



- SMMC visits MCAS Beaufort 3A
- Marine Wrestlers prep for return 5A
- DeLalio honored 8A



Pshoto by Lance Cpl. Christian Ayers

U.S. Navy Capt. Jim Brown, commander of Officer in Charge of Construction-Florence, gives a speech during the commissioning ceremony for OICC-Florence at Marston Pavilion on Marine Corps Base Camp Lejeune, July 28. The command’s primary mission is to deliver both military construction and minor construction/repair projects enabling the recovery of facilities from the effects of Hurricane Florence at MCB Camp Lejeune, Marine Corps Air Station New River and MCAS Cherry Point. The command will also oversee projects supporting the deployment of the F-35 Joint Strike Fighter platform at MCAS Cherry Point. In total, the command will deliver 33 MILCON projects and 140 repair projects with a total value of \$3.6 billion between fiscal year 20 and fiscal year 25.

Brown takes helm of new NAVFAC Command, Officer in Charge of Construction – Florence, to oversee \$3.6B hurricane recovery effort

BY MCIEAST-MCB CAMP LEJEUNE
COMMSTRAT
Press Release

Installations in Eastern North Carolina took an important step on their path to recovery following Hurricane Florence with a commissioning ceremony held Tuesday at Marston Pavilion to officially recognize Officer in Charge of Construction – Florence, a new Naval Facilities Engineering Command (NAVFAC) which will be led by U.S. Navy Capt. Jim Brown.

The command’s primary mission

is to deliver both military construction (MILCON) and minor construction and repair projects enabling the recovery of facilities from the effects of Hurricane Florence at Marine Corps Base Camp Lejeune and Marine Corps Air Stations New River and Cherry Point.

The command will also oversee projects supporting the deployment of the F-35 Joint Strike Fighter platform at MCAS Cherry Point. In total, the command will deliver 33 MILCON projects and 140 repair projects with a total value of \$3.6 billion between Fiscal Year 20 and FY25.

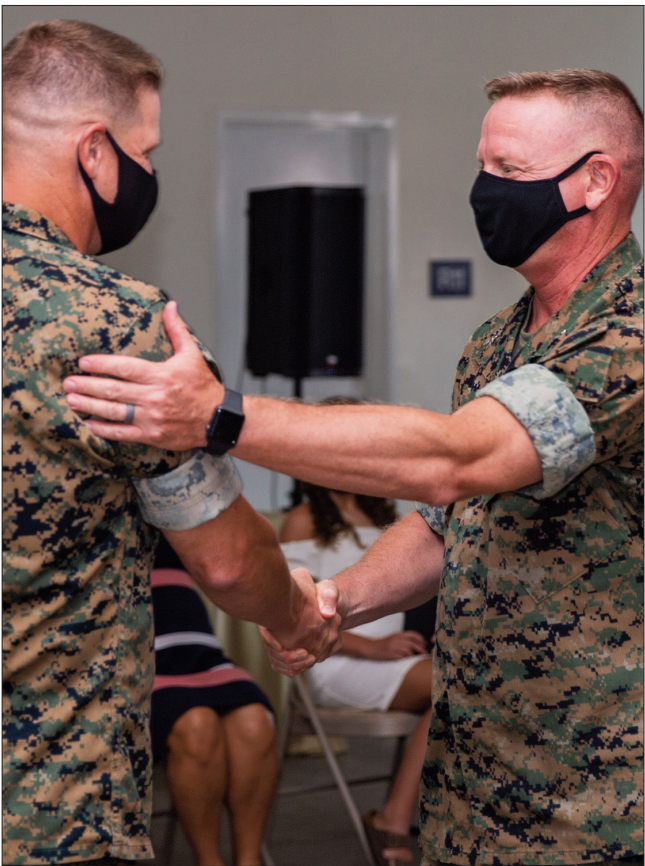
Initially stood up last October, OICC-Florence currently consists of about 110 civil engineer corps officers, civilians and contractors. The command is expected to top out at approximately 170 members by early FY21. It will have two main field offices: Resident Officer in Charge of Construction-Florence Camp Lejeune (for MCB Camp Lejeune and MCAS New River) and RO-ICC-Florence Cherry Point.

Rear Adm. Dean VanderLey, commander, NAVFAC Atlantic, presided over the ceremony and expressed optimism about the difficult mission ahead

for the new command. “This is going to be no small task, but I’m confident that we’ve put together the A-team here.”

After reading his formal appointment orders, Capt. Brown went a step further in defining the command’s ultimate purpose. “We have (junior Marines) who are counting on us to return what was broken in Florence. We owe it to them and we owe it to Congress who has resourced this effort to get it done and return this capability set to the Marine Corps.” Turning to VanderLey, he said, “I’m humbled to serve and I’m clear on what’s expected of me, sir. Mission accepted.”

Deployment Processing Command/ Reserve Support Unit-East welcomes new commander



U.S. Marine Corps Col. Michael J. Corrado, right, outgoing commanding officer of the Deployment Processing Command/ Reserve Support Unit-East, congratulates Col. Brian Miller, left, incoming commanding officer of DPC/RSU-East, after relinquishing command during a change of command ceremony on Marine Corps Base Camp Lejeune, North Carolina, July 17.



Photos by Lance Cpl. Christian Ayers

U.S. Marine Corps Col. Michael J. Corrado, right, outgoing commanding officer of the Deployment Processing Command/ Reserve Support Unit-East, presents the colors and relinquishes command to Col. Brian Miller, left, incoming commanding officer of DPC/RSU-East, during a change of command ceremony on Marine Corps Base Camp Lejeune, North Carolina, July 17. The change of command formally transferred authority and responsibility of DPC/RSU-East from Corrado to Miller.

2d. Intel Bn. rehearses Tactical Remote Sensor System setup



Photos by Lance Cpl. Haley McMenamin

U.S. Marine Corps Lance Cpl. Michaelang Woods, a surveillance sensor operator with 2nd Intelligence Battalion, II Marine Expeditionary Force Information Group, provides security during a patrol to set up a Tactical Remote Sensor System at Marine Corps Base Camp Lejeune, July 17. The TRSS is the program of record for satisfying current and future Marine Corps requirements for continuous, all-weather detection, monitoring and secure reporting of enemy activity within a designated area of operations.



U.S. Marines with 2nd Intelligence Battalion, II Marine Expeditionary Force Information Group, cross a road during a patrol to set up a Tactical Remote Sensor System.



A U.S. Marine digs a hole to place a Seismic-Acoustic Cable in the ground during a patrol.

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!



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@camplejeuneglobe.com

Sports Writer
Calvin Shomaker
cshomaker@camplejeuneglobe.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.

Sgt. Maj. of the Marine Corps visits MCAS Beaufort



Photo by Lance Cpl. Nicholas Buss

Sgt. Maj. Troy E. Black, 19th Sergeant Major of the Marine Corps, is escorted by a Marine during a visit to Marine Corps Air Station Beaufort, South Carolina, July 21. Black toured Marine Aviation Logistics Squadron (MALS) 31 Ordnance department, MALS-31 Aviation Supply complex and Marine All Weather Fighter Attack Squadron 533 to speak with Marines ahead of their deployment.

79 years of faithful service



Photos by Lance Cpl. Jacqueline Parsons

(Top) U.S. Marine Corps Lt. Col. Matthew Dowden, commanding officer of 2d Tank Battalion, 2d Marine Division (MARDIV), gives remarks during the deactivation ceremony of Charlie Company, 2d Tank Battalion on Camp Lejeune, North Carolina, July 24. Company C cased their organizational colors during the ceremony, the first company in 2d Tank Battalion to deactivate. In accordance with Marine Corps Force Design 2030, 2d Tank Battalion will be deactivated and divested of next year to optimize the Corps for naval expeditionary warfare.

V22 conducts night live-fire



Photos by Lance Cpl. Reine Whitaker

U.S. Marines with Golf Company, V22, suppress an enemy target during a night live-fire range at Fort A.P. Hill, Virginia, July 19. Live-fire training environments aim to improve Marine combat effectiveness and readiness.

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](https://www.biotestplasma.com)

Biotest Plasma Center
1213 Country Club Road
Jacksonville NC 28546
(910)353-4888

Biotest Plasma Center
113 Yopp Road
Jacksonville NC 28540
(910)463-2603



From Nature for Life

[f](https://www.facebook.com/BiotestPlasmaCenterJacksonville) Biotest Plasma Center Jacksonville

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

Give and get back more!

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/ASCI
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

**Shape
your future
APPLY NOW >**

United States®
**Census
2020**



Photos by Cpl. Micha Pierce

U.S. Navy Lt. Cmdr. Thomas Bingol, chaplain for Marine Corps Air Station (MCAS) Cherry Point, applies oil in the shape of a cross on an attendee’s hand during a “Blessing of the Hands” event at Naval Health Clinic Cherry Point (NHCCP), MCAS Cherry Point, July 20. During the ceremony, participants formed a circle and extended their hands to receive a blessing. Bingol applied a Chrism, a concentrated oil, in the sign of the cross to each participant’s hand.



U.S. Navy Lt. Cmdr. Thomas Bingol, left, chaplain for Marine Corps Air Station (MCAS) Cherry Point, blesses the hands of a Sailor during a “Blessing of the Hands” event at Naval Health Clinic Cherry Point.

MCAS Cherry Point honors nurses with ‘Blessing of the Hands’

BY LANCE CPL. MICHA PIERCE

MCAS Cherry Point

U.S. Navy Lt. Cmdr. Thomas Bingol, chaplain for Marine Corps Air Station Cherry Point, held the second annual “Blessing of the Hands” event at the Naval Health Clinic Cherry Point pavilion, Marine Corps Air Station Cherry Point, North Carolina, July 20.

The “Blessing of the Hands” event is a hospital tradition practiced around the nation during Nurses Week, honoring nurses and the work they do. It is a general order of blessings that was made unique

for nurses, passed down by various generations of navy chaplains who have served in hospitals.

“The blessing of hands is a unique opportunity for a public witness of a pastoral act of recognition of the nursing vocation,” said Bingol.

The ceremony begins with a prayer for nurses and other medical professionals, thanking them for their service and for their sacrifice. Participants then form a circle and extend their hands to receive a blessing. A Chrism, a concentrated oil, is then applied in the sign of the cross to the participant’s hand.



The certificate given to attendees of a “Blessing of the Hands” event. Blessing of the Hands events are held for nurses and other medical professionals at Naval Health Clinic Cherry Point to thank them for all that they do.




Schwab is proud to be the exclusive provider of wealth management and investment brokerage services for USAA members. To the men and women who have served our country—and their families—it’s our honor to be part of your lives and your financial future.

Because we share the guiding principle of putting clients first, you can still expect to receive the service, value, and integrity you deserve. And you can be assured of our unwavering commitment to you, your family, and the military community.

Together, we stand ready to serve you.


Charles R. Schwab
Chairman & Founder
The Charles Schwab Corporation




Thomas B. Fargo
Admiral, U.S. Navy (Ret.)
Chairman of the Board, USAA



USAA means United Services Automobile Association and its affiliates.
Use of the term “member” or “membership” refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change.
USAA Investment Services Company (ISCO), a registered broker-dealer and a registered investment adviser, provides referral and marketing services on behalf of Charles Schwab & Co., Inc. (Schwab), a dually registered investment adviser and broker-dealer. Schwab compensates ISCO for these services.
© 2020 USAA. 271566 - 0620



Photos by Calvin Shomaker

U.S. Marine Corps Sgt. Raymond Bunker bends over backwards with a speed dummy during a training session with the All-Marine Wrestling Team at the High Intensity Tactical Training (HITT) Center on Marine Corps Base Camp Lejeune, July 10. Bunker, who won gold at the Pan-American Championships in March, is currently the No. 11 ranked Greco-Roman wrestler in the world at 72 kg.

Marine wrestlers set to return to the mat

U.S. Senior Nationals to be held Oct. 9-11

BY CALVIN SHOMAKER
Sports Writer

It's been nearly five months since the All-Marine Wrestling Team has trained like they are accustomed to, on the mat, full speed and physically, but in the coming days and weeks they'll be in return-to-competition mode as they ready for the U.S. Senior Nationals in Coralville, Iowa, Oct. 9-11, following the longest hiatus many in the sport have ever had.

"It's been a roller coaster," said Staff Sgt. John Stefanowicz, the No. 3 ranked Greco-Roman wrestler in the world at 82 kg. "It's been a difficult road, but we've done really well staying inside the guidelines of the CDC, the Marine Corps and the boundaries that have been put forth. We've operated in those limits and have still been able to find oth-

er ways to produce."

Before the pandemic, Stefanowicz and his teammates were producing medals. He and Sgt. Raymond Bunker, ranked No. 11 in the world at 72 kg, each won gold medals at the Pan-American Championships, their last competition, which skyrocketed their world rankings. At the 2019 Greco-Roman Nationals, Capt. Daniel Miller won his second national title at 97 kg.

With the return of competition, the Marines are focused on getting ready to compete for a shot in the Olympics. More than a handful of Marine wrestlers have already qualified for the U.S. Olympic Team Trials, which will be held sometime next year, and others will have one more shot at the Last Chance Qualifier. Though the Nationals won't be an

Olympic Trials qualifier, it could serve as the qualifier for the 2020 World Championships, should United World Wrestling hold the event in Serbia this December.

As concerns over the virus continue, and major sports leagues return to action, Stefanowicz, who serves on USA Wrestling's Board of Directors as an athlete representative, knows there is risk involved, but that the wrestling community and all involved are handling things the right way.

"The one thing that we've done is no matter how important something is to us, like the sport or how lucrative something could be, we've put athlete safety and safety of the sport first," Stefanowicz said. "We haven't been pushing the envelope like you've seen in other

SEE WRESTLING 6A ▶



U.S. Marine Corps Staff Sgt. John Stefanowicz works out during a training session with the All-Marine Wrestling Team at the High Intensity Tactical Training (HITT) Center on Marine Corps Base Camp Lejeune, July 10. Stefanowicz, who won gold at the Pan-American Championships in March, is currently the No. 3 ranked Greco-Roman wrestler in the world at 82 kg.

Q&A Instructor of the Week: Sarah English

BY CALVIN SHOMAKER
Sports Writer

Q: Tell me a bit about HITT.

A: It's a comprehensive strength and conditioning program. Anything that the Marines and Sailors need to be ready to do physically, we can train them to do in an appropriate way, whether that be individually, at the battalion level or squad level. We do all aspects. It's not just coming into the gym and doing what's open. It's having a structured approach to what they're going to do so they can see improvements over time.

Q: What is the most common question you get about HITT?

A: People want to know the difference between CrossFit and HITT. CrossFit is going to be more gymnastics based in a certain aspect, and you don't necessarily have a thought

out plan for potential deployments. The HITT program is specifically designed for peaking at the time that you're going to go for a training package, you're going to deploy or go to an advanced placement course.

Q: How would you describe your approach to coaching?

A: Anything that I do I want there to be a specific reason behind it. I want to move with intention. Anything that I do, or have my athletes do, I want them to know that there is a purpose why we are doing it and explain that so we are not going through the motions or doing something because I told them to. The purpose is to help them get better.

Q: What are some important aspects of fitness training?

A: Strength, mobility and flexibility. Focus on those things with sets, reps and rest in mind.

Q: What would you like Marines to know about how they might benefit from utilizing this facility and its staff?

A: All of our coaches are very educated, and the overwhelming majority were college athletes, so that's not something you're going to find anywhere else. The knowledge base, the experience and the facility that we have to offer, if you were trying to get that out in town or wherever it would cost you, and you can get that free. It gives you individual programs. It can be Olympic lifting, how to do a powerlifting meet or nutrition. Anything like that we can help them with for free.

Q: Is this facility open only for active duty personnel?

A: It's active duty, dependants and reserves. Anybody can come in as long as you have your military ID, but the classes are only for active duty or

TITLE:
Assistant High Intensity Tactical Training (HITT) Program Coordinator, MCB Camp Lejeune

HOMETOWN:
Chinquapin, NC

EDUCATION:
B.S. in Health Fitness Specialist from East Carolina University

CERTIFICATIONS:

- Certified Strength & Conditioning Specialist
- Tactical Strength and Conditioning Facilitator
- NSCA Personal Trainer
- USA Weightlifting
- TRX Level 3

reserves.

For more information on the Camp Lejeune HITT program visit the Camp Lejeune HITT Center at Bldg. 401 across from the



Photo by Calvin Shomaker

Sarah English is an Eastern North Carolina native who serves as the assistant HITT Coordinator for Marine Corps Base Camp Lejeune.

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.



Courtesy photo

Runners compete in the 2017 Marine Corps Half Marathon on Marine Corps Base Camp Lejeune. Due to the pandemic, this is the second time in three years that the Marine Corps Half Marathon and 5-Mile Run has not been able to go on as planned. In 2018, the event was canceled due to Hurricane Florence.

Marine Corps Half Marathon turns to virtual format

BY CALVIN SHOMAKER
Sports Writer

The MCCS Lejeune-New River Grand Prix Series announced on July 24 that the Marine Corps Half Marathon set for Sept. 12 on Marine Corps Base Camp Lejeune is now a virtual-only race, citing “health and safety” concerns in a

Facebook post.

According to the post, 13 and 5 mile options are still available, and runners will receive a commemorative t-shirt, bib and medal. Grand Prix Series runners who completed the 2020 Extreme Endurance and St. Paddy’s Engineer Challenges and compete in the virtual half marathon will earn a Trifecta medal as well.

Race packages will be available for pick-up at Wallace Creek Fitness Center or mailed two to four weeks after registration ends on Sept. 12. Register online at <https://register.chronotrack.com/r/58835>.

For additional information, visit www.mccslejeune-newriver.com/grandprix/mchm.

Pro basketball, hockey leagues set to resume seasons

BY CALVIN SHOMAKER
Sports Writer

NBA to hold playoffs in Florida “bubble”

The National Basketball Association will begin its trek to declaring a league champion beginning Thursday night. Utah takes on New Orleans at 6:30 p.m. in the return-to-play opener before the Clippers and Lakers square off at 9 p.m. in a potential Western Conference Finals preview. Both first-night games will air live on TNT.

A total of 22 NBA teams have traveled to the NBA “bubble” in Florida where they will finish out their seasons at the ESPN Wide World of Sports Complex at Walt Disney World. Each team will play eight seeding games prior to a traditional playoffs.

When the season was suspended in March, the Bucks (53-12) were 6.5 games ahead of Toronto in the Eastern Conference, and the L.A. Lakers (49-14) were 5.5 games in front of the Clippers.



Houston’s James Harden was leading the league in points per game with 34.4.

NHL restarts in Canadian “hubs”

NHL teams officially return to the ice this Saturday in two “hub” cities. The Eastern Conference will play in Toronto, Ontario, Canada and the Western Conference will play in Edmonton, Alberta, Canada up until the conference finals and Stanley Cup Final, all of which will be held at Rogers Place in Edmonton.

The top four teams in each conference will play a round robin tournament to determine seeding. The remaining eight teams



in both conferences will meet an opponent in a best-of-five series to determine who advances to the Stanley Cup Playoffs.

When the season was suspended, Boston was leading the Eastern Conference and the NHL with 44 wins and 100 points, followed by Tampa Bay (43 wins). St. Louis and Colorado, each with 42 wins apiece, were ahead of the rest of the pack in the West.

The Carolina Hurricanes face the New York Rangers in the first NHL matchup since March beginning at 12 p.m. on Saturday. Carolina, who was 35-28, will need to win three of five games to advance to the playoffs.

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.camplejuneglobe.com.

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.

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 USA 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.

Parent and Child Kayak Tour (Ages 8+)

Sept. 18, 6 p.m. to 7:30 p.m., Gottschalk Marina, MCB Camp Lejeune

Take your child on an adventurous kayak trip through the scenic waterways of Camp Lejeune. Space is limited and fills up quickly. Kayak holds two people. Cost \$25 per pair. Register online at www.mccslejeune-newriver.com/outdoor or at the Outdoor Adventures Office. For more information, call (910) 451-1440.

MCCS Fun Run: Paws in the Park 5k

Sept. 19, 8 a.m. to 10 a.m., MCAS New River Marina

Bring your four-legged furry family members to the New River Marina for a fun run or walk. Dress them in their favorite costume for a chance to win fun prizes for the Best Doggy Costume, and enjoy hot dogs after the 5K. Register on site at



U.S. Marine Corps Sgt. Josh Medina, left, and Staff Sgt. John Stefanowicz work on technique during a training session on MCB Camp Lejeune, July 10.

► WRESTLING from 5A

sports because we know how much contact the sport has, and we don’t want to be known as pushing the envelope a little too far and not having the results that we want.”

The result the Marines want to see moving forward, in addition to the well-being of competitors, spectators and their fami-

lies, is to win gold medals in Iowa and rebuild momentum heading into 2021.

Stefanowicz and team will lean on their steady foundation of the All-Marine Wrestling Team, Marine Corps and USA Wrestling to help them continue to soar and show what they’re capable of.

“The team aspect of

this, the camaraderie, the brotherhood, the sisterhood and the family aspect, really has an intangible effect and is something that we are very fortunate to have.”

For more information on USA Wrestling events and safety guidelines, visit www.teamusa.org/USA-Wrestling.

8:00 a.m. before the race begins at 8:30 a.m. Do just one mile or all three. First-time MCCS Fun Run participants receive a free t-shirt. This run is free to authorized patrons and their guests. For more information, call (910) 450-1687.

Xtreme Family Fun Night

Thursdays, 6 p.m. to 8 p.m., New River Bowling Center, MCAS New River

Cost for cosmic, blacklight bowling is \$20 per lane for two hours with up to 5 bowlers and shoes included. For more information, call (910) 449-4921.

Remembrance Run

Oct. 10, 8 a.m. to 11 a.m., Camp Johnson

This run pays tribute to those who paid the ultimate sacrifice defending our country. Runners will have the choice to run either the 10K or 5K. The 10K course will take runners off Camp Johnson and through the Lejeune Memorial Gardens. Each finisher will receive a commemorative shirt and finisher medal. This race is open to only DoD ID card holders and their guests. For the registration link, visit www.mccslejeune-newriver.com/fitness.

Hard Corps Powerlifting Competition

Oct. 24, 10 a.m., Stone Bay Fitness Center, MCB Camp Lejeune

Compete in Full Power, Push-Pull, Bench Press or all three events. Competitors will be divided into three experience categories (novice, master or open) and eight weight classes for both men and women. The top three lifters in each category, selected by the Wilks formula, receive a medal. Register by Sept. 25 for a free t-shirt. For registration information, visit www.mccslejeune-newriver.com/hardcorps or Stone Bay and Wallace Creek Fitness Centers.

Time to Rally.

support local.

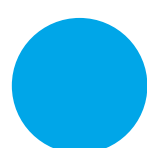
Now is the time to rally behind local business.

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



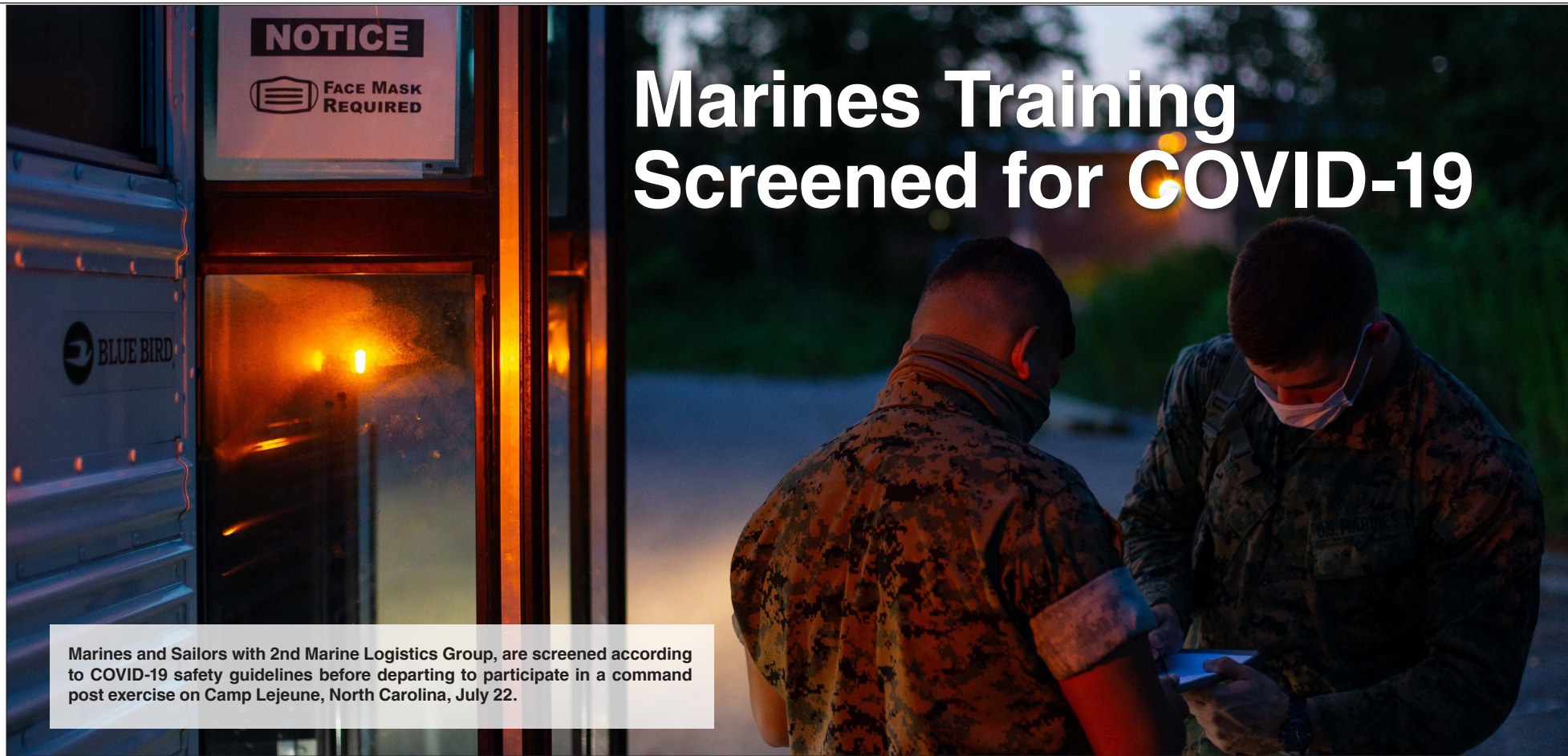
Say **'thank you'** to the local businesses you love by purchasing gift cards and online services, or add your own business to our **free listings** to receive support from your community.

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



**USA TODAY
NETWORK**

LOCALiQ



Marines and Sailors with 2nd Marine Logistics Group, are screened according to COVID-19 safety guidelines before departing to participate in a command post exercise on Camp Lejeune, North Carolina, July 22.



Photos by Lance Cpl. Scott Jenkins

Tree planted in remembrance of DeLalio Elementary School's namesake



Photos by Cpl. Karina Lopezmata

Wyonia Chevis, left, principal of DeLalio Elementary School, stands with Col. Curtis V. Ebitz Jr., right, commanding officer of Marine Corps Air Station New River, after a combined effort to plant an apple tree in remembrance of Lt. Col. Armond Hector DeLalio on his 103 birthday at DeLalio Elementary School on MCAS New River, July 17. The school was named after DeLalio in 1965. Throughout his time as an aviator he was awarded two Purple Hearts, a Presidential Unit Citation with ribbon bar, an American Defense Service Medal with base clasp and star, an Asiatic-Pacific Campaign Medal, a World War II Victory Medal and a National Defense Service Medal. DeLalio was killed on Jan. 5, 1952, at Naval Air Station Patuxent River, Maryland, in a jet assisted helicopter take-off.



U.S. Marine Corps Sgt. Maj. Carlos A. Orjuela, left, sergeant major, and Col. Ebitz, right, both with Marine Corps Air Station New River, plant the tree.



Chavis, Orjuela and Ebitz finish planting the tree honoring Lt. Col. DeLalio at his namesake school.

Mostly based-on-fact ‘Fisherman’s Friends’ is a pleasant escape from reality

ED SYMKUS
More Content Now

If ever we could use a balm from the ways of our messed up world, now is the time. One method I’ve found to escape from reality over the years is through the movies. And though trips to the cinema are on hold, our TV sets are where most current movies are finding homes.

Yes, there’s a lot of emotional turmoil and grisly horror in much of today’s film fare, but once in a while, something pleasant slips through. “Fisherman’s Friends” is one of those. It’s a real charmer, a gentle and funny little film that would be a perfect half of a twin bill with “The Full Monty.” It’s been kicking around for a couple of years, had a release in its native England in early 2019, and is finally seeing the light of day in the U.S.

Based on true events from 2009, but fictionalized left and right, it tells the unlikely story of a bunch of small-town men, most of them lobster fishermen, all close friends, in the village of Port Isaac, Cornwall, who, after a hard day out on the water, would retire to their local pub, The Golden Lion, for a few pints and a lengthy singalong of traditional sea shanties.

No, nothing all that

unlikely there. That part comes in with the introduction of four city dwellers, visiting Port Isaac for a day of yachting, hearing the 10 men - known collectively as Fisherman’s Friends - singing, and believing that they could be the next successful boy band or, as mentioned in a quick visual gag, buoy band.

These visitors work at a music management company in London and are always on the lookout for the next big thing. But their belief in Fisherman’s Friends is a gag, one that three of the four don’t let the fourth city boy in on, and coerce into getting the 10 a cappella singers to sign on.

OK, that’s not quite the way the real story played out, but the film’s version works just fine. The city boys think the villagers are rubes, and the villagers think the city boys are wankers. Truth is - at least the truth told in the film - they are wankers, though Danny (Daniel Mays), whose leg his pals are pulling, appears to be a decent fellow, and is only doing the job his fun-loving but uncaring boss Troy (Noel Clarke) has ordered him to do.

By the time Danny catches on, he’s already convinced the initially uncooperative fisherman and group frontman Jim



Photo courtesy of Samuel Goldwyn Films

The actors playing “Fisherman’s Friends” gather for an album cover shot.

(James Purefoy) to take a chance with him, and has given his word that they’ll be treated honorably. When his boss tells him to end the charade, he can’t, because he’s a man of his word.

That’s about as dramatic as the film gets, and in its lengthy-feeling, two-hour running time, there’s a lot of filler for viewers to deal with. The tough, hearts-of-gold fishermen continually rag on good-natured Danny, but nothing develops from that. There’s a two-minute segment of trouble from the Coastal Guard, but

that fizzles out. Tempers flare during a trivia night at the pub, and are immediately quashed. There’s a boating accident, a daring rescue and a concussion. But that’s never mentioned again.

The script tosses in a love interest for Danny - Jim’s divorced daughter, and single mom, Alwyn (Tuppence Middleton), and offers up back stories on Jim’s sometimes negative attitude, Jim’s father Jago’s (David Hayman) history with the sea, and a fleeting mention of Danny once being in rehab. But it turns out to be a stream

of small stories that keep starting, don’t go anywhere, and are forgotten, and then there’s another small story.

The only other bits of drama that do take root involve some money problems that could affect the fate of The Golden Lion AKA the heart of the village, and the plot point that reduces the number of singing fishermen from 10 to nine (With so much of the story being fictionalized, did the filmmakers really need to keep a death in there?)

But aside from those instances, the film is un-

repentantly upbeat, even featuring some last-minute extremely happy storytelling to cap it off. It’s not very believable, and kind of twee, but that part really did happen.

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 Free showing: "Schindler's List," (1993), R, 6:30 p.m. SATURDAY Free showing: "The Secret Life of Pets 2," (2019), PG, 2 p.m. "Unbreakable," (2000), R, 5:30 p.m. SUNDAY Free showing: "Harry Potter & the Half Blood Prince," (2009), PG, 3:30 p.m.	The Midway Park Theater will remain closed for renovations.	FRIDAY Free showing: "Austin Powers: International Man of Mystery," (1997), PG-13, 6 p.m. SATURDAY Free showing: "Despicable Me," (2010), PG, 4 p.m. "Rudy," (1993), PG, 7 p.m. SUNDAY Free showing: "Pirates of the Caribbean: Dead Men Tell No Tales," (2017), PG-13, 2 p.m.



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 pgrunner@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>.

Friday Trail Ride July 31 and Aug. 14, 11 a.m. to 1 p.m.

Participants will meet at the Henderson pond Mountain bike trail to complete a 2-hour trail ride. This activity is for ages 13 and older. \$10 per person. This event requires registration. For more information, call **(910) 451-1440**.

Waterway Explorers Aug. 3 to Aug. 8, 9 a.m. to 12:00 p.m.

Waterway Explorers will learn about the eco systems that inhabit each body of water, play games and enjoy fun activities related to local wildlife. Includes all equipment. Open to authorized patrons ages 10-16, proof of age will be required. Call the Outdoor Adventures Office at **(910) 451-1440** for information.

K-5 Back to the Books Bash To-Go! Aug. 3, 11 a.m. to 1 p.m.

Load up on school supplies, resources, goodies and participate in a virtual scavenger hunt to win door prize entries. This drive-thru event will include free lunch for the kids, free school supplies, and free books! Gather up to the minute information about the 2020-2021 school year and COVID-19 changes. Win a bicycle, laptop and gift baskets. Enjoy the Back-to-School character parade from the safety of your car. School supplies are for students K-5th grade while supplies last. Must be registered for one pick-up location only to receive supplies. For information, call **(910) 449-9749**.

Positive Parenting Program Aug. 11, 11 a.m. to 1 p.m.

Known as one of the most effective evidence-based parenting class. The Triple P program is based on 30 years of ongoing research. This series will give participants simple and practical strategies to help parents confidently manage their children's behavior, prevent problems and build strong, healthy relationships with their kids. This class is offered in three individual "lunch 'n learn" seminars and requires registration. For information, call **(910) 451-3536**.

Coping with Work and Family Stress Aug. 21, 8:30 a.m. to 12:30 p.m.

Stressful situations, if not dealt with effectively, can contribute to depression, anxiety, substance abuse and physical health problems. The goal of this class is to help reduce stress levels by teaching healthy coping strategies and increase support from peers and leaders. This class requires registration. For information, call **(910) 451-3536**.

Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Chloe. I am a female, white/brown, coonhound, American English mix. I am 3 years old.

Pet ID# 45082318



My name is Toodles. I am a male, black and white domestic shorthair mix. The shelter thinks I am 2 years old.

Pet ID# 45140586

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**.

Clarke named principal for Onslow County K-12 virtual school

Smith to take charge at Dixon High

BY PAT GRUNER
Managing Editor

Steve Clarke, former principal at Dixon High School, was announced as principal of Onslow County School's new K-12 virtual school, July 28. Mr. Clarke has been educating in Onslow since 1997, teaching math and science at Trexler Middle School. From 1999-2010, Clarke taught Algebra, Journalism and Health and Physical Education at Richlands High School, where he also served as athletic director. From 2010-2012, he was an assistant principal at White Oak High. Clarke was named principal of Southwest Middle School

in 2012. He had been in the position at Dixon since 2014.

Clarke's appointment is the latest in the Dixon community's recognition in the past year, with three teachers, including wrestling coach Chris Brothers, named VFW Teachers of the Year for Onslow and Pender Counties. Hunter Galvin, a student, was also a finalist for Marine Corps Military Child of the Year.

Clarke is a 1997 graduate of West Liberty State University in West Virginia with undergraduate degrees in physical education and mathematics. In 2011, Mr. Clarke earned a master's degree in Supervision and Administration from



CLARKE
East Carolina University. Colin Smith, assistant principal at Jacksonville High School, will replace Clarke as principal of Dixon High School effective Aug. 1.

Smith is a graduate of the University of North Carolina at Wilmington and East Carolina University. He brings a wealth of experience to the position, having served OCS as both a teacher and administrator. Smith began his education career in OCS at Swansboro High School where he taught math and science. In addition to his work in the classroom, he has held assistant principal positions at Richlands High School, Hunters Creek Middle School and Jacksonville High School. Most recently, Smith was assistant principal at Swansboro High School.

10 years later, 2nd MEB-A Marines remember service in Afghanistan, Part 14: Medical care adapts to the enemy

BY PAT GRUNER
Managing Editor

From May 29, 2009 to April 12, 2010 the 2nd Marine Expeditionary Brigade was deployed to Helmand Province, Afghanistan. Over the course of that year, Marines would establish expeditionary installations, train Afghan police and soldiers, take back Taliban-controlled strategic hubs and lay down for posterity new operating procedures for the U.S. Marine Corps.

Casualties are unavoidable in conflict. Medical staff assigned to 2nd MEB-A knew that going into Helmand. However, the nature of casualties in Afghanistan, and in Middle Eastern conflicts which preceded it, was markedly different from historical warfare. Insurgents' use of improvised explosive devices (IEDs) meant corpsmen and doctors had to treat wounded in dramatically different ways.

"Non-combat injuries are historically the cause of most injuries in a theater," said Shannon Dittlinger, who served as the medical plans and operations officer for MEB-A. "That was not the case in Helmand. IEDs were the number one cause of injuries and casualties."

In 2008, the United Nations Assistance Mission in Afghanistan (UNAMA) reported 725 non-combatant deaths from IEDs in Afghanistan. That number grew to 1,054 in 2009 and 1,141 in 2010.

"Roads were not safe," Loffgren, who also served as the Liaison with British Medical Support Services, said. "Our aircraft was needed for Marine operations so we relied heavily on (British aid from) Bastion. I remember it was containerized. They had been doing it for a while. It was interesting, we're used to operating as a sort of walking blood bank. The UK has a national healthcare system, though, which meant that all the Marines and Sailors had to be blood tested to ensure it could be used for treatment. They were excited to have that opportunity. With the use of IEDs we were using the blood they had stored a lot."

The field hospital was essential to the treatment of wounded from all parties.

"Gen. Nicholson and I would go in (Camp Bastion hospital) every day and I would see people dying," said



New Chief Petty Officer Edwin Brannan, a corpsman from Marine Expeditionary Brigade-Afghanistan, places his old seaman's hat into a coffin alongside other CPO selectees' hats. The burying of the seaman's hat symbolizes the movement up the ranks from first class petty officer to chief petty officer. The sailors participated in a six-week training evolution prior to their official promotion here Sept. 16.

Cael Weston, political state department head in Helmand and political advisor to Nicholson. "British soldiers, Marines... I recall seeing an Afghan boy missing his leg, playing with a stump. The doctors took care of Taliban (fighters) as well. Eventually, the question shifted to the cost of the conflict and how many Marines would be injured. Secretary Gates (then U.S. Secretary of Defense) considered pulling out due to amputation rates."

According to the Journal of Military and Veterans Health, rates of IED injuries leading to amputation among U.S. service members were exceeding those seen in Iraq by 2008. In 2010, 196 personnel would suffer the loss of at least one limb. That number would climb to 240 in 2011. While the number of amputations climbed, combat deaths declined from 437 to 368. 2016 was the first year without such an amputation since the conflict in Afghanistan began.

For Corpsmen, the frequency of IED injuries made learning what to expect and keeping resources ready a priority. The Marine Air-Ground Task Force which had landed prior to the MEB in Afghanistan had catalogued what to watch for, something MEB medical staff relied on heavily.

"Corpsmen with our infantry units (during Operation Khanjar)

were exceptionally well-trained," Loffgren said. "We had folks who were triple or quadruple amputees who survived - or at least made it home long enough for their family to say goodbye."

For those who were medevaced out, medical personnel and leadership made sure to keep family in the loop as much as possible. Nicholson was acknowledged by corpsmen for his attendance and care for the wounded.

"I do not think there is anyone on the MEB who would not bend over backwards for that amazing man," recalled Shannon Dittlinger, a retired U.S. Navy Master Chief who served as the command element for Navy enlisted on the MEB. "When any Marine was back to base he had that SAT phone so they could call home. We would follow them back from the 9-line to Bethesda."

Editor's Note: Next week's edition in our series on 2nd MEB-A will continue to tell the stories of Naval Medical personnel and their work keeping Marines safe. If you or someone you know were a Corpsman deployed to Afghanistan from 2009-2010 who would like to share their story, please contact Pat Gruner at pgruner@camplejeuneglobe.com.

Hope For The Warriors program to promote mindfulness, provide mental health tools

COURTESY STORY
Hope For The Warriors

Hope For The Warriors, a Jacksonville based veterans organization, is hosting a 30X30 Mindfulness Challenge aiming to encourage civilian and military family participants to stay grounded during the ongoing pandemic and beyond. The program will begin Aug. 10 and run through Sept. 8.

The 30-day challenge focuses on the mind-body aspect of wellness including yoga, mindfulness and journaling for up to 30 minutes a day. Registered participants will have access to daily exercises with a goal of building healthy habits and creating a sustainable practice. The content will progress over the course of the event, beginning with five-minute daily sessions and working toward 30 minutes of mindfulness at the

culmination of the challenge.

"Across the world, we're all embracing uncertain and stressful times and we ... are excited to share mental and physical exercises ... to help bring a sense of calm and control within ourselves," said Steve Bartomioli, Hope For The Warriors senior director for sports and recreation. "Even though the daily program ends a few days prior, this journey takes us to Sept. 11, a day that warrants all Americans to stop and mindfully remember how the lives of our neighbors and our country were forever changed."

Interested participants can register for the free mindfulness challenge at any time before Aug. 10 or during the duration of the challenge. For more information or to sign up for the 30x30 Virtual Fitness Challenge, visit hopeforthewarriors.org/30x30mindfulness.



Navigating through chaos

BY LT CHARLES NOLES
II MEF Information Group

With all the tremendous change and upheaval so far in 2020, I have often asked myself, "How did everything get so crazy?" My two young daughters have frequently asked in the past few months, "Daddy, why are they doing that?" Perhaps your own children are asking you the same questions.

One explanation is that many individuals' "reality" is being distorted by the lies that they tell themselves, and believe, regularly. Dr. Chris Thurman, in his book, "The Lies We Believe," describes seven ways that people mentally distort reality. Let's look at three of them: magnification, personalization and emotional reasoning.

"Magnification" leads people to make mountains out of molehills and to exaggerate the actual size, meaning and impact of events. "Personalization" causes people to take everything personally, regardless of its real cause or meaning. "Emotional reasoning" generates distorted reactions to actual events because feelings are equated with truth.

Even minor events can be blown out of proportion and taken personally if someone is operating under these three distortions. The resulting feelings seem to justify whatever behaviour comes next. This is a dangerous combination, and we see it played out on the evening news time after time.

So how can we address and evaluate events in our lives? How can we make sense of what seems to make no sense? By looking at daily occurrences and considering our reactions in light of the distortions mentioned above.

Here are three ways you can avoid distorting reality in your own life:

1. Don't exaggerate the impact, meaning or effects of an event just because it was negative. Instead, respond to things that occur after taking the time to honestly evaluate what they mean and how you might best respond.

2.. Take a deep breath and remember that not everything is about you. Not everything is personal. The truth is, we tend to be rather selfish and egocentric, so most of the time, people are more likely thinking about themselves than about you. Most choices will have more to do with their own issues than with anything about you.

3. Emotions are an essential part of our being, but they are not the "be-all, end-all." Emotions are meant to influence our decisions, not determine them. Also, just because we may feel something doesn't make that something true. Let the facts determine what is true, and let your feelings remain in their rightful place.

Everything changes if we can decide to do these three simple things. If we don't exaggerate events, take things personally or let our feelings determine what we believe to be correct, we will see things much more accurately. We will also respond much more calmly and effectively.

No matter what happens in the world – or in our own lives - we don't have to choose fear, anger, or violence. We can choose something different, something far more positive.

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

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



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**