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Situations like this are not new to anyone, said Christofoli. He knows a few other women who have had similar incidents. In fact, there were 67 aggravated assaults reported in Onslow County when the population was 150,355, according to stats.gov. The population is now 151,350 for 2000. Fortunately, knowing the things to remember can ensure there is no safe one.

"Always be conscious of your surroundings," said Christofoli. "Note to look at everyone's definitive body markings and attributes. There are 165 ex-offenders in Onslow County. Their pictures and addresses are in the national registry. Ask your neighbors to contribute to the prevention of becoming a victim."

Also, be alert, be defensive. Trust your instincts, she said. Do not run alone. If you are a must both on the battlefield.

The Jacksonville Department also advises always carry a cell phone. She said. Pepper spray is a must both on the battlefield. The Jacksonville Department also advises always carry a cell phone. She said. Pepper spray is a must both on the battlefield. The Jacksonville Department also advises always carry a cell phone. She said. Pepper spray is a must both on the battlefield.

As a female in the armed forces, Christofoli admitted she has a sense of security running with groups of people. It is a sense, to be so in surroundings at all times.

1. Jeremy Ross

Marine Expeditionary Unit

BOARD USS OAK
— The relationship between a Marine Expeditionary Unit and a Strike Group is one of mutual support, each employing a skill set to successfully accomplish objectives.

ard USS Oak Hill, es from Light Reconnaissance n, Battalion g Team 2/2, 26th Expeditionary and sailors of the Visit Board Search

officer.

Seizure team have been exchanging training in their unique skills, enhancing blue-green team strengths.

The VBSS team is the product of a Navy policy calling for nearly all non-carrier ships to stand-up a force capable of boarding and inspecting suspicious vessels for contraband and important information, a duty once fulfilled by special forces units that are now often otherwise engaged in the Global War on Terrorism, said Ensign J.P. O'Donoghue, USS Oak Hill engineering and VBSS officer.

The groups are sharpening their combat skills through weapons handling training, Enhanced Marksmanship Program dry-runs and close quarter battle drills, during the four-hour training sessions.

The weapons training is taught by the Marines, while the VBSS team is teaching the leathernecks the ins and outs of securing objectives in the confined space aboard ships.

The joint training environment is paying dividends to both groups by introducing each to new tactics while reinforcing

existing skills at the same time, said 1st Lt. Rollin A. Steele, LAR Plt. commander and native of Virginia Beach, Va.

"The training is expanding our learning base by introducing us to something new," he said of the ship-clearing techniques. "Our training can easily get repetitive, so it's nice to have the opportunity to work with a different group and learn some new things."

The Marines have expertise in thoroughly securing smaller buildings, while the VBSS team's mission will typically force

them to move more quickly through an environment made of corridors and ladder wells lined with doors and side passages, he explained.

The experience of the Marine instructors is a definite plus for the VBSS team's training, said O'Donoghue.

"I think it's one of the best things that could have happened to us," he said of his team linking up with the Marines.

The Marines in LAR Plt. have nearly all been to the battlefields of Iraq, said

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Cpl. Jeremy Ross

training: Sailors from USS Oak Hill's Visit Board Search Seizure team rehearse combat glides on the ship's flight deck under the watchful eye of Sgt. William J. V, a scout squad leader from Light Armored Reconnaissance Platoon, Battalion Landing Team 2/2, 26th Marine Expeditionary Unit, Jan. 17.

Blue-green cross-training builds team skills on USS Oak Hill

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CT-6 financially prepares for deployment

Lance Cpl. Eric C. Schwartz
2nd Marine Division

searing Iraqi sun shines from the 'sweaty brow' as he attempts to wire Combat Operation Center's computer for communications. But, his mind is elsewhere. His car insurance was not paid from payment default, his family access to his bank account and his wife know where to turn for help. Newly-deployed Marines unfamiliar with care of bills and family situated with a lack of communication and the stress of combat can hurt

the mission accomplishment.

Regimental Combat Team 6's mission is safe from these distractions as they hit the sandy-ground running in Iraq. Their competence is from constant tactical training and financial preparation taught by their command.

"We've gone through a lot of training for this so I won't feel the difference until the boots hit the sand," said Lance Cpl. Brandon Meyer, a tactical data network specialist with Communications Platoon, RCT-6.

The Bedford, Va. native completed three, two-day and one, two-week field operation during RCT-6's training for Iraq. The train-

ing consisted of lying wiring and setting up internet access for the headquarters' Command Operations Center.

"One of the important tasks I learned during the field operations was how to properly set up the virtual telephone calling system," Meyer explained.

When modern battlefields require decisions made in minutes, there needs to be seamless communication up and down the chain of command. The VTC allows contact between the COC in Iraq and other personnel with satellite telephones such as commanders in the United States and officers in battle.

"When Marines are on the ground, they have that fog of war," Meyer said. "You don't have anything if you don't have communication and then you get lost in that fog."

Soldiers would use buglers to communicate during the American Civil War while on the battlefield. The battle could quickly be lost if the buglers were killed on today's battlefield, communication is just as important and its loss would be just as detrimental.

"Communication specialists are kind of like today's modern buglers," he explained.

While the 2003 Forest High School graduate

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Marines deliver toys to Iraqi tot

Sp. Derron A. Dickinson

28th Public Affairs Detachment

CAMP VICTORY, Iraq — Victory Base Complex service members brought smiles to Iraqi children by delivering toys as part of the U.S. Marine Corps Reserve Toys for Tots program Jan. 9.

The initiative, lead by Col. Robert Whitters, deputy to the deputy chief of staff for coalition operations, Multi-National Force - Iraq, handed out toys mailed from many people in the United States and distributed them at Radwaniah Clinic at Camp Stryker.

"Toys for Tots was started by a Marine lieutenant colonel in Los Angeles about 30 years ago," Whitters said. "It was a local thing. Now it's the highlight of the Marine Corps Reserve year."

Whitters said he first got involved in Toys for Tots in 1985 when he was a captain.

"It was kind of cool to see some big ol' gunnery sergeant sitting on the floor playing with toys," he said.

Whitters described how his father and people from his church collected toys for the effort.

"There really isn't much difference in a toy drive in theater and one back in the



Toys for Tots: Col. Robin Whitters, deputy to the deputy chief of staff for coalition operations, Multi-National Force - Iraq, hands out toys to Iraqi children as part of the Toys for Tots

States," he said. "It's basically the same thing."

Staff Sgt. Jaclyn Fernandez, a foreign disclosure officer for MNF-I and a signals intelligence analyst with the 1st Radio Battalion

at Camp Pendelton, Calif., volunteered her efforts when Whitters called for assistance.

"It's a Marine thing to do," she said. "You think of your family. It hits home

when you've got families like this in need. That's what people don't ordinarily see."

Fernandez described the work as fun.

"The looks on the children's faces made it worth

it," she added.

Whitters agreed with Fernandez's assessment.

"It was fun," he said as he handed out the last of the toys.

"Kids are kids every-

where," he added. "like the same thing now they could can someone is Sunni Jewish, Christian or ever. They just want kids and have fun."

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Cpl. Patrick M. Fleischman
Marine Corps Base

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Cpl. Aaron P. Mankin

Concrete barriers: A Marine with 8th Engineer Support Battalion, Combat Logistics Brigade 8, 2nd Marine Logistics Group guides a crane as it positions concrete barriers along the road of an entry control point April 11, 2005.

location with lift in elevated position

- Set up proper work zone protection when working near traffic

- Do not raise platform on uneven or soft surfaces

- Do not raise platform in windy or gusty conditions

- Avoid excessive horizontal forces when working on elevated scissor lifts

Check with your unit safety officer or installation safety office for training on proper use of aerial lifts and fall protection equipment.

"These pieces of equipment move fast and the operators can sometimes put too much faith in the equipments ability. Everyone should practices some serious situational awareness," said Jeff Myers, occupational safety and health program manager for Marine Corps Base Camp Lejeune.

Work assist vehicles, usually a small peace of equipment used to lift a person and a limited amount of equipment, are commonly used aboard Camp Lejeune, and are very susceptible to a tip-over and problems with maintenance due to the individual ownership of the lifts by the unit, said Myers.

Any lift however large or small with a person using it should employ fall protection equipment.

"Working in a lift can cause situations where a person can over extend their reach, lose their balance and fall out of the basket. These fall protection devices have saved countless lives through their use," said Myers.

Fall protection or fall arrest equipment brakes

down into three parts; the tie-off point on the lift, connecting device to the anchorage, which is responsible for the shock absorption of the fall, and the body wear, that is the personal protective equipment worn by the worker, said Myers.

"Constant inspection of this equipment and proper use is critical for it's success in preventing a injury during a fall. Any time this equipment is used to prevent a fall it should be taken out of service and replaced," said Myers.

The safety of the operator is just as important as the people on the ground.

Marine Corps Center for Lessons Learned recommends that personnel ground should not allow workers to position themselves between overhead hazards movement of the lift could crush the workers, never attempt to operate an aerial lift unless you have been trained and authorized to do so and everyone can check the area in which aerial lift will be used for to ensure it is level and free of holes, drop-offs, bumps, and overhead obstructions and overhead power lines.

"People on the ground are another set of eyes for the operator and can help prevent mishaps," concluded Myers

For more information about aerial lift and fall prevention as well as more information about Marine Corps operational experiences, exercises, and supporting activities visit <https://www.mccll.usmc.mil/> [government issued common access card required for login]. ■

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Mobile surgical unit exercises muscles, proves capabilities

Lance Cpl. Geoffrey P. Ingersoll
1st Marine Logistics Group

CAMP TAQADDUM, Iraq — They mobilize in minutes. Within the hour, they are in striking distance of the enemy.

But it's not so much the enemy they're worried about.

Taqaddum Surgical's Forward Resuscitative Surgical System, or FRSS, "provides close support of coalition forces involved in combat," said Cmdr. Scott R. Reichard, a 43-year-old TQ Surgical medical directorate from Longbranch, Wa.

This modern-day M.A.S.H.'s (Mobile Army Surgical Hospital) mission is to "allow frontline troops to have immediate access to a surgical capability that they never had in any previous war or conflict," said Reichard.

The team brings general surgeons, anesthesiologists, operating room technicians, nurses and corpsmen to the fight, and is equipped with the latest life-saving technology. In addition, they follow assaulting units every step of the way.

At least two surgical units set up behind the main action, said Navy Lt. Marko J. Radakovic, a 30-year-old flight/shock-trau-

ma-platoon nurse from Los Angeles. The two then 'leapfrog' over each other as the front line advances. When one group packs up to move forward, the other group takes all of the casualties.

"We have to be prepared to stay awake for 24 hours [or more]," said Radakovic.

The commander of each mobile surgical team hand-selects every member of the unit. Service members must be motivated, have high technical skills and excellent communication, said Reichard.

"We hope to get Field Medical Service School or Fleet Marine Force Corpsmen [for the team]," said Radakovic, "[sailors who] know a lot more about Marines so that they can help better on the front."

"We're right there on the frontlines for whoever is trying to punch through a conflict ... so the stuff you are going to see ... you want to know what you are doing before you get out there," said Seamen Alvaro Carrillo, a 20-year-old corpsman from Rio Hondo, Texas, who has completed the FMSS.

Alvaro added that corpsmen have to be ready to act as nurses and nurses as doctors, if the situation



Official U.S. Marine Corps photo

Taqaddum Surgical: Lance Cpl. German J. Acevedo, 23, from Bronx, N.Y. and Lance Cpl. Ben N. Williams, 19, from Lonejack, Mo., and both are security Marines with Taqaddum Surgical, carry a 'casualty' toward a mobile surgical tent.

demand it.

"If our convoy hits an [improvised explosive device], we may be minus a quarter of our members, we still need to move forward and complete our mission, so we need determined individuals," said Radakovic.

"If I can't do my job, the corpsmen step up and do it," added Radakovic.

Though they have yet to deploy the unit this year, the corpsmen and doctors at TQ Surgical practice their mobile surgical capabilities every week. A few sailors said the practice has improved their speed and the bond between team members.

"We have to get out there and be set up within 45 minutes to an hour and be ready to take patients and do full blown surgery within an hour," said Carrillo.

Carrillo said that everybody works to unload equipment and raise the large operating-room tents, regardless of rank.

"This unit is kind of cool ... commander [Tracy R.] Bilski is the smallest one and she carries the same load as everyone else," said Carrillo, "we have to do the maximum with the bear minimum, so we have a good bond, and everybody works together as a team." ■

Crime Stoppers

On Dec. 17, 2006 at approximately 10:20 p.m. three males entered the Panda Chinese Restaurant in New River Shopping Center and robbed the business at gunpoint.

On Dec. 20, 2006 at approximately 10:20 p.m. three males robbed the Rainbow Chinese Restaurant on Brynn Marr Road. It appears that both robberies were committed by the same suspects.

Two of the suspects are described as medium to dark complected black males, with the third being a light complected black or Hispanic male.

Anyone with information concerning these robberies should contact Detective W.L. Condry of the Jacksonville Police Department at 910-938-6407 or Crime Stoppers at 910-938-3273

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Engineers help Marines get over the wire

Lance Cpl. Ryan
C. Heiser

Regimental Combat Team 2

TWENTYNINE
PALMS, Calif. — Lance Cpl. Keith Shaffer watches nervously as the valley around him turns into orchestrated chaos. He kneels, alert, behind a bush as his squad screams at each other and gives cover fire. Shaffer sees the signal and dashes forward ahead of all the others in the deep trench, twirling a grappling hook over his head. Finally he dives, head-first, releasing the hook, sending it sailing over the rock bed in front of him. The short figure slowly begins reeling the rope back while still lying face down in the dirt.

Shaffer, a combat engineer with Company A, 1st Battalion, 2nd Marine Regiment, Regimental Combat Team 2, clears a mock minefield and gives the signal that all is clear. The platoon quickly proceeds toward their objective.

The company kicked off their Mojave Viper training with squad assaults in the Mojave Desert. Mojave Viper is the name given to the month-long pre-deployment training given to Marines who are deploying to Iraq. The desert provides Marines with realistic simulations of experiences they will encounter on their upcoming deployment in March.

The training simulated a realistic assault through several trenches and bunkers filled with pop-up dummies to imitate insurgents. The platoon started in a deep trench at the bottom of a hill, and gradually attacked upward until they encountered a mock minefield and wire barricade. This is where



Mojave Viper: Lance Cpl. Keith Shaffer, a combat engineer with Company A, 1st Battalion, 2nd Marine Regiment, Regimental Combat Team 2 twirls a grappling hook as he clears a simulated minefield. The minefield is part of the training course for squad assaults and is the company's first training exercise at Mojave Viper.

the engineers began to take care of business.

"This is what they train for, it doesn't get any more realistic than this," 1st Sgt. Anthony Cruz, the company's first sergeant, explained as one of the engineers rushed past Shaffer to lay a long wooden board across a concertina wire, or c-wire, barrier.

After the engineers cleared the minefield and wire, the platoon spilled

into an open area and began to spread out and fire on insurgent entrenchments. As each round found its mark, they slowly climbed the hill.

The training came to a close as the Marines split up in order to overtake three reinforced trenches and clear all of the pop-up targets. One squad climbed a nearby hill to provide cover fire as the other two squads separat-

ed, and surrounded the target. A final assault from rifles, squad automatic weapons, and 240-G machine guns ended the training exercise.

Combat engineers do much more than clear obstacles; they are also responsible for demolition and fabrication of combat structures.

"We also do trade work, benches or shelves in exchange for stuff like

equipment or other things," said the Vancouver, Wash., native.

Shaffer says this type of exchange is essential to improving morale and building teamwork within a unit. The trade work also provides small comforts for troops who spend up to 12 months several thousand miles from home.

At the end of the training evolution, the Marines gather their gear and begin

to pack up; looking forward to the next training exercise before their deployment. The engineers gather their ropes and boards and begin to walk down the hill, struggling with the weight of their gear. Only a few moments pass before the Marines rush over to begin to help.

"Teamwork is essential because every job we can't be done by one person," Shaffer said.

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To make these improvements possible, the Camp Lejeune Base Theater will close beginning January 29th for a maximum of 90 days.

FREE MOVIES

During this time, MCCS will show **free movies** at Midway Park Theater. The free movies will begin Friday, February 9th. Until then, don't forget to enjoy the musical production *Always Patsy Cline*. Go to mccslejeune.com/PatsyCline.html for more details.



WE'RE PROUD TO SERVE YOU

MYTHS CONTINUED FROM 1A

personal and family readiness, said Solis. From this MCCS was born. The program is not only about recreation, fitness and the Single Marine Program, said Solis. It also deals with child care, family advocacy, Marine Corps Family Team Building, and life-long learning. These are just a few of the programs that make up MCCS, but they are not self-sustaining. They need funds to keep them running long, said Solis. These funds come from two sources: appropriated funds from the government and non-appropriated funds, which are raised through the Marine Corps Exchange service and other MCCS business operations. Appropriated funds make up approximately 80 percent of MCCS's financial resources, but money can't be used indiscriminately. It has to be used by to fund specific programs such as gyms, theaters and family advocacy programs. The other 20 percent of the money required to promote individual and family readiness has to be through profit from revenue outlets such as the Marine Corps Exchange. There is never enough appropriated funding to accomplish all that do for individual and family readiness," said Solis. Nonetheless many people don't realize this and believe MCCS is out there to help Marines of their hard-earned money and line their own pockets, said Solis. One of the most common myths is that MCCS charges unfair prices on items, said Solis. It is assumed that because the base gets a tax break on items that it would get the same

thing when at the pump. But, gasoline is a different type of commodity than other items. The consumer still has to pay all state and federal taxes, which are paid at other gas stations.

One may wonder why the gas fluctuates so much and why it is sometimes more expensive than the gas stations out in town, said Carl Mencer, the retail director for MCCS. This is because the gas tanks on Camp Lejeune are used so much that they have to be refilled almost three times a week, whereas a regular gas station in town may only be refilled a few times a month. This is because there are more than 40,000 Marines who live and work on base and there are only eight gas stations here while fewer people live and work in Jacksonville, which has many more gas stations. A gas station in town may buy its gas during a time when the price of gasoline is lower and at the end of the week it still has that gas that it bought at the beginning of the week so it can raise or lower prices to compete with other gas stations. On Camp Lejeune however, the pumps have to be refilled more often, and fuel has to be continually bought to keep the pumps open, thus the gas prices on base fluctuates almost daily and more radically due to the daily fluctuation in oil prices.

Another widely believed myth is that MCCS is some type of organization that is totally separate from the Marine Corps and doesn't have to answer to a military authority, said Solis. This is also untrue because the installation commanders are in charge of MCCS and the organization answers to them. Not only does the installation commander have the last say in virtually anything MCCS does, they are also audited and monitored by the



Marine Corps Community Services: Pfc. Timothy Pollington, an embarkation specialist with Combat Logistics Battalion-22, 2nd Marine Logistics Group, relaxes during a well-deserved day off at the Hadnot Point Recreation Center Monday.

government to make sure funds are spent appropriately.

A third myth is that the Marine Corps Exchange sells only overpriced clothing and items, said Mencer. The items that are sold at Marine Corps Exchanges are picked through research and sales analysis that is done by MCCS, said Mencer. The clothing and items at the exchange are picked based on their ability to sell so they can fund much needed individual and family services.

This also ties hand in hand with another myth that products should always be cheaper on base, said Solis. Prices are carefully regulated and researched to give service members and their families a fair price. Even though the

exchange cannot always offer the best deals in town on all items, it does offer price matching along with being tax free. Most importantly, the profits generated help fund other MCCS programs.

MCCS is also dedicated to giving the best customer service they can provide, said Solis. Every Interactive Customer Evaluation that is submitted to MCCS is reviewed and tracked by the directors. Thirty to 45 ICE reports are received daily and a response to each is sent as quickly as possible to the sender. Every report is investigated and all grievances are attempted to be resolved.

The Marine Corps has come a long way when it comes to individual and family readiness. In the past, the recruiting poster, which read "We

don't promise you a rose garden," was the ultimate quality of life statement for the Marine Corps. This is no longer true, said Solis.

"The Marine Corps does not treat its Marine's family like luggage, which has to be dragged around everywhere they go," said Solis. "Now we open our arms to them and try and take care of them while [service members] are deployed."

The Marine Corps is a very no frills organization, said Solis. The Marine Corps doesn't buy nuclear submarines or aircraft carriers, so the Marine Corps greatest investment is in its Marines. Marine Corps Community Services is part of that investment to keep individuals and families financially, mentally, emotionally and physically fit. ■

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Lance Cpl. Ryan R. Jackson

Aircraft capabilities: Marines from Marine Corps Base Camp Lejeune operational forces participate in MV-22 "Osprey" Marine Air Ground Task Force integration training, Jan. 17. Marines received a brief describing aircraft capabilities before flying in it.

OSPREY CONTINUED FROM 3A

get out of a [landing zone] a lot faster if you were being attacked."

Marine Medium Tiltrotor Squadron 263 is the first MV-22 squadron to become

operational. Under Marine Aircraft Group 26 planning, preparation and coordination effort, they continue to train in support of and gain the approval of Marines, as they push toward a scheduled 2007 deployment in support of the Global War on Terrorism.

"We need the 'Osprey'. It's the future technology of aviation. Now we've taken things a step farther from fixed wing and rotary. We look forward to it because of the increased capabilities it brings to flight," said Col. Alan B. Will, 2nd MLG Inspector. ■

SKILLS CONTINUED FROM 3A

Sgt. William J. Miller IV, a scout squad leader with the platoon and a native of Jonesboro, Ga.

Urban combat deployment experience has added a level of authority to the training that would have been hard to replicate without the Marines, said O'Donoghue.

The training, which began Jan. 15, has already begun to show its worth in the VBSS team's improvement in their weapons handling, said Miller who is acting as lead instructor in the sailors' instruction.

Seeing the cooperation between the services has been great as the training unfolds, said Steele.

"I think it's all gone very smoothly," he said. "I thought there might be some rifts, but all of my Marines have had really open minds about

what the sailors have had to teach us."

"Everyone out here has been very appreciative of this opportunity," he finished.

Having the chance to see the Marines and sailors work together has been great for the Navy side of things as well, said O'Donoghue.

"You always hear about the blue-green team," he said. "I think it's great to finally see it in action."

With the 26th MEU and the ships of the Bataan Strike Group, of which Oak Hill is a part, is currently deployed in support of the Global War on Terrorism.

The 26th MEU is composed of its Command Element; BLT 2/2; Marine Medium Helicopter Squadron-264 (Reinforced); and Combat Logistics Battalion-26.

For more on the MEU, including news, videos and contact information, visit www.usmc.mil/26thmeu. ■

DEPLOYMENT CONTINUED FROM 3A

prepared himself tactically through field operations, he also financially prepared himself for a 13 to 14-month deployment.

"I gave a special power of attorney to my family for my car," Meyer explained, "and I will have internet access in Iraq so I can take care of the rest of my bills myself."

Meyer's occupational specialty allows him access to online financial management but it's the families left at home who have the hardest problem with balancing the checkbook.

"In my experience, the biggest headache is lack of communication between husbands and wives concerning bills," said Staff Sgt. David Ault, a data chief with RCT-6.

Ault, Meyer's supervisor,

taught his Marines to show their family members how to prepare a bank. It's important deployed service members' families to be self-sufficient, because it allows the Marines and sailors to focus on their tasks in Iraq. "When deployed Marines start worrying about home they aren't giving their 110 percent and that really hurts the mission," Ault explained.

Other problems families face is loneliness while their spouses are deployed which leads to depression and other complications.

"The biggest thing is that families have a good support system," Ault explained. "Our friends take care of each other."

Meyer and the rest of service members of RCT-6 prepared for Iraq and Kuwait while deployed, their families and their checking accounts be safe. ■

TRAP CONTINUED FROM 1A

Marines as infantrymen, we can supplement other units in need of additional support. But, if it does happen, we have the training to protect Marines' lives."

Even though Corriveau, like most of his fellow Marines, was "picked" for the TRAP platoon, don't expect to hear any complaints.

"Not that it wouldn't be nice to actually do my job, but at the same time I've got no problem doing what the Marine Corps needs me to do," Corriveau, a Bethany, Okla., native. "I know it'll be a great experience

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Weapons handling drill: Marines from Light Armored Reconnaissance Platoon, Battalion Landing Team 2/2, 26th Marine Expeditionary Unit, change magazines during a weapons handling drill aboard the deck of USS Oak Hill, Jan. 17. The Marines and sailors were cross training to enhance their weapons handling and close-quarters battle tactics.

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PMO shares ATM safety, security tips

Lance Cpl. Patrick M. Fleischman
Marine Corps Base

Automatic Teller Machines have revolutionized banking allowing customers to do their banking 24 hours a day. They so, however, have been a great help for Marines looking for quick cash.

To combat the problem the Provost Marshal's Office has released their 10 tips to avoid ATM crime.

"We want to raise awareness aboard the base because there has been an increase in crime around the area," said Boisy Pardue, crime prevention specialists for PMO. Criminals select their victims and targets focusing on the unaware or unprepared."

Criminals are also drawn to environmental conditions that enhance the opportunity to successfully complete their crime, said Pardue.

"The attitude and demeanor you convey can have a tremendous effect on the potential assailants," said Pardue.

On base, there have been more than seven ATM related crimes in the last year, said Pardue.

"There are a number of things you can do to increase your personal security and reduce your risk of becoming an ATM crime victim," said Pardue.

PMO's 10 tips to avoid ATM crime:

• Be aware of your surroundings. If the lights at the site are not operating properly



Lance Cpl. Patrick M. Fleischman

Easy money: There are dozens of automated teller machines aboard Camp Lejeune, but with seven ATM related crimes in the last year how do you keep safe?

ly or there is overgrown shrubbery, do not approach the ATM.

• Be prepared to use the machine. Have your card ready and deposits prepared, so you can complete your transaction quickly.

• Do not let others observe you as you input your PIN number at the ATM.

• Do not choose an obvious PIN like your date of birth or Social Security number.

• Wait until you are in the car with the doors locked before counting your money. Keep your wallet or cash out of the view of others.

• While using a drive-up ATM, make

sure all doors are locked, passenger windows are rolled up and the engine is running. Utilize your mirrors to maintain your awareness of the surrounding area and remain in your vehicle.

• Never approach an ATM if you see suspicious people near the machine or if you have any doubts or fears for your safety. If you become suspicious while conducting a transaction, cancel the transaction and find another ATM.

• When possible, bring someone with you to use the ATM. Remember safety in numbers.

• Do not regularly use an ATM that is not protected by security cameras.

• Lastly, whenever possible, select an ATM that is monitored or patrolled by a security officer.

So what should a victim do after a crime?

If a card is stolen immediately contact the police department in the area and contact the financial institution responsible for the ATM card, said Pardue.

"Thieves typically have about a four to eight hour window that they can use stolen ATM and credit cards since owners don't report them stolen right away. You may not be liable for any items debited from your account if you report it right away," concluded Pardue.

For more information contact the Camp Lejeune Crime Resistance Unit at 451-5810. ■

AMCC offers gift cards for opinions

Cpl. Brandon R. Holgersen
Marine Corps Base

A survey for military families is underway to ensure the homes and neighborhoods aboard Camp Lejeune and Marine Corps Air Station New River meet the needs and tastes of military families and to further research the preferences of military families.

Atlantic Marine Corps communities, which manages nearly 75 percent of the housing here and all the houses on MCAS New River, is working with a private firm to understand the specific interests and desires in the areas of housing and amenities. The firm is also interested in finding out what community features will encourage military members to continue

to live in base housing or choose to start living on base.

To achieve this goal, AMCC has started, as of Dec. 27, an online survey at www.surveymonkey.com/militaryhousing. AMCC would like the opinions of service members and their families who live on or off base.

The survey takes approximately 20 minutes to complete and is not a sales tool, according to AMCC. Individual results of the survey will be kept strictly confidential and used for research purposes only.

As a token of AMCC's appreciation each household that participates will receive a \$20 Amazon.com gift card via email.

For more information, contact AMCC through their Web site at www.atlanticmcc.com. ■

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Please enclose the names and ranks of all guests and an e-mail address if receipt confirmation is requested. Deadline for payment Feb. 1. For more information, contact Lt. Thomas at 450-3101 or e-mail elizabeth.thomas@med.navy.mil or 1st Lt. Wright at 451-4864 or e-mail shana.wright@usmc.mil.

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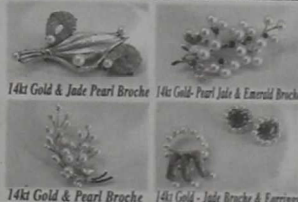
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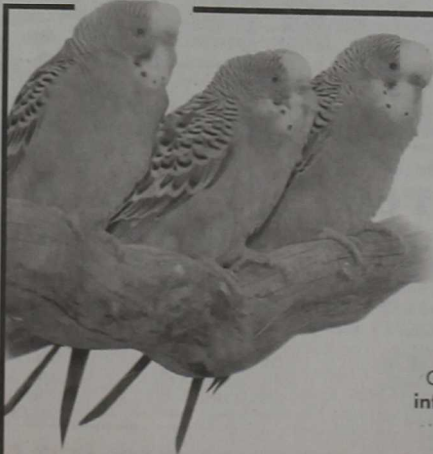
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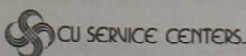
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Cheerleaders get set to go to national championships



Bad Dog: Lejeune High School cheerleader Jasmine Benton scolds the Devil Pup mascot at a fall football game.

Heather Owens
Staff reporter

Angela Tagliabue

There is a band of sisters at Lejeune High School whose story is begging to be told.

The varsity and junior varsity cheering squads recently have, for the first time in school history, won a bid to compete at the National Cheerleading Competition at Myrtle Beach, S.C.

Twelve varsity and eight junior varsity cheerleaders will compete at the national competition March 16-18 at the Sheridan Convention Center there.

"That's awesome. Not everyone gets a chance like that. And it's an honor to be chosen as one of those teams that stood out to a judge," said Andrea Tagliabue, a junior who has been at Lejeune High School for three years.

The varsity squad earned its bid to the "nationals," as the competition is called, by placing fourth overall on the regional level. The junior varsity cheerleaders also placed fourth in the regional level and sixth at the state level to earn their bid.

"I love performing. I love being in front of people and I feed off it. And when I'm in front of a crowd, I'm not embarrassed, I'm not nervous. I'm just free and I just do the routine. That's when I get a big smile on my face," said Tagliabue, 17, daughter of Robert and

In addition to those impressive numbers, the team also has nine scholar athletes, one homecoming queen, Alena Marbury, and one cheerleader, varsity team captain, Melissa Barcus, a senior, who is in the semi-finals for the National Cheerleader of the Year Scholarship. Tunisia Robinson is the junior varsity captain.

"My favorite thing [about cheerleading] is choreographing routines. I've been doing that for a long time," said Barcus, 17, who even thought of one routine while attending church one Sunday. "I'll see a dance routine or something and I'll say, 'Whoa. We can straighten that up, sharpen it up and make it into a routine.'"

Two of the team's members, Barcus and Tanita Silversmith, performed at the halftime show for the Capital One Bowl — an honor earned after performing well at a summer cheering program. Several team members are also in the running to cheer at the Down Under Bowl next July in a trip that will include time in both Hawaii and Australia.

"We're all individuals. We all have our own personalities. We have a couple of loud ones. We have some shy ones. We have some really good dancers. Everybody is just unique in their own way. Everybody puts their whole heart into it," said sophomore Liz Silva,

See CHEERING page 4B

For these players, soccer is life

Heather Owens
Staff reporter

They come from all walks of life, but they are one family. They are united by one passion: soccer.

Clad in brightly-colored shirts of all shades, members of this soccer family have gathered at the Goettge Memorial Field House on a Saturday morning to play their game. Eight teams are playing here today.

The play takes the form a tournament and this is just one in a string of Saturday tournaments that form the basis of Camp Lejeune's intramural league. Each Saturday, the teams gather, play each other, and then the teams with the most points duel it out until a winner emerges.

The teams with the most points will compete in a final tournaments to determine the winner of the league Feb. 10.

Today, the bleachers are pushed back to form a flat wall and the two door ways leading into and out of the gymnasium are blocked off with flat sides of long tables.

On the floor, two sides battle it out with a soft, bright orange and navy soccer ball, the texture of which is almost like a large tennis ball.

On the second deck, spectators and members of the other teams in the tournament watch with rapt attention, occasionally calling out to various members of the teams below. "Great save, keeper!" is one such exclamation. "Nice pass!" is another.

The overall effect is almost that of a Roman coliseum which seems in line with the gritty, tough image of Marines and sailors from the television recruiting advertisements. So this is how the gritty and the tough recreate in their off hours.

It's late-January in North Carolina, and the weather has grown decidedly chilly. That is just one reason why Antonio Warner of the Camp Lejeune intramural sports program has decided to start an indoor soccer league: to give Marines and sailors who love the game a chance to hone their skills and blow off some steam in a friend-



On the ball: Three players face off at the indoor soccer tournament at Goettge Memorial Field House Saturday.

ly, temperate atmosphere.

Yet, even though the weather outside is cold, many of the devotees of the game say that they would be outside playing if this opportunity was not available, though, they seem very grateful that the opportunity does exist.

"Well, basically, soccer is my life. I just have a passion for the game. This kind of event promotes a good experience for Marines and sailors to come together — not just in competition, but in a fun event," says Luis Guaman, a corpsman, from the Medical Logistics Company who plays for the Supply Battalion team. "I would really like to thank the command for letting us do this kind of event."

Lounging in his seat a few rows up is Edmond Saneaka. A package specialist from Supply Battalion, which is also the team that he

plays for. Saneaka is here for one reason only, "I have been playing soccer since I was 5-years old. And there is no other sport like soccer. Period," he says.

"Some people play for the fun of it and some of us with more experience play to better ourselves," he continues. "It is good for us to go out and meet other people. It gives us an opportunity to take our minds off the work. It gives us a chance to enjoy the comraderie."

Across the coliseum Amanda Neff, a motor transportation specialist from 1/10 Artillery, stretches in the corridor.

When asked why she is here today, she answers, "I'm just trying to keep some touches

See SOCCER page 4B

Hook Line & SINKER

Cold snap triggers trout to bite



Hook Line
& Sinker

with

Jamie
Cameron

After all the crying about water temperatures that were too warm to support an active winter fishing season, WHAM! Winter is back with a vengeance. The cold water predicted to last

at least through the weekend will jump-start the bite for late-season gamefish like speckled trout, red drum and flounder.

Just because these inshore species will be hungry doesn't mean you can catch them the same way you did back in September and October. A cold fish is a slow fish and slow fish doesn't want to swim very far or very fast for their next meal. Slow down your presentations accordingly — fish natural baits and grubs under popping floats, take your time on the retrieve and stay alert for soft and subtle bites.

Richard Ehrenkauffer, a.k.a. Dr. Bogus, reports the trout to two pounds and small flounder have been feeding at the Cape Lookout Jetty and Broad Creek.

In calm seas, anglers are also finding flounder around the nearshore artificial reefs and rocks. Bottom fishing in these areas is producing fairly consistent sea bass action as well.

Red drum are hanging around in the surf at Bear Island. Bucktails tipped with plastic grubs, gold Kastmaster spoons and cut baits are all effective.

Offshore, the king mackerel have been running — most recently, as close as the Beaufort Inlet Sea Buoy. Slow-trolling live menhaden is a popular way to catch winter kings and there has been plenty of schools of menhaden around.

Just bring your cast net to capture enough baits for the day and a good live well onboard your boat to keep them fresh and lively.

Stay warm and keep casting. ■

Cameron is an enthusiastic, but self-deprecating angler who finds it easier to write about other people's great fish than to actually catch them himself.

Tide tables for New River Inlet

National Oceanographic and Atmospheric Administration

Today		
High tide	12:02 a.m.	12:15 p.m.
Low tide	6:22 a.m.	6:26 p.m.
Friday		
High tide	1:05 a.m.	1:17 p.m.
Low tide	7:33 a.m.	7:24 p.m.
Saturday		
High tide	2:11 a.m.	2:25 p.m.
Low tide	8:47 a.m.	8:27 p.m.

Intramural soccer league standings

As of Jan. 20

League standings	WINS	LOSSES
Combat Logistics Regiment-2	10	3
1/9 Marines	9	1
Supply Battalion	7	4
Headquarters 1/10	5	5
8th Engineers Support Battalion	3	6
School of Infantry	2	4
Combat Logistics Battalion-22	0	6
Team Semper	0	6

Intramural football league standings

National and American league results as of Jan. 11

American League standings	WINS	LOSSES
MCAS New River	5	0
2nd Assault Amphibian Battalion	4	1
Combat Logistics Battalion-2	4	1
2nd Supply Battalion	3	2
Brig Company	2	3
2nd Radio Battalion	1	4
2nd Intelligence Battalion	1	4
8th Communications Battalion (Dropped)	0	5

National League standings

10th Marine Regiment	5	0
Cherry Point	4	1
Headquarters Battalion, 2nd Marine Regiment	4	1
Marine Corps Combat Service Support Schools	3	2
2nd Tank Battalion	2	3
II Marine Expeditionary Forces	1	4
Medical Battalion (Dropped)	1	3
2nd Maintenance Battalion	0	5

Intramural basketball league standings

As of Jan. 18

League standings	WINS	LOSSES
4th Maintenance Battalion	3	0
Naval Hospital	4	1
Medical Logistics	2	1
2nd Assault Amphibian Battalion	2	1
2nd Tank Battalion	2	2
2nd Maintenance Battalion	2	3
Group Consolidated Admin. Center 2 MLG	1	3
Headquarters Support Battalion	1	3
II Marine Expeditionary Force H&S Company	1	4

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THE WILD WORLD OF LEJEUNE SPORTS

Intramural basketball Today

The Marine Corps Base Camp Lejeune intramural basketball schedule for today is as follows: 6 p.m., 2nd Maintenance takes on Camp Lejeune Naval Hospital; 7 p.m., Headquarters Support Battalion takes on 4th Maintenance Battalion; 8 p.m., Medical Logistics takes on Group Consolidated Administrative Center 2, Marine Logistics Group. Play takes place at the Goettge Memorial Field House.

Lejeune High School basketball Friday

The Lejeune Devilpups take on Pamlico High School Friday at home. Junior varsity begins at 4:30 p.m., girls' varsity starts at 6 p.m. and the boys' varsity is at 7:30 p.m.

Lejeune High School wrestling Saturday

The Lejeune Devilpups host conference duals Saturday. Weigh-ins begin at 8 a.m. with competition to follow.

Intramural soccer Saturday

The Marine Corps Base Camp Lejeune intramural indoor soccer play for Saturday will take place at the Goettge Memorial Field House. at 10 a.m. Play will last most of the day and take place in the format of a mini-tournament. The teams with the most points will compete in a final tournament to determine the winner of the league Feb. 10. Family members and spectators are encouraged to attend.

Intramural basketball Tuesday

The Marine Corps Base Camp Lejeune intramural basketball schedule for Tuesday is as follows: 6 p.m., 2nd Tanks takes on 2nd Amphibian Assault; 7 p.m., II Marine Expeditionary Forces Headquarters Group, Headquarters and Service Company takes on 2nd Maintenance Battalion; 8 p.m., Naval Hospital takes on Headquarters Support Battalion. Play takes place at the Goettge Memorial Field House. Family members and spectators are encouraged to attend.

Intramural football Tuesday

The Marine Corps Base Camp Lejeune intramural football schedule for Tuesday is as follows: 6 p.m., 8th Communications Battalion takes on the 2nd Supply Battalion at New River; also at 6 p.m., 2nd Assault Amphibian Battalion takes on Combat Logistics Battalion-2 at Liversedge Field; at 8 p.m., Brig Company takes on 2nd Intelligence Battalion at Liversedge Field; also at 8 p.m., New River takes on the 2nd Radio Battalion at New River.

Lejeune High School basketball Feb. 2

The Lejeune Devilpups take on East Carteret High School Feb. 2 at home. Junior varsity begins at 4:30 p.m., girls' varsity starts at 6 p.m. and the boys' varsity starts at 7:30 p.m.

Intramural soccer Feb. 3

The Marine Corps Base Camp Lejeune intramural indoor soccer play for Feb. 3 will take place at the Goettge Memorial Field House at 10 a.m. Play will last most of the day and take place in the format of a mini-tournament. Family members and spectators are

encouraged to attend.

Lejeune High School basketball Feb. 8

The Lejeune Devilpups take on Dixon High School Feb. 8 at home. Junior varsity begins at 4:30 p.m., girls' varsity starts at 6 p.m. and the boys' varsity is at 7:30 p.m.

Intramural soccer Feb. 10

The Marine Corps Base Camp Lejeune intramural indoor soccer league tournament will take place at the Goettge Memorial Field House at 10 a.m. Feb. 11. Teams with the most points from previous weeks' tournaments will compete.

Polar Bear Plunge March 3

The Onslow County Special Olympics will sponsor a Polar Bear Plunge March 3 at Topsail Beach to raise money for the Onslow County Special Olympics. The cost to participate is \$50 per person or \$200 for each team of five. For more information on the event or to volunteer, contact Onslow County Special Olympics coordinator Dot Hochstrasser, 388-1462.

Marines victorious at Mid-Atlantic Tae Kwon Do Championship

Cpl. Brandon Pastor
Special to The Globe

Camp Lejeune's Marine Tae Kwon Do team is victorious again with four more medals to add to their impressive collection.

Marines competed in the Mid-Atlantic Tae Kwon Do Championship Dec. 2 in Winton-Salem, N.C.

Members of the team and the awards they won include: Tim Hadley (gold medal), Mathew Dalrymple (gold medal), Peter Ban (silver medal), Brandon Pastor (silver medal) and Alex Packard (bronze medal). Instructors and assistants included Master Missy Cann, Freddie McDonald and team trainer Master Christy Alvarez.

The team was also assisted by Master Patrice Remark, a 10th degree black belt and former national, international and Olympic competitor.

"This is the best performance since I took over the Tae Kwon Do team," said Cann, the All-Marine Cherry Point Tae Kwon Do instructor.

"Marines have been working hard for the past eight months and I'm extremely proud of what they have accomplished at the mid-Atlantic championship," said Cann, who started coaching the Marines in October. "Even the newer ones performed extremely well."

"This was my first tournament that I have competed in and I picked the art back up," said Ban. "I just got back into the sport in October."

"Getting into this tournament, I can definitely say that I'm nervous. It may seem simple, but getting into the ring and knowing every move you make is being watched adds a lot of difficulty," Ban explained. "Especially when performing the difficult forms."

The competition format had martial artists like Ban competing simultaneously in one of six rings, ensuring action while judges monitored every move.

"I really like working with the Marine team," Cann said. "They are very polite, have a good fighting spirit,



Decorated Team: The team poses for a photograph after a recent tournament. Members are (from left to right) Freddie McDonald, Brandon Pastor, Christy Alvarez, Alex Packard, Missy Cann, Mathew Dalrymple, Tim Hadley and Peter Ban.

and don't mind hard work. Most of all they are very good with my Junior Olympic team, which is comprised of children ages 6-17."

The Tae Kwon Do team will be competing next at the North Carolina Tae Kwon Do Summit. The team is also training for the national qualifier in Providence, R.I. and the 2007 Senior Nationals in San Jose, Calif. The team also trains year-round to become eligible to com-

pete on the All-Marine Tae Kwon Do team and fight at the All Armed Services Conseil International du Sport Militaire qualifier.

The Tae Kwon Do team encourages anyone with an interest in the sport to either contact McDonald at 451-0832, or to come to practices Monday, Wednesday and Friday at the Camp Lejeune Boxing Gym starting at 5:30 p.m. Interested parties can also look up information on the team at www.semperkick.net. ■

Semper Fit Sports selects Marines for All-Marine trial camps

Press release
Marine Corps Community Service

Camp Lejeune Semper Fit Sports will host three All-Marine trial camps in the near future: All Marine men's boxing, All-Marine women's basketball and All-Marine men's wrestling.

The camps are designed to select the best of the best in each of the respective sports. Upon completion of the All-Marine trial camp, those Marines select-

ed to the All Marine team will represent the United States Marine Corps at the Armed Forces Championship, which pits teams from the different armed services to determine the ultimate champion.

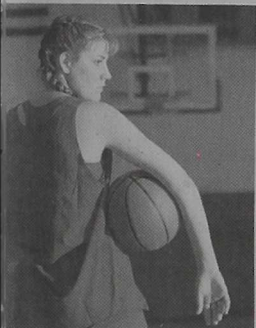
All-Marine trial camps will be held as follows: All-Marine boxing trial camp, Feb. 9 - March 4; All-Marine women's basketball trial camp, Feb. 16 - March 9; and All-Marine men's wrestling trial camp, Feb. 12 - March 20.

All trial camps will be held aboard Camp Lejeune.

All parties interested, must submit a resumé prior to the following dates: All-Marine boxing trial camp, Wednesday; All Marine women's basketball trial camp, Feb. 9; and All-Marine wrestling trial camp, Feb. 2. Resumé and sports applications must be endorsed and approved for higher competition if qualified/selected by the command. Resumé and sports applications

must include level, years of experience and if applicable, amateur record. Forms must be turned in to the varsity sports office for endorsement by the athletic director prior to submission.

Marines should be made available for all events to which they are selected. For more information about the event, contact Dennis Rautmann at 451-2710 or via e-mail at rautmannnd@usmc-mccs.org. ■



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Big Smiles: Lejeune High School cheerleaders (from left) Kaidyn Dathe, Melissa Barcus and Tanita Silversmith pose with the Devil-pup mascot.

CHEERING

CONTINUED FROM 1B

daughter of Gesenia and Louis Betancourt, of why her team is special.

The cheerleaders also participate in community service activities at the local elementary schools, at a camp for children for special needs and at Military Appreciation Day celebrations.

"I love being in front of the whole school — yelling and doing what I love to do, dancing, putting a whole bunch of moves together to music, seeing everyone in the crowd sing along with us and do the moves with us — that is pretty cool," said Silva, 15, of why she loves being a cheerleader.

They practice five days a week, focusing two days on the upcoming national's routine and three days on the routines performed in high school basketball games.

"I like that we're so diverse. Every year we have new people and it's a bit hard to adjust to it. But when we do, it's so much fun. We have so much fun together," said Barcus of why she enjoys being on the cheerleading squad.

According to Head Coach Lynn Elliston-LaPalm, the team members are accomplishing these great athletic, community service and scholarly feats with over 70 percent of the members' military parents being deployed over the course of the cheering season.

"I have a really great group of girls and great, supportive parents. Cheer parents are the most energetic, involved parents that I've ever seen in any sport that I've coached or been involved in," said Elliston-LaPalm, who has been involved with cheerleading on and off for 25 years, of her team members and their parents.

Additionally, Elliston-LaPalm's husband, Jerry LaPalm, of the Casualty Evacuation Team, and assistant coach Sharon Fontanella's husband Baran Fontanella of the 26th Marine Expeditionary Unit are also deployed right now.

"And with some of them gone, it's like a piece is missing. And we can tell when one of them is gone from the audience. We can tell because each one of them is really important to how it all comes together," said junior Brandie Nelson, who has been cheering since the second grade, of what it means to the team members to have some of their parents overseas right now.

As many of the service members were looking forward to traveling to the national's competition with their daughters and will miss the competition, a national's official has notified Elliston-LaPalm that the competition will be broadcasted on the Internet for deployed parents to view.

"Whenever he found out that they were going to broadcast it so that they can see it overseas, he was really excited because he just really likes to see his kids doing something that they really like to do," said Nelson, 17, of her father Eric Nelson, a Lejeune high school alumni who is about to deploy in February.

"I don't know if it's because our dad's are in the service and they all have to work together for one cause for our country to where it just kind of rubs off on us. And even though we have our differences and everything, when it comes down to crunch time for anything we all just work together," said Nelson. "It's almost like we're in the service, too." ■

SOCCER

CONTINUED FROM 1B

on the ball. I'm trying out for the All Marine female team."

And, in addition to the practice this league provides, why is it important? "It gives the Marines something to do to keep busy with to stay out of trouble," she explains.

A forward, one of the more challenging, running positions in the game, Neff is one of the six or seven females in the league. How does she like playing against the men? "I love it. It's a great challenge. I strive off it," she exudes.

Another player walks by and Neff calls him over. He is player/coach Alex Granados, also of the 1/10. "I played outdoor soccer during intramurals and regionals. That's when I got the word about indoor soccer and that's when I decided to put a team together to give these guys a chance to play," says Granados, an artillery cannon crewman by trade.

"I play whenever I can — whenever I have time," he continues. "Indoor soccer just keeps me in shape and gives me the opportunity to work on my skills."

Just inside on the observation deck, sitting up towards the railing, is a group of guys in yellow jerseys, sprawled out. They are talking about soccer and life while watching the proceedings on the floor below.

One of them is Justin Miller, a young man with a hair cut that, though relatively short, is too long to be that of a Marine. A guest player to the team, he is one of the civilian family members that are allowed to play in the league. The son of a retired master gunnery sergeant, he is a former stand-out player at and a 2002 graduate of Jacksonville High School.

"The main reason that I want to play right now is because I just love the sport," he says.

Next to Miller is Dave Ranes of the 1/8 Marines. "We don't get paid to play. We just love the sport," he says.

Sitting in the middle of the group is Luis Cisneros of II Marine Expeditionary Forces, G-4. Formerly stationed here, he is now on a long-term temporary assignment from Depot Maintenance Albany, Ga. Cisneros is a soccer veteran. He is getting ready to coach the All Marine Women's team.

The trails of which will be April 17 through May 7 at Marine Corps Air Station New River. Interested female service members may apply by submitting their playing resume to the varsity sports office. For more information, interested parties can contact Dennis Rautmann at 450-2710.

Cisneros is also putting together a team of Marines and sailors who will compete in the Premier League in Wilmington. "It is the closest thing to playing in a professional league. The competition is key," he says. Cisneros says that he is pleased about the addition of the in-door soccer league to the intramural schedule this year.

He is also glad to have the opportunity to work out himself. "If a 48-year-old man can come here and play some soccer, then everybody can. I'm putting the challenge out there," says Cisneros.

And so, for this family of soccer-playing Marines, sailors and family members, another Saturday passes.

For it's true: the family that plays together, stays together. ■



Out of there: A keeper kicks the ball out of the goal area during the intramural soccer tournament on Saturday.

Intramural Sports Round

Heather Owens
Staff reporter

The winter intramural sports season aboard Lejeune is in full-swing. Players and spectators plenty of athletics to choose from as football, basketball and indoor soccer are all being played on the field in the field houses of Camp Lejeune right now.

The football season, which began in mid-November, is nearing completion. "We are going to go ahead and finish the season. Feb. 1 is my last scheduled game, then the post season play starts on Feb. 5. There are playoff games Feb. 5 and Feb. 9, and the championship game will be played Feb. 15," said intramural coordinator Antonio Warner.

Basketball season, which began at the beginning of February, is just gearing up. "It's going great because all of the teams are ecstatic to be afforded the opportunity to blow off some steam and play hoops even during these tough times of war," said Warner. "Hopefully this will start a trend that will roll over into the sports that we have coming up."

Indoor soccer is being played each Saturday at Goettge Memorial Field House. The play takes the form of a tournament. Each Saturday, the teams gather for each other team, and then the teams with the most points duel it out until a winner emerges. On Feb. 10, the teams with the most points will compete in a tournament to determine the winner of the league.

"The thing that is great about the intramural soccer season is that we have had three tournaments over the last three weekends with a different champion each week. Additionally, there is the growing interest in the program. Lot's of people are showing up and for being is a brand new program this year," Warner. ■

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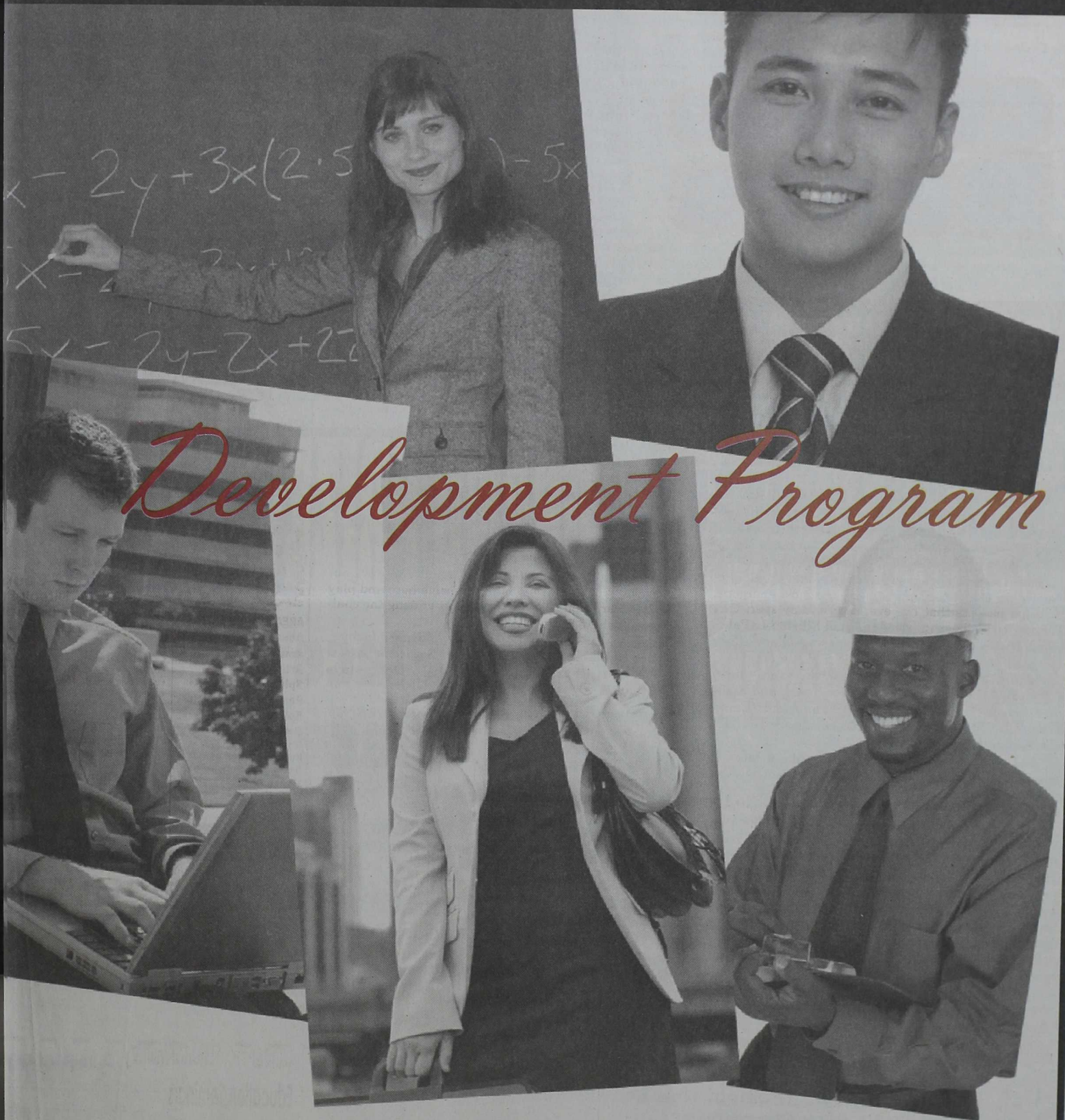
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- Wait to see which 2 teams make it to the final game
- Open to **Active Duty Military Only!**
- Deadline to enter is Friday, February 2, 2007 at 9:00 AM. NO ENTRY WILL BE ACCEPTED AFTER THE DEADLINE.
- Entries may be submitted online at www.camplejeuneglobe.com or www.newriverrotovue.com
- You may also drop off your entry form at:
 - Public Affairs Office (Camp Lejeune or New River)
 - Globe/RotoVue advertising office located at 1122 Henderson Drive, Jacksonville (K-Mart Shopping Center)
 - Stevenson Toyota located at 2325 N. Marine Blvd., Jacksonville
- Only 2 entries per Active Duty Marine. ENTRY FORM MUST BE FILLED OUT COMPLETELY.
- Original entry forms ONLY! No copies or facsimilies.
- Answer the following questions. The entry that has the most correct answers wins.
- There will be a tie-breaking question. The entry that is the closest to the total number of points scored in the Superbowl wins! If there is still a tie then there will be a coin-toss to determine the winner.
- Checks will be presented to the person whose name is on the entry form only.
- Winners will be asked for proof of Active Duty Status.

Questions

1. Heads or Tails for the coin-toss?
2. Which team wins the coin-toss?
3. Which team scores the first field goal?
4. Which team scores the first touchdown?
5. Which team has the first penalty?
6. Which team scores the last field goal/touchdown?
7. Which team completes the first pass?
8. Which team has the first sack?
9. Which team calls the first time-out?
10. Which team will have the MVP?
11. Which team will punt first?
12. Which team gets the first interception?
13. Which team has the most turnovers?
14. Which team recovers the first fumble?
15. Which team wins the Superbowl?

TIE-BREAKER:

Total Number of Points Scored: _____

Name: _____

Rank: _____

Address: _____

Phone: _____

E-mail: _____

Best Time To Call: _____

WINNERS WILL BE NOTIFIED BY PHONE AND/OR E-MAIL

ALL ENTRIES MUST BE TURNED IN BY 2 FEB 2007 BY 9:00 AM

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Jaime Aro
AP sports writer

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Parcells retires from coaching, leaves Cowboys after four seasons

Jaime Aron
AP sports writer

VING, Texas — Bill Parcells retired from coaching today, leaving the Dallas Cowboys after four seasons and ending a stellar career that featured three Super Bowl appearances and two championships. The decision came 15 days after the Cowboys' season ended in a heartbreaking playoff loss to the Pittsburgh Steelers. He'd been at his office every day since and there were other indications that the 61-year-old coach was returning to the NFL for the fifth year in Dallas and 20th as head coach. Instead, Parcells released a statement saying: "I am retiring from coaching football. I want to thank Jerry Jones, Stephen Jones for their endless support over the last four years," the statement continued. "Also, the players, my coaching staff and others in the support group who have done so much to help. Dallas is a great city and the Cowboys are an integral part of it. I am hopeful that we are able to go forward from this announcement came in a personal e-mail. Parcells is in good health and feels he has been able to coach the NFL for an extended period of time," Parcells said. "I leave the Cowboys and the NFL with nothing but good feelings and gratitude to all the players, coaches and other people that have assisted me in that regard."

Known best for a gruff demeanor and colorful quotes, Parcells leaves with the ninth most wins in NFL history and a career record of 183-138-1. He was 34-32 in Dallas, including 0-2 in the postseason. He had one year left at more than \$5 million on a contract extension signed last January.

Before joining the Cowboys, Parcells led the New York Giants to two Super Bowl titles, got the New England Patriots to a Super Bowl and took the New York Jets to the AFC title game. He gave up a job in television to return to the sideline in Dallas, energized by the challenge of restoring glory to "America's Team."

While he definitely left the Cowboys better than he found them, his tenure ultimately may be remembered for the lack of a playoff victory. Dallas hasn't won a postseason game since 1996, easily the longest skid in the history of the franchise that's been to a record eight Super Bowls. Thus, Parcells' legacy with the Cowboys can be framed this way: Instead of joining Tom Landry, Jimmy Johnson and Barry Switzer as coaches who led them to championships, he leaves lumped with Chan Gailey and

Dave Campo as the ones who didn't.

"I did the best I could," Parcells said following his final game, a 21-20 playoff loss in Seattle. "But it wasn't quite good enough."

The Cowboys had a two-game division lead in December, then lost four of their last five games, including the final three. The finale was against the Seahawks, when Pro Bowl quarterback Tony Romo botched the hold on a short field goal with a little more than a minute left.

This past season, Parcells also had to endure the constant dramas that came with coaching Terrell Owens. With Parcells gone, there may be a better chance that Owens returns in 2007.

Before Jerry Jones starts thinking about that, he'll have to find the seventh coach in team history.

If Jones wants a proven commodity, he might go after Tennessee's Jeff Fisher or Bill Cowher, recently resigned from Pittsburgh. Both are under contract for 2007, which means their teams would get compensation in addition to the massive salaries they'd command.

If Jones goes after a college coach, big-name candidates would be Charlie Weis of Notre Dame, a former Parcells assistant and Southern California's Pete Carroll, who coincidentally

replaced Parcells in New England in 1997. Bob Stoops of Oklahoma and Houston Nutt of Arkansas, Jones' alma mater, also might be considered.

There do not seem to be any strong internal candidates. The closest Parcells came to grooming a successor was Sean Payton, who was hired last year to coach New Orleans and became the NFL coach of the year.

All candidates will have to accept Jones being the general manager. That might have driven away others before, but four years of avoiding ego clashes with Parcells probably has changed his reputation.

Parcells' specialty in football was defense. His greatest trait as a coach, though, was his ability to turn around downtrodden clubs. All four teams he coached had losing records before he arrived, but all four were in the playoffs by his second season. No other coach has taken that many franchises to the postseason.

The Cowboys went from three straight five-win seasons before Parcells arrived to 10-6 and into the playoffs in his first season, 2003. That same year, Jones persuaded Arlington voters to accept a tax hike to pay \$325 million toward a new stadium.

It's unlikely to have passed without the enthusiasm generated that fall by Parcells' arrival and the team's surprising suc-

cess.

Dallas stumbled in '04, then nearly made the playoffs in '05. This past season began with high hopes that were lowered when Parcells turned to Romo in late October. Expectations were soaring again after he started 5-1, but the end was rough.

Bad finishes proved to be a Parcells trademark in Dallas. His teams closed each of his four seasons with 2-3 records; in 15 years with the Giants, Patriots and Jets, he had a losing record over the last five games only twice.

Despite his fiery side, Parcells was never fired from an NFL coaching job. He left the Giants because of health issues, walked out on the Patriots because of squabbles with ownership and decided to leave the Jets, spending a year in the front office after giving up coaching.

He was working for ESPN when Jones came calling. Parcells had turned down other jobs, but was lured by the Cowboys' mystique.

"There are acts in the lounge and then there are acts in the big room, where Elvis and the big names played," Parcells told Fortune magazine in 2003. "The Dallas Cowboys are the big room and I view this as an opportunity to play it."

He remained on stage for four years — but never delivered the big finish fans were counting on. ■

Patriots QB falls short

Howard Ulman
AP sports writer

INDIANAPOLIS — His dark suit jacket draped over his right arm, Tom Brady spotted his parents outside his dressing room — the losing one.

The comeback king who had just been dethroned walked slowly toward them. Galynn Brady gave her son a soling kiss. The elder Tom Brady hugged his name-son, a fatherly gesture to soothe his son's agony.

Together, they walked down the hallway. Hovering overhead was a sign of the end of the game and, perhaps, Brady's mystique — a small scoreboard hanging from the ceiling with red numbers: Home 38, Guest 34 with the time left, 0:00.

The New England Patriots fell short of the Super Bowl the second straight season — in part because of Brady's interceptions in both losses — dropping the AFC championship game to the Indianapolis Colts as Peyton Manning, not Brady, led the winning drive in the last two minutes Sunday night.

Even when we were up 21-3," Brady said, "You knew at some point they were going to come back."

That was the margin with 9:25 left in the second quarter. But Indianapolis scored on its next four possessions, ending New England's defense with long drives. When Philip Addai scored on a 3-yard run and former Patriot Vinatieri booted the extra point, the Colts led 38-34 with 1:00 to play.

We could have executed a little better in the third or fourth quarter," Brady said. "It should never have come down to the final drive."

In 24 games, he led the Patriots to victories after they were tied or lost in the fourth quarter. He did that a year earlier in a 24-21 win over San Diego with two big plays by Reche Caldwell — a 4-yard touchdown and a 9-yard gain that set up Stephen Gostkowski's winning field goal.

Against the Colts, Brady led the Patriots to two fourth-quarter field goals and a 34-31 lead.

It might have been bigger had Caldwell not dropped his second pass of the game while wide open. With the ball at the Colts 18, Brady quickly threw to him along the right sideline. But Caldwell took his eyes off the ball and the Colts settled for Gostkowski's 28-yard field goal and a 34-31 lead.

Still, there was confidence before the final possession. With less than a minute with two timeouts left, I felt like," linebacker Tedy Bruschi said.

And why not?

Brady seemed to lead a charmed life. He had squired actress girlfriends to glitzy parties. His face graced magazine covers.

More importantly, he was MVP of two of the Patriots' three Super Bowl wins. In the first, a 20-17 victory over St. Louis, he had 1:21 and no timeouts left and led them from their 17 to Vinatieri's last-play, 48-yard field goal. Two weeks earlier, he rallied his team to a 16-13 overtime win over Oakland in the snow.

Although Brady was mediocre for most of this season's playoffs, he had time after the kickoff return gave him the ball at his 21 with 54 seconds left Sunday. He ran three plays before calling his second timeout — a deep incompleteness toward Caldwell, a 19-yard pass to Benjamin Watson and a 15-yarder to Heath Evans.

First-and-10. Ball at the Colts 45. Just 24 seconds left. Facing an aggressive pass rush, Brady knew he had to throw quickly. He fired another pass toward Watson. But backup cornerback Marlin Jackson picked it off over the middle at the 35. He ran 6 yards, then went down on his own with 16 seconds left.

"It was over, that was my only thought," Brady said.

That errant pass left Brady with a mediocre stat line: 21-for-34 for 232 yards, a touchdown and an interception.

A week earlier, he wasn't much better — 27-for-51 for 280 yards, two touchdowns and three interceptions. But the Patriots beat San Diego because, on the last interception, Marlon McCree fumbled with 6:16 left as he ran it back with the Chargers ahead by 8. Jackson didn't make that same mistake.

And last season, Brady threw an interception while driving for the go-ahead touchdown. Champ Bailey returned it 100 yards in Denver's 27-13 victory in the divisional playoff.

But he's still Tom Brady, the Golden Boy in the glamor position.

"He has shown the ability to go out and score at the end of the game," Patriots defensive end Richard Seymour said.

Brady did win his first 10 playoff games but is just 2-2 since then.

On Sunday, even he had doubts. Trailing by four because the Colts went for a 2-point conversion that had tied the game at 21, a field goal wouldn't be enough.

"You're backed up and time was an issue," Brady said. "It's not like you have 2 minutes and 30 seconds. You have a minute or less. And it was 49 seconds after one play. It's tough."

At least his parents were there to share the moment. A moment unlike so many others they've shared. ■

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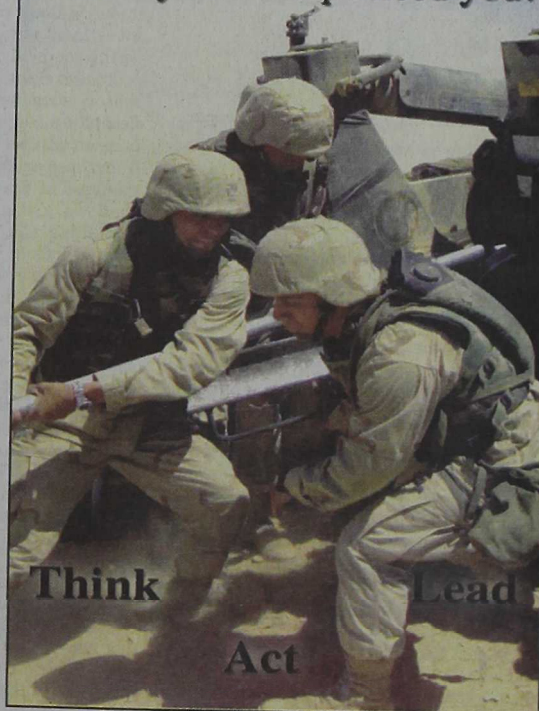
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Success of Carolina's 'Big Four' hinges on strong guard play

Joedy McCreary
AP Sports Writer

RALEIGH, N.C. — Sidney Lowe knows the importance of having dependable guards. Nearly 25 years ago, he played point guard on North Carolina State's last national championship team.

"Not to dismiss the importance of the big man, but I've always said when you have good guards, you always have an opportunity to win games," the first-year Wolfpack coach said Monday. "A lot of times you're going to have a pretty good ball club when you have good guards."

Want an easy explanation for how well or poorly the state's Big Four schools have played? Check their backcourts.

Consistently productive guard play — at both ends of the floor — is one reason North Carolina and Duke have found success so far. Meanwhile, youthful Wake Forest and short-handed N.C. State, their guards hindered by inconsistency and injuries, have sunk to the bottom of the Atlantic Coast Conference.

"The nature of youth, unless they're truly, truly special, is to be inconsistent," Demon Deacons coach Skip Prosser said.

No. 4 North Carolina (17-2, 4-1) has moved to the head of the ACC behind freshman guards Ty Lawson and Wayne Ellington, who have shown a knack for getting the ball to low-post playmakers Tyler Hansbrough and Brandon Wright. The team leads the ACC with nearly 20 assists per game and has the best assist-to-turnover ratio in the league.

Meanwhile, Duke is doing it with defense. The No. 10 Blue Devils (16-3, 3-2) have the ACC's best 3-point defense, allowing teams to shoot a paltry 27.5 percent from beyond the arc. No league team has allowed fewer made field goals, making the loss of J.J. Redick and Shelden Williams easier to handle.

"There's even more of a need for defense — we scored easier with J.J. and Shelden and there were times you thought you could win offensively, at least the kids did," coach Mike Krzyzewski said. "The other thing for us

is, we have a bigger perimeter. ... We're deeper defensively, not offensively, and we have the personnel that can play better defense."

Duke frustrated N.C. State throughout a 79-56 rout Saturday — holding them to 34 percent shooting while Wolfpack senior point guard Engin Atsur remained sidelined with an injury.

"We need to continue to get better at guard play. We need to continue to keep people in front of us and challenge those shots, and stay more consistent," Lowe said. "We have times we really defend and we lock people down, but it's one of those things where you're trying to learn and trying to teach as you go along to guys who haven't been in those situations before."

N.C. State (11-7, 1-4) has the ACC's worst assist-to-turnover ratio and has played without Atsur for 12 of the past 13 games because of nagging injuries to his leg and hamstring. That has forced Lowe to shift Gavin Grant from his natural position of small forward.

"The hard part is the frustration with Engin's situation, it's more frustrating for our players than anyone because they're the ones that have to go fight a battle every single day without him, and guys playing different positions," Lowe said. "Gavin certainly takes that on a lot because he's got to now handle the basketball in the backcourt quite a bit."

Wake Forest (9-9, 1-5) starts two freshman guards and has only two seniors on the roster. The Demon Deacons have lost four straight and are the ACC's worst team at defending the 3-point shot.

"We're just bereft of guys in our upperclass," Prosser said. "We have some good players, but they're young players who have been inconsistent to this point."

Point guard Ishmael Smith has been particularly streaky. He has two games with eight turnovers, including last week at Duke. But his flashes of brilliance — twice he has had 11 assists in a game — made a believer of North Carolina coach Roy Williams, whose team visits Wednesday.

"His speed and quickness and ability to push the basketball and put pressure on the defense is the first thing that catches my eye," Williams said. ■

Chris Horn back in NFL as a Panther

News Brief
Associated Press

BILLINGS, Mont. — Chris Horn has signed a contract with the Carolina Panthers and will report to Carolina on March 19 to begin offseason training.

The 29-year-old Horn, a former Rocky Mountain College wide receiver, was one of the last players cut by the Saints last September. He was out of the National Football League this season, but signed a two-year contract with Carolina earlier this month, The Billings Gazette reported Sunday.

Horn, who has three years of NFL experience with the Kansas City Chiefs (2003-2005), will be looking to make the Panthers' roster as a special-teams performer.

"I'm excited," he said. "It's nice to be back with a team, especially this quickly. I have direction as far as what I'm doing this offseason. It gives me a good goal to shoot for."

Horn is living in Phoenix, Ariz., with his wife Amy, young son Christopher and new daughter Frances, born Thanksgiving Day. Horn is scheduled to be in Billings Feb. 27 to speak at a fundraising event for the group Parents, Let's Unite for Kids.

When Horn left the Arizona Rattlers of the Arena Football League in 2003 and signed with the Chiefs, the other NFL team that showed a lot of interest in him was Carolina.

"They've definitely had me in mind for a few years," he said of the Panthers. "I'm

really thankful it worked out now."

The 5-foot-11, 195-pound Horn, who from Caldwell, Idaho, appeared in games with Kansas City as a wide receiver and special teams player. He started three games, and his career receiving totals include 33 receptions for 365 yards and one touchdown.

He also returned seven kicks for yards and made 17 special-teams touchdowns with the Chiefs.

Horn, who is known for his sure hands and determination, has been working out for the past four months in anticipation of getting signed by an NFL team. He said getting another chance to "seems to have refined my focus."

"You realize it's such a small window and it's so competitive to get in," Horn said. "I've got to do everything imaginable to take advantage of an opportunity I'm given one."

The Panthers flew Horn to Charlotte, N.C., where he met with head coach John Fox, along with the general manager and special teams coach.

"I think it's as good an opportunity as you can get as far as getting the chance to compete and make a roster," he said.

Horn, who was an All-America receiver and kick return specialist at Rocky Mountain College, signed with the Saints as an agent last March and was cut at the end of the preseason play as the NFL teams set 53-man rosters. He caught four passes for 55 yards and no touchdowns in four games with the Saints.

Rocky start for sports in 2007



The State of Sports

with

Shane Suzuki

My fellow sports fans. It is now the year 2007 and sports are in a dire place. Sports heroes such as Mark McGwire are being cast with the lepers, while hall of fame coaches like Bill Parcells are being called out by a receiver who led the league in dropped passes. Barry Bonds, our soon-to-be homerun king was busted on amphetamine usage and no one was surprised. The NHL is practically dead in the water and the NFL is heading down the dangerous path paved by baseball by not testing for performance enhancing substances like Human Growth Hormone. The NBA now has more fights than an Ultimate Fighting Championship pay-per-view and is struggling with an image problem not helped by "me-first" superstars like Stephon Marbury.

This is not to say that there is no joy in Mudville. Peyton Manning is playing in his first Super Bowl, and for the first time not one, but two black head coaches are in the championship. The NBA is being led by two of the most exciting teams in recent memory, the Dallas Mavericks and Phoenix Suns who are on a combined 50-3 streak right now. Not to mention Allen Iverson and Carmelo Anthony are playing together and winning. Dwayne Wade is playing like a young Michael Jordan, LeBron James is a modern-day Oscar Robertson and Kobe Bryant and Gilbert Arenas seem likely to score 60-plus points at any time. Baseball has its problems, but with players like Josh Howard, Albert Pujols and Joe Mauer leading the way, it seems that we may be heading toward a time when the big leagues are relevant again.

However sports fans of America, I would like to outline my plan to make sports better, not just for our current generation of fans, but future generations of fans.

First, we will make testing for banned substances universal and unrelenting. Whether they want to admit it or not, athletes are role models and heroes — and they need to act like it. Drug use is a scourge on civilization

and by passively allowing it to continue can only bring about an unwanted and undesirable element to sports — look at the NBA in the post Jordan era. As the NBA adopted a more street image, its popularity dwindled and revenues dried up. Professional sports make billions of dollars a year, the small investment in rigorous testing would be offset by the goodwill of the fans. For once, baseball is doing it right. For first time offenders, a 1/3 season suspension will be put into effect. Second time offenders earn a 2/3 season suspension while a third time offender is banned from the sport for a period of three years. The mistrust of players and cast of doubt that shadows a league after a drug scandal is something that takes years to come back from — look at baseball and cycling.

Second, we will leave high school athletics alone. High school athletics are already becoming tainted by recruiters, agents and marketers and it needs to stop. High school sports are one of the last bastions of sport for the love of sport, now that the NCAA has made college athletics into a multi-billion dollar business. Both the NBA and NFL have age restrictions which have made the quality of play higher. There is a reason that college sports have worked for so long in this country — the maturation process that occurs while playing in a college environment prepares many athletes for the pressures that professional sports brings. Allow the players to enjoy high school sports for what they are, games.

Third, the fans need to understand that not everything revolves around sports. With the advent of sports radio, message boards, blogging, internet chat rooms and 24 hour sports networks, we are inundated with sports every minute of every day. And this takes away from the uniqueness of the games. Sundays used to be special because football games were an event. Now they are just the culmination of analysis and fantasy football planning. We are always looking for the next story, the next big thing to come down the path, instead of appreciating Tiger Woods, we are scouring the under-30 golfers to see who will be the next Tiger Woods.

Sports fans join with me and demand better from our athletes, our leagues and ourselves. Let's make 2007 the year we saved sports and made them fun again. ■

Think I am an idiot? Deranged lunatic? Either way, buy the ticket, take the ride, caveat emptor, c'est la vie. E-mail concerns, thoughts or rants to shane.suzuki@usmc.mil

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TigerFest gives Detroit fans reason to celebrate

Larry Lage
AP sports writer

DETROIT — Despite a cold and chill in the teens, hundreds of Detroit Tigers fans waited in line Saturday morning for Comerica Park's gates to open. The team held its annual TigerFest, but this one is unlike the previous 12 cause Detroit is coming to its first World Series since 1984. The Tigers visited fans around the state in a caravan earlier in the week, then rubbed shoulders with 5,000 more at a sold-out event that let people get autographs, take pictures and walk past manager Jim Leyland's office and through the clubhouse. "It's pretty cool," closer David Jones said. "We've been at TigerFest in the past and there hasn't been a reason for anybody to be here. It sinks in how special this team was last year to a lot of people." The Tigers' longest team since 1994, Detroit activated a once-dormant baseball town by making it to the playoffs, then

beating the New York Yankees and Oakland Athletics for the American League title.

The Tigers did what they could in the offseason to guard against being a one-hit wonder.

Days after the St. Louis Cardinals won the World Series in Game 5, the Tigers gave president and general manager Dave Dombrowski — the architect of a remarkable turnaround — a contract extension that runs through 2011.

A week later, Detroit acquired Gary Sheffield from the Yankees for three pitching prospects and accomplished its No. 1 goal of adding a big bat during the offseason.

The Tigers had just a pair of key free agents — first baseman Sean Casey and left-handed setup man Jamie Walker — and they signed Casey and lost Walker. To help make up for the lone loss, Detroit acquired left-hander Edward Campusano from Milwaukee and will give lefty Wilfredo Ledezma a chance to make the team from the bullpen. The Tigers also signed right-

handed reliever Jose Mesa.

Detroit agreed to a \$38 million, four-year contract with Jeremy Bonderman, perhaps saving money in the future he had a chance to become a free agent after the 2008 season.

The team avoided salary arbitration with all four of the players that filed, including outfielder Craig Monroe and starter Nate Robertson.

Even though the Tigers essentially have added Sheffield to the 2006 team, they're trying to tone down unrealistic expectations.

"We need everybody to understand something," Jones said. "Just because this team went to the World Series last year, you can't automatically chalk it up that it's going to happen again. It gets a lot harder because everybody knows we're a good team."

Leyland's office was on display, through a clear plastic sheet attached to the open door, for fans to walk past en route to Detroit's clubhouse and many took pictures during the wide-eyed experience. ■

Utley and Phillies agree to \$85 million, 7-year deal

Dan Gelston
AP sports writer

PHILADELPHIA — Chase Utley is quite comfortable with long-term deals.

One day after getting married, Utley agreed Sunday to an \$85 million, seven-year contract with the Philadelphia Phillies, who can keep three-fourths of their infield in place for the rest of the decade.

"Chase puts up very good individual numbers, but at the same time, he's a team player," Phillies general manager Pat Gillick said.

Utley hit .309 last season with 40 doubles, 32 homers, 102 RBIs and 131 runs. He also had a 35-game hitting streak that tied for the 10th-longest in major league history and longest by a second baseman.

After making \$500,000 last year, Utley gets a \$2 million signing bonus and salaries of \$4.5 million this year, \$7.5 million in 2008, \$11 million in 2009 and \$15 million in each of the final seasons.

"Chase is a pretty special player," Gillick said. "The commitment speaks for itself."

Utley, who must pass a physical for the deal to be finalized, would have been eligible for free agency after the 2009 season. Utley was not available for comment because he was on his honeymoon, a disappointment for his female fan club, "Chase's Chicks."

It is believed the Cardinals' Albert Pujols is the only other player who got a seven-year contract after just three years of major league service. Pujols and St. Louis agreed to a \$100 million, seven-year contract that began in 2004.

"When the Phillies came to us with a multi-year deal of this length and magnitude, it made it very easy for Chase to

accept, given that he loves Philadelphia, wanted to stay in Philadelphia and is hoping to retire in Philadelphia," said Utley's agent, Arn Tellem. "He is excited about the team's prospects and nucleus and feels they can be competitive for the term of this contract and beyond. He was very appreciative of the security this early in his career and he was willing to give the Phillies a break in the free-agent years."

Phillies shortstop Jimmy Rollins is signed through 2010 (with a club option for 2011) and first baseman Ryan Howard, the NL MVP, isn't eligible for free agency until after the 2011 season.

"Those are the type of guys you want on your club if you're going to win on a daily basis," Gillick said of the trio, all All-Stars.

Gillick said the Phillies are in no rush to sign Howard, who hit .313 with 58 homers and 149 RBIs in his first full season as the starting first baseman.

"We think the world of Ryan. He's a wonderful talent, a wonderful kid," Gillick said. "Certainly there will be a day where he'll be rewarded. It might be this year, or it might be down the line."

Utley also became the 15th player in major league history — and second on the Phillies — to hit .300, and record 200 hits, 30 home runs, 100 RBIs, 40 doubles and 130 runs in one season. He and Hall of Famer Chuck Klein (1930 and 1932) are the only Phillies to accomplish the feat.

Over the past two seasons, Utley led major league second basemen in homers (57), RBIs (197), hits (350) and runs (217).

Philadelphia has two players remaining in arbitration: pitchers Brett Myers and Geoff Geary. ■

Cubs land former Notre Dame receiver for \$10 million

News Brief
Associated Press

CHICAGO — Jeff Samardzija decided to give up football and stay with baseball.

The former Notre Dame receiver, projected as a first-round pick in the upcoming NFL draft, agreed Friday to a \$10 million, five-year contract to pitch for the Chicago Cubs.

"Baseball is my first love. I played it my whole life," Samardzija said.

The 1-year-old right-hander, Samardzija was the Cubs' second-round pick in last year's amateur draft and had a 10-1 record in seven starts for their Class A teams at Boise State.

Samardzija returned to Notre Dame and helped the Irish make the Big Ten Championship Game, catching 78 passes for 1,017 yards as a senior.

The Irish lost the game to LSU 41-14, but Samardzija did catch a TD pass.

Samardzija said there would be no returning to football, though he's headed for a stint in the minor leagues, likely starting at Class A Daytona after spring training.

The deal includes a \$2.5 million signing bonus and the option for a sixth and seventh seasons in 2012 and 2013. If the options are exercised, the deal would be worth \$16.5 million over seven years. The deal also includes a no-trade clause.

Samardzija has offered at any time in the five-year period to be traded for [signing bonus] money back. He wanted to make it clear that there wasn't any turning back," general manager Jim Hendry said.

"That was something I wanted in there to show my commitment to this organization, along with the no-trade clause," Samardzija said.

Samardzija's fastball was clocked at 97 mph last summer and Hendry said the Cubs project him one day to be a "high-end starter."

Samardzija, 21-6 in 50 college baseball games, said he spent 10 to 12 hours a day weighing the decision on which sport to pursue. His familiarity with the Cubs after his experience last summer was a major factor.

Hendry said he never pressured Samardzija after he returned to school last fall following his brief minor league stint.

"I felt the best thing to do was let him go back and play football. I went to see him play football, we talked regularly but it never came up, 'What are you going to do?'" Hendry said. "He was going to do what he wanted to do and that's what he should do and that's what I told him."

Samardzija said longevity and the chance of injury were not major factors in his decision to go with baseball over football. And he said there is no sadness about giving up football after a great career with Notre Dame. In 2005 he set the school's single-season records for yards receiving with 1,249 and TD catches with 15.

"It's an excitement for baseball. If there is a sadness for leaving football, I'm making the decision at the wrong time or just the wrong decision in general," he said.

He said Irish coach Charlie Weiss was supportive when he told him he was turning to baseball.

"He was excited. He wished me the best and he asked for Cubs tickets," Samardzija said. ■

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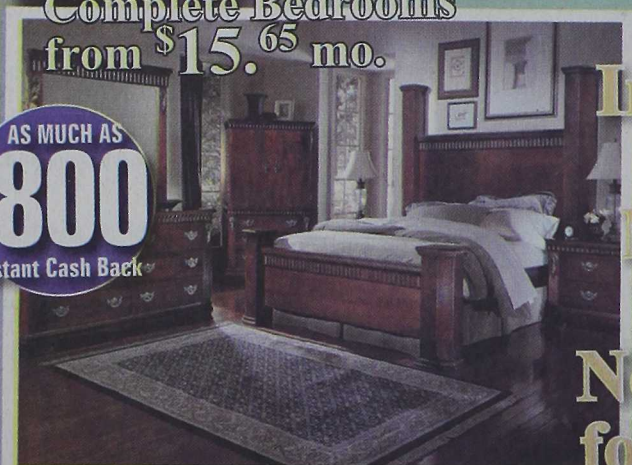
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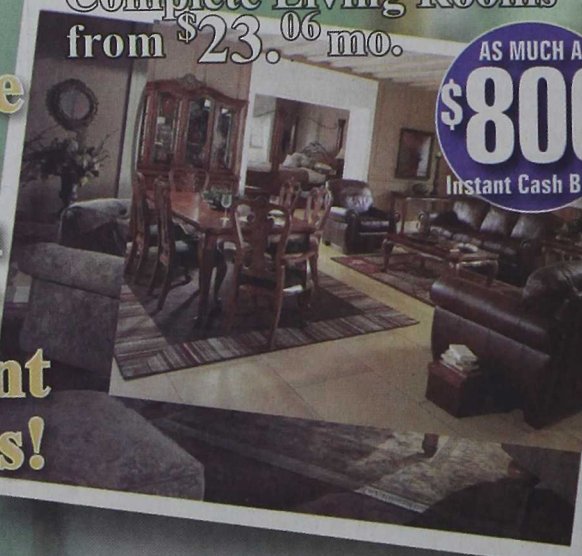
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Apprentice program gives
service members a leg up

Cpl. Brandon R.
Holgersen
Marine Corps Base

There are many
Marines, sailors and Coast
Guardsmen who want to
pursue their military job as
a career after leaving active
duty but don't know they
may have already spent
thousands of hours appren-
ticing in their field.

For some Marines the
United Services Military
Apprenticeship Program is
the answer, said Frank
Buday, an education coun-

selor at the Consolidated
Education Center here.

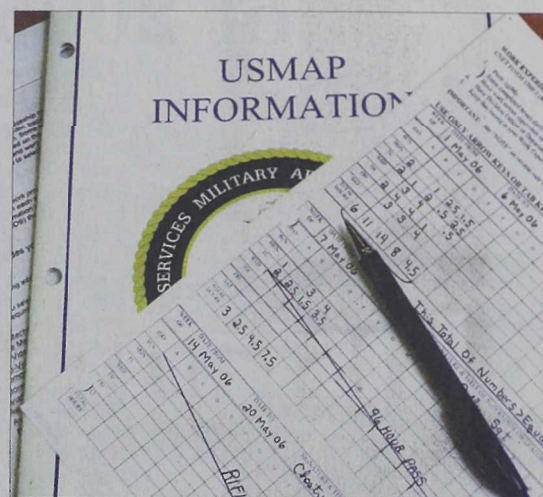
"This is one of the little
known perks the Navy and
Marine Corps offer," said
Buday.

The program is a formal
military training curriculum
that provides active-duty
Coast Guard, Marine Corps,
and Navy service members
the opportunity to improve
their job skills and complete
their civilian apprenticeship
requirements while on
active duty, according to the
U.S. Department of Labor
Web site.

After conclusion of the
requirements, service
members are given a cer-
tificate of completion from
the U.S. Department of
Labor and the North
Carolina Department of
Labor, said Buday.

The certificate shows
that the service member is
committed to what he
wants to achieve and
proves that he is competent
in his job specialty, said
Buday. It allows the service
member to put something

See APPRENTICE page 2C



Cpl. Brandon R. Holgersen

Job credit: The United Services Military Apprenticeship program certificate of completion proves that the service member is committed to what he wants to achieve and proves that he is competent in his job specialty.

Thunder Chickens raise money
auctioning for cancer research

Staff Sgt. A.C. Mink
MCAS New River

**MARINE CORPS AIR STA-
TION NEW RIVER, N.C.** — The
familiar buzz of clippers held special
meaning for Marine Medium
Tiltrotor Squadron 263 as they
shaved their heads in support of one
of their own — key volunteer coordi-
nator, Nicole Spaid.

"It was stunning to hear that Nicole
had been diagnosed with cancer ...
many of us took it personally because
of how important she has been to this
squadron," said VMM-263
Commanding Officer Lt. Col. Paul
Rock.

"Colonel Rock told me, 'if you lose
your hair, I'll just shave my head,'"
said Nicole, who was diagnosed with
Stage III breast cancer days before
Thanksgiving. "When my hair started
falling out over Christmas, we shaved
my head and I told my husband 'tell
the colonel to get his clippers ready.'"

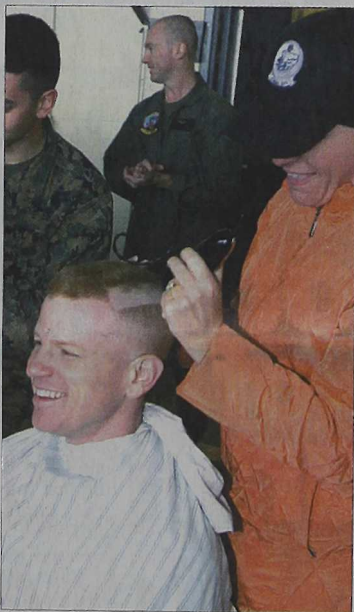
Sgt. Maj. Grant VanOostrom,
VMM-263 squadron sergeant major
and executive officer Lt. Col. Paul
Ryan were planning to join Rock.

So, what began as an individual
act snowballed into an outpouring of
support from the entire squadron and
beyond.

"Fighting cancer is obviously a per-
sonal battle, but the rest of us want-
ed a way to try to help and this
seemed like a good idea," said the CO.

"Nicole has been our [key volunteer]
coordinator for three years. She was with
[Marine Medium Helicopter Squadron]
263 for our deployments and auto-
matically stepped up for the VMM
and we have one of the strongest KV
programs around, specifically
because of her efforts," said
VanOostrom. "She fully understands
the importance of a strong home front
... this was our opportunity for the
'family' to take care of her."

The plan was to hold an auction of
sorts, and give the money to Nicole
for a charity of her choice. Those with



Sgt. Richard Stephens

Shaving support: Lt. Col. Paul Rock, com-
manding officer of Marine Medium
Tiltrotor Squadron 263, laughs as Nicole
Spaid 'shaves his grape' Friday. Rock's
squadron garnered \$4,289 for cancer
research auctioning off the opportunity to
shave the heads of VMM-263 senior lead-
ers. The event was a show of support for
Spaid who was diagnosed with Stage III
breast cancer days before Thanksgiving
2006.

the highest bids would shave the
"grape" or head of 263's CO, XO or
sergeant major.

Rock and VanOostrom extended
an invitation to their "cohorts in
crime" at 2nd Marine Aircraft Wing
squadrons aboard New River, as well
as the CO and sergeant major at
MAG-26, Col. David J. Mollahan and
Sgt. Maj. Donald DeHagara.

See CANCER page 3C

Practice makes
perfect for
Marines of PSD

Cpl. Chris Stankiewicz

Steady squeeze: Sgt. Dustin Broadwater raises his pistol in response
to a called command. Repetition in drills like this ensures a quicker
reaction time when Marines of PSD-1 find themselves in combat.

Cpl. Chris Stankiewicz

II Marine Expeditionary Force (FWD)

Drivers going through French Creek during the past
six months or so may have noticed the lines of infantry-
men from Personnel Security Detachment, II Marine
Expeditionary Force (Forward), in full battle gear franti-
cally charging one another across the lawns. Those paus-
ing to watch the spectacle likely saw a random few drop
to the ground, perpendicularly align their rifles atop their
hands, and muscle out a few push-ups. Those who've been
in the dark about what's going on need not wonder any
longer. These frantic mock assaults are one component in
a series of quick reaction drills the Marines of PSD-1 use
to hone their skills for their upcoming deployment.

"Basically, we get out, get all of our gear and equip-
ment on, get the rifles and pistols out and run through all
of our drills," said Sgt. Dan Peterson, PSD-1 section
leader.

Malfunctions, stoppages and magazine changes are
just some of the scenarios the detachment rehearses, he
said. "As we're moving up in our deployment cycle, we get
out there maybe once a week and just knock the dust off
to reinforce muscle memory."

Cpl. Kyle Carr, a turret gunner in PSD-1, said some
drills, such as attempting to draw and aim a pistol before

See PRACTICE page 2C

Governor's initiative identifies needs of military dependent children

Lance Cpl. Patrick M. Fleischman
Marine Corps Base

Leading up to and during a deployment a family goes through a lot, but
who is still developing and learning ideas and concepts — the children.

In an initiative, created by Gov. Mike Easley, state-wide institutes will
be training to help educators better understand the challenges faced by
children of deployed parents, according to a press release by Office of
Governor Easley.

"For many military children, teachers may be one of the few sources of
stability and attending school every day may be one of the few 'normal' rou-
tines for those whose lives are disrupted when military parents answer the
call to duty," said Easley. "Teachers and administrators need to know how
to identify and help children adjust and focus on learning during such a dif-
ficult time."

Also created by the initiative is the Web site
www.ncpublicschools.org/militarysupport.

The new site provides information about the stages of military deploy-

ment, common and serious stress reactions among students with
deployed parents, tips on identifying and working with students with
deployed parents, suggested lesson plans and activities and additional
resources for supporting children struggling with the separation from a
family member during deployment. Information about the site will be
communicated to teachers and administrators across the state, according
to the site.

In the press release Easley asked the Department of Public Instruction and
the N.C. Board of Education to develop institutes and encourage representa-
tives from each of the state's school districts to participate in one of three
regional Supporting Children and Families of the National Guard and
Reserve Institutes held this year.

These two-day training sessions were designed to help educators
understand the challenges faced by children with deployed family mem-
bers in the National Guard and Reserve and strategies to support the
needs of children and their families, according to the release.

See CHILDREN page 2C

New tax credits result from Energy Tax Act of 2005

Press release
Base Tax Center

The Base Tax Center opened Jan. 16 to prepare 2006 tax returns. Operating hours are as follows: Monday, Tuesday, Thursday and Friday 8 a.m. – 8 p.m. Wednesday unit/individual appointment day 8 a.m. – 4 p.m. For unit appointments call Gunnery Sgt. Joseph 451-5287, for individual appointments, call 451-0771. Saturday 8 a.m. – noon.

When you go to the tax center, you will be asked to fill out a client intake sheet, which will help tax center personnel prepare your return. It also provides a checklist of required information and documents.

Required Items:

- W-2 (wages from employment during the year)
- Disability income
- Interest from checking or savings account, bonds, CDs, or brokerage accounts
- State tax refund (if itemized last year)
- Alimony income
- Pension and /or IRA distribution (1099)
- Unemployment
- Social Security or rail road retirement
- Self employment
- Other income such as gambling winnings, awards, prizes and jury duty
- Education expenses
- Home mortgage payments (1098)
- Charitable contributions
- Child/dependent care expenses (Child care provider ID or SSN)
- Estimated tax payments
- Amounts of other income
- Bank account information to electronically file tax return (voided check or deposit slip)
- Social Security card for spouse married during year 2006
- Power of Attorney if filing a joint return if spouse is not present
- Social Security or ITIN number for all dependents claimed on tax return
- Dividend information
- All rental property information if claiming rental income
- Old Tax Record (2005)
- For State Tax Return, County and School District

Energy Tax Act synopsis:

Congress has passed the Energy Act of 2005 and the President has signed it. Although the new law carries many new incentives for energy companies to boost energy production and efficiency, it also includes new and substantial tax incentives for individuals to make energy

save and energy creating improvements to their homes. The incentives come in the form of tax credits which reduce your federal tax bill on a dollar-for-dollar basis. All taxpayers are eligible because the credits are not phased out at higher-income levels.

The following is an overview of the tax credits you can be eligible for in 2006 and 2007. Keep in mind that you probably will not have to determine for yourself whether a home improvement creates or saves enough energy to qualify for a tax credit under the new law's complex and technical rules. In all likelihood manufacturers will certify, in the materials that come with their products, whether equipment and materials create or save enough energy to qualify for a tax credit. You will have to determine whether your use of the equipment qualifies you for tax breaks, and how to make the best use of them.

New tax credits for energy efficient improvements include a credit for buying an assortment of energy saving improvements and installing them in your principal residence. The credit depends on the type of improvement plus there is an overall life-time dollar limit for all improvements.

The credit per improvement is:

- 10 percent of the cost of energy efficient building envelope components. These consist of: insulation materials or systems that reduce heat loss/gain; exterior windows (including skylights); exterior doors; and certain metal roofs with special coatings designed to reduce heat gain. You must be the first user of the equipment, which must be expected to last for at least five years.
- Up to \$300 tax credit for the cost of energy-efficient building property (electric heat pump water heater, electric heat pump; geothermal heat pump, central air conditioner and natural gas, propane, or oil water heater meeting specific energy efficiency standards).
- Up to \$150 credit for a natural gas, propane, or oil furnace or hot water boiler.
- Up to \$50 credit for an advanced main air circulating fan.

Your overall lifetime tax credit for all of the above improvements is \$500, and only \$200 of this credit amount may be for buying and installing energy-saving windows. The tax credits for energy-efficient improvement will only be available for equipment placed in service 2006 and 2007. ■

CHILDREN CONTINUED FROM IC

"While many people think of our military families in and around active-duty bases in our state, the fact is we have children of National Guard members and Reservists all across North Carolina," said Maj. Gen. William E. Ingram, adjutant general, North Carolina National Guard. "Teachers in every school system have children dealing with the issue of deployment in their classroom. We owe it to the men and women serving our country to provide educators with the tools they need to support these children."

While the state is starting this initiative Onslow County is ahead of the curve explains, Kathleen Holbrook, student support services facilitator for Onslow County Schools.

In most Onslow schools there are Deployment Groups lead by social workers and guidance counselors, said Holbrook.

The groups allow students to come together to speak with one another about what the deployment will be like and ways for them to cope, added Holbrook.

Schools also have Wall's of Honor, which showcase parents on deployment so the students can put names of students with the faces of their parents, said Holbrook.

"Military children make up approximately 50 percent of our student population so we are very affected by these matters [deployment]," explained Holbrook. For the last three years the White Oak High School and Northside High School 'Student to Student Ambassadors Program' put pre-trained students from

the school with students to talk at school, what they expect, what there in the community to help fit into said Holbrook.

"On top of the programs we have always available with students about issues they have deployments or changes of duty status their parents," Holbrook.

North Carolina to the fourth largest in the nation, 123,000 including members of the National Guard and Reserves. More than 23,000 military personnel members of the Guard and Reserve in North Carolina deployment, according to the U.S. Department of Defense. ■

APPRENTICE CONTINUED FROM IC

else on his resume when he enters the job market.

Programs are very simple to complete, said Buday. Only a certain number of Marine occupational specialties have apprenticeship programs. Some occupations have many different programs while others only have one. Each of the programs has a list of skills, which have a minimum hour requirement of work in each area.

Every day a service member records how many hours he or she works in each skill and the Marine's staff noncommissioned officer or officer in charge to sign off on each week to verify that the work has been done, said Buday. Every six months service members take their logged hours to the education office who faxes the

information to the U.S. Department of Labor, which also keeps track of the number of hours worked.

Service members can get away from their program, said Buday, the completion of their occupation a thousand hours will count toward a program, but the hours can only be up to half of the total hours required for the program.

Even though an occupational may have many programs, a Marine only be enrolled in one program, said Buday.

"This is a great program because it goes to benefit the Marines who stay in or get out," said Buday. "to put them heads and shoulders above their peers when they apply for a job."

For more information contact Bowman, the program registrar 3091 or 451-0064. ■

PRACTICE CONTINUED FROM IC

a charging assailant strikes, can be difficult to master. Still, he said, there are ways he uses to motivate himself, and those his supervisors throw at him.

"You start timing yourself, so, you see improvement and that makes it more while," he said. "If your partner tags you before you draw and shoot him, you can push-ups."

Carr said that this drill and others, such as casualty maneuvers in a moving and rapid magazine changes, serve a real purpose.

"The faster we get at these drills, the faster we get when this actually happens in Iraq," he said. "The better we get at this, the more lives it's going to save."

Last year, there were less than 20 Marines in Iraq as the MEF PSD. This year number is several times that. The unit's training regimen is supported by the experiences last year's veterans bring to the table. Peterson said he already knows training will pay off, especially given the number of Marines new to the PSD mission detachment has complemented their unit training with numerous specialized and security classes as well.

"From last May until now, there is definitely a big improvement overall in teamwork and the level of familiarity with PSD," he said. "I think we had a lot of who have done it before. Now, everyone's a lot more familiar with the job. That's all good infantrymen before, but now they are all good infantry with familiar PSD training."

All Marines can benefit from the type of drills the PSD continually exercises, Peterson, regardless of their job specialty.

"Be comfortable with the equipment you have, be comfortable being a professional with your weapon system," he said. "Being in the infantry is what we do. It's a lot to all Marines, but we [PSD] just take it to another level."

The unit will take their specialized training as PSDs to another level this year in Anbar province, Iraq, where they'll provide security for the generals and the VIPs, heads of state and dignitaries who travel into their area of operation. ■

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451-1536/2804

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<https://rdol.mol.usmc.mil>

Off-limits establishment

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

Doll House	Highway 258 West, Jacksonville
Easy Money Catalog Sales	233-F Western Blvd., Jacksonville
Fantasies	4951 Richlands Highway, Jacksonville
Illusions	Richlands Highway, Jacksonville
Jacksonville Speedway Auto Parts	401 Blue Creek Elementary School Road
Playhouse	6568 Richlands Highway, Jacksonville
Pleasure Palace	Highway 17, Jacksonville
Private Pleasures	5527 Highway 258, Jacksonville
Reflection Photo	353 Western Blvd., Jacksonville
Smitty's R&R	Highway 17, Jacksonville
Talk of the Town II	114 Texie Lane, Jacksonville
Tender Touch	Highway 258, Jacksonville
Veterans Affairs Services	La Miranda, Calif.
Club Classics	New Bern
Club Liquid	240 US 70 West, Havelock
Bell Auto Salvage II	136 Abbits Branch Rd., Hubert
Botta Booms	3054 Wilmington Highway, Jacksonville
Cash-N-Advance	2235 Lejeune Blvd., Jacksonville
Laird's Auto and Truck Repair	1197 Piney Green Rd., Jacksonville
Par Tech	487-A Western Blvd., Jacksonville
Student Assistance Co.	244 S. Randal Rd., Elgin, Ill.

Hotline numbers to report fraud, waste, abuse and corruption

Department of Defense	800-424-9098
Inspector General, Marine Corps	703-614-1348/1349
Camp Lejeune (Recorded line)	451-3928
Hearing impaired	451-2999
To report business fraud	451-3928

Please make checks payable to "Camp Lejeune NNOA chapter" and send to: National Naval Officers Association, P.O. Box 883, Camp Lejeune, N.C. 28547-8883

Please enclose the names and ranks of all guests and an e-mail address if receipt confirmation is requested. Deadline for payment Feb. 1. For more information, call Lt. Thomas at 451-3101 or e-mail Elizabeth.thomas@med.navy.mil or trana.wright@usmc.mil

Get off the phone and drive.

No cell phones allowed in POVs unless the operator is using a hands-free device.

CANCER

CONTINUED FROM 1C

winning bidders-turned-barbers manned the clippers to do quick work of the locks, the rowdy group took it a little further and someone yelled "I'll pay \$100 to shave his head," said Nicole.

"The thing I knew there was a bounty on the head of half the Marines in the room and a few decided to counter-offer to shave his hair," said Nicole.

gathered close to \$1,500 just to shave Colonel Oostrom's head," said VanOostrom, who mentioned that sev-

eral other squadron leaders — though they couldn't stay for festivities — made monetary donations.

Rock said he expected their Marines would rally to this cause, but was "blown away" by the level of support. The unit raised more than \$4,200 in under 45 minutes.

"One of Nicole's goals is to raise awareness. If she has for just one or two people, she's done what she set out to do," said Maj. John Spaid, 263's intelligence officer, who took part in the event along with Nicole's parents who came from Albuquerque, N.M., to assist while she is in treatment.

Nicole, a self-proclaimed "poster child" for living clean, is an aerobics instructor and doesn't drink or smoke. She found the lump while nursing her youngest child.

"I did everything they tell you to do to reduce the chances of

getting breast cancer ... people need to know that there is always a chance," said Nicole, who has chosen to donate the funds for cancer research to the Lance Armstrong Foundation. "What people need to learn from this is to be proactive and know your own body. With early detection, it's curable in most cases."

"I'd like to thank the contributors, both in terms of support and donations," said Rock who specifically mentioned that support from other units on base "helped make this morning's event a success well beyond what I could've anticipated."

"It's overwhelming, this show of support," she added. "It just brings home that our squadron is a true family."

John, considering the plight of his extended Thunder Chicken family, said, "I guess, it's not so bad looking at a bunch of ugly grapes if it's for a good cause." ■

Camp Lejeune, N.C. Harris Point NNOA Chapter Mess Night

10 at MCB Camp Lejeune Officers Club. Cocktails start at 6 p.m., dinner at 7 p.m. \$50 for O-4 and above, \$40 for O-3 and below, civilians. Proceeds go to the Harris Point NNOA scholarship fund.

Please make checks payable to "Camp Lejeune Harris Point NNOA chapter" and send to: National Javal Officers Association, P.O. Box 100, Camp Lejeune, N.C. 28547-8683

Please enclose the names and ranks of all guests and an e-mail address if receipt confirmation is requested. Deadline for payment is Feb. 1. For more information, call Lt. Col. Thomas at 450-3101 or e-mail thomas@med.navy.mil or wright@usmc.mil.

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The Globe

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You may also drop off your form and payment at this address.

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Tim

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\$9.00

Mom,
Thank you for your love and support. I hope you have a Happy Valentine's Day!
Steve

1x1.5
\$12.00

Jessica,
You have been there through so many deployments throughout these years. I am so grateful for your friendship.
Victoria

1x2
\$18.95

Rick,
We have been married for 30 years. I am so thankful that you have been such a loving husband and father.
Laura

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\$22.00

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From Mark

1x1 with photo
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Jessica,
I am so grateful for you.
Jody

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Steven,
I am so grateful for your friendship.
Heather

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You have been there through so many deployments throughout these years. I am so grateful for your friendship.
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2004 TOYOTA COROLLA - Red, 4 Dr. Sedan, 1.8L 4 cyl, 23,527 Miles, \$13,750.

2004 NISSAN ALTIMA - Gold, 4 Dr. Sedan, 2.5L 4 cyl, 43,728 Miles, \$13,555.

2004 MITSUBISHI LANCER RALLIART SPORT - White, 4 Dr. Sedan, 2.4L 4 cyl, 55,493 Miles, \$13,820.

2004 DODGE NEON SXT - Burgundy, 4 Dr., 2.0L 4 cyl. Fuel Injection, 43,930 Miles, \$8,629.

2006 JEEP LIBERTY SPORT - Gold, 4 Dr. Wagon, 3.7L 6 cyl., 18,739 Miles, \$15,425.

2006 MITSUBISHI LANCER ES - Silver, 4 Dr., 2.0L 4 cyl. Fuel Injection, 18,228 Miles, \$12,490.

2006 SATURN VUE - White, 4 Dr. Wagon, 3.5L 6 cyl., 30,103 Miles, \$18,689.

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2004 GMC ENVOY - Red, 4 Dr. Wagon, 4.2, 6 cyl, 39,864 Miles \$17,280.

2004 CHRYSLER PT CRUISER TE - Silver, Sports Van, 2.4L 4 cyl 34,413 Miles, \$9,675.

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2006 DODGE RAM 1500 QUAD SLT - Blue, Crew, 4.7L, 8 cyl., 11,996 Miles, \$23,568.

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& LOVESEAT Both 1 year old, in condition. \$600 for both. 1.

& LOVESEAT Olive in color with ained wood frame. Beautiful! Has 8 pillows. Must see, o. 455-3342.

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ROOM SET Cherry six chairs, chst, separate butler's serving stars old. \$900 firm. 353-9263.

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Miscellaneous

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ASSORTED Iron firewood stove, antique, 2 doors, \$200. Pool table, \$150. Foos-

Miscellaneous

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ASSORTED Osullivan computer armoire, \$175. Gateway computer w/ printer, \$125. Wood desk, \$35. Eddie Bauer travel system, \$110. 353-3761.

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Miscellaneous

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Miscellaneous

3ALL SUPPLIES-3 guns, 2 packs & 2 #2 tanks & lots more, good on. \$650/obo. 382-9281.

BLOCKS-100 large square red packs, \$50 firm. Must pick up. 353-5877.

STICK-Meucci pool stick with a seaf, case, slicker, chalk & scuffer, 353-5877.

TABLES-8ft. mahogany, new, sories & felt. Still in box. Regular 3945. Will sell for \$1800. Contact 10-367-6285.

Adorable Dooney & Bourke black purse w/colored writing on outer ever used. \$100. 324-2720.

& COMIC COLLECTION-Old man a 50 year stamp & comic accu- on at unbelievably low prices. 98.

ER-Graco Snugg Ride 2006 Metro-Black & silver, Graco Pedit padly used 4 mos, excellent condi- 0. 467-5526.

Evenflo whisper quiet infant Excellent condition, \$25/obo. 92.

VON DO EQUIPMENT-4 ft staff ack canvas bag & 2 escrima All for \$30. 353-5239.

SYM 1700 CLUB-Great condition, with all accessories, manual, and 250/obo. 310-709-8721.

MILL-Pro Form 650 space saver, 340-1781.

STROLLER-BabyTrend Brecken- rand new. 3 reclining seats, one s flat to bassinet. Perfect for day- 3 children. 353-4941.

MS-Desert cammies, like new, d reg blouses & two med small. \$20 each. 561-901-1797.

MS-Digital combat utilities, 4 d & 2 desert. Med/long, best of- 309-5710.

IG DRESS-White sleeveless wed- size 16 from David's Bridal. worn, tags still attached. 30. 740-525-0861.

BENCH-MPX, used few times, extra weight. \$45. 381-9618.

SET-Weider model 240 wide grip bench w/bench press, preacher stable seat, & leg curl. Weider 300 lbs. all rubber wrapped. 30. 388-0118.

Linde AC/DC 300 amp welder, rry well, \$350/obo. 330-8820.

HAIR-Merits brand lightweight wheelchair w/dual footrests. Ex- ondition, \$175/obo. 347-2403.

JACKETS-Mens L Columbia blue- /light grey, \$25. Boys 18-20 Co- fectonite blue/dark grey/black, at condition. 325-6750.

BENCH-4'x4'35", built from 4x4, rriage bolts. Bottom shelf, slots ll wood vices. \$40/obo. 467-

Pets & Supplies

AB PUPPIES-10 wks w/1st shot- 1 male & 2 females left. \$100 0-285-2132.

TERRIER-Female, 2.5 years old. kids. \$200. 324-5182.

PUPPIES-AKC, fawns & brindles. -ked, dewclaws removed, de- 1st shots. \$450. Payment plan. 4.

l, long haired ragdoll cat. Very rith big blue eyes. Has Siamese 376-5509.

le Siamese pure-bred and fe- Siamese mix. \$250. 5869.

UA-5-6 lbs, black with a little brown. Very cute. Includes ken- eash, collar, 2 jackets, & shirt. 7-4888.

ELS-2 w/cage, \$150. Single age, \$80. 904-347-5869.

Pets & Supplies

DOG KENNEL-Black Metal has two doors & is collapsible. Measures 36"L 24"W 27"H. \$35 price negotiable 910-200-2486.

DOG KENNEL-For large breed. Black w/tray, \$25. 904-347-5869.

FISH TANK-65 gal w/stand, sump tank, & many extras. \$400/obo. 382-8742.

GERMAN SHEPHERD PUPS-Import lines. Perfect for home protection/companion, police. Working line dogs that are easily trained, highly intelligent, & loyal. Taking deposits. 388-0118.

GLIDER TURTLES-2 red w/aquarium & equipment, \$75. 904-347-5869.

GOLDEN RETRIEVER-2 years old. Free to good home. 353-4673.

HORSE-10yr old appendix quarterhorse, lots of energy, shown English for several years, jumps 3'6", easy to handle, beau- tiful conformation, intermediate rider. \$2500/obo. 548-0756.

LOVE BIRD-Free, really sweet bird. Comes with cage & food. 310-709-8721.

PANDA HAMPSTERS-One male, one fe- male with food & \$100 worth of cages and tunnels, good pets. \$50/obo. 447-0131.

PIT BULL PUPS-ADBA reg. Cordiero and york bloodlines, 1st shots. Males & fe- males. Blacks & brindles. 455-3290.

PIT BULL/ROTTWEILER MIX-Puppies. Males & females. Brindle & brindle mix colors. 478-5419 1/m.

ROTTWEILER PUPPIES-3 males, 3 fe- males. CKC registered. \$375. 455-4138.

ROTTWEILER PUPPIES-Family raised, for show or companionship. Beautiful, big boned. Deposits accepted. 264-1771.

SHIH TZU PUPPIES-1st shots, worming & vet checked. CKC registration. Ready to go Jan 22. Taking deposits now. Fe- males, \$500. Males, \$450. 548-2744.

SHIH TZU PUPPIES-Ready for Valentine's Day. Beautiful colors, chocolates, brin- dles, white & black mixes. Payment plan, taking deposits. Papers included. \$450. 577-3936.

SIBERIAN HUSKEY PUPPIES-Vet checked, 1st shots, CKC registered. 938-9094.

SUGAR GLIDERS-2 females out of pouch date 12/29/06. \$300 each. Taking de- posits now. 455-4583.

WHITE LABS-\$200, will be 6 weeks old on Feb 15. Reserve now for nonrefund- able \$50 deposit, 1st set of shots includ- ed. 910-787-2857.

YELLOW LAB-7 month old, no papers but has shots UTD. Comes w/large dog house, collapsible cage, shampoo, food and toys. 545-2815.

YORKIE-Male. Mom 5lbs & dad 2.6 lbs. Shots, wormed, vet checked. \$900. 910-789-2214.

Wanted

FURNITURE-Need free furniture to be do- nated for military training aid. Will pick up any condition. 581-1781.

HOUSE TO RENT-Retired military family of 3 looking to rent 3BR house March 1 or sooner. Guaranteed direct deposit sec- tion 8 voucher. 252-474-6336.

ROOMMATE-3BR/2BA, <1 mile to back- gate of Lejeune. Large back yard. Pets ne- gotiable. Furnished room. Utilities includ- ed. \$350/mo. 548-1122.

ROOMMATE-Close to base, nonsmoker, nice environment, \$370/mo, available 2/1/07. 546-8861.

ROOMMATE-Company grade or civilian for 2BR/2BA, internet, gym, pool in new apartment. \$400. 526-6621.

ROOMMATE-For 2BR/1BA apartment in quiet neighborhood w/excellent refer- ences. Near MCB/MCAS. Mature, SNCO or Officer. Very private. No parties. \$425 all inclusive. 910-265-1118.

ROOMMATE-Peaceful, non-smoking home in quiet neighborhood w/excellent refer- ences. Near MCB/MCAS. Mature, SNCO or Officer. Very private. No parties. \$425 all inclusive. 910-265-1118.

Wanted

VEHICLE-Need free vehicle to be donated for military training aid. Does not have to work, will pick up any condition. 581-1781.

USED CHAIN LINK FENCE-I will buy your used, good condition, chain link fence at a fair price. 340-6504.

Auto Miscellaneous

ASSORTED-1997 Nissan truck bedliner, 4x6, \$150. 5x6, \$150. 252-268-6039.

BODY KIT-For 00-05 Eclipse. Blitz, still in original box. \$650/obo. 478-8389.

HEADERS-For Ford 302/351. In 'box w/gaskets & hardware. Fits 1980 to 1995 F150 or full size Bronco. \$135/obo. 330-8820.

MUFFLERS-Thrush Turbo 400 dual ex- haust mufflers. Brand new in box. \$100. 743-0098.

RIMS & TIRES-17in cruiser alloy rims w/discoverer ATR tires, LT285/70R17. Bought new, exc cond, used 4 months only. \$1000. 265-4921.

RIMS-18in, sporty, fits most front wheel drive GM cars. Very nice, lots of good tread, silver. Make offer. 419-602-0440.

SPACERS-Ford Mustang Cobra rear wheel spacers, 2in & 1 1/2 in. \$60 for both, will sell separate. 554-0350.

SUBWOOFER-15in Kicker CVR subwoofer in box. \$75. 554-0392.

TIRES-4 Pro-Comp tires, all terrain P265- 75R16. Brand new. \$500. 743-0098.

TRAILER-7X16 enclosed, dual axle w/ ramp & side door, electric brakes, emer- gency brake, inside light. Very good con- dition. \$4200. 546-7125.

Automobiles

1964 CHEVY IMPALA SS-All original, one owner, 141K orig miles. Looks & runs great. 353-3930.

1973 CORVETTE STINGRAY-350 auto- matic. New paint, blue with pearl. Looks and runs great. Selling at a loss, need the space. \$11,500/obo. 340-6504.

1979 JEEP CJ7-V8, 304, partially re- stored, good condition. Can be a project jeep for an enthusiast. \$6000. 265-3641.

1986 CHEVY SILVERADO-4x4, 8ft bed, many new parts including new engine, new paint, new interior. \$6000/obo. 508-725-6129.

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1998 Infinity Q45, Low Miles.....\$8999.00

2000 Dodge Grand Caravan.....\$4899.00

1999 Dodge Grand Caravan Sport.....\$3999.00

1996 Mazda Protege LX.....\$2499.00

1994 Mazda B-2300 Truck.....\$1350.00

1997 Ford Explorer, XLT.....\$3000.00

1987 FORD RANGER-Gold 4x4 extended cab, roll bar, brush guard, 137k miles, manual transmission, runs & looks good. \$3295. 346-9284.

1989 MAZDA B2200-Needs new ball joints. \$1500/obo. 254-216-0689 4:30-7:30 PM.

1990 CHEVY CAMARO-V8, 4tops, new exhaust, runs good, \$1800/obo. Will consider trade. 405-974-1043.

1990 HONDA HATCHBACK-Red, 5 speed, 1.6 ordered from Japan. \$3700/obo. 934-3422.

1990 PLYMOUTH LASER-Runs good & in good condition. \$1000/obo. 554-5856.

1991 ISUZU TROOPER-4x4, must sell. 138,000 miles, A/T tires, 5 speed, \$2500/obo. 910-554-9651.

1992 FORD F150 XLT-Flair side, short bed, \$3000. 743-8931.

Automobiles

1993 CHEVY CAVALIER-2dr, 4 cylinder. Needs a little work. \$900/obo. 330-8660.

1993 CHEVY CORSICA-Runs great, low miles, automatic w/CD player. \$500/obo. 467-9445.

1993 NISSAN SENTRA-Runs & is in good condition. Great gas saver. 545-8110.

1994 MAZDA MX3-Hatchback, teal, runs great, inspected, 149,600 miles. AC, AM/FM cassette, alloy wheels. \$2000/obo. 252-646-5066.

1994 PONTIAC FIREBIRD-\$1500/obo. 540-2010.

1995 ACURA INTEGRA-Maroon, 4dr, au- tomatic, CD player, 188k miles, runs good, looks good, great on gas. \$3200/obo. 989-0400.

1995 HONDA CIVIC EX-\$3800. 95 Ac- cord, loaded, EX. \$3750. 910-381-0554.

1997 CHEVY BLAZER LT-Black, 4dr, 4WD, leather, fully loaded, new AC, tires, brakes, etc. 101K mi. \$6500/obo. 545-2047 1/m.

1998 CORVETTE CONVERTIBLE-6 speed, 63K miles, white, great condition, \$19,500/obo. 326-7025.

1998 TOYOTA TACOMA-4WD, 3in lift. Great cond. \$10,000/obo. 554-0350.

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'01 Kia Optima.....\$4,995

'96 Pontiac Sunfire.....\$2,795

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1999 NISSAN ALTIMA GXE-4dr, power windows, locks, & mirrors. Tint, CD, well maintained, good gas mileage. \$5300/obo. 353-7054.

2000 MERCURY SABLE-Fully loaded, ex- cellent condition. \$3500/obo. 554-1991.

2000 SATURN SL2-4 cyc, AC, 109,000 mi, 4 new tires, \$3500/obo. 546-4324.

2000 TOYOTA 4 RUNNER SR5-4WD, great condition. Dark green. 80,000 mi. \$12,500. 548-2216 after 3:30 PM.

2001 ACURA CL TYPE S-Navigation, spoiler, fully loaded, 88200 mi. \$11,000/obo. 554-9661.

2001 FORD EXPLORER SPORT TRAC-Utility pickup 4D, excellent con- dition, has everything, \$9300. 459-3110.

2001 FORD F-150-Lariat Edition, 87k miles, 6 disk changer, dual Flowmaster exhaust, hard Tonneau cover, spray-in bedliner. \$17,000/obo. 989-0400.

2001 MITSUBISHI GALANT ES-Fully load- ed, excellent condition. \$5000/obo. 554-1991 1/m.

2001 PONTIAC GRAND AM SE-Runs great, with 99k miles. \$4000/obo. 581-3444.

2001 SATURN SL2-4 door, in great con- dition. \$5500. 714-309-5710.

2002 FORD EXPLORER-Limited 4x4, leather, power windows & locks, power heated seats, 3rd row seats, top pkg, new tires. 77K. \$14,900/obo. 546-4640.

2002 NISSAN MAXIMA SE-Power seat, windows, locks, Tint, remote start/alarm, aftermarket sound system, excellent cond, take over loan. 554-6476.

2002 VW JETTA 1.8T-55K miles. Silver, black leather, ext warranty, tiptronic trans, sunroof, seat warmers, moonson stereo, exc cond. \$15,000/obo. 548-0672.

2003 FORD WINDSTAR LX-Burgundy, dual sliding doors, compact disc, cas- sette, airbags, new tires, adjustable ped- als. 70K, excellent condition. \$10,800. 381-9618.

2003 HONDA SANTA FE-Red, fully load- ed, 65,000 miles, non smoker. \$12,500/obo. 545-4599.

2003 SEBRING LX-47,000 mi, good on gas, priced well below blue book. \$7499. 375-1674.

2004 CHEVY IMPALA-Excellent condi- tion, 50k highway miles. 20in rims, top of the line sound system, tint, automatic

Automobiles

starter w/warranties. \$15k/obo. 321-217-6603.

2004 DODGE NEON-Excellent condition, 29,000 km, power windows & locks, AM- FM CD, rear spoiler, silver, \$8500/obo. 545-5435.

2004 FORD RANGER EDGE-Auto trans- mission w/overdrive, 42K miles. \$13,300. 467-2097.

2004 HONDA CIVIC-\$10,800. 36K. Fac- tory warranty, one owner. 910-381-0554.

2004 PONTIAC GRAND PRIX GT- \$220.55 per month. Call Sander's Ford 1- 800-419-3219.

2005 CHEVROLET Z71-4x4 extended cab short bed. Under 14,000 miles. fully loaded. Very well maintained (like new condition) must sell, moving overseas. 910-381-8416 Curt.

2005 DODGE CARAVAN-Blue, 15K miles, 7 yr warranty, DVD, power locks/windows, ABS, cruise, take over pmts. 571-643-4185.

2005 FORD FOCUS-Tan 4 door ZX4, 71,600 miles (all highway miles), runs great, excellent condition. \$9800 or take over payments. 388-0492.

2005 FORD FOCUS ZX4-\$157.26 per month. Call Sander's Ford 1-800-419- 3219.

2005 FORD MUSTANG, LEATHER- \$290.62 per month. Call Sander's Ford 1- 800-419-3219.

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'99 Saturn SC2 \$3,777

'95 Mazda Millenia \$2,199

'91 Toyota Camry \$2,999

'93 Mazda Protege \$1,999

'95 Chevy S-10 R/Cab \$2,599

'95 Nissan Altima \$3,200

'06 Ford F-350 Lariat Dually \$41,999

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2005 HONDA ACCORD-4 door LX, 18,000 miles, 1 owner, great condition, garage kept, navy blue, power everything, \$18,000. 340-5088.

2005 HONDA ACCENT-33K miles, new tires, 36 MPG, motivated seller. \$9750/obo. 340-3417.

2006 CHRYSLER SEBRING TOURING- \$209.99 per month. Call Sander's Ford 1- 800-419-3219.

2006 CHRYSLER SEBRING, TOURING- \$221.84 per month. Call Sander's Ford 1- 800-419-3219.

2006 CORVETTE COUPE LEMANS-Blue, Z51 performance package, LT3 package. Heads Up display, Bose, XM radio, 6 speed. 19K. \$43,000. 724-388-1976.

2006 TOYOTA COROLLA XRS-Black w/black interior, 4 door, 6 speed, power windows/locks, 3500 miles, 6 disc CD, \$17,500/obo. 546-4640.

Boats & Recreation

1967 CHEVY C-30-Camper, sleeps 4, new refrigerator, AC air, bathroom with shower, runs good, 35,000 actual miles. \$1200. As is. 326-1155.

1989 CELEBRITY CROWNLINE-30ft cab- in cruiser, twin 350 Mercruisers, sleeps 6, full head, salmon enclosure, 2 GPS, Aluminum axle trailer. \$25,000/obo. 252-229-8107.

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5 Speed Automatic Transmission, Air Conditioning, Stereo Cd, Power
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Curtain, Tilt/Telescopic Steering Wheel, Cruise Control, 4 Cylinder Engine

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Camp Lejeune happenings

Net weaving
 Talents is offering basket weaving Feb. 1, 10 a.m. - 2 p.m. The fee for the class is \$10. The registration fee is \$5. The class is limited. Hidden is located in the 4th, around the corner from the Subway. For information, call 58.

Classes for 18 months - 3 years
 Classes for children ages 3-12 years old are held at Midway Community Center. Children can learn ballet, tap, jazz, acrobatics, tumbling, and stage performing. Classes will be held in the base theater. Classes are part of a program called, "Miss Lejeune's School of Arts." Classes are held on Wednesdays and Fridays. An emphasis is placed on teaching what the children have learned into performance pieces, learning teamwork and how to perform in front of an audience. The little children, age 3-5, have movement classes offered on Wednesdays for 3- to 5-year-olds. Children learn how to listen and move their bodies to the music by singing songs. They learn how to be creative and learn to make scarves and puppets. Basic tumbling is also taught. For information, call 58.

Shouldn't fashion
 Voices Speak Up to stop family violence. Marine Corps, formal wear, dresses or business suits are needed to be worn and then donated to the upcoming "Shouldn't Hurt" show Feb. 17, 7 p.m. at the 4th and 5th floors and models of various sizes are needed. For more information, visit www.voices.org or call 58.

American weekend
 A ticket to the annual Daytona 300 race. The Daytona 300 is a Busch Series race (Feb. 17 and 18) at the Daytona International Speedway. For more information, visit www.mccs.com/ITT or call 58.

around at Auto Body Shop
 Our hobby tech equipment. The Auto Body Shop. The shop service paint features Williams auto-ports for sale. Also houses a welding shop located at the extension. Operating Wednesday - 10 p.m. and Sunday, 9 a.m. For more information, call 451-

Jewels of Jacksonville

Want to travel? Limited time? Explore the wonders of your own backyard

Amy Segreti
 Carolina Living Editor

It's fun to spend a day out of your neck of the woods once in a while, whether it's an hour's drive to Wilmington for the theater, a two-hour trek to Raleigh for a taste of city life or an afternoon's drive up to the Outer Banks for some fresh air. But sometimes you just don't feel like driving for hours to get away. Read on for some interesting, energizing and appetizing places to settle for a day in your own backyard — Jacksonville.

Start your morning by taking your kids over for a short adventure at the **Lynnwood Park Zoo** located at 125 McGowan Road. It's small — only 10 acres — but offers exhibits of more than 50 different animals, including llamas, donkeys, zebras, snakes and goats. Children can benefit from the small environment, in that the owners are more willing to let children interact safely with the animals — they can even pet and feed them. More personal attention is given than at bigger zoos; behind-the-scenes and guided tours are regularly given. The animal habitats are well-spaced, the trails are well-kept and although in some areas the smells might send you packing, the atmosphere is very welcoming overall. For more information, call the zoo at 938-5848.

Stop by **Beans Coffee House** located at 314 Western Blvd. for a caffeinated pick-me-up and a bite to eat. Their coffee is freshly ground right after you order and their eggplant sandwiches are superb. A great place to relax, the coffee house offers cozy couches and wireless internet. The owner, Ellen Smith, hosts community events such as weekly poetry readings and artist showcases. Give them a call if you want more information at 353-9030.

Now that you're revved up on coffee, head over to **Coastal Paintball USA** for some sweat-inducing fun. Probably best if you're with children — or at least if you can do a good job acting like one — Coastal Paintball offers five playing fields in addition to a recreational paintball store. As of press time, the previous 2586 Wilmington Hwy. location is closed and they are operating out of the Camp Lejeune facility on Parachute Tower Road.

See TRAVEL page 3D

Lynnwood Park Zoo:
 Goats are one of 50 animals children can see at the zoo.

Onslow Museum:
 An 38-foot canoe over 800 years old is the centerpiece.

Hooligan's: Nonpoint performs at a military appreciation night.



Courtesy photos
 Design by Amy Segreti

'Rocky Balboa' one of the best in the Rocky series



From the front row

with
Reinhold
Moldenhauer
Huneycutt

Now playing at Camp Lejeune

"ROCKY BALBOA" (PG)

"Rocky Balboa" is the sixth round in the very popular and successful Rocky series. Sylvester Stallone ("Spy Kids," "Cliffhanger," "Rambo") returns to the ring as an older and wiser Rocky Balboa. The former heavyweight champion, who now runs an Italian restaurant, steps out of retirement and back into the ring.

When a computer simulated boxing match declares Rocky the victor over current champion Mason "The Line" Dixon, played by the actual champ Antonio Tarver, the legendary fighter's passion and spirit are reignited.

But when his desire to fight in small, regional competitions is trumped by promoters calling for a rematch of the cyber-fight, Rocky must weigh the mental and physical risks of a high profile exhibition match against his need to be in the ring.

Burt Young ("Carlito's Way," "Land of Plenty") costars again as Paulie, Rocky's best buddy and brother-in-law; and Talia Shire ("Kiss the Bride," "I Heart Huckabees") appears in flashbacks as Adrian, Rocky's beloved wife.

Milo Ventimiglia ("Dirty Deeds," "Cursed") plays Robert Balboa, Jr. and Geraldine Hughes is Marie.

Sylvester Stallone, who created this char-

acter, wrote the stories and directed "Rocky II," "Rocky III" and "Rocky IV," is again in the director's and writer's chair.

"Rocky Balboa" is written, directed and portrayed with great heart, giving us more insight into this character and retiring this wonderful series with grace.

This is one of the best Rocky stories since the original movie, reminding us of the earlier times in his life and bringing back all the basic elements that the faithful audiences loved so much in the 1976 best-picture Oscar award winning "Rocky."

Now playing in Jacksonville

"LETTERS FROM IWO JIMA" (R)

"Letters from Iwo Jima" is a war drama that revisits the Battle of Iwo Jima, but this time from the perspective of Japanese soldiers. It is the companion piece to Clint Eastwood's "Flags of Our Fathers."

Sixty-one years ago, U.S. and Japanese armies met on Iwo Jima. Decades later, several hundred letters are unearthed from the stark island's soil. The letters give faces and voices to the men who fought there, as well as the extraordinary general who led them.

Almost 7,000 American servicemen were killed on Iwo Jima; more than 20,000 Japanese troops perished. The black sands of Iwo Jima are stained with their blood, but their sacrifices, their struggles, their courage and their compassion live on in the letters they sent home.

Also known as "Red Sun, Black Sand," this is the story of the battle of Iwo Jima between the United States and Japan during World War II, told from the perspective of Japanese soldiers defending the island against U.S. troops.

It is about two good friends serving in the Japanese forces. The two watch helplessly through various battles as their comrades are killed.

With an all-Japanese cast, Ken Watanabe



Photo courtesy

'Rocky Balboa:' An older and wiser Rocky Balboa, played by Sylvester Stallone, returning to weigh the risks of a high profile exhibition match against his need to be in the spotlight.

("Batman Begins," "The Last Samurai," "Memoirs of a Geisha") stars as General Tadamichi Kuribayashi. His travels to America have revealed to him the hopeless nature of the war but also given him strategic insight into how to take on the vast American armada streaming in from across the Pacific.

Director Clint Eastwood ("Million Dollar Baby," "Mystic River," "Bloodwork") filmed this untold story of the Japanese soldiers and their general who defended them against the invading American forces immediately after finishing "Flags of Our Fathers."

"Letters from Iwo Jima" gives us a more intimate look at the struggles of the soldiers. This war drama is a very graphic and emotional journey as it explores Japan's painful past.

"DREAMGIRLS" (PG-13)

"Dreamgirls" is a musical chronicle of the rise and fame of a black female soul singing trio in the 1960s who try to cross over to the white music charts.

The film is set in the Motown era and is based on the successful 1981 Broadway musical loosely based on Diana Ross and the Supremes.

"Dreamgirls" is about a promising singing trio comprised of three girl friends from Chicago who call themselves The Dreamettes.

Accompanied by their songwriter, they travel to New York to compete in a talent show at the Apollo Theatre.

Although they do not win, their talent attracts the attention of an ambitious manager, who reshapes the group to crossover from R&B to the more lucrative pop music scene.

Renamed The Dreams, they successfully rise to international superstardom. However, the money, fame and adulation do not bring them happiness.

Pop star Beyonce Knowles ("The Pink Panther," "The Fighting Temptations," "Honeymooners") plays Deena Jones, who outshines the group with her looks, quickly

takes center stage and conquers the stage. Jennifer Hudson, of American Idol, makes her acting debut as Effie White, lead singer, who is edged out of the group by Deena and eventually gets dropped from the group.

Anika Noni Rose (Tony Award-winning Broadway's "Caroline or Change") plays Robinson, who is in a stormy relationship with the fading superstar, James Earl Ray, played by Eddie Murphy ("48 Hrs.," "Beverly Hills Cop"), for whom girls appear as backup singers.

Sharon Leal (TV's "Boston Public") plays her turn as Michelle, the fourth singer who takes Effie's place.

Among the outstanding cast are Jamie Foxx ("Ray," "Stealth"), "Colin Hanks" ("The Last Samurai"), "Colin Hanks" ("The Color Purple") as Marty, "Colin Hanks" ("Moulin Rouge") as C.C. White, and "Colin Hanks" ("Moulin Rouge") as C.C. White, writing younger brother.

Director Bill Condon, who wrote the screenplay for "Chicago" and won an Oscar for "Gods and Monsters," also wrote the screenplay for "Dreamgirls" and produced a stellar ensemble for this project.

Contributions by choreographer Robin Robinson and costume designer Davis ("Ray"), who created more than 100 costumes for this show, add to the success of this musical film.

"Dreamgirls," which is essentially a piece, shows us the sad fact that the music industry does anything to be famous.

The movie has show-stopping musical style moments, marvelous gowns, glamour, in addition to electrifying ordinary dynamic performance. The dream cast, especially Eddie Murphy, Jennifer Hudson who both played in the Golden Globe Award. The film also features Patsy Cline's picture in the musical/comedy category.

Ms. Huneycutt is the Public Affairs Assistant at the Base Public Affairs Office.

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TODAY
"Blood Diamond," R, 7:30 p.m.

FRIDAY
"Rocky Balboa," PG, 6:30 p.m.;
"The Good Shepherd," R, 9:15 p.m. (free for Single Marine Program)

SATURDAY
"Unaccompanied Minors," PG, 3:30 p.m.;
"Rocky Balboa," PG, 6:30 p.m.;
"The Good Shepherd," R, 9:15 p.m.

SUNDAY
"Charlotte's Web," PG, 3:30 p.m.;
"Apocalypse," R, 6:30 p.m.

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TUESDAY
no movie

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LETTERS FROM IWO JIMA R
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ALPHA DOG R
DLP 1:30 3:45 7:00 9:45

THE HITCHER R
DLP 1:30 3:45 7:00 9:45

PURSUIT OF HAPPINESS PG-13
DLP 1:30 3:45 7:00 9:45

THE QUEEN PG-13
DLP 1:30 3:45 7:00 9:45

NIGHT AT THE MUSEUMS PG
DLP 1:30 3:45 7:00 9:45

STOMP THE YARD PG-13
DLP 1:30 3:45 7:00 9:45

FREEDOM WRITERS PG-13
DLP 1:30 3:45 7:00 9:45

PRIMEVAL R
DLP 1:30 3:45 7:00 9:45

CHILDREN OF MEN R
DLP 1:30 3:45 7:00 9:45

THE DEPARTED R
DLP 1:30 3:45 7:00 9:45

VERY PONY PLACE G
DLP 1:30 3:45 7:00 9:45

CODE NAME: THE CLEANER PG-13
DLP 1:30 3:45 7:00 9:45

WE ARE MARSHALL PG
DLP 1:30 3:45 7:00 9:45

COLLIER & COMPANY PG-13
DLP 1:30 3:45 7:00 9:45

VERY PONY PLACE G
DLP 1:30 3:45 7:00 9:45

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How microchips can help your pet

PMO and Veterinary Treatment Facility

Marine Corps Base

Even lost pets in Minnesota can be found hundreds of miles away in Kentucky and happily returned to their owners. With a pet recovery tool called a microchip, stories like this are becoming more common.

After Hurricane Katrina, microchips led to many lost or abandoned pets being reunited with their owners.

The microchip itself is about the size of a piece of rice. It is injected under the skin of the animal, typically between the shoulder blades and remains effective for the life of the animal. The microchip sends off a radio signal that can be read by a scanner. The unique number assigned to the microchip is then compared against a database to identify and contact the pet's owner.

Microchipping is offered by most

veterinarians. Costs range from \$35-40 for the microchip itself and \$12.50-17.50 for the service enrollment. Military members are eligible to utilize the base Veterinary Treatment Facility located on Tarawa Terrace (450-1607). The VTF charges \$17.50 for the microchip and enrollment.

For base residents, microchipping is required. Both Animal Control and VTF have and use a scanner to check stray animals found aboard the base. Unfortunately, most of these strays are neither microchipped nor are they wearing identification tags. These animals often go unclaimed and are euthanized after the required waiting period.

Although microchipping has improved significantly in the past decade, it is not without its problems. Numerous companies such as PETrac, HomeAgain and 24PetWatch manufacture several different frequency microchips; each type of microchip requires a compatible scanner. These

companies also maintain their own individual databases; these databases are not linked to each other. For a microchip system to be effective, animal control agencies and veterinarians must routinely check for microchips; use the appropriate scanner; and verify the identification number against all available databases. Owners must ensure they microchip their pets, update their database contact information regularly and continue using collar identification tags on their pets.

Regardless of these problems, microchipping combined with collar identification tags is the most reliable way to ensure the safe return of your beloved pet.

If you lose your pet, call Animal Control at 451-2695/5143 during working hours or the PMO Desk Sergeant at 451-2555 after working hours. If you are interested in adopting one of the many pets available, please call Animal Control at the number listed above. ■

Write out your feelings



Sustaining the Spirit

with

Chaplain Lee Milliner

"Chaplain, my spouse and I have impasse on a subject important to our marriage. Every time we broach the subject, he gets angry and he refuses to hear my side. How do I get him to consider my viewpoint?"

When sensitive subjects are addressed, trigger emotional responses, it requires discipline to keep silent and to allow spouse to express fully his/her opinion. Sometimes this self control is lacking and rational communication becomes blocked.

I remember as an 11th grader a time my father and I had erected a stone wall between us. We could not communicate with each other. There was too much anger and any attempt to discuss issues resulted in anger release. The negative between us only intensified. All attempts to communicate failed until he wrote me. He was able to express in a letter (without interruption from me) his thoughts, opinions and concerns. He was also able to fully express love for me which he found difficult to do verbally. I read it over and over. The letter changed our relationship.

I recommend to couples regularly that the letter has the potential to open the more effective communication and conflict resolution. Not a tool to berate, to cast blame or argue an opinion, but a tool to confess, provide positive feedback and to express well-written letter to a spouse (or a parent) can heal wounded feelings and assure the other of commitment to the relationship and to the future. My wife and I have written letters to each other for years. Written from the heart, these letters have become some of our most cherished possessions.

Why not begin 2007 with a letter to your spouse (child and/or parent) to express appreciation and love, your hopes for the year, and your dedication to a partnership where all parties are respected, honored and loved. ■

Pets of the Week

Save a life; take home a new friend today



Cute 6-month-old male puppy available! He's a stray yellow golden retriever and wants to bask in your love. Pet ID #A005802



This 2-year-old cat is named Fat Boy and is black and white with long beautiful hair; take him home today. Pet ID #A005822

The Onslow County Animal Shelter is open Monday through Thursday from noon to 7 p.m. Friday from noon to 3 p.m. Saturday from 10 a.m. to noon, 1 to 3 p.m.

To see more pictures of pets available for adoption, visit www.petharbor.com

For more information, call the Onslow County Animal Shelter at 455-0182.

Photos by Ena Sellers

Quality renovations coming soon to base theater

Amy Segreti
Carolina Living Editor

Camp Lejeune's Base Theater will be closing for renovations until approximately May as of this year, but when it re-opens, movie-goers are in for a treat.

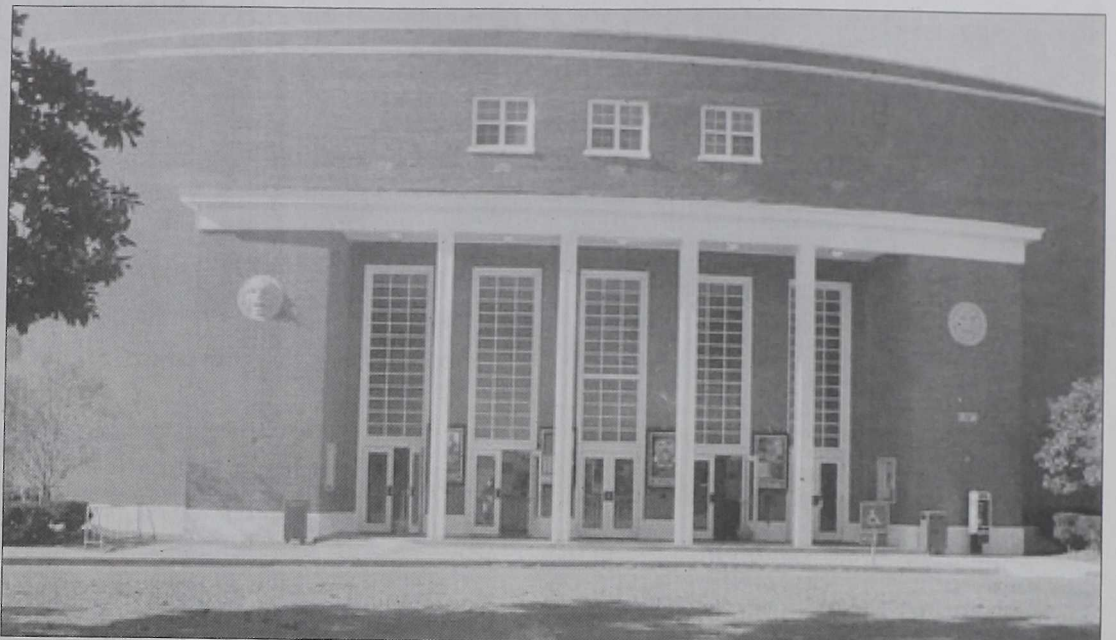
Seating, carpeting, stage lights will all be upgraded and improved — a grade that Charles Miller, supervisory recreation specialist, has wanted to make for years.

The process will take at least 90 days, estimates Miller. "The chairs were to be replaced, and the carpeting will be installed."

so maintenance will have to take all those bolts out, smooth the floor out, get rid of the rust and do all the patchwork before even beginning to put in the new ones," explained Miller. Then, maintenance workers will put a sealer on the floor which will help make stains easier to clean up once the theater re-opens, thereby keeping maintenance costs at a minimum.

Once the new chairs — complete with long-overdue cupholders — and new bolts are fitted, new maroon cushions will be put on the seats and new carpeting will be installed.

But that's not all. "Currently we have aisle lighting installed in the seats, and we're going to change that over to floor aisle lighting," said Miller. "It'll be just



Base theater renovations: Movie-goers are sure to be delighted with the carpet, lighting and seating upgrades.

Courtesy photo



New seating: Cozy maroon-colored seats will be installed, complete with cup holders.

like a lighted runway."

This Sunday will be the theater's last showing before the renovations, but on Feb. 9 Marine Corps Community Services will begin showing movies at Midway Park Theater — and

they'll all be free.

The schedule will run relatively the same way, with three movies on Saturdays, two on Sundays and one during the week nights with the exception of Monday.

Theater management is

currently brainstorming about ceremonies or special offers that will be featured upon the theater's re-opening. "Maybe we can have free sneak previews, something along those lines," Miller said. These re-opening events

will be announced closer to re-opening day.

For more information, call the theater at 451-2785 and keep checking page 2D of *The Globe* for updated movie schedules at Midway Park Theater. ■

Always Patsy Cline' brings roadshow to Camp Lejeune

Cpl. Steven King

Marine Corps Community Services

It's soon to be your last chance to get a taste of Broadway at Camp Lejeune as Semper Fit Recreation presents "Always ... Patsy Cline," the nationally-acclaimed play that has enjoyed tremendous success across the United States including a run on Broadway.

The show has also been performed internationally, including performances in Canada, the United Kingdom and Australia. Now, the show will be performed at Marine Corps Base Camp Lejeune showcasing local talent.

Started doing shows at the Midway Park Theater in 1991 and I have not been there in 10 years, so having the performance at that location is coming back home for me," said St. Charles.

"Always ... Patsy Cline" is based on a true story of Patsy Cline's friendship with a fan named Seger. The two met in a Texas honky-tonk and became friends. The play tells the story of their friendship while paying tribute to the legendary singer who died tragically at the age of 30 in a plane crash in 1963. The show's title was inspired by the correspondence between the two friends which was signed by Cline as, "Always ... Patsy Cline."

Audiences will be entertained with down home humor, true emotion, and even some audience participation as they will be brought back in and entertained as the cast performs many of her unforgettable hits such as "Crazy, I Fall To Pieces," "Sweet Dreams" and "Walking After Midnight."

The performance takes you on a wonderful musical journey. I want the audience to feel like they are there with Louise, reminiscing about Patsy," said St. Charles.

"Always ... Patsy Cline" will be performed under the direction of St. Charles for a limited engagement at Midway Park Theater. Show dates are: Friday, Jan. 26 and Feb. 2 - 4. Tickets are \$12 for military and \$15 for civilians.

Tickets are on sale at Camp Lejeune's Information Office and Tours Office. For tickets or additional information, please call ITT at 451-3553 or Semper Fit Recreation at 451-2106. ■

TRAVEL CONTINUED FROM 1D

They offer woods fields, air ball fields and plywood fields. The hours are Saturday and Sunday, 10 a.m. — 5 p.m. and Thursday and Friday by reservation. To speed up your interactions at the field, visit www.coastalpaintball.com/fields to print and fill out the field waiver first. Call to check on specifics at 451-7634.

If you'd rather take things a bit more slowly, visit the Onslow County Museum on 301 S. Wilmington St. The museum is home to the exhibit "The Water & the Wood," which showcases Onslow County's strong ties to the environment. The museum's tour follows the county's history chronologically — you won't leave this place without finding out something you didn't know before about Onslow County.

The museum also has a second revolving exhibit which is currently, "Rites of Passage: Life's Defining Moments," showcasing mementos of "the things we hold onto that communicate who we are," explains Lisa Whitman-Grice, director of the museum. In May, the second exhibit will be a children's discovery gallery on the themes of play throughout the ages. For now, children can enjoy the Richard Tellekamp Memorial Fossil Find where they can dig for shark's teeth, corral and other treasures found in the sea. For more information, call the museum at 324-5008.

While everyone knows about the clusters of steakhouses on Western Blvd., many may not know about Duck's Grille and Bar, located at 1207 Gum Branch Road and highly worth the slightly higher expense. The name certainly masks the eatery's true identity well enough, however, it truly rises above the rest in terms of the

quality of food, atmosphere and service. Although a lot of times the music is quite loud, if you get a booth the atmosphere can be quite romantic. If you want something a bit more hectic, the bar area on the back patio is perfect. The shrimp and lobster alfredo is a popular choice for dinner and the key lime pie cheesecake is the dessert of choice. It almost goes without saying, but the duck, of course, is excellent. Also, every second and fourth Tuesday, local pianist Scott Smith provides musical entertainment. To get more information or make reservations, call the restaurant at 455-9128.

If you've taken the kids home and you're looking for some decent places to go dancing or hear some live music (without accidentally stumbling into some of the more questionable places in town), consider Hooligan's or Gus' Warehouse.

Hooligan's (2620 Onslow Dr.) is home to live performances every Friday (and sometimes other nights, too) and hosts monthly military appreciation nights in which service members can get in for free. Open every night, their weekly specials include karaoke on Tuesdays, ladies' Top 40 night on Saturdays and trivia prize night on Sundays. Lunch and dinner (regular pub fare) are served here as well. Call them for more information at 347-6613.

Gus' Warehouse isn't as much of a live-music scene as it is a place for the country crowd to go line-dancing. Line dancing lessons are given every day from 8 — 9 p.m. Located on 108 Carver Road off of Piney Green Road, it's open on Fridays and Saturdays and memberships are \$5. For more information, call 353-4353.

Amy Segreti is the editor of the Carolina Living section and is currently liking North Carolina very much. ■

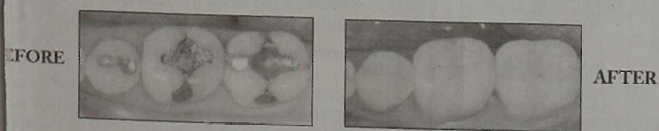
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Anheuser-Busch extends military tribute

Free admission to theme parks offered to military members, dependent

Press release
Marine Corps Headquarters

St. Louis, Mo. — The tribute program "Here's to the Heroes," that has so far provided free admission to Anheuser-Busch theme parks to more than 1.7 million members of U.S. and coalition armed forces and their families has been extended through 2007.

Anheuser-Busch launched "Here's to the Heroes" in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families.

"It is gratifying to all of us at Anheuser-Busch that so many members of our armed forces took advantage of this program and honored us with a visit," said Keith M. Kasen, chairman and president of Busch Entertainment Corporation, the family entertainment division of Anheuser-Busch. "This is a difficult time for our men and women in uniform and we are honored to give them something back."

"Here's to the Heroes" provides one day of free admission to any one SeaWorld or Busch Gardens park, Sesame Place, Adventure Island or Water Country USA for the service member and as many as three of his or her direct dependents.

Any active duty, active reserve, ready reserve service member or National Guardsman is entitled to free admission under the program. He or she need only register, either online at www.herosalute.com or in the entrance plaza of a participating park, and show a Department of Defense photo ID. Also included in the offer are

members of foreign military forces serving in the coalitions in Iraq or Afghanistan or attached to American units in the U.S. for training.

"This is one small way we can acknowledge and thank the soldiers, sailors, Marines, airmen and Coast Guardsmen whose service helps to preserve the freedom and safety of every American," Kasen said. "It's important to all of us at Anheuser-Busch that we show our gratitude to the men and women of our armed forces and their families for the sacrifices they make on our behalf."

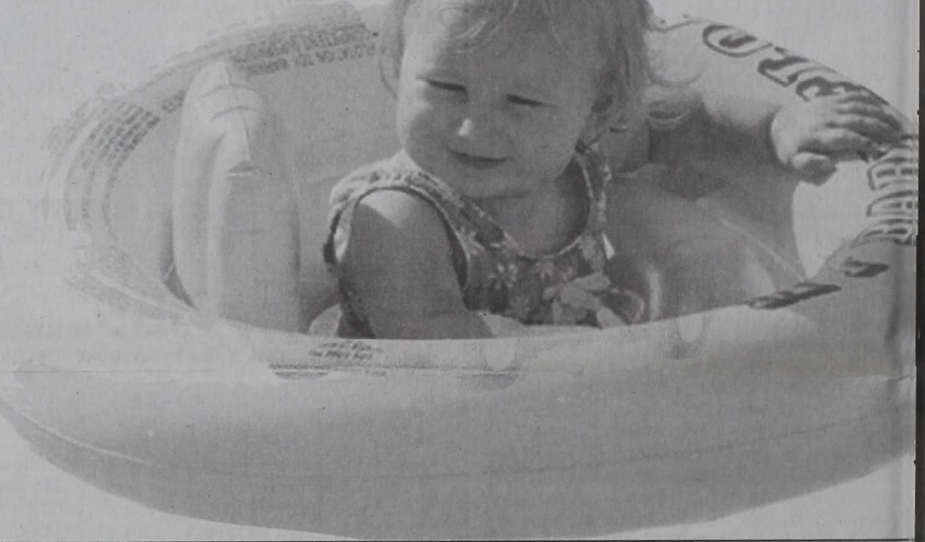
"Here's to the Heroes" is the fourth tribute to military personnel offered by Anheuser-Busch since Yellow Ribbon Summer welcomed service members home from the Gulf War in 1991. More than four million people have visited Anheuser-Busch Adventure Parks free under these programs.

Three Anheuser-Busch parks — SeaWorld, Orlando; Busch Gardens, Tampa Bay and

SeaWorld, San Diego — operate year round. The company's remaining parks are seasonal, with varying opening dates this spring. Each park's operating schedule is available online.

Inactive, standby and retired reserve members, military retirees, U.S. Merchant Marine and civilian Department of Defense workers are ineligible for the program.

Anheuser-Busch operates nine U.S. theme parks: Busch Gardens Tampa Bay and Busch Gardens Williamsburg; SeaWorld Orlando, SeaWorld San Diego and SeaWorld San Antonio; Discovery Cove in Orlando; Sesame Place near Philadelphia; Water Country USA in Williamsburg and Adventure Island in Tampa. Anheuser-Busch Adventure Parks play host to more than 20 million guests each year. ■



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Michael Law MD
is a board-certified plastic surgeon.

Dr. Law grew up in Raleigh. He practiced plastic surgery in Beverly Hills before returning to his hometown to raise a family. He sees patients from all parts of the country seeking natural looking results from plastic surgery.

Dr. Law performs surgery in a hospital O.R. and provides a complimentary overnight hospital stay to provide peace of mind to patients and their families.

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To take advantage of this offer, you must be a Marine FCU member, the military, and deploying to a country or countries outside the States. The Deployment Club Savings will be paid out based on expected return date. There's no penalty for early withdrawal, but the Deployment Club share must be closed if funds are withdrawn.

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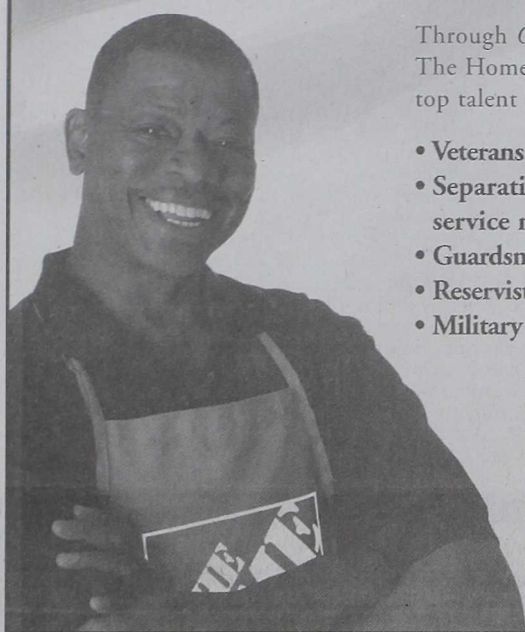
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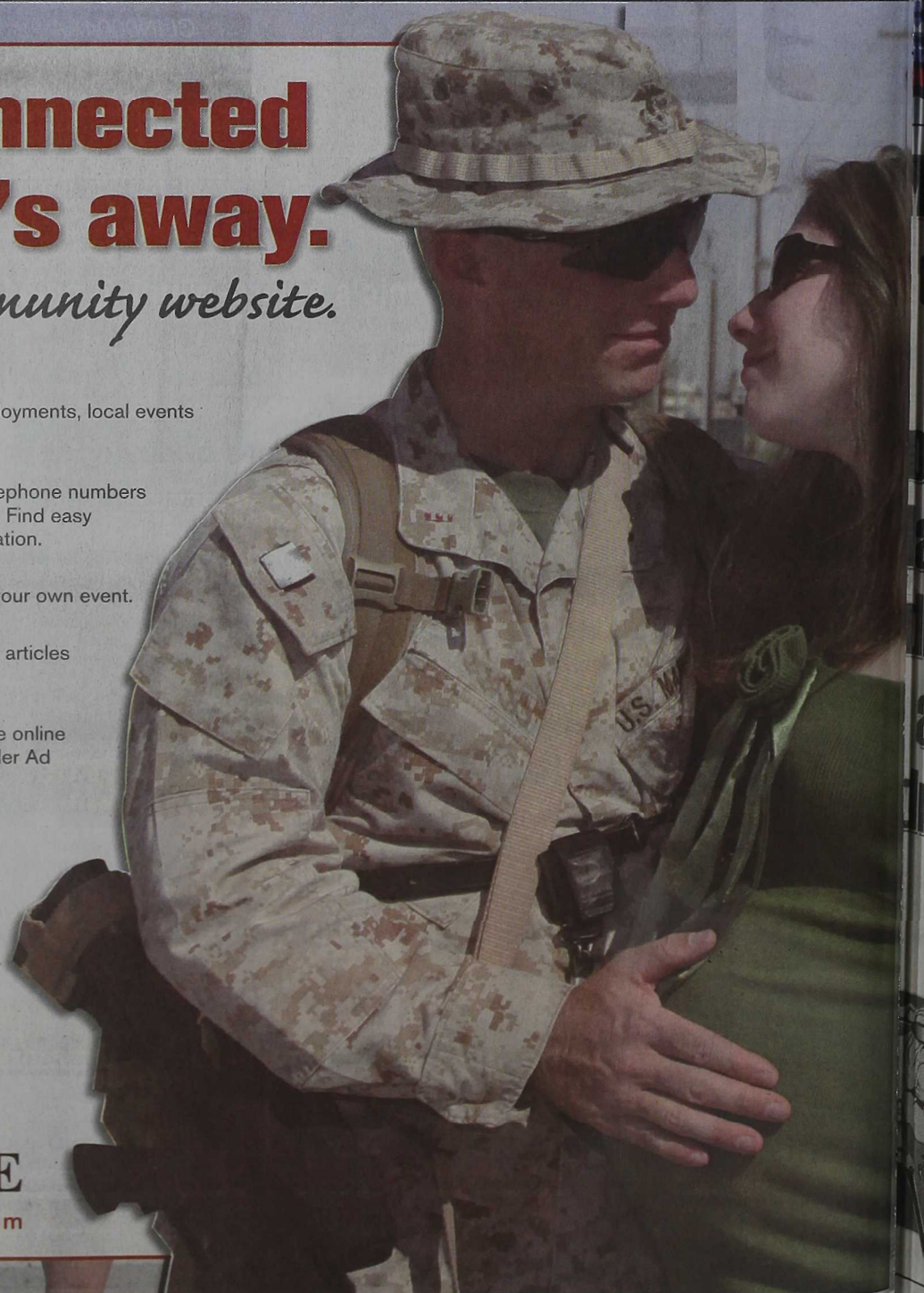
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Each week, we offered you a slew of ideas to keep in touch with those you love when they are deployed. Each week, we offer ideas for volunteering yourself at home while advancing your education and volunteering.

Get back to school

Returning to school can be a difficult decision. Whether you are returning in taking a class in a field that has long interested you, or whether you are seriously considering pursuing a college degree, many questions come to mind. One way to have all your questions addressed is to contact local colleges, universities and

adult education programs in your area. Professionals at these schools can help you make some informed decisions of what educational opportunities will work best for you. If you live near a base, check with their continuing education program. Here are some of the more common questions.

How can I afford to go to school?

There are many resources available to assist you in locating financial resources. Nearly half of the student population, traditional or non-traditional, receive some sort of financial assistance in the form of grants, aid, scholarships, or loans. Nearly every educational institution has a financial aid advisor that can assist you in calculating

the costs associated with attending college. In addition, there are many scholarships available specifically for family members of the active-duty and reserve force. The American Legion publishes "Need a Lift?" It is a complete listing of other possible sources of financial aid. You may reach them at The American Legion, National Emblem Sales, P.O. Box 1050, Indianapolis, IN 46206 for more information.

How can I attend school and work at the same time?

Most large universities and community colleges offer flexibility in their curriculum. You can attend as a part-time student and/or enroll in a non-traditional evening program. Many

colleges offer 5-7 year programs.

What about my children?

Childcare is often considered a financial necessity when calculating and applying for financial assistance. Additionally, many schools sponsor their own childcare program through the student body or through their early childhood development department at reduced fees.

What if I don't live near a college campus?

Many colleges offer distant learning programs via the Internet. Many offer correspondence courses and allow another official to proctor examinations. Additionally, many colleges offer classes off-site at the

local high school or library.

Will I fit in with the other students?

Absolutely! Currently, one third of college students are considered "non traditional". This population includes those who are older than 25 and who have never been to college, are returning to college, or are mid-life career changers.

Do I have to decide my major now?

No. Sometimes it is best to wait while you explore possible career choices. However, you can take your core classes necessary for graduation while you explore potential curriculums.

See ADVANCES page 8D

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cherish

THE ONE YOU LOVE

Amy Segreti
Carolina Living Editor

After several years, marriage can feel like it's beginning to boil down to a series of tasks — from trivial matters such as who's turn it is to do the dishes or who forgot to buy the tarter sauce to more serious issues such as how to raise your children and how to deal with sudden deployments.

But in the spirit of Valentine's Day — even if you don't believe it's

a valid holiday — take some time to

remember why you married each other at the Echo Company Marine Combat Training Battalion marriage enrichment and spousal appreciation day Jan. 31.

The company will begin arriving between 8 – 9 a.m. and the course will officially be conducted by Chaplain Lee Millner between 9 a.m. – 2 p.m. at the United Services Organization in Jacksonville.

The room will be decorated in the spirit of Valentine's Day and a potluck will be on hand. Day care will be provided on site and a drawing for door prizes will

be held.

"I've even tried to make it fun and entertaining by sending out invitations in the form of chocolate heart boxes," said Capt. Jeremy Wilkinson.

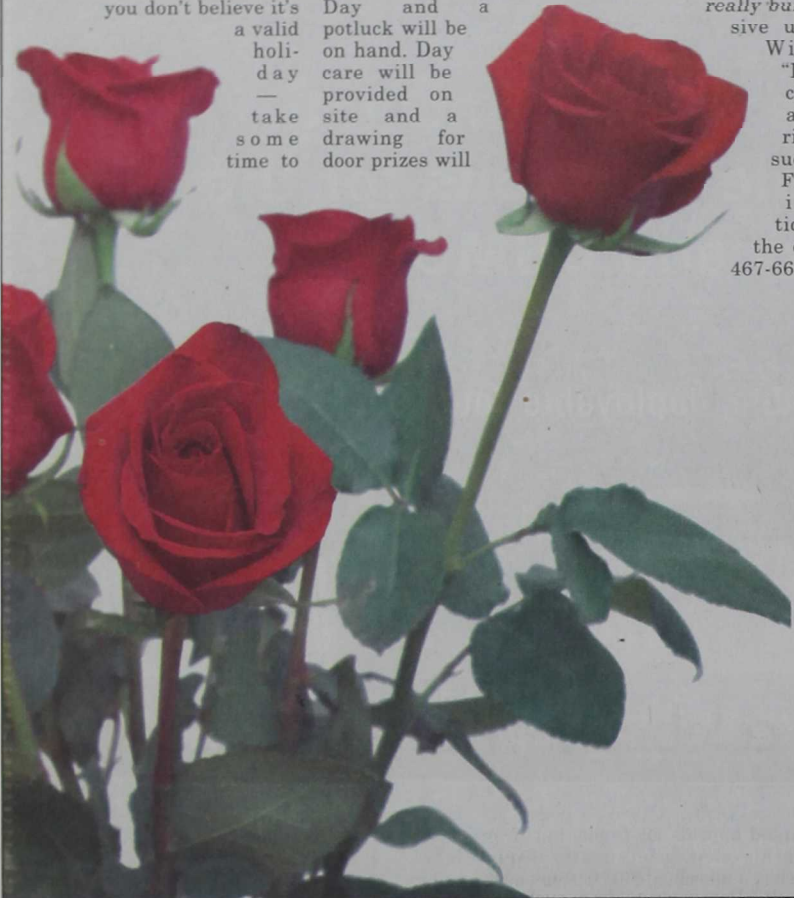
Wilkinson recognizes that in the "current operations tempo," sometimes it's necessary to do things to try and bring the Marine family even closer.

"I feel that a command should include the spouses in as much as they can to

really build a cohesive unit," said Wilkinson.

"If this class saves a marriage, it is successful."

For more information about the event, call 467-6636. ■



Youth obesity can lead to serious health complication

Tricia Summers
LIFELines.com

With child and adolescent obesity at record highs, risks have moved beyond mere weight issues and have entered the realm of serious medical complications. Diabetes is among the most prevalent consequences of these unhealthy lifestyle choices in American youth.

The National Center for Chronic Disease Prevention and Health Promotion estimates that diabetes affects approximately 151,000 under the age of 20. What's worse, Type 1 Diabetes (more commonly known as juvenile-onset diabetes) isn't the only form affecting today's children. Incidences of Type 2 Diabetes — once known as adult-onset diabetes — has been on the rise over the last 20 years. This is largely a result of sedentary activities becoming the norm and a devastating combination of poor diet and poor exercise.

"When I did my training in pediatrics in 1992, we didn't even talk about Type 2 diabetes," said Dr. Maura B. Price, a pediatrician in Waterboro, Maine. "We wouldn't even talk about using the adult-types of diabetes medications in children. Now, 15 years later, absolutely."

Because Type 2 diabetes can be prevented, understanding its causes and implications are of critical importance to families. The American Obesity Association estimates that 15.3 percent of children ages 6 to 11 and 15.5 percent of adolescents' ages 12 to 19 are obese. Compared to rates of 7 percent and 5 percent respectively in 1980, juvenile obesity has become a serious issue. And with the exception of genetic predisposition, the majority of the causes of obesity and Type 2 diabetes are preventable.

Combating the negative effects of a sedentary lifestyle with regular exercise is one of the primary steps families can take to keep their children healthy.

It's easy to assume that most children have boundless levels of energy and love to play outside, but have a look at the activities that many of today's youth prefer to engage in. Television and video games take up time that could be spent on physical activities such as riding bicycles, playing basketball, or swimming. The Department of Health and Human Services estimates that a whopping 43 percent of



Preventative measures: Take a level test to monitor your health.

adolescents watch more than 4 hours of television every single day. And with the unprecedented popularity of web sites like MySpace and Facebook, the number of hours kids spend in front of a computer screen on a daily basis is astounding. As a result, Dr. Price considers the Department of Health and Human Services' two-hour recommendation for physical activity a "pipe dream."

"You've got to look at total time, including the computer screen," Price said. "Kids don't get outside and parents work, so they're spending more and more time alone [being sedentary]."

Gym class and recess counted on for exercise these days. "The whole focus at school is off of exercise," Price said.

"When I was growing up, physical education was a minimum three times per week," Price said. "American high schools have cut physical education requirements to two or three semesters of instruction, sometimes even less. And up and it's plain to see why young people are not meeting the Surgeon General's recommendation of 60 minutes of moderate daily exercise. Most have little or no exercise."

Price said, "so try and get your child to commit to at least three periods of minutes per week where they get a sweat."

For more information on prevention in youth, visit the National Center for Chronic Disease Prevention and Health Promotion Diabetes Project (www.cdc.gov/diabetes/projects).

The American Obesity Association (www.obesity.org) also offers excellent resources for fighting the epidemic of the youth obesity epidemic.

ADVANCES CONTINUED FROM 7D

Most colleges offer academic advising and career counseling and testing.

What if I'm not interested in pursuing a degree?

That is fine. You may want to take a class "just for fun" in a subject or activity that you are interested in. You may be able to audit an academic class (sit in on lectures and activities but do not receive a grade).

Additionally, most community colleges offer certificates in subjects such as bookkeeping, information management, or areas within the medical field. Check with your local campus to find out what is available in your area.

Will I have time to finish before we move?

That depends; first of all, don't let the idea of moving prevent you from considering completing an education. Many universities offer credit earning alternatives (credit by examination, credit for life experience, credit for prior learning and retroactive credit) which will reduce the amount of time

necessary to complete a degree. Plus, there are colleges that specifically cater to the military community and have extensions at many military bases.

Volunteer work

Volunteering is a "win-win" situation. The volunteer can learn new skills and feel increased personal worthwhile contributing to a need in the community. Becoming a volunteer is more than giving up a few hours out of your day. It may be a way to make job contacts, learn a new skill, make new friends, or help those less fortunate than yourself. If you are trying to enter the job market, begin your job search as a volunteer. If your spouse is at sea or on a long drill, volunteering is a great way to make it through long evenings and weekends at home.

You don't get paid when you work as a volunteer; however, when you contribute your knowledge and energy, you get something in return that is just as gratifying — personal satisfaction. Many employers today consider volunteer experience when evaluating a resume. Editing newsletters, chairing committees and working in clerical roles are marketable skills that may help you obtain a for-

pay job in the future.

Popular places for volunteer work include schools, hospitals, libraries, retirement and nursing homes and local non-profit organizations. If you live near a base, you may want to consider the American Red Cross or the Navy Marine Corps Relief Society. Many agencies will reimburse child care expenses for a few hours a week.

Local resources

Need some guidance in terms of educational and volunteer resources in your area? The following are some useful Web sites to visit if you live in the Camp Lejeune or Jacksonville area:

- Coastal Carolina Community College: www.coastal.cc.nc.us
- Onslow County's Extension Program offerings from the University of North Carolina at Wilmington: www.uncw.edu/mals/curriculum-onslow.html
- Onslow County Chapter of the American Red Cross: www.onslow.redcross.org
- Camp Lejeune Naval Hospital: lej-www.med.navy.mil
- Onslow County Library: www.co.onslow.nc.us/library
- United Way of Onslow County: www.unitedwayonslow.org



Helping the community: The library is a great place to look for volunteer opportunities.

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For information on concerts, festivals, special events and classes going on up and down the Carolina coast, check out What's Happenin' each week. To add your event, e-mail amy.segreti@militarynews.com. Space is limited to availability.

Through Feb. 23
The Onslow Beach Inn is now open at the Plant Exchange to make reservations for Onslow Beach facilities. Onslow Beach has something new — a two-night rental package starting at \$25. The facilities are newly renovated and space is limited. Check in on Mondays, Tuesdays or Wednesdays only for the two-night specials. The promotion runs through Feb. 23. Beach operation hours are Monday - Friday 10 a.m. - 6 p.m. The Inn is closed for lunch from 2 - 2:30 p.m. For more information, call 455-7502.



Navy-Marine Corps Relief Society's Certificate of Incorporation states that the "term for which said Society is organized is one thousand years'-proof that our founders intended for the organization to meet the needs of Sailors, Marines and their families for generations to come. As our world and our military evolve and adapt, so too will Navy-Marine Corps Relief Society. ■

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