

The Globe

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THURSDAY, AUG. 13, 2020

2d Marine Division welcomes new commanding general

BY 2D MARINE DIVISION COMMSTRAT

On Aug. 6, at 7 p.m., 2d Marine Division (2d MARDIV) conducted a change of command ceremony outside of the 2d MARDIV headquarters at Camp Lejeune, during which Maj. Gen. David J. Furness, following two years as commander of the 16,000-strong 2d MARDIV, relinquished command to Maj. Gen. Francis L. Donovan.

"I am truly privileged to have had the opportunity to have commanded this great division; it has been the pinnacle of my career," said Furness. "I was fortunate enough to have stepped into an exceptionally well-run organization back then, so any refinements were really on the margins. Nonetheless, we worked exceptionally hard on issues like leadership development, war-fighting readiness and modernization. As I relinquish command to Gen. Donovan, my hope is that he will find an organization that is all the more fit and focused for it. Gen. Donovan has my full confidence as he prepares to lead the Marines and Sailors of this exemplary organization. The Follow-Me division is in great hands."

Donovan previously served as commanding general of Naval Amphibious Force, Task Force-51/5th Marine Expeditionary Brigade, and, most recently, Donovan served as an assistant commanding general for Joint Special Operations Command, Fort Bragg,



U.S. Marines with 2d Marine Division (MARDIV) stand at attention during a change of command ceremony on Marine Corps Base Camp Lejeune, Aug. 6. During the ceremony, Maj. Gen. David J. Furness relinquished command of 2d MARDIV to Maj. Gen. Francis L. Donovan, a tradition symbolizing the transfer of authority, responsibility and accountability of the Marines and Sailors under his charge.

Photos by Lance Cpl. Brian Bolin Jr.

North Carolina.

Commented Donovan, "I am honored to take command of this storied division. There is no greater privilege than serving Marines and Sailors of any organization, and I could not be more humbled than to be able to do that here

2D MARDIV 4A ▶



U.S. Marines with 2d MARDIV salute Maj. Gen. David J. Furness during a change of command ceremony on Marine Corps Base Camp Lejeune, Aug. 6.



U.S. Marine Corps Maj. Gen. Francis L. Donovan gives remarks to Marines, Sailors and families of 2d MARDIV after a change of command ceremony on Marine Corps Base Camp Lejeune, Aug. 6.

MCB Camp Lejeune clean up from Hurricane Isaias



U.S. Marine Corps Lance Cpl. Antonio C. Villanueva, left, and Lance Cpl. Daniel Startt, right, both combat engineers with 8th Engineer Support Battalion, 2nd Marine Logistics Group, clear debris with a chainsaw at Berkeley Manor on Marine Corps Base Camp Lejeune, Aug. 4. U.S. Marines carried out recovery efforts after Hurricane Isaias in order to resume normal operations while following COVID-19 mitigation guidelines.

Photos by Lance Cpl. Isaiah Gomez



U.S. Marine Corps Lance Cpl. Anderson Rojas, an engineer equipment operator with 8th Engineer Support Battalion, 2nd Marine Logistics Group, clears debris at Berkeley Manor on Marine Corps Base Camp Lejeune, Aug. 4.

Semper Utile: Always Helpful



Photos by Cpl. Elijah J. Abernathy

U.S. Marines with Headquarters Battery, 10th Marine Regiment, 2d Marine Division, load school supplies onto a cart during a unit function at Johnson Primary School on Marine Corps Base Camp Lejeune, N.C., July 31. The Marines assisted teachers in preparation for the coming school year by setting up classrooms, sanitizing, cleaning and maintaining the school grounds. Students will return to Johnson Primary School this August for the first time since the COVID-19 pandemic.



U.S. Marine Corps Lance Cpl. Tirik F. Blackburn, a fire direction controlman with Headquarters Battery, 10th Marine Regiment, 2d Marine Division, builds a table cart during a unit function at Johnson Primary School on Marine Corps Base Camp Lejeune, N.C., July 31.



U.S. Marine Corps Lance Cpl. Kate E. McCaskicc, a fire direction controlman with Headquarters Battery, 10th Marine Regiment, 2d Marine Division, pressure washes the sidewalk during a unit function at Johnson Primary School on Marine Corps Base Camp Lejeune, N.C., July 31.



U.S. Marine Corps Lance Cpl. Patrick R. Pasion, a fire direction controlman with Headquarters Battery, 10th Marine Regiment, 2d Marine Division, carries school supplies into a classroom during a unit function at Johnson Primary School on Marine Corps Base Camp Lejeune, N.C., July 31.

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.
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The
Globe

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CLB-8 in Deep Water



U.S. Marine Corps Sgt. Maj. David M. Elliot, 2nd Marine Regiment, 2d Marine Division (2d MAR-DIV), II Marine Expeditionary Force (II MEF) participates in exercise Deep Water at Marine Corps Base Camp Lejeune, July 31.



U.S. Marine Corps Lance Cpl. Christian L. Taylor, motor transport, Combat Logistics Battalion 8 (CLB-8), Combat Logistics Regiment 2 (CLR-2), 2nd Marine Logistics Group (2nd MLG), gives guidance to vehicle operators during exercise Deep Water at Marine Corps Base Camp Lejeune, July 31. Exercise Deep Water allows small unit leaders to make decisions without direct communication with higher echelons, and provides feedback on how to better train and fight in highly contested environments.

Photos by Cpl. Rachel K. Young-Porter

V22 Conducts Exercise Deep Water



A U.S. Marine with 2d Battalion, 2d Marine Regiment (V22), 2d MARDIV, fires an M240 Bravo machine gun during exercise Deep Water at Marine Corps Base Camp Lejeune, July 29. Exercise Deep Water gave V22 and all attached assets a dynamic force-on-force environment with simulated, live adversaries.



U.S. Marines with V22 ride a CH-53 Super Stallion during Exercise Deep Water at Fort A.P. Hill, Virginia, July 29. Exercise Deep Water gave V22 and all the attached assets a dynamic force-on-force environment with simulated, live adversaries.

Photos by Lance Cpl. Reine Whitaker

3/6: Rolling in the Deep Water



U.S. Marine Corps Sgt. Eric Capo, an anti-tank missile gunner with 2d Light Armored Reconnaissance Battalion, 2d MARDIV, provides security on a light armored vehicle during Exercise Deep Water on Marine Corps Base Camp Lejeune, Aug. 1. Exercise Deep Water gave 3rd Battalion, 6th Marine Regiment (3/6) and all the attached assets, a dynamic force-on-force environment with simulated, live adversaries.

Photos by Lance Cpl. Jacqueline Parsons

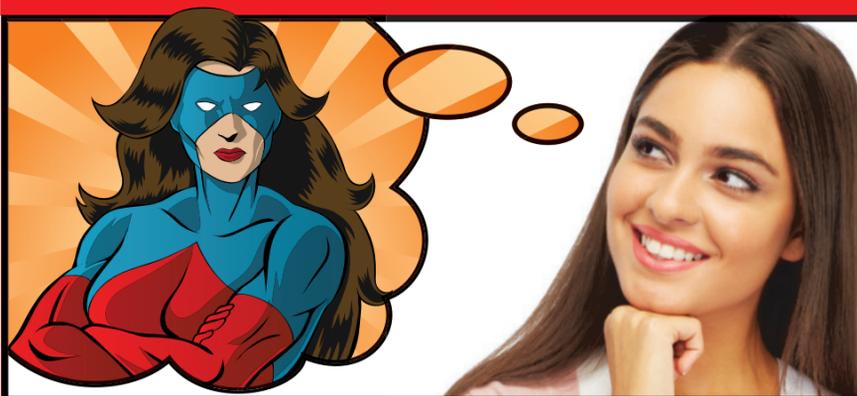


U.S. Marines with Lima Company, 3/6, 2d MARDIV, advance over a wall to clear buildings in a training area during Exercise Deep Water on Marine Corps Base Camp Lejeune, July 31.



U.S. Marine Corps Pfc. Pablo Sosa, left, a rifleman, and 1st Sgt. Thomas Herrera, the company first sergeant, both with Lima Company, 3/6, provide security from an overwatch position during Exercise Deep Water on Marine Corps Base Camp Lejeune, Aug. 1.

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Give and get back more!

2d MAW Chief of Staff retires after 37 years of service



Photo by Lance Cpl. Yuritz Gomez

Col. Duane Opperman is presented with an award during his retirement ceremony at Marine Corps Air Station Cherry Point, North Carolina, Aug. 7. Opperman, the outgoing chief of staff for 2nd MAW, retired after serving 37 years of honorable service in the Marine Corps.



Base's long-term containment monitoring program keeps watch

COURTESY STORY
Environmental Management Division

Marine Corps Base Camp Lejeune has been working since the 1990's to conduct environmental investigations and cleanup, where needed, in partnership with the U.S. Navy, the North Carolina Department of Environmental Quality and the United States Environmental Protection Agency. These agencies work together to come up with long-term, cost-effective cleanup strategies with the goal of returning our property to reusable land.

One cleanup strategy is long-term monitoring and is currently conducted at 16 sites on MCB Camp Lejeune and MCAS New River. The purpose of long-term monitoring is to evaluate the effectiveness of treatment systems, the potential for migration of contamination and progress toward site

cleanup. In 2018, approximately 422 groundwater samples, 20 surface water samples, 13 indoor air samples, six sediment samples and two pore water samples were collected.

The samples were analyzed for site-specific contaminants that include volatile organic compounds, semi-volatile organic compounds, pesticides, polychlorinated biphenyls, metals and natural attenuation parameters.

Data is evaluated every year and compared against site-specific cleanup levels, based on federal and state standards, to evaluate concentration changes over time and to ensure continued protectiveness of human health and the environment.

If you have questions, contact your chain of command or Base Environmental Management Division at (910) 451-5878 or Lejeune_IR_Program@usmc.mil.



Courtesy photo

Groundwater sampling at Site 78, near the Hadnot Point Industrial Area, Sept. 2018. Aerators are used for stripping volatile organic compounds from the surface water in Edwards Creek adjacent to Site 89, located at the old DRMO on Camp Geiger. Surface water samples are collected downstream of the aerators to monitor effectiveness.



Photos by Patrick King

U.S. Marines with 2d Marine Division retire the colors after a change of command ceremony on Marine Corps Base Camp Lejeune, Aug. 6.

2ND MARDIV FROM 1A

at 2d Marine Division. I am looking forward to this awesome responsibility, to the challenges that lie ahead, and to what the future has in store for this outstanding division."

2d MARDIV is a multi-role expeditionary ground combat force. The Division is employed as the ground combat element of II Marine Expeditionary

Force, or may also provide task-organized forces for assault operations, and such other operations as may be directed. 2d MARDIV's past operations include: The Global War on Terrorism; Operation Desert Storm; peacekeeping operations in Beirut, Lebanon; Operation Just Cause in Panama; and World War II's Pacific front.



U.S. Marines with the 2d MARDIV color guard, present the colors during a change of command ceremony on Marine Corps Base Camp Lejeune, Aug. 6.

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Photos by Calvin Shomaker
Dancers ages three through six from Lejeune Dance Company's Ballet, Tap & Tumble class perform during a socially-distanced mini recital at Tarawa Terrace Community Center, Aug. 10.

Lejeune Dance Company holds first recitals

BY CALVIN SHOMAKER
Sports Writer

After pausing classes two months after opening day and the cancellation of their first recital due to COVID-19, the Lejeune Dance Company held its inaugural recitals at Tarawa Terrace Community Center on Marine Corps Base Camp Lejeune this month. The dance company was started in January by director and military spouse Meredith Caruso, who has over 15 years of teaching experience, holds a certification in Rhythm Works Integrative Dance and has a master's degree in education.

"Military children are strong and resilient; however, the stress of constant relocating as well as deployments can be hard adjustments," Caruso said. "Through dance, I felt I could offer our local military children a way to express the stresses

and anxieties of being a military child while also giving them the opportunity to make new friends all while receiving excellent dance training and unique opportunities."

The Lejeune Dance Company offers ballet, jazz, tap, acrobatic dance, lyrical, hip-hop, creative movement, therapeutic dance and Family Fit-Dance classes. Since reopening, Lejeune Dance Company has adapted by choreographing socially-distant dances and taping boundaries on the floor to show dancer's where to stay.

"We called the taped squares their magic carpets to make it fun and not scary," Caruso said. "Even our youngest dancers have done an excellent job following the new rules for dance class, and we are all having so much fun."

Instead of having one show, Caruso decided to hold mini recitals where

dancers and their families were distanced and the room could be cleaned and sanitized between shows.

"It has taken a lot of planning and extra time; however, the smiles on their faces make it all worth it," Caruso said. "My hope is that I am able to bring some magic and fun memories to the families during this difficult time."

Registration for fall classes opens at 8:00 a.m. on Monday, Aug. 17 and will close when classes are full. Classes begin on Sept. 14 and run through Dec. 18 with a holiday show planned for Dec. 15. Registration will be done online via an event created by the Lejeune Dance Company Facebook page.

For questions or additional information, contact lejeunedancecompany@gmail.com or find Lejeune Dance Company on Facebook or Instagram.



Dancers ages three through six from Lejeune Dance Company's Ballet, Tap & Tumble class perform during a socially-distanced mini recital at Tarawa Terrace Community Center, Aug. 10. Ballet, Tap & Tumble is a combination class where students learn pre-ballet basics, pre-acrobatic skills and practice rhythm and beat in tap.

66

Through dance, I felt I could offer our local military children a way to express the stresses and anxieties of being a military child while also giving them the opportunity to make new friends.

- Meredith Caruso, Lejeune Dance Company Director



Dancers from Lejeune Dance Company smile and wave to the audience during a socially-distanced mini recital at Tarawa Terrace Community Center, Aug. 10.

White Team tops Red Team to win tournament title

BY CALVIN SHOMAKER
Sports Writer

Local golfers teamed up to play in the Red & White Golf Tournament, a Paradise Point Golf Course favorite, on Marine Corps Base Camp Lejeune, August 8-9.

Following Saturday's two-person team match play rounds, the Red and White teams were tied at 24 points a piece heading into the final day of the tournament. On Sunday, the White Team took the lead in the individual matches and "never looked back", said head pro John Johnson.

The White Team, captained by Bob Simpson, ended up defeating the

Red Team, led by Captain James Simpson, by a margin of 11 points with a final score of 77.5 to 66.5.

The Paradise Point Golf Course Base Championship will be held Saturday, Aug. 22 and Sunday, Aug. 23. Registration closes on Aug. 19. The entry fee is \$25 per golfer for the two-day stroke play tournament. To register, stop by the pro shop or call **(910) 451-5445**.

Day One:
White 24, Red 24

Day Two:
White 53.5, Red 42.5

Final:
White 77.5, Red 66.5



U.S. Marine Corps Maj. Garron Garn tees off on Hole No. 10 at Paradise Point Golf Course's Scarlet Course during round one of the Red & White Golf Tournament held Aug. 8-9.

Photos by Calvin Shomaker



Retired U.S. Marine Corps Chief Warrant Officer 3 Beau Brown tees off on Hole No. 10 at Paradise Point Golf Course's Scarlet Course during round one of the Red & White Golf Tournament held Aug. 8-9.



Retired Marine Corps Sgt. Maj. Robert Nowlin tees off on Hole No. 10 at Paradise Point Golf Course's Scarlet Course during round one of the Red & White Golf Tournament held Aug. 8-9.



Bob Songer tees off on Hole No. 8 during Saturday's team match play round at Paradise Point Golf Course's Scarlet Course during the Red & White Golf Tournament held on Marine Corps Base Camp Lejeune, Aug. 8-9.

Q&A Instructor of the Week: Storm Rincon

BY CALVIN SHOMAKER
Sports Writer

Q: What is it about Olympic weightlifting that makes it effective?

A: As far as Marines, or for anyone in general, but especially on the tactical side of things, you're looking for quick, explosive bursts and power. These movements, although technical, if taught correctly, to me there are no better movements to teach explosiveness and also give you the benefits of strength and power.

Q: Is there anything unique or special about the HITT gym on Marine Corps Air Station New River?

A: As far as what we offer, I think it's passion. The staff here has a love for fitness. I don't think you can put any of us in one specific category. I may do weightlifting, but I've got years of experience in functional fitness. I think we have a lot to offer as far as knowledge, and when you put passion with that we have no problem with anybody walking in here who wants help.

Q: What are some common questions or concerns you get from Marines?

A: The biggest concern right now would be the

TITLE:
High Intensity Tactical Training (HITT) Instructor

HOMETOWN:
Kinston, NC

CERTIFICATIONS:

- USA Weightlifting Level 1
- CrossFit Level 1

HITT classes, but with COVID everyone has been more than understanding that we haven't been able to have those. That's a big loss, not being able to run those classes for the Marines who aren't necessarily gym-lifestyle people. We have quite a few people who can come in here and do their own thing, but we do have a lot of people who come in that aren't necessarily knowledgeable, especially with a HITT Center. It's not like going to Wallace Creek and having the machines. Here, it's a lot of free weight stuff, so people get afraid really. They're scared to try new things, and the classes give us a chance to teach them that with a coach being hands-on.

Q: What can a Marine who drops in during the day expect to get coaching wise? **A:** That depends on them really. For me, I give you what you give

me. It's all about how much effort you want to put in. I'll give you that same amount of effort back.

Q: What are some keys to preventing injuries?

A: The recovery is underrated. Pre-warm ups are a big problem with people rushing through warm ups and not getting the body ready to do some of these higher intensity workouts. Also, cooling down. I watch guys get done with their workouts, pack their bags and leave. You have to have your recovery, stretching and warmups in place. Even more important than that, there is a 90-10 rule that you hear often in fitness where 10 percent of what you do is in the gym, and 90 percent is what you do outside. Nutrition is key.

Q: Is there anything else you want to mention about the work that you do at the New River HITT Center?

A: I think Marines, or even patrons in general, don't quite understand the benefits of coming to a HITT facility. I know we don't do classes right now, but there are always coaches on staff that are more than happy to help with whatever you may have on your mind that day. I'd love to see



Photo by Calvin Shomaker

High Intensity Tactical Training (HITT) Instructor Storm Rincon joined the HITT team on Marine Corps Air Station New River earlier this year.

more people come in and give us a chance. I'd love to get more traffic in here so we can utilize our skills and help give back to the Marine Corps and military community as a whole.

For more information

on the New River HITT program, visit the New River HITT Center at Bldg AS-4024, call **(910) 449-7698** or go online to 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



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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. Different games will be held each week, including, but not limited to combined score, scramble and alternate shot. 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.

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

Register by Aug. 19. Cost is \$25 per golfer, plus cart and greens fee. Tournament consists of two 18-hole rounds scored by stroke play both gross and net. Players must have a USGA handicap. For more information, call (910) 451-5445.

Archery Meet Up**Aug. 22, 11 a.m. to 12 p.m., Hospital Point Picnic Area, MCB Camp Lejeune**

Meet up with other skilled archery enthusiasts and receive additional coaching from our certified instructors. Cost is \$5 per person and includes equipment and instructional guide. All archers must take the Intro to Archery class to attend. Register online at www.mccslejeune-newriver.com/outdoor.

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 with a small group 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

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.



mailed two to four weeks after registration ends. For registration, 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.

Beat the Bridge 10k & 5k**Sept. 26, 8 a.m. to 12 p.m., Riverwalk Crossing, Jacksonville**

Join us for Beat the Bridge 10K/5K in downtown Jacksonville, NC. Our event will highlight the beauty of the City of Jacksonville, the commitment the military community and local community have to working together and the determination and optimism of local athletes. A portion of the proceeds benefit the Semper Fi Fund. Register for one of our virtual categories to participate from anywhere. This event is a part of the Jacksonville-Onslow Sports Commission Race Series. For more information or to register for the event, visit www.racejosc.com.

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 2020 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.

Parent Child Archery (Ages 5+)**Sept. 26, 9 a.m. to 10:30 a.m., Hospital Point Picnic Area, MCB Camp Lejeune**

Learn archery with your kids. Our certified instructors teach parents and children together about range safety, proper shooting techniques, tips for shooting proficiently from varying distances and more. Open to all authorized patrons 5 and up. Cost is \$15 per person and includes equipment and guide. To register, visit www.mccslejeune-newriver.com/outdoor or call (910) 451-1440.

Freddy's Frozen Custard Challenge & 5k**Oct. 17, 8 a.m. to 12 p.m., Jacksonville Commons Elementary School**

Challengers run the flat course around the Commons Loop and then head into a nature trail filled with frozen custard and a few challenges. 5k runners run the flat course around the Commons Loop. This is the last stop on the Jacksonville-Onslow Sports Commission Race Series. For more information or to register, visit www.racejosc.com.

Hard Corps Powerlifting Competition**Oct. 24, 10 a.m., Stone Bay Fitness Center, MCB Camp Lejeune**

Competitors will be divided into three experience categories 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

NCHSAA to make sports calendar decision soon

Fall sports start date extended again

BY CALVIN SHOMAKER
Sports Writer

The North Carolina High School Athletic Association (NCHSAA) released a memo on Aug. 6 from Commissioner Que Tucker stating that they hope to “announce a calendar for playing sports during the upcoming school year” before Monday, Aug. 17.

The memo was released the day after Governor Roy Cooper extended Phase Two of the state’s Safer at Home reopening plan. The extension of Phase Two forced the NCHSAA to push back its intended start date for the fall sports season for the second time from Sept. 1 to at least Sept. 11.

Charlotte Observer reporter Langston Wertz Jr. reported on

Aug. 6 that as long as Charlotte-Mecklenburg Schools, the second-largest district in the state, remains in all-virtual learning, there will be no athletics allowed, per a questionnaire the school district returned to the NCHSAA.

Wertz’s article also said that the district is in favor of delaying all sports until 2021; however, Nick Stevens of WRAL’s High-SchoolOT.com reported Charlotte-Mecklenburg Schools Superintendent Earnest Winston said “no ultimate decision will be reached until the NCHSAA” announcement.

Cooper’s Phase Two keeps gyms, bars and entertainment venues closed while placing limits on gatherings.

For additional information, visit www.nchsa.org.

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Back row, from left, U.S. Navy Hospital Corpsman 1st Class Matthew Stuhler, Bryce Higley, U.S. Marine Corps Staff Sgt. Tyler Jennison, U.S. Marine Corps Cpl. Kristy Walton, Lance Cpl. Giovanna Torrespelayo, Cpl. Austin Schnitzler, U.S. Navy Cmdr. Brandon Harding, Staff Sgt. Kyle Rosenbaum and front row, from left, Sgt. Jazmyn Harris, Religious Program Specialist Nathan Carlson, Petty Officer 2nd Class Courtney Timmons and Anthony Droz pose for a photo in the Pisgah National Forest, July 23. The group participated in a Wilderness Personal Growth retreat led by the Chaplain's Religious Enrichment Development Operation (CREDO).



Sgt. Harris' fellow participants help undo her braids, July 27. Harris cut her hair as part of a personal transformation during the retreat.

Cmdr. Harding, CREDO director, Marine Corps Base Camp Lejeune, scales a rock face, July 25. Activities like climbing and rucking gave participants a chance to share experiences and face obstacles together.



CREDO led retreat promotes personal growth in Appalachia



Participants take a break after reaching an overlook in the Pisgah National Forest, July 26. For the entirety of the retreat, participants rucked in 30-40 pounds of gear.

BY PAT GRUNER
Managing Editor

Nine service members participated in a Chaplain's Religious Enrichment Development Operation (CREDO) led Wilderness Personal Growth retreat in western North Carolina's Pisgah National Forest, July 23-28.

The retreat served to facilitate personal growth in a wilderness environment through activities like backpacking, rock climbing and camping. A curriculum was put in place to help participants create lasting change and develop emotional and psychological

resilience. CREDO partnered with Outdoor Initiative for the retreat.

"We are able to put into practice some key elements of leadership I have learned over the years, chiefly, being vulnerable and authentic," said U.S. Navy Cmdr. Brandon Harding, CREDO director for Marine Corps Base Camp Lejeune. "The retreat experience was more profound and moving than I could have hoped. It exceeded all my expectations."

Activities during the retreat illustrated challenges

CREDO 10A ▶

THIS WEEK IN ENTERTAINMENT...

Actor James D'Arcy puts on his writing hat and steps behind the camera for 'Made in Italy'

ED SYMKUS

More Content Now

There's a method, maybe even an art, to chatting up veteran movie stars who have likely been asked the same old questions over and over. You try to avoid bringing up topics they don't enjoy talking about. In the case of actor James D'Arcy, you probably don't want to mention the overused comparison to actor Benedict Cumberbatch — that they bear a resemblance, they're the same age, they're both from London. Or maybe you bring a new twist to it.

Reaching D'Arcy by phone to talk about "Made in Italy," the first feature he's written and directed, I told him about an old piece I'd found in which a British reviewer wrote something to the effect of "If Cumberbatch is the Beatles of modern British acting, D'Arcy is the Kinks."

His response was a big, cackling laugh. "I've never heard that quote," he said. "I have no idea what it means, but I love the Kinks. In any case where I'm compared in any way to them, I am utterly thrilled."

Put the actor at ease. Make him laugh. That's how you get a good interview. Of course, it doesn't hurt to tell him that "Made in Italy" — the story of tribulations in a father-son relationship, starring real-life father and son Liam Neeson and Micheál Richardson — is a sweet, funny, charming,



James D'Arcy takes a breather in the Tuscan countryside before directing his next shot. Photo courtesy of IFC Films

and positive movie.

Q: More and more actors are checking out their writing and directing skills these days. What got you to try it?

A: I started writing the script about 12 years ago. I wrote it to act in it, not to direct it. I thought, if I write a really good role for an older male, and it were bankable, then maybe we could get a bit of money together. So, I wrote it, I got stuck, then it just sat there for a while. I had written a couple of other projects, and there was talk of me directing one of them. But that didn't come

together. But by then I was intrigued to know if I had any aptitude for, or even would I enjoy, directing. Then on a flight from London to Los Angeles, I wrote a short film in one go. It was an 18- or 20-page short film in one flight. It was "Chicken/Egg," which I directed in 2016, and we just got on YouTube. I made that film as an experiment to see how I felt about directing. And on day one, I was driving home and I thought, "Why did I have to wait till now to discover this is what I'd like to do?" I loved it!

Q: And that led to

"Made in Italy"?

A: Sam Tipper-Hale, the producer of "Chicken/Egg," asked what else I'd written, and I gave him the script for "Made in Italy." It was a different-looking script with a different name and a different third act. We developed it and put it together with [actors] Bill Nighy and Jack Lowden, but then Bill couldn't do it and he dropped out, and I thought of Liam. But I hesitated, because I didn't know him at the time, and I assumed that because I was a first-time director and he didn't know me, that we weren't going to get any-

where. But my producers did not hesitate; they sent him the script, without telling me. Then I got an email from Liam saying he loved it, let's meet and have a chat. We met, and he said, "I think there could be something very interesting in doing this with my son playing my son. I think we'd bring something to it that you can't quite put your finger on." I didn't know his son Micheál at the time, but Liam said, "If you're interested in the idea, why don't you meet him and see how he gets on?" There wasn't any pressure, but I met Micheál and he just had so much charm and is such an honest actor. And it worked out.

Q: Was there any trepidation about being in charge of a feature film for the first time?

A: The actual being-on-set part was not unfamiliar to me. I've done it for years. It was exhausting and all the things you'd expect it to be. But it wasn't an extremely different experience for me. I tried to roll with the punches. When we got to the more emotional scenes, there was very little in my way of direction there. I explained [to actors] how long I thought it would take in a scene to get to the emotional bit, and then how long I thought we would be in that bit, in terms of camera positions and time, but then I just let them do it.

Q: As an actor, you've

worked with a wide variety of directors, from the Wachowskis in "Cloud Atlas" to Peter Weir in "Master and Commander," and Christopher Nolan in "Dunkirk." Had you quietly been watching them and taking notes on how you would someday direct?

A: By the time I worked with Chris Nolan, I knew that I wanted to direct, so by then I was a hawk in terms of watching what he did. There were two things that weren't even particularly film-related that he did on his set which I directly stole. He didn't allow any mobile phones on the set, and there were no chairs. I realized that it keeps you really muscular, as a film crew. It keeps everyone focused. What often happens is, when you're an actor, doing an emotional scene, you look off to the left and there's a line of four people playing Candy Crush, because their work on that scene was done. We were shooting in one house for quite a while, we were a close-knit little group, and everybody was focused on doing the best we could.

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.

FRIDAY

Free showing:
"Glass," (2019), PG-13,
6:30 p.m.

SATURDAY

NA

SUNDAY

Free showing:
"How To Train Your Dragon: The Hidden World," (2019), PG,
3:30 p.m.

MIDWAY PARK

Bldg. 4014A in Midway Park

The Midway Park Theater will remain closed for renovations.

NEW RIVER

Bldg. AS240 Curfiss Rd., Air Station

FRIDAY

NA

SATURDAY

Free showing:
"Minions," (2015), PG,
4 p.m.
"My Best Friend's Wedding,"
(1997), PG-13,
7 p.m.

SUNDAY

NA

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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>.

Friday Trail Ride

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.

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.

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. Open to all Marines, Sailors, retirees and eligible dependents who are fathers or soon to be fathers. *This series is held on Tuesdays & Thursdays for 12 sessions (excluding holidays). This class requires registration. For information, call (910) 451-5960.

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 individual depending on your needs.

This class requires registration. For information, call (910) 449-9501.

Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Chief. I am a male, medium white and white border collie mix. I am 7 years old.

Pet ID# 45155424



My name is Louie. I am a male, brown and black domestic shorthair mix. The shelter thinks I am 9 months old.

Pet ID# 45202401

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.

Husband and wife lead Jacksonville Disabled American Veterans Chapter 16, Auxiliary Unit

BY PAT GRUNER
Managing Editor

As community veteran groups continue to support transitioning and retired service members in the Camp Lejeune area, a husband and wife team are leading the charge for their respective organizations. Randall and Sherry Cox have assumed command of Disabled American Veterans (DAV) Chapter 16 and the chapter's Auxiliary Unit respectively.

A Vietnam War veteran, Randall Cox served in the U.S. Marine Corps from 1972 to 1978. Following his end of active service as a corporal, Cox would go on to work for 40 years in the area around Marine Corps Air Station Cherry Point, bringing his total

time in the federal sector to 46 years. Sherry Cox spent 27 years working in cardiac care as a nurse, in addition to being a paralegal and a licensed cosmetologist.

"I always ask her what she wanted to do when she grew up," said Randall Cox, who has been involved with the DAV since 1978 and Chapter 16 for five years.

"I just don't want to grow up, so I'm not going to," replied Sherry, who is in her second term as commander.

The two find their marriage improves lines of communication between DAV Chapter 16 and the Auxiliary.

"We work hand-in-hand outside the office to keep harmony between the chapter and Auxiliary Unit to support our

community's veterans," Sherry Cox said.

Events the two have helped the groups put on have included a Veteran's Day ceremony as well as weekly Tuesday dinners and BINGO nights at the chapter hall in Jacksonville. The groups are also heavily involved in Veteran Stand Downs, biannual events that support homeless or at-risk veterans in Onslow County and the surrounding area.

"It is not a hobby," Randall Cox said. "It is our life's work. I have been retired since 2012 and am giving my all to help disabled veterans."

The organization holds general chapter meetings and the Cox's encourage veterans in the community to come out and see what the



Randall Cox, commander, Disabled American Veterans Chapter 16, and Sherry Cox, commander, DAV Chapter 16 Auxiliary Unit, pose for a photo at a veteran's event in Jacksonville. The Coxes have been involved with the DAV since Randall exited active U.S. Marine Corps service in 1978.

groups offer.

"Everything we do is focused one hundred percent on supporting

veterans," Sherry Cox said.

For more information on DAV Chapter

16 and its Auxiliary Unit, visit <https://davnc16.com/> or call (910) 455-3400.

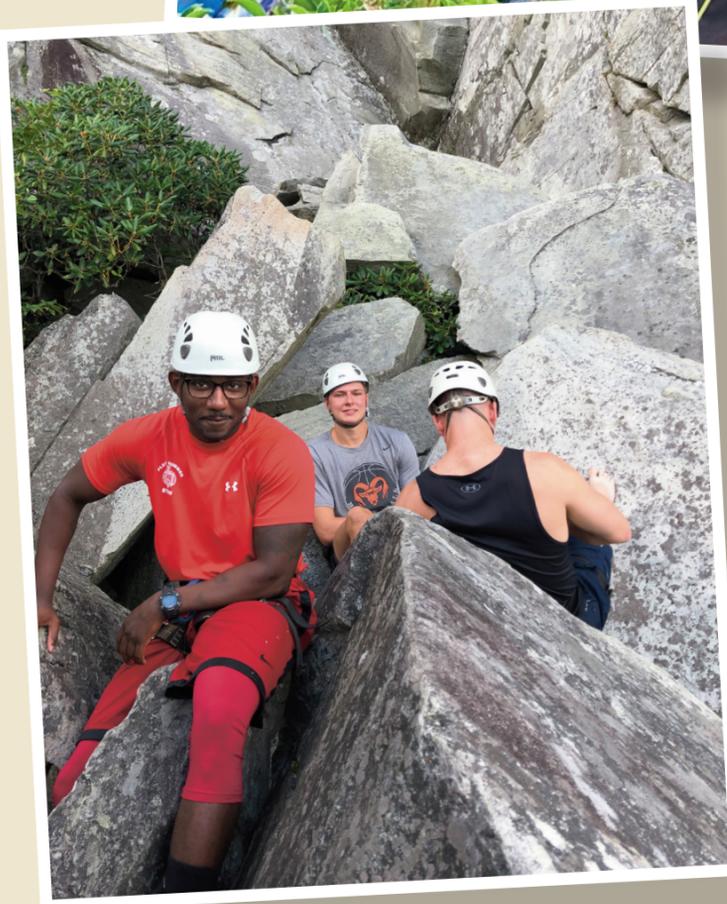
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We dug deep into our lives to understand how to make lasting change possible using the Immunity to Change system. I was deeply moved as I watched the synergy of this group. In just a few days we created a community with powerful connections.

U.S. Navy Cmdr. Brandon Harding



Anthony Droz (left) and U.S. Navy Petty Officer 2nd Class Courtney Timmons take a breather in the Pisgah National Forest during CREDO's Wilderness Personal Growth retreat, July 26.



From left, Timmons, U.S. Navy Religious Program Specialist Nathan Carlson and U.S. Marine Corps Staff Sgt. Kyle Rosenbaum prepare to climb a slope, July 25.

Courtesy photos

CREDO FROM 8A

service members might face in their personal lives while building trust and bonds that can help when faced with obstacles.

"We had shared hardships hiking up a mountain in the rain. We overcame fear of heights by rock climbing. We learned about trust as we relied on our belay to keep us safe," Harding said. "We dug deep into our lives to understand how to make lasting change possible using the Immunity to Change system. I was deeply moved as I watched the synergy of this group. In just a few days we created a community with powerful connections."

Harding served as a leader for the event alongside Outdoor Initiative's Matthew Stuhler, a retired U.S. Marine Corps infantry officer, and Anthony Droz, an Operation Iraqi Freedom veteran.

For more information about CREDO, visit <http://www.mccslejeune-newriver.com/credo/>.

The stars are aligned

BY LT. MARK COKER
2d Medical Battalion

Have you ever been in a position where everything is lined up and it seems like every strategic piece of your life is in position, but yet you were hesitant to act? What was the reservation?

Maybe a gut feeling or did it feel like the timing was off? I am reminded of King Saul and his pursuit of David. David was chosen by God to take the throne, but King Saul was still in charge. This dilemma led to a continuous conflict that seemed to never end. At one point David's loyal followers were frustrated and exhausted from running and hiding, especially when God was on their side. David was provided with an opportunity to end this conflict and take King Saul's life, but he waited. Soon after there was, again, another opportunity to end the conflict, and this time it seemed everything was in perfect timing and finally the "stars were aligned" as his enemy was in a deep sleep, he was able to bypass the guards. The timing was perfect and his cousin offered to help, but David declined to act.

How frustrating it must have been for his followers - more exhausting conflict on the rise, more hiding and more strife. David's cousin was excited that they finally had an opportunity to inflict a blow to the enemy in a way that would end their trial. He saw this as God ordained, but David saw it as an opportunity to fail God.

In my own journey I have come to understand that what may seem like a clear answer from God to take things into my own hands, may actually be a clear opportunity to trust God. How many times have we taken matters into our own hands only to mess things up worse? Maybe your faith needs a push in the right direction so you can learn to trust God with your family, career, ministry, marriage, finances or numerous other things that are important to you.

David never did take King Saul's life, but eventually he died and David was able to rightfully take his place on the throne. Before you make any major decisions in your life, ask the question: "Are the stars really aligned?"

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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