

The

Globe



SERVING CAMP LEJEUNE AND SURROUNDING AREAS SINCE 1944



- Powerlifting Competition 4A
- Preschool story time 1B
- Teen Dating Violence Awareness month 4B

CONTRACTORS, VISITORS URGED TO OBTAIN

Real ID-compliant driver’s licenses

TO ACCESS BASE

PRESS RELEASE
MCB Camp Lejeune

Did you invite your family to attend your graduation, homecoming, promotion, or retirement ceremony? Do you have any contracted services needing access to the installation? Ensure they are aware of the new requirements for installation access or they will be turned away.

“Per Department of Homeland Security and Department of Defense policy, Real ID enforcement aboard Marine Corps installations began Jan. 22. Since then, approximately 50 visitors or contractors per day have been refused access to Camp Lejeune for non-compliant identification,” said Lt. Col. Eric Young, Marine Corps Installations East provost marshal.

The Real ID Act of 2005 established minimum security standards for license issuance and production. As of Jan. 22, this has impacted what identifications can be accepted at Marine Corps Installations.

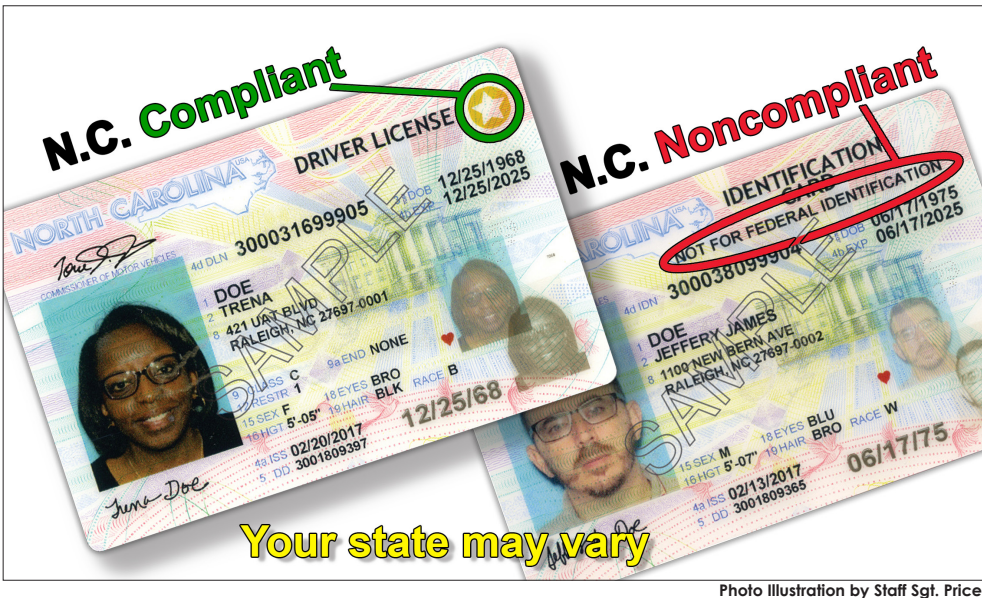


Photo Illustration by Staff Sgt. Price

Any contracted services and visitors seeking access to Marine Corps installations who do not already have access via a Department of Defense credential (Common Access Card, DOD Retired Military ID, Dependent ID, RAPIDGate badge, etc.) will be required to provide a Real ID Act authorized ID unless their state has been granted an extension.

Individual state’s compliance status can be viewed by visiting www.dhs.gov/real-id. Although the state may be compliant, the individual visitors’ or contractors’ DL or ID must be compliant. They should visit their local Department of Motor Vehicles to update their ID as this cannot be done online.

If a state is compliant, but not yet distributing compliant

IDs, then an approved secondary ID will be required, or an escort by an approved sponsor will be required.

“Again, this only directly affects those visitors or contractors whose states have not been granted an extension, and those who don’t already have access to base,” said Young. “However if you have family coming from across the country to attend your

In absence of a compliant DL or ID, one of the following federally approved forms of ID must also be provided in addition to the state ID:

1. U.S. Passport
2. U.S. Passport Card
3. U.S. Coast Guard Merchant Mariner Card
4. Personal Identity Verification (PIV) Card
5. Personal Identity Verification – Interoperable (PIV-I)
6. U.S. State Department Driver’s License
7. Veteran’s Health Identification Card (Issued by the U.S. Department of Veterans Affairs)
8. U.S. Permanent Resident Card (Form I-551)
9. U.S. Certificate of Naturalization or Certificate of Citizenship (Form N-550)
10. Department of Homeland Security Employment Authorization Document (Form I-766)

graduation, or you’re trying to get your contracted services delivery, this will inadvertently affect you if they’re sent away.”

The status of states’ compliance information is subject to change on a daily basis.

Continue to monitor the DHS site for modifications.

For further questions, contact the Visitor’s Center at 451-7735 or the Contractor Vetting Office at 450- 5977 before departing for the installation.

Lejeune’s Catholic Chapel celebrates 75 years

LANCE CPL. NICHOLAS LUBCHENKO
MCB Camp Lejeune

Hundreds gathered for mass at the St. Francis Xavier Catholic Chapel for the 75th anniversary of its dedication on Marine Corps Base Camp Lejeune Jan. 28.

The building of the chapel was finished in November 1942, but was dedicated Jan. 27, 1943.

“It was a special celebration,” said Archbishop Timothy Broglio, Archdiocese of the Military Services. “This chapel was dedicated 75 years ago to father Aloysius Schmitt. He was aboard a ship in Pearl Harbor the day of the attack and he pushed Sailors out of his ship. He drowned giving his life for others.”

To this day, the ministry continues to dedicate their lives to the community and give back to the Marines and Sailors of Camp Lejeune.

“This chapel is the heart of the catholic community here,” said John Lyle, previous Catholic priest for the St. Francis Xavier Chapel. “We are asking people to go into combat. For that,



Photo by Lance Cpl. Nicholas Lubchenko

The Knights of Columbus prepare to provide an honor guard during mass for the 75th anniversary of the St. Francis Xavier Catholic Chapel, on Marine Corps Base Camp Lejeune Jan. 28. The building was dedicated in 1943 for Lt. j.g. Aloysius Schmitt who gave his life saving others during the attack on Pearl Harbor. Broglio is the Archdiocese of the Military Services.

you want to be physically, mentally and spiritually prepared. When people are deployed and away, their families come here and they know that their fami-

lies are being taken care of. This is the spiritual home for the Catholic Marines here at Camp Lejeune.”

Since opening, the chapel has

provided support for hundreds of thousands of Marines, Sailors and their families.

“In 75 years, a lot of people come through a church and ben-

efit from the community and the sacraments,” said Broglio.

After the mass there was a celebratory dinner where distinguished guests and members of the community were recognized at Marston Pavilion on MCB Camp Lejeune.

“This is a very amazing ministry giving spiritual support to the Marines and Sailors,” said Lt. Cmdr. Cerino Bargola, chaplain, Camp Lejeune. “This chapel is a very vital piece of the mission here in Camp Lejeune.”

During dinner, Thomas Cassidy was recognized with applause for being a member of the chapel for over 60 years.

“It indicates his devotion and his fidelity,” said Broglio. “It also indicates the fact that the community has been here for him as well for those 60 years.”

The members of the chapel have no desire to stop providing services for the Catholic members of the community anytime soon.

“It has been here for 75 years and will be here as long as the base is here,” said Lyle. “It will continue to grow and flourish providing ministry and services.”

What’s in that Vape?

JENNIFER ATTILA
Substance Abuse Prevention Specialist

According to the Provost Marshal’s Office, Marine Corps Base Camp Lejeune, in the past eight months, 84 individuals have been involved in 35 different incidents on MCB Camp Lejeune and Marine Corps Air Station New River involving motor vehicle collisions, combative behavior, and medical emergencies causing the individual to lose consciousness and/or experience a seizure. The common factor among all these incidents: vaping.

With the understanding that each vape hit has a direct effect on the brain, it is important to be aware of what exactly is in that vape.

Many vape juices do not list the ingredients, making users unaware of the potentially dangerous or illegal substances they may be ingesting. The most deadly and concerning trend is that synthetic substances are more frequently being added to vape juice, the tobacco is mixed with cannabidiol.

SEE VAPE 3A ▶

CMC Message to the Force: ‘Execute’

ROBERT B. NELLER
Commandant of the Marine Corps

Marines, I am writing at the beginning of the New Year to give you an update on where we are as a Corps and where we need to focus in the coming months. First, thanks to you, Sailors serving with Marines, Civilian Marines, and your families for your efforts to keep our Corps ready and relevant in today’s challenging world. Marines in combat in Iraq, Afghanistan, Africa, and Syria continue to distinguish themselves as professional, disciplined warriors and a critical component of the joint force. At the same time,

Marines in Europe, WestPac, and South America assure our friends and deter our adversaries through their forward presence.

Here at home, we are implementing the actions of the Marine Operating Concept. Specifically, we adjusted our training to contest a peer adversary and worked to improve our readiness by adopting new processes to be more innovative, fit, educated, and resilient. We are in the midst of implementing Force 2025 structure changes; modernizing our force, recapitalizing legacy systems, and meeting mission requirements around the globe. We are making key changes in all aspects of how we make our Corps more

ready to compete successfully on future battlefields. We are on track with regard to people, readiness, training, naval integration, and modernization that will make us more lethal and capable. That said, I am willing to adjust course if there is a better way. At the same time, all of us must strive to be more competent, disciplined, and safe in all things.

Most importantly, we all must be willing to embrace change... not for the sake of change, but change to make us better. The current and future operating environment is plagued with chaos and uncertainty. This uncertainty requires us to continuously look for innovative ways to

increase our readiness and lethality. The battlefield is the ultimate competition and we must be ready when war comes our way. There is no runner up in combat. Thus, we can never be complacent or be satisfied with "good enough." We must have a boresight focus on warfighting and train the way we intend to fight. We must incorporate the lessons learned from our training and experimentation, so that mistakes on the battlefield do not cost us the fight. We cannot afford to lose to learn in combat!

Therefore, in the coming year, in addition to all that is going on, I ask all Marines,

SEE MESSAGE 3A ▶



Photo by Cpl. Nikki L. Morales
Lance Cpl. Dustin Harris and Cpl. Alejandro Vergeslopez implement their process improvement plan at Marine Aviation Logistics Squadron 26 on Marine Corps Air Station New River, Jan. 19. The Continuous Process Improvement program helps Marines analyze problems in their workspace. Harris is a dynamic components technician and Vergeslopez is a mechanic.

MALS-26 receives perfect score on inspection

CPL. NIKKI MORALES
MCB Camp Lejeune

Marines are always looking for ways to better themselves and their units, and the Continuous Process Improvement program helps them do that. Marine Aviation Logistics Squadron 26 took advantage of CPI to change their unit for the better.

“We have gone from worst to first in this last year,” said Lt. Col. Edward Carpenter, commanding officer, MALS-26, after he and his Marines used the CPI program to become the only squadron on Marine Corps Air Station New River to receive 100 percent on the Aviation Maintenance Inspection in 2017, which was conducted by 2nd Marine Aircraft Wing.

The application of CPI methods helps leaders identify and prioritize opportunities and problems and then apply a disciplined, proven method to incrementally and continuously improve performance. That’s exactly what the Marines of MALS-26 did in 2017 after failing the AMI at the beginning of the year.

“When we had our inspection early in the year, we failed completely and that was kind of an eye opener for me as a commander,” said Carpenter. “This is a program that I am very passionate about personally. I thought we were doing very well but when it came down to actually documenting things in writing and having all of the right stuff in place, we were not doing a good job.”

When Carpenter realized things were not running properly,

he ensured all of his Marines were implementing CPI methods.

Giving Marines the skills to fix processes is one of the many things that CPI is made for, but without practice and a positive leadership it doesn’t work as it is intended to.

“You can tell a lot about what an organization cares about by what they block time for,” said Carpenter. “We care as much about CPI as we do about field day, so we have actually blocked an hour every week that we take just as seriously.”

Although every Marine in MALS-26 is required to be CPI trained, there are different levels of training which are identified by six “belt” levels: white, yellow, green, certified green, black, and certified black.

“Everyone in the squadron is required to be trained in yellow belt within one year of getting to the squadron if they haven’t been already,” said Capt. Christopher Attaway, Air Speed officer in charge, Process Improvement Office. “Everyone in the office is required to be trained in green belt and be certified within a specified period of time.”

No matter what CPI belt level or rank, every Marine and Sailor plays an important role in identifying problems and hazards in the work place. They document their findings and submit them through the chain of command to be approved or denied by the commanding officer.

“Most of our better ideas actually come from lance corporals and corporals, so typically if a

Marine has an idea they’ll go to their direct leadership and get the idea approved,” said Attaway. “The next step comes to my office in the form of a charter, where (the idea is) outlined: this is what we want to look at, this is why it’s important, this is what the problem is, how long the problem has existed and this is our goal of what it will look like after it is fixed — even if they don’t know how to fix it.”

After the project is approved by the CO, the process improvement office identifies a team of Marines who will analyze the entire process and weed out the parts of the process that are useless or are a waste of time and money.

Master Sgt. Rodger Carr, process improvement chief, MALS-26 said that the teams are made up of Marines from different sections. Typically, Marines who work in the sections with the problem everyday become so used to it that it doesn’t seem problematic to them. A fresh set of eyes from a Marine from another section or unit is helpful in these cases.

“This program is best used when you have no clue about the process,” said Carr in reference to having the team made up of Marines from different sections or units. “You ask the obvious questions that everyone thinks they know the answer to but really don’t. We identify the problem and we analyze it to come up with a solution that is most beneficial.”

For more information on how to better your own section, contact the Process Improvement Office on MCAS New River at 449-6483.

Flu self-care guidance

PUBLIC AFFAIRS
Naval Medical Center
Camp Lejeune

While halfway over, the 2018 flu season has made its presence known with a dramatic rise in cases of influenza-like illnesses.

Weekly reports from the North Carolina Department of Health and Human Services show a steady rise in the number of cases and flu-related deaths.

Naval Medical Center Camp Lejeune recently experienced an influx in patients with the flu or flu-like symptoms in the Emergency Department. After conferring with several area hospitals, NMCCCL officials learned numerous Emergency Department’s were also experiencing a high volume in patients complaining of what they speculated to be the flu.

While NMCCCL’s Emergency Department staff is working to accommodate patients, the medical center is asking for the public’s assistance with self-treatment to alleviate the high wait times in the Emergency Department.

“If you do feel you have a flu-like illness, stay home, hydrate, get plenty of rest, take Tylenol or Motrin, any fever-reducer,” said Commander Joseph Kotorra, Director of Emergency Medicine. “Pay attention to your symptoms. If you feel they are lasting past seven days, or you feel the illness is more severe, seek medical attention.”

The flu is a serious, contagious disease; however, many otherwise healthy individuals are able to recover from the flu without seeking emergency care. The following guidelines can help assess if a person should seek medical attention for their symptoms.

According to the Centers for Disease Control and Prevention, those sick with flu-like illness should stay home for at least 24 hours after their fever has subsided without medication. Self-care steps a person can take to help recover from flu-like illness include:

- Drink plenty of fluids.
- Take over-the-counter fever reducers such as ac-

etaminophen or ibuprofen.

- Use over-the-counter antihistamines and decongestants.
- Get plenty of rest.
- Stay away from others as much as possible to keep them from getting sick.
- Continuously cover coughs and wash hands.

Even if a person doesn’t have a fever, they could have the flu if they exhibit symptoms such as sore throat, nasal congestion, cough, muscle or body aches, headache, fatigue and chills.

Like all other flu seasons, certain groups of people are more susceptible to contracting the flu. These people are at greater risk of serious complications from the flu and should seek emergency care.

High risk individuals who should visit the Emergency Department include: children younger than five years old, especially children younger than two years old; people 65 and older; pregnant women or women up to two weeks postpartum; anyone younger than 19 years old who is receiving long-term aspirin therapy; those with neurological and neurodevelopmental conditions (disorders of the brain, spinal cord, epilepsy, stroke, intellectual disability, muscular dystrophy, spinal cord injury); chronic lung disease; asthma; heart disease; diabetes; kidney; liver or blood disorders; weakened immune system due to disease or medication (HIV, AIDS, cancer treatments, those on chronic steroids); extreme obesity (body mass index 40 or greater).

If a person does fall under the high-risk category and must seek Emergency Department treatment, NMCCCL strongly recommends they do not bring children with them to the Emergency Department (unless the child is the patient) so as not to risk the child contracting the flu from ill patients.

For more information on how to prevent the flu and when to seek ED treatment, visit the CDC website: www.cdc.gov.

OFF-LIMITS

The following businesses are designated by the base commander as “off-limits”

Atheas Attics at 420 Eastwood Rd., Wilmington.
Bell Auto Salvage II at 136 Abbots Branch Rd., Hubert.
Club Phoenix at 209 East 5th St., Greenville.
Dash-In at 1316 Hargett St., 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.
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.
One Stop Shop at 501 Corbin St., Jacksonville.
Price is Right Lawn Design in 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)
*Tasty II/Taco’s Best at 2119 Lejeune Blvd., Jacksonville.
Tobacco at 521 Yopp Rd., Unit 106, Jacksonville.
Tobacco Leaf at 343K Western Blvd., 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 fraud, waste and abuse Hotline - 449-6029.



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VAPE FROM 1A

Purchasing or using a product that contains synthetic drugs could threaten your health as well as subject the user to legal trouble.

Some of the physical effects of vaping synthetic drugs are high blood pressure, blurred vision, heart attack, vomiting, seizures, hallucinations, severe anxiety, paranoia or even death just to name a few.

All vape products containing CBD or CBD derivatives are prohibited for military members. In addition, synthetic and non-synthetic vaping oils

that are used with the intent to experience any type of intoxication or stupefaction of the central nervous system, are also prohibited.

Essentially, these products are directly effecting unit readiness and combat effectiveness. If you choose to vape, ensure that you only use your own machine and your own vape juice purchased from a reputable vendor. One hit containing an illegal or unknown substance, whether you are aware of the contents or not, can cost you your career, your health and possibly your life.

“Being a Marine or Sailor in today’s military is more

difficult than, say, just 20 years ago,” said Sgt. Maj. Charles Metzger, Marine Corps Installations East sergeant major. “Generational differences, societal fads and the sheer amount of illegal synthetic substances available today require unique and distinct approaches in keeping our Marines and Sailors safe and in line with service expectations. However, one thing has not changed and that’s the personal responsibility expected of each service member to remain honorable, trustworthy and always do the right thing. Keep your honor clean, protect what you’ve

earned and know what’s going on around you with this subject.”

Remember you are solely responsible for what you put into your body. Before you inhale know what you are feeding your body and remember the risks associated.

If you are in need of support, contact the Substance Abuse Counseling Center at 451-2865 for Lejeune or 449-5249 for New River.

Editor’s note: Attila is a prevention specialist with Marine and Family Programs. Facts not attributed are purely the opinion of the writer.

MESSAGE FROM 1A

Sailors, Civilian Marines, and our Families to focus on three things - live the title you’ve earned, hone your warfighter mindset, and strive to become admirable leaders. As Marines, we need to be ready for the next fight. We must be prepared. Now is the time for decisive action - Marines, now is the time to Execute!

Live the Title You’ve Earned Every Day:

Earning the title Marine is not the end of the journey, it’s just the beginning. If we strive to live up to all it means to be a Marine, that journey is a challenging one - but one worth the effort. Each of us raised our right hand, swore an oath, made a commitment, and embarked on a life of service. That oath has no caveats or an expiration date.

There is no secret for success in life or as a Marine. Those who live a measured and disciplined life, work hard, treat people with dignity and respect, set the example, take care of their families, and never quit will succeed both in the Corps and in their lives.

Never forget, the Nation expects more from its Marines. We must always strive to be men and women of character and virtue. We take care of one another and our families.

We must build on our warfighting legacy each and every day by working selflessly with the team to improve our units and to improve ourselves.

When we see a problem or a discrepancy, all Marines need to act. .. to take the initiative. Don’t wait for others to solve the challenges or problems you see day to day. I expect you to seek opportunities and claim them. That’s what Marines do.

In order to be ready for the next fight, we must prepare our bodies, our minds, and our families. Embrace our profession of arms. Assess your fitness, your self-improvement, and your social behaviors. Attitudes, conduct, and behavior that do not exemplify our core values and contribute to combat readiness and lethality need to be discarded.

Our families have earned the respect of the Nation for their sacrifices. The demands on our lifestyle place a heavy burden upon our families. As Marines, it is our responsibility to ensure they are equally ready for the next fight.

Hone Your Warfighter Mindset:

We are warfighters within a warfighting organization. Our Corps performs two important functions for our Nation - we make Marines and we win battles.

Every action we take must make us better at those two functions. This requires Marines who are brilliant in the fundamentals of warfighting, and physically, mentally, and spiritually prepared for the violence of combat. We must think, innovate, and prepare for the battlefields of the future. Complacency kills, both tactically and intellectually. As outlined in the MOC, we must adapt to the circumstances presented before us, anticipate changes, and evolve to stay ahead of emerging challenges.

Be ready - now - tonight. Our next fight will come with little or no warning. We may not have the luxury to conduct deliberate pre-deployment planning and extensive training.

We are going to have to fight to get to the fight. Our potential adversaries will not afford us the opportunity to simply deploy, stage, integrate, and rehearse prior to hostilities.

The next fight will be a battle of signatures. Assume everything we do, can and will be observed. On tomorrow’s battlefield, to be seen is to be targeted, to be targeted is to be engaged, to be engaged is to be killed, at range and with precision!

We will train to fight and win in the high end of conflict by incorporating more force on force training. Just as iron sharpens iron, we will test our new concepts and improve our continuing actions by lining up against ourselves.

We must continue to hone a similar mindset in our families and the families of the Marines we lead - resilient families are better able to balance life stressors and the stress of being separated while their Marines are forward deployed. To that end, we must celebrate our “Spartan Spouses” and ensure our families have the support needed to enable us to focus on our craft - warfighting.

Lead Like You Want to be Led:

Marines, as good as they are, expect their leaders to inspire them - through their personal example, competence, and values. Marine leaders, at every level, are expected to teach, coach, and mentor. I expect leaders to be involved in every aspect of the lives of the Marines they lead. When we are personally invested in the success of our Marines - on the job and in life - we sustain the transformation and make better Marines!

Good leadership takes effort, commitment, and dedication. Initiative and creativity must be encouraged. The integrity and example of each leader must be above reproach.

We lead, on and off duty. Leadership,

at every level, forms the backbone of effective Marine Corps units. Leaders foster belief - in the mission, the unit, their training, and each other. Without leadership, there is no cohesion and without cohesion, there is no will to fight.

Challenge our Marines. Our young men and women did not join the Corps because they thought it would be easy. They joined because they knew it would be hard and they were up to the challenge. The competence of the individual Marine will be more important than ever in future battlefields. Challenge them to think and act effectively under chaotic, uncertain, and adverse conditions. Give aspiring leaders the freedom to lead, make decisions and even fail. Mistakes will happen, and we must learn from them and move forward.

Demand nothing less than what’s expected of our Marines - leadership, attitude, warfighting competence, initiative, and unwavering discipline. Leaders, at all ranks, must live and model the behavior we want our subordinates to emulate.

Conclusion:

Again, thank you, the Sailors that serve with us, our civilian Marines, and our families for all that you do. If the Nation ever needed its Marines to stand up and perform their duty, it is now. In the coming year, I challenge all to commit to do all we can to improve, to be more ready and more lethal, and to make ourselves and our units better. If we do this, together, we will continue to be the most ready when our Nation calls.

In combat, we will be tested in ways we cannot imagine. Yet, if we focus on our preparedness, readiness, agility, and lethality; we will prevail on the battlefield.

I don’t know where or when the next fight will come, but our Corps must be ready. This next fight will likely be very different than what we have experienced over the past two decades. The potential for great power conflict means we will be contested in every domain. We must be ready to go... every day... ready individually, ready as a unit, and ready as a family.

Marines, we have the world we have, not the world we want... and this world requires that we get better. Better as Marines, better as warfighters, and better as leaders.

Our service requires us to make sacrifices and endure hardships. The sacrifices we accept in defense of our Nation move the world closer to resembling the world we want, but this requires action - it requires us to execute!

Fog of war: Sailors conduct TCCC training

PFC. NICHOLAS GUEVARA

II Marine Expeditionary Force

A patrol is disrupted by sounds of explosions and gunfire as Sailors with 2nd Medical Battalion, 2nd Marine Logistics Group conduct a Tactical Combat Casualty Care training exercise at Marine Corps Base Camp Lejeune, Jan. 22.

The course is a training exercise that refreshes corpsmen’s skills in providing medical care for Marines during combat. Conducted annually, the exercise allows them to meet requirements to deploy and remain up to date with new techniques.

The training culminated with a practical exercise that began with cardio to increase the corpsmen’s heart rate, then they proceeded to go on a patrol. During the patrol, a simulated improvised explosive device with a powder charge exploded. The corpsmen had to remain calm and apply their skills on simulated casualties.

“This makes our corpsmen deployable and ready,” said Petty Officer 2nd Class Christopher Grzebyk, a corpsman with 2nd Medical Battalion. “We recreate a battlefield setting as best we can with controlled detonations and machine gun fire.”

The Navy has provided medical care for Marines since the Marine Corps was created in 1775, and remains a vital asset trusted to keep our service members ready.

“As a corpsman, our job is to be able to provide aid in any type of field emergency,” said Petty Officer 3rd Class Braden Hunter, a corpsman with 2nd Medical Battalion. “We have to know how to use these techniques for deployments.”

2nd Medical Battalion’s mission is to provide medical support to II Marine Expeditionary Force units during combat operations in order to meet the warfighters’ needs in any environment. TCCC ensures corpsmen perform at the highest level in order to meet this mission.



Photo by Pfc. Nicholas Guevara
Corpsmen with 2nd Medical Battalion, 2nd Marine Logistics Group, carry a simulated casualty through smoke during a Tactical Combat Casualty Care training exercise at Marine Corps Base Camp Lejeune, Jan. 22.

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ENA SELLERS

Managing editor

A large crowd gathered at the HITT Center on Marine Corps Base Camp Lejeune to cheer on friends and family members who participated in the Powerlifting Competition, Saturday.

The competition was divided into three lifts that make up the sport of powerlifting — squat, bench press and deadlift. Male and female contestants participating in three categories: open, novice and masters, each divided into eight weight classes.

“The overall for each category is determined by the Wilks Formula — the person with the best weight lifted to body weight,” said John Heger, Stone Bay fitness center manager.

According to Heger, events like the powerlifting competition are important to the community because it encourages a healthy lifestyle and gives participants a goal to work toward.

“You have to have self-discipline to follow the program,” said Heger. “Then you have to eat healthy so your body can repair. It helps give people a goal that instead of going home and opening a six pack they go to the gym. This also sets a great example for children. If the parents are happy and healthy that usually means the children are too. It sets the example early that fitness and a healthy diet are important.”

Sgt. Jacob Cooksey, Overall Male Novice Lifter winner, enjoyed the competition and plans to return in the future.

“This was a very professional atmosphere, everybody’s having a good time and killing it,” said Cooksey. “I’ve been training since October. I felt a little nervous, but my buddies were telling me I got it the whole time — It was just me against myself. When I won it felt good. Now it’s time to move onto triathlon training.”

While the Powerlifting Competition had to be postponed for a week due to the recent furlough, it did not deter powerlifters from participating. Their spirits were high and the results of the competition showcased the lifters’ self-discipline.

“We had six lifters pull over 600 pounds,” said Heger. “Most of these guys have trained to compete that week and to hold that peak for another week ... that’s pretty cool. It’s a lot of dedication and work.”

The Powerlifting Competition is part of a series of fitness competitions and clinics that run throughout the year.

“I had the opportunity to start building this program about five years ago and every year we’ve built on it,” said Heger. “We started off with just a body building show, then a bench press competition and a power lifting meet. We added in a push pull; this year we added the Strong Man Competition.

This event has grown every year. We have added new equipment to make the meet run smoother. We have added in free clinics to help people with their meet prep.”

Confident smiles and a feeling of pride permeated the air as each athlete was called to receive their respective medal. In the female categories, Phuong Martinez received Overall Female Novice Lifter, Julie Roberts won Overall Female Open Lifter, Natasha Ramirez took the title of Overall Female Masters Lifter. In the male categories, Jacob Cooksey won Overall Male Novice Lifter, Leonard Jones got Overall Male Open Lifter, Patrick Seiler took the title of Overall Male Masters Lifter.

Heger encourages our readers to lead a healthy lifestyle and make time for their health.

“If you build a healthy lifestyle and a healthy family, life is a little better and a little easier,” said Heger. “You have to make things a priority. Make time. It’s easy to have excuses for everything and you can’t be intimidated or shy about it. You can’t, because you could walk into any gym and you’re going to have overweight people, skinny people, meatheads, runners — there’s something for everybody in fitness. You just have to find out what you like.”

To learn about the upcoming body building and posing clinics, visit our online calendar at www.camplejeuneglobe.com.



“You have to have self-discipline to follow the program. Then you have to eat healthy so your body can repair. It helps give people a goal that instead of going home and opening a six pack they go to the gym.”

~John Heger



If you feed them, they will grow: what protein can do for you



MIND TO MUSCLE

Kenbasa Harrell
Graphic Designer

If you walk into any fitness or sporting goods store, you'll find a variety of products designed to help you perform better during your workout or recover more quickly after it. The one product that saturates the shelves in the most forms is protein. From common snack bars and shake powders to cereals and even cookies, protein is everywhere.

There are many valid reasons as to why protein products are found anywhere that you see fitness products and equipment. Protein is essential to your post workout game plan as well as your everyday diet. While protein products are great, know that you are not limited to snack bars and shakes in order to gain the sustenance needed to encourage muscle growth. Fish, eggs, Greek yogurt, chicken breast and broccoli among many other food choices are natural sources of protein that are easy to make a part of your daily eating habits.

Believe it or not, some people don't understand the importance of protein when it comes to living a fit life. If this is you, there is no shame in that whatsoever. On the journey to personal growth, your weapon is the knowledge you gain to attack your goals.

According to WebMD, protein is an important part of every cell in the human body. It is essential to building and repairing body tissues. It is also a key factor in making enzymes, hormones, bones, muscles, cartilage, blood and skin.

While it is important to remember that the gym is where you go to train your muscles, it is also important to remember that what you feed your muscles before and after you train is just as important if not more. In order to sustain and build upon the progress that you have been making, your muscles need to be able to build, maintain and repair the tissue that has been stretched and exercised.

Protein is a macronutri-



Stock photo

ent that your body requires large amounts of much like carbohydrates and specific kinds of fat. That should be taken even more seriously when your main goal is to gain mass or to see results in general.

That being said, there is such a thing as too much protein. Contrary to popular belief, digesting excess amounts of protein will not aid muscle growth more than the average amount. In fact, digesting too much protein in your diet, especially from shakes, without utilizing all of it through exercise can result in the body rejecting and expelling the unutilized amount.

It can be tricky to find a comfortable amount of protein to incorporate into your diet, but there are plenty of sources on the web that can help you find the right high protein diet to fit your needs without leaving you with a bloated appearance.

Your local installation fitness center offers nutrition classes that can also help assist in learning about what your body needs and how to build a well-balanced diet to pair with your exercise schedule. For more information on these and other fitness related classes, visit www.mccslejeune-newriver.com.

Editor's note: Mind to Muscle is a weekly commentary series providing readers with a range of information combined with experience and education, regarding health and fitness. Facts not attributed are purely the opinion of the writer. Credit to www.ironmanmag.com.au/training/training-tips.

Sports on Tap

Creative Movement Today 1 - 1:45 p.m.

Students learn basic ballet, jazz or hip hop moves combined with dance games and improve ballet choreography. The class is for children ages 3-5 at the Tarawa Terrace Community Center. For more information, call 450-1687. Space is limited.

Acrobatics Friday 2:15 - 3 p.m.

This class will focus on building strength, coordination and flexibility for ages 3-5. Students will begin learning forward and backward rolls, straddle rolls, cartwheels and bridges. Additionally, students will learn contortion and balancing skills, such as chest stands, forearm stands, tilts and scorpions. For more information, call Tarawa Terrace Community Center at 450-1687.

American Red Cross Saturday Swim School Saturday 8 a.m. - 12:50 p.m.

Learn to swim in this weekly group class made for beginning, intermediate, or advanced swimmers. No class on the 2nd Saturday of each month and Federal holiday weekends. Ages: 6 months and up. For more information, call 449-4309.

All Ranks Big Game Sunday Football Party Sunday 6:30 p.m.

Looking for a fun place to cheer on your favorite team to victory? Come to any SMP recreation center for tournaments, games and free food. Arrive early to save your seat and participate in pre-game activities to win prizes. A tasty tailgating menu will be served to include wings. For more information, call 449-5145.

For more information on games, tryouts, special events and exercise classes around Marine Corps Base Camp Lejeune, check out Sports on Tap each week. To add your activity, email esellers@camplejeuneglobe.com or call 451-7419. Space is limited to availability.

To add your event to our website calendar, visit www.camplejeuneglobe.com/calendar.

Chocolate run to kick off Valentine's season

ENA SELLERS

Managing editor

Runners and chocolate lovers alike will have the chance to participate in the Chocolate Run this Saturday at the Tarawa Terrace Community Center. The Chocolate Run is part of the Marine Corps Community Services Family Fun Run series and will feature a 1-mile and 3-mile course for runners of all ages and skill levels.

"This will be the first Family Fun Run of the year due to the snow forcing us to cancel the New Year, New You Run," said Aimee Guareno, Tarawa Terrace Community Center recreation specialist. "It's a great opportunity for everyone to kick off their fitness goals in a fun way as a family."

For Guareno, events like the Chocolate Run are important because it brings the community together and allows families to enjoy a fun and healthy activity.

"We see so many families out here together running, biking, and walking and it allows for them to

meet other families with similar interests," said Guareno.

The free run will kick off at 8 a.m. at the TTCC with registration beginning at 7:30 a.m. All participants are encouraged to dress up as their favorite sweet treat. Pets and strollers are welcome to the event.

One of Guareno's favorite aspects of the run is the chocolate. As a special feature, participants will get to partake of sweet goodies and enjoy hot chocolate during the post-race party.

"The goal of the run is to be active, have fun, and partake in yummy chocolate," said Guareno. "We will be serving hot cocoa and chocolate to all our runners."

According to Guareno, the fun runs draws large crowds to the TTCC and continues to grow in popularity.

"Last year, we had over 250 runners. We hope to meet or exceed that number this year," said Guareno. "Last year during the run, it was very cold. The wind chill was 8 degrees. This year, it is looking like our high is 64 and low is 52."

As with most community

events, volunteers play a huge role making things happen. According to Guareno, they have approximately 40 volunteers scheduled to help for the run.

"We couldn't do these events without our volunteers," said Guareno. "We love, love, love our volunteers. We get the majority of our volunteers from the Single Marine Program, but also from Marine Corps Family Team Building. Anyone interested in volunteering at any of our special events and fun runs may go to either group's page and follow the links on their volunteer calendars."

For more information about the Chocolate Run, call 450-1687 or visit www.mccslejeune-newriver.com.



Shorin-Ryu Karate class builds confidence, character

CHRIS DEWITT
Lifestyles Writer

“Trust the quality of what you know, not quantity.” Those words from the wise Mr. Miyagi in the “Karate Kid” sum up the philosophy of teaching that takes place at the Shorin-Ryu Karate Class at the Tawara Terrace Community Center

The class instructs youth in the Okinawan martial art of Shorin-Ryu.

Shorin-Ryu karate originated centuries ago, as an integration of Chinese kung-fu and the Okinawan punching art, Te, meaning fist.

Students receive instruction according to traditional Okinawan technique, which involves the use of hands, feet and elbows.

“My goal is to start developing the basic techniques in this class,” said Tyler Collins, black belt of Shorin-Ryu and instructor at Tarawa Terrace Community Center.

While Collins has been teaching for the past several years, his objective has remained the same.

“I want them to work hard and get promoted so they can reach the level where I’m at,”

said Collins.

The class offers other benefits in addition to learning a method of self-defense.

“This class has given my son a way to channel all of his excess energy,” said Kristian Nelson, parent of one of the students.

Shorin-Ryu requires focus and concentration, as well as offering plenty of opportunities for physical activities.

This combination serves to keep kids engaged and active throughout the duration of the class.

“Most activities can’t keep his attention like this class has,” said Nelson. “He really enjoys it and is progressing so fast.”

The class is offered to kids ages 5 to 11. This allows for older children to take part in learning how to teach less experienced students, as they would do once they have black belts.

“I want them to be standing here teaching with me, that’s what it is all about to me,” said Collins.

To learn more about the Shorin-Ryu Karate class, visit www.mccslejeune-newriver.com/events or call 450-1687.



Photo by Chris DeWitt

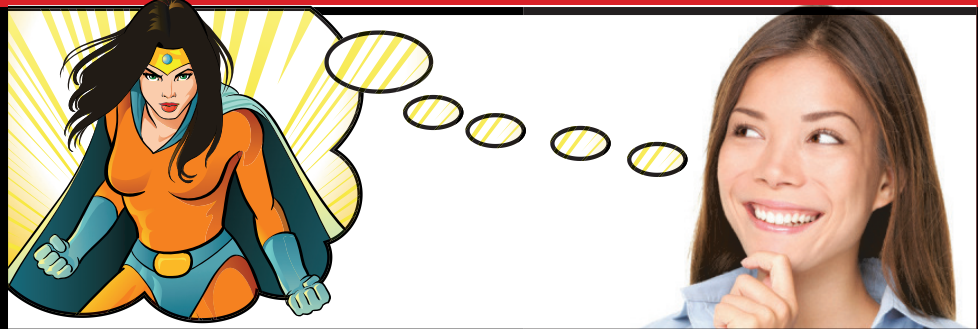
Students wait in line to hit the training bag at Shorin-Ryu Karate class Monday, Jan. 29, at the Tarawa Terrace Community Center.



Photo by Chris DeWitt

Students await instruction at the Shorin-Ryu Karate class at Tarawa Terrace Community Center Monday, Jan. 29

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NCDOT TO HOLD PUBLIC MEETING FOR THE PROPOSED MEDIAN PROJECTS ALONG N.C. 53 WESTERN BOULE- VARD ON SLOW COUNTY

TIP PROJECT NOS. U-5736, U-4007E & U-5508

The N.C. Department of Transportation will hold a public meeting regarding the proposed median projects along N.C. 53 Western Boulevard in Jacksonville.

The meeting will be held on February 12, at Center for Public Safety located at 200 Marine Blvd in Jacksonville from 5 p.m. to 7 p.m.

Interested citizens may attend at any time during the meeting hours. NCDOT representatives will be available to answer questions and receive comments regarding the project. Please note that no formal presentation will be made. All comments received will be taken into consideration as the project progresses.

As information becomes available, it may be viewed online at the NCDOT Public Meeting Website: <http://www.ncdot.gov/projects/publicmeetings>

Anyone desiring additional information may contact Trace Howell, PE, NCDOT Division 3, Design Engineer at 5501 Barbados Blvd, Castle Hayne, NC 28429, by telephone at (910) 341-2000 or by email at trhowell1@ncdot.gov. Comments should be submitted by **March 13, 2018**.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this meeting. Anyone requiring special services should contact Tamara Makhoulouf via email at tmakhoulouf@ncdot.gov or by phone at (919) 707-6072 as early as possible, so that these arrangements can be made.

Persons who speak Spanish and do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas que hablan español y no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.

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Preschool Story Time brings books to life for young readers

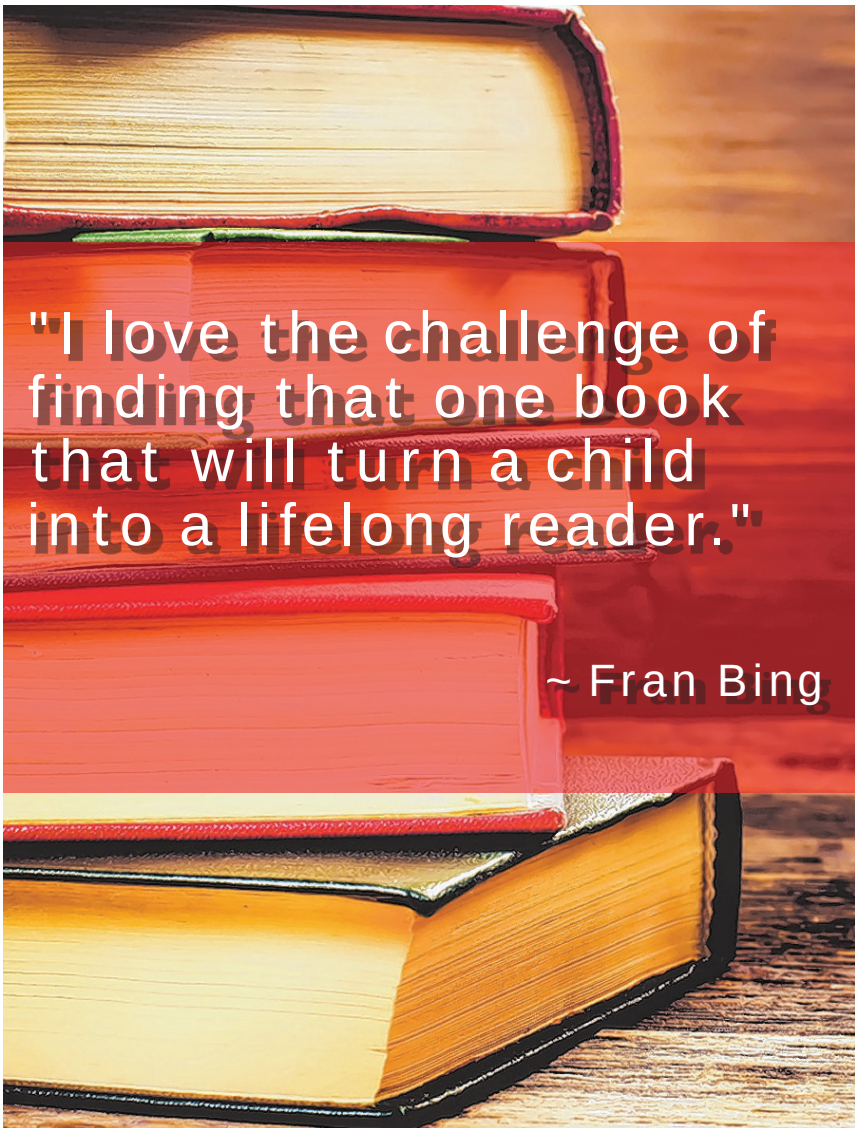
Harriotte B. Smith Library offers fun, education

CHRIS DEWITT
Lifestyles writer

When you hear the phrase “story time,” what comes into mind? Perhaps it reels in memories of being tucked in at night and read a favorite fairy tale. Maybe you imagine sitting around a glowing campfire, listening to a scary story. Whatever the memory, stories seem to stick with us. Story time is not just for making memories, however. The preschool story time held at Harriotte B. Smith Library at Marine Corps Base Camp Lejeune seeks to encourage reading and learning in young children. “Reading encourages language development, creativity, and helps children be more prepared for school,” said Sean Pittman, Harriotte B. Smith Library Programs and Library technician supervisor. Pittman has been a staff member at the library for 12 years. In that time, he has grown to enjoy much about working there. “My favorite part about working in a library is the patrons themselves, and the programs we get to do with them,” said Pittman. “We have started some really fun events since I started with the Harriotte B.

Smith Library. Seeing our patrons grow up with us as we explore new events and programs makes me really appreciate all of the work that we do.” Pittman is not the only staff member who is involved in these events. He is also joined by Fran Bing, Harriotte B. Smith Library youth services technician. “I love having a career in the library field, especially Youth Services,” said Bing. “I really feel like I make a difference in the children and teens’ lives,” said Bing. Bing is an avid reader herself. Events like Preschool Story Time serve as ways for her to share that passion. “I love talking, especially about books,” said Bing. “I love the challenge of finding that one book that will turn a child into a lifelong reader.” Pittman also has topics of interests that he enjoys sharing through his work in the library, adding to why he enjoys his role. “I love working in the library and have enjoyed every aspect of being here,” said Pittman. “I get to show my geek side when it comes to movies, video games, books, and comic books.” For both Pittman and Bing, the story time allows them to engage the children

in amusing ways that they each enjoy. “Any book where I or Mrs. Fran make funny voices or just talking about the book tends to make them very happy,” said Pittman. Bing has seen some stories stand out as crowd pleasers among the kids. “Each child has their own favorite but they all seem to love the Pete the Cat series by Eric Litwin, the Bear books by Karma Wilson and the old favorites like Curious George,” said Bing. The fun is all centered around the purpose of learning. Bing emphasized the importance reading with your kids has on their educational development. “I like to say practice makes perfect,” said Bing. “Little ones are primed and ready to learn everything. Reading to them at this age gives them the essential language skills they need before starting school.” Bing encourages parents to try spending 20 minutes each day reading with their children to see the difference it can make in the learning process and to have fun as you go. If you would like to learn more about Preschool Story Time and other library sponsored events, visit www.mccslejeune-necwriver.com/libraries/.



‘12 Strong’ tells the true story of the Horse Soldiers

DANA BARBUTO
More Content Now

12 Strong (R)

It might have 12 in its title, but make no mistake, the low-rent military drama “12 Strong” is a one-man show for Chris Hemsworth. The dreamy blue-eyed Aussie lifts the entire movie — as lightweight as it is — atop his sculpted shoulders to support a script that empties its canon of war-movie clichés. Among the arsenal: Big, CGI-enhanced battles; soldiers promising to be home by Christmas; fretful wives keeping the home fires burning; walkie-talkie static at pivotal moments. And that’s just the start.

The fact-based story — culled from Doug Stanton’s best-seller “Horse Soldiers” — finds Hemsworth leading a dozen Special Forces into Afghanistan for an extremely dangerous mission immediately after the 9/11 attacks. What this dirty dozen pulls off is a stunning military achievement, serving up Osama bin Laden’s al-Qaida network its worst defeat. But what should be exciting and invigorating is really dull and plodding, right down to its unoriginal title that rips off the Boston Strong motto.

There is no doubt, though, about the bravery of Hemsworth’s Capt. Mitch Nelson and his men in the Operational Detachment Alpha 595 — the first U.S. troops sent into the rugged Hindu Kush mountains. They have six weeks to unite the fragile Northern Alliance to take down Taliban stronghold Mazar-e-Sharif in November 2001. If the operation — Task Force Dagger — fails, then the whole country turns into a terrorist training camp.

The Americans team up with warlord Abdul Rashid Dostum (Navid Negahban, terrific) in northern Afghanistan. In addition to overcoming a mutual distrust and a vast cultural divide, the Americans — sans body armor and tactical vehicles — must suddenly adapt to the crude, almost primitive fighting style of its Afghani allies and fanatical attackers. They find themselves riding on horseback alongside Dostum’s troops. The movie’s strongest scenes are between Negahban (“Homeland”) and Hemsworth, playing two shrewd, coura-



Stock photo

geous men, motivated by God and country. They challenge each other with questions like, “How do you love your family and leave them to go to war?” Despite their differences, Dostrum and Nelson form an uneasy bond that reportedly still stands strong today. Back then, though, they were new teammates outnumbered and outgunned by a ruthless enemy.

The most glaring flaw is the decision of director Nicolai Fuglsig and producer Jerry Bruckheimer (“Blackhawk Down”) to forgo character development. That might have worked in the recent World War II drama “Dunkirk,” where the harrowing event was the star of the film, but not here with all the emphasis on Hemsworth, taking his character on a ride from a soldier

who thinks with his head to a warrior who follows his heart. Fuglsig spends little time establishing the film’s big ensemble before hurling them into the fight. The result is a cast of cookie-cutter characters — the do-anything soldier (Michael Peña, “Collateral Beauty”), the strict colonel (William Fichtner), the sergeant (Michael Shannon, “The Shape of Water”) and the one who minds the child soldier (Trevante Rhodes, “Moonlight”). Rounding out the team are Geoff Stults (“Only the Brave”), Thad Luckinbill (“Only the Brave”), Austin Stowell (“Bridge of Spies”), Ben O’Toole (“Hacksaw Ridge”), Austin Hebert (“Jack Reacher: Never Go Back”), Kenneth Miller (“Whiskey Tango Foxtrot”), Kenny Sheard (“13 Hours”) and Jack Kesy (TV’s

“The Strain”).

In the end, it’s the courage of the soldiers that prevails. Hemsworth is pegged the hero from the get-go, never wearing a helmet, hood or anything to cover up that pretty face. He struggles to mask that Australian accent, but no matter how bleak the circumstances, you just know he will swoop in and, like his superhero alter ego, Thor, will lay down the hammer

Editor’s note: Reviews provided by Content Now, a media news service. The opinion of the writer, does not constitute the views or endorsement of the Department of Defense, the U.S. Marine Corps, or Gate House Media.

MOVIE SCHEDULES

CAMP LEJEUNE Bldg. 19 McHugh Blvd.	MIDWAY PARK Bldg. 4014A in Midway Park	NEW RIVER Bldg. AS240 Curtis Rd., Air Station
FRIDAY "Jumanji: Welcome to the Jungle" PG-13, 6:30 p.m. "All the Money in the World" R, 9:20 p.m.	FRIDAY "Insidious: The Last Key" PG-13, 7 p.m.	FRIDAY "The Greatest Showman" PG, 6 p.m. "Downsizing" R, 8:30 p.m.
SATURDAY "Jumanji: Welcome to the Jungle" PG-13, 3:30 p.m. "Pitch Perfect 3" PG-13, 6:30 p.m.	SATURDAY "The Greatest Showman" PG, 11 a.m. "Ferdinand" PG, 2 p.m. "Downsizing" R, 5 p.m.	SATURDAY "Jumanji: Welcome to the Jungle" PG-13, 6 p.m. "Insidious: The Last Key" PG-13, 8:30 p.m.
SUNDAY "The Greatest Showman" PG, 3:30 p.m. "Insidious: The Last Key" PG-13, 6:30 p.m.	SUNDAY "Jumanji: Welcome to the Jungle" PG-13, 2 p.m.	SUNDAY "Ferdinand" PG, 2 p.m. "Pitch Perfect 3" PG-13, 5 p.m.



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Loving others starts with self-love



CHAPLAIN'S CORNER

LT. Yonina Creditor
2nd Radio Battalion

We have all grown up learning the Golden Rule, “Do unto others as you want done to you,” as found in the New Testament *Matthew 7:12, Luke 6:31*, which was based on Hebrew Scripture *Leviticus 19:17*.

What is interesting, is reading the literal translation of the verse. V’Ahavta L’Rayacha Kamocha – And you shall love your neighbor as yourself. Rabbi Akivah taught that these three words were the fundamental principle in the Torah.

There is a story about this verse, where a Roman soldier wanted to annoy Hillel, (a rabbi living in Israel during the first century BCE). He went to him, telling him that if Hillel taught him the entire Torah (Genesis – Deuteronomy) while standing on one foot, he would convert.

Hillel looked at him, stood on one foot, recited the three words and

then put his foot down. “The rest is commentary,” he said. “Come, let us learn.”

In these three words, we are being commanded to love someone else, to feel deep emotions that should guide our actions with every interaction we have with every person in the world. And though we know these words, we are fearful of them.

We are scared to feel the depth of emotion that adherence to this commandment requires. To love the other as if they are us means that we must open our hearts to strangers, people who do not know us.

We must be vulnerable, showing those parts of ourselves we keep hidden from the world. We do not think we are strong enough to withstand the encounter.

Even worse, what if we were raised in a home without love and so we do not love ourselves?



Stock Photo

We abuse our bodies with drugs and alcohol. We seek love from anywhere we can find it, even if it is unhealthy. All because we were told we were worthless and believed that about ourselves.

How can someone like that fulfill a commandment that requires self-love to be able to show love to another?

The answer, my friends, is that it is possible. Each of us was born with a spark of the divine within us.

That alone makes us worthy of love and gives

us the strength to share it with others.

By fulfilling the commandment of loving others as ourselves, we are not just simply exposing our own vulnerabilities. We are making the world a better place – one act of love at a time.

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

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 cdewitt@campjeuneglobe.com or call 451-7421. Space is limited to availability. To submit your event for our online calendar, visit www.camplejeuneglobe.com/calendar.

Craft Morning for Kids ages 2-5 Monday Feb. 5, 10 - 11 a.m.

Come out to the Harriotte B. Smith Library at Marine Corps Base Camp Lejeune for seasonal or themed crafts. Free supplies will be provided. For more information, call 451-3026.

Interview Techniques Wednesday Feb. 7, 1 - 4 p.m.

Learn tips for before and after your interview, how to answer tough questions, dressing for success, and common mistakes made during interviews. Develop your introduction to employers. You may be eligible for free childcare. Class will be held at Tarawa Terrace Bldg. TT2473. For more information, call 450-1676.

100th Day of School Celebration Wednesday Feb. 7, 1 - 3 p.m.

Come celebrate being 100 days smarter at the Russell Marine and Family Center. Enjoy a variety of school activities to increase your brain power. Get ready to see what you’ll look like when you are 100 years old. Other activities include building a tower out of 100 cups and decorating your own \$100 bill. Free books and book bags will be handed out. For more information, call 449-9749.

The Ghost Hunters Return Friday Feb. 9, 10 a.m. - 3:30 p.m.

Prominent paranormal investigators Grant Wilson and Dustin Pari visited the USS North Carolina Battleship back in 2005 when they filmed Season 2, Episode 4 of Ghost Hunters. Now they are returning to the infamously haunted battleship once more to help guide fellow investigators aboard one of the world’s greatest sea weapons of her time. For more information, visit www.senterstageevents.com.

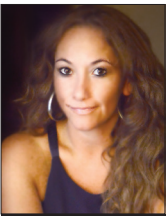
Cupid’s Cuties Friday Feb. 9, 10 - 11a.m.

Join the Kerr Street Recreation Center for a Valentine’s Day themed event providing the opportunity to enjoy music, story time, games and snacks. Free and open to the public. For more information, call 938-5312.

All Ranks Daddy Daughter Dance Saturday Feb. 10, 3 - 9 p.m.

Create special memories with your daughter at the Daddy Daughter Dance at Marston Pavilion at Marine Corps Base Camp Lejeune. A DJ, along with kid friendly hors d’oeuvres and beverages, will be provided. For more information, call 451-2465.

Retired Marine, pastor leads by example, sets the bar high



FOCUS ON VETERANS

Ena Sellers
Managing editor

For retired Master Gunnery Sgt. Mark Thompson, organization is key to success. The Syracuse, New York native served in the Marine Corps for nearly three decades and currently serves as a pastor at Centerview Baptist Church.

The accomplished veteran earned five degrees while he was on active duty. After retirement, Thompson completed his Doctor of Education and currently teaches a doctoral program online at Liberty University.

"I've earned five degrees while I was in the Marine Corps," said Thompson. "I am very structured. At one time, I planned every five minutes of my day out."

Thompson grew up in a lower middle-class family of five. According to Thompson, he started working when he was approximately 9 years old and learned that goals, determination and hard work pay off.

"I paid my way through high school," said Thompson. "I went to a private school. My parents said 'you can go to the school, but you have to pay.' So, I worked at the school every day for two hours as a janitor. I learned work ethic. I learned that nothing is easy and nothing is free. But if you work hard, you can actually accomplish things."

Thompson joined the Marine Corps in 1982 looking for a change. The change he sought, allowed him to thrive in his military career and provided the means to achieve his educational goals.

"I got tired of being told what to do — just think about the irony of that situation," said Thompson. "It was an eye opener for me, but that structure was very good. It was what I

needed. Joining the Marine Corps was a major life changer for me. The Marine Corps gave me structure, order and a purpose, so I excelled in that environment."

According to Thompson, each time he came to a new unit he dedicated time to study how each service member worked most efficiently. He then reorganized the unit to match each person's tasks with their strengths.

"I'd spend the first three to five months getting knee deep, to see how things worked and putting the right people in place," said Thompson. "I put people in place not by rank, but by personality. If you were the meticulous kind of person, I'd put you dealing with training rosters and things like that. If you were people oriented, I'd get you away from the cubicle and put you out with customer service. I found that to be a very efficient way of putting people in their strengths, rather than forcing them into a job that they weren't happy with. They were happier and did their jobs better, which means I had to supervise less and had less problems. So it was a win-win-situation for them and the Marine Corps."

According to Thompson, while it may not always be possible to change certain tasks because of rank structure, there are other ways in which leaders can make their units more efficient, like finding out when each person is the most productive.

"If you are a morning person let's attack the things you don't like the most when you are the sharpest — get that done so you can enjoy the rest of your day," said Thompson. "There are different strategies that you can

teach people to help them be more efficient and enjoy their jobs more. Find what their strengths are and what their weaknesses are and then stack people toward their strengths and try to complement their weaknesses with the people who are strong at those weaknesses."

For people who are going to school, Thomas offered some advice to maximize study time and read more efficiently.

"Use markings, look at the summaries and introductions," said Thompson. "Spend time in the table of content. Most people just skip over the front matter and go right to the chapter. You can learn a lot if you look at some summaries, especially if it's a well written text book. You can save yourself a lot of time if you do some skim reading. I shifted recently to audio books. I use my time while I am driving to be productive."

Throughout his military career, Thompson and his wife, Denise, moved multiple times. Upon retirement, he decided it was time to plant roots in Jacksonville.

"We bought a house and my wife was very happy here," said Thompson. "I was working on my dissertation, so I did not want to move. In fact, one of the reasons I got out was because I got orders to California and she said 'enjoy yourself in California.' That made it pretty easy for me to make that decision. She was just tired of moving — we moved several times during my career."

For Thompson, the transition from Marine to pastor was also a life changer.

"I could no longer use what was on my collar to say 'you do this and you do that'," said Thompson. "You have to influence people by your words and by your actions. It's more of a servant leadership kind of thing. I learned some hard lessons."

As a college professor, Thompson enjoys being able to help and influence



Photo by Ena Sellers

Retired Master Gunnery Sgt. Mark Thompson at Centerview Baptist Church in Jacksonville, Jan. 24. Thompson served in the Marine Corps for 28 years. He currently serves as a pastor at Centerview Baptist Church and teaches a doctoral program at Liberty University.

people and takes his role of mentor very seriously. According to Thompson, most online learners are older individuals with full-time jobs and many are single parents. He understands the level of effort that is required under such circumstances and wants to make their online learning experiences positive and efficient.

"A lot of people along my path spent the time and effort to help me, so I take that even more serious now going from the mentee to the mentor," said Thompson. "You can give people a taste for something that is either positive or negative based

on how you interact with them. You can make a person want to quit or just give up."

At church, Thompson provides counseling in a variety of subject matters from marriage to finances.

"We deal with all kinds of issues — communication, abuse, finances and how deployments affect children over time," said Thompson. "We have a PTSD support group. We try to understand how we can help. It is a difficult nut to crack because not every two cases are the same."

Thompson encourages people to reach out and check out the ministries available to help in the

community.

For more information about the programs available for veterans and military spouses, visit www.centerviewbaptistchurch.com.

Editor's note: "Focus on Veterans" features former service members who are leaders, business owners, volunteers and people behind the scenes making things happen and making a positive impact in our community. "Focus on Veterans" also seeks to highlight local veteran programs and resources. Facts not attributed are purely the opinion of the writer.

CREDO Single Parent Retreat helps families build bonds

CPL. NIKKI L. MORALES
MCB Camp Lejeune

Marines and Sailors of all ranks attended a class sponsored by the Chaplain's Religious Education Development Operation for single-parents on Marine Corps Base Camp Lejeune, Jan. 25.

The event was a two-day retreat for single parents paid for by CREDO.

The first day consisted of parents sharing their stories and receiving advice from other single parents who are in similar positions. Participants also took part in classes about the resources they may qualify for.

"It shows the single parents that the military cares about them and values them," said Navy Capt. Russell Graef, group chaplain with 2nd Marine Logistics Group. "It gives them a chance to have some of their questions answered. Whether it's a legal question, a parenting question or is an issue that they are wrestling with that they don't know where to turn, they can come here and they can get some support and get answers to their questions."

During the second day of the retreat, the Marines and Sailors took the Single Marine Program's bus to The Children's Museum of Wilmington and spent the day with their kids.

"The retreat is absolutely what I expected it to be, it's a learning experience, a way to grow and better yourself," said Sgt. Dakota Clark, a single parent who helped organize this event. "It's awesome for our kids to get that social experience, and that's why I am excited for the museum."

All single active-duty Marines and

"I've never raised a little girl before. She's rowdy. She's awesome. And she has the ability to be awesome and terrible at the same time ... It's hard, but I am fully confident in what I am doing and everything I'm doing in my life right now is to better that child."

- Staff Sgt. Benjamin Wall

Sailors who are parents are encouraged to attend this retreat.

"I'd recommend this to all single parents," said Graef. "Some are single parents through divorce, some have not married and some their spouse has deceased, but that doesn't matter, this retreat welcomes them to gain insight."

According to Graef, some of the challenges that single parents face are not normally recognized by those who have never experienced being a single parent.

"Single parents have unique needs that other Marines and Sailors may not have or other parents may not have," said Graef. "This kind of retreat is able to answer some of their questions and give them insight for how to navigate the challenges that they face."

One of the Marines who faces some of the challenge of single parenthood is Staff Sgt. Benjamin Wall.

"It's not easy," said Wall. "I've got a little girl and I've never raised a little girl before. She's rowdy. She's



Photo by Lance Cpl. Alexis C. Schneider

Sgt. Michael Cuntapy, right, training noncommissioned officer, 2nd Maintenance Battalion, 2nd Marine Logistics Group, and daughter Clara Turner utilize puppets during a single parent retreat at the Wilmington Children's Museum in Wilmington, N.C., Jan. 26. The single parent retreat is a two-day program where single-parents spend time with their children as well as receive information about the resources available to them.

awesome. And she has the ability to be awesome and terrible at the same time and it's amazing. It's hard, but I am fully confident in what I am doing and everything I'm doing in my life right now is to better that child."

The service members who attended the event were surprised by what the retreat had to offer them.

"This event exceeded my expectations," said Staff Sgt. Shanikqua Gardner. "I thought it was going to be just someone telling me what I needed to do as a single parent, but coming here I feel like a human. I don't feel like that normal robot that I typically am with my children. I feel like there are others around me who have the same exact story that I have, just looking for help."

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Teen Dating Violence Awareness Month sheds light on abuse prevention



RAISING HEALTHY MINDS

CHRIS DEWITT
Lifestyles writer

Welcome to the February edition of Raising Healthy Minds. Adolescence can be a tumultuous time as many changes in life take place. Relationships are yet another facet of life that can undergo change, and one parents and teens might have angst over. While one might typically think of domestic violence pertaining to adult relationships, violence in teen relationships also occurs. February is marked as Teen Dating Violence Awareness Month. It's an effort to bring attention to this prevalent issue. According to a statistic from www.loveisrespect.org, one in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner. There are some ways to identify and prevent dating violence in your teens. "It is important to

define teen dating violence," said Dawn Stallings, Onslow Women's Center education and volunteer coordinator. "Teen dating violence is an intentional, deliberate pattern of abuse that one partner uses against the other." One might think of physical abuse when hearing 'violence.' Stallings noted that it is important to recognize abuse in all of its types. "There is emotional, verbal and sexual abuse," said Stallings. "With teens, we also need to look at stalking and digital forms. Even financial abuse can come into play." These forms of abuse are not just seen in teens, however. They can persist in adults, making the concern to stop the abuse cycle in the teen years more important to parents and care professionals. "If abuse starts in the teenage years, then people grow up into adults

thinking this is normal in a relationship," said Nora Vargas, Onslow Women's Center sexual assault and Hispanic outreach advocate. "Reaching them while they're teens can allow us to plant a little seed in their head. When they become adults, they can recognize this is not what a healthy relationship looks like." Young women aged 16 to 24 are at a particularly high risk, with their averages for experiencing abuse from an intimate partner being approximately three times the national average, according to dosomething.org. The concern of violence does not stop at the in-person level, however. Social media and its usage in abuse has become a topic of interest for care professionals. "Unfortunately, social media is being used as a weapon," said Stallings. "It is used as another way to keep tabs and control on a person when you are not physically together. It allows for 24-7 contact, which is a huge deal in these cases. With past technologies, we didn't have this concern so we need to recognize it now." The concerns of social media being used as a weapon extends even after a break-up from an abuser. "The abuser feels a need to gain control back after the break-up," said Vargas. "The mindset is, 'I will put him or her on blast on social media so others can see what type of person they are.' We have teens even being driven to suicide because of social media being used for revenge like this. Parents really need to be supportive during those times after a break-up." There are warning signs parents and caregivers can look for in their teens that indicate abuse



Stock Photo

may be occurring. "It's not just the physical signs like a bruise," said Stallings. "Even physical signs can often occur on concealed areas. You should look for changes in behavior like lack of spending time with friends, or not participating in activities they once did." The warning signs can also be more internal rather than external. "Depression and isolation also occur in these cases," said Vargas. "Some sort of substance abuse may take place so they can numb the feelings they're having." As with other situations, prevention is a key focus of care providers. According to Stallings, parents need to talk with their teens about how their relationships are going. Parents should not just accept yes or no answers, but dig deeper and get their teen to elaborate. "I use current events to get teens to open up about the subject," said Stallings. "I'll ask them how they feel about related issues that might be trending so I can see how they respond." Educational resources are available to assist parents. Organizations like the Onslow Women's Center present a curriculum to adolescents in public schools to discuss both relationship health and what abuse looks like. "It is crucial though for parents to be actively involved in things your teen does," said Vargas. "You need to show them abuse is not normal and that they have a support system." For teens and parents looking for more information on teen dating violence, visit www.loveisrespect.org/resources/teendvmonth.

Editor's note: "Raising Healthy Minds" is a monthly column that sheds light on mental health in youth.



Dawn Stallings, Onslow Women's Center education and volunteer coordinator, and Nora Vargas, Onslow Women's Center sexual assault and hispanic outreach advocate in their office Jan. 26 at the Onslow Women's Center.

Photo by Chris DeWitt



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