



- Local athletes stay in shape 5A
- Month of the Military Child 8A
- Child Abuse Prevention Month 10A

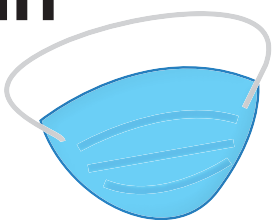
## 2nd Marine Aircraft Wing leadership visits New River during COVID-19



Photo by Cpl. Paige Stade

Maj. Gen. Karsten S. Heckl, right, meets with SSgt. Rexall R. Ferdinand during a leadership visit to squadrons aboard Marine Corps Air Station New River, March 30. The visit to the air station allowed leadership to check-in with Marines and address COVID-19 concerns. Heckl is the commanding general of 2nd Marine Aircraft Wing. Ferdinand is assigned to Marine Aviation Logistics Squadron 29, Marine Aircraft Group 29, 2nd MAW.

## Face coverings required in all base activities effective April 10



### STAFF REPORTS

Marine Corps Installations East

By order of Maj. Gen. Julian Alford, commanding general, Marine Corps Installations East - Marine Corps Base Camp Lejeune, effective 8 a.m., April 10, all individuals aboard MCIEAST installations will carry a face covering when entering any base activity. Wear appropriate face covering to conduct business during occasions where you cannot maintain at least six feet of social distancing.

Examples of activities include: visiting the Commissary, MCX, PMO, Contractor Vetting Office, Visitor Center, IPAC, Postal, Mess Halls, Marine Marts, and Barber Shops etc.

Face coverings will be required during any activity or service where the CDC recommended 6-feet of social distancing cannot be applied. Examples include: financial transactions, signing of documents, getting a haircut, serving/receiving food, exchanging supplies, etc.

Examples of appropriate face covering include, scarves, neck gaiters, and non-medical masks. All uniformed personnel will adhere to specific colors for face coverings to include: plain white, black, tan, olive green, blue, or MARPAT. All non-uniformed personnel will adhere to the wearing of a face covering without restriction of color or style.

## Marine Corps Community Services Marines bring exchange items during restriction of movement

BY LANCE CPL. ISALIAH GOMEZ

Marine Corps Installations East

Marine Corps Services Marines set up in a temporary outdoor Marine Corps Exchange (MCX) to support Marines and sailors on Camp Lejeune, March 26.

These Marines provided supplies and necessities from the MCX to service members under a restriction of movement (ROM) status due to COVID-19, which included food, drinks, hygiene products and uniform items sold while maintaining zero contact between the MCCS Marines and the Marines and sailors in ROM.

“This helps boost the Marines’ morale from being away,” said Gunnery Sgt. Carl J. Wilderom, deployment coordinator with MCCS. “It helps them get

in the right mindset to continue until they get out.”

To ensure the safety and health of all Marines involved, physical contact was avoided. Marines wore gloves in handling all products, stood six feet apart until ready to purchase, sleeves were rolled down and cash was not accepted.

“This is for the Marines to get some personal items, general comfort foods and sweets to make life a little easier,” said 1st Lt. Michael Howard, anti-terrorism force protection officer. “We intend to have this operation running for as long as we need to ensure our Marines get what they need.”

The MCCS Marines will continue to support their fellow service members who might encounter ROM while returning from deployments and various operations worldwide.



A Marine serving as a member of the Marine Corps Community Services (MCCS) mobile exchange team sells Marine Corps Exchange (MCX) supplies to Marines.



Photos by Lance Cpl. Isaliah Gomez



A Marine packs a bag with items for a Marine under a restriction of movement status.

As the COVID-19 outbreak continued, MCCS set up an outdoor MCX for Marines under a restriction of movement status.



# COVID-19 NC STAY-AT-HOME ORDER UPDATE

## Remember...



**Wash Your Hands**



**Maintain Social Distance**



**Disinfect Surroundings**

Graphic by Sgt. Stormy Mendez/Altered by Shelly Fierro

U.S. Marines with 2d Marine Division (MARDIV) are directed to stay home unless performing essential, mission critical task as of March 30. This infographic depicts 2d MARDIV's guidance based on the North Carolina Stay-At-Home order directed by Governor Roy Cooper.

## 2nd MLG MakerSpace supports COVID-19 response with 3-D printing



Photos by Lance Cpl. Scott Jenkins

U.S. Marine Corps Cpl. Michael Espinosa with Makerspace, 2nd Marine Logistics Group 3-D prints face masks and packs them into a box on Camp Lejeune, March 30. Marines from Makerspace utilized 3-D printing to rapidly manufacture personal protective equipment to be sent to aid FEMA Region 8 and 2nd Medical Battalion in COVID-19 screening.

## OFF-LIMITS

**The following businesses are designated by the base commander as "off-limits"**

### CAMP LEJEUNE REGION:

Atheas Attics at 420 Eastwood Rd., Wilmington.  
 Bell Auto Salvage II at 136 Abbots Branch Rd., Hubert.  
 Best Exxon at 2945 Richlands Highway, Jacksonville.  
 Club Phoenix at 209 East 5th St., Greenville.  
 Dash-In at 1316 Hargett St., Jacksonville.  
 Drive Thru Mini Mart at 2729 Commerce Road, Jacksonville.  
 D's Drive Thru (AKA: Raul's Drive Thru) at 226 Wilmington Highway, Jacksonville.  
 D's Quick Mart at 2840 Highway 258 West, Richlands.  
 Expressions at 419 South College Rd., #39, Wilmington.  
 Express Way at 1261 Gum Branch Rd., Jacksonville.  
 Golden Dragon (AKA) Tokyo Asian House at 1850 Wilmington Highway, Jacksonville.  
 Highlands Tobacco aka Piney Green  
 Tobacco at 835 Piney Green Road, Jacksonville.  
 Highway 24 Tobacco at 1448 West Corbet Ave. Jacksonville.  
 Hubert Tobacco at 393 Hubert Blvd., Hubert.  
 J&N Grocery at 1142 Beulaville Highway, Richlands.  
 Karen Huffman's Cleaning Jacksonville.  
 King's Tobacco Drive Thru at 1796 Gum Branch Rd., Jacksonville.  
 Laird's Auto and Truck Repair (U-Haul Rental) at 1197 Piney Green Rd., Jacksonville.  
 MB Super Discount at 800 Shipyard Blvd., Wilmington.  
 Moe's Mart at 2105 Belgrade-Swansboro Rd., Maysville.  
 Nash Market at 237 New River Drive, Jacksonville.  
 OJ's Tobacco and Vapor at 8900 Richlands Highway, Richlands.  
 One Stop Shop at 501 Corbin St., Jacksonville.  
 \*Precision Motor Sports at 1321 Lake Cole Road, Jacksonville.  
 Price is Right Lawn Design in Jacksonville.  
 Reid's Mart at 461 Hubert Blvd., Hubert.  
 Sahara Hookah Lounge at 917 North Marine Blvd., Jacksonville.  
 Saint Thomas Custom Homes at 3560 McArthur Rd., Broadway.

Smart Buy at 375 Jacksonville Mall, Jacksonville. (currently not open, but has history of reappearing)  
 Speedy's Drive Thru at 357 Henderson Drive, Jacksonville.  
 Sun House Vapor and Tobacco at 2840 Richlands Highway, Jacksonville.  
 Super-Fast Drive Thru Mini Mart at 1005 North Marine Blvd., Jacksonville.  
 Tobacco at 521 Yopp Rd., Unit 106, Jacksonville.  
 Tobacco Leaf at 343K Western Blvd., Jacksonville.  
 Triple C Diesel Performance and Mobile Repair  
 602 Richlands Highway, Jacksonville  
 Veterans Affairs Service Jacksonville. (This is a private organization not affiliated with the Department of Veterans Affairs, VA Outpatient Clinic, nor Onslow County Veteran Services.)

### MCAS CHERRY POINT AREA:

98 Cent Only Store  
 (Big Daddy) Wesley's Grocery  
 Coastal Smoke Shop  
 Expressions  
 Friday's Night Club (AKA: Club Insomnia, Club Classics, Infinity Lounge)  
 Flyers at 400 Fontana Blvd., Havelock.  
 H&D Express (AKA: Citgo)  
 Nadine's Food Mart  
 Tobacco Outlet (Havelock and New Bern)  
 Tobacco Shop & Gifts (Beaufort and New Bern)  
 Tobacco Town  
 Tobacco Shop (Newport and New Bern)  
 Twin Rivers (Not the mall)  
 White Sands Convenience Store

### OFF-LIMITS ROADS:

Catfish Lake Road

\* Identifies a new business added since the last update of the Bulletin.

## Hotline numbers to report fraud, waste, abuse and corruption

II MEF Hotline - 451-5555 [www.iimef.marines.mil/UnitHome/CommandInspectorGeneral.aspx](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

To report crimes on and off base, you can call the Crime Stoppers anonymous hotline at 938-3273 or text your tip to TIP4CSJAX + your tip to 274637.

- Cash rewards up to \$2,500 for information deemed of assistance to law enforcement.
  - Caller never reveals his/her identity
  - Reward is collected through code system

**Help keep Marine Corps bases and Onslow County safe!**

The  
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**MCIEAST-MCB Camp Lejeune**  
 Maj. Gen. Julian D. Alford

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# 8th Comm Earns Lieutenant General Chesty Puller Outstanding Leadership Award



U.S. Marine Corps Sgt. Maj. Lonnie Travis, the sergeant major of II Marine Expeditionary Force, congratulates 8th Communication Battalion, II MEF Information Group, on earning the "Lieutenant General Chesty Puller Outstanding Leadership Award" (Large Unit Category) at Camp Lejeune, March 25. The award recognizes the Unit's commendatory balance between mission accomplishment and troop welfare through all of 2019.



Photos by Cpl. Stephen Campbell

U.S. Marine Corps Lt. Col. Thomas Heller (left), the commanding officer of 8th Communication Battalion, II MEF Information Group, and Sgt. Maj. Joyuanki Victore, sergeant major of 8th Comm, pose for a photo beside the "Lieutenant General Chesty Puller Outstanding Leadership Award" trophy and citation.

## Corps fields next-generation body armor to Marines

BY MATT GONZALES

Marine Corps Systems Command

The Marine Corps has begun fielding a next-generation protective vest that provides improved fit, form and function for Marines.

The Plate Carrier Generation III is a lightweight plate carrying system that guards against bullets and fragmentation when coupled with protective plates.

"This system protects Marines on the battlefield," said Lt. Col. Andrew Konicki, the Program Manager for Infantry Combat Equipment at Marine Corps Systems Command. "The PC Gen. III is important because it is nearly 25-percent lighter than the legacy technology."

The Marine Corps constantly looks for ways to lighten the load for Marines. PM ICE worked with industry to remove excess bulk from the legacy Plate Carrier, which was fielded in 2011. The elimination of excess material reduces the overall weight of the system and increases maneuverability, said Konicki.

"When you lighten the load, Marines can get to their destinations faster and they're going to have more

endurance, which increases their lethality," said Konicki.

In 2016, MCSC conducted a study to analyze the components and effectiveness of a prototype version of the PC Gen. III. Marines tested both the legacy and prototype systems during various obstacle courses, including a 15-kilometer hike at a fixed pace.

The results of the study showed that participants completed the courses faster and appeared better conditioned when using the newer technology. Marines' mobility and ability to handle a weapon improved when using the PC Gen. III prototype, said Konicki.

"The PC Gen. III improves the Marines' ability to shoot and move by eliminating excess bulk from the design, and cutting out the shoulders for a better rifle stock weld," added Lt. Col. Bryan Leahy, Individual Armor Team lead in PM ICE.

Another advantage of the PC Gen. III lies in its fit. MCSC increased the variation of sizes, enabling nearly 15,000 more Marines—both male and female—to fit into the system when compared with

the legacy technology, said Konicki. The newer system fits closer to the body, increasing protection and decreasing the risk of injury due to improper fit.

The next-generation system is designed to fit individuals of all sizes and statures—from the 2nd percentile female Marine to the 98th percentile male Marine. A curvature in the associated protective plates accommodates chest and abdomen size without compromising protection.

"I think there's a misconception that all females are small, and that's not always true" said Konicki. "We conducted a study that found the smallest Marine is actually male."

According to Konicki, during multiple user evaluations female Marines have said they prefer the newer technology to the legacy system because of its fit and mobility.

Infantry and infantry-like Marines will be the first to receive the PC Gen. III. The new vest body armor will then be fielded to supporting units. The program office expects the PC Gen III to reach Full Operational Capability by fiscal year 2023.



Photo by Cpl. Jack C. Howell

U.S. Marine Corps Sgt. Sean Nash, a rifleman with 2nd Battalion, 5th Marine Regiment, 1st Marine Division, provides cover fire during the Integrated Training Exercise (ITX) at Marine Air Ground Combat Center Twentynine Palms, California, Jan. 28. ITX is a month-long training event that prepares Marines for deployment.

## USO supports MCB Camp Lejeune



Photos by Cpl. Karina Lopezmata

U.S. Marine Corps Sgt. Isaiah Larsen, protocol chief with Headquarters and Support Battalion, unloads items donated by the United Service Organization (USO) on Marine Corps Base Camp Lejeune, March 30. The USO is the nation's leading charitable organization in serving active duty service members and families. The USO donated packages of hygiene kits, movies, televisions, gaming systems and healthy snacks in support of the installation's COVID-19 response.



Marines and volunteers with the USO unload donated items.

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# Marine Corps Observes Sexual Assault Awareness and Prevention Month throughout April

BY PETTY OFFICER 2ND CLASS RACHAEL TREON

Communication Directorate

“Protecting Our People Protects Our Mission,” a powerful concept recognized throughout the Marine Corps as the ongoing theme for Sexual Assault Awareness and Prevention Month (SAPPM). For 16 years, the Marine Corps has recognized April as a time to raise awareness and educate Marines on the uncomfortable reality of sexual assault with the ultimate goal of prevention.

Regardless of rank, every Marine plays a role in ensuring the Marine Corps maintains a climate true to its core values.

“It is important to start a conversation, what sexual assault is, prevention and how to support survivors, bringing attention to realities that it exist across all populations,” said Priscilla Willett, sexual assault response coordinator (SARC), Headquarters and Service Battalion, Joint Base Myer–Henderson Hall, Virginia. “The specific month gives survivors a platform, designated time, to speak about what happened to them, if they choose to do so. Designating a specific

month also opens a forum to challenge the stigmas that being a victim is shameful.”

Throughout the Marine Corps, SARCs, SAPR victim advocates (VAs), counselors, medical providers and Victims’ Legal Counsel work diligently to provide trustworthy resources and support for those affected by sexual assault. VAs are reputable Marines across the fleet who have received 40-hours of training to build and refine victim support skills. They can be called on 24-hours a day to provide the Marines at their command a reporting outlet and the information needed for their specific situation.

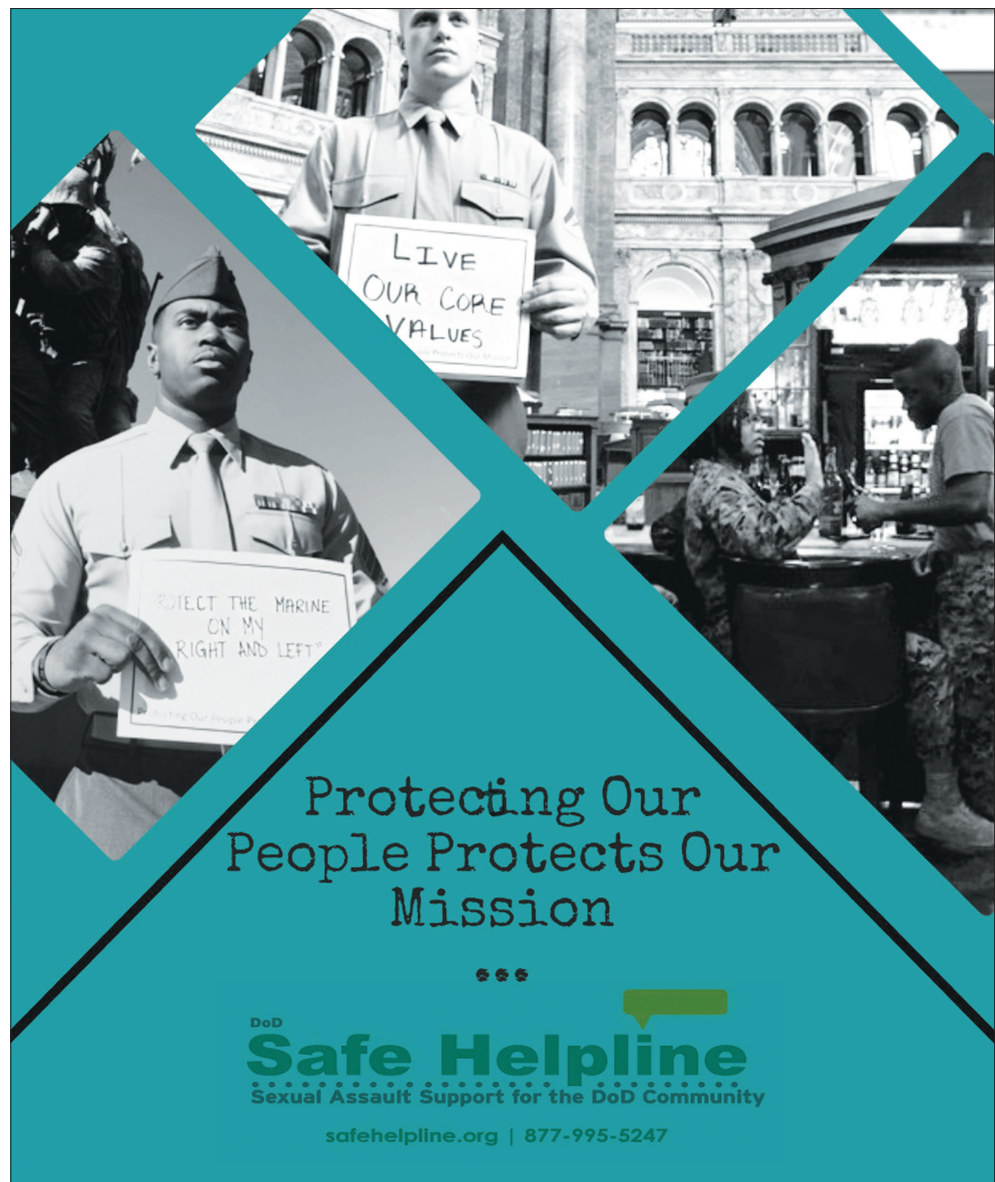
Sgt. Derrick Angoe, a SAPR VA, chose to become a VA because he understood the importance that victim advocates play in the Marine Corps community. “As a Marine, I see SAPR, as it relates to my core values, not only as my responsibility, but duty to eliminate sexual assault and remain committed to protect my fellow Marines, Sailors and civilians alike in the face of fear or intimidation. I am proud of what we are doing for the Marine Corps today as VAs and SARCs and what is to come for this program.”

SAAPM’s focus on education and prevention provides Marines the knowledge and tools to recognize the warning signs of sexual assault. Through training and potential scenarios, Marines learn how to handle situations when they feel the need to step in, known as bystander intervention. Bystander intervention training helps Marines build confidence for potentially uncomfortable situations and do their part in keeping their communities safe.

“Recognizing SAAPM is essential because without awareness of sexual assault, it will be impossible to prevent,” said Angoe.

The Marine Corps takes sexual assault very seriously and will continue progressing, educating and building the SAPR program. Marines throughout the fleet are encouraged to reach out to their local SARC or VAs if they wish to get involved with sexual assault prevention within their command.

Marines can visit <https://safehelpline.org/> for information regarding sexual assault, live chat options, and the ability to locate local resources. The Safe Helpline can be reached 24/7 at 877-995-5247.



Graphic courtesy of the U.S. Marine Corps

## II MEF commanding general reviews COVID-19 medical kits



Photos by Lance Cpl. Scott Jenkins

(From left) U.S. Marine Corps Lt. Gen. Brian Beaudreault, commanding general of II Marine Expeditionary Force, and Brig. Gen. Kevin Stewart, commanding general of 2nd Marine Logistics Group, review the contents of medical kits on Camp Lejeune, March 30. Sailors of 2d Medical Logistics Company, 2d Supply Battalion, 2nd Marine Logistics Group are preparing kits to provide for national coronavirus (COVID-19) aid alongside II Marine Expeditionary Force and will include hand sanitizer gel, surgical masks, disinfectant wipes, latex gloves, phygmonanometers, stethoscopes, thermometers, and isolation gowns.



A Marine explains to Lt. Gen. Beaudreault (left) the contents of the medical kits.



Lt. Gen. Beaudreault (left) gives feedback while being shown contents of medical kits.

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FN-0005199195-01





# Local athletes find safe ways to stay in shape during pandemic



U.S. Marine Corps Capt. Colton Rasche of the All-Marine Wrestling Team has been working on his wrestling moves and working out from home with his roommate and All-Marine teammate Capt. Peyton Walsh.



Derrick Benbow, Jr., an eighth grader at Brewster Middle School, has been doing at home workouts to stay in shape.

## UPDATE:

As of March 30, all Atlantic Marine Corps Communities public community spaces (including playgrounds, dog parks, tennis courts and basketball courts) are closed until further notice.

Courtesy photos



Lejeune High School junior Jayden Berkin works on his speed and agility at Liversedge Field on Marine Corps Base Camp Lejeune.



Southwest Onslow High School junior Michayla Wittner was been working on her golf game while social distancing.



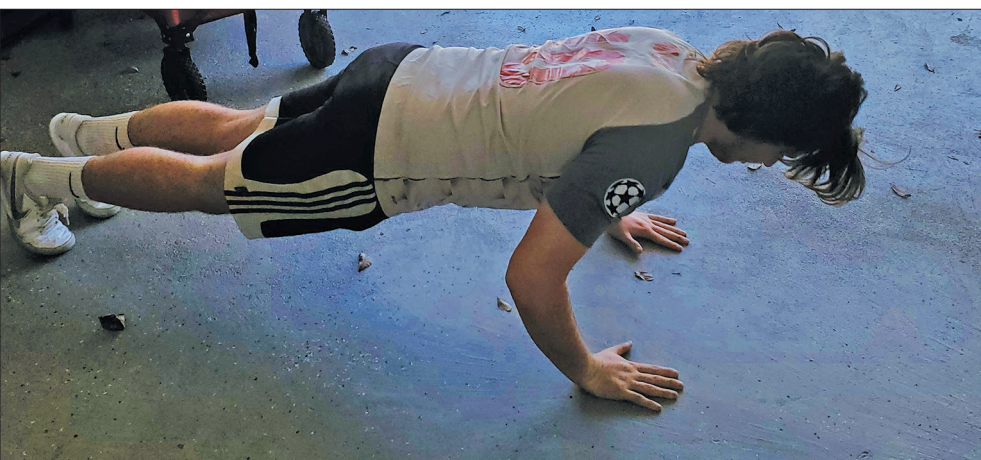
Lejeune High School sophomore Aspen Petersen practices hurdling from home.



Lejeune High School senior Kyle Baldwin works out from home.



Lejeune High School freshman Preston Berthold stays in shape by running on base.



Swansboro High School senior Tripp Kidd does push ups in his garage.



Dixon High School senior Payton Jeffers works on her catching skills at Stump Sound Park in Sneads Ferry.



# Local athletes on impact of COVID-19



Lejeune High School senior Ethan Skillings has been weight training at home by lifting weights in his garage and doing exercises such as tire flips.

**BY CALVIN SHOMAKER**  
Sports Writer

We asked local athletes how they are dealing with COVID-19's effects on sports, school and life in general.

**Michayla Wittner, junior at Southwest Onslow**

Staying active by: practicing golf and going for runs.

Found positives in: getting ahead in school and spending more time with family.

Hardest part: maintaining skills, keeping up with school while social distancing and eating healthy.

Advice for others: don't overthink things and take a break from technology.

**Ethan Skillings, senior at Lejeune High**

Staying active by: lifting weights and working out from home.

One positive: having more time to lift.

Hardest part: not being able to get together with the team and work on



Lejeune High School students Micah Velarde, right, and Hannah Velarde, left, keep their distance from each other while running.

baseball skills.

Misses most: seeing friends and making those bonds and memories.

**Noah Tungett, senior at Lejeune High**

Staying active by: doing low weight, high repetition workouts and running.

Misses most: friends, going to school and working as a lifeguard.

Is training for: Virginia Tech's Corps of Cadets School

**Georgia Lee, senior at Lejeune High**

Staying active by: running, biking, playing tennis and juggling a soccer ball.

Hardest part: missing out on senior opportunities, hanging out with friends and making memories.

Has enjoyed: Running (three to eight miles) and going on long bike rides (10 to 20 miles).

**Hannah Velarde, senior at Lejeune High**

Staying active by: distance running, sprinting, doing core workouts and

weight training.

Hardest part: not seeing friends.

Found positives in: being able to work out for longer and focus on different workouts.

**Caroline Morgan, senior at Lejeune High**

Staying active by: running.

Hardest part: thinking about all the seniors and what they are missing.

Found positives in: spending time with family and having a flexible workout schedule.



Lejeune High School senior Caroline Morgan has stayed active by running.

**Robbie Morgan, sophomore at Lejeune High**

Staying active by: working out at home, playing golf and working on soccer skills.

Found positives in: being able to play golf and have more family time.

*If you are a local athlete who would like to share your thoughts and/or photos for next week's paper, email Calvin Shomaker at [cshomaker@camplejeuneglobe.com](mailto:cshomaker@camplejeuneglobe.com) or message him on Twitter (@cshomaker12).*

## 15 of the best athletes to serve in the U.S. Marine Corps



Photo by Mikey Williams/Top Rank

Jamel Herring, right, lands a punch against Masayuki Ito during a match in May of 2019. Herring won the match to become the WBO Junior Lightweight Champion.

**BY CALVIN SHOMAKER**  
Sports Writer

It is well known that U.S. Marines are top-notch athletes. In its history, the Marine Corps has produced and refined some of the world's best athletes. This list features just a small portion of some of the best athletes that have served in the Marine Corps.

**Ted Williams:** Williams was the last major leaguer to hit for over .400 in a season. He played all 19 seasons with the Boston Red Sox and flew over 30 combat missions during World War II and the Korean War.

**Roberto Clemente:** Clemente is a baseball icon and spent time on Camp Lejeune. He was the first Hispanic MLB player to win league MVP, earn World Series MVP and be elected into the Hall of Fame.

**Leon Spinks:** Spinks won a gold medal as a light heavyweight at the 1976 Montreal Olympics before defeating Muhammad Ali in 1978 to become an undisputed heavyweight champion.

**Ken Norton:** Norton won three All-Marine Heavyweight titles before turning pro and defeating Muhammad Ali in 1973.

**Lee Trevino:** Trevino served four years as a machine gunner before winning golf's U.S. Open and Open Championship in 1971.

**Rod Carew:** Carew served six years in the reserve as a combat engineer and was selected to 18-straight MLB All-Star games.

**Jamel Herring:** Herring is the current WBO Junior Lightweight Champion. The 2012 Olympian spent nearly a decade around Camp Lejeune while active duty.

**Mike Weaver:** Weaver served in the Vietnam War prior to becoming the WBA's Heavyweight Champion in 1980.

**Mike Anderson:** Anderson was discovered by a junior college coach at Camp Pendleton before becoming a Denver Bronco and being named the NFL's Offensive Rookie of the Year in 2001.

**Tom Seaver:** Seaver joined the reserve in 1962 and won 311 games for the New York Mets.

**Art Donovan:** Donovan, a World War II combat veteran, was a Pro Football Hall of Fame defensive tackle who won back-to-back championships for the Baltimore Colts in the late 1950s.

**Patty Berg:** Berg, a founding member of the LPGA, volunteered for the service in 1942 and won a women's golf record 15 majors.

**Bob Mathias:** Mathias won gold medals in the decathlon in the 1948 and 1952 Summer Olympics.

**Gene Tunney:** Tunney, known as "The Fighting Marine", held the world heavyweight boxing title from 1926 to 1928.

**Billy Mills:** Mills was a first lieutenant in the reserve when he won gold in the 10k run at the 1964 Tokyo Olympics.

*Are there athletes who served in the Marine Corps that didn't make the list, but should have? Message us on social media (Facebook: [@camplejeuneglobe](https://www.facebook.com/camplejeuneglobe), Twitter and Instagram: [@lejeuneglobe](https://www.instagram.com/lejeuneglobe)) or email [cshomaker@camplejeuneglobe.com](mailto:cshomaker@camplejeuneglobe.com).*

## Sports Talk

with Jackson Fuller

**Publication:**  
Wilmington  
StarNews

**Job title:**  
High school sports  
reporter

**Favorite sports team:**  
Miami Hurricanes

**Years at StarNews:**  
3.5



Courtesy photo

*This is the debut of Sports Talk, a Q&A series in which The Globe sports writer Calvin Shomaker chats with people who also work in sports media.*

**CS: What has been the hardest part of the COVID-19 pandemic for you?**

**JF:** Probably the overall quarantine ... It's hard to stay inside all day. I think we are social people by nature as humans, for the most part. Not getting that social interaction and being able to go out and enjoy life has certainly been a challenge.

**CS: What do you enjoy most about sports?**

**JF:** Game stories feel like they are getting more obsolete in our profession, and editors are constantly asking for more than game stories, which I completely understand, but just going to a game and watching it develop from start to finish. One basketball game can have so many different outcomes or strategies involved. (I enjoy) being able to see that side of it ... When it comes to high school sports, (it's) just telling the stories of these kids. I think every kid kind of has a unique story, and I really enjoy being able to tell those unique stories.

**CS: Is there one sports moment that you'll never forget?**

**JF:** The Ray Allen shot in Game Six of the 2013 NBA Finals.

**CS: Who is the best professional athlete you've seen compete in person?**

**JF:** It's a tie between LeBron James and Tiger Woods.

**CS: What do you think the future holds for people in our industry?**

**JF:** The future is really unknown. It's changed so much in the past 10 years before I entered the profession and now going through it the past five years. There's always going to be a desire for news and for quality reporting ... Papers are moving to more digital and online focused, and I think that trend is going to continue. I hope there's never a day when there's no such thing as newspapers.

**CS: What kind of value do you see in what we do as local and high school sports reporters?**

**JF:** I think there is immense value in local sports journalism ... We have the opportunity to tell stories about kids that if there wasn't a local sports journalist, those stories would never be told. Just because a kid is not playing in March Madness or working out for the NFL Draft or anything like that, he still has a story to tell and something that his family and other readers and community members are interested in.



# Marine wrestlers stay focused



U.S. Marine Corps Sgt. Raymond Bunker lifts his opponent during the Pan-American Championships that were held in Canada in early March.

BY CALVIN SHOMAKER  
Sports Writer

If it weren't for COVID-19, wrestlers from the All-Marine Wrestling Team would have competed in the Olympic Team Trials last weekend for their spot on Team USA. Now, they have to wait another year to turn their dreams to reality. "The Olympics are pushed a whole year away from now, but that doesn't change my goals," said 1st Lt. Terrence Zaleski, who won a pair of gold medals at this year's Armed Forces Championships. "That just allows me more time to accomplish more things before going into the trials." Despite the changes in the Olympic timeline, the All-Marine Wrestling Team is focused on staying positive and being

devoted to achieving their goals. "With everything you try and look at the glass half full," said Capt. Peyton Walsh, the Armed Forces Freestyle Champion. "That's how you grow from any sort of situation, specifically the hard ones." While spending more time at home, the Marine wrestlers hope to get mentally stronger. "It has given me the opportunity to slow down and really focus on the little things and what's important," Walsh added. Sgt. Raymond Bunker, who won the Armed Forces Championship and the Pan-American Championships, was one of several Marines who had a load of momentum going before the pandemic hit. Though disappointed by the postponement,

Bunker understands the severity of the situation. "This is much bigger than my goals," Bunker said. "These are the lives of other people, and at the end of the day that's the most important thing." When faced with adversity, belief is what motivates Bunker. "My faith is getting me through this time," Bunker said. "I hope that I can help out and reach out to others and inspire (them)." The times may be tough, but Zaleski urges people to be strong and try to see the current circumstances as an opportunity to grow. "Stay positive," Zaleski said. "Use this time to self reflect. Even though it does seem like a setback, always try to find that light to keep moving forward."

# ATHLETE OF THE WEEK



## BRITTANY RODRIGUEZ

**Sport:** Powerlifting

**Quick Facts:**

- Nationally ranked powerlifter
- Has lifted competitively for four years
- Is the assistant director at Heroes Manor 2, a child development center on Marine Corps Base Camp Lejeune



Courtesy photo

**Q: HOW DID YOU GET INTO POWERLIFTING?**

**A:** I had just tried losing weight, I started eating clean and I thought that I wanted to start doing bodybuilding competitions. I went to the Arnold (Sports Festival), and I went to watch a powerlifting meet. I actually saw women doing it and I was just like, 'Oh my gosh. I want to do this.' So I started to research things and figure out how their training is. Then I started to love that it was more based on what your body could do than looks.

**Q: COULD YOU TALK A BIT ABOUT YOUR MISBITION IN THE SPORT?**

**A:** A lot of women that you'll talk to in powerlifting have overcome eating disorders, domestic violence situations, sexual abuse (and) things like that .... A lot of times you'll see, especially in young teenagers, girls that are already at risk to become victims to these situations just based on self esteem (and) their confidence ... So my ultimate dream is to be able to work with these girls who may already be at risk so that they are able

to find themselves in the strength sport and to build the self confidence that they normally wouldn't have through a strength sport.

**Q: WHAT HAS BEEN THE HIGHLIGHT OF YOUR POWERLIFTING CAREER?**

**A:** Last year I totaled 1,000 pounds (through one-rep maxes in bench press, deadlift and squat).

**Q: IS THERE A CERTAIN MOTTO THAT GETS YOU THROUGH HARD TIMES?**

**A:** Don't quit.

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

# What if the NCAA tournament wasn't canceled? *Picking the South Region*

*With the cancellation of the NCAA tournament, we can only speculate about who would have won it all.*

BY CALVIN SHOMAKER  
Sports Writer

This region has quality teams in the middle of the pack that make for some interesting matchups. Let's take a closer look.

**The virtual locks: None.**

Some might say that Baylor was the outright favorite to win this region,

but I think a win over Ohio State or Louisville in the Sweet Sixteen would have been a tall task for the Bears. They had lost three of their last five games, two of which were to West Virginia and TCU.

**Upset picks and a potential Cinderella: No. 6 Virginia over No. 3 Michigan State and No. 4 Louisville over No. 1 Baylor.**

With the ACC's longest active winning streak at eight games, Virginia was poised to play spoiler in the NCAA tournament. Led by bigman Mamadi Diakite and point guard Kihei Clark, the Cavaliers went 15-5 in ACC play and led the nation in scoring defense, giving up just 52.4 points per game.

Another ACC team that finished second to Duke with a 15-5 record

in league play was Louisville. Jordan Nwora was scoring 18 points a game and knocking down 40% of his three-point attempts. The Cards had balanced scoring from the rest of the team and could have sent some teams home early.

**The tossups: No. 8 Saint Mary's vs. No. 9 Rutgers and No. 7 Illinois vs. No. 10 USC.**

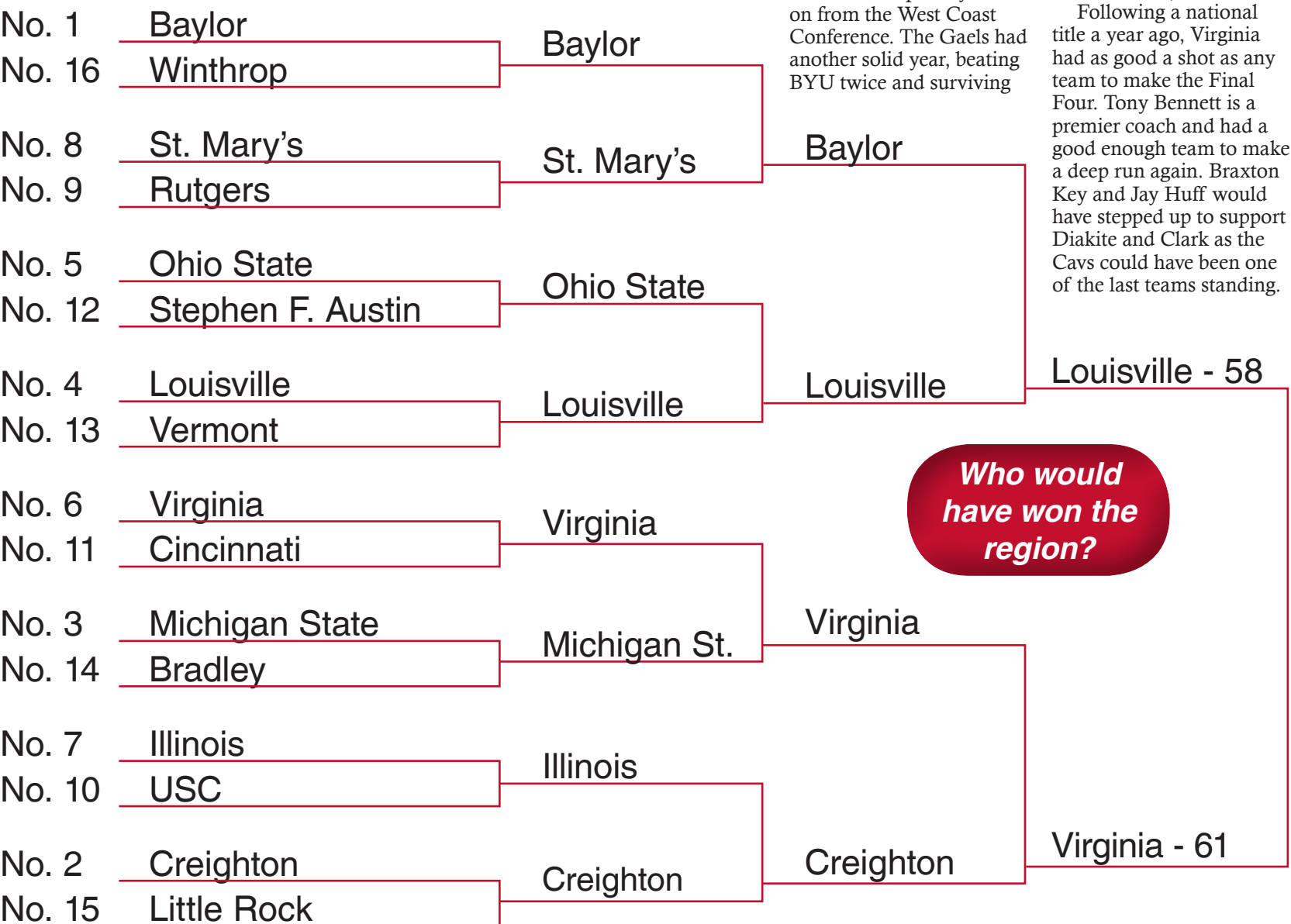
Saint Mary's is always a team to keep an eye on from the West Coast Conference. The Gaels had another solid year, beating BYU twice and surviving

Wisconsin in overtime. Jordan Ford was a real force for St. Mary's, too. The senior scored nearly 22 points a game on almost 50 percent shooting.

I think Illinois would have squeaked by USC in a close one based on the strength of the Big Ten this season and the lack of an elite team in the Pac-12.

**The Regional Final: No. 6 Virginia over No. 4 Louisville, 61-58.**

Following a national title a year ago, Virginia had as good a shot as any team to make the Final Four. Tony Bennett is a premier coach and had a good enough team to make a deep run again. Braxton Key and Jay Huff would have stepped up to support Diakite and Clark as the Cavs could have been one of the last teams standing.



*Who would have won the region?*



University of Virginia Cavaliers





## PART 2

# 10 years later, 2nd MEB-A remembers service in Afghanistan



Photo by Cpl. Aaron Rooks

Staff Sgt. Robert Jernigan, team leader, Firepower Control Team Alpha, 1st Brigade Platoon, 2nd Air Naval Gunfire Liaison Company, Marine Expeditionary Brigade-Afghanistan, motions for his fellow Marines to follow his lead during a patrol, Sept. 23, 2009, near Checkpoint North in Helmand province, Afghanistan.

BY PAT GRUNER  
Managing Editor

### Part 2: Leatherneck

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

The heat of Afghanistan in Summer is not the ideal climate to build an installation in hostile territory, but that was the exact challenge Marines with Marine Expeditionary Brigade, Afghanistan

(MEB-A) faced in 2009. On top of that, it was a wildly new operation for the Marines who made up the force.

“There was definitely a learning curve,” said Jeff O’Brien, a retired U.S. Marine Corps master gunnery sergeant who served as the operations chief for MEB-A. “We were understaffed and had to deal with a lot of moving pieces.”

The base that would be Camp Leatherneck was constructed by MEB-A in Helmand Province. At the time, Helmand was a hub for Taliban activities, serving primarily as a safe haven for heroin trafficking. According to retired U.S. Marine Corps Lt. Gen. Larry Nicholson, that meant Helmand was

where Marines needed to be.

“We arrived at (British Camp) Bastion,” said Nicholson. “We walked out a side gate with their commanding general and saw a stretch of open desert. I asked him, ‘What’s all this?’ He told me, do what you want with it.”

What the Marines wanted was a strategic hub. The turnaround time on Leatherneck’s construction had to be quick and it had to be done the right way.

“We purposefully got in the middle of a Taliban area,” Nicholson said. “We knew that this was a critical mission that would require a lot of courage. ... There was a limit on what you could get done with 10,000 people, so that meant every-



Courtesy photo

A military working dog and her handler work together during a training exercise. Military working dogs (MWDs) have a particular skill set that aids in the completion of missions in the military. They have visual and olfactory sensory abilities that are superhuman, can go where a service member cannot, and can often subdue or intimidate a foe more quickly with non-lethal force.

one ran cables, everyone was digging. Everyone had a specific job to do, but that did not mean you would not end up doing something else.”

The task was daunting and conditions were less than ideal.

“We had a Marine Wing Support squadron building runways out of thousands of matings, around the clock in 130 degree heat every day,” said Ernest Hoopii, the MEB’s sergeant major in 2008-09. “People think 130 is an exaggeration. Trust me, it is not.”

The Civic Affairs Group which helped establish the base was made up of Marines and civilians. According to retired U.S. Marine Corps Col. Curtis Lee, the group’s work with the rest

of MEB-A was some of the most impressive teamwork he had ever seen in his time in service.

“We had fantastic civil servants out there,” said Lee. “These were people who got it working with Marines on the front lines. All of us were extremely proud of what we accomplished. That was probably the hardest year of my life. ... Gen. Nicholson, that man got more out of me than anyone ever has.”

According to O’Brien, the need to keep Marines prepared amid short timetables meant those in command were focused on the task at hand. There was no time for pettiness or egos.

“It is funny looking back,” O’Brien said. “I probably look fifteen

years younger now than I did when I was in the Marine Corps. I never had much time to worry about my own (problems) because I was helping fix other people’s (problems). That time getting Leatherneck prepared and being with the MEB was the finest part of my career as a non-commissioned officer.”

**Editor’s Note: The retrospective on 2nd Marine Expeditionary Brigade - Afghanistan will continue next week. If you or someone you know were part of MEB-A contact Pat Gruner at [pgruner@campjeuneglobe.com](mailto:pgruner@campjeuneglobe.com) to provide your insight on the MEB-A, 10 years later.**

## Marine Corps Recognizes April as Month of the Military Child

BY PETTY OFFICER 2ND CLASS RACHAEL A TREON

Communication Directorate

The Marine Corps joins the nation in dedicating the month of April as Month of the Military Child. The theme for 2020, “Stand up for Kids,” emphasizes the power of a safe, caring adult in the life of every child. According to the Department of Defense, there are approximately 118,000 Marine Corps children dependents.

While most events have been postponed due to COVID-19, bases and communities will continue to honor Month of the Military Child where possible and emphasize the important role children play in the Marine Corps and local communities. Marine Corps Community Services has created special space on its website (<https://usmc-mccs.org/articles/month-of-the-military-child-2020/>) that will provide a weekly calendar of ideas for daily activities at home.

“This month, and every month, [the Department

of Defense Education Activity] celebrates our military-connected students around the world,” said Thomas Brady, DODEA director. “Many of our students understand what it means to have their mom, dad or in some cases both parents deployed far from home. I am deeply thankful to all military children for their courage and resilience in the face of adversity. The current situation with COVID-19 has presented new challenges, but to nobody’s surprise, our military children are handling every change with confidence and grace. We also honor their parents for instilling and fostering such outstanding values in their children. I am very proud of our students, and together we celebrate them during this Month of the Military Child.”

The observance month is sponsored by the DODEA and supported by the Military Community and Family Policy, National PTA, Military OneSource, many other organizations, and local schools and communities. Established by former Defense Secretary Caspar Weinberger in

1986, military children are honored for their sacrifices and experiences brought on by military life. One event includes “Purple Up!,” which encourages supporting communities to wear the color purple to symbolize the mixture of Air Force blue, Army green, Navy blue, Coast Guard blue and Marine Corps red.

On Marine Corps installations, service members can access parenting tools such as the New Parent Support Program (<https://usmc-mccs.org/services/family/new-parent-support-program/>) or Marine Corp Family Team Building (<https://usmc-mccs.org/services/family/marine-corps-family-team-building/>). Other parenting tools through Military OneSource (<https://www.militaryonesource.mil/family-relationships/parenting-and-children-resources>) include parenting classes for infants and toddlers, youth and teens, parenting through deployment, childcare and even deployment.

Sgt. Janelle Turnowicz, Marine Wing Support Squadron 472, used military parenting resources such as the Baby Boot Camp and monthly classes offered at Naval Hospital Camp Pendleton. She and her husband, Staff Sgt. Clayton Turnowicz and their two sons experience the challenges of being a dual-military household, but are thankful for the pride, experiences, travel opportunities, people and livelihood the Marine Corps has brought to their family.

“Every military child deserves to be recognized,

because of the sacrifice that they were born into,” said Sgt. Turnowicz. “A military child is supportive of their military parent even when they sacrifice their time that could be spent developing a stronger relationship. Military children are faced with hardships that can be challenging growing up, however the experience teaches them to be resilient because a military child blooms where they are planted.”

Recognizing the challenges faced by Marine Corps children should be acknowledged year-round, it is the responsibility of all Marines to stay educated and do their part to cele-

brate military children and ensure the proper treatment of children within their communities.

MARADMIN 090/20 provides more details regarding Month of the Military Child.

For more information, contact your local installation FAP, New Parent Support Program, or Community Counseling Program. Help is also available at the Department of Defense Child Safety Hotline at 1-877-790-1197, Marine Corps DSTRESS Line at 1-877-476-7734, and Military OneSource at [www.militaryonesource.com](http://www.militaryonesource.com) or 1-800-342-9647.



Courtesy of MilitaryBenefits.in



THIS WEEK IN ENTERTAINMENT...

# 'Crip Camp' spotlights disability rights



Denise Jacobson, left, and Neil Jacobson in "Crip Camp: A Disability Revolution."

Netflix

BY AL ALEXANDER  
More Content Now

A favorite at this year's Sundance Film Festival, "Crip Camp" is about a camp for disabled kids that spawned the disability rights movement.

Who's the largest minority group in the country? The answer is people with mental and physical disabilities, an oft-forgotten group of 40 million strong that finally gets its due with the inspiring "Crip Camp."

The documentary movingly follows a group of New Yorkers who, as children, attended a unique summer camp in the Catskills where the forgotten became "somebuddies" under the tutelage of what's commonly known as "hippies." While there, they learned what it was like to form a community united through their shared experience of exclusion. As one camper would say years later, "The world doesn't want us around; the world wants us dead."

Made to feel such hatred, its little wonder so many found Camp Jened such a shared joy. "It was our Woodstock," an

alum says of the bucolic wonderland just 40 miles southeast of Bethel, New York, scene of 1969's iconic music festival where hundreds of thousands of like-minded youths united to start a movement. And so it was at Camp Jened, where the seeds were sown for what would become a core group of activists who'd spend the next 20 years leading a charge for civil rights culminating in 1990s landmark Americans with Disabilities Act.

Jened veteran Jim LeBrecht, who along with fellow campers, was armed with a Super 8 provided by the People's Video Theater, chronicled the endeavors. The footage they shot in the summer of 1971 proves a treasure trove nearly 50 years after the fact. And at the center is LeBrecht, who co-directs "Crip Camp" with Emmy-winner Nicole Newnham. Born with spina bifida, a defect that robbed him of his legs, LeBrecht never let his affliction prevent him from being a regular kid, as we see in observing the 15-year-old become the camp's social butterfly, indulging his love for music

and the ladies. He even found romance!

But looking back, he acquired so much more in the lifetime friendships that were born. As if preordained, their paths will cross many times in the ensuing years and it's all caught fabulously on film, priceless footage that forms the nucleus for "Crip Camp," which is executive produced by recent Oscar-winners ("American Factory") Barack and Michelle Obama.

Almost by default, LeBrecht is his film's star, but he's ultimately usurped by fellow camper Judy Heumann, who'd go on to become the head of the advocacy group Disabled in Action. Even back in 1971, we can see a then-teenage Judy taking charge and barking orders over something as inane as to what to cook for dinner on the chef's night off. It's the equivalent of watching a 17-year-old Barack Obama organizing a high school dance if such footage existed. That's how impactful Heumann, a future appointee to the Obama administration, would become throughout the 1970s in leading the

fight for disabled rights.

She's at her best during the famous 1977 "504 Sit-In" staged inside the San Francisco offices of the Department of Housing, Education and Welfare, a federal agency under the guidance of HEW Secretary Joseph Califano, who refused to enforce regulations stipulated in Section 504 of 1973's Rehabilitation Act. Califano cited budgetary problems in his decision to disregard language requiring refitting all entrances and restrooms in government facilities, including courts, colleges and legislative chambers.

The moment that shook most is a scene of Heumann leading an assault on the "inaccessible" U.S. Capitol, where hundreds of protesters are seen crawling up the dozens of steep concrete stairs - some dragging their wheelchairs - to make their case before Ted Kennedy and the U.S. Senate. Among the group, in a sight I don't think I'll soon forget, is a tiny girl of about 10 crawling on her belly, squirming her way toward the top of the steps; almost entirely spent from the experience, but joyous in the fact that she finally made

it on her own.

In a movie brimming with humor, optimism and inspiration, that scene ranks at the pinnacle. But not far behind is the finale, when the handful of survivors from Camp Jened stages a reunion on the site where their self-worth was born. Closed in 1977 due to a lack of funds, the camp is now just a dirt wasteland populated by rotting shacks and idle construction equipment.

It's not pretty, but the alums don't seem to mind.

**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.**

## TRICARE warns of COVID-19 testing scams

### COURTESY STORY TRICARE

The Defense Health Agency was recently informed by law enforcement about an attempt to scam a Medicare beneficiary into giving personal information in order to receive a coronavirus (COVID-19) test kit. In addition, law enforcement has uncovered counterfeit COVID-19 test kits at a California international airport.

These incidents confirm scammers are engaging in new fraud schemes to take advantage of those most vulnerable during this pandemic.

Be aware that unsolicited calls regarding COVID-19 test kits may be an attempt to gather personal information from you, which could lead to fraud and identity theft. Remember – TRICARE does not call beneficiaries to sell services. You should not release any personal identifiable information, such as birth date, Social Security number, banking or credit card information to unknown sources.

COVID-19 tests can only be ordered by a physician. There are currently no vaccines or drugs approved to treat or prevent COVID-19. Products that claim to cure, treat or prevent COVID-19 are fraudulent.

Learn more at <https://www.fda.gov/news-events/press-announcements/coronavirus-update-fda-and-ftc-warn-seven-companies-selling-fraudulent-products-claim-treat-or>.

Health Net Federal Services, LLC (HNFS) offers multiple ways for providers and beneficiaries to report suspected fraud:

1. Online using the Report Fraud or Abuse function.
2. Call HNFS' Fraud Hotline at **1-844-886-2206**.
3. Email HNFS at **Program.Integrity@healthnet.com**.
4. Fax information to HNFS at **1-844-734-1266**.
5. Mail information to HNFS at HNFS Program Integrity, PO Box 10310, Virginia Beach, VA 23450-10310.

Stay up to date on COVID-19 by visiting [www.tricare.mil/coronavirus](http://www.tricare.mil/coronavirus).

## COVID-19

### All updates involving MCIEAST and NMCCCL will be posted here:

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- [www.med.navy.mil/sites/nhcl/Pages/default.aspx](http://www.med.navy.mil/sites/nhcl/Pages/default.aspx)

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## MORE INFO

For additional guidance on COVID-19, please visit [www.coronavirus.gov](http://www.coronavirus.gov)



For more ways to get involved in Child Abuse Prevention Month, visit **[www.preventchildabusenc.org](http://www.preventchildabusenc.org)**.

Even if cooking isn't a skill you've ever cared about, chances are being cooped up at home with most of your favorite restaurants closed has made you wish you were a little bit better at it. You can even make it a family activity where everyone gets to take turns picking a meal, and you all prepare it together. If you're flying solo during social isolation, then you get to make whatever frankenmeal you want with no judgement. Mac n cheese on pizza? Who cares, it's quarantine.



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**LOCAL NEWS**

## Train Like We Fight: Maj. Gen. Furness visits defensive range G-30

Marines commonly say the best way to train for combat is to train like you fight. A more realistic defense simulation is essential to winning in a potential future conflict. The Marines of 2nd Marine Division (MARDIV) and Marine Corps Base Camp Lejeune Range Control recently opened range G-3... Read more ▶

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