



- Rugby 5A
- 100th Day of School 1B
- LHS Culinary Team 3B

# II MIG Marines weather elements, challenges for Cold Response 20



Photo by Cpl. Isaiah Campbell

U.S. Marines with Charlie Company, 2nd Law Enforcement Battalion, II Marine Expeditionary Force Information Group, participate in a foot patrol during cold-weather training at Bjerkvik, Norway, Feb. 23. Marines are in Norway preparing for Exercise Cold Response, a Norwegian-led exercise designed to enhance military capabilities and allied cooperation in high-intensity warfighting in a challenging arctic environment.

BY STAFF SGT. CHRISTOPHER O'QUIN  
II MIG

Marines and Sailors of II Marine Expeditionary Force Information Group have entered 2020 hitting the ground running as they kick off support for Exercise Cold Response 20 in the frigid climate of northern Norway.

The Norwegian-led, large-scale exercise officially begins in mid-March and is designed to boost NATO Allies and partners' ability to operate together in extreme sub-zero conditions. The Marines and joint service members will train alongside the United Kingdom, the Netherlands, Germany, France,

Belgium, Denmark, Finland, Norway and Sweden, with a total of nearly 15,000 participants.

The exercise serves as a way to increase interoperability between the NATO Allies and strengthen the bonds between the militaries, affirming partnerships built over decades of diplomacy and military training.

Elements of 2nd Law Enforcement Battalion, 2nd Air Naval Gunfire & Liaison Company (ANGLI-CO) and 2nd Radio Battalion will join the exercise, spending the next month learning cold weather survival techniques and how to conduct operations in punishing temperatures on mountainous terrain.

"The cold weather training offers our host nation partners and AWIC [Marine Allied Winter Instructor Course] instructors the opportunity to work side by side in the planning and execution of the cold weather package," said Capt. Jennifer Norena, executive officer of Charlie Company, 2nd LE Bn. "They instruct the Marines on how to survive in extreme cold weather conditions. Completing the training and enhancing their skillsets is vital in this cold weather environment. As a result, the training they are conducting increases interoperability and strengthens our relationship with our host nation partners." So far the Marines

have learned skills such as driving tactical vehicles through icy conditions and keeping dry during marches and patrols. Some of the Marines participating have been to Norway before, supporting exercises such as Trident Juncture 18.

"I looked forward to coming back to Norway, especially with all the cold weather training we would be receiving," said Cpl. Anthony Tressler, a communications operator with 1st Brigade, 2nd ANGLICO. "We also made great relationships with the Norwegians through our training and integrating into small tactical teams, having Lance Corporals work with senior ranking

soldiers and vice versa."

The trans-Atlantic strategic relationship between the U.S. and Europe has been forged over the past seven decades, and it is built on a foundation of shared values, experiences and vision.

II MIG's capabilities will be tested during the next month as they work to overcome physical barriers and understand cultural differences with allies. As a result of continuous rotational training, U.S. Marines will have the experience to operate in the harsh Arctic climate and mountainous terrain, and to adapt and thrive in those operational environments, despite those challenges.

Visitor's Center to relocate to Wilson Gate April 6; CVO to Main Gate

BY VICTORIA LONG  
Marine Corps Installations East

Beginning April 6 the Visitor's Center and Contractor Vetting Office will swap locations. The Visitor's Center will relocate to Building TT-13, adjacent to the Wilson Boulevard Gate and the Contractor Vetting Office will move to Building 818, adjacent to the Holcomb Boulevard Gate, better known as the Camp Lejeune Main Gate.

Service members and families will meet guests at the Wilson Gate to escort them or apply and obtain visitor passes. Aside from the location change, all services, operating hours and phone numbers will remain the same.

The building swaps are being implemented to better accommodate contactors and vendors accessing MCB Camp Lejeune. With the expected increase in construction traffic over the next few years, the Main Gate has overflow space for commercial vehicle inspections if needed, and is closer to the Piney Green Gate where commercial vehicles typically access the installation. Services, phone numbers and hours of operation for the CVO will remain the same as well.

For more information on base access procedures, please visit our website at [www.lejeune.marines.mil](http://www.lejeune.marines.mil). To reach the CVO, call 910-450-0283 or 450-5977. To reach the Visitor's Center, call 910-451-3220 or 451-7734.



Photos by Cpl. Joseph Atiyeh

U.S. Marines arrive at Evenes Airfield, Norway, Feb. 19.



U.S. Marines discuss logistics at Bogen Port, Norway, Feb. 19. Gear from the Marine Corps Pre-Positioning Program Norway caves was transported from Orkanger Port to Bogen Port.



U.S. Marines prepare to use a vehicle accident simulator near Narvik, Norway, Feb. 21.



A U.S. Marine Corps Medium Tactical Vehicle Replacement and an M777 howitzer sit staged.



# Camp Lejeune hosts USMC Marksmanship Competition for first time since 2016

BY LANCE CPL. GINNIE LEE  
Marine Corps Installations East

Weapons Training Battalion will host the 2020 Marine Corps Marksmanship Competition (MCMC) East on Stone Bay, MCB Camp Lejeune, March 23-April 3. The Marine Corps Shooting Team coordinates and supervises five regional MCMCs that are held annually at Far East, Pacific, West, East and the Marine Corps Champion-

ships. This will be the first time since 2016 that MCB Camp Lejeune will host the competition. Active duty or reserve Marines who have at least 12 months remaining on their contract from the date of the regional MCMCs are eligible to compete. Retired Marines, prior service Marines and law enforcement officers may also be authorized by the hosting command to participate. "These competitions enhance a Marine's lethality on the battlefield

through advanced marksmanship training and competition in support of the Commandant's guidance to develop elite warriors with physical and mental toughness," said Maj. Matthew J. Altomari, an operations officer with Weapons Training Battalion, Stone Bay. The first training day for the competition begins March 23 and live-fire training days are March 24-28 and March 30-April 2. The awards ceremony will be held on April 3. The winners of the

MCMC matches will advance to the Marine Corps Championship hosted by Weapons Training Battalion on Marine Corps Base Quantico, Virginia, from April 8-24. The MCMC provides an opportunity to refine the fundamental skills that enable Marines to deliver lethal force in a dynamic environment. "We encourage the Marines to participate because it gives them a sense of camaraderie and provides extra time on the firing line to enhance their marksmanship



Photo by Lance Cpl. Ginnie Lee  
U.S. Marine Corps Lance Cpl. Noah Larose, motor transportation operator, Combat Logistics Battalion 6, 2nd Marine Logistics Group, fires an M16A4 rifle during a rifle marksmanship qualification on Alpha Range at Stone Bay on Camp Lejeune, Oct. 3, 2019.

skills." Altomari said. For more information contact the operations office on Stone Bay at (910) 440-2917.

## State leaders discuss safety at New River energy summit



Photos by Lance Cpl. Isaiah Gomez  
North Carolina Commissioner of Labor Cherie Berry, speaks to the staff and contractors of Duke Energy about the importance of a safe work environment at the Marine Corps Air Station New River Theater on MCAS New River, Feb. 24. Duke Energy and Marine Corps Base Camp Lejeune energy teams hosted a safety summit regarding safety-related topics that will pertain to the work being done for the utility energy savings contract.



North Carolina Commissioner of Labor Cherie Berry, poses for a photo with Duke Energy staff.

## NMCRS kicks off Active Duty Fund Drive



Photos by Lance Cpl. Ginnie Lee  
U.S. Marine Corps Lt. Gen. Brian D. Beaudreault, commanding general of II Marine Expeditionary Force, left, gives remarks during the Active Duty Fund Drive hosted by the Navy-Marine Corps Relief Society at Marston Pavilion on Marine Corps Base Camp Lejeune, March 2. The NMCRS holds the annual fundraiser to generate support and increase awareness regarding the availability of financial assistance and other support services to active duty and retired Navy and Marine Corps personnel.



Leaders from across Camp Lejeune participate in the Active Duty Fund Drive.

## 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:

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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](http://www.iimef.marines.mil/UnitHome/CommandInspectorGeneral.aspx)  
MCIEAST Hotline - 451-3928 [www.mcieast.marines.mil/StaffOffices/CommandInspectorGeneral/CommandingGeneralsInspectionProgram.aspx](http://www.mcieast.marines.mil/StaffOffices/CommandInspectorGeneral/CommandingGeneralsInspectionProgram.aspx)  
TECOM Hotline - (703) 432-1650 [www.tecom.usmc.mil/pages/ig.aspx](http://www.tecom.usmc.mil/pages/ig.aspx)  
Naval Hospital Hotlines - (910) 450-4240 [NHCL-IGHotline@med.navy.mil](mailto:NHCL-IGHotline@med.navy.mil)  
MARSOC Hotlines - 440-1045/0941 [www.marsoc.marines.mil/UnitHome/InspectorGeneral.aspx](http://www.marsoc.marines.mil/UnitHome/InspectorGeneral.aspx)  
New River Hotline - 449-6029.

## To report crimes on and off base

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# SPMAGTF-CR-AF kicks off Mine Action Program with Moroccan Armed Forces



Photo by 2nd Lt. Grace Jenkins

U.S. Marines with Special Purpose Marine Air-Ground Task Force - Crisis Response - Africa 20.1, Marine Forces Europe and Africa, and U.S. Soldiers of the Utah National Guard meet with members of the Royal Moroccan Armed Forces, March 2. This meeting marked the beginning of the 2020 Humanitarian Mine Action program where U.S. explosive ordnance disposal technicians will supervise level one EOD validation of Royal Moroccan Armed Forces soldiers.

## Spring forward, Sleeves up March 8



# NOTICE

Spring  
Forward  
&  
Sleeves Up  
March 8, 2020



# Royal British Navy visits Cherry Point, New River



Photos by Lance Cpl. Steven Wallis

Marines from Marine Light Attack Helicopter Squadron 269 and sailors from the Royal British Navy pose for a photo during a visit at Marine Corps Air Station New River, Feb. 26. Royal British Navy Rear Adm. Martin Connell and Capt. Nick Walker toured units within the 2nd Marine Aircraft Wing learning about their aircraft and daily operations.



Royal British Navy Rear Adm. Martin Connell, left, speaks with U.S. Marine Corps Lt. Col. Robert Steele during his visit at Marine Corps Air Station Cherry Point.

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(Near Walmart) • 910-793-5744

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# Combat Logistics Regiment 27 adopts White Oak High School



(From left) Dr. Christopher M. Barnes, principal of White Oak High School, Col. Brian W. Mullery, commanding officer of Combat Logistics Regiment 27 (CLR27), and Sgt. Maj. Michael D. Martinet, regimental sergeant major of CLR 27, participate in an Adopt-A-School ceremony at WOHS in Jacksonville, Feb. 25. During the ceremony, CLR 27 adopted White Oak High School via the Adopt-A-School program, an ongoing partnership between military units and schools in the community. Under this partnership, CLR 27 will provide support, mentorship and assistance to staff and students within the school on a regular basis.



Col. Brian W. Mullery signs the Adopt-A-School proclamation.



Barnes signs the Adopt-A-School proclamation.

# II MEF welcomes 2nd Fleet to Camp Lejeune



U.S. Navy Sailors analyze information in an expeditionary maritime operations center at Camp Lejeune, Feb. 27. Members of 2nd Fleet exercised their EMOC concept in the II MEF headquarters. This was an opportunity to further naval integration between the two organizations.



Lt. Gen. Brian Beaudreault (center), commanding general, II Marine Expeditionary Force, poses in a picture with Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet, and leaders from NATO Joint Force Command Norfolk.



Vice Adm. Andrew Lewis, commander, U.S. 2nd Fleet, presents a Navy Marine Corps Achievement Medal to Lance Cpl. Christian Patton, a Marine with II MEF.

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## 1st Lt. Zaleski a homegrown sports hero



U.S. Marine Corps 1st Lt. Terrence Zaleski takes down his opponent during the 2020 Armed Forces Wrestling Championship held at Naval Base Kitsap, Washington, Feb. 22-23, where Zaleski captured his first two Armed Forces gold medals.

*It hasn't been a straight and narrow path for All-Marine wrestler 1st Lt. Terrence Zaleski, a Jacksonville native and Armed Forces Champion, but it's what made him into who is today.*

BY CALVIN SHOMAKER  
Sports Writer

U.S. Marine Corps 1st Lt. Terrence Zaleski is a hometown hero of sorts. The All-Marine wrestler is the son of a retired Marine Corps gunnery sergeant and was born and raised in Jacksonville, North Carolina. He wrestled for three years at White Oak High School before moving to Havelock and winning a state title for the Rams his senior season. But Zaleski's road to becoming a two-time Armed Forces Champion hasn't exactly been a smooth ride. "My career has always been a work in progress," Zaleski said, having

recently returned to town after winning his first two gold medals at the Armed Forces Championship, his first competition since suffering injuries last summer. "Every time I climb back up, I get knocked back down a little bit." Take, for instance, his college career, which began at the University of North Carolina at Greensboro. Before completing his redshirt freshman year in 2011, the program got cut, prompting the team's coach, now All-Marine Wrestling Team Head Coach Jason Loukides, to train Zaleski and others from the team, including current All-Marine wrestler 1st Lt. Jamel

Johnson, for the Greco-Roman Senior circuit in a garage-turned-gym. Three years later, Zaleski took bronze at the U.S. Open, his first breakthrough moment in Greco. Following the high of medaling at the senior level, Zaleski felt a new low when he was on the cusp of a national championship at UNC-Pembroke, only to suffer an injury and place fourth. "Life hits you like that," Zaleski said. "Sometimes it's about how resilient can you be." After college, Zaleski commissioned into the Marine Corps, something he hadn't planned on doing, but an opportunity he seized.



Photos by Marine Corps Sgt. Devin Hester/All-Marine Wrestling Team  
U.S. Marine Corps 1st Lt. Terrence Zaleski, left, battles an opponent during the 2020 Armed Forces Wrestling Championship at Naval Base Kitsap, Washington.

Fresh out of The Basic School, Zaleski got orders to the All-Marine Wrestling Team and returned home to Jacksonville. Since then, Zaleski has won four Armed Forces medals and a bronze in international competition, but he isn't all about the medals. As a communication strategy and operations officer, and a former graphic arts student, Zaleski has been instrumental in promoting the online presence of the team while teaching his teammates the trade along the way. "The environment we try to build is just being leaders amongst yourselves, amongst your peers and acquiring skills that you could

use outside of wrestling, outside of your MOS and that will take you and carry you forward in life," Zaleski said. Off base and in the community, Zaleski has a strong foundation of support. "This town shows me a lot of love every time people see me out," Zaleski said. "I really do appreciate that love and appreciation. It fuels my drive to want to demand better for myself." The Marine Corps ethos has been especially important in his development. "There's something that's engraved in you as a Marine that just says 'I'm going to grind it out, I'm going to push

you until you can't go no more and I am going to keep pushing you into the mat.' That's what makes us special," Zaleski said. According to Zaleski, it is that warrior spirit that enables All-Marine wrestlers to compete with the best in the world. He's also thankful for the Jacksonville community and everyone who helped him along the way. "I am just grateful for all the support that I have had on this journey to get to where I am at today from my coaches, my parents, my friends, family (and) everyone," Zaleski said. Zaleski will head to Penn State University for the Olympic Team Trials in April.

## Camp Lejeune Misfits Rugby prepares to host Fort Bragg, March 21



U.S. Marine Corps Gunnery Sgt. Alan Mcalister carries the ball against the Charleston Outlaws.



Photos by Jess McGeady/MarketPhotography.com  
Members of the Camp Lejeune Misfits Rugby Football Club pose for a photo during their trip to Charleston for a league match in February.

*A win over Fort Bragg could propel a new-look Misfits team forward into sevens season as they hope to land several members on the All-Marine team this summer.*

BY CALVIN SHOMAKER  
Sports Writer

The last time the Camp Lejeune Misfits Rugby Football Club met the Army's team from Fort Bragg, the fall match ended in a tie. They'll face off again in a rubber match on March 21 at the rugby pitch on Marine Corps Base Camp Lejeune, where the Misfits are confident they can set the

record straight. "Since then we have gotten a lot better as a team in our offensive and defensive structure, cohesion and morale," said U.S. Marine Corps Capt. Jim McGeady, who helped head up a recruiting campaign this year to attract new players to the team. U.S. Marine Corps Capt. Stephen Maraist, coach of the Misfits, said the Fort Bragg match will

be something to see. "Lots of energy, lots of hard hitting guys (and) a lot of pride definitely (with) two armed services going at it," Maraist said. The Misfits' season in the Division III league of USA Rugby's Carolinas Geographic Union hasn't been a walk in the park. They sit next to last in the standings, directly behind Fort Bragg, at 0-5 in league play dating back to the fall.

But things are trending in the right direction for the Misfits, who have seen an increase in numbers and some promising play in recent outings. In February, the Misfits played a close match against the Charleston Outlaws, the league's top team, coming up short 34-12, but Maraist liked what he saw. "It's coming together great," Maraist said. "I am looking forward to

moving into the sevens season, because I have a feeling we are going to have a good squad for sevens, which leads to (the) All-Marine (team) and building a Camp Lejeune foundational team to provide the most people for All-Marine." Though the Misfits' 15s team hasn't been as victorious as they'd like, a win over Fort Bragg, in what Maraist called the biggest match of the year

in terms of pride, could be a catalyst. The Misfits will be in Savannah, Georgia this weekend for a tournament with former Marines from The Old Breed Rugby Club. They'll then travel to Greensboro for a league match against Triad on March 14 before the showdown with Bragg. To keep up with the Misfits, search for Camp Lejeune Rugby on Facebook or Instagram.



# Devil Pups out to prove something on the diamond



Members of the Lejeune High School baseball team participate in batting drills during practice, Feb. 27.

Photos by Calvin Shomaker

## Lejeune High School baseball team looks to rebuild winning culture this spring

BY CALVIN SHOMAKER  
Sports Writer

Lejeune High School’s first-year baseball coach George Markle has already let his team know what the goal is this season – to win at least six games following just one win a year ago, but fourth-year player Chris Quinones is a bit more optimistic.

“I believe we can win 10,” Quinones said. “There are a few teams out there that we should have beat last year, mainly because of errors and hitting, but we are a lot better this year.” Quinones will play a

big part in turning things around for the Devil Pups. The senior led the squad in batting average a year ago, hitting over .300, and will be a key cog in the Lejeune offense again this season.

Heading up the leadership roles with Quinones will be fellow returning seniors Ethan Skillings and Evan Romero. Also returning to the diamond from last year’s team are juniors Jonathan Wyble, Jacob Livesay and sophomores Tyler Shelton and Jeykston Jones.

Sophomore Alex Suszko and freshmen Andrew Welte and Charles Streno are expected to step up

and contribute as the coaching staff solidifies player positions and tries to establish a new identity for the program.

“My message this year is to let go of the stigma of where you are, stop believing what everyone is saying and push,” Markle said. “Let go of the stigma, work hard, stop just being here doing motions and actually push yourself and you’ll succeed this year.”

Quinones seconded Markle’s notion of shedding the underdog mentality and embracing the challenge ahead.

“Don’t underestimate us,” Quinones said. “We

do have power. We have strength, and we might be small, but we are going to win some games this year.”

Lejeune begins the season with back-to-back road games at Northside-Jacksonville on March 11 and at North Duplin on March 13 before hosting Croatan on March 17 and White Oak, March 19.

To view the season schedule, visit the athletics page via [www.dodea.edu/Lejeune-HS](http://www.dodea.edu/Lejeune-HS) or find Lejeune High School at [www.MaxPreps.com](http://www.MaxPreps.com). Sports schedules are subject to change on short notice.



Lejeune High School senior Chris Quinones fields a fly ball during practice at LHS, Feb. 27. Quinones led the Devil Pups in batting average in 2019.

# LHS boys ousted in first round of state playoffs



Lejeune’s Jaylon Armstrong goes to the basket against East Carteret in the first round of the NCHSAA’s 1A state playoffs, Feb. 25.

Photo by J.J. Smith/Carteret County Times-News

BY CALVIN SHOMAKER  
Sports Writer

East Carteret’s Bennie Brooks scored 32 points and grabbed 16 rebounds to lead the Mariners past Lejeune in the first round of the North Carolina High School Athletic Association’s 1A state playoffs by a score of 83-56, Feb. 25.

Lejeune got 15 points and 20 rebounds from junior Jaylon Armstrong, and another 15 points from sophomore Andrew Navarro, but it wasn’t enough as the No. 3 seed in the East Region de-

feated the No. 30-seeded Devil Pups for the third time this season.

Lejeune senior Nick Simon finished with 13 points to join Armstrong and Navarro in double figures. East Carteret’s Jacob Nelson chipped in 14 points and Perry Austin had 11 points in the win.

The Devil Pups finished the year 12-12 overall and 7-7 in the Coastal 8 Conference (1A/2A), which was good enough for fourth place.

East Carteret improved to 21-3 and advanced to the second round where they bested No. 19 Wilson

Prep 78-71 to make the round of 16 versus No. 6 Henderson Collegiate, who knocked off No. 11 Pender 75-62 in round two.

Henderson Collegiate rolled over East Carteret on their home floor, thrashing the Mariners 93-43 in Beaufort to end their season and 18-game winning streak, Feb. 29.

Only one Camp Lejeune area team made the round of eight – the Jacksonville girls’ team.

All tournament brackets are viewable at [www.nchsaa.org/sports/basketball](http://www.nchsaa.org/sports/basketball).

## ATHLETE OF THE WEEK



### RIVER CARROLL

**Sport:** Wrestling  
**School:** Swansboro High  
**Class:** Junior

#### Quick Facts:

- Won the 3A state title at 160 lbs., Feb. 22
- Won the 3A East Regional Championship
- Finished season 57-1
- Is the President of Swansboro’s Chess Team
- Plans to serve in the U.S. Navy and pursue a career in the medical field



Courtesy photo

**Q: WHAT WAS THE KEY TO GETTING THE JOB DONE AT STATE?**

**A:** Hard work and putting in the extra time training.

**Q: WHAT IS YOUR STRONGEST COMPONENT AS A WRESTLER?**

**A:** My strongest component is endurance. If I know that I’m going up against someone a lot stronger than me, I will just wear them out.

**Q: ARE THERE ANY COLLEGES YOU ARE LOOKING AT?**

**A:** I’m looking at VMI (Virginia Military Institute) and the Naval Academy right now. Those are the main two colleges I want to go to.

**Q: WHAT IS SOMETHING YOU LIKE TO DO WHEN YOU AREN’T WRESTLING?**

**A:** I have two businesses, a t-shirt making business and a jewelry business. I also do Polynesian dancing.

**Q: ANY GOALS YOU’RE REALLY SHOOTING FOR MOVING FORWARD?**

**A:** All-American – that’s one of the main ones. Getting more colleges to look at me. Next year at states, I just want to crush it. Hopefully I can pin everybody.

**Q: ANY FINAL THOUGHTS?**

**A:** I just want to thank everybody for all the hard work and for all the commitment that they put into me. The reason why I am as good as what I am is because of my parents and the coaches that have helped me out in the past.

If you’d like to nominate an area athlete for Athlete of the Week, email [cshomaker@camplejeuneglobe.com](mailto:cshomaker@camplejeuneglobe.com). (Nominations must have connections to the local military community.)



# LHS girls' soccer team eyes playoffs again in 2020



Photo by Calvin Shomaker

The Lejeune High School girls' soccer team poses for a photo before practice at LHS, Feb. 25.

*With a load of offense returning, and a slew of newcomers, the sky could be the limit for the Devil Pups.*

**BY CALVIN SHOMAKER**  
Sports Writer

Last spring, the Lejeune High School girls' soccer team ended its season with a loss in the first round of the 1A state playoffs, finishing the year 5-13-2 overall and 2-12 in Coastal 8 Conference (1A/2A) play.

But if you ask Coach Charles Teegarden, this season could be a differ-

ent story.

"We have better skills than we had last year, so my expectations for this year are obviously much higher than last year," Teegarden said. "I'm certain if we work together as a team, we play together as a team (and) we prepare well that we will make playoffs, and I believe we can have a good run in playoffs."

Not only does Lejeune

have better skilled players than a year ago, they have a bigger roster. They return six players from a year ago, and their leading goal scorer is back, senior Georgia Lee, who accounted for more than half of the team's offensive output in 2019.

Also returning are seniors Ashley Tagle, Kaitlyn Day, Savannah Gomez-Espinoza, Lu Le and junior Sierra Parzyck.

Newcomers Sara and Marie Kristensen, a pair of sisters from Norway, will be key in stabilizing the middle of the field, according to Teegarden. He also expects freshmen Madilyne Blanton and Katlyn Nix to step up and contribute in a big way this season as well.

The team may have a good idea of who their prominent core players will be, but Teegarden

believes the group of 12 upperclassmen and nine freshmen's strength will be their camaraderie.

"They all get along," Teegarden said. "With any team, you have your cliques ... but this is a good bunch of kids. They want to be here, (and) they want to play together."

The Devil Pups kicked off the season Wednesday night at home against East Columbus and will

travel to North Duplin on Thursday. They'll continue their nonconference slate at Southside on March 9 before hosting North Duplin, March 13.

To view the team's season schedule, visit the athletics page via [www.dodea.edu/LejeuneHS](http://www.dodea.edu/LejeuneHS) or find Lejeune High School at [www.Max-Preps.com](http://www.Max-Preps.com). Sports schedules are subject to change on short notice.

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### Wrestling Open Mat

**Monday to Wednesday, 5:30 p.m. to 6:30 p.m., Marine Corps Air Station New River, AS-4000**  
Weekly open mat hosted by the All-Marine Wrestling Team. Open to all active duty DoD personnel. To learn more, contact the **All-Marine Wrestling Team** via social media.

### Intramural Softball Leagues Registration

**Now until March 17, MCAS New River and MCB Camp Lejeune**

Season begins April 15. Open to all active duty personnel. Teams must register as a designated unit team. Team registration will not be finalized without a complete packet including command endorsement. To register, visit the sports office at Goettge Memorial Field House for the Camp Lejeune League or the sports office at Bldg. AS-4400 for the MCAS New River League. To learn more, visit [mccslejeune-newriver.com/sports](http://mccslejeune-newriver.com/sports).

### Xtreme Family Fun Night

**Thursday nights, 6 p.m. to 8 p.m., New River Bowling Center, MCAS New River**  
Enjoy black light bowling and music for only \$20 per lane for two hours. Price includes shoes and up to five bowlers. Open to all authorized patrons and their guests. To learn more, visit [www.mccslejeune-newriver.com/bowling](http://www.mccslejeune-newriver.com/bowling) or call **(910) 449-4921**.

### Weekday Bowling

**Monday, Wednesday and Friday, 11 a.m. to 4 p.m., Bonnyman Bowling Center, MCB Camp Lejeune**  
Weekday bowling special is \$2 per game per person (shoe rental excluded). To learn more, visit [www.mccslejeune-newriver.com/bowling](http://www.mccslejeune-newriver.com/bowling) or call **(910) 451-5121**.

### Inline Hockey League Registration

**March 2 to March 16, Lejeune-New River Sports Offices**  
Season begins March 23 at the MCAS New River Hockey Rink. Registration forms are available online and must be submitted to the sports office no later than March 16. Sports offices are located at Bldg. AS-4000, MCAS New River and Bldg. 751, MCB Camp Lejeune. Cost is \$150 per team. To learn more, call **(910) 449-5844**.

### MCCS Fun Run: Heroes & Villains 5K

**Saturday, March 7, 8 to 10 a.m., Tarawa Terrace Community Center, MCB Camp Lejeune**  
Dress up as your favorite superhero or supervillain and have fun running or walking through the Tarawa Terrace community. This run is free for authorized patrons and their guests. Register on site at 8 a.m. Race begins at 8:30 a.m. One or three mile options are available. This run is pet friendly and strollers are welcome. All runners will receive a medal, and runners who complete their first MCCS Fun Run will receive a free t-shirt. To learn more, call **(910) 451-1687**.

### Nutrition Fundamentals

**Wednesday, March 11, 9:30 a.m. to 11 a.m., Wallace Creek Fitness Center, MCB Camp Lejeune**  
Learn how to fuel your body for peak performance! Topics include: healthy food choices, lifestyle and behavioral modifications, macronutrients, nutrition traps, trends & fast food, nutrition for exercise & health and nuplenent use & abuse. The class is free and no pre-registration required. It is available to all authorized patrons, though space is limited and filled on a first come, first serve basis. To learn more, call **(910) 451-0470**.

### St. Paddy's Engineer Challenge 5 Mile

**Saturday, March 14, 8 a.m. to 12 p.m., Courthouse Bay, MCB Camp Lejeune**  
The course was designed by Marine Corps Engineers, originally designed for training Marines. It will now test your strength and determination. The course will include a variety of obstacles and mud pits that will challenge your physical and mental endurance. Register early for the best value. To learn more or register, visit [www.mccslejeune-newriver.com/grandprix/stpaddys](http://www.mccslejeune-newriver.com/grandprix/stpaddys).

### Ladies' Night Out Golf Clinics

**Monday, March 16 to Thursday, March 19 from 6 p.m. to 7 p.m., Paradise Point Golf Course, MCB Camp Lejeune**  
Whether you need to learn golf basics or refresh your skills, these clinics are the perfect way to improve your game and have a good time. Attend just one clinic or all four. Clinics are open to the public and cost \$10 each. Topics are as follows: Fundamentals of Grip, Stance and Posture (Mon.), Putting and Chipping (Tues.), Driver and Fairway Woods (Wed.) and How to Play/Course Management (Thurs.). Register by March 13 at the Pro Shop. To learn more, call **(910) 451-5445**.

### Monthly Scramble

**Saturday, March 21, 8:30 a.m., Paradise Point Golf Course, MCB Camp Lejeune**  
Monthly Scrambles are held (weather permitting) on the third Saturday of each month. Please register by 8 a.m. in the Pro Shop. Computer determines draw from players' USGA Handicap. Cost is \$10 per person plus cart and greens fees. Scramble is open to the public. To learn more, call **(910) 451-5445** or visit [www.mccslejeune-newriver.com/golf](http://www.mccslejeune-newriver.com/golf).

### Golf Demo Day

**Saturday, March 21, 11 a.m. to 4 p.m., Paradise Point Golf Course, MCB Camp Lejeune**  
Try the newest club technology from Callaway, Cleveland Golf, Cobra, Srixon, Ping and TaylorMade. To learn more, call **(910) 451-5445**.

## Sports on TAP

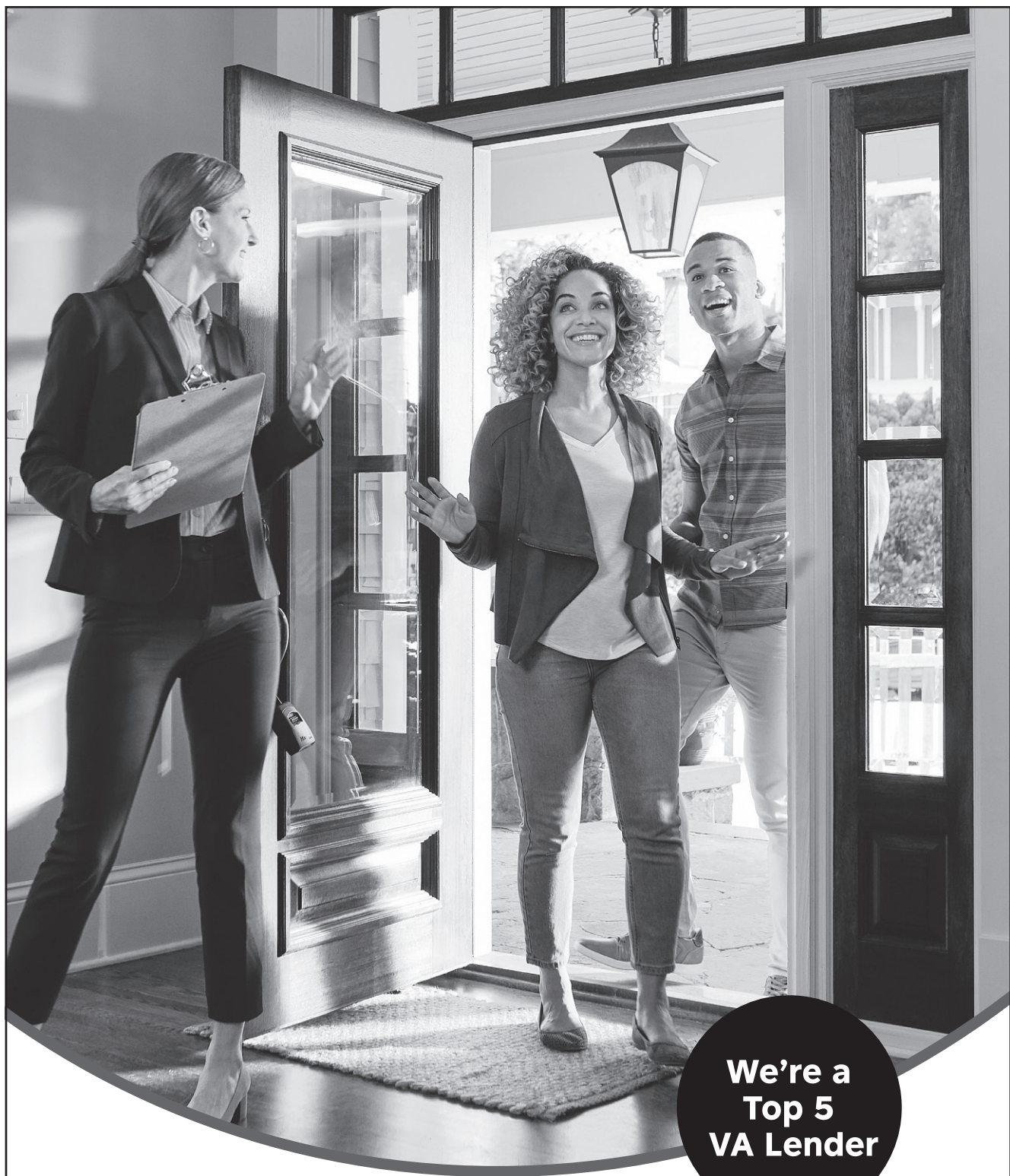
*For more information on games, tryouts, special events and exercise classes around MCB Camp Lejeune and MCAS New River, check out Sports on Tap each week. To add your activity, call **(910) 451-7421**. Availability is limited to space. To add your event to our website calendar, visit [www.camplejuneglobe.com](http://www.camplejuneglobe.com).*



### 49th Camp Lejeune Intercollegiate Golf Championship

**Thursday, April 2 to Sunday, April 5, Paradise Point Golf Course, MCB Camp Lejeune**  
Register by March 9 for this year's Camp Lejeune Intercollegiate Golf Championship to play alongside student-athletes from collegiate golf teams. Sign up at the

Paradise Point Golf Course Pro Shop. The \$125 entry fee includes three rounds of golf, three meals and a tee package, but not cart fees. Format is three-person/best ball two-day total (two collegians, one amateur). NCAA and USGA rules apply. Event is open to the public. Individuals needing base access must contact the Golf Pro for more information at **(910) 451-5445**.



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## School Liaisons help kids celebrate 100th day of school



American Red Cross volunteers show a student some healthy ways to spend their time at the 100th Day of School Bash at Tarawa Terrace Community Center, Feb. 26. The event aimed to get kids excited about the rest of the school year while getting parents in touch with local resources.

BY PAT GRUNER  
Managing Editor

Elementary school students from around the area celebrated the 100th day of school with a day of fun at the Tarawa Terrace Community Center, Feb. 26. Organized by the Marine Corps Base Camp Lejeune School Liaison Office, the event featured themed activities and local resources to get kids and parents energized to finish out the year.

“We know this is the winter slump for kids and we wanted to find a way to get kids excited about school and revved up for the rest of the year,” said Donna Grady, a School Liaison who organized the event. “All of our resources are here for families with young kids.”

30 activities, including crafts and games, were available for kids. Local organizations also educated kids on health and safety, including Camp Lejeune Fire and

Emergency Services and Semper Safe. Volunteers from across base were on hand to keep energy high and kids on track.

“I love giving back to the community,” said Lance Cpl. Matthew Swanson, 2nd Radio Battalion. “It is especially fun to come out and help with the kids. All the decorations and the crafts are awesome.”

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



Kids play with LEGO blocks and socialize. Kinesthetic activities, ones focused on touch, were a major part of the event's activities.



A student dances to music that filled the community center. Volunteers also got in on the party.



A student attempts to score 100 points in 100 seconds with a bean bag toss game from FOCUS.



A student jump ropes. Physical fitness activities were another part of the event aimed at getting kids revved up.



Lance Cpl. Matthew Swanson, 2nd Radio Battalion, greeted students with high fives as they arrived at the event.



A firefighter with Camp Lejeune Fire and Emergency Services takes time to talk to kids about fire safety and show what a firefighter in full gear looks like.



# ‘Birds of Prey’ is ‘Fantabulous’ fun

DANA BARBUTO  
More Content Now

Breakups are hard, even for Harley Quinn, the queen of colorful chaos. Finally realizing she was the “brains behind Mistah J,” she’s kicked her murderous beau, Joker, to the curb and now must get her groove back. First, however, she’ll succumb to some of the usual post-split potholes. She might be an anti-heroine on the rebound, but deep down she’s just like us! She wallows, pretends she doesn’t care, binge drinks, chops her hair, adopts a dog (and names it Bruce, get it?) and ingests spray cheese straight out of the can ... until it’s time for Gotham City to meet the new Harley Quinn.

That’s basically the set up for “Birds of Prey (And the Fantabulous Emancipation of One Harley Quinn),” the spinoff from 2016’s “Suicide Squad.” As that train wreck’s standout, Margot Robbie played Harley with such vim and vigor that a solo outing was not just craved, but demanded. Now, we have it, and Robbie casts Harley in a shine even brighter after ejecting “Puddin’ from her life. As such, “Birds of Prey” is a total trip, held together by Robbie and a badass team of wom-



Margot Robbie as Harley Quinn in “Birds of Prey.”

Photo courtesy of Warner Bros. Pictures

en bent on taking down Gotham’s villain du jour, Roman Sionis, aka Black Mask. As the bad guy, Ewan McGregor rocks, infusing Roman with a mix of giddy flamboyance and menace. Comic-book movies are only as good as their villains and he’s formidable.

Director Cathy Yan (“Dead Pigs”), working from a script by Christina Hodson (“Bumblebee”), immediately catches us up on Harley’s personal history with an animated bit

depicting how she made the transformations from Harleen Quinzell to Joker’s main squeeze to Gotham City singleton with a target on her back. She’s wronged a lot of nasty folks and they want vengeance.

Yan and Hodson also toss us into the confusing scrum of competing storylines. Copying a page from “Deadpool,” Harley narrates her own story, albeit a narrative messily jumping around in time. It involves organized crime families,

bank codes and a diamond worth \$35,000. Her counter is to team up with Huntress (Mary Elizabeth Winstead), Black Canary (Jurnee Smollett-Bell) and jaded cop Renee Montoya (Rosie Perez), to rescue foster child Cassandra Cain (Ella Jay Basco) from Roman and his bleached-blond henchman (Chris Messina).

To her credit, Yan serves comic-book lovers (they hooted and hollered during pivotal moments) and casual fans equally. It’s cool how the story

unfolds within the DC universe, (you’ll notice Arkham Asylum, A.C.E. Chemicals, Founders Pier) yet tells a tale all its own. That narrative, however baffling, is fortified with intense performances by actors game for anything. And they’re clearly having a blast.

Cheers, too, to the over-the-top action scenes. They’re inventive and full of bone-crunching fight sequences, some on roller skates, some with confetti bombs and glitter guns, others in the

funhouse on Amusement Mile. It’s all frivolous fun sprinkled with a recurring theme of female independence that seems well ahead of its time.

**Editor’s note: More Content Now, is a media news service providing a variety of lifestyle, niche and partner content for GateHouse publications. The opinion of the writer does not constitute the views or endorsement of the Department of Defense, the U.S. Marine Corps, or Gate House Media.**

## MOVIE SCHEDULES

CAMP LEJEUNE Bldg. 19 McHugh Blvd.	MIDWAY PARK Bldg. 4014A in Midway Park	NEW RIVER Bldg. AS240 Curtis Rd., Air Station
<b>FRIDAY</b> “Gretel & Hansel” PG-13, 6:30 p.m. “The Rhythm Section” R, 9:20 p.m.	<b>FRIDAY</b> “Bad Boys For Life” R, 7 p.m.	<b>FRIDAY</b> “Dolittle” PG, 6 p.m. “The Gentlemen” R, 8:30 p.m.
<b>SATURDAY</b> <u>Free Showing:</u> “Jumanji: The Next Level” PG-13, 3:30 p.m. “The Gentlemen” R, 6:30 p.m.	<b>SATURDAY</b> <u>Half Price Matinee:</u> “Gretel & Hansel” PG-13, 11 a.m. “Dolittle” PG, 2 p.m.	<b>SATURDAY</b> “Bad Boys For Life” R, 6 p.m. “The Last Full Measure” R, 8:30 p.m.
<b>SUNDAY</b> “Dolittle” PG, 3:30 p.m. “Bad Boys For Life” R, 6:30 p.m.	<b>SUNDAY</b> No showings	<b>SUNDAY</b> “The Rhythm Section” R, 2 p.m. “Gretel & Hansel” PG-13, 5 p.m.

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Tickets and concessions open 30 minutes prior to movie time.  
Pricing: \$4 Adults, \$3 Children  
For 3D movies: \$5 Adults, \$4 Children

## What’s happenin’ CAROLINA

For information on concerts, festivals, special events and classes up and down the Carolina coast, check out What’s happenin’ CAROLINA each week.

To add your event, email [pgruner@campjeuneuglobe.com](mailto:pgruner@campjeuneuglobe.com) or call 451-7421. Space is limited to availability.

To submit your event for our online calendar, visit <https://www.campjeuneuglobe.com/calendar>.

### Early Literacy Storytime Mar. 6, 10:30 a.m.

The Camp Johnson Library will hold a literacy event for kids from birth to age three. The event is focused on music, rhythm and pattern recognition. For more information visit <http://www.mccslejeune-newriver.com/libraries>.

### Dr. Seuss Birthday Celebration Mar. 7, 1 p.m.

Tarawa Terrace Community Center is the site of a party celebrating the life and work of Dr. Seuss. The event will feature crafts, reading, cake and more for the family to enjoy. Those wishing to attend should reserve a spot at <https://eventactions.com/eareg.aspx?ea=Rsvp> or by calling (910) 451-6196.

### Passport Fair Mar. 7, 9 a.m. to 3 p.m.

Residents seeking a passport can visit the Jacksonville Center for Public Safety for a day dedicated to getting documentation in order. Applications, photos, photocopy services and special processing services will be available on site. A full list of fees and required documentation can be found at <https://www.jacksonvillenc.gov/passports>.

### Daddy Daughter Date Night Mar. 13, 6:30 p.m. to 9 p.m.

All father figures are welcome to the Jacksonville Youth Center for an evening of dancing and fun. To register and find ticket information, call (910) 938-5312.

### Retiree Health Care Town Hall Mar. 19, 2 p.m.

Naval Medical Center Camp Lejeune will hold a meeting to update retirees on the latest happenings at NMCCCL in rooms A and B of the first deck. Information includes policy changes and other updates to Department of Defense care facilities for veterans.

# Save-A-Pet

Adopt a new friend today, save a life

Photos by Onslow County Animal Shelter



My name is Big Mama, and I am a female, tan Terrier/American Staffordshire mix. The shelter thinks I am about 3 years old.

Pet ID# 43467123



My name is Lexy, and I am a female, white Terrier mix. The shelter doesn't know how old I am.

Pet ID# 43780578

The Onslow County Animal Shelter is open Tuesday through Friday from noon to 6:30 p.m. and Saturday from 10 a.m. to 4 p.m.

To see more photographs of pets available for adoption, visit [www.onslowcountync.gov/AnimalServices](http://www.onslowcountync.gov/AnimalServices). For more information, call 455-0182.



# Lejeune High School Culinary Team to compete at national level



Photos by Pat Gruner

Lejeune High School's Culinary Team (from left) Tyler Petersen, Jordan DeBose, Matthew Hughes, Jameela Rod, Jayda Armstrong, Jacob Hollingsworth, Alex Calli and Shannen Mullen pose for a photo at LHS, Feb. 27. The team's management component (in white hats) took third place at the state culinary competition in Charlotte and will compete at the national level in Washington D.C. in May.

**BY PAT GRUNER**  
Managing Editor

A group of Lejeune High School students are cooking up big ideas and bringing the heat to their competition.

The LHS Culinary Team is bound for a national culinary competition following a third place finish in the management division at the state championships. The students were tasked with coming

up with their own restaurant. That meant scheming blueprints, constructing a menu, figuring out cash flow and pitching their idea to a board of judges.

"My hope is that these kids grow their knowledge of this business in order to go out and make something of themselves in it," said Shirley Bryan, culinary teacher at LHS. "This gives them a chance to explore and develop their passions. ... We have

kids go to culinary school and graduate."

The students involved in the program found success at the state level by drawing from their lives as military children. Their restaurant, The Melting Pot 2 U, had a diverse menu.

"It was a team effort because we all had different perspectives and knew certain things others didn't," said Jameela Rod. "Some of us had seen

certain things that we could bring to a restaurant environment."

That perspective had a strong effect on judges.

"When they heard melting pot they thought it was a play on America," Bryan said. "When they learned it was about what they had seen as military kids, and about military families coming together, you could see the judges light up."

It was enough to qualify the students for the next

step in the competition, something that has been a long time coming.

"It feels phenomenal," said Tyler Petersen. "We have not been to that level in five years. When they announced us you should have seen the smile on Mrs. Bryan's face."

Bryan made specific mention of the parents who have helped the team find success.

"I call them my posse," Bryan said. "These par-

ents are there for us and it does not matter for what. If I need something from the commissary and can't find a way out, they are willing to go out and get it for us. ... I remember at the competition one of our parents saw his kid in action for the first time and was awed. They are proud of how talented their kids are."

The team will head to Washington D.C. on May 8 to compete.



(From left) William Osborn, Matthew Hughes and Jordan DeBose prepare a meal.



The LHS Culinary Team's competition entree, a shrimp and noodle dish with onion, asparagus, bell pepper, carrots and thyme.



Jacob Hollingsworth taste tests barbecue sauce.



## The intentional vaccination of *self-care*

**CHAPLAIN'S COLUMN**  
**BY LT. LUIS MARTINEZ**  
Marine Aircraft Group 29



The term "self-care" has been thrown around in the military community for some time, especially from chaplains. It sounds very good preaching it to the masses; often times challenging when asked to apply it to our own lives. In a time where society as a whole is addicted to hurry, we tend to lose focus on what matters the most. It is important that we become intentional in slowing down to allow the appropriate levels of balance in our lives.

So what exactly is self-care, and how do we vaccinate ourselves in this practice?

Self-care is all about taking heed to all those things that will improve your health: mental, social, physical, and spiritual. From a physical sense, it is about eating nutritious food, exercising and resting regularly. Self-care is also about doing things you enjoy and having fun. The common rotation of

PCS makes it challenging to practice good social health, especially when you are picking up your family and moving every few years. That is why you need to be intentional about finding ways to meet new people early on in your tour in order to enjoy fun activities together. Join interest groups (such as faith based life-groups, spousal clubs, command volunteer groups, etc.). Often times, we isolate ourselves after work and then wonder why life is lonely or boring. This is especially challenging when our closest loved ones are hundreds of miles away. North Carolina has many beautiful, picturesque places to visit and worth taking the time to enjoy, not to mention the outdoor adventures that surround us.

Self-care is also about taking time to process your emotions and avoiding the common practice found in many service

members: compartmentalization. This may have its place during combat but is not so helpful when applied as our only tool to cope with stressors. Reaching out for support should be encouraged in our lives as a healthy practice. Lastly and not least, self-care is about giving up space and time to connect with God for your spiritual connection. The Bible speaks of multiple times where Jesus slipped away to pray in seclusion.

I encourage you to take time and ask this question about your life and schedule, is it worth it? Your body needs rest. Your soul needs to be recharged. There is no coincidence why the Sabbath is one of the Ten Commandments, it was made for mankind as a gift from God. Vaccinate yourself with self-care, and begin to embrace the benefits of a healthier lifestyle.



## Spouse Sit-down: Break out of the groove

**BY SHELLY FIERRO** Graphic Designer

"Balance is not something you find, it's something you create."  
- Jana Kingsford

As a military spouse, it's easy to fall into a daily routine and stay there. After a while, your everyday schedule can feel boring and monotonous.

If you feel like you are stuck in a rut, then I have a challenge for you: break out of the groove.

Find something new to add to your day or week that excites you, and dive in. Whether it's spending more time with friends and family, planning a weekend getaway or reviving an old hobby, try doing something that is out of the ordinary for you.

Even if you don't feel like you have the time, just think about this; in the 24 hours you have every day, what's holding you up from spending a little bit of time on yourself? Can't you spare five minutes? Start small. Break away from your regular routine a minute at a time if you have to, and you may realize that you actually have more time than you thought.

Not sure what to fill your new time with? That's understandable, as there are limitless possibilities. Start with one thing that

piques your interest and try that for a week. After that, decide whether you like this new part of your schedule enough to keep it up for another week. If not, try something else.

At the end of the day, a set schedule is just that, but you have the power to liven it up a bit by filling in the cracks with something that brings you joy and relaxation. Mold everything together so that you are managing your priorities and having fun.

A well-balanced schedule paves the road to a well-balanced life.







# Onslow County Library promotes growth and socialization for small kids



Jennifer Hoag, event organizer at the Onslow County Public Library, gets a hug from Maggie Courtright, a participant at the library's Grow, Learn and Discover event, Feb. 28.



Felix Torres plays with building blocks and socializes with other small children during the library's event. Various materials were placed out for event-goers to play with.



Two participants work together to construct towers made of lightweight patterned blocks.

**BY PAT GRUNER**  
Managing Editor

Cold weather did not deter parents and their small children from a day of fun at the Onslow County Library, Feb. 28. The library's Grow, Learn and Discover event promoted all the above for kids age zero to three while also giving parents a community to engage with.

"It is a great event for this time of year," said Jennifer Hoag, the event's organizer. "We try to do as much in this community as we can. In a military community it is not always easy to find something that gets stay at home parents out and socializing."

The event saw an added dose of community through overlap with other library events.

"I know most of the people from story times," said Aileen Metcalf, an event-goer, who came with her son Johnny. "We can get to know one another and it gives the kids some time to be social."

A full list of Onslow County Public Library events can be found at <http://www.onslowcountync.gov/150/Library>.



Johnny Metcalf goes for a romp with some of the building materials.



Children play with boom boom sticks of different colors and sizes, filling the air with sound.



Kids play with rice and funnels. The rice was filled with little paper hearts.



Estrella Neal and her son, Greg, cozy up and read a book together.

Photos by Pat Gruner · Cover design by Shelly Fierro

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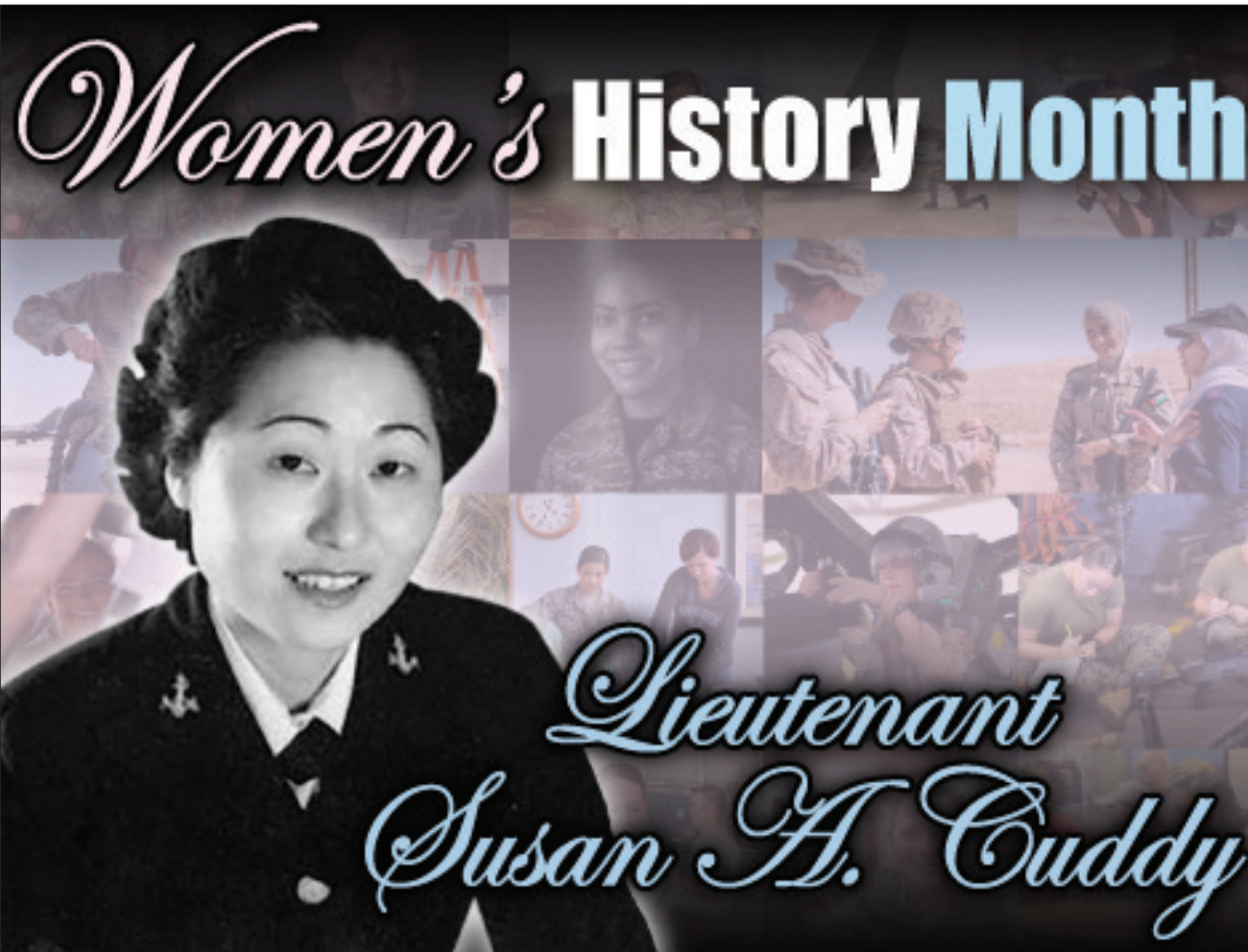
# Reading club promotes youth literacy



Members of the Bookworms Reading Club gather to discuss *The Lion, the Witch and the Wardrobe* over pizza and puzzles at the Camp Johnson Library, Feb. 27. The club, which promotes reading and social skills among kids age eight to 11, meets monthly. The next meeting is March 21.



Photos by Sophia Harding



Graphic by Anthony D. Summa

## U.S. Navy Lieutenant Susan Ahn Cuddy

### COURTESY STORY

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Trailblazer Susan Ahn Cuddy joined the U.S. Navy in 1942 after Japan bombed Pearl Harbor. She was the first Asian-American woman to join the Navy and became the first female to operate flexible-mount or turret-mounted machine guns on an aircraft. She left the Navy in 1946 at the rank of Lieutenant.

After the war, she became an intelligence officer breaking codes for the Navy. She later joined the National Security Agency, where she ran a think tank of 300 linguists and other experts gathering intelligence.

In a 2012 Time interview, her son shared that her travels took her to the segregated South, where she would sit in the back of the bus with black people. Cuddy's gesture was one of solidarity—by using “colored” bathrooms and complying with racial segregation laws, she was making a statement about her race and supporting those who did not have a choice.

She died at her home June 24, 2015 at age 100.

## Catching up with a Pup:

NATALIA GONZALEZ, CLASS OF 2019



SOPHIA HARDING  
Editorial Intern

Natalia Gonzalez graduated from Lejeune High School in 2019 and is currently a freshman attending the Honors College at University of Massachusetts Lowell, double majoring in criminal justice and English, with concentrations in crime and mental health as well as journalism and professional writing.

Gonzalez plans on joining the military post-graduation. Someday she wants to work for another federal government agency such as NCIS.

“Growing up as a military child, I learned that you can succeed and thrive in any conditions that life throws at you, so long as you remain resilient,” said Gonzalez. “Moving around a lot gave me the

advantage of being able to adapt easily in any given environment, which was especially useful entering college that is 788 miles away from home. I guess it's true what they say, ‘home is where your boots are,’ and right now, my home is Lowell.”

Gonzalez found settling into college easier because of her past experiences.

“Within a week of my arrival, I was already situated in my dorm, I had already met people who would become some of my best friends, and I had already learned my way around the city,” Gonzalez said.

Gonzalez says that having an intense workload in high school because of AP classes and sports has been great preparation for double majoring at University of Massachusetts.

“I have time to breathe and time to sleep. I feel

like in high school I tried so hard to do everything and stretched myself too thin at times. I wanted to be a role model, be the best (and) be someone that people remembered. I wanted to go to college. Now that I'm here, I can relax,” Gonzalez said.

Relaxing seems relative though as Gonzalez seems to thrive under the difficult demands of her intensive school load while also joining clubs, playing tennis and finding time to enjoy a social life. Even though Gonzalez admits that she could have definitely used more sleep and mental breaks during high school, she has no regrets.

“I am stronger, more resilient and more prepared to take on the world because of my experiences and the decisions I made in high school,” Gonzalez said.

## MCCS Community Center at Tarawa Terrace open to all DOD ID card holders

BY PAT GRUNER

Managing Editor

Contrary to popular belief, the Marine Corps Community Services Community Center at Tarawa Terrace is not exclusive to TT residents.

“(The center) is here to improve the quality of life for all military members and their family in the area,” said Michelle Wilson, facility manager. “It is an MCCS center that just so happens to be on TT.”

Runs, community classes, movie nights and the community garden are open to all authorized Marine Corps Base Camp Lejeune patrons.

For more information visit <http://www.mccslejeune-necr-wrivr.com/community>.



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Denise Martin, an instructor with Marine Corps Community Services, adjusts a couple's technique during a Couples Yoga Class at Wallace Creek Fitness Center, Feb. 29. The class served to help couples bond in a way that was healthy and lighthearted.



# Twisted relationships

## Couples bond with yoga & fun



Photos by Pat Gruner - Design by Shelly Fierro



A couple twists for a deep torso stretch.

Couples help one another with their forward folds.

## Installation chapels host Ash Wednesday services

BY LANCE CPL. GINNIE LEE  
Marine Corps Installations East

Hundreds of U.S. service members and their families attended Ash Wednesday services at chapels on Marine Corps Air Station New River and Marine Corps Base Camp Lejeune, Feb. 26. The Christian holy day commemorates the first day of Lent, a period of 40 days that serve as a time for reflection through prayer and fasting leading up to Easter.

During an Ash Wednesday service, the service leader provides remarks and reads a prayer before applying ashes in the shape of a cross to the forehead of congregates. The ashes are obtained by burning the palms used from the previous Palm Sunday and signify mortality and penitence. "Being spiritually strong is just as important as being mentally and physically strong for mission readiness," said Sgt. James D. Snider, a crew chief with Marine Heavy Helicopter Squadron 464, MCAS New River. "Honor, courage and commitment should be applied to every aspect of a Marine's life, including one's faith." The conclusion of the 2020 Lenten period is Thursday, April 9, three



Photo by Lance Cpl. Ginnie Lee

A U.S. Marine stationed at Marine Corps Air Station New River receives repentance ashes on his forehead during an Ash Wednesday Mass at the station chapel on MCAS New River, Feb. 26.

days ahead of Easter. In addition to other services on the base and station, an Easter Sunrise Service is scheduled for April 12 at 6:45 a.m. at the 2nd Marine Logistics Group Amphitheater on MCB Camp Lejeune.

## Special Duty Assignment Roadshow, March 11 and 12

Monitors from Manpower Management Enlisted Assignments will be at Marine Corps Installations East locations on March 11 and 12 to brief Marines of any rank who are interested in a future Special Duty Assignment or screenable billet. For more information, please read MARADMIN 050/20.

**March 11**  
MCB Camp Lejeune: 9:00 a.m. at the base theater  
MCAS New River: 1:00 p.m. and 6:00 p.m. at Ivy Hall on Camp Geiger

**March 12**  
Courthouse Bay: 9:00 a.m. at the Marine Corps Engineer School auditorium  
MCAS Cherry Point: 1:00 p.m. and 6:00 p.m. at the station theater

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