

The Globe

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- COVID-19 tracing team 3A
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THURSDAY, AUG. 20, 2020

Lt. Gen. Place sheds light on DHA enhancements coming to NMCCCL

BY PAT GRÜNER
Managing Editor

The first Level III Trauma Center in the Navy is setting sail to become the branch's first Level II center as well.

As the Defense Health Agency (DHA) moves to standardize processes across military medicine, U.S. Army Lt. Gen. Ronald J. Place, director, DHA, took time to explain why Naval Medical Center Camp Lejeune is at the forefront of the agency's plans. As NMCCCL prepares to take on the role of a Level II Trauma Center, Place made it clear that the enhancement will come as an asset to active duty personnel.

"The responsibility of our department is to ensure all medical centers support the readiness of the force as a whole - Marines, Sailors, Soldiers and Airmen," Place said. "In doing so, we have to provide a platform for medical staff to improve competency in an operational environment. We also saw staffing allocations across the force and, in doing so, we saw that an area that can support more critical care assets was the Camp Lejeune area."

In January of 2019, NMCCCL became the first Level III Trauma Center on a Marine Corps installation. Achieving Level II requires certain assets, as well as a focus on core competencies. The benefits of the upgrade will enhance readiness on Marine Corps Base Camp Lejeune and improve interoperability with other nearby installations regardless of service.

"We look to standardize on the business end of things, by which I mean



PLACE

things like administrative support," Place said. "How we schedule appointments, keep our records and the like. Keeping systems the same as our service members move from installation to installation. This will improve the competency of members of other services who need training. Looking at NMCCCL, Cherry Point, Seymour Johnson Air Force Base in Goldsboro or Womack Army Medical Center at Fort Bragg, all of these centers have different capabilities. We can use all of these platforms as a modality to get the right patient, at the right time, treatment and in doing so get our uniformed personnel where they need to be for their competencies."

On the path to becoming a Level II Trauma Center, NMCCCL has demonstrated the ability to care for all injured patients and provide 24-hour immediate coverage by general surgeons, as well as coverage by a number of specialist doctors. Moving forward, NMCCCL may have to meet tertiary care needs such as cardiac surgery, hemodialysis and microvascular surgery while providing

DHA 3A ▶

MCAS New River implements new program to improve junior police officers' law enforcement skills



Photo by Lance Cpl. Isaiah Gomez

McGill Howard, left, a civilian police officer, briefs U.S. Marine Corps Lance Cpl. Samuel Spearman, right, a military police officer about the Field Training Officer program at the Provost Marshal Office on Marine Corps Air Station New River, July 31. MCAS New River has introduced the Field Training Officer program in order to ensure that military police officers are trained to be proficient and skillful at their duties. Both Howard and Spearman are police officers with Headquarters and Support Battalion, Marine Corps Installations East-Marine Corps Base Camp Lejeune.



U.S. Marine Corps Lance Cpl. Samuel Spearman, a military police officer with Headquarters and Support Battalion, Marine Corps Installations East-Marine Corps Base Camp Lejeune, conducts felony traffic training as part of the Field Training Officer program at the main gate on Marine Corps Air Station New River, July 31.

Lt. Gen. Ronald Place visits MCAS Cherry Point

BY CPL. MICHA PIERCE
Marine Corps Air Station Cherry Point

U.S. Army Lt. Gen. Ronald Place, director of the Defense Health Agency (DHA), visited Marine Corps Air Station (MCAS) Cherry Point as part of a tour around multiple military installations to help Military Health System (MHS) leaders communicate with their personnel and create local communication products about the transition of military medical treatment facilities from military departments to the DHA. The intent of MHS transformation initiatives is to create a more integrated, efficient and effective system of readiness and health. Their goal with these efforts is to improve the readiness of all operational and medical forces to meet missions around the world, while continuing to provide the best quality care possible to beneficiaries everywhere.

Place held a brief at Miller's Landing on Aug. 11, 2020, explaining to Sailors and their civilian counterparts the intent of this transition and other reform efforts being implemented to strengthen the operational readiness of our forces, strengthen the readiness of our medical forces, and ensure quality care for beneficiaries. The next day, Place and Command Sgt. Maj. Mi-

chael Gragg, senior enlisted advisor of the DHA, toured Naval Health Clinic Cherry Point (NHCCP) with Capt. Doug Stephens, NHCCP commanding officer, Capt. Patrick Fitzpatrick, NHCCP executive officer, and Master Chief Petty Officer Jason Juarez, Command Master Chief of NHCCP, to meet various department heads and discuss daily operations and what variety of services they provide in each respective department. Place then met with Maj. Gen. Michael Cederholm, commanding general of the 2nd Marine Aircraft Wing, before eventually departing MCAS Cherry Point on Aug. 12.

Deputy Secretary of Defense David Norquist has recently approved a 90-day pause in activities to transition military hospitals and clinics to the DHA because of the Department's focus on Coronavirus (COVID-19) response efforts. Although the transition is on pause and the DHA continues to play a critical role in the Department's response to the COVID-19 pandemic, they are still setting conditions for the restart of the transition of hospitals and clinics from the medical departments to DHA. The pause remains in effect until further notice and leaders will resume transition activities when conditions are right to do so.

Marines hone shooting skills



Photo by Lance Cpl. Sarah Hediger

U.S. Marines with Headquarters Battalion, 2d Marine Division shoot table five and six during a range on Marine Corps Base Camp Lejeune, Aug. 11. Tables five and six are designed to train Marines in combat marksmanship during both day (table five) and night (table six). The range provided Marines an opportunity to focus on basic rifleman skills to build proficiency with M4 carbine rifles.

2ND ANGLICO Land Navigation Course



Photos by Cpl. Kenny Gomez

U.S. Marines with 2nd Air Naval Gunfire Liaison Company, II Marine Expeditionary Force Information Group, run to the next checkpoint during a Land Navigation Course at Camp Lejeune, N.C., Aug. 7, 2020. Land navigation is a skill every Marine has learned in the case that technology fails or is dangerous to use. Map reading, location discovery and course plotting are all crucial to the success of the mission in land navigation.



U.S. Marines with 2d Air Naval Gunfire Liaison Company, II Marine Expeditionary Force Information Group, check their plot data during a Land Navigation Course at Camp Lejeune, Aug. 7.



U.S. Marines with 2nd Air Naval Gunfire Liaison Company, II Marine Expeditionary Force Information Group, execute cool down exercises after completing a Land Navigation Course at Camp Lejeune, Aug. 7.

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

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Close contact tracing team on frontlines of COVID-19 pandemic care

BY NMCCCL PUBLIC AFFAIRS

Naval Medical Center
Camp Lejeune

For more than six months, Naval Medical Center Camp Lejeune has been battling COVID-19. While epidemiologists work around the clock to better understand the virus, medical personnel are having to translate information quickly for their patients and the public.

"We pay close attention to lessons learned and best practices outlined by the Centers for Disease Control and Prevention and Department of Defense health experts," said U.S. Navy Lt. Eric Green, department head for NMCCCL preventive medicine, during NMCCL's recent Contact Tracing Course. "Our contact tracing has revealed some local trends that we immediately act upon to educate our forces and beneficiaries as well as develop our own local best practices."

Green also serves as the Assistant Public Health Emergency Officer for Marine Corps Installations East. As COVID-19 took just a matter of weeks to permeate throughout Eastern North Carolina, Green and NMCCCL Preventive Medicine quickly determined the undeniable need for a team dedicated to tracing close contacts of COVID-19 positive patients.

"Our team of close contact tracers are working shifts seven days a week, 12 or more hours a day to track down possible close contacts of confirmed COVID-19 patients," Green said. "Because of the Contact Tracing Team's hard work, there is an impressive synergy between Marine Corps operational units here [Marine Corps Installations East], and local and state health department officials to thoroughly investigate each case."

NMCCCL Preventive Medicine has hosted a series of contact tracing courses over the past five months. An Aug. 5 course brought together medical professionals assigned to both Navy and Marine Corps units, Marine Corps Community Services, Child Development Centers

and Department of Defense Education Activity Schools. The class breaks down what Preventive Medicine has learned about COVID-19 up until present day and their process for tracking close contacts. Class participants can then take these methods back to their respective unit or organization to apply to their daily COVID-19 prevention routines.

"What we are learning is that if you have COVID-19, you could potentially infect an average of two people, then those two people could infect four people and so on," Green said. "People assume because they aren't showing symptoms right away, they don't have it. However, we are seeing that the incubation period for COVID is two to 14 days, and by day six or seven after exposure, boom. That's often when those symptoms are hitting, or the symptoms are so mild the person may believe it is just allergies or the common cold."

In order to keep close contact tracing operational each week, a team of Marines from II Marine Expeditionary Force and Marine Corps Base Camp Lejeune were trained by Preventive Medicine to aid the Contact Tracing Team. Each morning, shifts begin in the same manner—dozens upon dozens of phone calls.

"We have six or seven Sailors and Marines working each shift, and these are the guidelines and questions we use when calling possible close contacts," said Hospitalman Corpsman Demetria Garvin. "We speak directly with the patient, and then we start contacting individuals that the patients tell us about. We inform them that they have been identified as a close contact and to self-quarantine and monitor for symptoms."

Identified close contacts are then called every 24 to 48 hours for symptom checks.

"We want to surround positive cases, isolate them, and quarantine their close contacts. The quicker we can do this, the more effective we can be in stopping an outbreak," Green said. "What we are seeing is that we can't necessarily control cases from happening, but

we can control the cluster that comes from cases."

"It is a tedious and often an imperfect process, but we have undoubtedly seen these efforts slow the spread of the virus locally," Green said. "By doing well at contact tracing, we can flatten our local curve and keep more people from becoming sick."

After more than 100 days spent contact tracing and refining methods, the Contact Tracing Team finds what they call avoidable traits, or the "Big Four", in not contracting COVID-19:

If you are sick, stay home.

Avoid large gatherings, especially with people you know to have or possibly have COVID-19.

If you were a known close contact of someone with COVID-19, self-quarantine for 14 days from the last exposure date.

If you have a COVID-19 test taken and are waiting for results, isolate at home until you get the results.

What counts as a close contact? Check out these points from the NMCCCL Contact Tracing Team:

You were within six feet of someone who has COVID-19 for at least 15 minutes.

You provided care at home to someone who is sick with COVID-19.

You had direct physical contact with that person (touched, kissed, or hugged).

You shared eating or drinking utensils.

They sneezed, coughed, or somehow got respiratory droplets on you.

Editor's note: Highlighted content would serve better as a graphic or other sort of box insert. Should make for better use of the space rather than just being a wall of text.

Camp Lejeune Fire and Emergency Services stays on call

BY PAT GRUNER
Managing Editor

Firefighters on Marine Corps Base Camp Lejeune stay vigilant year-round for all manner of situations. That means staying up to date with best practices and ensuring readiness in the event of a fire, storm or other emergency.

"I think the main way we support our community and service members is just to stay proficient, stay effective, at our job," said Lt. Preston-Lee Guidry, Camp Lejeune Fire and Emergency Services EMT.

That support entails maintaining a working relationship with Marines, Sailors and families as well as education initiatives that raise awareness about fire safety.

"We have an excellent relationship," said Robery Sandy, assistant fire chief. "We also do some prevention projects throughout the community in the school system, to hopefully prepare those kids and those that live on the base to be ready for any kind of emergency they may be faced with."

DHA FROM 1A

trauma prevention and continuing education programs for staff. Assets will also be provided to NMCCCL by the DHA as the center observes and implements new practices.

"Going from a Level III to Level II center is a considerable change," Place said. "We as an agency are in support of it. The process is likely to take a couple of years, since you are taking a nice new Level III Trauma Center and preparing it for Level II."

Existing entities, such as the Armed Services Blood Program, are already under the umbrella of the DHA. However, Place ensured that there was always room to improve.

Programs include standard fire drills, the Deputy Fire Warden Program, the annual Fire Prevention Week campaign in October and promotion of the Marine Corps Installations East, Marine Corps Base Camp Lejeune Order 11320.1: "Fire and Emergency Services Program Manual and Life Safety Code." A model "fire house" also allows emergency service personnel to illustrate common dangers around the home, such as stove tops and electrical sockets.

"It's a pleasure serving the Marine Corps and families and the visitors aboard the base and trying to keep everybody safe," said Lt. Robert Montcrieff, a paramedic at Fire Station 5. "I've been doing this a long time and it is one of the best situations that I could be part of, serving those people who protect us."

Editor's Note: This story was adapted from a video interview by Cpl. Evan Falls, Marine Corps Installations East.

COVID-19

All updates involving MCEAST and NMCCCL will be posted here:

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

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

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Motor T Garage Converted to COVID-19 Testing Center



Photo by Sgt Austyn Saylor

HN Cheyenne M. Bencosme, a Navy Corpsman from Bullhead City, Ariz. with II MIG Hospital, practices a symptoms evaluation while Marines and Navy Corpsmen convert a motor transport garage to create a COVID-19 testing site at Marine Corps Base Camp Lejeune, July 31. Moving the COVID-19 testing site from a temporary outdoor location to a permanent building comes as Camp Lejeune prepares for the upcoming hurricane season. By utilizing this building, located on Snead Ferry Rd, Marines and sailors can continue to receive COVID-19 tests and medical care throughout the hurricane season.



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— Paid Obituary —

Corporal DOYLE WAYNE WOFFORD

was born on September 18, 1998 in Corpus Christi, TX to Michael and Aimee Willesden-Wofford of Orange Grove, TX and passed away on July 30, 2020 outside Camp Lejeune, NC.

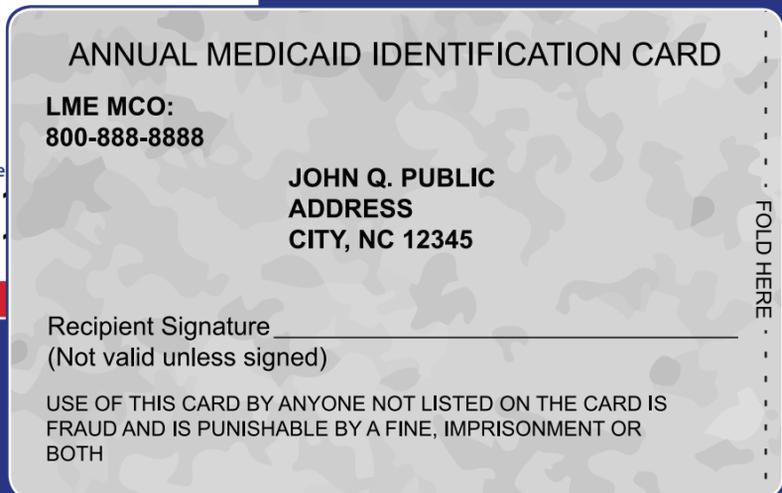
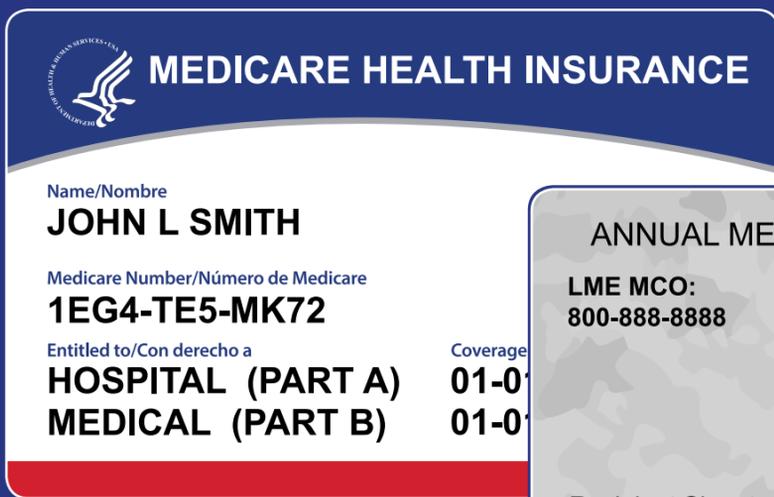
He graduated from Orange Grove High School in 2017 and enlisted in the United States Marine Corps. Doyle graduated from boot camp, in the Honor Platoon, on December 21, 2017 from MCRD, San Diego. He attended SOI at Camp Pendleton, CA where he attended MOS training at 29 Palms Marine Corp Base and was then stationed at Camp Lejeune, NC in 2018 and was assigned to Headquarter and Support Battalion 2nd Marine Division in the Radio Communications Company.

Doyle was always full of life and spunk, with a plethora of energy to spare. He was insanely intelligent and was nicknamed "google" when he was 10, because he always knew the answer to the most odd, insignificant, and eccentric facts. Doyle's dream was to learn more than 5 languages before he was 30 and to become a guard at the U. S. Embassy in Russia. Doyle began to learn Russian when he was in high school, for fun. He was well known by his fellow Marines, and friends, for the endless wealth of information and random facts he would contribute, on the daily, whether they were warranted, or not. He was very well regarded for his knowledge of Marine Corp Rules and Regulations, and was often known as the "go to guy" for any USMC questions, which he loved. He was referred to by his Marine company as "the glue that held them together". Doyle will be remembered for his sentimental heart and sensitivity to all humankind, especially the elderly and the downtrodden. He had a heart of gold and was always willing, and able, to lend an honest ear and comfort to those in need, even above his own needs and pain.

He is survived by his father, Michael, his mother Aimee, his brother Justin Wofford, his wife Carolina Trent, his maternal grandmother, Euyonne Denning-Willesden, his aunt Rebecca (Brian) Carr, his uncle Joseph (Blessing) Willesden, uncle James Wofford, cousins Kyleigh and Kinleigh Carr, Paige and Remi Grace Willesden, his great-grandmother Jeanette Viken, as well as numerous, loving great-uncles, aunts, and second cousins.

He is preceded in death by his paternal grandparents Carson and Betty Wofford, his maternal grandfather Joseph "Willy" Willesden, Paternal great-grandmother, Agnes Argo, maternal great-grandparents Marvin and Maxine Denning and Paternal Great-grandfather Terry Viken.

He was flown home to Texas to his family and friends on Wednesday, August 12, 2020. Visitation was at Roberson Funeral Home in Alice, Tx on Friday, August 14, 2020. Funeral services were held on Saturday, August 15, 2020 at 5pm at River Hills Baptist Church in Corpus Christi, Tx with burial to follow at the Orange Grove Cemetery with full military honors. Services entrusted to Roberson Funeral Home Alice.



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Photos by Calvin Shomaker

U.S. Marine Corps Lt. Matthew White bats during the opening game of the MCCS Lejeune-New River Sports Intramural Softball League season at Harry Agganis Softball Stadium on Marine Corps Base Camp Lejeune, Aug. 17.

MCCS Intramural Softball season underway

BY CALVIN SHOMAKER
Sports Writer

The first intramural team sports competitions held on Marine Corps Base Camp Lejeune in nearly six months took place on Aug. 17 as the MCCS Lejeune-New River Sports Intramural Softball League's opening day featured a triple header at Harry Agganis Softball Stadium.

The Military Police topped the 2d Transportation Support Battalion (2d TSB) Broncos 18-8 in the first game. With both teams all square 4-4 after three innings, the Military Police put up nine runs in the top half of the fourth and kept their foot on the gas.

For the Military Police's head coach Marine Corps Maj. Eric Russell, being able to get back out on the field has been a huge positive for Marines' morale.

"It's fun," Russell said. "The esprit de corps, doing competitive Marine Corps-esque things, just getting out of the office and having a safe, fun, competitive environment where the Marines can get out and do something other than sit in the barracks and play video games is just overall good."



Marine Corps Maj. Eric Russell pitches for the Military Police.

Capt. Anthony Sierawski went 4-4 with four singles and three runs for the Military Police. Sgt. Benjamin Bert led the way for the Broncos with a pair of doubles and two runs.

Both team's coaches from the opening game felt confident in the safety precautions being taken by the league to keep players both safe and comfortable.

"I think we are doing it intelligently," Russell said. "I think it's great that MCCS and the athletic director were able to piece together a way for Marines to get outside, be competitive and be able to do

intramural sports."

"I have no concerns with health," said Marine Corps Staff Sgt. James DiDomenico, head coach of the 2d TSB Broncos. "I think [they are] doing a great job with social distancing, putting masks on, hand sanitizing [and] everything like that. We are doing what we have to do so we can get out here and play."

The 10-team league's season is scheduled to run through mid-September.

	1	2	3	4	5	6	Final
Mil.Po.	3	0	1	9	1	4	18
Broncos	2	2	0	2	2	0	8



Marine Corps 1st Lt. Brock Westerbeck connects with a pitch.



Marine Corps Capt. Anthony Sierawski scores a run.



A sign on the dugout reminds players to wear masks and social distance when possible.



Cpl. Anthony Duran bats for the Broncos.



U.S. Marine Corps Staff Sgt. James DiDomenico delivers a pitch on Monday night.

Beat the Bridge 10k/5k to be virtual

BY CALVIN SHOMAKER
Sports Writer

The Jacksonville Onslow-Sports Commission's Marine Chevy Beat the Bridge 10k/5k race scheduled for late September will be held virtually due to COVID-19.

Participants are still eligible to earn points for the 2020 JOSC Race Series. Those that complete the 10k receive 20 race points. The 5k runners will get 15 points.

In order to be verified, runners must email a photo to marisa@josc-nc.com showing proof of completion via a GPS app or watch. Participants are also encouraged to tag JOSC on Facebook at <https://www.facebook.com/>



JOSC.NC or @PLAY-JOSC on Instagram and Twitter with the hashtags #playjosc and #racejosc proving completion.

Registration and the run must be completed by September 30. Runners will receive a medal and race series points. The race also

counts towards the series standings, year-end gifts and rewards.

The cost is \$15, and 20 percent of the event's proceeds go to the Semper Fi & America's Fund. For additional information and registration, visit www.racejosc.com.

Wittner wins ENC Junior Golf League title

BY CALVIN SHOMAKER
Sports Writer

Southwest Onslow High School senior golfer Michayla "MK" Wittner won the Eastern North Carolina Junior Golf League finals at The Emerald Golf and Country Club in New Bern, Aug. 13.

Wittner, who represented Paradise Point Golf Course, claimed first place in the 14-18 year-old girls division with a round of 40, seven strokes ahead of the second-place finisher after winning the regular season title in her local division, July 28.

When asked what was clicking with her golf game, Wittner credited a motivational reward game with her parents.

"I made bets with my parents, and I like to win bets," Wittner said. "So they said if I get a par I could go get my nails done, or get 20 dollars or something like that."

Because of COVID-19, the league didn't officially operate as normal. Teams were smaller and practices were shorter and less frequent, Wittner said.

During a normal season, players from Marine Corps Base Camp Lejeune's Paradise Point Golf Course and Marine Corps Air Station Cherry



Wittner's championship medal.

Point's Sound of Freedom Golf Course form teams to compete in a regional division against four teams from other courses, but this year the number of players and overall interest was down.

Despite this year being different, the top three players from each regional division's regular season advanced to the finals to face golfers from the other two league divisions, according to David Guthrie, Youth Sports Director at MCAS Cherry Point, which has had golfers playing in the league since 2004.

"The whole idea of the league is to promote junior golf, to get young kids involved and to give them a vehicle to play and advance if they want to keep playing," Guthrie said.

The ENC Junior Golf League is a non-profit that gives kids the opportunity to play competitive golf and a chance to win scholarships from the league.

"It was great for the kids to have a chance to get out and do something," Guthrie said. "It's just great the way the kids interact with one another and their



Courtesy photos

Southwest Onslow High School senior MK Wittner poses for a photo with her Eastern North Carolina Junior Golf League Championship medal after winning the 14-18 year-old girls division league finals at The Emerald Golf and Country Club, Aug. 13.

sportsmanship. They're learning to have respect for teammates, enjoy themselves, have fun and [understand] everything isn't just win and lose."

Nicole Hassi of Sound of Freedom Golf Course shot a round of 40 to

finish third in the 12-13 year-old girls division.

Jacob Rose (47) and Will Gifford (49) also represented Paradise Point Golf Course in the league finals, which drew players from nine different teams ranging from

Jacksonville to Greenville.

According to the latest North Carolina High School Athletic Association sports calendar release, the high school golf season is scheduled to begin March 1, 2021.

NCHSAA announces amended sports calendar

BY CALVIN SHOMAKER
Sports Writer

The North Carolina High School Athletic Association revealed its much anticipated calendar for the 2020-2021 school year on Aug. 12.

According to the calendar released, the first practices for cross country and volleyball will be Nov. 4. Swimming and diving practices are slated to begin Nov. 23, followed by basketball on Dec. 7. Lacrosse and boys soccer

begin in January before football starts on Feb. 8.

Sports beginning March 1 include golf, girls soccer, softball and boys tennis. Sports scheduled to begin on April 12 are baseball, girls tennis, track and field and wrestling. The cheerleading invitational is scheduled for May 1. There will be no indoor track offered.

Cross country, swimming and diving and track and field are all limited to just 10 regular season competitions. All others,

excluding football, have a season contest limit of 14. Football teams get seven games under the current format.

Postseason plans will be discussed and announced at a later date. All sports, except for football's one game per week limit, are capped at just two competitions per week.

For additional information and the latest news regarding NCHSAA sanctioned sports, visit www.nchsaa.org.

First practice dates for NCHSAA sports:

Nov. 4 - Cross Country and Volleyball

Nov. 23 - Swimming and Diving

Dec. 7 - Basketball

Jan. 11, 2021 - Lacrosse and Boys Soccer

Feb. 8, 2021 - Football

March 1, 2021 - Golf, Girls Soccer, Softball, Boys Tennis

April 12, 2021 - Baseball, Girls Tennis, Track & Field, Wrestling

Q&A Coach of the Week: Lacey Jahn

TITLE:

Lead Strength and Conditioning Coach, Human Performance Center, School of Infantry-East

HOMETOWN:

Columbia City, Indiana

EDUCATION:

B.S. in Movement and Sport Science; M.S. in Nutrition and Exercise Science

CERTIFICATIONS:

- National Strength and Conditioning (NSCA) Certified Strength and Conditioning Specialist
- NSCA Tactical Strength and Conditioning Facilitator
- USA Weightlifting Coach Level 2

BY CALVIN SHOMAKER
Sports Writer

Q: What are some goals of the Human Performance Center?

A: The purpose is to provide a multi-disciplinary approach to prevent injury, mitigate risk, evaluate, treat and rehabilitate injuries while providing education on the pillars of human performance to increase overall readiness. The ultimate goal is to continue to improve the resources available to the Marines and to truly provide the best for the best.

Q: What are some important factors in

injury prevention?

A: It comes down to three things - recovery, movement awareness and having a foundation of strength and conditioning. Recovery is one of the most important tools. This includes sleep, time spent not training and techniques such as self-myofascial release [or massage] and proper warm-ups.

Oftentimes, Marines aren't allotting enough time to overcome and adapt to the stress being applied. As for improving movement, if we are able to educate Marines on how to move in all planes of motion, across all foundations of movement, then they are going to be more prepared for movement in an



Photo by Calvin Shomaker

Lead Strength and Conditioning Coach Lacey Jahn joined the School of Infantry-East Human Performance Center on Camp Geiger in June after working in strength and conditioning at Marine Corps Air Ground Combat Center Twentynine Palms.

unpredictable setting.

Q: Do you have a coaching specialty or certain approach?

A: My goal as a coach is to build trust with my athletes. Understanding how to motivate a Marine or recognizing what outside

stressors could potentially be affecting their training load for the day, those are evaluated best when you've created an open line of communication with each individual athlete. That all comes back to the mutual trust, being honest and clearly communicating

your purpose.

Q: What do you enjoy most about the work you do?

A: The best part of my job is coaching Marines. It's fulfilling work, increasing sustainability for the Marine during their time of

service, but also for life outside of the Marine Corps.

For more information on the Human Performance Center at SOI-East, find them on Facebook at "SOI-East Human Performance" and Instagram (@soieast-humanperformance).

Friday Night Bowling League Meeting
Aug. 21, 6:30 p.m., Bonnyman Bowling Center, MCB Camp Lejeune

The league is open to anyone 16 years or older. It is a coed, handicapped league that meets on Fridays at 1820. All skill levels are welcome. Sign-up any day at the Bonnyman Bowling Center or attend Friday's meeting. Teams are filled on a first come, first serve basis. For more information, call **(910) 451-5121**.

Bowling Season Registration
Ongoing, Bonnyman Bowling Center, MCB Camp Lejeune

All skill levels are welcome. Sign ups are going on now at the Bonnyman Bowling Center front desk on a first come, first serve basis. All leagues are coed and handicapped. For more information, call **(910) 451-5121**.

Customer Appreciation Day
Thursdays, all day, Paradise Point Golf Course, MCB Camp Lejeune

Enjoy an 18-hole round of golf for just \$23 with a cart included each Thursday on Customer Appreciation Day. Golfers should be aware of the social distancing rules implemented by the courses. For more information, call **(910) 451-5445**.

Monday Night Par-3 Series
Mondays, 5 p.m., Paradise Point Golf Course, MCB Camp Lejeune

Pro Staff will pick the 9-hole course each week, either the Gold or Scarlet. Each hole will be shortened to the length of Par 3. Cost is \$20 per person and includes cart, greens fee and prize fund. Register on-site before the event. Open to the public and all skill levels. For more info, 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 Rd, MCB Camp Lejeune

Take advantage of this \$5 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 as required by base operations and Marine Corps Community Services. For more information, call **(910) 451-3889**.

Friday Trail Ride (Ages 13+)
Aug. 21, 11 a.m. to 1 p.m., Yewel Branch Road, MCB Camp Lejeune

Cost is \$10 per person. Mountain bike and helmet included. Complete the trail in two hours. Register in advance at www.mccslejeune-newriver.com/outdoor.

Sports on TAP

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



Sunset Stand-Up Paddleboarding (Ages 14+)
Aug. 26, 6 p.m. to 7:30 p.m., Outdoor Adventures, MCB Camp Lejeune

End your day paddleboarding on the waters of Camp Lejeune. Open to all authorized patrons. Children under 16 years of age will need to be accompanied by an adult. Cost is \$15 per person and includes the board, equipment and guide. Register in advance online at www.mccslejeune-newriver.com or at the Outdoor Adventures Office located next to Gottschalk Marina.

Moonlight Kayaking Tour (Ages 16+)
Aug. 28, 7:30 p.m. to 9:30 p.m., Gottschalk Marine, MCB Camp Lejeune

Experience Camp Lejeune at night on the water. Only single-person kayaks are available. Cost is \$20 per person. Register online at www.mccslejeune-newriver.com/outdoor or at the Outdoor Adventures office.

Irreverent Warriors Silkies Hike
Sept. 5, 8 a.m. to 5 p.m., Northeast Creek Park, Jacksonville

This hike is for veterans, active duty, national guard and reservists only. The Irreverent Warriors Silkies Hikes are a series of therapeutic events across the nation designed to prevent veteran suicide by bringing veterans together using humor and camaraderie to heal the mental wounds of war. Civilians are allowed to attend the initial festivities and/or at stop locations along the route. For more information, visit www.irreverentwarriors.com.

Globe & Anchor Championship
Sept. 5, 9 a.m. to Sept. 6, 2 p.m., Paradise Point Golf Course, MCB Camp Lejeune

Register by Sept. 2 to compete in the 2020 Grand Slam Series. Entry fee is \$25 plus cart and greens fee. Format is 36-holes scored by both gross and net based on USGA handicaps. To register, call

(910) 451-5445.

Nutrition Fundamentals
Sept. 9, 9:30 a.m. to 11 a.m., Wallace Creek Fitness Center

Learn how to fuel your body for peak performance. Topics include healthy food choices, lifestyle modifications, macronutrients, nutrition and supplement use. This class is free and open to all authorized patrons. Registration recommended via www.mccslejeune-newriver.com/health.

Marine Corps Half Marathon Virtual Race
Register by Sept. 12

The Virtual Marine Corps Half Marathon will include 13.1 and 5 mile options. Runners will have until Sept. 12 to register. All participants will receive a race package including a commemorative t-shirt, bib and finisher medal. Race packages will be available for pick up at Wallace Creek Fitness Center or mailed two to four weeks after registration ends. To register, visit www.mccslejeune-newriver.com/grandprix.

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 is \$25 per pair. For more information, call **(910) 451-1440**.

Paradise Point Invitational
Sept. 26 to Sunday, Sept. 27, 2 p.m., Paradise Point Golf Course, MCB Camp Lejeune

Register by Sept. 23 to compete in the final tournament of the Paradise Point Grand Slam Series season. 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, call **(910) 451-5445**.

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Area students appointed to U.S. Air Force Academy class of 2024

BY DICK HUSEMAN
Admissions Liaison Officer

Four recent graduates from local area high schools have taken a significant step in their fledgling careers as U.S. Air Force or Space Force officers by earning appointments to the US Air Force Academy class of 2024. They are:

Aaron Castellano, Gramercy Christian School, the son of Col. Michael Castellano and Pamela Castellano of Cedar Point, was nominated by Rep. Greg Murphy.

Dean Fecteau, Lejeune High School, the son of Col. Ly Fecteau and Steven Fecteau of Camp Lejeune, was nominated by Rep. Marc Veasey of Texas.

Claire Green, Dixon High School, the daughter of First Sgt. Eric Green and Brena Green of Sneads Ferry was nominated by Sen. Thom Tillis.

Riley Gurganus, Pender High School, the daughter of Josh and LeAnn Gurganus of Burgaw was nominated by Rep. David Rouzer.

Appointments to this prestigious service academy are equivalent to a full four-year scholarship to a top-tier university. The four students competed with more than 11,000 other interested candidates across the United States and are among just 1,160 to receive an appointment to the class of 2024. Each earned their appointment by excelling in their high school's academic program; all finished in the top 5% of their class. They attained very high standardized test scores, excelled in their Candidate Fitness Assessments and passed stringent medical

exams. Each was very active in sports, earning letters and serving as captain on one or more teams. Moreover, they provided exceptional leadership in a variety of school and community activities including Scouting, JROTC, Civil Air Patrol, school class and club officers, church groups, volunteer firefighting and music programs.

These recent graduates reported to the United States Air Force Academy near Colorado Springs on June 25 for six weeks of intensive basic training, which has been greatly complicated by the necessity of complying with all Covid-19 health and safety procedures. The first phase of their training focused on the transition from civilian to military life. The second phase was conducted in Jacks Valley, a 3,300-acre rural training area on Academy grounds and included combat assault, leadership reaction, confidence and obstacle courses plus tear gas exposure, tactical combat casualty care course and weapons training. Basic training concluded with the Acceptance Parade on Aug. 10, marking the transition into their academic year and their acceptance as new fourth-class cadets into the Cadet Wing.

To develop as Air Force or Space Force leaders, the four cadets will take part in a wide variety of programs including flying aircraft, freefall parachuting, competitive athletics, military training and exchange programs around the world. In addition, they will take challenging academic classes and, at the end of four years, they will receive Bachelor of Science degrees and be commissioned as second lieutenants to serve in the U.S. Air Force or U.S. Space Force.

THIS WEEK IN ENTERTAINMENT...

Joseph Gordon-Levitt talks up his new sci-fi thriller 'Project Power'

ED SYMKUS

More Content Now

Though he had already been a professional actor for almost a decade, most television viewers will remember Joseph Gordon-Levitt as Tommy, the youngest character (with the oldest mind) on the 1996 series "Third Rock from the Sun." Art house moviegoers probably first saw him as the revenge-minded Brendan in "Brick." Popular films the busy actor has been in include "Inception," "The Dark Knight Rises," "The Walk," "Snowden" ... the list goes on. Gordon-Levitt has also dabbled in writing and directing with the feature film "Don Jon" (in which he also starred). He took some time off in recent years when he and his wife Tasha McCauley started raising a family, but his recent return has included starring roles in two action films - "7500" and, premiering next week, "Project Power."

Gordon-Levitt, 39, spoke, via a Zoom call, about the science-fiction-tinged "Project Power," in which he plays a detective searching for the source of a drug that gives people superhuman powers, from his home in Los Angeles.

Q: You've been picking your acting jobs very carefully these days. What attracted you to "Project Power"?

A: The people I work with sent me the script, said "Jamie Foxx is doing this,



Joseph Gordon-Levitt plays Frank, an undercover LA detective.

Photo courtesy of Netflix

it seems fun, and it's New Orleans." It was a pretty easy decision. I had just done "7500," which was a very, very challenging, very heavy movie, so I wanted to do something easy and fun. I've been a fan of Jamie since I was a kid, so I was delighted at the opportunity to work with him, and there's this young actress Dominique Fishback, who is a fantastic up and coming talent, in the film. I had a great time.

Q: For folks who don't watch trailers, and don't want to know much about a film's plot, what would

you say about it to draw them in?

A: First and foremost, it's a ride and a good time. There are some underlying themes that are quite substantial, but this isn't a movie that's going to hit you over the head with a message. It does ask some questions: Who has the power in the world? Why do those people have power? How do they keep that power? Who are the people who are not allocated that power ... and is that fair? Those themes run through the movie, but they're very lightly

touched upon. Mostly it's just a lot of fun.

Q: How would you describe your character Frank?

A: Frank is a detective in New Orleans. I think a lot of what drives him is his love for his city. He makes it pretty clear that he takes a lot of pride and feels very protective of his city and of the people of his city. And when this kind of super powerful global-scale organization comes in and tries to do testing on the people there, he gets very protective.

Q: Frank gets to have a very interesting power in

the film, which won't be given away here. Were you satisfied with that power or was some different one more attractive to you?

A: (Laughs) I think Frank was happy with his power. I would probably want something different than his, but I'm a different person.

Q: You're an actor in this film. But you've directed a few short films and the feature "Don Jon." Has directing changed you as an actor? Has it made you better understand what an actor does and what a director does?

A: I think I actually be-

came more ready and willing and excited to relinquish control (to the director). An actor really isn't in control of a movie. An actor needs to provide ingredients for a filmmaker to then make the thing that an audience experiences. Acting and directing are two really different experiences. When you're directing, you have to keep every single little thing in mind, and when you're acting, the whole game is to forget all of that, and just have one thing in mind.

Q: You know how movies are made. You know what goes into them and what they'll probably look like. What was going on in your head while you were watching "Project Power" the first time?

A: I was having a blast watching it. I take it as a really good sign when I'm able to watch something that I'm in, and get genuinely absorbed in it, and not sit and nitpick and critique. When I saw the finished movie, I was just having fun watching a movie, which is the best you could ask for.

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 GateHouse 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:
"Beverly Hills Cop 2," (1987), R
6:30 p.m.

SATURDAY

NA

SUNDAY

NA

The Midway Park Theater will remain closed for renovations.

FRIDAY

NA

SATURDAY

Free showing:
"Despicable Me 3," (2017), PG,
4 p.m.
"My Spy," (2020), PG-13,
7 p.m.

SUNDAY

NA



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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.

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>.

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. This class requires registration. For information, call (910) 451-3536.

Nurturing Fathers Program

Aug. 25 & 27, 9 a.m. to 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. This class requires registration. For information, call (910) 451-5960.

Baby Boot Camp

Aug. 26, 8:30 a.m. to 3 p.m.

This is a fun and interactive class for expectant parents or those who have children up to 3 months of age. Baby Boot Camp participants will have the opportunity for hands-on learning of infant care skills with practice dolls and real baby bath tubs. We even provide the Empathy Belly Pregnancy Simulator for Dads to join in on the pregnancy experience. Come as a couple or individually depending on your needs. This class requires registration. For information, call (910) 449-9501.

Wilderness Wednesdays - Wonderful Water Ages 2+

Sept. 9, 9:30 a.m. to 10:30 a.m.

Participants can enjoy outdoor fun with their little ones while learning about nature and its habitats, water source, exploring essentials, and critters. Come out and meet other parents with little explorers just like yours. Register online or at the Outdoor Adventure Office. Recommended for children able to walk. Parent must be present. For information, call (910) 451-1440.

Teen Adventure Series

Sept. 9, 1 p.m. to 4 p.m.

This 7-day camp is perfect for getting teens active in the great outdoors. Register for one or all sessions. Our experienced camp guides will teach teens fun outdoor activities such as kayaking, standup paddleboarding, mountain biking, and much more. Great for beginners or experienced teens! Open to authorized patrons ages 12-18. Register at the Outdoor Adventure Office or call (910) 451-1440.



U.S. Marine Corps Sgt. Anthony A. Acevedo, left, a motor transport operator with Combat Logistics Battalion-6, and Lance Cpl. Jaron Oler, right, a student with Financial Management School, Marine Corps Combat Service Support Schools, prepare backpacks filled with school supplies for families during the Marine Corps Base Camp Lejeune School Liaison Program's Back to School Bash at the Tarawa Terrace Community Center on MCB Camp Lejeune, Aug. 5.



U.S. Marine Corps Pfc. Addison K. Maples, a student with Financial Management School, Marine Corps Combat Service Support Schools, holds a sign to direct families on where to pick up backpacks filled with school supplies during the Back to School Bash at the Tarawa Terrace Community Center on Marine Corps Base Camp Lejeune, Aug. 5.

Camp Lejeune School Liaison staff, volunteers welcome students back to school

BY LANCE CPL. ISAIAH GÓMEZ
Marine Corps Installations East

To usher in the new school year, staff and volunteers with the Camp Lejeune School Liaison Program gave out over 250 backpacks filled with school supplies and organized a virtual scavenger hunt for students and families.

"School this year is much more complicated," said Julie Fulton, a school liaison officer with the Camp Lejeune School Liaison Program. "Parents this year will not only have a choice to send their children to attend school on base, but whether they will attend virtually or in-person."

According to Fulton, this year's Back to School Bash events were creatively developed to support the need for social distancing with a drive-thru event, which provided resources and information added into the backpacks.

The start of the 2020-2021 school year will look different from previous years with the on-going COVID-19 pandemic. An estimated 10 percent of students enrolled at Marine Corps Base Camp Lejeune schools and an estimated 20 percent of students enrolled at Onslow County schools will attend virtual classes for the start of the school year. Proper preparations and adjustments have been put in place for the health and safety of the students, their families and the school staff.

MCB Camp Lejeune schools require a semester commitment and Onslow County schools require a year commitment for virtual classes. Virtual classrooms will operate as a separate school with different teachers, faculty and students from different installations. Remote hybrid classrooms are available with Onslow County schools and will allow 50 percent of the students to attend on Monday and Tuesday or Thursday and Friday. Remote hybrid classes will be with teachers and students from the same schools.

"Onslow County schools have the option of a remote hybrid model, where students attend a classroom part time and remote learning the rest of the time," said Donna Grady, a school liaison officer with the Camp Lejeune School Liaison Program.

Parents can encourage their children to wear a mask over long periods of time, practice social distancing, wash their hands and review guidelines from the Centers for Disease Control and Prevention.

"To stay safe, we have prepared steps to help prevent the spread of COVID-19," said Grady. "There will be a one-way entry for all students, Plexiglas inside the school, enforced social distancing, the wearing of face coverings, handwashing stations and hand sanitizer at every door. Students will be repeatedly asked if they're experiencing any symptoms."



U.S. Marine Corps Sgt. Anthony A. Acevedo, a motor transport operator with Combat Logistics Battalion-6, prepares backpacks filled with school supplies for families during the Back to School Bash at the Tarawa Terrace Community Center on MCB Camp Lejeune, Aug. 5. As schools begin to reopen during the COVID-19 pandemic, families are encouraged to participate in welcoming back students through socially-distanced activities.



Living by the Golden Rule, making waves of change



BY LT TYLER HOPKINS
Deputy Director,
CREDO

Rules are great most of the time aren't they?

They give order to things when there would otherwise be potential for chaos. When people don't follow rules we know there is a punishment which can typically be enforced to correct the behavior. Looking around right now though, we can see a violation of something we call a rule and it has led to endless amounts of chaos. If it were to be followed there wouldn't need to be near as many other rules and laws.

The rule I'm referring to is the Golden Rule if you haven't guessed it yet. One variation is simply "Do unto others what you would want them to do to you." There exist many variations of this stretching across many societies and most religious groups. With it being so wide stretching why is it still such a problem?

Part of the problem that I have noticed is many are showing little regard for others indicating they don't follow this rule and view it as more of a suggestion. There really isn't a way to directly enforce this rule because it is a rule based on self-regulation, plus it is a fairly broad rule. With this rule not being followed we can see ex-

actly what has come from it; war, crime, murder and racism, just to name a few of the things stemming from the lack of regard. This result can be summed up in one word: chaos.

There are some questions we all must ponder now. How can we do better? What can we do to make a course correction? One issue we come up against with this is it cannot be done at a societal level. You can't legislate morality. So it must be done at the individual level, within ourselves and within our homes. Until we teach ourselves to treat each other the way we want to be treated, we will continue to live in a society that is riddled with ethical problems and chaos.

Am I suggesting that we will become a utopian society if people begin living this way? No. The lie that we need to look out for ourselves and only ourselves is too ingrained in our society for anyone to expect everyone to live this way; however, by choosing to live by the Golden Rule a difference can be made. My greatest suggestion when attempting to make a difference with following this rule is to not measure the difference you believe you are making. Any difference

we make may be small to us, but it can be massive to someone else. Be part of making waves of change which can make a difference in more lives than we are aware.

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

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