

The Globe

SERVING CAMP LEJEUNE AND SURROUNDING AREAS SINCE 1944



- Southern Command visit 3A
- Jr. Golf Series 5A
- NMCCCL Change of Command 8A

WWW.CAMPLEJUNEGLOBE.COM

THURSDAY, JULY 23, 2020



Photo by Lance Cpl. Christian Ayers

Charles A. Williams, Jr., left, assistant secretary of the Navy for Energy, Installations and Environment, speaks with Congressman Greg Murphy, right, a member of the U.S. House of Representatives from North Carolina's 3rd Congressional District, after a flight over Marine Corps Base Camp Lejeune and Marine Corps Air Station New River, July 15, 2020. Murphy and Williams visited MCAS New River to receive an update on military construction from installation leaders and view hurricane related repairs to facilities and family housing currently in progress.

Congressman Murphy, Navy and Marine Corps leaders receive update on execution of \$3.1 billion in hurricane related repairs to ENC installations

PRESS RELEASE

MCIEAST Communication Strategy & Operations

Leaders from across the Navy and Marine Corps as well as Congressman Greg Murphy (NC-3) visited military installations in Eastern North Carolina to receive an update on military construction and view hurricane related repairs to facilities and family housing currently in progress.

The visit, led by Charles Williams, Jr., assistant secretary of the Navy for Energy, Installations and Environment gave leaders the ability to see firsthand how \$3.1 billion in construction funding is being used to repair and replace facilities and roofs, and ensure structures are able to withstand future storms.

Williams was joined by Maj. Gen. Edward Banta, commander for Marine Corps Installations Command and Rear Adm. John Korka, commander, Naval Facilities Engineering Com-

mand. Banta, who toured the Marine Aircraft Group 26 AS-515 hangar and the Marine Heavy Helicopter Training Squadron 302 on MCAS New River ahead of the group, commended the Naval Facilities Engineering Command and Marine Corps Installations East team during Tuesday's in-brief for their coordinated actions to rapidly execute the Congressionally-approved funding over the past 22 months. "On any given year, we would typically execute about [\$1.2 billion] across the entire [Marine Corps] enterprise so when you look at these numbers, this is truly unprecedented."

Also during the visit, Williams recognized Amanda Renjifo, public works energy manager, and Jimmy Mahoney, public works operations director from the Camp Lejeune Public Works Office for their individual efforts to reduce operational vulnerabilities of critical

infrastructure, enhance facilities maintenance costs and energy performance in the future—all of which have helped Camp Lejeune recapture the Secretary of the Navy's Energy Award for the fourth year in a row.

Congressman Murphy, along with Williams, took to the skies in a MV-22 Osprey assigned to Marine Medium Tiltrotor Squadron 263 where they had a bird's eye view of construction progress on MCB Camp Lejeune and MCAS New River.

Also during his tour of the air station, Murphy received a brief on the new CH-53K King Stallion helicopter and on the capabilities of Fleet Readiness Center-East which provides world-class maintenance, engineering and logistics support for Navy and Marine Corps aviation.

"During a several hour visit with the brave Marines at New River Air Station today, it was hum-



Photo by Lance Cpl. Christian Ayers

U.S. Marine Corps Col. Curtis Ebitz, right, commanding officer of Marine Corps Air Station New River, discusses aircraft capabilities with Congressman Greg Murphy, left, a member of the U.S. House of Representatives from North Carolina's 3rd Congressional District, on MCAS New River, July 15, 2020. Murphy visited MCAS New River to receive an update on military construction from installation leaders and view hurricane related repairs to facilities and family housing currently in progress.

bling for me to see the devotion they all display in serving our nation. They continue to evolve the multiple facets of their mission to meet the ev-

er-changing needs of our Marines to be successful. Despite the societal challenges that we face at home, the Marines stay laser focused on keeping

this nation and its allies free. Supporting their mission is one of my highest priorities for North Carolina's 3rd Congressional District," said Murphy.

Marine cited for Life-Saving Actions during vehicle accident



Photos by Cpl. Rachel K. Young-Porter

U.S. Marine Corps Lance Cpl. Kevin A. Grajeda, Combat Logistics Regiment 27, (CLR-27), 2nd Marine Logistics Group (2nd MLG), is awarded with the Navy and Marine Corps Medal by U.S. Marine Corps Col. Brian W. Mullery, commanding officer of CLR-27, 2nd MLG, at Camp Lejeune, North Carolina July 17, 2020. Grajeda was awarded for heroism while serving as a first responder on December 13, 2018 by assisting victims of a severe vehicular accident, providing life-saving measures, coordinating medical services, and sustained life threatening injuries to himself while saving others.



U.S. Marine Corps Col. Brian W. Mullery, commanding officer of Combat Logistics Regiment 27 (CLR-27), 2nd Marine Logistics Group, speaks during Lance Cpl. Kevin A. Grajeda's award and retirement ceremony on Camp Lejeune, North Carolina July 17, 2020. Grajeda was awarded for heroism while serving as a first responder on December 13, 2018 by assisting victims of a severe vehicular accident, providing life-saving measures, coordinating medical services, and sustained life threatening injuries to himself while saving others.

2nd Medical Bn Change of Command



Photo by Cpl. Rachel K. Young-Porter

U.S. Navy Capt. Randy L. Panke, left, incoming commanding officer, and Capt. Roderick L. Boyce, offgoing commander, 2nd Medical Battalion, 2nd Marine Logistics Group, II Marine Expeditionary Force, exchange battle colors at Marine Corps Base Camp Lejeune, July 17. During the ceremony, Panke assumed command of 2nd Medical Battalion, 2nd MLG, II MEF.

Communicate and Motivate

U.S. Marine Corps Cpl. Christian A. Garibay, a radio transmission operator and quality control non-commissioned officer with Headquarters Battery, 10th Marine Regiment, 2d Marine Division, gives a class on proper set up of MUOS antenna at Marine Corps Base Camp Lejeune, July 17. Garibay was selected as the 2D MARDIV's Motivator of the Week for his steadfast work ethic and his ability to lead and motivate his Marines.



Photo by Cpl. Elijah J. Abernathy

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.

- 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!

The
Globe

Commanding General
 MCIEAST-MCB Camp Lejeune
 Maj. Gen. Julian D. Alford

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

Media and Digital Engagement
 Officer in Charge
 1st Lt. Andrew Martino
andrew.martino@usmc.mil

Media and Digital Engagement Chief
 Staff Sgt. Jennifer Poole
jennifer.poole@usmc.mil

Managing Editor
 Pat Gruner
pgruner@campjeuneglobe.com

Sports Writer
 Calvin Shomaker
cshomaker@campjeuneglobe.com

This Department of Defense newspaper is an authorized publication of the DOD. Contents of The Globe are not necessarily the official views of, or endorsed by, the U.S. government, the DOD, or the Communication, Strategy and Operation Office, Camp Lejeune, N.C. The Globe is published by Fayetteville Publishing Co., a private enterprise not connected with the DOD or the U.S. Marine Corps, under exclusive written contract with Marine Corps Base Camp Lejeune, N.C.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of these products or services by the DOD, the U.S. Marine Corps, or Fayetteville Publishing Co. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user, or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Communication, Strategy and Operation Office, Camp Lejeune, N.C. Any questions may be directed to: Commanding General, (Attn: Public Affairs Office), Marine Corps Base, PSC Box 20004, Camp Lejeune, N.C. 28542-0004. For distribution and subscription inquiries, call 910-939-0704. For advertising questions or to submit free trader ads, call 910-939-0700.

Ready, Aim, Fire



Photos by Lance Cpl. Reine Whitaker

A U.S. Marine with 2d Combat Logistics Battalion (CLB), 2d Marine Division fires an M2 Browning machine gun during a live-fire range at Fort A.P. Hill, Virginia, July 17. Marines with CLB are training with 2d Battalion, 2d Marine Regiment in a simulated environment to improve combat effectiveness and readiness.

Southern Command senior enlisted leader visits task force



Photo by Sgt. Andy O. Martinez

Sgt. Maj. Bryan K. Zickefoose, the senior enlisted leader of U.S. Southern Command, addresses the Marines and Sailors of Special Purpose Marine Air-Ground Task Force - Southern Command at Marine Corps Base Camp Lejeune, July 17. During the visit, Sgt. Maj. Zickefoose shared his professional guidance and mentorship with the Marines and Sailors and congratulated them on their hard work preparing for the mobilization of the task force. The task force is prepared and postured to deploy to the Latin American and the Caribbean region to work alongside partner nation militaries, enhancing combined crisis response efforts.

Getting through the week with a bang



Photo by Lance Cpl. Jacob Bertram

U.S. Marine Corps Sgt. Aaron McCarthy, a basic ammunition and explosive ordnance Marine assigned to Headquarters & Headquarters Squadron calls out "fire in the hole" before detonating an explosive charge at Marine Corps Air Station (MCAS) Cherry Point, North Carolina, July 8. McCarthy is performing on-the-job training before attending explosive ordnance disposal (EOD) school. MCAS Cherry Point's EOD teams train to handle a wide variety of situations that may arise.

Huntington HELPED ME WITH ...



NO MATTER WHAT SUBJECT YOUR CHILD STRUGGLES WITH, HUNTINGTON CAN HELP.

If your child is having trouble keeping up in a subject or with schoolwork in general, [here's how Huntington can help:](#)

- Academic evaluation identifies problem areas
- Programs tailored to address each student's needs
- Highly trained tutors work individually with students
- Huntington helps improve skills, confidence, and grades,

TUTORING

Reading - Writing - Math - Study Skills - Spelling - Vocabulary - Phonics
Algebra - Geometry - Trigonometry - Pre-Calculus - Calculus - Earth Science
Biology - Chemistry - Physics

TEST PREP

SAT - PSAT/NMSQT - ACT - State Tests - GED - Advanced Placement (AP)
SSAT - ISEE - HSPT - ASVAB

To find out more about Huntington Tutoring Programs, **CALL NOW!**

910-260-4300

2421 Gum Branch Road, Suite 150 | Jacksonville, NC 28540

1-800-CAN-LEARN
HuntingtonHelps.com



©2016 Huntington Mark, LLC. Independently Owned and Operated. SAT and Advanced Placement (AP) are registered trademarks of the College Board. PSAT/NMSQT is a registered trademark of the College Board and the National Merit Scholarship Corporation. ACT is a registered trademark of ACT, Inc. None of these entities was involved in the production of, and does not endorse, this program. *Offer valid for Academic Evaluation, new students only. Not valid with any other offer. FN-000320916401

COVID-19
All updates involving MCIEAST and NMCCCL will be posted here:

ONLINE
www.lejeune.marines.mil/
www.newriver.marines.mil/
www.med.navy.mil/sites/nhcl/Pages/default.aspx

SOCIAL MEDIA

@camp.lejeune
@mcasnewriver
@NMCCLejeune

@camp_lejeune
@mcasnewriver
@NMCCLejeune

MORE INFO
For additional guidance on COVID-19, please visit www.coronavirus.gov

GONE CAMPING
Enjoy a relaxing and affordable family vacation at our scenic campground.

Now Accepting Campers Between Jacksonville and Swansboro, NC (off highway 24)

- Good Sam Park rated 9 out of 10
- 25' x 50' concrete pool
- Store/Showers/Laundry
- Camp Canine Doggy Park
- 65 additional sites
- Tent sites
- FREE Basic WiFi
- Boat Ramp

10% Active Military Discount

DEEP CREEK LANDING
181 Waterfront Road, Hubert, NC
910-330-9333
www.Deepcreekrvresort.com

FN-000320916401



Thermador

Create **THE KITCHEN** that suits **YOUR STYLE**

Save Up To **\$8,777** On A Luxury Kitchen Suite

ONE • TWO • FREE*
SALES EVENT
April 1, 2020 - December 31, 2020

Tidewater APPLIANCE & MATTRESS

800 Hwy 70 - New Bern
(252) 636-5930
www.tidewaterappliance.com

©2020 BSH HOME APPLIANCES CORPORATION. ALL RIGHTS RESERVED.

Maj. Gen. Banta visits MCAS Cherry Point



Photos by Cpl. Micha Pierce

U.S. Marine Corps Maj. Gen. Edward Banta, left, commanding general of Marine Corps Installations Command (MCICOM), Col. Mikel Huber, center, commanding officer of Marine Corps Air Station (MCAS) Cherry Point, North Carolina, and U.S. Navy Cmdr. Jeffrey Jasinski, MCAS Cherry Point Public Works officer, discuss re-enforcing the seawall in the Grant's Landing housing area, July 15. The seawall was damaged during Hurricane Florence in 2018, and helps maintain the stability of the houses in their current locations. The MCICOM CG's visit to MCAS Cherry Point was a progress review of the installation's efforts to address housing shortfalls in accordance with National Defense Authorization Act and military construction projects aimed at enhancing the installation's readiness capability.



Mike Largent, center, director of Marine Corps Community Services Cherry Point, U.S. Marine Corps Col. Mikel Huber, right, commanding officer of Marine Corps Air Station Cherry Point, North Carolina, and Maj. Gen. Edward Banta, left, commanding general of Marine Corps Installations Command, view the construction plans and ongoing construction for the new Roadhouse restaurant and enlisted club location, July 15.

Be A Census Taker

\$15.50/hour + \$.575/mile

✓ Extra income ✓ Flexible hours
 ✓ Weekly pay ✓ PPE provided

Protecting health and safety is our top priority!

Apply Online: [2020CENSUS.GOV/JOBS](https://2020census.gov/jobs)

For help call: 1-855-JOB-2020; 1-800-877-8339 TTY/ASCII
The U.S. Census Bureau is an Equal Opportunity Employer.



It's Not Too Late
You can still complete the census today.
[Learn more at 2020census.gov](https://2020census.gov)

**Shape
your future
APPLY NOW >**



VIRTUAL ADVISING & ONLINE COURSES

Today, and for the past 70 years, University of Maryland Global Campus (UMGC) has been adapting to meet the changing education needs of servicemembers, veterans and their families. That means delivering a truly online learning experience that includes

- Virtual advising and support from knowledgeable military and veterans advisors
- 100% online courses within a collaborative virtual classroom environment
- No-cost digital resources in place of textbooks in nearly every course
- A Veterans Assistance Fund and scholarships for military-affiliated students

At UMGC, we're made for you and here for you. For more information on how we can help, visit us online or e-mail us at baseadvisor@umgc.edu.

Apply by August 31 and we'll waive your application fee.



LEARN ONLINE
Call 202-579-5054
or visit UMGC.EDU/BASE

 **UNIVERSITY OF MARYLAND
GLOBAL CAMPUS**
Formerly UMUC



Jacob Rose hits an approach shot on Hole No. 6 at Paradise Point Golf Course's Scarlet Course during a Parent-Child Junior Summer Series Point Chase event on Marine Corps Base Camp Lejeune, July 18. Photos by Calvin Shomaker

Junior Summer Series heats up at Paradise Point Golf Course

BY CALVIN SHOMAKER
Sports Writer

Junior golfers and parents braved a hot summer day with temperatures well into the 90s for week four of Paradise Point Golf Course's Junior Summer Series Point Chase, July 18. Each junior golfer teamed up with a parent for a nine-hole round of modified alternate shot on the Scarlet Course.

The junior league serves as a learning experience for young players to get acclimated to competitive golf, says Paradise Point Golf Course's head pro John Johnson.

"It's a learning base to get them ready for tournament golf without much pressure," Johnson said of the league, which features six different divisions for boys and girls ages 6-17. "It's relaxed rules, but at the same time they're

learning etiquette, sportsmanship and things of that nature while they're out there."

Each week players receive points based on where they finish in their division. At the end of the series, a Points Champion will be declared as well as a Base Champion in each division.

In week four, Makoto Nelson and Wayne Nelson carded the low round of the day with a three-over par 38. High schooler Jacob Rose and Joshua Rose shot a 39 (+4), followed by Kenji Nelson and Kris Nelson with a 40 (+5).

The Junior Summer Series Point Chase has two dates remaining before the Junior Base Championship on Aug. 15-16. The cost is \$10 per event. Aug. 2 will be the final Parent-Child event of the summer.

For more information or to register for an event, call (910) 451-5445.



Father-Daughter duo Michael and MK Wittner high five following an approach shot during a Parent-Child Junior Summer Series tournament held at Paradise Point Golf Course on Camp Lejeune, July 18.



Photo by Calvin Shomaker
As the 2020-21 school year approaches, it is still uncertain if, and when, the high school football season will begin.

Fate of fall sports seasons in question

NCHSAA delays fall season, some states say no to fall football

BY CALVIN SHOMAKER
Sports Writer

High school athletes, parents and community members in North Carolina have been left wondering if, how and when high school sports may return to competition following Gov. Roy Cooper's recent announcement on July 14 that schools will reopen in August for both in-person and online instruction.

The day after Cooper's announcement, the North Carolina High School Athletic Association (NCHSAA) delayed the fall sports season until at least Sept. 1, furthering the growing concern about how this school year will go and what extracurricular activities will be allowed.

Though fall sports are still a possibility, the outlook is rather grim, especially for football. The Virginia High School League scratched football from its fall sports season on July 15, but left open the option to play the season in 2021. On Monday, California delayed high school sports until at least December.

The NCHSAA remains in Phase One of its summer workout plan, which prohibits equipment sharing, among other limitations and

safety procedures. Some schools, including Lejeune High School, have yet to resume in person workouts as COVID-19 infection statistics continue to raise concerns.

The NCHSAA stated in their response to Cooper's plan that they are "in better position to make informed decisions concerning if, when and how to resume athletic competition."

Fall sports deemed "low risk" by the NCHSAA's guide are cross country, golf and tennis. Higher risk sports include football, cheerleading and soccer.

With some students and districts planning for in-person instruction, and some opting for the strictly virtual option this fall, it is far from certain just what the sports season may look like in our state.

Please note that this is a developing story. For the latest on high school sports in North Carolina, visit www.nchsaa.org or find the NCHSAA on social media.

To view Onslow County Schools' reopening information, visit www.onslow.k12.nc.us. For information pertaining to schools on base, visit www.dodea.edu/return-to-school.cfm and the Camp Lejeune Community Schools Facebook page.

Q&A Instructor of the Week: Hailey Czigler

BY CALVIN SHOMAKER
Sports Writer

Q: Tell me about your athletic and educational background and how it inspired you to become a fitness instructor.

A: I've always been really active. My dad got me into sports at a young age. I played four years of varsity basketball at White Oak High School and went one year to Brunswick Community College. Then I transferred to UNCW, did a little bit of club basketball and now I am a runner. I've done a couple half marathons and am training for a full.

I've always been into weight training. I really just fell in love with

strength and conditioning in college because I want to work with athletes. I have a passion for sports. I'm a huge sports fan, and that's another reason why I like weight training and helping athletes and Marines get better.

Q: Do you have a certain instruction specialty?

A: Running. I've read a few books about training for marathons and half marathons and stuff like that, so if anyone wants training specific to running I can help.

Q: What do you enjoy most about being a HITT instructor?

A: Just seeing people improve and working with

Marines. They are definitely a fun group of people to work with.

Q: How would you describe your approach to coaching?

A: I try to make sure when I'm coaching not to over explain things. I try to come at it with a simple approach, because I know they've probably never studied exercise science. So I want to be able to help them in the best way I can, be approachable and give them little cues here and there to motivate them to get through that last rep or run that last sprint and be a motivating person.

SEE CZIGLER 6A ▶

TITLE:
High Intensity Tactical Training (HITT) Instructor

HOMETOWN:
Jacksonville, NC

EDUCATION:
B.S. in Exercise Science from the University of North Carolina at Wilmington

CERTIFICATIONS:

- Certified Strength & Conditioning Specialist
- USA Olympic Weightlifting Level 1



Photo by Calvin Shomaker
HITT Instructor Hailey Czigler is a graduate of White Oak High School, former basketball player and active runner training for a full marathon.



Photo courtesy of the Marine Corps Marathon

No Live Events for the 2020 MCM Weekend

BY MARINE CORPS MARATHON
Media Release

The 2020 Marine Corps Marathon (MCM) Weekend events scheduled for Friday, Oct. 23 through Sunday, Oct. 25 in Arlington, Virginia and the nation's capital, will shift to virtual-only status due to ongoing public health concerns and the guidelines of local governments.

"We explored various approaches to safely execute a live event and held numerous meetings with Marine Corps leadership, local government and public health officials," said Rick Nealis, director of the Marine Corps Marathon Organization (MCMO). "We understand this is disappointing news for many, but we could no longer envision a way to gather together in compliance with safety guidelines. While we are unable to celebrate in-person this October, we are excited about the opportunity to bring the 45th anniversary event to the homes of runners around the world through a rewarding and engaging virtual experience."

"Health and safety are our top priorities during this challenging time," said Libby Garvey, Arlington County Board Chair. "The Marine Corps Marathon is a treasured event and tradition in our community that Arlingtonians look forward to each year. As we celebrate the race's 45th anniversary this year, we will be enthusiastically and virtually cheering on each runner. We can't wait to welcome these dedicated athletes and fans back to Arlington in person in 2021."

The virtual MCM Weekend events including the MCM, MCM10K, MCM50K and the MCM Semper Fun Mile must be completed between October 1 and November 10, the Marine Corps Birthday. All participants will receive the corresponding participant shirt, commemorative bib, patch and/or finisher medal. Runners will also have access to an online event program, personalized finisher certificate, the MCM Audio Experience and several new digital engagement platforms. Further instructions and a link to the registra-

tion change form will be sent this week to the e-mail address provided by participants during registration. The deadline for currently registered runners to take action on the change form is Aug. 5, 2020.

Runners currently in the live MCM or MC-M50K category have the option to:

- Defer entry to a future year (2021, 2022 or 2023) of the runner's choice at no additional fee; (These runners will have a guaranteed virtual entry available for purchase for 24 hours following initiation of the deferment process.)
- Request a full registration refund including carbo dining tickets and bib mail out, if purchased.

Runners who already deferred to a future year and paid a deferment fee will receive an automatic refund of the \$30 fee and have the option to:

- Remain deferred for 2021, 2022 or 2023; or
- Request a full registration refund including carbo dining tickets

and bib mail out, if purchased.

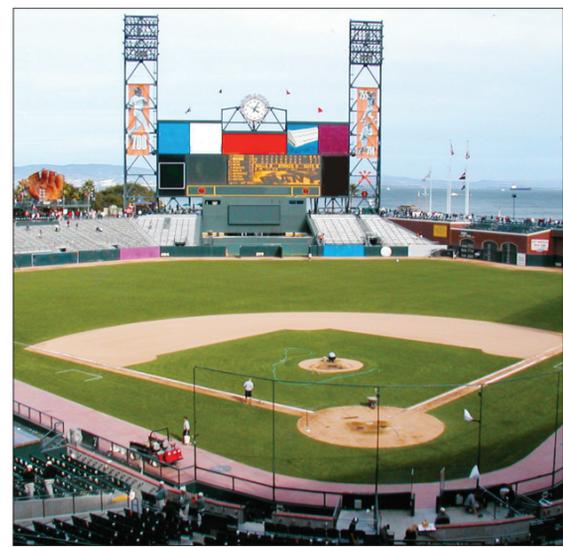
Runners who previously transferred directly from the live to the virtual event have the option to:

- Request a partial refund of the registration fee minus the \$45 virtual entry fee; or
- Cancel registration and request a full registration refund including carbo dining tickets and bib mail out, if purchased.

Virtual event registration is open to the public. Entry fees are \$45 for the MCM and MCM50K; \$33 for the MCM10K; and \$20 for the Semper Fun Mile.

Refunds of registration fees will be processed beginning on Aug. 6, 2020 and may take between four to six weeks. Processing fees will not be refunded.

In addition to marking its 45th anniversary, this year's MCM commemorates the 75th anniversary of the Battle of Iwo Jima by featuring actual volcanic ash collected at that site within the event medal.



Major League Baseball returns tonight on ESPN

BY CALVIN SHOMAKER
Sports Writer

The MLB All-Star game - the Midsummer Classic - would have been played this month had the season begun as scheduled; however, due to COVID-19, Opening Day was moved to July and the 2020 All-Star Game was scratched.

The MLB season officially begins tonight at 7:00 p.m. with Yankees at Nationals followed by Giants at Dodgers at 10 p.m. Both games, which will air live on ESPN, each feature a three-time

Cy Young Award-winning pitcher. Washington's Max Scherzer (2013, 2016, 2017) faces Gerrit Cole and L.A.'s Clayton Kershaw (2011, 2013, 2014) is slated to go up against Johnny Cueto.

The 60-game regular season consists of 40 divisional matchups for each team with 20 interleague games through Sept. 27. Interesting rule changes for this season include universal designated hitters for both leagues, a three-batter minimum per pitcher and a mandate to start extra innings with a runner on second base.

► **CZIGLER** from 5A

Q: What are some important aspects of fitness training?

A: I believe in being able to recover properly, because if you're not recovering properly it can hinder your next day's performance. Also, working on mobility, because if you can't move well you sort of set yourself up for an injury. You don't need to put a ton of weight on the bar to show that you're the best in the gym. You can just move well, work your way up and you'll see gains.

Q: How can Marines benefit from utilizing the Camp Lejeune HITT Center and its team?

A: We can help them move better. We can help them make individualized strength and conditioning programs for themselves, if they don't want to

come to HITT sessions and they just want an actual program for their specific goals. We really love working with them, so we definitely want them to come here and get better. It makes our job fun.

For more information on the Camp Lejeune HITT program visit the Camp Lejeune HITT Center at Bldg. 401 across from the field house, call (910) 451-0122 or go online to <http://www.mccslejeune-newriver.com/hitt>.

Editor's Note: Do you know a fitness, exercise or sports instructor that is deserving of recognition? Nominate them by sending an email to cshomaker@camp-lejeuneglobe.com or calling (910) 451-7421.

Moonlight Kayaking Tour (Ages 16+)

July 31, 7:30 p.m. 9:30 p.m., Gottschalk Marina, MCB Camp Lejeune

Experience Camp Lejeune at night on the water. Let the full moon guide you on a tour along the water's edge. Cost is \$20 per person. Register online at www.mccslejeune-newriver.com/outdoor or at the Outdoor Adventures office by Gottschalk Marina.

Intramural Softball Leagues

Register by Aug. 3, Goettge Field House, MCB Camp Lejeune and Bldg. AS-612, MCAS New River

Open to all active duty military only. Teams must register with the appropriate base. Games will be held on weeknights from 6 p.m. to 10 p.m. beginning Aug. 10. Register by Aug. 3 online at www.mccslejeune-newriver.com/sports or by visiting the sports branch offices at Goettge Memorial Field House on MCB Camp Lejeune or Bldg. AS-4400 on MCAS New River. For more information, call (910) 451-2061 for the Camp Lejeune league and (910) 449-5844 for New River.

3 Day Golf Mini Camp (ages 6-9)

Aug. 3 to Aug. 5, 9 a.m. to 10:15 a.m., Paradise Point Golf Course, MCB Camp Lejeune

All skills levels are welcome. Participants get to play on the course the third day. Cost is \$40 per child. Space is limited. Open to the public. For more information or to register call (910) 451-5445.

Red & White Golf Tournament

Aug. 8, 9 a.m. to Aug. 9, 2 p.m., Paradise Point Golf Course, MCB Camp Lejeune

This team based tournament consists of two 18-hole rounds, one round four ball net and one round of individual matches. Entry fee is \$30 excluding cart or greens fees. Register at the Paradise Point Pro Shop by 5 p.m. on Aug. 4. For more information, call (910) 451-5445.

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.campjeuneglobe.com.



3 Day Golf Mini Camp (ages 10-12)

Aug. 10 to Aug. 12, 9 a.m. to 10:15 a.m., Paradise Point Golf Course, MCB Camp Lejeune

All skills levels are welcome. Participants get to play on the course the third day. Cost is \$40 per child. Space is limited. Open to the public. For more information or to register, call (910) 451-5445.

Junior Base Championship

Aug. 15, 2 p.m. to Aug. 16, 5 p.m., Paradise Point Golf Course, MCB Camp Lejeune

Season champions will be declared in this final tournament of the Junior Golf League season at Paradise Point Golf Course. Tournament consists of two nine-hole rounds with three age divisions for boys and girls ages six through 17. Cost is \$10. Register by Aug. 10 at the pro shop. For more information, call (910) 451-5445.

Free Archery Day Pass

Aug. 15, 10 a.m. to 2 p.m., McIntyre-Parks Recreational Shooting Complex, MCB Camp Lejeune

Bow rentals not included. Open to all authorized patrons and their guests. For more information, call (910) 451-3889.

Base Championship

Aug. 22, 9 a.m. to Aug. 23, 2 p.m., Paradise Point Golf Course, MCB Camp Lejeune

Compete for a chance to be named the 2020 Camp Lejeune Golf Champion. Register by Aug. 19. Cost is \$25 per golfer, plus cart and greens fee. Tournament consists of two 18-hole rounds scored by stroke play both gross and net. Players must have a USGA handicap. For more information, visit www.mccslejeune-newriver.com/golf or call (910) 451-5445.

\$5 Fridays Archery Day Pass

Fridays through Sept. 4, 10 a.m. to 4 p.m., McIntyre-Parks Recreational Shooting Complex, R-100 Old Sawmill Road, MCB Camp Lejeune

Take advantage of this five dollar Archery Day Pass special on Fridays. Special does not include a bow rental. Event is open to all authorized patrons and their guests. Remember to use proper social distancing measures. For more information, call (910) 451-3889 or visit www.mccslejeune-newriver.com/shoot.

Time to Rally.

support local.

Now is the time to rally behind local business.

USA TODAY's Support Local initiative is sparking communities across the country to take action and make it happen.



Say **'thank you'** to the local businesses you love by purchasing gift cards and online services, or add your own business to our **free listings** to receive support from your community.

Please visit supportlocal.usatoday.com to join the cause.



Congressman Murphy visits Intrepid Spirit to discuss TBI treatment

Photo by Lance Cpl. Ginnie Lee

Congressman Greg Murphy, R-N.C., visits the Intrepid Spirit Concussion Recovery Center on July 8, 2020 aboard Marine Corps Base Camp Lejeune. Cmdr. Diana Fu, Director of the Intrepid Spirit Center, discusses the benefits of the Serenity Room with Rep. Murphy.



Congressman Greg Murphy, R-N.C., visits the Intrepid Spirit Concussion Recovery Center (ISRC) on Marine Corps Base Camp Lejeune, July 8. Representative Murphy discussed with providers the various services the clinic provides Marines and Sailors who may have suffered a Traumatic Brain Injury or TBI.



Representative Murphy takes a tour of the facility alongside service members and providers. The ISRC provides integrated, holistic and interdisciplinary care for service members who have sustained a concussion.

NMRTC Camp Lejeune/NMCCCL Change of Command



Photos by NMCCCL Public Affairs

U.S. Navy Captain Jeffrey W. Timby relinquishes command of Navy Medicine and Readiness Training Command (NMRTC) Camp Lejeune/Naval Medical Center Camp Lejeune to Captain Reginald S. Ewing III during a change of command ceremony on Marine Corps Base Camp Lejeune, July 16. Rear Admiral Darin K. Via, Commander, Naval Medical Forces Atlantic, acted as presiding officer.

THIS WEEK IN ENTERTAINMENT...



Photo courtesy of IFC Films

Kay (Emily Mortimer) is concerned about her mom Edna's (Robyn Nevin) behavior.

'Relic' is filled with fear, but finale fizzles out

ED SYMKUS
More Content Now

The opening shot, and the sounds that accompany it, are creepy: a close-up of water slowly spilling down carpeted steps, and unnerving noises that would have fit comfortably in "Eraserhead."

Then it gets eerier, with a shot revealing where that water, now moving across the floor, is going: toward a naked, shivering, elderly woman who's standing in front of a Christmas tree.

It quickly cuts to sometime later, as Kay (Emily Mortimer) and her adult daughter Sam (Bella Heathcote) are driving up to that same house because Kay has been told by a neighbor friend that her mother, Edna, hasn't been seen for a few days.

The set-up is presented quickly and in spare style.

No one is home, but the place definitely looks lived in. A short while later, filing a missing person report at a police station, Kay says her mom flooded the house last Christmas (ah, yes, that opening scene), and when she spoke to her on the phone a few weeks ago, mom said she was hearing weird sounds and that things in the house were moving around on their own.

Set in rural Australia, and directed and co-written (with Christian White) by first-time feature filmmaker Natalie Erika James, "Relic" presents a tale that, unfortunately, many of us can identify with. Much of it is about an older parent showing signs of dementia, and her child and, in turn her grandchild, not knowing how to handle the situation. That, at least, is what

makes up the spine of the story. In addition, there's an insidious element concerning what might be a presence in the house.

While settling in to figure out their next move, Kay and Sam - sometimes separately, sometimes together - discover that Edna, is a hoarder, that she writes Post-it Notes to herself ("Turn off" next to a light switch; "Flush" in the bathroom; "Don't follow it" with no reference tip). And they start hearing loud bumps and soft scraping sounds that appear to be coming from the walls.

But the strangest discovery is, when they hear a kettle whistling, and neither one of them put it on, they find Edna (Robyn Nevin) standing in the kitchen, calmly waiting to make a cup of tea.

The immediate ques-

tion: "Where have you been?" The calm answer: "I went out." Later on, Kay asks Edna another question: "Why is there blood on your nightgown?" But Edna just changes the subject. The questions keep coming. The answers are evaded or ignored.

The script offers up small bits about all three women. Edna is popping in and out of reality. She can look confused and she can appear fierce. She also has a hobby of carving large candles with sharp knives, so it's not much fun to be around her in her fierce moods. Kay is tired, forlorn, upset. She's checked out a retirement home for Edna because she's worried about her being alone, but she's still not sure it's the right thing to do. Sam is caught up in the mystery of the house,

and lets curiosity get in the way of common sense.

What the script does well is present a sinister atmosphere that puts all three characters in what might be dangerous situations, and at the same time, makes viewers feel sympathy for all of them.

What it doesn't do well enough is explain things. There's a casual mention of another building that was once on the property, and that a window from it was installed in the current house. And there's a hint of a curse, or something like it. Do we see someone's hand flash by one of our protagonists in the middle of the night? Is there or is there not something moving under Edna's bed? Things like that are purposely not made clear, but others are. Suffice it to say, Sam's curiosity definitely gets the

best of her, Kay spends a great deal of time pondering in silence, and Edna is slipping away. Events in the house get intense, then terrifying, and there's even a brief amount of gore.

That's all fine. This is, after all, a psychological horror film. It packs some punches, and it all comes together in a visually and emotionally haunting ending. It's really too bad that the ending doesn't make much sense.

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 Curfiss Rd., Air Station
FRIDAY Free showing: "Saving Private Ryan," (1998), R, 6:30 p.m. SATURDAY Free showing: "Secret Life Of Pets," (2016), PG, 2 p.m. "Avengers: Infinity War," PG-13, 5:30 p.m. SUNDAY Free showing: "Harry Potter & The Order Of the Phoenix," (2007), PG-13, 3:30 p.m.	The Midway Park Theater will remain closed for renovations.	FRIDAY Free showing: "Mrs Doubtfire," (1993) PG-13, 6 p.m. SATURDAY Free showing: "Coco," (2017), PG, 4 p.m. "Steel Magnolias," (1989), PG, 7 p.m. SUNDAY Free showing: "Pirates of the Caribbean: On Stranger Tides," (2011), PG-13, 2 p.m.

MCCS WE'RE PROUD TO SERVE YOU

Tickets and concessions open 30 minutes prior to movie time.
Pricing: \$4 Adults, \$3 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>.

Back to School Flamingle with School Liaisons July 28 & 30, 10 a.m. to noon

Visit the School Liaison Office to get information about the upcoming school year. Craft kits will be handed out to kids and parents will receive school resources. local MCCS education groups will be in attendance and new families to the area are encouraged to attend or call **(910) 449-9749** for more information.

Within My Reach Series: How to Avoid a Relationship DUI July 27, 9 a.m. to noon

This workshop teaches participants the skills to sustain better relationships. The class is not intended for couples to attend together. For more information, call **(910) 451-5960**.

Nurturing Fathers Program July 28, 9 a.m. - noon

This class provides men with the opportunity to learn how to be a nurturing parent. Participants will learn how to have a strong relationship with their child, how to discipline without resorting to violence, how to manage anger, balance work and family life and use a team building philosophy. Open to all Marines, Sailors, retirees and eligible dependents who are fathers or soon to be fathers. *This series is held on Tuesdays & Thursdays for 12 sessions (excluding holidays). This class requires registration. For information, call **(910) 451-5960**.

Investing/TSP July 28, 9 a.m. - 11:30 a.m.

This class explores how to use saving and investing to achieve financial security. It covers topics such as using compound interest and time to your advantage, saving and investing vehicles, emergency savings, money market savings, CDs, inflation, bonds, stocks, TSP, mutual funds, the Savings Deposit Program (SDP), individual retirement accounts (IRAs), and stock markets. This class requires registration. For information, call **(910) 451-3219**

Homeschooling 101 July 29, 6 p.m. - 8 p.m.

Concerned about impacts from COVID-19 and considering homeschooling? This class will cover what points to examine before making a decision. How and when to legally register, state requirements, local support and resources. This class is only open to active-duty families due to class size limits for social distancing. Space is limited. For information, call **(910) 449-991**.

Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Bouncer. I am a male, black, mixed breed, medium (up to 44 lbs fully grown). I am 2 years old.

Pet ID# 45053715



My name is Toast. I am a male, neutered domestic shorthair mix. The shelter thinks I am 2 years old.

Pet ID# 44950661

The Onslow County Animal Shelter adoptions hours are Tuesday through Friday from noon to 4:30 p.m. and Saturday from 10 a.m. to 3:30 p.m., by appointment only.

Stray intake, owner reclamation, rabies vaccinations and adoptions by appointment only. No-contact donation drop-offs are available. The animals shelter needs pet foster parents on a short term basis. Call **(910) 937-1164** for information about becoming a pet foster parent.

To see more photographs of pets available for adoption, visit www.onslowcountync.gov/AnimalServices. For more information, email animalservices@onslowcountync.gov or call **(910) 455-0182**.

Onslow to hold Saturday Immunization Outreaches July 25, Aug. 8

COURTESY STORY
Onslow County Health Department

The Onslow County Health Department (OCHD) plans to host two immunization outreaches at the Onslow County Consolidated Human Services building at 612 College Street in Jacksonville. The immunization outreaches will take place on July 25 and Aug. 8, from 10 a.m. to 2 p.m. by appointment only. Appointments can be made by calling 910-347-2154 extension 8810, Monday through Friday from 8 a.m. to 5 p.m. There are no out of pocket costs. Insurances will be billed and for those without insurance vaccines are provided at no cost through the Vaccines for Children Program.

“We feel it is our duty as public health care professionals to take care of our community through the use of education, awareness, and preventive care,” said Kristen Richmond-Hoover, director, Onslow County Health Department. “It is extremely important that our community takes immunization seriously especially during the ongoing COVID-19 pandemic.”



Courtesy photo

Schools (OCS) partner together annually to provide the North Carolina State required vaccines and other recommended vaccines to all middle and high school students at their schools. This partnership has been an ongoing effort to help parents save time, money, loss of work, and academia. Due to new COVID-19 restrictions, the

outreaches will take place off school grounds this year. “We usually offer these specific vaccines onsite at each middle and high school through our Samuel L. Katz award-winning School Immunization Initiative collaboration with the Onslow County Schools,” said Whitney Jezek, child health

nursing supervisor for Onslow County Health Department. “With the present COVID19 school rotation schedule, we would most likely not be able to provide the vaccines in the schools before the 30-day suspension deadline. At this time the State has not waived or relaxed the laws for either the vaccines or the required

school physical when entering a North Carolina school for the first time like they did for the sports physical.” Masks are still required inside the building. Adults will be limited to 1 parent or guardian per child receiving vaccinations. Walk-ins will not be accepted. This is to help maintain social distancing guidelines.

How to build your house



BY LT. RAINELL CANNON
Headquarters and Support Battalion

We can build all types and styles of beautiful homes all over the world but where the homes are located may cause the structure to depreciate in value simply because of the neighborhood and the lack of upkeep of the homes located in the area. Foundations are very important, the decision of what kind of foundation is even more important when considering the appearance of the house and its structure.

There are many different types of foundations, like slab foundations, wood foundation, concrete foundations or container foundations. Regardless of what kind of foundation we build our home on there is an even greater question, what are we

building our foundation on?

I am using the analogy of building a home as a way to speak to our relationship with God or our potential to have a relationship with God. God has created all types of people who live all over the world from different communities, cultures, and countries. Regardless of where we live or come from, if we allow God to be our God then he should be what we choose our foundation to be built on. We need to ask ourselves the question: do we choose God as our personal Savior, are we willing to study the word and live in the word, are we willing to pray, are we willing to worship God with our whole heart and are we willing to be committed to God no matter what?

When we choose to follow God and to become an example of God teaching, we choose to stop following the world, and then we begin to learn how to become leaders of God's people through teachings and

examples of Jesus Christ. The teaching of Christ is the strongest ministry in the world and the best material to build a lifelong foundation on. When we begin building a relationship with God, it means that we are communicating with God and we are receiving communication from God. When God speaks, the spirit of God is sharing with us while teaching through word and through examples.

The decision to walk away from the world and its teachings, ideals, and values is the only way to strengthen our relationship with God. There is no such thing as a partial relationship, God is an all or nothing God.

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



SUMMER STORAGE SPECIAL

50% OFF ON ANY UNIT*

MILITARY & FIRST RESPONDERS (3 MONTH MINIMUM)

One time \$25 admin fee applies. Must pre-pay at the time of rental. required at time of rental. Cannot be combined with any other offers. Supplies limited and some restrictions apply. See office for more details. Offer expires 7/31/20

NEWPORT MINI STORAGE

(252) 777-0145

457 Tom Mann Road
(Behind Bogue RV 70)

newportministorage.com

LIMITED SPACE - RESERVE FOR FREE NOW!

SUPERHEROES WANTED




Earn up to \$240 this month & \$100 this week!

Donate life saving plasma. You have the power to save lives!

Schedule an appointment at biotestplasma.com

<p>Biotest Plasma Center 1213 Country Club Road Jacksonville, NC 28546 910-353-4888</p>	<p>Biotest Plasma Center 113 Yopp Road Jacksonville, NC 28540 910-463-2603</p>
---	--

Biotest
From Nature for Life

[BiotestPlasmaCenterJacksonville](https://www.facebook.com/BiotestPlasmaCenterJacksonville)
[@BPCJacksonville](https://twitter.com/BPCJacksonville)

Give and get back more!

WE ARE OPEN

New & Existing Patients! Most Insurance Accepted!

Opioid Use Disorder Treatment Suboxone

Request Virtual Appointment

Normal Office Hours

TELEMED/TELEHEALTH

- Established and New Patients
- Telehealth consultation/Treatment
- Anywhere in North Carolina
- Medication Assisted Treatment
- Counseling

Call for an Appointment Within 24 - 48 Hours



Solas Health

(910) 295-7246

www.telemednc.com

There is A Solution!

At Solas Health, we are in network with 25 major insurances, including NC Medicaid, BCBS, Medicare, Tricare, CHAMPVA, Aetna, Cigna, many others.



SUMMER CLEARANCE EVENT



0% APR FOR 72 MONTHS PLUS NO PAYMENTS FOR 90 DAYS

2020 CHRYSLER PACIFICA & PACIFICA HYBRID



2020 JEEP COMPASS



2020 DODGE DURANGO CITADEL



2020 JEEP GRAND CHEROKEE
(LIMITED, TRAILHAWK, OVERLAND, SUMMIT)



2019 PROMASTER & PROMASTER CITY



2020 RAM 1500 BIG HORN



EMPLOYEE PRICING CONTINUES

2020 JEEP GLADIATOR



2020 CHRYSLER PACIFICA HYBRID



2223 N. MARINE BLVD • JACKSONVILLE, NC
910-347-3777 • WWW.NATIONALDODGE.COM