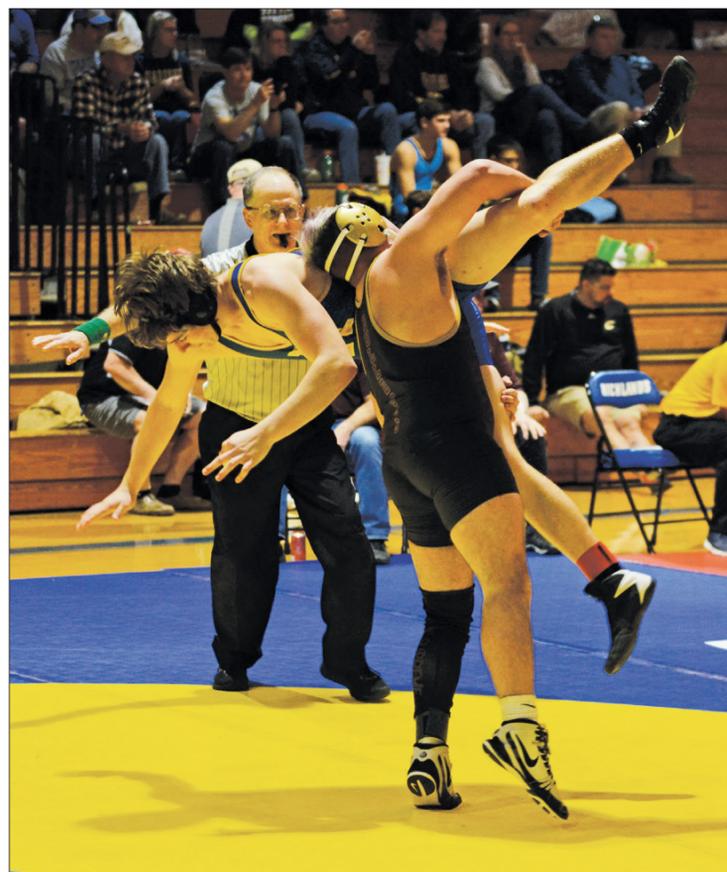
Lejeune's Tariq Lee fights through contact against North Duplin, Dec. 3, 2019. Lee made three 3-pointers in Lejeune's 85-45 win over Southwest Onslow, Jan. 31.

Dixon wins Coastal 8 Conference wrestling crown



Photos by Calvin Shomaker

Dixon High School's Andrew Edens, right, faces Jack McMahon of East Carteret in the semifinals of the 182-pound weight class bracket in the Coastal 8 Conference (1A/2A) tournament at Richlands High School, Feb. 1. Edens captured the 182-pound title and was named co-conference wrestler of the year along with Croatan's Jacob Caldwell.



Dixon's Tyler Proffitt lifts Daniel Shreckengost of Richlands during the semifinals match of the 170-pound weight class bracket in the Coastal 8 Conference (1A/2A) tournament at Richlands High School, Feb. 1. Proffitt won the match in an 12-5 decision before defeating Southwest Onslow's Joseph Gaudiello by fall in the final.

Dixon, Croatan and East Carteret make dual team state playoffs

BY CALVIN SHOMAKER
Sports Writer

The Dixon High School wrestling team outscored runner up Croatan by seven points to win the Coastal 8 Conference (1A/2A) tournament title at Richlands High School, Feb. 1.

The Bulldogs had six individual champions, Logan Pugh, Dallas Senay, Keagan Bolman, Ethan Millis, Tyler Proffitt and Andrew Edens. Edens was named co-conference wrestler of the year along with Croatan's Jacob Caldwell, champion of the 106-pound weight class.

Croatan had three individual champions.

Southwest Onslow's Ezekiel Jones and Jason Rodriguez won their weight classes for the Stallions, who placed third in the team standings.

Lejeune's top finisher was Jacob Livesay, who went 1-2 in the 132-pound bracket for fourth place.

Richlands' fifth-year coach Evan Rowntree recognized that even though the conference needs more wrestlers in certain weight classes, the competition across the league is still solid.

"We have a lot of potential when it comes

to the state level matches, getting guys into states and getting placed," Rowntree said. "I think there are a lot of good wrestlers from this conference that are going to go on to do well at the regional and state level."

The dual team playoffs began on Feb. 4. East Carteret made the 1A bracket as Dixon and Croatan made the 2A draw. The state finals for the team duals are Saturday at the Greensboro Coliseum Fieldhouse.

The regional individual tournaments will begin Feb. 14. The individual state championships begin in Greensboro, Feb. 20.

Coastal 8 Conference (1A/2A) Wrestling Results (Feb. 1, Richlands High School):

Team Scores: Dixon 182.5, Croatan 175.5, Southwest Onslow 152, East Carteret 105, Richlands 75, Pender 42, Heide Trask 39, Lejeune 8

Individual Champions: Jacob Caldwell, Croatan (106); Logan Pugh, Dixon (113); Dallas Senay, Dixon (120); Keagan Bolman, Dixon (126); Rogan Heath, Heide Trask (132); Ethan Millis, Dixon (138); Drake Egan, Croatan (145); Ezekiel Jones, Southwest Onslow (152); Jason Rodriguez, Southwest Onslow (160); Tyler Proffitt, Dixon (170); Andrew Edens, Dixon (182); Ryan Lindsay, Croatan (195); Da'Jo Smith, Pender (220); Ezekiel Jayne, East Carteret (285)

Lejeune High School legend selected for JOSCS Hall of Fame



Jacksonville-Onslow Sports Commission's 2020 Hall of Fame Class:

Melba Roelofs (Lejeune, Dixon)
Kendric Burney (Southwest Onslow)
Stephanie Rose (White Oak)

BY CALVIN SHOMAKER
Sports Writer

For more than 30 years, Melba Roelofs was a vital part of athletics at Lejeune High School. The retired physical education teacher also filled roles as coach, athletic trainer and athletic director during various points in her tenure.

Now, Roelofs will have her legacy honored by the Jacksonville-Onslow Sports Commission Hall of Fame in a ceremony on May 7 at Sturgeon City in Jacksonville along with two other Onslow County sports heroes.

Joining Roelofs in this year's class is former Southwest Onslow Stallion Kendric Burney and former White Oak Viking

Stephanie Rose.

Burney was a four-year starter in baseball, basketball and football at Southwest Onslow. In 2006, he was named the North Carolina Male Athlete of the Year, the only time an Onslow County athlete has won the honor. Burney went on to play football at the University of North Carolina before joining multiple NFL practice teams and a Canadian Football League team.

Rose led White Oak to four-straight 3A girls' soccer state titles from 2006-2009 while being named the Most Valuable Player twice. She went on to play soccer at UNC Wilmington where she became a 1st team all-conference selection

prior to playing professionally in both Finland and the United States.

Roelofs helped start four different girls' sports programs at LHS in the '70s while winning state titles as coach of the girls' track and field team in 1989 and 1998. She is a three-time recipient of the North Carolina High School Athletic Association's Distinguished Service Award and was named LHS Coach of the Year nine times.

After leaving Lejeune, Roelofs became the athletic trainer at Dixon High School for seven years until 2012.

To learn more or for tickets to the induction ceremony, call (910) 347-3141 or visit www.playjosc.com.

ATHLETE OF THE WEEK



JAYLON ARMSTRONG

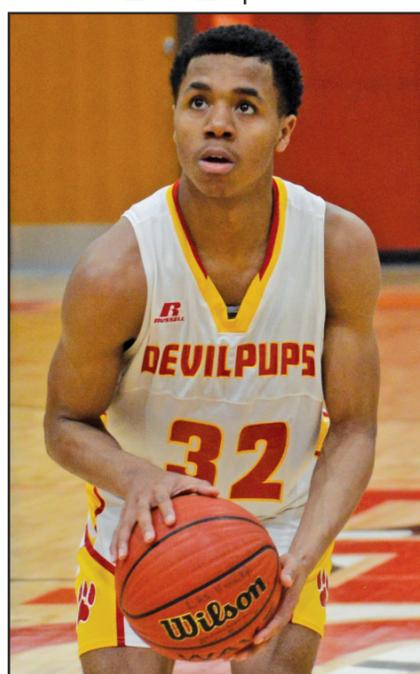


Photo and Q&A by Calvin Shomaker

Sport: Basketball
School: Lejeune High
Class: Junior

Quick facts:

- Captain of the LHS basketball team
- Has played varsity all three years
- Has led the Devil Pups to a winning record this season
- Had 30 points and 13 rebounds in an overtime loss to Dixon, Jan. 28
- Averaging 24.2 points and 13.4 rebounds over his last five games

Q: WHAT WAS COACH MILLER'S MESSAGE TO THE TEAM AFTER THAT OVERTIME LOSS TO DIXON ON JAN. 28?

A: Just play as a team, play more defense, box out and move the ball around.

Q: WHAT HAS YOUR FOCUS BEEN THIS SEASON AS YOU TAKE ON THE LEADERSHIP ROLE?

A: Just getting the new guys involved and making sure they know what they're doing since I'm the captain now, and to be a role model for the freshmen, sophomores and people that are new to our school.

Q: WHAT IS GOING TO BE THE KEY TO BEATING THESE GOOD TEAMS DOWN THE STRETCH?

A: Defense is important and boxing out, since we are a small team.

Q: IS THERE A BASKETBALL PLAYER THAT YOU MODEL YOUR GAME AFTER OR YOU LOOK UP TO?

A: Derrick Rose.

Q: WHAT DO YOU HOPE COLLEGE COACHES RECOGNIZE ABOUT YOUR GAME?

A: That I can play defense and I can rebound. I think I'm a good rebounder for my size.

Q: WHAT IS IT LIKE GOING TO LEJEUNE AND HAVING A DIFFERENT HIGH SCHOOL EXPERIENCE THAN MOST OF YOUR OPPONENTS?

A: It's kind of different because we have a lot of guys that move around. A lot of key guys moved out of state or just went to a different school, but I like it here. I have a good coach, good teachers and a good principal.

Lejeune boys, Southwest Onslow girls get conference wins



Photo by Calvin Shomaker

Southwest Onslow's Shaylin Pollock goes up for a layup contested by Lejeune's Sari Sims, Jan. 31.

BY CALVIN SHOMAKER
Sports Writer

Lejeune High School's Andrew Navarro scored 34 points and made six three-pointers to lead the Devil Pups past Southwest Onslow 85-45 for a much needed Coastal 8 Conference (1A/2A) victory at home, Jan. 31.

Jaylon Armstrong added 24 points, eight rebounds and six steals in the win for Lejeune, who improved to 9-8 overall and 5-5 in league play. LaKeigh Harris and Tariq Lee each scored nine points for LHS. Tre Hardison scored 18 points and Deangelo Hill had 10 points to pace

Southwest Onslow, who remains winless. Shaylin Pollock scored 19 points and Armani Reid scored 16 points to lead the Southwest Onslow girls to a dominant 66-8 win over Lejeune. Yontiana Hardison added 10 points for the Stallions, who improved to 6-4 in conference play and 6-8 overall.

LHS track team has strong showing at Trask

BY CALVIN SHOMAKER
Sports Writer

The Lejeune High School boys' winter track team won their meet at Heide Trask High School against six other schools, Jan. 29. Karl Benson won the 1000-meter run and Kyle Baldwin won the pole vault to lead the Devil Pups. LHS got second place

finishes from Baldwin in the triple jump, Dylan Presson in the pole vault, Nicholas Presley in the two mile-run and Tyler Shelton in the mile run. The LHS boys also took first in both the 4x400-meter and 4x800-meter relays. The Lejeune girls' took second out of seven schools. Emalee Reynolds won the pole vault as the Devil Pups got second

place finishes from Kilala Stone in the 55-meter sprint, Elizabeth Schwend in the 1000-meter run and Anna Perdue in the shot put. The girls' 4x800-meter relay team finished first as the 4x400-meter relay team finished second. North Brunswick, South Brunswick, Heide Trask, Dixon, Richlands and Pender were the other high schools competing.

Combat veterans honored at Sledgehammer Race Series



Photos by Calvin Shomaker

Members of Lejeune High School's Marine Corps JROTC program present colors for the national anthem prior to the Sledgehammer Race Series at North Topsail Beach, Feb. 1. The race was held in honor of combat veterans and in memory of Dr. E. B. Sledge, a lifelong Marine who spent time at Marine Corps Base Camp Lejeune and whose memoir "With the Old Breed at Peleliu and Okinawa" has been translated into five languages and referenced twice for film. Options to run a half-marathon, 5k or a 10-mile race were available to participants.



Participants of the Sledgehammer Race Series begin the half-marathon portion of the event at North Topsail Beach, Feb. 1.

To view more photos from the event, visit www.camplejeuneglobe.com/photo_galleries.

Lejeune's Fecteau, Morgan headed to state swimming championships



Photos by Lauren McClane

Lejeune High School seniors Dean Fecteau, left, and Caroline Morgan, right, smile for photos after receiving their medals at the Coastal 8 Conference (1A/2A) swimming championship, Jan. 25.

BY CALVIN SHOMAKER
Sports Writer

Lejeune High School's senior swim team captains Dean Fecteau and Caroline Morgan qualified for the 1A state swimming

championships with a pair of top-six finishes at the 1A/2A East Regional in Cary, Feb. 1. Fecteau finished fifth in the men's 200-yard freestyle with a time of 1:51.91 as Morgan got sixth in the women's 100-

yard breaststroke with a time of 1:15.04. Both times were personal bests for the two state qualifiers. Fecteau and Morgan will compete at the state championships at the Triangle Aquatic Center in Cary on Thursday.

Sports on TAP

For more information on games, tryouts, special events and exercise classes around MCB Camp Lejeune and MCAS New River, check out Sports on Tap each week. To add your activity, call (910) 451-7421. Availability is limited to space. To add your event to our website calendar, visit www.camplejeuneglobe.com.



Wrestling Open Mat

Monday to Wednesday, 5:30 to 6:30 p.m., MCAS New River, AS-4000

Weekly open mat hosted by the All-Marine Wrestling Team. Open to all active-duty DoD personnel. To learn more, contact the All-Marine Wrestling Team via social media.

Join Camp Lejeune Rugby

Dates and locations vary, MCB Camp Lejeune

Camp Lejeune Rugby is currently recruiting new players for the 2020 season. Men and women players of all athletic backgrounds are welcome. Practices are Mondays and Wednesdays, 5 p.m. at the L Street Field next to 6th Marines and Saturdays, 10 a.m. at the Goettge Field House grass pitch. Matches are always on Saturdays. The team is a pipeline for service members to play in the All-Marine and All-Navy programs. To learn more, contact Camp Lejeune Rugby on social media or get in touch with Capt. Jim McGeedy at (303) 961-6147 or james.mcgeedy@usmc.mil.

X-treme Endurance Challenge 12K+

Saturday, Feb. 8, 7 a.m. to 12 p.m., Henderson Pond Trial, MCB Camp Lejeune

This course is a grueling trail run that begins at the Battle Skills Training Area and makes its way through the beautiful wooded trails around Henderson Pond. This trail is used by both mountain bikes and runners. Your endurance and agility will be tested as you battle its varied terrain and natural surfaces. Register early for the best value. To learn more or register, visit www.mccslejeune-newriver.com/grandprix/xtreme.

Monthly Scramble

Saturday, Feb. 15, 8:30 a.m., Paradise Point Golf Course, MCB Camp Lejeune

Monthly Scrambles are held (weather permitting) on the third Saturday of each month. Please register by 8 a.m. in the Pro Shop. Computer determines draw from players' USGA Handicap. Cost is \$10 per person plus cart and greens fees. Scramble is open to the public. To learn more, call (910) 451-5445 or visit www.mccslejeune-newriver.com/golf.

Hard Corps Series Full Power Meet

Saturday, Feb. 22, 10 a.m. to 6 p.m., Stone Bay Fitness Center, MCB Camp Lejeune

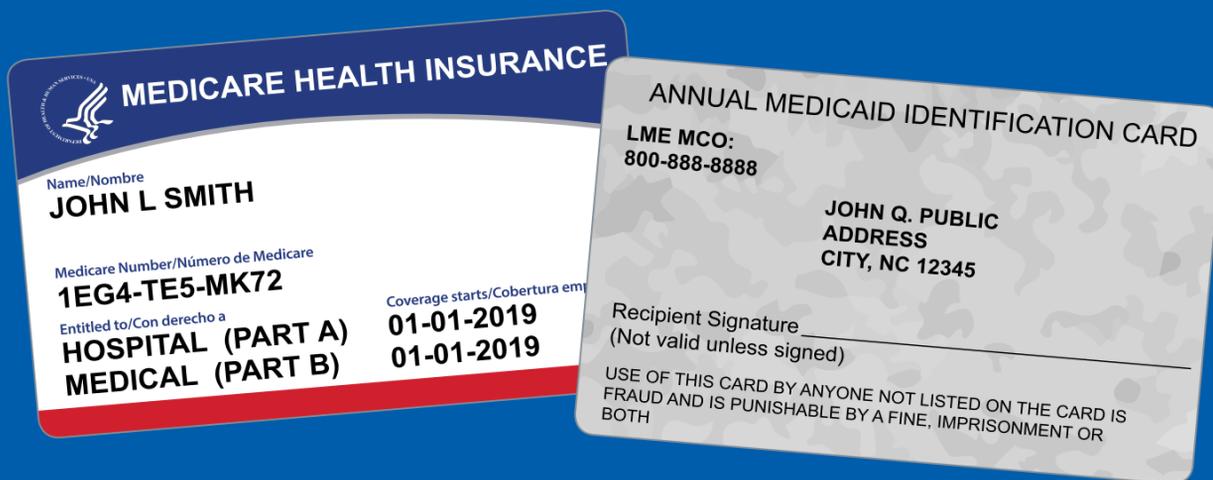
Are you one of Camp Lejeune-New River's strongest? Find out at the Hard Corps Series Full Power Meet. Categories will include squat, deadlift and bench press. All skill levels welcome. Open to authorized patrons 18 years of age or older. Register at Wallace Creek Fitness Center or Stone Bay Fitness Center. Cost is \$70. To learn more, visit mccslejeune-newriver.com/hard-corps or call (910) 440-2054.

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Stand Down supports homeless, at-risk veterans



Students with Coastal Carolina Community College's dental hygienist program speak with a veteran during the Veterans Stand Down at American Legion Post 265 in Jacksonville, Feb. 4.



Volunteers prepare meals for veterans. The Veterans Stand Down provided veterans who are homeless or at risk of homelessness resources including food and information on veterans services.



A stack of clothes and shoes available to veterans in need. Professional attire for job interviews as well as casual attire were made available.



The Department of Veterans Affairs had representatives on hand to help file claims and provide proof of service.



Volunteers welcome veterans to the stand down and guide them to available resources.



A table of non-perishable food sits ready for veterans in need. Thousands of resources were made available through donations from the community.

BY PAT GRUNER
Managing Editor

According to the Department of Veteran Affairs annual Point-in-Time Count, 37,085 veterans experienced homelessness in January of 2019. In order to combat the tragedy of veterans being homeless, or at risk of homelessness, the Eastern Carolina Human Services Agency NC-Serves Coastal coordinated a Veterans Stand Down at American Legion Post 265 in Jacksonville, Feb. 4.

Named in homage to safety stand downs which occur across military installations, the Veterans Stand Down brought together over 60 non-profits, veterans groups and area resources to aid veterans in need.

"This is an opportunity for veterans to come to resources they might not have known existed," said Jerrick Vernon, program director for NCServes Coastal. "The VA is here

to provide proof of service for veterans who don't have their documentation. We also have thousands of items available."

In addition to the food, clothing and sundries being distributed to veterans, other organizations provided literature on area programs. Among them was Onslow Community Outreach, which operates an area homeless shelter which gets veterans and families off the street and in touch with other resources.

"We help with housing assistance programs as well," said Cindy Williams, Onslow Community Outreach director. "We served 51 homeless vets in 2019. 39 were distinct cases, meaning they got assisted once."

To Vernon, a U.S. Air Force veteran, helping veterans is integral to the success of the community.

"I know firsthand how important it is to have all these resources under one

umbrella," Vernon said. "Veterans with transportation barriers can get access without worrying about how they will get there. ... I couldn't imagine Jacksonville without Lejeune. So many Marines get out and stay in the area. Veterans are integral to the economy here."

Vernon also acknowledged the importance of career assistance to keep veterans off the streets.

"The military offers a lot of nontraditional jobs," Vernon said. "There are not many civilian jobs where you load ammunition or shoot guns. Veterans who are hiring understand and can place folks in positions where they can help. I hope to connect veterans with an organization that can possibly save their lives. ... Veterans had to risk not coming home in their duty. The least we, as a community, can do is come together to support them."



Veterans of Foreign War Ladies Auxiliary members give a veteran a sock filled with treats while informing him about services offered by the VFW.

Powerful performances propel death-row drama 'Just Mercy'

BY DANA BARBUTO
More Content Now

The death-row drama "Just Mercy" deals with the kind of hot-button issues ripe for manipulating audiences - and I took the bait, lock, stock ... For that, I credit the ability of Michael B. Jordan and Jamie Foxx to elevate the material beyond a mere diatribe against capital punishment.

Based on a memoir by civil rights lawyer Bryan Stevenson, co-founder of the Equal Justice Initiative, the film follows the idealistic Harvard Law grad (Jordan from "Creed" and "Black Panther") as he fights to free wrongly convicted inmates on Alabama's death row in the late 1980s.

One of those clients is Foxx's Walter "Johnny D" McMillian, a dirt-poor husband and father convicted of murdering an 18-year-old white woman despite having a solid alibi. He's trapped in a nightmare and Foxx plays him humble, vulnerable but guarded. Most of what the character feels is seen in Foxx's eyes.

It's the actor's best work since 2004 when he won the Academy Award for "Ray." Jordan's young-buck attorney is all youthful optimism, strength and charisma. It's a role right up his alley. He keeps the movie grounded, even in the most cliched of situations - and there are many.

Director Destin Daniel Cretton works from a script he co-wrote with



Jamie Foxx, left, and Michael B. Jordan in "Just Mercy."

Photo courtesy of Warner Bros. Pictures

Andrew Lanham, and together they craft a predictably provocative, but surprisingly inspirational, takedown of an unjust justice system. The snide villains are straight out of central casting: the racist sheriff (Michael Harding) who rigs the case against McMillian; and a stubborn young DA (Rafe Spall) who is all about convictions, not justice.

In the movie's favor are strong supporting turns from Brie Larson as the co-founder of the Equal Justice Initiative who supplies most of the script's expository dialogue; Tim Blake Nelson as the tainted witness whose changed testimony is crucial to the case; and O'Shea Jackson Jr. and Rob Morgan are heartbreaking as fellow

death-row inmates.

Where Cretton ("Short Term 12" and "The Glass Castle" with Larson) runs aground is in his by-the-numbers approach. He hits all the expected beats - the violent threats against Bryan, redneck cops, courtroom theatrics, the all-hope-is-lost climax, etc. At times it feels like a cloying Lifetime movie; a little too uplifting for

the heavy subject matter. We've seen this movie so many times before. This past year alone brought us the similarly themed "Brian Banks" and next week's "Clemency" starring Alfre Woodard. Cretton never becomes too procedural or too preachy. He simply shows a fractured system that so rarely espouses tender mercy.

Editor's note: More Content Now, is a media news service providing a variety of lifestyle, 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 "Star Wars: The Rise of Skywalker" PG-13, 6:30 p.m.	FRIDAY "1917" R, 7 p.m.	FRIDAY "Just Mercy" PG-13, 6 p.m. "The Grudge" R, 8:30 p.m.
SATURDAY "Little Women" PG, 3:30 p.m. "1917" R, 6:30 p.m.	SATURDAY <i>Half Price Matinee</i> "Spies in Disguise" PG, 11 a.m. "Just Mercy" PG-13, 2 p.m.	SATURDAY "Star Wars: The Rise of Skywalker" PG-13, 6 p.m.
SUNDAY "Spies In Disguise" PG, 3:30 p.m. "Just Mercy" PG-13, 6:30 p.m.	SUNDAY "Star Wars: The Rise of Skywalker" PG-13, 2 p.m.	SUNDAY "Little Women" PG, 2 p.m. "1917" R, 5 p.m.

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*Movies are subject to change without notice. For movie times, call 449-9344.

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 <https://www.camplejeuneglobe.com/calendar>.

Family Fun Day Feb. 8, 11 a.m. to 1 p.m.

The Onslow County Public Library hosts a Valentine's Day celebration featuring crafts for kids and adults alike. For more information, visit <https://www.onslowcountync.gov/library>.

Valentine's Dinner Dance Feb. 14, 5:30 to 11 p.m.

Veterans of Foreign Wars Post 9983 celebrates Valentine's Day with a dance at the Post featuring live music and a steak dinner. Tickets are \$20 per person and available on Post 9983's Facebook Page or at the Post. Tickets should be purchased in advance to ensure a plate. For more information, call (910) 329-1881.

Kids' Night Out Feb. 14, 5:30 p.m. to 9:30 p.m.

Onslow County Parks and Recreation offers a chance for parents to spend Valentine's Day together while their kids socialize and have fun at Onslow Pines Park. Crafts and other themed activities available. Open to ages six through 12. Registration required at <https://www.onslow.recdesk.com> or by calling (910) 347-5332. Tickets \$10.

Chilly Chili Poker Run Feb. 15, 9 a.m.

Rolling Thunder Inc. Chapter 5 N.C. is holding their annual bike run at Lejeune Motorsports in Jacksonville. Prizes will be available for the best hand, second best hand and worst hand. Riders will receive free food and drink. Door prizes available. For more information, call Joe at (910) 545-0260.

Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Louie, and I am a male, black and tan German Shepherd mix. The shelter thinks I'm about four years old.

Pet ID# 43658269



My name is Claire, and I am a female, brown Domestic Shorthair mix. The shelter thinks I'm about three years old.

Pet ID# 43679125

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.

Brewster Middle School's "Souper Bowl" scores big against hunger

Brewster Middle School Students form up around cans of soup and other prepared meals at Brewster Middle School, Jan. 30. The school collected 561 cans as part of the "Souper Bowl of Caring" over a period of less than three weeks.

BY PAT GRUNER
Managing Editor

In a matter of less than three weeks, students at Brewster Middle School collected over 500 cans of soup for the Onslow County Soup Kitchen. BMS's Student Council and Student 2 Student programs organized the food drive to take place around Super Bowl Sunday.

"It's fun," said Owen Sullivan, BMS Student Council vice president.

Sure, it might be a different kind of fun than booting up the computer to play Minecraft, but BMS students are building their own kinds of

bridges to foster a sense of caring in the community. Students also received a "dress down day" on Jan. 31. Instead of their typical school uniforms, students could rep their favorite pro football team.

The "Souper Bowl of Caring" was BMS's contribution to Tackle Hunger, an organization that provides food and other necessities to at risk people.

For their next act of kindness, students will be visiting Tarawa Terrace Elementary to read to students. They will also visit assisted living facilities to do the same as part of Read Across America in March.



Photo by Pat Gruner

Students line up cans outside Brewster Middle School.



Courtesy Photo

Courtesy photo

Students pose with cans that will be donated to the Onslow County Soup Kitchen.

What will be, will be



CHAPLAIN'S COLUMN

BY LT. GLENDON GENTNER, USN
School of Infantry - East

Matthew 6:25 says, "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Can any one of you by worrying add a single hour to your life?"

At first blush, the words, "Do not worry about your life" might seem wholly unrealistic, especially given that Marines function within a performance-based institution that deals with matters of life and death. There is far more to this passage than the simplistic advice of Timon and Pumba's Hakuna Matata that means "no worries for the rest of your days." Understood in context, the words "do not worry" were spoken to the disciples who had just left their lives (as they knew it) to embark on a mission far greater than themselves. Naturally, they

had legitimate worries.

Marines (or those who support the Marines) may find themselves in a similar situation. We have left our lives as we knew them to participate in a mission greater than ourselves. Naturally, we too, are going to have very real concerns about separation from our families, relationships, politics, health, job performance, career progression, lack of time and even our very mortality. Responsible concern for our livelihood or others is quite different than worry. Worry has an element of futility attached to it.

Ponder these questions: Does worrying about things accomplish anything useful? Does worrying help us survive in battle, or make the line go faster when you go to renew your expired CAC? We are shown the uselessness and ineffectiveness of

worrying. Simply worrying, fretting or even fuming about something will usually not change the outcome. In fact, worry drains our precious energy without applying constructive action to the problem. It usually needlessly disturbs us and makes situations worse.

The truth behind the words is deep, yet simple. If God wills something to happen - it will happen. Alternatively, if God does not allow something to happen - even if the situation seems impossible. These words have profound meaning on the battlefield. If God does not allow the enemy to wound us, they simply cannot. These words have profound meaning in our daily lives. Even though things may seem out of control, God does have full control of this world and your world.



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Valentine's Day marriage class aims to promote communication, empathy

BY PAT GRUNER
Managing Editor

Marine Corps Base Camp Lejeune's Family Advocacy Program (FAP) holds regular workshops based on helping couples improve their relationships.

The Seven Principles for Making Marriage Work's next iteration will be on Feb. 14. Though the day might be different, the class will maintain its prime directive of helping couples better learn how to work together for a stronger connection.

"We like to keep the explanations very basic," said David Phillips, the workshop's instructor. "Think of it in terms of 90 and 10. You get home and 90 percent of things are great. If you're noticing

the 10 percent that aren't, something's wrong. We try to help couples focus on that 90 percent."

The workshop is not purely lecture. Rather, couples can use exercises that promote communication.

"There are a lot of chances for interaction between couples," said Debbie Burns, prevention & education clinical supervisor for FAP. "It is a great class for couples who are doing well but want to do better or ones who might be facing other issues."

The class' core principles are derived from Seattle researcher John Gottman who has studied relationships between couples for decades. Gottman's methods are so advanced that he has achieved notoriety for

being able to identify whether a couple would get a divorce with an over 90 percent success rate.

The class is strongly advocated for by other services on Marine Corps Base Camp Lejeune as well. U.S. Navy Cmdr. Brandon Harding, director for MCB Camp Lejeune's Chaplain's Religious Enrichment Development Operation (CREDO), has used the same principles in his counseling.

"I've been a fan of Gottman since 2004," Harding said. "(In CREDO) We will take couples away for a weekend and have them practice the skills and grow from them. We try to look for an overlap in emotional intimacy."

Phillips and Harding both agree that, when it

comes to a relationship, an ounce of prevention is worth a pound of cure.

"Just like you don't wait for the check engine light to come on every time you get a tune up, you shouldn't wait until you're in a crisis to learn more," Harding said.

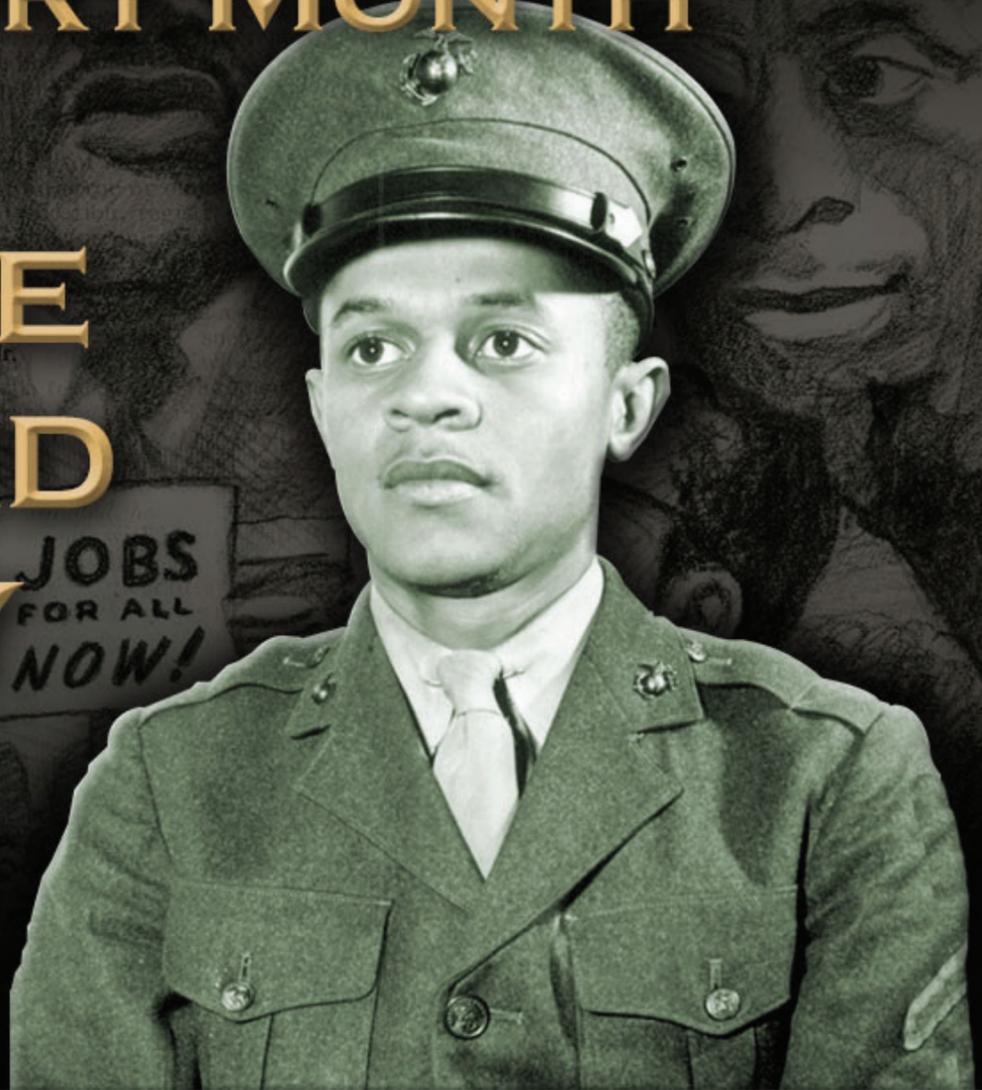
"For couples approaching a crisis, this class can serve as a prelude to counseling," Phillips explained. "It provides a baseline education for healthy behaviors. By investing eight hours you are saving countless more."

The class will take place from 8:30 a.m. to 3 p.m. at Building 797, Room 5, on MCB Camp Lejeune. Couples are required to attend together. For more information visit <https://www.mccslejeune-nwriver.com/fap>.



African American HISTORY MONTH

PRIVATE
HOWARD
PERRY



This graphic focuses on U.S. Marine Corps Private Howard P. Perry in honor of African American History Month at Marine Corps Installations East-Marine Corps Base Camp Lejeune and Marine Corps Air Station New River, which is federally observed during February of each year. Breaking a tradition of 167 years, the U.S. Marine Corps started enlisting African Americans in 1942. The first man to enlist was Howard P. Perry. With 119 other recruits, he began the grueling process of becoming a Marine at Montford Point near Camp Lejeune.

Graphic by Anthony Summa

FMEAP courses teach Marines, Sailors and spouses job skills



Photos by Pat Gruner

Mel Jennings, an instructor with Coastal Carolina Community College's Human Resource Development program, clears up a question from Favian Hernandez during a "Putting Your Best Foot Forward" class at the Family Member Employment Activity Center on Marine Corps Base Camp Lejeune, Feb. 3.

BY PAT GRUNER
Managing Editor

Finding employment after a change of station or end of active service can seem like a daunting prospect. To curtail some of the challenges service members or spouses might face, the Family Member Employment Activity Center (FMEAP) on Marine Corps Base Camp Lejeune provides free classes to help bolster the necessary skills and confidence required to find a job.

Mel Jennings is a contractor with Coastal Carolina Community College (CCCC) who works with the FMEAP as part of the Human Resource Development program (HRD) through CCCC's Continuing Education program. As

an instructor, Jennings provides insight on skills like knowing how to approach an interview or putting together resumes. That includes helping service members bridge the potential gap between the military and civilian sectors.

"One thing I have noticed is that there is a lot of testosterone (on installations)," Jennings said. "When you approach an interviewer you want a firm handshake, but you don't want to break their hand."

The FMEAP is the site of seven classes available to service members and their spouses. Over the course of five three-hour classes per subject, each program builds on previous lessons to ensure students will have all of the skills necessary to



Jennings hands out a syllabus to Francisco Vargas to kick off the five-day course. Students got to know themselves better in preparation for future job interviews.

be productive members of their future field. One such class, "Putting Your

Best Foot Forward," focuses on helping quell the nervousness that might

come with an interview.

"A huge thing with modern interviews is making sure you have done your research," Jennings explained. "Employers are sure to ask what you know about their company. ... This class helps to showcase the do's and don'ts of transferring into the next chapter of your career. I help students think of themselves as a product they are trying to sell. We help them find their benefits to meet the needs of future employers."

The first day of the course helped students understand how their billets give them relevant experience. It also dealt with proper attire. The week is capped off with actual mock interviews developed from students bringing in real job listings they find interesting.

Jennings also acknowledged what to watch out for in interviews, such as potential employers asking about service related injuries or discriminating based on veteran status.

"That is a HIPAA violation," Jennings informed students. "If anyone asks about your medical history, you do not have to answer."

Courses are available at the FMEAP building at Tarawa Terrace. For parents with young children, free child care is available through the FMEAP and Child Development Centers on MCB Camp Lejeune during class times. Registration and a full list of courses are available at <https://www.mccslejeune-newriver.com/FMEAP>.

Home History: Holcomb Boulevard

BY PAT GRUNER
Managing Editor

Few of Marine Corps Base Camp Lejeune's residents are native to the area, which is true for almost any military town. MCB Camp Lejeune and Onslow County are currently home despite where you are from. There is a rich history at MCB Camp Lejeune and every road tells a story.

Running through Mainside is Holcomb Boulevard, perhaps the most travelled road on MCB Camp Lejeune. That is fitting, as the man who it is named for is perhaps the most vaunted Commandant of the Marine Corps next to John A. Lejeune. Thomas Holcomb was named the 17th Commandant of the Marine Corps in 1936. The United States was coming off what

would be the worst year of the Great Depression and on the way to World War II, a defining conflict in Marine Corps history.

The New Castle, Delaware native was selected to serve as commandant by President Franklin Delano Roosevelt for having distinguished himself as a battalion commander in France. Holcomb was also the first Marine to be awarded the four stars

of a full general. His role in expanding the Fleet Marine Force (FMF) was essential to defining the Marine Corps that won World War II. In his tenure, the force expanded from 16,000 to 400,000 Marines, including 20,000 commissioned officers and over 8,000 aviators. The FMF expanded from two undermanned brigades to three divisions and four aircraft wings.

Holcomb also carried out the order to bring African Americans and women into the Marine Corps. In a 1942 correspondence to Secretary of the Navy Frank Cox, Holcomb wrote, "in furtherance of the war effort, it was believed that as many women as possible should be used in noncombatant billets, thus relieving a greater number of the limited

manpower available for essential combat duty."

Noted as a pioneer in amphibious assaults, Holcomb was a driving force in the new face of the Marine Corps. In 1944, Holcomb retired and would go on to serve as Minister to South Africa from 1944 to 1948. Holcomb passed away in 1964 at age 85. He is interred in Arlington National Cemetery.



Photo by Pat Gruner

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From 1A

Second Lady of the United States Karen Pence visits MCB Camp Lejeune



Photos by Lance Cpl. Ginnie Lee

Military spouses on Marine Corps Base Camp Lejeune attend a meeting with Second Lady Karen Pence and Leah Esper, the spouse of the Secretary of Defense, at the Marston Pavilion on MCB Camp Lejeune, Jan. 30.

Bracelets were given to military spouses who attended the meeting with Pence and Esper.



Leah Esper gives her remarks during a tour with Pence to highlight new measures taking place globally to improve the quality of life for military spouses.



Second Lady Karen Pence gives her remarks during a visit to MCB Camp Lejeune where she promoted and encouraged military spouses.

Defense Secretary Mark Esper is now authorized to help fund the creation of interstate compacts to improve license portability adding to the progress of military spouse employment, she said.

"We're asking you to move, so the least we can do is come alongside and help you find the employment you want," Pence said.

Pence personally handed out customized bracelets to each spouse in recognition of their sacrifice and to remind them that they are appreciated.

"It's our priority to stand with you and with your children, so service members can stay focused on their mission and remain ready to fight and protect our freedoms. From the bottom of my heart, I can never thank you enough, but I want you to know that we appreciate you."

During the visit,

Pence also toured Naval Medical Center Camp Lejeune's Intrepid Spirit Concussion Recovery Center. While at the center, Pence focused on the Creative Forces Art Therapy Program and spoke with NMCCCL Art Therapists about the importance of the program in helping service members heal from mild brain injuries. Art therapy is part of the center's health care goals to treat mild concussion, combat stress, post traumatic stress, and other psychological health issues.

Pence has a strong background in education. In 2017, she launched her art therapy initiative, Healing with the HeArt, to bring attention to art therapy as a mental health profession. Pence also dedicates her time to spreading awareness of the importance of art therapy to military members and their families.

Second Lady visits Intrepid Spirit Concussion Recovery Center



Jacob Potes shows off his artwork to Second Lady Karen Pence at Naval Medical Center Camp Lejeune, Jan. 30.

Petty Officer 2nd Class Michael Molina

POW/MIA remembered at monthly "Reading of the Names"



Members of Onslow County's community pay tribute to North Carolina prisoners of war and missing in action service members at a monthly gathering at the Vietnam Veterans Memorial, Lejeune Memorial Gardens, Feb. 1. At 12 p.m. every first Saturday of the month, veterans support groups read aloud the names of 38 North Carolina servicemen who remain missing in action from the Vietnam War. The event is open to the public.

Courtesy Photo

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