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A MESSAGE FROM THE CG:

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# The road ahead for installations

## MCIEAST

Our Public Health Emergency Officers are reporting our installations and the State of NC have met several critical benchmarks that indicate it is safe to allow a phased return of services and businesses that were previously closed. These benchmarks include: 1) a downward trajectory of COVID-like cases over past 14 days, 2) a downward trajectory of positive cases as a percentage of total tests over the past 14 days, 3) the adequate capacity of our health facilities to treat acutely ill patients requiring hospitalization, and 4) an adequate COVID testing capacity to rapidly detect new cases. We have met these benchmarks and now it is time to restore services and bring our force back to work.

With this in mind, I am confident we can continue to bring back more of our installation workforce to better support our mission of training warriors and taking care of families. While the numbers currently show positive trends, in these uncertain times, I want to do it slowly, safely and smartly. Since the outbreak began, we’ve done an outstanding job of sustaining essential services and providing critical support so that our tenant commands can sustain operations. The MEF and tenant commands are still conducting their missions; Marines and Sailors from II MEF are deploying in support of global operations as well as the COVID response mission in the Northeast, and TECOM units continue to train Ma-

rines and sustain the entry level pipeline. Our bases and stations have provided critical support throughout and will continue to do so as we move forward. Now it is time to expand capacity and restore non-essential services. Last week, our team at Marine Corps Community Services started gradually opening our fitness centers, outdoor recreational facilities, and mental health services by limiting capacity, mandating face coverings and social distancing, and ensuring venues were thoroughly cleaned during the day. Many of our administrative and dining facilities have been able to continue to serve customers using similar measures to mitigate the threat of this pandemic. Our hospital is implementing a phased reopening and will start to

accept appointments for outpatient services on a limited basis. Our Child Development Centers will gradually expand capacity as health conditions and staffing permit. As we seek to expand more services, we will take a measured approach, adhering to state and federal guidelines and remain in close consultation with our Public Health Emergency Officers. Ultimately, my top priority is to steadily return to normal operations to enable our tenant commands to conduct their missions while keeping our people safe. That means we must redouble our efforts to minimize risk while maximizing opportunities to train and conduct business aboard the base. To that end during phase one, employees not designated as mission critical

that are defined by CDC guidance for COVID-19 as high risk are not expected or required to return to work at this time. Office spaces and customer service areas at every one of our facilities must be in strict compliance with COVID-19 mitigation measures to prevent further spread of the virus; that means maintaining six feet of social distancing, frequently washing hands, wiping down surfaces, and wearing face coverings if social distancing cannot be maintained. This is a shared responsibility we must all take seriously. I urge each and every one of you to think creatively and aggressively for more preventative ways to keep us healthy and safe—set up virtual meetings, reduce touch points or use tape to maintain distancing. If we aren’t careful, disciplined,

and vigilant, we could find ourselves experiencing an outbreak which would sabotage the progress we’ve already made. This has been a challenging, uphill climb for the past couple of months, but we have learned a great deal about what we need to do to combat this virus. We have worked hard to get to this point and I am confident that if we continue to practice healthy habits across our installations and never let our guard down, we will prevail. Our installations are safe places to train because of the vigilance and dedication of our work force. I thank you again for your patience and teamwork.

J. D. ALFORD  
*Major General, United States Marine Corps/Commanding General, MCIEAST- MCB Camp Lejeune*

## NMCCL enters first phase of reopening services

### NMCCL

Beginning May 15, 2020, NMCCL will enter Phase One of reopening services. During Phase One, NMCCL will begin scheduling appointments for outpatient services at a limited capacity. While rescheduling of postponed appointments will begin, please understand that appointment availability is still limited. NMCCL has not returned to full staffing schedules in order to practice safe social distancing for our health care workers. Our staff will make every

effort to contact patients about rescheduling appointments that were postponed due to COVID-19. If you have not been contacted by May 22, please call the appointment line at (910) 450-4357. Several of our COVID-19 policies will remain in effect during Phase One: - No Visitor Policy – One (1) healthy adult visitor allowed after on-site screening for these areas: Labor & Delivery, Mother Baby Unit, NICU, Pediatric Patients (Visitor must be parent or caregiver). - Face Covering Policy – All

beneficiaries and approved visitors must wear a face covering in the facility. - Galley Operations – Authorized patrons are NMCCL staff and approved visitors only. - Limited Entrances to Medical Center- Beneficiaries enter the facility through Quarterdeck or Emergency/Trauma Department entrances. Please refer to the following graphic for Phase One status updates. Future updates will be posted to NMCCL social media platforms and website.

NAVAL MEDICAL CENTER CAMP LEJEUNE

PHASE 1

REOPENING OF SERVICES

Naval Medical Center Camp Lejeune will begin a gradual reopening of services on May 15, 2020. Our staff will make every effort to contact patients to reschedule appointments postponed due to COVID-19. If you have not been contacted by May 22, please call the appointment line at (910) 450-4357.

CLINIC	STATUS
Acute Respiratory Clinic	Operating out of NH200 separate from Pediatrics and Dermatology.
Blood Donor Center	Maintains current operations.
Branch Clinics	Maintains current operations.
Case Management	Scheduling limited face-to-face appointments; call (910) 450-3250.
Dental Services	Maintains current operations.
Dermatology	Services in building NH200 <b>beginning May 18, 2020</b> ; continuing telemedicine.
Emergency/Trauma Department	Maintains current operations.
Ear, Nose & Throat	Scheduling appointments at limited capacity.
Family Medicine	Scheduling appointments at limited capacity.
Galley	Maintains current operations.
General Surgery	Beneficiaries will be contacted about scheduling postponed operations.
Immunizations	Pediatrics immunizations for Well Visits move back to NH200 <b>beginning May 18, 2020</b> .
Internal Medicine	Scheduling appointments at limited capacity.
Laboratory	Maintains current operations.
Labor & Delivery	Maintains current operations.
Mental Health	Begin small group capabilities; maintain social distancing.
Nursing Services	Maintains current operations.
OB/GYN	Scheduling appointments at limited capacity.
Orthopedics & Podiatry	Scheduling appointments at limited capacity.
Optometry	Scheduling appointments at limited capacity.
Ophthalmology	Scheduling appointments at limited capacity.
Pain Management	Scheduling appointments at limited capacity.
Pediatrics	Services move back to building NH200 <b>beginning May 18, 2020</b> .
Pharmacy	Maintains current operations.
Radiology	Scheduling appointments at limited capacity.
Urology	Scheduling appointments at limited capacity.

## Camp Lejeune to host Memorial Day salute of 21-minute guns



Photo by Lance Cpl. Ginnie Lee  
U.S. Marines with Battery C, 1st Battalion, 10th Marine Regiment, 2nd Marine Division, render a 21-gun salute at William Pendleton Thomas Field on Marine Corps Base Camp Lejeune, July 4, 2019. A similar ceremony will be held May 25.

BY LANCE CPL. ISAIAH GOMEZ  
Marine Corps Installations East

In accordance with U.S. Naval Regulations, a salute of 21-minute guns will be rendered by Alpha Battery, 1st Battalion, 10th Marine Regiment at noon Monday, May 25, in observance of Memo-

rial Day. During the salute, the flag is flown at half mast, and the guns are discharged at one-minute intervals. In keeping with tradition since 1971, Memorial Day honors the memory of the men and women who have died serving the U.S. Military. Staging will begin at 11:30 a.m. and the firing will commence at noon at the William

Pendleton Thompson Hill Field on MCB Camp Lejeune. Members with base access are invited to attend the ceremony, but are reminded to follow COVID-19 mitigation measures by maintaining social distancing, wearing face coverings when unable to maintain social distancing, and avoid gathering in groups of 10 or more.



# VMM-264 supports free fall operations



Photo by Lance Cpl. Yuritzy Gomez

Marines with 2nd Reconnaissance Battalion, 2nd Marine Division board an MV-22 Osprey with Marine Medium Tiltrotor Squadron 264 to perform parachute operations at Drop Zone Pheasant, Marine Corps Base Camp Lejeune, May 12. VMM-264 supported 2nd Recon Battalion during their airborne free fall operations while maintaining proficiency in flight operations.

# 2nd TSB conducts helicopter support team training



U.S. Marines with Landing Support (LS) Company, 2nd Transportation Support Battalion, 2nd Marine Logistics Group, conduct helicopter support team (HST) training along with Marine Heavy Helicopter Squadron 464 at Camp Lejeune, May 11. LS Co. Marines conducted HST operations to train landing support specialists and pilots to transfer heavy equipment and supplies with a CH-53E Super Stallion helicopter.



Photo by Lance Cpl. Zachary Zephiris

HSTs enable combined logistics operations and are able to conduct contingency operations, such as tactical recovery of aircraft and personnel missions.

## 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!



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# MARADMIN 285/30 details PCS tier system

BY LANCE CPL. KERSTIN ROBERTS

Marine Corps Base Camp Pendleton

While adapting to the current Department of Defense-wide Stop Movement Order in response to COVID-19, the Marine Corps addresses the latest guidance regarding Permanent Change of Station (PCS) in MARADMIN 285/20. This guidance outlines the actions of the HQMC, Manpower Management Division and Reserve Affairs Management that will affect the permanent change of station (PCS) orders for the remainder of 2020.

MARADMIN 285/20 explains the tier system that will be followed beginning July 1, 2020. The tier system is a framework that ensures Marines arrive at their specific units to meet prioritized mission requirements.

"The 'Tiers' are a decision support tool for M&RA, and there will be exceptions made on individual Marine cases," states the order.

"As stop move comes to an end, the Marine Corps will execute PCS moves in a phased approach by tier as indicated in the MarAdmin," said MGySgt Bryant Lodge, career planner for I Marine Expeditionary

Force. "As orders are issued Marines must take the necessary steps to execute orders. This includes checking MOL for orders/modifications, contacting DMO, and enlisted Marines ensuring they have the required obligated service to execute orders."

Tier 1 is scheduled for July-August 2020 and will focus on PCS moves that contribute to force generation actions. For example, aboard Camp Pendleton, this will include Marines inbound as instructors to Staff Noncommissioned Officer Academy.

Tier 2 is scheduled for August-September 2020 and focuses on orders that contribute to institutional priorities, which includes but is not limited to those Marines that are inbound to and from an accompanied overseas assignment.

As for Tier 3, which is scheduled for September-November 2020, Marines whose moves will contribute to readiness generation will be eligible.

"The Service retains operational capability while prioritizing PCS moves between July-November 2020 to accommodate the expected insufficient transportation industry capacity."

Manpower Management will maximize the use of Permanent Change

of Assignment (PCA) and Low-Cost Permanent Change of Station (LCPCS) orders to mitigate the expected shortfalls in the United States Transportation Command/Distribution Management Office. PCA and LCPCS orders are exempt from the tier system and will be executed with in the timeline directed on their orders.

Before June 30, 2020, a movement request can be completed with an Exception to Policy (ETP.) This can be granted for orders that are determined as mission essential, necessary for humanitarian reasons, or warranted due to extreme hardship. Marines granted an ETP may not take leave in conjunction with their PCS if their order coincides with the Stop Move.

As the Marine Corps continues to adapt its policies in response to COVID-19, MARADMINs will be a vital source of information for Marine Corps-wide updates.

For more information regarding MARADMIN 285/20, please visit: <https://www.marines.mil/News/Messages/Messages-Display/Article/2183862/supplemental-guidance-to-permanent-change-of-station-assignments-due-to-2019/>.

# 2d MARDIV conducts field exercise on base



Photos by Lance Cpl. Jacqueline Parsons

U.S. Marine Corps Pfc. Tucker Wilson, a rifleman with Charlie Company, 1st Battalion, 8th Marine Regiment (V18), 2d Marine Division, posts security during a training event on Camp Lejeune, May 11. V18 conducted squad-supported fire and maneuver training to rehearse and sharpen effective lethal maneuvers during a battalion-level field exercise.



A Mabel Orchard Orb-weaver spider hangs from a web. U.S. Marines with 1st Battalion, 8th Marine Regiment, 2d Marine Division encountered local wildlife during a battalion-level field exercise, but did not disturb their natural habitats.



Photo by Cpl. Gabino Perez

U.S. Marine Corps Staff Sgt. Placido Sanchez, staff noncommissioned officer-in-charge, Personal Property Branch, Distribution Management Office (DMO), Bravo Company, Headquarters and Support Battalion, Marine Corps Installations West, Marine Corps Base (MCB) Camp Pendleton, assists a customer with his PCS at DMO on MCB Camp Pendleton, California, April 16. Transitioning service members go to DMO to receive services such as shipment, receipt, pickup, delivery and storage of all personal property.

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# Meet Lejeune High's senior golfers

## Honoring Lejeune's spring sports seniors

BY CALVIN SHOMAKER  
Sports Writer

No Lejeune High School spring sports team got the short end of the stick more than the golf team. After weeks of preparation and anticipation, the team's season ended before it even began just days prior to their first scheduled match.

Coach Michael Phillips had a large team this spring and high hopes for his golfers. Several Devil Pups had a real shot at making the state championship, Phillips thought,

after having one golfer make the state tournament a year ago.

Back in early March, no one could have imagined that the team would not be able to compete in even a single match. So in honor of the LHS golf team's four seniors that were unable to tee it up in a real match this spring, let's take a look at who they are, where they are headed and what they have most cherished about being a Lejeune Devil Pup.



The Lejeune High School golf team poses for a photo at Paradise Point Golf Course in March.

Photo by LHS Yearbook



### Dean Fecteau

- Military Child of the Year Finalist
- Lejeune Scholar and National Honor Society President
  - Swim team captain and state meet participant
- Plans to attend the Air Force Academy before pursuing a career as an Air Force Officer
- Favorite LHS memories include the all-day Veterans Day Parade and Marine Corps Ball Celebration with his fellow JROTC Cadets



### Kaleb Lavato

- LHS JROTC and Cyber Patriot Team Member
- Plans to attend the University of Texas at San Antonio to major in cyber technology before pursuing a career as a cyber hacker
- Favorite LHS memory was making friends right away after arriving at Lejeune



### Nick Simon

- National Honor Society and Newspaper Club member
- Played point guard on Lejeune's state playoff basketball team (2019-20)
  - Also named Lejeune's most improved basketball player
    - Plans to attend NC State University
- Favorite LHS memories include going to basketball camp at NC State, eating lunch with friends and attending soccer games to cheer on his classmates



### Hunter Uebelacker

- National Leadership Award recipient
- LHS Rifle Team and Cyber Patriot Team Captain
- Awarded NC Scholarship for Children of Wartime Veterans
- Three-time Bronze Presidential Service Award recipient
- Plans to attend UNC Wilmington to major in computer science before pursuing a career as a Navy Cyber Warfare Engineer Officer
  - Favorite LHS memories include being on the rifle team



# Cattenhead selected as MCIEast NCO of the Year

BY CALVIN SHOMAKER  
Sport Writer

All-Marine basketball player Sgt. Jurmond Cattenhead was named Non-Commissioned Officer of 2019 for Marine Corps Installations East earlier this month. The former warehouse clerk at 2nd Supply Battalion on Marine Corps Base Camp Lejeune is now a warehouse chief for the Provost Marshal's Office on MCB Quantico.

When he got word he had won the honor, Cattenhead was surprised, but said the recognition is representative of the effort he's put into his career as a Marine.

"I try to show that I am a well balanced person," Cattenhead said. "The Marine Corps is all about potential, so you are versatile in a lot of things and they can put you in a lot of places. It's about what you can do for the team."

Cattenhead recognized 2019 was a "huge year" for him. He was the All-Marine basketball team's third-leading scorer at the Armed Forces Championship and played well enough to be selected to the All-Armed Forces team. He then competed in the World Military

Games last fall, helping Team USA win silver. His experience as a high school, college and now military basketball player has taught him valuable lessons that have helped him to become a well respected and admired Marine.. "Basketball starts with leadership," Cattenhead said. "It starts with routine, doing things over and over, and doing things you don't want to do but have to do for the betterment of the team. If you don't have that discipline, if you can't communicate and aren't willing to listen to get a mission done then you are going to fail." Cattenhead was named 2nd Marine Logistics Group NCO of the Quarter twice last year and received the Navy and Marine Corps Achievement Medal for his work. He and other basketball players in the armed services are holding onto hope that the 2020 Armed Forces Championship will be able to go on later this year. It was originally scheduled to be held at Goettge Memorial Field House on MCB Camp Lejeune May 30 through June 5 before the COVID-19 pandemic put the plans on pause.



U.S. Marine Corps Sgt. Jurmond Cattenhead played point guard on the U.S. All-Armed Forces basketball team in the 2019 Military World Games.

Photo by Mass Communications Specialist 1st Class Ian Carver

## My top three: Tips for high school athletes



Jeremy Boone, Swansboro High School's head JV football coach and a retired U.S. Marine Corps Sergeant, talks to his team after a practice in August, 2019.

Photo by Calvin Shomaker



### SPORTS FOCUS

CALVIN SHOMAKER  
Sports Writer

With no high school sports due to the pandemic, we have had time to ponder what they mean to us. We've been reminded that things we love can be gone seemingly overnight. So to promote some positive thinking about how high school athletes can be better when sports do return, I've concluded that these are the three things they should focus on more.

#### 1. Enjoy it.

It's easy to get caught up in pointless thoughts during a season, like not getting enough playing time or not accumulating enough personal stats. At times, I struggled with these self-crippling doubts as a high school athlete by putting too much pressure on myself and focusing

only on my personal expectations.

One way to break out of this mindset is to find more pleasure in the team's accomplishments than your own. Athletes that are driven to win as a team are going to be more successful and happier than those who only strive for individual accolades.

#### 2. Be a good teammate.

Every athlete can control how they treat their teammates. You know when a teammate is down or something is bothering them. If they made a mistake or are upset, give them a confidence boost to get them back on their feet. A pat on the back, a high five or a 'good job' will help them bounce back.

Long after your high school career, most people aren't going to remember you for your play. They'll remember how you made them feel and the impact you had on the team.

#### 3. Respect your coaches.

When I was in high school, our football coach dismissed one of our best players due to disciplinary issues with two games left in what was an undefeated season up to that point. Some players protested the decision and were suspended for the next game. We still won, but it felt the team wasn't entirely together. The following week, with a full team, we lost in the conference championship game.

What I'm getting at is you don't have to agree with every decision coaches make, but you do have to respect their decisions. You have to look your coaches in the eye and accept their authority, because if you don't, the team's character and performance will suffer.

## ATHLETE OF THE WEEK



STAFF SGT. JASON PRITCHETT



Photo by Roger L. Wollenburg

### Sport: Adaptive Sports

#### Quick Facts:

- Competed in six different events at the 2019 Department of Defense Warrior Games, a multinational adaptive sports competition for service members and veterans
- Helped Wounded Warrior Battalion-East place second at the 2020 Marine Corps Trials, a 12-sport competition for wounded, ill or injured Marines
  - Retiring from the Marine Corps this month
- Plans to attend UNC Wilmington to earn a degree in Supply Chain Management

### Q: WHAT'S YOUR FAVORITE THING ABOUT COMPETING IN ADAPTIVE SPORTS?

A: The humbling experience I always get whenever I see someone who has physically less than me but can outdo me, and to see that there's people out there who are worse off than I am that are leading us and giving us that one more ounce of push.

### Q: WHAT IS YOUR FAVORITE ADAPTIVE SPORT?

A: I really enjoy cycling. If I could do a team sport all the time, I would be playing seated volleyball.

### Q: IS THERE A MEMORY FROM ADAPTIVE SPORTS THAT STANDS OUT?

A: There are a bunch. One of them is to see Mike Nicholson playing golf at last year's Warrior Games. He has one fully functional limb, and to

see him go out there and play golf - the inspiration from him alone and watching him play was indescribable.

Another thing I will always keep is the opening ceremonies of the 2019 Warrior Games, walking down the ramp and seeing everybody in the stands that were there from Tampa Bay and the military in that stadium to support the adaptive sports and the games.

### Q: IS THERE A QUOTE OR A MOTTO THAT HELPS YOU THROUGH TOUGH TIMES?

A: Life is big; God is bigger. I use that every day to remember there is a purpose for me being here.

### Q: DO YOU HAVE ANY ADVICE FOR WOUNDED WARRIORS?

A: Don't ever give up. Don't ever look at yourself as a failure. You were put here and the

things that have happened to you are for a reason. Use it to help yourself and others.

### Q: WHAT DID YOU BENEFIT MOST FROM AT WOUNDED WARRIOR BATTALION-EAST?

A: The adaptive sports and the people that I have met along the way. I have gained so many people that I can count on any day of the week. They've been through what I've been through in their own way. We understand we are our brother's keeper. That was probably the best thing I ever got.

### Q: ANY FINAL THOUGHTS?

A: One other thing I'd like to say to Wounded Warriors is no matter how bad you look at life, always find the positive. Every morning, and every night, always find the positive.

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.)



# Loss is gain for NC's high school seniors



Photo by Calvin Shomaker

Southwest Onslow High School senior Kendrick Foy delivers a pitch to a White Oak batter on March 13, the final day of the spring sports season.

## BY KARISSA NIEHOFF AND QUE TUCKER

National Federation of State High School Associations Executive Director & North Carolina High School Athletic Association Commissioner

Have you ever wondered what life would be like without sports?

Now we know, and it isn't fun. No NCAA basketball tournament. No traditional Major League Baseball Opening Days. No professional basketball or hockey playoffs. No Little League or youth soccer. The Summer Olympics have been delayed for at least a year, and the list of community cancellations and postponements is nearly endless.

If you're a high school sports fan, the disappointment runs even deeper, and it strikes much closer to home. The interruption of school has played havoc with the spring sports season here in North Car-

olina. Months of expectation and intense training appear to have been wasted for hundreds of high school sports teams. Depending where you live, the dream of scoring a decisive victory over an archrival or competing for a state championship has either been put on hold or permanently surrendered.

It's "wait 'til next year" for freshmen, sophomores and juniors. For most of the high school seniors who participate in a spring sport, this is more than a lost season; it's the end of an active sports career.

The NCAA estimates, depending on the sport, only about three percent of all high school athletes go on to play a sport in college.

The senior first baseman who picked up his first bat when he was five years old will never have the opportunity to swing at an 82 mile-an-hour fastball again. The champion runner who has diligently

trained to shatter the high school state record may never compete in the 800 again. The young woman who was elected captain of her tennis team will never know how deep into the tournament her squad could have gone.

But here's what will happen, and it's significant. That same first baseman has learned that baseball is about far more than trying to hit a ball with a stick; it's about a group of young men from vastly different backgrounds coming together as a team. The sprinter has discovered that if a person has enough determination, barriers once thought impossible can be broken. And the captain of the tennis team will take the leadership skills she's learned as a student-athlete and apply them to everything she does for the rest of her life.

Their seasons—indeed, their athletic careers—may be over, but the character

those senior athletes have developed because they participated in education-based high school sports lives on. It will encourage, guide and positively influence communities here in North Carolina for the next generation and beyond.

High school seniors, thank you for the contribution you have made to your team, your school and your community. Thank you for the shared sacrifice you are making right now.

As Dr. Martin Luther King Jr. once said, "Intelligence plus character—that is the goal of true education."

To those NCHSAA student-athletes who graduate this spring, you may have lost your senior sports season, but you have gained both intelligence and character because you participated in high school athletics. Best wishes for continued growth and success.

## Sports on TAP

For more information on games, tryouts, special events and exercise classes around MCB Camp Lejeune and MCAS New River, check out Sports on Tap each week.

To add your activity, call **(910) 451-7421**. Availability is limited to space. To add your event to our website calendar, visit [www.camplejeuneglobe.com](http://www.camplejeuneglobe.com).

### Red & White Golf Tournament

**Saturday, June 6, 9:00 a.m. to Sunday, June 7, 2:00 p.m., Paradise Point Golf Course, MCB Camp Lejeune**

The tournament's format includes an 18-hole round of four ball net and 18-holes of individual matches. Cost is \$30 plus cart and greens fees. Register at the pro shop by 5 p.m. on June 3. This event is open to the public. For more info, call **(910) 451-5445**.

### Globe & Anchor Championship

**Saturday, June 13, 9 a.m. to Sunday, June 14, Paradise Point Golf Course, MCB Camp Lejeune**

The second tournament in the 2020 Grand Slam Series is a 36-hole stroke play event scored by both gross and net. Cost is \$25 per golfer plus cart and greens fee. The tournament is open to the public and a USGA handicap is required. Register by June 10. For more information, call **(910) 451-5445**.

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## PART 8

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

BY PAT GRUNER  
Managing Editor

**Part 8: Task Force Raider adapts to the mission, environment**

*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.*

Special Operations Forces (SOF) can help shape a combat theater. Acquiring operational or strategic footholds gives Marines, Soldiers, Sailors and Airmen a leg up on the enemy. In Helmand, a SOF element could provide support throughout the province to battalions who needed it. With no traditional SOF being deployed in support of the MEB, leaders had to adapt.

2nd Recon Bn, a force that had been designated Task Force Raider out of a need for SOF support.

“TF Raider was really born out of necessity. MEB-A had a number of time-sensitive targets, or TSTs, which were suited for SOF units but the MEB wasn’t a priority so they wouldn’t get actioned,” said Walzer. “From what I was told, TF Raider was the brainchild of a British SAS liaison officer. They called him ‘Crazy Rob,’ if I’m not mistaken. His idea was to use a recon company as a base unit to build out your own TST raid force.”

According to Walzer, Helmand Province’s geography was not suited to traditional ground reconnaissance. The landscape provided the enemy vantage points and allowed for tactics that could compromise a recon team.

“Traditional ground reconnaissance isn’t a great fit for a counterinsurgency fight like the one in Afghanistan,” Walzer said. “As a reconnaissance unit, our Marines and Sailors



Photo by Cpl. Zachary Nola  
Marines from Lima Company, 3rd Battalion, 4th Marine Regiment, provide security over an alleyway during a security halt while patrolling the region of Now Zad, Afghanistan, known as "The Greens," Dec. 9. Lima Company cleared the area as part of Operation Cobra's Anger, to wrest control of the area away from Taliban fighters in the Now Zad region.

general support. Marines and Sailors operated across Helmand’s sprawl, often with no room to take a breath between missions.

“We could task organize a force for any given mission and be on the objective within hours,” Walzer said. “In fact, I remember being extracted

Walzer was a part of was Cobra’s Anger, which saw about 1000 Marines in company with NATO allies and Afghan forces. The operation would disrupt Taliban lines in Now Zad Valley as well as help alleviate opposition pressure on Forward Operating Base Cafferetta. Now Zad was a Taliban safe haven, but Cobra’s Anger changed that.

“It was the first combat mission using MV-22s,” Walzer said. “I’ve gotta say the Osprey Squadron we worked with, VMM-261, talk about true professionals. A few of us had been in enough helo ‘brown outs’ to know they aren’t fun. We were relieved to be flying in the Ospreys.”

A brown out is a dangerous situation where sand, dust and other debris can obscure a pilot’s vision upon landing. MV-22 Ospreys were oriented off of instruments, reducing the danger associated with brown outs. Their tiltrotor capability also allows for vertical take off to transition to transportation at speed.

“When they took off, it was like being shot out of a cannon,” Walzer recalled. “I remember

being in the first wave on the Now Zad raid and we couldn’t believe how quickly we went from Leatherneck to the objective.”

Journalist Oliver North was also embedded with TF Raider for a time. Walzer described him as “stepping out of a history book.”

“A lot of the younger Marines weren’t familiar with him but older guys like me remember watching the Iran Contra hearings on TV so having him there was somewhat surreal,” Walzer said.

According to Walzer, the efficiency of TF Raider and the MEB as a whole came back to leadership. Being part of a non-traditional ad hoc staff was par for the course in Helmand, and being able to rely on the decision of ranking officers and non-commissioned officers made for a special group of service members.

“If you’re going to combat, you want to fall in on leaders like Lt.Gen. Larry Nicholson and Sgt. Maj. Hoopii,” Walzer said. “And you definitely want to be a part of a world-class unit like MEB-A. I’ll always be proud to say I served with this team and I’m even prouder of the men and women I served alongside.”



Photo by Master Sgt. Steven Williams  
An MV-22B Osprey with Marine Medium Tiltrotor Squadron 365 lands in "brown out" conditions during a routine mission in Helmand Province, Afghanistan, July 15, 2010. Osprey and other helicopter pilots faced these types of landings every day in support of ANSF and NATO forces across the Helmand and Nimroz provinces in southern Afghanistan.

As we’ve seen, adaptability was one of the MEB’s strengths.

Col. Jordan Walzer, commanding officer, II MEF Intelligence Group, served as the detachment commander for the 3rd Reconnaissance Battalion detachment attached to the MEB. 3rd Recon Bn entered the theater to backfill

were specially trained and equipped. Couple that with a number of critical enablers like Radio Battalion Marines, linguists, a military working dog team, and Afghan National Army soldiers and you’ve got a task force.”

Being able to scramble and be in the air quickly meant TF Raider was a

early from the raid so we could quickly refit and action another objective... we could be supporting a battalion in Now Zad one day and then a regiment in Garmsir the next. We were in high demand because of the absolute competence and professionalism of our Marines and Sailors.”

The first operation

## Marine’s 97th birthday celebrated with parade in Hubert



Melissa Jennings brings a cake to retired U.S. Marine Corps 1st Sgt. James Freeman during his birthday parade in Hubert, North Carolina on May 16. The parade celebrated Freeman’s 97th birthday and honored his legacy and service in World War II, the Vietnam War and the Korean War.



Freeman and his family greet participants celebrating Freeman’s birthday parade in Hubert.

Photos by Lance Cpl. Isaiah Gomez

## Transition Readiness Branch locations to reopen Tuesday

COURTESY STORY  
MCCS

Transition Readiness Branch (TRB) locations will reopen in-person services to customers on Tuesday, May 26.

Offices aboard MCB Camp Lejeune and MCAS New River will be open from 8 a.m. to 4 p.m., Monday through Friday, adhering to all local installation COVID-19 policies and protocols. In-person services will include one-on-one advising sessions, and small group (not exceeding 10 people) meetings.

The Transition Readiness Seminar (TRS) for exiting Service Members, and other transition trainings required for Service Members deploying or participating in Skill-Bridge programs, will continue to be offered in a virtual format via Joint Knowledge Online (JKO) or other online platforms, until further notice.

For additional information prior to the May 26 re-opening, call (910)-376-4688, or visit <http://www.mccslejeune-newriver.com/trs/> or <http://www.mccslejeune-newriver.com/trs/>.



**THIS WEEK IN ENTERTAINMENT...**

# Podcasts to Listen To: Talkin' Baseball and the best MLB podcasts to listen to

**BY MATTHEW GIRARD**  
More Content Now

The 2020 Major League Baseball season has yet to get underway due to the coronavirus pandemic, but owners recently approved a proposal to restart the season in early July. Along with a later start than normal, the 2020 season will also feature a few new twists. The approved proposal includes an 82-game regional schedule, a universal designated hitter (DH), a 30-man active roster with a 20-player taxi squad and a 14-team postseason with games played in home cities in October. Here are a few MLB podcasts to get you up to speed on the changes for the 2020 season.

***Talkin' Baseball***  
Host Jimmy "Jomboy" O'Brien and friends break

down the latest news and games in the MLB. From the standings, to the good and bad, to what baseball will look like going forward, O'Brien brings fans closer to what is happening in the world of the MLB. New episodes are released every Monday and Friday. Recent episodes include "MLB Has Made Their First Proposal to the Players," "Delmon Young Loves Playing Overseas" and "Jeff Passan Discusses Trevor's Tidbit."

***The Ringer MLB Show***  
With a rotating cast of staff members, The Ringer MLB Show breaks down baseball's biggest stories. Each episode features interviews with the best-connected media members and insiders around the dugout and in the front office. From contract extensions and signings

to classic games and rule changes, the Ringer staff discusses every topic on and off the diamond. Recent episodes include "MLB Delays Opening Day, Suspends Spring Training," "Uncertainty Over the Coronavirus, NL Over/Unders, and Bold Predictions" and "Everything You Ever Wanted to Know About the Astros Cheating Scandal."

***Baseball Tonight with Buster Olney***  
Hosted by ESPN MLB insider Buster Olney, the longtime reporter leads the discussion alongside other top analysts on the stories of the day, the latest news on players and injuries, and the latest

roster moves. The daily show keeps fans up-to-date on the most recent storylines. Recent episodes include "Mike Greenberg on Getting Tossed From a Clubhouse," "Dan Shulman on Calling Bartman" and "Chris Antonetti on 'Stalking' Brian Cashman."

**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.**



## Unsung heroes: A thank you to the Consolidated Storage Program

**BY DANIEL CORTE-REAL**  
Consolidated Storage Program Project Officer

Not all first responders handling the COVID 19 pandemic work in hospitals or as police or fire-fighters. There are others conducting heroic deeds under the radar as well. I enjoy saying "thank you" now more than ever to these people who are placing their health in danger every day to provide equipment to Department of Defense service members at military installations.

Workers at the Consolidated Storage Program (CSP) include personnel that work on the front issue and return lines, disposal areas, shipping and receiving, laundry and repair areas, quality control, administration and all areas that require handling of equipment that are being issued and returned from service members. These essential personnel were essential in providing neck gaiters to commands inside and outside the Continental United States during the initial stages of

the pandemic. Since the beginning of March 2020 when COVID19 became a national emergency to the end of April, the CSP on the East Coast has serviced over 24,177 personnel.

While they don't wear capes, and might not take down criminals or put out fires, these essential workers are providing PPE face masks, gloves and other protective equipment. They are spending their days taking care of service members, ensuring they are processed to be discharged or providing

equipment to new arrivals joining their unit for training and providing security and protection for this great nation.

Thank you all for everything you do and have done. Your hard work and selflessness are the saving grace for us in our time of need. You all are our superheroes, and you are all deserving of a big thank you for putting your health on the line every day to keep our service members protected so that they, in turn, can protect our great nation.

## COVID-19

All updates involving MCIEAST and NMCCCL will be posted here:

### ONLINE

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

### SOCIAL MEDIA



- @camp.lejeune
- @mcasnewriver
- @NMCCLejeune



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### MORE INFO

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



**CHAPLAIN'S COLUMN**

**BY LT. OSCAR LEWIS** 1st Battalion, 10th Marine Regiment

There are three great forces of our human existence - faith, hope and love. A life without faith has no meaning; a life without love isn't worth living and a life without hope is a dark cave from which you cannot escape.

Faith is something that looks backward, Love is exercised in the present

moment; we love in the "now." However; Hope is unique; hope looks forward, anticipating the good that is coming.

We live in an untethered world, where people don't have much hope in anything. Therefore, we need a hope that can anchor us because we rarely get treated like we long to be treated,

we can't seem to find the happiness we truly desire, and this world seems to stand in the way of us experiencing the life I believe we were created to live.

This kind of hope reaches into the future to take hold of something we do not yet have, and may not yet even see. This kind of hope seizes the future

that is not yet; it is the confident expectation of goodness coming to us.

Ask yourself now, "How is my hope these days? Where is my hope these days?" It is my prayer that those who may have lost hope throughout life struggles know that there is still hope for your tomorrow.



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