

The Globe

Marines, Djiboutians train side-by-side during Image Nautilus | 6A

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Answers
Iraqis get answers from
Marines in Al Anbar city | 7A



WEDNESDAY
February 22, 2007

Volume 69
Edition 08

Inside This Week

Mural football
Members of 2nd Assault
Battalion
Marine Regiment 37-
15 to claim the
mural football cham-
p. Turn to 1B to
see more.

**Traumatic
Stress Disorder**
Traumatic Stress
Disorder is nothing to hide
or be ashamed of.
Learn about the extensive
treatment system in place on
Camp Lejeune by turning
to 1C.

Chess tournament
Chess skills are at the
heart of chess. Turn to
1D to improve your
game.

News Watch

Warriors
Cpl. Daniel T. Crimora,
19, of Crimora, Va.,
died Feb. 14 while
conducting combat opera-
tions in Al Anbar
province, Iraq. Morris
was assigned to 2nd
Battalion, 3rd Marine
Regiment, III Marine
Expeditionary Force,
Camp Lejeune, N.C.

Baghdad security plan officially approved

The government of Iraq and the coalition officially approved the name for the Baghdad security plan today. The operation is called "Fardh Al-Qanoon," an Iraqi phrase that translates to "Enforcing the Law." The title was agreed upon by the Iraqi government with the support of coalition leaders, and reflects the Iraqi-led nature of the operation, military officials said. "The plan is enforcing the law on anyone who violates it," Iraqi Prime Minister Nouri al-Maliki said in the Baghdad security plan, the Iraqi government will increase security forces in the city to deal with increased insurgent troops. The Iraqi police, and coalition forces will live together in security stations throughout Baghdad to be closer to the Iraqi people and protect officials. The additional forces also enable the coalition to assist, teach and train the Iraqi security forces. The latest iteration of the Baghdad security plan was announced Feb. 10 by Iraqi Lt. Gen. Abboud al-Jabbar, the officer in charge of the plan. He announced a 72-hour closure of some border crossings along the Iranian and Iraqi borders, restrictions on civil liberties and the extension of weapons licenses except for permits issued to authorized security officials and contractors.

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Lejeune warriors return home



Family reunites: Approximately 1,200 service members with 2nd Battalion, 8th Marine Regiment returned home after a seven-month deployment to Fallujah, Iraq. Pictured above is Staff Sgt. Joseph Bering and his 1-year-old daughter Katie. According to his wife Jayme, Bering was deployed during the birth of both of his daughters. Sunday was the first time Bering saw 3-month-old Allyson. To see more photos of the homecoming, visit our online gallery at www.camplejeuneglobe.com.

Manpower increase leads to \$10,000 re-enlistment incentive

Staff Sgt. B. J. Swenson
Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, Va. — According to Marine Corps Bulletin 7220, Marines re-enlisting or choosing to extend on recruiting duty during Fiscal Year 2007 will be entitled to bonuses, which have not been offered before.

Marine Administrative Message 107/07, End Strength Incentive, and MarAdmin 106/07, Recruiter Extension Program, went into effect Feb. 13 to support the Marine Corps increase in manpower over the next four years, as well as bolster the recruiting force, which will also increase.

The End Strength Incentive program establishes the Assignment

Incentive Program for Marines who will re-enlist or have re-enlisted in FY 2007. Qualified Marines who re-enlisted after Oct. 1, 2006 will be issued the AIP.

To qualify, Marines must be a lance corporal or above and have less than 27 years of service. Active duty Marines with less than 20 years of service must re-enlist for a period of four or more years to be eligible for the \$10,000 AIP. Marines with 20 to 27 years of service must re-enlist for three years to be eligible for the \$10,000 AIP.

According to Capt. Phillip Bonincontri, compensation policy chief for Manpower Military Policy, Manpower and Reserve Affairs, the AIP does not replace or supersede any selective re-enlistment bonuses for

which a Marine may be eligible. A Marine does rate both the AIP and SRB bonus if his military occupational specialty offers a SRB bonus and the Marine is entitled to receive it.

"Marines must meet with their Career Retention Specialist to ensure eligibility and prepare AIP agreements along with the re-enlistment paperwork," Bonincontri said. He also said CRSSs must submit the paperwork through the chain of command along with the re-enlistment request.

The Recruiter Extension Program also offers an AIP for recruiters wishing or willing to extend their current recruiting tours by six to 12 months. Qualified canvassing recruiters (8411s)

See INCENTIVE page 4A

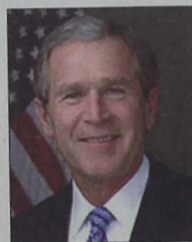
Intriguing African-American Women Award



Award: Col. Adele E. Hodges, commanding officer of Marine Corps Base Camp Lejeune, and nine other black women, received the sixth annual North East Community Development Corporation's Intriguing African-American Women Award, Feb. 17. "She has spent almost 29 years training our Corps. She has mentored and been mentored and the results are individuals who are better for her influence," said Colonel Gail E. Jennings, vice director of Manpower and Personnel, Joint Staff at the Pentagon and also a recipient of the award. The awards are presented to black women who have made great sacrifices to improve the lives of thousands, said Oliver Hill, president of the corporation. These women are the next generation of people like Rosa Parks or Coretta Scott King, he added.

Lance Cpl. Patrick M. Fleischman

Baghdad security plan on track



Bush

Fred W. Baker III
American Forces Press Service

WASHINGTON — The Baghdad security plan is on track, and the Iraqi government is meeting benchmarks necessary for continued coalition cooperation, President George W. Bush said recently.

Bush received his first briefing from new Multinational Force Iraq Commander Army Gen. David H. Petraeus, the President's top pick to lead coalition forces in Iraq. Bush told reporters at a White House news conference. Petraeus took command Feb. 10.

The security plan is taking shape, and the Iraqi government is following through on its commitment to deploy three additional brigades of Iraqi forces to the capital city of Baghdad, Bush said.

He added that Iraqi Prime Minister Nouri al-Maliki has his top commander in place, and forces are busy setting up a command-and-control headquarters in Baghdad. Bush cautioned, though, that the plan is in its early stages.

"The operation to secure Baghdad is going to take time, and there will be violence," Bush said. "These are people that will kill innocent men, women and children to achieve their object, to discourage the Iraqi people, to foment sectarian violence, and to, frankly, discourage us from helping this government do its job."

Recent suicide bombings demonstrate there is an active strategy to undermine the Iraqi government and its Baghdad security plan, Bush said. He also said the recent surge in violence illustrates that failure by the coalition forces to secure Baghdad would have devastating consequences on both the Iraqi and the American people.

"If you think the violence is bad now, imagine what it would look like if we don't help them secure the capital city of Baghdad," he said.

If the Iraqi government falls, chaos will follow and the vacuum will be filled with extremists who pose a threat to our national security, he said.

"To step back from the fight in Baghdad would have disastrous consequences for the people in America," Bush said. "I believe that success in Baghdad will help us have success in helping us secure the homeland."

"What is different about this conflict than some others is that if we fail there the enemy will follow us here," he said.

Bush said the first step to

See PLAN page 8A

MAN on the street

How did you feel about the Commandant's e-mail regarding re-enlisting or extending your contract to help the Marine Corps continue to fight the Global War on Terrorism with the offer of new incentives?



"If the commandant says the Marine Corps needs it, many Marines should consider it."

Lance Cpl. Ronald W. Akeo
Supply administration clerk
2nd Marine Aircraft Wing
Moreno Valley, Calif.

"If it helps retention and helps keep good Marines in, it's a good idea."



Staff Sgt. Robert A. Braswell
Air Frames Division chief
2nd Marine Aircraft Wing
Hampton, Va.

"I think the new awards for extensions and re-enlistments are good. Better incentives are going to get more Marines to do it, but the Marines shouldn't be doing it just for the benefits."



Sgt. Shawn J. Dudley
Section chief
2nd Marine Division
New Hope, Ala.

"I think Marines with the experience should stay in the Marine Corps to ensure that our standards are upheld."



Cpl. Tiffani K. Watts
Legal service specialist
Marine Corps Base
La Porte, Ind.

"It's a good incentive for the people who want to re-enlist."



Cpl. Joe Gutierrez
Disburser
Marine Corps Base
San Antonio

Feeling stressed? Help could be a phone call

Free, anonymous mental health self-assessment available

The Mental Health Self-Assessment Program offers service personnel and their family members the opportunity to take anonymous, mental health and alcohol screenings both online over the phone. The online program is available 24/7 at www.MilitaryMentalHealth.org and installations interested in conducting mental health and alcohol education events can register for materials free of charge.

MHSAP is offered to more than 1.5 million military families affected by deployment in all branches, including the National Guard and Reserve. It is designed to help families and service personnel identify their own symptoms and access assistance before a problem becomes serious. The tests available address depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder and alcohol use. After an individual completes a self-assessment, s/he is provided with referral information including services provided through the Department of Defense and Veterans Affairs.

The Mental Health Self-Assessment Program is an extension of the DoD's ongoing efforts to reach service members and their families and provide them with the information they need about services available to them. Unlike the mandatory post-deployment health surveys, this program is voluntary, anonymous and is accessible any time. It will serve troops that develop symptoms later, or who want to test themselves anonymously before seeking help. It is also for family members, who otherwise do

not have a self-assessment mechanism.

Launched in 2006, the program is being expanded in 2007 to provide more services for families concerned about themselves or their children. The enhancements include:

Customizable Referrals - Individual military bases and National Guard units will be able to add customized referrals to the online screening, linking individuals with local services in addition to DoD and VA mental health services.

Online Assessment for Parents - A new online assessment will help parents understand if their children may be suffering from depression or showing signs of suicidality.

Telephone Self-Assessment - There will be a new interactive telephone self-assessment program that addresses depression and alcohol problems for those military families and service members who do not have easy access to the internet. A toll-free number, 1-877-877-3647 will connect callers to the anonymous self-assessment. Callers will receive immediate results and phone numbers where they can call for treatment or educational resources.

A Pilot Spanish Language Version of the Program Spanish language materials will be available for in-person self-assessment, online screening and the new telephone component.

The SOS Signs of Suicide® Prevention Program The SOS program will be available for schools located on military installations in the U.S. and overseas. The SOS program is the only school-based program proven to reduce suicide attempts

in a randomized, controlled

The Mental Health Assessment Program offered through the no Screening for Mental Health is funded by the DoD Health Protection and Research Office of the Assistant Secretary of Defense, Health Affairs

Information on how to participate in the program is available at SMH@781-239-0071, e-mail Military@MentalHealthScreening.org or going online at www.MentalHealthScreening.org.

About SMH - Screening for Mental Health Inc. SMH is the non-profit organization that introduced the current large-scale mental health screening in 1991 with its flagship program National Depression Screening Center. SMH programs include in-person and online programs for depression, anxiety disorder, generalized anxiety disorder, post-traumatic stress disorder, eating disorders, alcohol problems, suicide prevention. For more than a decade, SMH programs have reduced the stigma that prevents many individuals with mental health problems from seeking treatment. Teaching people how to recognize mental illness and ways to access treatment themselves or a loved one is the cornerstone of SMH programs.

For online screening visit www.MilitaryMentalHealth.org. For telephone screening call 877-877-3647.

Register for in-person programs for bases/installations. To schedule an online screening visit www.MentalHealthScreening.org/Military or call 781-239-0071.

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Semper Safe

Do you have a back safety program?

Back injuries are a staunch enemy of the United States work force with a healthy bottom line of 270,890 lost work-time cases in 2005 according to the Bureau of Labor Statistics. Defeating such a formidable foe requires a comprehensive strategy - one that goes beyond a one-size-fits-all mantra. Bend your knees. Keep your back straight. Lift with your legs. Now, repeat that mantra three times. Good. This concludes your back safety training. Clearly, it's important to educate workers on proper lifting techniques. That's why U.S. workplaces haven't done a very good job of eliminating back injuries. The numbers don't lie: 1.3 million reported lost-time injuries and illnesses reported to the Department of Labor, with sprains and strains - most often involving the back - were by far the leading type of injury in every major industry sector, accounting for 32 percent

of the total lost-time cases and costing employers \$13.4 billion, according to BLS.

In addition to the pain and suffering back injuries inflict on workers, they've been known to prematurely bring productive careers to a screeching halt, they're also capable of putting a hole in annual budgets. In the language of workers' compensation, back injuries tend to lead to large chunks of days away from work, which equates to paying workers to stay at home longer than many other injuries. What about the worker with the ruptured disc, whose career came to a screeching halt? The Department of Defense likely will be paying for their medical costs for the rest of their life. The catch, those costs don't even come close to the amount of money that could have been made while actually working.

If this article catches your attention and has you feeling a little self-conscious about your back

safety program, it's time to step back and make sure your program is covering all the bases. Start by considering the following tips and not forgetting to include Operational Risk Management.

Training - Ensure to provide job specific training on safe techniques for lifting, twisting, pushing and pulling, intertwining it with home safety education (where many back injuries occur).

Fitness - Encourage participation in cycling, walking, running and other fitness-oriented events. The objective is to help reduce injuries by improving an individual's overall fitness.

Engineering controls - Use "ergonomic enhancements" by providing lifting aids for weights over 35 lbs to reduce back and soft-tissue soreness. Teach proper technique; don't rely on back belts.

Proper positioning - Stand straight, feet shoulder width apart, one foot slightly ahead of the other, bend your knees, keep

your head up, keep your back straight, stick your chest out, and lift the object to your waist using your arms then stand up with your legs.

Think of your back as a see-saw with the pivot point over to one side, by bending at the waist you generate almost 1,200 lbs of pressure on your lower back to pick-up just 10 lbs.

The most important thing to remember when lifting: "Bend your knees, not your back."

Leaders and supervisors, you are responsible for the safety of your personnel. It is your duty to ensure your personnel understand how important it is to take care of their backs. To assist you in your duties, a "Leaders Guide" is provided to you on <https://intranet.mcieast.usmc.mil/C19/wsis/default.aspx>. For more information, contact your unit safety officer or base safety representative.

Remember, Marines, we live by our ethos. ■

The Globe

Commanding General, Marine Corps Installations East
Maj. Gen. Robert C. Dickerson

Commanding Officer, Marine Corps Base, Camp Lejeune
Col. Adele E. Hodges

MCIEAST/MCB
Public Affairs Officer
Maj. Nat Faly

Landmark Military Newspapers - NC Pub
James M. Connors
jm.connors@militarynews.com

MCIEAST/MCB
Public Affairs Chief
Staff Sgt. Michael Mink
michael.mink@usmc.mil
451-7408

Distribution Manager
Dennis Fusco
347-9624 ext. 107

MCIEAST/MCB
Press Chief
Sgt. Salju Thomas
salju.thomas@usmc.mil
451-9116

Managing Editor
Ena Sellers
ena.sellers@militarynews.com

MCIEAST/MCB
Military Editor
Cpl. Brandon R. Holgersen
brandon.holgersen@usmc.mil
451-7439

Assistant Managing Editor
Jamie Cameron
jamie.cameron@militarynews.com

Carolina Living Editor
Arny Segreti
arny.segreti@militarynews.com

Staff Reporter
Heather Owens
heather.owens@militarynews.com

If you have any news questions, e-mail ena.sellers@militarynews.com. For advertising questions or to submit free trader ads, call 347-9624, ext. 101.

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31st MEU conducts Mech Raid during ARGEX

Sgt. Marc Ayalin
1st Marine
Expeditionary Unit

WA, Japan —
after arriving
for objective, a
of Marines
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gun fire awak-
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scenario,
and sailors from
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Expeditionary
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Feb. 13. This
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Exercise 07-1,
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Jones, company
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and a Javelin
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also gave them
opportunity to
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mechanized raid is



Lance Cpl Brenton Gurnacio

Raid: Two Marines with Company E, from Battalion Landing Team, 2nd Battalion, 1st Marine Regiment, take a vantage point on the second story of a building to provide security during a mechanized raid on 'Combat Town' in Okinawa's Central Training Area, Feb. 13. The raid was conducted as part of the 31st Marine Expeditionary Unit's Amphibious Ready Group Exercise 07-1. During the raid, Marines cleared buildings and structures filled with simulated enemy combatants and non-combatants. The BLT serves as the ground combat element of the MEU.

a good option if you don't have the means to do a helicopter raid," said the 33-year-old Jones, a native of Richmond, Va. "With additional weapons at our disposal, a mechanized raid provides troops on the ground with more fire support."

During the raid, Marines cleared buildings and structures filled with enemy combatants and noncombatants. According to Sgt. Christian Hickey, 3rd squad leader, 2nd platoon, quick decisions had to be made in determining whether to shoot or not to shoot.

"I think by practicing these scenarios it will help us gain the confi-

dence necessary to carry out the mission," said Hickey, a 25-year-old native of Keystone, Fla. "This will also help commanders and key leaders like myself in practicing our decision-making tactics."

When the dust cleared and the noise settled, a dozen "enemy prisoners of war" were detained, giving the Marines the opportunity to practice the processing of enemy combatants.

When the raid was complete, the Marines loaded onto their Assault

Amphibian Vehicles and left town bound for the USS Juneau, which sat off the coast several miles away.

The MEU is undergo-

ing its final evaluation exercise, which concludes this week. The evaluation exercise culminates a month-long training period between

the MEU and the ARG as they prepare for their scheduled deployment throughout the Asia-Pacific region this spring. ■

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Locks given for love

Staff Sgt. A.C. Mink
Marine Corps Air Station New River

Like a scene from a teen film, the young girl's ponytail is held suspended as scissors gleam in the light. The scratch of the blade as it slices through her locks, leaving scant inches of hair, is audible to everyone present, so why is this girl smiling?

Because it's a labor of love - Locks of Love.

The Marine Corps Air Station New River Officers' Wives Club held a Locks of Love event at Misty's Hairstyling & Spa, in Jacksonville, N.C., Feb. 17. More than 30 donors, mostly military and family members, turned up at the event, ready to have locks shorn for a good cause.

"It's very hard to be different, and sometimes something that everyone takes for granted, like having hair, means everything to someone," said 15-year-old, JoBeth Strong, who uses a wheelchair due to a neuromuscular disorder. "Donating my hair to Locks of Love is something I can do, to make someone else feel better."

Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss from any diagnosis.

Locks of Love began in 1997, spearheaded by Madonna Coffman, a retired cardiac nurse who had suffered from alopecia - a disorder causing temporary or permanent hair loss - in her 20s. When her 4-year-old daughter developed alopecia 15 years later, she took on the program as a fulltime mission.

Sarah and Victoria Gerichten, stylists for Misty's Hair Salon said they jumped at the chance to support the program, and the OWC.

Most of the children helped

by Locks of Love have lost their hair due to a medical condition, with no known cause or cure, called alopecia areata. The prostheses they provide help to restore self-esteem and confidence, enabling them to face the world and their peers. Other organizations, such as Hats Off 4 Cancer and Wigs 4 Kids make wigs for children as well.

A custom hairpiece costs approximately \$3,500. Locks of Love works to provide the hairpieces at no cost, or on a sliding fee scale to children in need.

"We love to do things like this," said Sarah, who, like her sister, offers a haircut at no-cost to donors to the program.

According to the Locks of Love Web site, the number of hairpieces produced has increased significantly since the program's inception - from 21 the first year, to more than 2,000 per year currently. Locks of Love has recipients in all 50 states and Canada and is working towards its goal to help every financially disadvantaged child suffering from long-term hair loss.

"It takes six to 10 ponytails go into one hairpiece because Locks of Love only uses the lengths of 10 inches and longer," said Victoria, who along with her sister, has strong ties to the Marine Corps. (see Feb. 8, edition of Globe page 1C.)

According to the Locks of Love Web site, children donate more than 80 percent of the hair.

Monique F. Kaminski, 8, 2nd Grader at Blue Creek Elementary School, donated her hair to Locks of Love. Monique's sister, Brittany, 10, who donated her hair earlier in the day, watched as her sister's hair was cut.

"It is the right thing to do," said Brittany. "There are so many kids out there that need these wigs ... I



Locks of love: Victoria Gerichten holds newly cut locks of Monique F. Kaminski, 8, 2nd Grader at Blue Creek Elementary School, who donated her hair to Locks of Love. Monique's sister, Brittany, 10, who donated her hair earlier in the day, watched as her sister's hair was cut.

am just glad to help out any way I can."

Monique has been in and out of hospitals for many years with spinal problems, according to her mother Jean. She has seen what cancer and [chemotherapy] do to young children's hair - "It is her way to give back."

"Brittany has been bugging me for the last two weeks - ever since she read the ad in the RotoVue," said Jean, a retired Marine staff sergeant who noted that she went to boot camp in 1978 with then - Private Adele E. Hodges

— now, MCB Camp

Lejeune commanding officer.

For more information or to find a Locks of Love donation point in your local area, visit the Web site at www.locksoflove.org. For information on other organizations who collect hair for wigs visit www.hatsoff4cancer.com; www.pantene.com/en_US/beautifullengths/participate.jsp; or www.wigs4kids.org.

Check out future issues of *The Globe* and the *RotoVue* for Jacksonville-area military making a difference. ■

INCENTIVE CONTINUED FROM 1A

will receive a \$500 per month AIP in addition to other pay and allowances, including their special duty assignment pay - \$450 per month. To be eligible for the AIP, canvassing must have less than 180 days remaining on a 36-month recruiting tour and be on track to complete a successful recruiting tour. "The command must favorably endorse the extension package to receive the AIP. The extension and AIP do not take effect until the beginning of the first month after completion of the 36-month recruiting tour, and only one extension is authorized," Bonincontri said.

Career recruiters (\$412s) and Extended Active Duty recruiters, reserve Marine return to active duty to serve on re-duty, are not eligible for the AIP.

However, if a canvassing recruiter is as a career recruiter during the extension he will continue to receive the AIP throughout the duration of the extension period. Career recruiters currently on an extension may be eligible for the AIP provided they meet the requirements, but will only be paid the remainder of the extension they are currently on.

Recruiters are also eligible to receive the End Strength Incentive AIP, provided they qualify under all terms and conditions, Bonincontri said.

As with the End Strength AIP, wishing to take advantage of the AIP must contact their CRS to complete the AIP agreement.

Deployed Marines may also take advantage of MarAdmin 108/07, Deployment Extension Program. This program offers a \$500 per month AIP for deployed Marines who voluntarily extend their contracts past their Expiration of Active Service in order to stay with their deployed units which were involuntarily extended on their current deployments.


Marines may apply for the Deployment Extension AIP only if they have less than 12 months remaining on their current deployment. The AIP does not begin until the month following the Marine's original deployment and only runs until the Marine's original deployment terminal leave, the deployment terminal leave. The Marine re-enlists to take advantage of the End Strength Incentive AIP.

According to Bonincontri, the Deployment Extension AIP will only apply to a handful of Marines currently deployed. He also anticipates an estimated 17,000 enlistments under the End Strength AIP, only a 100 to 200 recruiting duty extensions.

For more information, consult your unit's Retention Specialist or visit the MarAdmin site at www.usmc.mil/maradmins/min2000.nsf/maradmins. ■

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Marines, Djiboutians train side-by-side during Image Nautilus

Cpl. Jeremy Ross
26th Marine Expeditionary Unit

MYRIAM RANGE, Djibouti — Marines and sailors from Battalion Landing Team 2/2, 26th Marine Expeditionary Unit, wrapped up five days of bilateral, live-fire training with troops from the Djiboutian Army, as Exercise Image Nautilus '07 came to a close.

During each day of the bilateral training, which began Feb. 10, more than 60 troops from the unit's Light Armored Reconnaissance and Combined-Anti Armor Team Platoons worked side-by-side with dozens of Djiboutian soldiers to fire nearly every infantry weapon in the MEU's arsenal and a few that were not.

The focus of the training was to give both forces an opportunity to familiarize each other with their different weapon systems and tactics while giving the MEU's troops a chance to get some valuable trigger time, said 1st Lt. Rollin A.

Steele, LAR platoon commander.

Throughout the exercise the Marines took time to explain to their Djiboutian counterparts the operation and firing techniques of the U.S. weapons they were shooting.

The Americans also got a chance to fire the host nation's weapons as they put rounds down range with AK-47 assault rifles, PKM light machine guns and Dragandov sniper rifles.

Shooting with unfamiliar weapons was a new experience for many of the Marines and highlighted a key difference between the two nations' militaries, said Cpl. Todd M. Zielinski, a scout team leader with LAR platoon.

"It was cool getting to shoot with their weapons," he explained. "You could really feel the difference between their [rifles] and ours."

The Marines' precision tactics were on display as they conducted an Enhanced



Exercise Image Nautilus: Lance Cpl. Manuel A. Giraldo, from Weapons Company, Battalion Landing Team 2/2, 26th Marine Expeditionary Unit, fires the MK-19 40mm machine gun at a target on Myriam Range, Djibouti Feb. 11.

See NAUTILUS page 8A

Lejeune Marines search 'smugglers' town'

Lance Cpl. Nathaniel Sapp
2nd Marine Division

CAMP KOREAN VILLAGE, Iraq — While the rest of the battalion is miles away, Marines from Company C are working a "smugglers' town" in western Iraq.

As a whole, Marines from 2nd Light Armored Reconnaissance Battalion, Marine Corps Base Camp Lejeune are stretched throughout the Al Anbar province.

Some conduct security operations in cities like Rawah and Anah, 150 miles northwest of Baghdad, while Company C assists the 15th Marine Expeditionary Unit in Rutbah, a city of roughly 30,000 about 50 miles east of the Jordanian border.

While most of the area consists of flat desert with sporadic small towns, Rutbah exists in what might seem an unlikely, uninhabitable place.

However, the city lies on a trade route hundreds of years old. Marines here say it is almost a necessary stop for legitimate traders as well as smugglers bringing weapons or insurgents deeper into the heart of Iraq.

"Around this area, Rutbah is the center of everything," said Sgt. Ryan Daugherty, a 24-year-old platoon sergeant who has been to this part of Iraq once before and is currently on his third deployment.

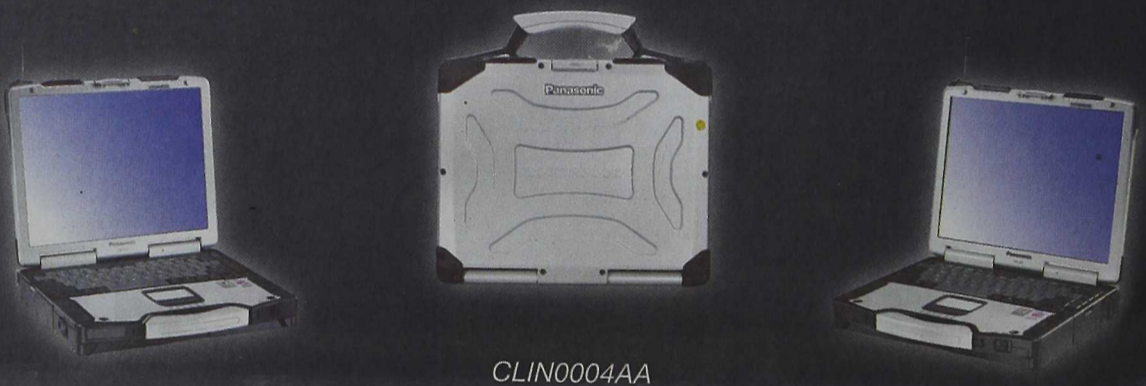
While the different types of units the 15th MEU brings to help them effectively conduct operations inside the city, Marines here say, it's 2nd LAR that essentially controls who and what goes in and out of Rutbah.

A year ago Marines built a sand berm around the city. Since then, they've been guarding the only entrances in and out of Rutbah, searching vehicles and checking names of known insurgents.

"The first three months we worked the [traffic control point] searching vehicles, screening people and watching the berm around the city to make sure no

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See SEARCH page 8A

Warriors revive economic, social development in western Euphrates River Valley

Michael S. Cifuentes
Marine Division

RAMANA, Iraq — Iraqi leaders, mem- cal Iraqi Security Forces and Marines and serving in west- came together Ramana, Iraq, to the grand open- a bridge, which s across the s River. ebration included cutting ceremony, by a feast hosted ayor of Ramana, rab. sheiks along with Scott C. Shuster, ling officer of ce 3rd Battalion, rine Regiment, Corps Air-Combat wenty-nine Palms, sed battalion, and ors of Husaybah mana marked the on by walking e bridge after the s cut. ridge was decorat- a palm-made arch e south entrance, by two Iraqi flags. All of the ents were planned



Cpl. Michael S. Cifuentes

Bridge opening: A U.S. Marine Corps battalion-level convoy security team with 3rd Battalion, 4th Marine Regiment, Marine Air-Combat Center, Twentynine Palms, Calif. travels across the Ramana Bridge in Ramana, Iraq.

and organized by the local Iraqi people, and security was left up to the local Iraqi Security Forces. Shuster said he was pleased the Iraqi people, army and police had done such a thorough job for the ceremony. The bridge was constructed by an Army platoon with 362nd Engineer Company, a unit based out of Fort Benning, Ga. The construction of the bridge began December 2006 and was completed less than a week before the grand opening.

Budgeted at \$6.5 million, the steel, double truss designed bridge, known as a Mabey-Johnson Logistic Support Bridge, was named, once again, the Ramana Bridge. At 268 meters in length and with two lanes for vehicles traveling north and south across the river, the bridge connects the two Euphrates River Valley cities — Karabilah and Ramana.

The bridge was originally an Iraqi-constructed bridge. In November of 2005, Marines with 3rd Battalion, 6th Marine Regiment, Camp Lejeune, destroyed sections of the original bridge with an air strike in order to interdict insurgent activities and to support counter insurgency operations in the area. This was just three months before a 16-day operation dubbed Steel Curtain where Marines and other Coalition Forces here ousted insurgents from this area. Since then, the effects of the disabled bridge were tremendous for the people of Ramana, Karabilah, and other local cities such as Sa'dah and Husaybah, said Army 1st Lt. Po Chun Tsui, platoon commander with 362nd Engineer Company. Shuster said it was clear the loss of the bridge had a very negative impact on the local populace and local businesses. "The bridge served not only as a link to commerce and economic development but also a conduit to rela-

tionships, families and a complex social network with far reaching effects," said Tsui. "The restoration of the Ramana Bridge is a step toward garnering support to the Coalition Forces and 3/4 [3rd Battalion, 4th Marine Regiment] effort in the area." In June 2006, an assault float bridge, more commonly known as the Ribbon Bridge, was replaced by the 74th Engineer Company, Fort Bragg, N.C., to assist locals in resuming vehicle and pedestrian traffic in the Ramana area. But, in October 2006, sections of the bridge were damaged due to rain storms and flooding on the Euphrates River. Although the Ribbon Bridge, which was dubbed the Golden Gate Bridge, was emplaced across the river, it was designed for tactical application and not for long term use such as a fixed bridge, said Tsui. The Marine Corps purchased the MJLSB from funding allocated for Iraqi civil infrastructure development. See ECONOMIC page 8A

Qs get answers from Civil Affairs Marines in Al Anbar city

Cpl. Luke Blom
2nd Marine Division

HADITHA, Iraq — "I need kerosene. You have any information about my wife who was detained yesterday?" "You fix the damage that was done to your house when Marines were fighting (what locals call insurgents)?" "What about this western Al Anbar city?" The Marines of the Virginia-based Civil Affairs Group seeking answers to many questions. Whether the Marines were able to accommodate requests or not, they have built a rapport with the local population in months since their arrival through ceaseless effort to help, according to William Parker, the CAG team leader.

threats from the local insurgency. Undeterred by the insurgents' murder and intimidation campaign, the CAG Marines here have tailored their operation to slowly build community support and involvement. "Right now we're doing smaller things on a more personal level," said Parker. "We're understanding who these people are, what their belief systems are, what their feelings toward the Coalition and insurgents are, what their goals are, and what they would like to see happen here." When Parker and his team of 12 Marines arrived in the triad in September 2006, the local population had minimal contact with the CAG Marines. In their first couple of weeks operating in the "Triad," they would be lucky to have five local Iraqis come into the Civil Military Operations Center, the hub for all CAGs business, according to Master Gunnery Sgt. Salvatore Rignola, the CAG's senior enlisted advisor. There was even talk of shutting down the CMOC because it was thought to be ineffective, said Parker. Instead, the CAG Marines began going on patrols with Marines from 2nd Battalion in an effort to talk to as many locals as possible and spread the word about what the CAG could do for them and their community. "On the patrols, the CAG mission never stopped," said Parker. "It didn't matter if there was a firefight going on outside, we kept talking to the people. The people saw that we were making a huge effort to reach out to the community and see what they were concerned about or what they needed."

The word spread around to the entire "Triad" that if any one had an issue concerning the Coalition or their own community, they should go to the CMOC and talk to the CAG Marines. "When we first got here, the people of



Cpl. Luke Blom

Looking for answers: In a four month period of time, 4th Civil Affairs Group, Naval District Washington, Va., now headquartered in Haditha has seen the number of visitors to the Civil Military Operation Center increase from five Iraqis per week to 60 per day.

Haditha wouldn't even talk to an American much less be seen going to the CMOC because they feared the insurgents would kill them," said Rignola. "Now the CMOC is packed everyday." Whether they're looking for a condolence payment, vehicle permit, information on the status of a detainee, money to repair damages caused by Marines or simply to ask a question, the locals who come to the CMOC are looking for answers. "We're not always able to give them what they're looking for," said Parker. "But in this culture, as long as they see that you're making a strong effort they feel

like they're being taken care of." Apparently the word has traveled around the entire "Triad" that when you go to the CMOC "you can get something done," said Parker. People walk for miles from neighboring cities just to get to the CMOC and speak with the CAG Marines. The amount of "Triad" residents who come to the CMOC to speak with the Marines has ballooned from five per week four months ago to an average of more than 60 people per day. A line of people waiting to talk with a

See ANSWERS page 8A

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NAUTILUS
CONTINUED FROM 6A

Marksmanship Program range. Having demonstrated the techniques used in close quarters firing, the Marines then walked the Djiboutian troops through the course of fire.

Seeing another nation's military in action was a valuable experience for the Djiboutian troops, said Djiboutian Army 1st Lt. Rachid Ismael.

"This was a big experience for my men," he explained. "It has given them some different ideas and perspectives on training and shooting that they can take back to their own units."

The expansive ranges here also gave the MEU's troops an opportunity to shoot more explosive weaponry, including M-203 grenade launchers; shoulder-launched, multi-purpose assault weapons; and M-136 AT-4 rockets.

While the U.S. Marines and Djiboutian soldiers adjusted to each others' inherent differences, professionalism, safety and military bearing were universal throughout the training, said Staff Sgt. Arthur Abrego Jr., the platoon sergeant for the CAAT 'White Platoon.

"Just like our military, [the Djiboutian soldiers] have a strong sense of duty and discipline," he said. "They had professional attitudes and were proficient in their weapons handling."

The patience, attention to detail and hard work the Marines and Djiboutians put in to the exercise helped make Image Nautilus a bilateral suc-

cess, said Steele. Ismael agreed, saying, "I think it gave our troops the confidence that if someday we fight alongside American troops, we can communicate and work together effectively to accomplish our missions."

The bilateral training at Myriam Range marked the final events in conjunction with Image Nautilus. Marines and sailors from BLT 2/2 and Combat Logistics Battalion - 26 kicked off the exercise Jan. 6 with a two-day community relations project at Ecole du Stade Primary School in Djibouti City.

The 26th MEU departed North Carolina Jan. 6 on a routine deployment as the landing force for the Bataan Expeditionary Strike Group. In addition to USS Bataan (LHD-5), the strike group is comprised of the USS Oak Hill, USS Shreveport, USS Nitze, USS Vella Gulf, USS Underwood and USS Scranton.

The Bataan ESG is currently supporting maritime security operations (MSO) in the U.S. Naval Forces Central Command area of operations. MSO help set the conditions for security and stability in the maritime environment, as well as complement the counter-terrorism and security efforts of regional nations. These operations deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons or other material.

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

ANSWERS
CONTINUED FROM 7A

CAG Marine spills out the door of the CMOC nearly everyday. Some local citizens come to the CMOC on such a regular basis that they're on a first name basis with Rignola, who considers many of the Iraqis he's met here his friends.

"If they remember a Marine treating them good, they will keep that in the back of their mind for the rest of their lives," said Rignola, a reserve Marine who works for the New York City Fire Department investigating arsons and explosions when not activated.

"No matter what someone tells them later on in life, they will know that the Marines were good to them. It just comes down to treating people as you would like to be treated," added Rignola. ■

PLAN
CONTINUED FROM 1A

stabilizing the region is to secure the capital and give the government "political breathing space."

This will allow the government to reconcile internal differences and demonstrate to the locals that the government can work and can produce tangible results. Additional coalition forces will help give the Iraqi government that breathing room.

Other benchmarks met by the Iraqi government include the recent passing of its \$41 billion budget, of which \$10 billion is earmarked for reconstruction and capital investment. Also, lawmakers there are working to pass an oil revenue law that

will give the Iraqi people a say in their country's oil future, Bush said.

This progress, said he, will demonstrate the government can work.

Right now, the timing of coalition forces' initial plans to clear, hold and rebuild Baghdad is on schedule to give Petraeus what he needs, when he needs them. Coalition forces' initial plans include clearing, holding and rebuilding Baghdad in city. "We have been clearing, but not holding," Bush said.

To help with this, Bush said, the government will receive more provincial reconstruction funds and more provincial reconstruction funds. Iraqi people see progress under the new government. ■

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SEARCH
CONTINUED FROM 6A

one was trying to get past us," said Daugherty, a Cotati, Calif., native.

"When we first got there, it wasn't bad, it was quiet," said Cpl. James Dillon, a 22-year-old infantryman from Milton, W.Va. "After that it picked up."

Daily pop-shots at the Marine TCP from the city were considered normal after a while and on at least three occasions Marines fought off multiple insurgents.

"We would be attacked by squad-sized elements that we had to defend

our position against," Daugherty said. "I definitely didn't run into that situation before."

Many of the Marines in LAR are on their second deployment and operated in this area last year. The knowledge of the area and people they've gained from their previous experience has proved to be useful, Marines here say.

Many people don't seem to want to get involved with either side, Daugherty said. They're not "pro-insurgency," but they're making sure they don't seem eager to befriend Marines, in fear of terrorists taking repercussions on their

families, he added.

Marines from Company B are making progress removing improvised devices, they allow the safe use of both Iraqi civilians and forces.

Their checkpoints disrupt smuggling and effectively deny enemy use of the city.

"Day-to-day and little by little we're taking away the energy to operate so the people are safer," Daugherty added.

"We want the people to see because we're doing the right thing," he said. ■

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ECONOMIC
CONTINUED FROM 7A

said Tsui. After a month without a bridge between Karabila and Ramana, construction began in December.

Building materials and labor came directly from the U.S. Army bridge building company, said Shuster.

"This project showed our commitment to the Iraqi people and positive growth in the area," said Shuster.

During the ceremony, Mayor Raffi Harrab, the mayor of Ramana, said the connection and relationship between Ramana and Karabala was almost dead, but thanks to the rebuilding of the bridge, it is "revived."

"We're all very happy for such a good achievement from the Americans," said Harrab through an Arabic-English interpreter. "We all give our thanks to the troops who made this good project happen."

The MJLSB project required the effort of every soldier from 362nd Engineer Company's 1st Platoon, said Army Staff Sgt. Glenn Fulton, senior boat operator with 1st Platoon, 362nd Engineer Company.

"For most soldiers in the platoon, the construction of the [bridge] is one of the highlights of their military careers," said Fulton, an Oakdale, Conn., native. "The thought of leaving a legacy of their time in Iraq for the Iraqi people was a moti-

vation for of all soldiers involved. Every member of the platoon played a major part in this mission."

The construction of the Ramana Bridge also improves logistical and Quick Reaction Force support for the battalion, said Shuster.

The Marine battalion, nicknamed "Shanghai" for its garrison duty in Shanghai, China, in 1927, is currently serving its fourth deployment to Iraq since the initial push to Baghdad in 2003, of which it was a major part. The Marines and sailors of the battalion are now into their sixth month of a nine-month deployment.

Daily life for 3/4's service members means patrolling the streets of the Euphrates River cities in search of insurgent activity. They're also tasked with mentoring and monitoring the local Iraqi Security Forces, imparting them with essential military tactics and procedures they will need in order to man their country on their own.

Coalition overwatch on the bridge site is maintained by Marines with 3/4 from a nearby outpost. Local Iraqi Security Forces are constantly conducting security on the area through patrols and random vehicle searches at check points. As long as the task force is serving the area, overwatch on the bridge will continue, said Shuster.

"For the same reason we want to use the bridge is the same reason the terrorists want to stop us from using the bridge - we're providing support for the Iraqi Security

Forces," said Shuster.

Aside from combat operations in the area, this bridge is mostly by the local populace, said Sgt. Dan Degtyar, a team leader and civil affairs specialist with the Civil Affairs Group, an attachment in direct support of the 3/4.

Funding allocated for civil infrastructure development was granted to local Iraqi contractors in Ramana. Materials needed for construction projects come from some 100 miles away from Ramana, across from Ramana. But, with the bridge, these materials had to be rerouted to another several miles away from Ramana, costing more money, contractors, said Degtyar.

"This was very inconvenient to the local contractors," said Degtyar, a Denver native. "Now, with the bridge, construction projects in the area will speed up."

"The Ramana Bridge is an open gate toward economic development and growth," added Degtyar.

To a land of mostly farming and sheep herding, the bridge is a very important development to this area, say some Iraqis.

"The Ramana Bridge's presence will serve as a symbol of the United States commitment to the people of Iraq and the Iraqi people," said Tsui. "This is a giant leap forward." ■

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Information may be obtained by contacting the Chief Dentist, Dr. George A. Smith, by telephone at (804) 663-3578 extension 1034 or by E-mail at George.Smith@vadoc.virginia.gov.

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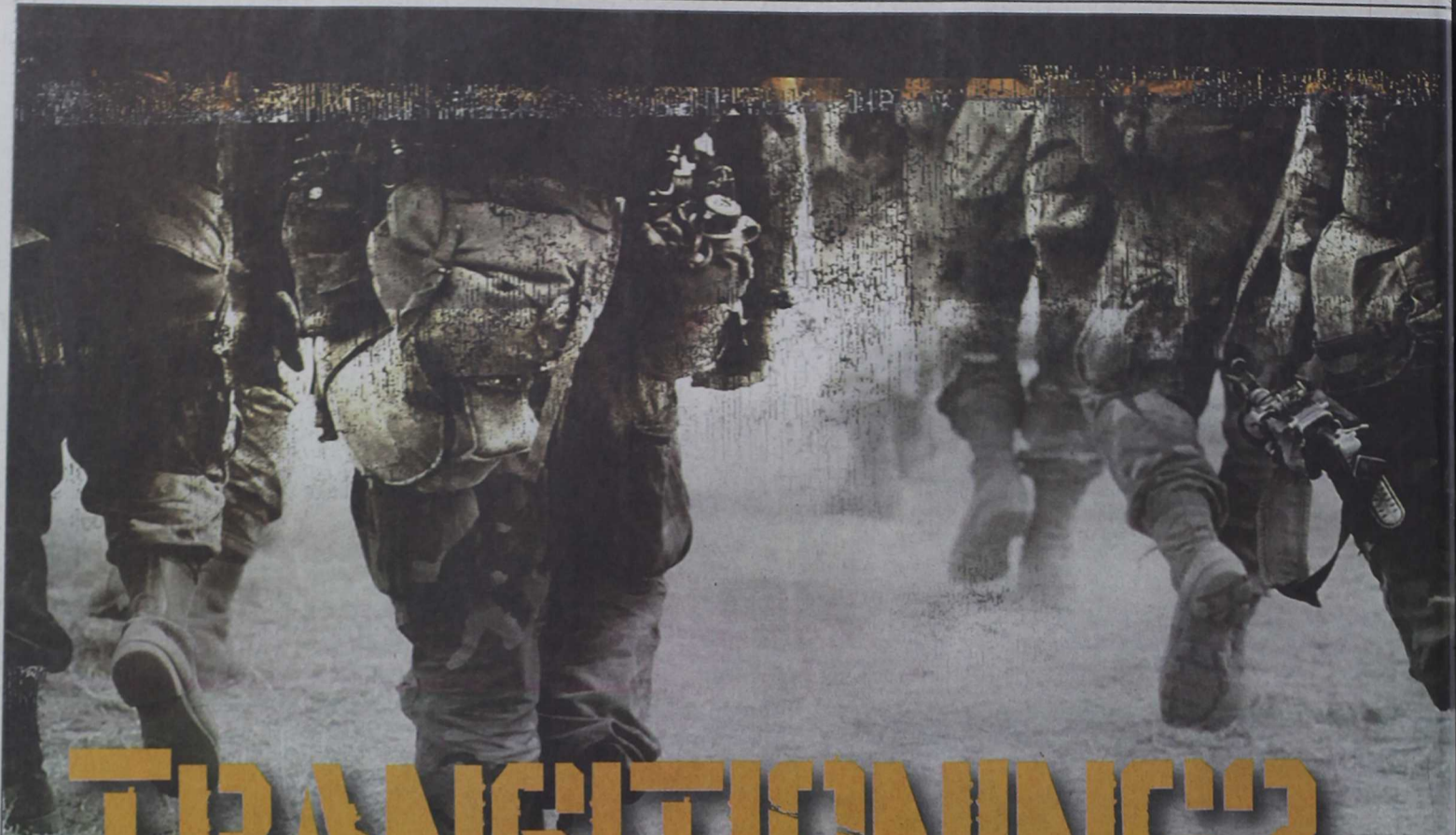
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Sports

MEDLOG defeats II MHG Thursday

Men's summer intramural soccer league
The Marines, sailors, and department of civilians interested in participating in a men's intramural soccer league are asked to contact Intramural Sports Director Antonio Warner at 217-2061.

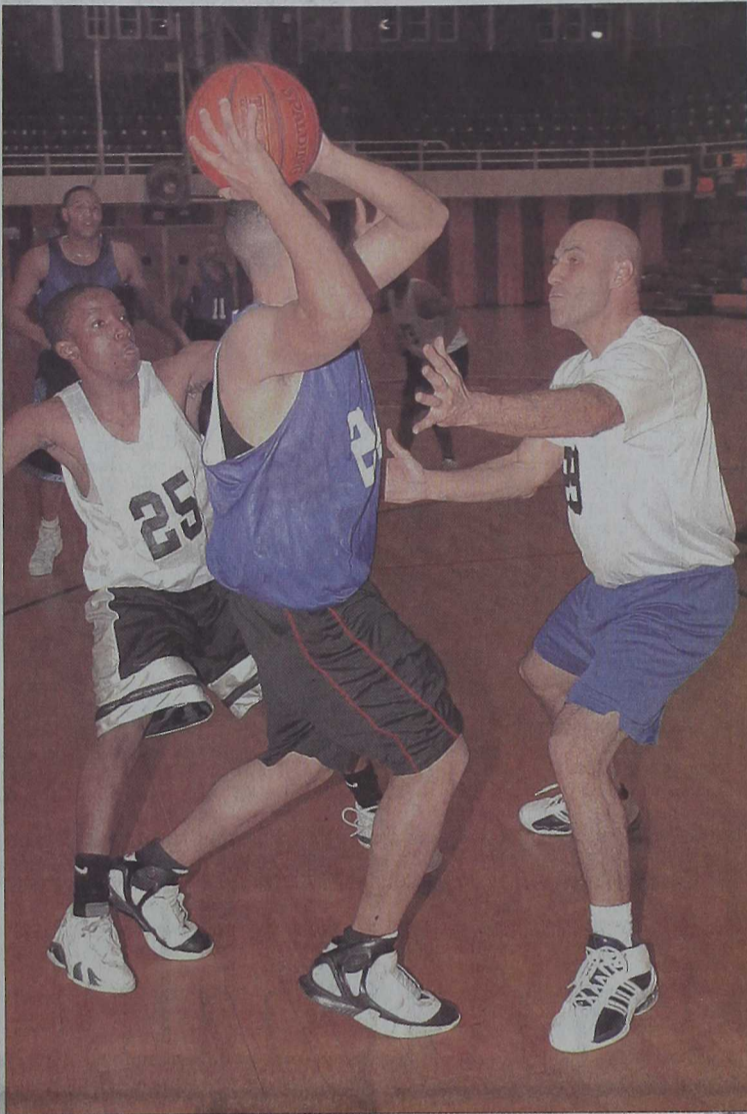
Baseball coaches needed
The Marines, sailors, and golf coaches are needed. Applicants must be 18 years old to coach. Interested, please contact Robin Karratti at 217-2159.

Youth lacrosse coaches sought
Onslow Youth Lacrosse season will be beginning soon. The program is still looking for qualified adults to coach. There is a special need for women lacrosse coaches to mentor the girls' teams. If you have questions about coaching, visit the program's Web site at www.youthlacrosse.org or call Maj. John Sarno at 217-4757.

Youth sports
Youth Sports Camps at Camp Lejeune are held from the Ashley Manor 7-Day Camp and at New River. Activities in the old gymnasium will be taking registration for spring sports through March 9, 9 a.m. to 4:30 p.m. Spring sports include baseball, softball, golf and track in various youth age brackets. The cost is \$20 per child. Youth Sports participation is open to all active-duty members and Marine Corps Community Service employees. For more information, contact Youth Sports at 217-77.

Business center hours
The business center is open on weekend hours at Courthouse Bay Business Center have changed and are 11 a.m. to 4 p.m. Beginning this year, the B Fitness Center will rotate winter and summer hours for the weekend. Winter hours are through April 30. Summer hours run from May 1 through Oct. 31. Summer hours are 9 a.m. to 2 p.m. The fitness center's Web site is www.mccslejeune.com/BusinessCenter.html. The B Fitness Center is at g. #BB2 off Horn Road. The phone number is 450-7747. The facility manager can be reached at 450-7454.

Weekday walking
The Onslow County Parks and Recreation Department, City of Jacksonville Wellness Committee and Onslow County Health Department are sponsoring a weekday walking program. Meet every Friday at the New River Water Front Park (across from the O) or City Hall between 11:30 a.m. and 2:00 p.m. Call 347-5332 for more information.



Heather Owens

Denied: Two Medical Logistics players deny the passing lane to a II Marine Expeditionary Force Headquarters Group player in Thursday night's game at Goettge Memorial Field House. Medical Logistics won the game with a score of 48-33.

Heather Owens
Staff reporter

ferent from this game," said Pondexter.

Rebounds will kill you. So said one of the coaches of Thursday evening's meeting between Medical Logistics Battalion and II Marine Expeditionary Force Headquarters Group.

More specifically, it's the lack thereof that can cause major headaches for any particular team on any given day.

It's interesting to note that that the sentiment was expressed by the coach of the team that marked the game in their win column, Coach Anthony Washington of MEDLOG said.

But no matter, opposing Coach Kenneth Pondexter had similar thoughts about aggressive defense and the need to curb turnovers.

There were in fact a few turnovers during the game — on both sides of the ball. Not that that's a usual occurrence with these teams, it just happened to be a part of the tempo of this particular game. So much so that after chugging back up the court for the umpteenth time, one of the referees happened to mention to no-one in particular, "Boy, there are a lot turnovers in this game."

Yet it's all about learning, growth and coming together as a team. What better time to do so than the waxing part of the season?

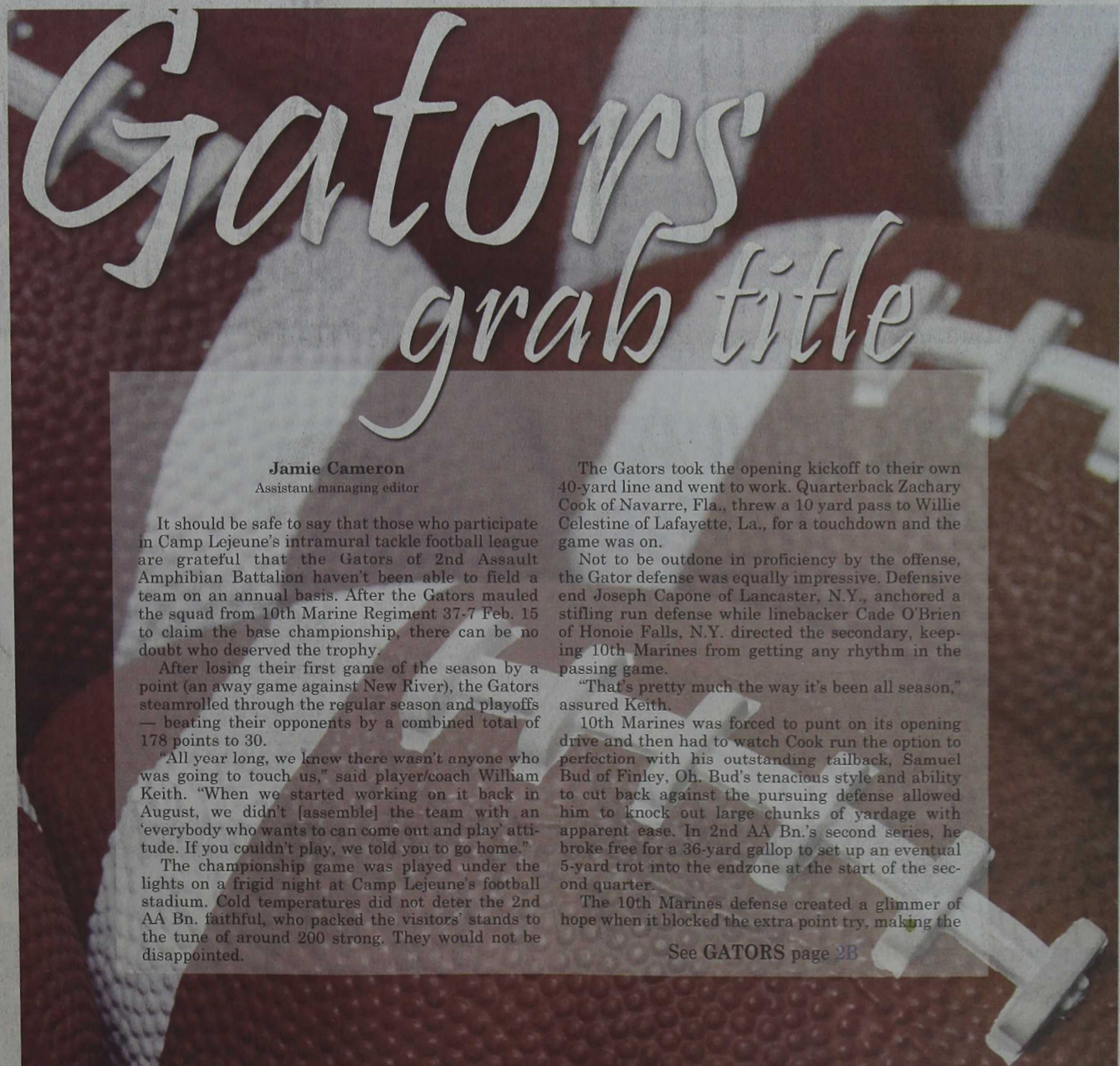
"We need to play stronger on the post which I see we have the combination in order to make it happen. Not only that, we need to be more aggressive on the defensive side of the ball. Once we get that done, then I guarantee we'll have a better team and the outcome will be totally dif-

In fact, Pondexter is fortunate in the fact that his team has the makings of greatness in both team enthusiasm and many fresh legs to sub in at any given time. The coach of the opposing team noticed that. "They had a lot more people than we did. Obviously, people get tired and you want to sub in. So I had to rotate what few people we had in. Overall, we played a good game and manned the boards to get some good rebounds," said Coach Anthony Washington of MEDLOG.

"Well, it was a pretty good game. I think that our players are trying to get the chemistry together to where we can play better defense and better understand how each other plays, and when the ball is going to be shot and when it's going to miss and when to play aggressive defense," said Pondexter.

Additionally, both teams' coaches praised their point guards for their play during Thursday night's game. Pondexter called out his point man, Desmond Shelton, for his skill in passing the ball around. "I had Brandon Callahan and Joshua Richards, our two point guards. They basically broke down their press and their defense because the other team was trying to run a zone trap at the beginning of the game. But [Callahan and Richards] broke free and got a lot of open shots and looked for the big man down low. So, our two point guards were a major key to the win today," said Washington.

The final score for the game was 48-33 in favor of MEDLOG. ■



Jamie Cameron
Assistant managing editor

It should be safe to say that those who participate in Camp Lejeune's intramural tackle football league are grateful that the Gators of 2nd Assault Amphibian Battalion haven't been able to field a team on an annual basis. After the Gators mauled the squad from 10th Marine Regiment 37-7 Feb. 15 to claim the base championship, there can be no doubt who deserved the trophy.

After losing their first game of the season by a point (an away game against New River), the Gators steamrolled through the regular season and playoffs — beating their opponents by a combined total of 178 points to 30.

"All year long, we knew there wasn't anyone who was going to touch us," said player/coach William Keith. "When we started working on it back in August, we didn't [assemble] the team with an 'everybody who wants to can come out and play' attitude. If you couldn't play, we told you to go home."

The championship game was played under the lights on a frigid night at Camp Lejeune's football stadium. Cold temperatures did not deter the 2nd AA Bn. faithful, who packed the visitors' stands to the tune of around 200 strong. They would not be disappointed.

The Gators took the opening kickoff to their own 40-yard line and went to work. Quarterback Zachary Cook of Navarre, Fla., threw a 10 yard pass to Willie Celestine of Lafayette, La., for a touchdown and the game was on.

Not to be outdone in proficiency by the offense, the Gator defense was equally impressive. Defensive end Joseph Capone of Lancaster, N.Y., anchored a stifling run defense while linebacker Cade O'Brien of Honoie Falls, N.Y. directed the secondary, keeping 10th Marines from getting any rhythm in the passing game.

"That's pretty much the way it's been all season," assured Keith.

10th Marines was forced to punt on its opening drive and then had to watch Cook run the option to perfection with his outstanding tailback, Samuel Bud of Finley, Oh. Bud's tenacious style and ability to cut back against the pursuing defense allowed him to knock out large chunks of yardage with apparent ease. In 2nd AA Bn.'s second series, he broke free for a 36-yard gallop to set up an eventual 5-yard trot into the endzone at the start of the second quarter.

The 10th Marines defense created a glimmer of hope when it blocked the extra point try, making the

See GATORS page 2B

GATORS
CONTINUED FROM 1B

score 13-0, but the good vibes didn't last for long. After another short offensive series and punt, 10th Marines' defense faltered deep in the red zone, allowing Cook to score from five yards out on a quarterback keeper. The Gators muffed the two-point conversion, but their lead had increased to 19-0.

A Gator interception nullified 10th Marines' excellent starting field position on their own 41 yard line and translated into 2nd AA Bn. getting the ball back near midfield with time for one more score before halftime.

Cook and Bud went to work on the ground. The quarterback slipped a tackle for a 15-yard gain down to 10th Marines' 20 yard line, followed by Bud, bulling his way down to the goal line with a minute left in the half.

A holding penalty sent the Gators back to the 10-yard line, but Cook ran the option and kept it again, crossing the goal line to make it 25-0. The extra point try was no good and the teams broke for the half.

Opening the second half, the 10th Marine's offense drove down field to make a statement — that they belonged in the championship game. Quarterback Eric Mathias of Greenwood, Ind., who had suffered to that point from several dropped passes, threw a beautiful strike to Tyrone Sharpe of Richmond, Va., to the front corner of the end-zone. 10th Marine Regiment was finally on the board with the score 25-7.

James Sheasley, head coach of 10th Marine Regiment, wasn't surprised to see Mathias and Sharpe hook-up. "Sharpe's been a points-producer for us all season. In fact, he's the only receiver on our team that's been here the entire season. There's been a lot of turnover with deployments and people getting out," explained Sheasley.

Unfortunately, that was as close as the score would get.

In their opening drive of the half, the Gators continued to shred the opposing defense with the Cook/Bud tandem, running the ball down to the 5-yard line in short order.

Cook suffered a leg injury and had to come out. The Gator offense didn't miss a beat with back-up QB David Tanis of Garfield, N.J., who simply handed the ball off twice to Bud for the inevitable score. The two-point conversion failed again, but 2nd AA Bn.'s lead was an insurmountable 31-7 with just one quarter left to play.

The 10th Marine Regiment offense got back to work quickly and appeared on the verge of a second tally when Mathias' pass was picked off at the goal line, quashing any hopes of a comeback.

Cook re-entered the game, albeit with limited mobility, and proceeded to pick the 10th Marines' defense apart with short and medium passes over the middle.

"We knew the middle would be wide open with [10th Marine Regiment] because they put all of their linebackers on the line," explained Keith. "We had our practice plan for the offense put in and we executed it really well."

Cook proceeded with an efficient, time-consuming drive that ate up most of the fourth quarter, capped off by Bud's 9-yard touchdown run that ended the scoring.

In spite of the loss, Sheasley was extremely proud of his side for their overall effort throughout the season.

"We had a great season," he said. "We accomplished many of our goals including beating Cherry Point [the defending base league champions] twice. This was by far my most enjoyable coaching experience."

With the final game of the season now in the record books, 2nd AA Bn. has nine months to enjoy its title as Camp Lejeune's top team. It also means that all of the other squads have nine months to figure out a way to knock them off. ■

Howell finally adds another trophy to his PGA collection

Doug Ferguson
AP Golf Writer

LOS ANGELES — Charles Howell III remembers the first time he stepped inside Tiger Woods' house. There was a TV in the living room, and a mantle above the fireplace with four silver trophies from the Masters, U.S. Open, British Open and PGA Championship.

Howell only had a trophy from the Michelob Championship, a tournament that now exists on the LPGA Tour.

"He probably wondered what was wrong with me because I just sat there bit a mesmerized," Howell said. "Here you have it. You've got all four majors sitting right there."

While the Nissan Open won't be mistaken for a claret jug, it felt like a major to Howell.

After going 4-1/2 years and 127 starts on the PGA Tour without winning, Howell ended his drought with a playoff victory Sunday at Riviera that was surprising on two fronts — the late fade by Phil Mickelson, and the clutch putts made by Howell.

Mickelson was headed for his second victory in as many weeks when he carried a two-shot lead into the back nine. Then came a 2-foot par putt that rimmed out and a 4-foot birdie putt that stayed right of the cup. Needing a par on the 18th hole to win, he came up short of the green, hit a pedestrian chip and missed an 18-foot to fall into a playoff.

"I felt like I had the tournament in my grasp and let it go," said Mickelson, who shot 68.

Howell closed with a 6-under 65, shooting a 32 on the back nine to keep Mickelson honest. And while he didn't do anything spectacular in the three playoff holes, Howell was never more clutch in making pars.

On the 18th, he chipped weakly from behind the 18th green and curled in a 6-footer for par to extend the playoff. On the 10th, where he lost a playoff to Mike Weir four years ago, Howell was headed for a bogey until a pitch with perfect pace from

80 feet that stopped 3 feet away for another par.

He ended it on the par-3 14th.

Both players came up short with a 7-iron as the air lost some of its warmth in the fading light. Mickelson chose to putt, but the ball took a high hop when it left his blade and came up 10 feet short. Howell, facing the kind of chip that failed him in Honolulu last month, hit a solid one that trickled 3 feet by the hole.

Even then, he didn't think his long day was over.

"It's Phil Mickelson hitting a par putt," Howell reasoned. "I'm giving him the putt. When he missed it, my heart jumped because it was a shock that the guy had actually missed that putt. I just said a prayer and said, 'God, if this is the time, then let's knock this in.'"

"And fortunately," he said, "it was." Howell and Mickelson finished at 268.

Ernie Els (67), Jim Furyk (67) and Robert Allenby (68) tied for third, three shots out of the playoff. Els and Allenby both had chances to catch Mickelson along the back nine of a mostly sunny afternoon, but the Big Easy was tripped up by three bogeys, while Allenby fell back with a three-putt from 60 feet on the fringe at the 15th.

It was a blown opportunity for Mickelson, playing Riviera for the first time since 2001, although it probably won't cost him too much momentum as he slowly makes his way to the Masters.

He worked hard after the U.S. Open debacle to improve his driving, and while he missed the 18th fairway to the left on both tee shots, they were not too far from where he was aiming, and both times he had ample opportunity to get to the green. His 8-iron from 204 yards in regulation came up short. In the playoff, he was on the opposite side of the green, and nearly holed a putt from 60 feet.

"I had control of the tournament," Mickelson said. "I just needed to par the last hole. If I birdied 16 and made that 4-footer, I'm probably going to do

it. If I don't miss that par putt a good chance I do it. So I'll let it go and say there were a lot of opportunities that I let slide.

"But on the good note, it's better to get those out of the way early."

Howell couldn't wait another week. He was labeled a future star when he won the NCAA title at Oklahoma State in 2000, captured his first Tour event two years later at the Kingsmill and made the Presidents Cup team the following year.

But something always kept him from winning. There were numerous near-up finishes since his only including two of them this year on a poor chip on the 18th hole at Honolulu cost him a chance, but he was beaten by Woods down the stretch at Torrey Pines three weeks ago.

Howell was reminded of his frequent comings at every turn in the playoffs but he erased those memories by making the clutch putts, the birdies and the key pars.

When he tapped in the 3-foot putt for the win, he closed his eyes and tilted his head to the skies, hugging his caddy Jimmie Johnson. His voice cracked when asked to go over his emotions and when he mentioned the success he got from his father, along with swing coach David Leadbetter and his staff.

"They never thought anything was going to happen. It was a long road, but we thought, 'This is good, you've lost it,' or anything like that. This game can beat you up, but you see a lot of guys who never recover. I've got great people around me to help get me out of here."

Now he back book a trip home to Augusta, Ga.

Howell's first goal at the start of the year was to get into the top 10 of the world ranking by the end of the March to qualify for the Masters. Having ended last year at No. 11, victory moved him up to No. 7, essentially securing a tee time for the next year.

He also hoisted another trophy, which was more important. ■

Youth Sports Basketball Standings

As of Tuesday

Western Conference	Conference	Overall	Eastern Conference	Conference	Overall
Jazz	3-0	4-0	Magic	3-0	4-0
Hawks	2-1	2-2	Sonics	3-0	4-0
Hornets	2-1	2-2	Bobcats	1-2	2-2
Suns	1-2	1-2	Lakers	1-2	1-2
T'Wolves	1-2	1-3	Warriors	1-2	1-3
Knicks	0-3	0-4	Celtics	0-3	1-3

Central Conference	Conference	Overall	Majors	Record	Majors	Record
Raptors	3-0	4-0	Bulls	4-0	Celtics	1-4
Pistons	1-0	2-0	Hawks	4-0	Knicks	0-4
Bucks	1-1	2-1	Suns	3-2		
Rockets	0-1	0-2	Pistons	2-2		
Blazers	0-3	0-4	Lakers	1-3		

THE WILD WORLD OF LEJEUNE SPORTS

Skeet Shoot

Saturday

The Single Marine Program will hold a Skeet Shoot Saturday from noon until 5 p.m. at the McIntyre Skeet Range on Parachute Tower Road. The \$4 entrance fee includes 25 targets and 25 rounds. The event is sponsored by Semper Fit and is open to single active-duty military. For more information, call 451-4485/0084.

Dietitian on Deck

Wednesday

Certified sports dietitian and strength coach Chris Halagarda will be on hand Wednesday from 11 to 11:30 a.m. at the Courthouse Bay Fitness Center. For more information, call 451-0824.

Dodgeball Tournament

Wednesday

The Single Marine Program Dodgeball Tournament will take place Wednesday at the French Creek Fitness Center Gym. Players must arrive at 4:30 p.m. and play will run until the last team is standing. Players must be 18 or older to

participate. Teams must consist of 7-10 players. The first four teams to register will receive free t-shirts. Trophies will be awarded to first and second place winners. For more information, call 451-1058.

Rifle and pistol competition

March 2

The first team meeting for the Eastern Division Rifle and Pistol Competition will be March 2 at 1 p.m. The Eastern Division Rifle and Pistol Competition will take place at Stone Bay March 14-April 6 in RR-50 at Stone Bay. Points of contact are Chief Warrent Officer-3 Dutton at 450-2712 and 1st Lt. Pendley at 450-2705.

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 at 388-1462.

Team Bass Tournament Series

March 10

Gottschalk Marina's 18th Annual Spring Splash Team Bass Tournament will be held March 10. The tournament will take place from 6 a.m. (or safe light) to 4 p.m. Two-person teams fish for largemouth bass on the New River and its tributaries. The average prize amount is \$2,500 based on 50 boats; the cash prize is guaranteed to be at least \$1,000. Trophies and cash prizes are awarded to the first three places. Active-duty teams may participate through the usage of unit funds with permission of the unit's special services officer. Registration is \$70 per team with a \$15 late fee required if registration is made on the day of the event. For more information, contact 451-8307.

St. Patrick's Festival 8K Road Race

March 17

An 8K road race sponsored by Emerald Isle Parks and Recreation Department will begin at 8 a.m. March 17 at the Eastern Ocean Regional Access at 2701 Emerald Drive. The course follows a simple out-and-back route from the access, briefly down Hwy. 58, and then along scenic Ocean Drive. Pre-registration and information for the race are available

online at www.emeraldisle-nc.org or by contacting Dena Julius at 252-354-6350 or djulius@emeraldisle-nc.org. Registration and packet pick-up for the race begin at 6:45 a.m. at the access and will end sharply at 7:30 a.m., with no further entries being accepted after that time. Fees for the race are \$15 before March 10 and \$20 thereafter. The first 100 entrants will receive a free t-shirt and awards will be presented to participants in seven different age categories.

10K Road Race

April 14

The Jacksonville Trails and Greenways Commission and the City of Jacksonville present a 10K Road Race and a One Mile Fun Run on April 14 at the Jacksonville Commons Recreation Complex. Prior to April 6, the entry fee for the 10K race is \$10 and the Fun Run is \$12. After April 6, the entry for the 10K only is \$20. The family fee is \$50 and includes a maximum of four t-shirts. Awards will be presented to the top three male and female overall finishers, and to the top two male and female finishers in each of the 14 age categories. The top overall finishers are not eligible for age group awards. Wheelchair racers are invited to participate. Make checks payable to Jacksonville Recreation and Parks Department and drop off at the Jacksonville Commons Recreation Center. The entry fee may also be mailed to Michael Carter, Jacksonville Recreation and Parks Department, Post Office Box 128 Jacksonville, NC 28541-0128. For additional information, contact 938-5313/5304.

Are you going for greatness in your everyday life?

Food for Thought guest columnist has worked with some of the hardest working athletes in the world



Food For Thought

with Chris Halagarda

point that I make to all my clients is that we can give them the tools or weapons to achieve their nutrition and fitness goals. I can give them many different ideas for their motivation, but I can't make them do the right thing. I can't motivate them to go for a day morning bike ride or finish the 10 minutes of a cardio session or to put the third, fourth or fifth slice of pizza away. They have to do that! They need to take themselves to be great at achieving their goals.

Greatness is all relative and I don't think it can be stated any better than my health and fitness colleague on the Coast.

Todd Durkin works with some of the genetically gifted athletes in sports, and genetics alone isn't enough. These athletes do everything possible to achieve greatness in their field. What is greatness for you? What are you doing to be great? What stands in your way of being great? What are the risks for the great article, reprinted with your permission, Todd!

Going for Greatness

Todd Durkin

I have always been intrigued by greatness. I played for a great, successful school coach — the legendary Warren in Brick, N.J. I went to a great college in William & Mary. I currently work with great athletes and extremely successful entrepreneurs and business executives. My constant attention and awareness to special people and special places

have led me to some conclusions. If I had to sum it up in a nutshell, there are three things that separate people from being good to being great: commitment, connecting and conditioning.

Commitment is the first characteristic of people that I find successful in life. I have never met a "great" person in life that wasn't truly committed to their job, occupation, or their personal responsibilities. In order to be great, you must be 100 percent committed to your task and game-plan. There are several components that are part of commitment: focus, passion, and mental toughness.

Are you focused on your goals? Are you focused on your purpose? Are you focused on your mission and vision?

Are you passionate about what you do and do you "play" with the fervor and spirit of a champion?

Are you mentally tough? Do you have the ability to overcome obstacles, challenges, and roadblocks? Regardless of the size of the obstacles and challenges, it is your Attitude and 100 percent conviction that will allow you to rise to the top.

I can't think of a better example of someone that exemplifies "Commitment" right now than Drew Brees. Drew completely tore his labrum and rotator cuff in the last game of the season last year. Doctors told him that it was a career threatening injury and that there was a very good chance that he might not throw again.

Drew committed to a routine that was as grueling as I have ever seen. Approximately 10-12 hours of rehab per day, every day, was his daily routine just to get back to a point where he could get out pain, restore joint movement, and start to function "normally" again.

When I started working with Drew again a couple months outside of surgery, I saw a man determined, focused, passionate and as tough as they come. He asked me to challenge him like I have never done. He did things that most men would

never commit to. He went beyond "normal" to pay the price to be great.

Drew Brees led the resurgent New Orleans Saints to the NFC Championship game this year, he threw for more than 4,000 yards in an NFL record breaking year. He was the runner-up MVP behind LaDainian Tomlinson and he shared the Walter Payton Award for the Man of the Year for his charitable work in the community of New Orleans with LT. You talk about someone who has demonstrated the will, focus, passion, and mental toughness to overcome adversity and the odds — Drew Brees is that guy.



Durkin

The second aspect of being great is Connecting. Are you doing everything you can do to connect with others: your family, colleagues, teammates, the community and to those in need? Being 100 percent present when speaking to people, looking them in the eye, a firm handshake, saying "thank you," smiling, or writing a hand-written note to a long-lost friend are all examples of ways to connect with others.

Life is all about the "time" that we spend on this earth and it is important to stay connected to those people around you that support you or need you. Life is an exchange of energy and it is important to share your energy with others. For the more you give, the more you shall receive.

Lastly, conditioning for life is absolutely essential if you want to be great in life. Our health and fitness is a fundamental aspect and drives all relationships, all successes and everything we do. Most of us are under-nourished physically and spiritually and over-stressed mentally and emotionally.

Physical conditioning drives our emotions and it is important to commit to a routine of daily exercise. We often fail to realize how valuable our health is until we lose it. Don't wait to be a "Champion of your own Health."

Workout everyday for at least 30 minutes and your physical, mental and emo-

tional health will be great. Furthermore, spend at least 10 additional minutes getting some quiet time or prayer time per day and your life will be spiritually nourished. I personally try to read two chapters per day in the Bible. This helps keep me focused and balanced and keeps all things in perspective.

I ask you the question, Are you doing what it takes in your life or your business to be great? Are you okay with just being good? Is there something that you always dreamed of doing but you are being held back by fear? In order to be 100 percent fulfilled and happy, you must continue to grow and take calculated risks.

Whether you are a house-mom, accountant, business executive, athlete, retiree, health and fitness professional, teacher and coach, law enforcement officer, or some other job, are you doing everything you can to "Go for Greatness" in your occupation? How about your life? Don't be complacent and content with being good. Life is all about optimizing your potential and making a difference.

Are you 100 percent committed to what you do? Are you 100 percent focused? Do you play with passion? Are you mentally tough? Are you connecting with people everyday?

Are you spending the time nourishing your physical and spiritual being? Everything you do in life, put a "10" effort in. If you want a "10" out of life, you can't put an "8" or a "9" effort in.

There are no short-cuts, there are no freebies, there are no free tickets. 10-in, 10-out. Are you willing to do what it takes to be great in the game of life? Go for Greatness and your life will be enlightened and fulfilled.

Todd Durkin is the founder of Fitness Quest 10 and Todd Durkin Enterprises in San Diego, Calif. He leads a staff of 26 employees, trains more than 25 NFL athletes, and motivates companies, teams, and conferences throughout the country. This article is an excerpt from his motivational talk "10 In 10 out, So You Want to Be Great" Keynote Speech. ■

Beware the brackets of March ...



Inside Sports

with Shane Suzuki

March is quickly approaching and for many, that means a month-long gambling game known as March Madness. It also means that work productivity will be down, as like "Cinderella" will be used in everyday conversation and people will be begging strangers to look at their bracket. The time of year when the crassness and emotional aspects of sports are reduced to a simple formula — win and advance. Sadly, I missed last year's tournament. I never that probably saved me a lot of money. I generally do very poorly at choosing who will win the National Championship, unlike the moneymaker in professional football. I know Florida

won and they look like favorites again this year, along with Ohio State, North Carolina and a handful of other teams.

And that is it for analysis. Because, let's face it — no one cares who wins. It's all about getting at least 25 of the games right in the first round, because otherwise you have no chance to win the office pool. The games are exciting, there are always buzzer beaters and upsets, players who play themselves into a first round pick and amazing stories of players who have come from poverty-stricken homes to earn a degree in international finance by taking advantage of NCAA scholarships. However, the dynamic element of the tournament and what makes it more popular than the NBA playoffs is the actual chance of an upset, of a low-ranked team making it to the final four.

In eternity that is known as the NBA playoffs, the shortest route to the championship involves winning 16 games. And that means the champion swept every series along the way. There is no immedi-

acy and, generally speaking, the better team always wins a seven-game series. That's why betting on baseball is so hard — teams will win and lose seemingly random games throughout the season, but the good teams almost always win a series against an inferior team. Same with basketball. There are so many individual variables in a single game that the best team can always have an off-night against an inferior team. However, over the course of a seven-game series, those variables are played out and the better team almost always pulls it out.



In the NCAA tournament though, those variables make for the best drama in sports. Although a 16 seed has never beaten a 1 seed, every year there is a 12-5 upset and usually couple of 10-7 upsets. Other than Duke always choking, there is usually no rhyme or reason to it. In college, scholarship limits and an overall rise in talent have made the difference between the worst and best negligible.

This means that one great player can

get hot for a two or three game stretch and lead an otherwise average team to the sweet 16 or beyond, giving professional gamblers headaches and basketball fans something to look forward to every year.

Quick hits

- 1) Phil Mickleson lost again needing a par on the 18th to win, this time to perennial bridesmaid Charles Howell III. He is turning into the Isiah Thomas of golf, everywhere he goes you just know it's going to end badly. Except Lefty is a likable guy.
- 2) The NBA All-Star game was last weekend. And no one cared, except for all the hip-hop artists who showed up to be seen and get into fights in Vegas.
- 3) I just don't get it. Kevin Harvick won the Daytona 500 and frankly I just don't get the point. It's hard to gamble on, it's boring to watch on TV and it seems like half the field was busted for cheating two days before the race. And yet NASCAR thunders on as the official sport of the south. I've lived here for almost three years and driving in circles still seems pointless to me.

That's all for this week. Got a problem with what I said? E-mail me at shane.suzuki@usmc.mil. ■

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Naval Hospital wins by one point

Heather Owens
Staff reporter

The Naval Hospital Camp Lejeune hoops team beat the Group Consolidated Administrative Center 2, 2nd Marine Logistics Group with a buzzer-beater Thursday at Goettge Memorial Field House.

Though NHCL, wearing the blue and gold jerseys, started the game off by scoring several points, the deficit was within one point at both the half and at the final buzzer.

With just over three minutes left in the game, the tally was 47-41 in favor of NHCL. Then GCAC 2, wearing the red jerseys, sunk the first of two three-point shots. With another two by NHCL, the score was then 49-47 in favor of NHCL.

With just over one minute to go in the game, red stole the ball for a quick two points. The score was 52-50 in favor of the blue and gold. Another "red" three and the score was within one point — 54-53 in favor of blue.

Though GCAC 2 had the ball at the buzzer, they were not able to capitalize with a shot and the game ended at a breath-taking 54-53 in favor of NHCL.

"We played pretty good defense, but we couldn't stop the guys from making those three-pointers. That's what caught them back up in the game. So we had to play extra defense. And, you know, we got the ball inside, we got a lot of lay-ups, we got a lot of foul shots, and that's what kept us in the game was the foul shots," said Thomas Jordan, captain of the NHCL team.

Jordan praised an inside player and an outside player for their roles in the game. "The guards played pretty good ball tonight. [Sam] Williams did well tonight with passing the ball. He also got a lot of good lay-ups and key foul shots. And [Kenon] Stevens played center well. He got a lot of inside shots in the paint and a lot of rebounds."

As for future games, Jordan said that his team needs to grab the quick lead in order to be successful. "We need to stop playing catch-up in the game. We have a better team than that, and we need to be out there showing it. And we need to get a good lead in the beginning so that we don't have to play catch-up," said Jordan. ■

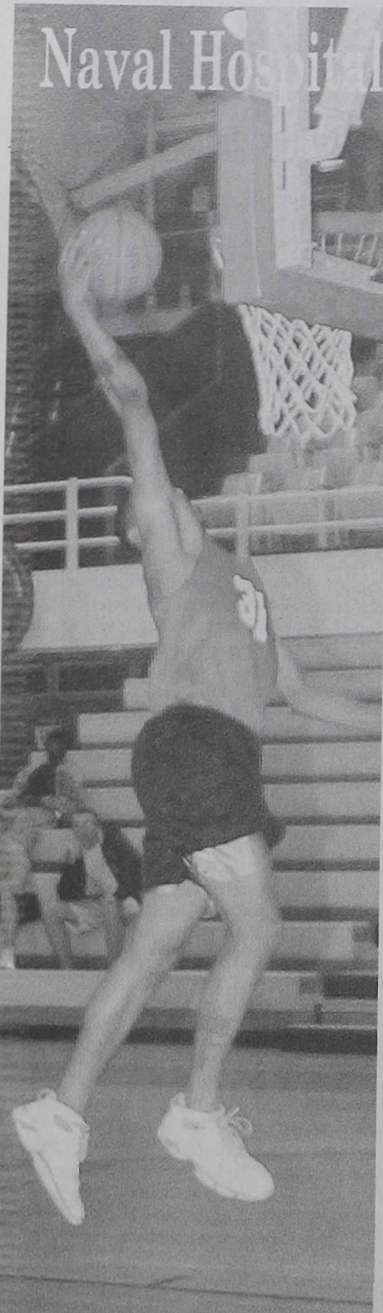


Photo by Heather Owens

To the hoop: No. 31 of the Group Consolidated Administrative Center 2, Marine Logistics Group jams to the hoop during an intramural basketball game Thursday.

2nd Tanks comes up with the win Thursday

Heather Owens
Staff reporter

The 2nd Tank Battalion came out shooting Thursday night when they met Headquarters and Support Battalion on the hardwood at Goettge Memorial Field House.

Wearing the white jerseys, 2nd Tanks quickly scored 15 points. However, by the end of the first half they were down by two to H&S's 28 points.

After the half, it was H&S's turn, wearing the black jerseys, to come out shooting.

They were still ahead when, with just over 11 minutes left to go in the game, No. 34, Quincey Sampson dunked the ball to the delight of his team and its fans and to the dismay of 2nd Tanks' backers.

Yet, just a few minutes later with only eight minutes left to go in the game, 2nd Tanks began to whittle away at H&S's lead.

The final score of the game was 47-41 in favor of 2nd Tanks.

"My general thoughts of the game are that when they needed to man up, they didn't man up. So that's why they were able to come back and that's what made it a close game. But once they started putting the defense at the top of the floor, they got complacent, and when they got complacent, that's when we took

the game," said Ceasare Williams, the coach of 2nd Tanks.

Though his team has not had the chance to practice lately because we have been in the field doing battalion field

operations, which caused some of their play to be a little "hot and cold" according to Williams, team is still solid.

"All of them are hard workers, they go for it," he said. ■



Heather Owens

Jump shot: A Headquarters and Support Battalion player jumps to shoot the ball during Thursday's intramural basketball game while members of the 2nd Tanks look on.

Igawa adjusting well

Enjoys his new life with the New York Yankees

Ronald Blum
AP baseball writer

TAMPA, Fla. — Kei Igawa is stomaching the adjustment to the major leagues.

Not only is he learning new baseball habits with the New York Yankees, he's adapting to food in America.

"Little by little," he said through a translator.

So, what food has he learned to like thus far?

"Hot dog," he said in English.

Iggy had his second bullpen session Saturday, throwing alongside Mike Mussina, Carl Pavano, Andy Pettitte and Chien-Ming Wang — with a line of video cameras recording every pitch. A 27-year-old left-hander who was the MVP of Japan's Central League in 2003, Igawa is projected to be New York's fourth or fifth starter.

He's already brought an

innovation to the Yankees' clubhouse, where Craig Wilson and Sal Fasano played chess last summer. Igawa spent some time Friday playing shogi, a Japanese version of chess, with Kenji Seki of the Hochi Shimbun as curious teammates, clubhouse attendants and media members looked on.

Igawa is also a collector of toy planes — a short video posted on YouTube.com shows him operating and crashing a remote-controlled helicopter on a soccer field. But Igawa said he left them back in Japan.

With wavy black hair that's a bit longer than most on the closely cropped Yankees and yellow-and-blue wrist bands from his personal brand, Igawa has cut a distinctive impression during his first few days with the team. He threw his first bullpen session to regular catcher

Jorge Posada and one of his first pitches sailed high, went through the gap between the door and the fence and nearly beamed a photographer.

"The first pitch that he threw, it was, I don't know, six feet off the plate, away. And another one away," Yankees pitching coach Ron Guidry said.

"And then I asked the interpreter: When was the last time that he threw off a mound? And then he told me, 'November.' Well, now you can understand."

Playing for the Hanshin Tigers from 1998-2006, Igawa became a three-time Central League strikeout champion and earned consecutive All-Star berths from 2001-03. The Yankees paid \$26,000,194 for the right to negotiate with him — the last three digits matching his strikeout total last year — and the sides agreed to a \$20 mil-

lion, five-year contract.

Scouts don't rank him anywhere near Daisuke Matsuzaka, who cost Boston a \$51,111,111 posting fee and a \$52 million, six-year contract.

Guidry has been impressed with what he's seen from Igawa. He told him Saturday not to rush and to slow down his tempo.

"He's pretty good with his fastball. I can see that he has a good breaking ball, but he'll throw it — every two out of five pitches will be a good one, then all of a sudden he struggles with the other three. So that's just command right now. So you put it off on the side. His slider is pretty good. His changeup is pretty good. So I know he's got four pitches that work pretty good."

Posada was even more effusive with praise. "His command is ridiculous. He can throw the ball anywhere he wants," he said.

While Hideki Matsui has been on the Yankees for four straight seasons, Guidry will have to get used to having a Japanese pitcher. Last year, he used hand signs to communicate with "Wanger" — as Guidry calls his starter from Taiwan.

"I told the translator you and I are going to have to sit down one day. I'll have to learn several expressions that I need to convey to him," Guidry said. "When you visit him on the mound, you don't have a lot of time."

Igawa's translator is Yumitaro Wantanabe, who had been on the team's security staff and was often stationed outside the home clubhouse at Yankee Stadium.

He is an interesting story, too. Wantanabe's father, Takamiyama, in 1972 became the first foreign-born competitor to win a top division sumo championship.

"At first it's hard to communicate, but I'm going to try to get in touch with everybody on the team," Igawa said.

"I'm going to learn English a little by little. I'm reading books."

The Yankees say he knows more English than he lets on. Igawa said he has picked up at least one phrase.

"What's up today?" he said.

On the field, Igawa already has discerned some differences from baseball in his homeland of Japan.

"The ball is different and the strike zone is different," he said, adding that baseballs here are smoother and more slippery.

Guidry said his pupils will have to adapt.

"What do you want me to say? To use more pine tar," Gator said, drawing laughs. ■

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NHCL employee wins fully-loaded 2007 Chevrolet Avalanche

Heather Owens
Staff reporter

"Obviously, the phrase 'lucky dog' has passed a few lips." So said Brad Parker, facilities and maintenance manager for Naval Hospital Camp Lejeune.

Parker, a 24-year employee of NHCL, recently picked up his brand-new 2007 Chevrolet Avalanche 4x4 LTZ, which he won in the NASCAR No. 29 Expertise Challenge.

It was a promotion contest by GM Goodwrench and Chevrolet during the 2006 NASCAR Nextel Cup season. During the season, driver Kevin Harvick had to make the "Chase for the Cup" and then win two of the 10 races, explained Parker.

"While watching the next-to-last race of the Chase for the Cup, they announced that if Kevin Harvick won the race, there would be 29 winners of the 2007 Avalanche LTZ. I immediately turned to my computer and entered," said Parker.

Parker ended up being one of the 29.

"After the Nextel Cup season had concluded, I received a call saying that I was one of the grand prize winners. I thought that this was too good to be true but when they sent me a winner's conformation letter and an affidavit of eligibility notice, I started thinking that this may be on the up and up," said Parker.

He picked up his fully-loaded 2007 Chevrolet Avalanche 4x4 LTZ on Feb. 6 at the local Marine Chevrolet dealership.

"You've always heard that someone has to be the winner, but you never know if that's true or not. Well, you can believe it now,"



New wheels: Brad Parker, facilities and maintenance manager at Naval Hospital Camp Lejeune poses with his new 2007 Chevrolet Avalanche LTZ that he won in a NASCAR contest. Parker picked up his new truck on Feb. 6. His favorite features include the XM radio, the navigation system and the backup camera.

said Parker. Parker was able to choose the color — blue — and the features, including four wheel drive, up to the amount of \$46,240. He also won a \$1,000 maintenance certificate in the form of a debit card and \$1,000 worth of Reese's products.

Reese's is Kevin Harvick's other sponsor on his Busch car.

The Reese's products will come in quarterly increments for the next year. Parker has already donated the first quarterly allotment to the local USO and plans to do the same with

the other three portions of that part of his prize.

Parker's favorite features on the car include the XM radio, the navigation system and the backup camera that shows the area directly behind the vehicle on a screen in the cockpit while the truck is in reverse.

He has already driven the truck to Virginia and plans to take it fishing in the Florida Keys with his uncle come the first of April.

The late Dale Earnhardt and Dale Earnhardt Jr., are Parker's favorite drivers. His favorite NASCAR

moment was "Junior

winning the Daytona 500 his father had passed." Describing his interest in NASCAR, Parker said, "I watch it much every week and miss a race, act-

That sure is a thing. ■

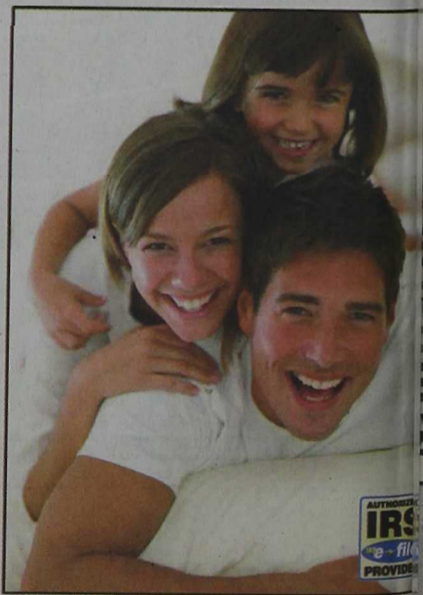
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Boston's Green wins dunk crown at All-star weekend

Greg Beacham
AP sports writer

VEGAS — Boston's Green capped All-Star Saturday with an acrobatic leap over a table to win the dunk contest and Jason Kapono fell short of an event while winning the 3-point shootout.

Green, the Celtics' 21-year-old swingman, perhaps his two most memorable dunks in the first round before that lengthy jump over a 3-foot table to win the All-Star game.

Green scored a windmill jam and a 50 score to cap an event that gets tougher to watch every year.

Green always dreamed of being in the dunk contest, [but] I never dreamed about actually being in the dunk contest," said Green, who graduated from high school in Texas two years ago. "Just coming to Las Vegas and doing it for my fans in Vegas, my fans in Vegas are tremendous."

Green first made an electrifying two-handed slam on a jump ball off the side of the backboard from teammate Pierce in the first round. Green then jumped over the backboard while wearing the Celtics jersey of 1991 champion Dee Brown

— and shielding his eyes in an homage to Brown's memorable no-look dunk.

Green easily won over the five-man judges' panel of Michael Jordan, Julius Erving, Dominique Wilkins, Kobe Bryant and Vince Carter — particularly when Robinson, the diminutive 2006 champion, missed nine straight times on his final dunk before finally landing a one-handed spin slam.

"I knew they were going to be tough, because those guys had the creativity and the dunking style," Green said. "I tried to come out with something they never did before, [and] hopefully they could give me a score."

Green and Robinson eliminated Orlando's Dwight Howard and Chicago's Tyrus Thomas in the first round, even though the 6-foot-11 Howard came up with the most original move.

While catching a high-bounce pass from teammate Jameer Nelson for a right-handed slam, Howard reached nearly to the top of the backboard to slap a sticker bearing his face onto the glass — 12 feet, 6 inches off the ground, according to Nelson.

Green initially planned to jump over a life-size cardboard cutout of the 5-

foot-9 Robinson before the New York guard volunteered to stand in for his stand-in.

Green's creativity contrasted with the cool precision of Kapono, who beat stars Gilbert Arenas and Dirk Nowitzki with a final-round 24 — just one shy of the event record. Kapono, the fourth-year pro who finally blossomed with the Heat this season, tied Mark Price's final-round record and fell just one point shy of Craig Hodges' overall mark with an impressive performance leading off the last round.

"It's something that I dreamed of as a kid," Kapono said. "You watch Larry Bird and all those guys shoot and obviously I learned early on that I wasn't ever going to be in on the slam dunk part of this."

Kapono leads the NBA this season with 56 percent shooting on 3-pointers while averaging 11.1 points per game. He has finally found an NBA role as an outside shooting specialist after playing for three teams in his first three seasons.

After one of the toughest opening rounds in the event's history, the final wasn't terribly competitive after Kapono led off with his 24. He made 11 straight early shots and finished with six baskets in his last

eight, earning ecstatic high-fives from Miami teammates Shaquille O'Neal and Alonzo Mourning after making 19 of 25 shots overall.

"I could definitely hear those guys on the sideline telling me to shoot it, all that good stuff," Kapono said. "It definitely helped me."

After defending champion Nowitzki struggled to a 9, Arenas posted a 17 — and Kapono became the latest in a long line of shooting specialists to best more complete players in this particular event.

Memphis' Mike Miller was eliminated from the six-man competition despite posting an 18, the highest score by a first-round loser since 1996. Arenas was the runner-up in the event for the second straight year.

"Do I get a trophy for that?" the Wizards' star asked.

With Green and Kapono starring, Las Vegas saw a show on the All-Star weekend's busiest night. There also was an entertaining sideshow: NBA star-turned-broadcaster Charles Barkley beat 67-year-old NBA referee Dick Bavetta in a footrace for charity.

Though Barkley, who turns 44 on Tuesday, has gained weight exponential-

ly since his playing career, he still had enough spring to outrun Bavetta over 3-1/2 lengths of the court. Barkley nearly lost when he began running backward for the final feet, but tumbled over the half-court line just before Bavetta made a headfirst dive.

Barkley, whose gambling exploits have been well-documented, looked at the oversized check donated to charity for the event and commented it was "two blackjack hands."

The evening got off to an appropriately silly start in the Shooting Stars competi-

tion, featuring three-person teams composed of an NBA player, a WNBA player and a former NBA great from the same city.

Detroit's team of Chauncey Billups, Swin Cash and Bill Laimbeer won when the Chicago's team was disqualified from the final round for shooting out of order. Scottie Pippen, the 41-year-old who announced comeback plans Friday, thought he had led his club to victory when he banked in a half-court shot, but video replay revealed Ben Gordon's mixup with Candice Dupree. ■

Tide tables for New River Inlet

National Oceanographic and Atmospheric Administration

Today		
High tide	11:00 a.m.	11:40 p.m.
Low tide	5:06 a.m.	5:05 p.m.
Friday		
High tide	11:56 a.m.	
Low tide	6:10 a.m.	12:45 p.m.
Saturday		
High tide	12:43 a.m.	1:02 p.m.
Low tide	7:21 a.m.	7:02 p.m.
Sunday		
High tide	1:53 a.m.	2:16 p.m.
Low tide	8:35 a.m.	8:13 p.m.
Monday		
High tide	3:04 a.m.	3:30 p.m.
Low tide	9:46 a.m.	9:25 p.m.
Tuesday		
High tide	4:10 a.m.	4:34 p.m.
Low tide	10:47 a.m.	10:30 p.m.
Wednesday		
High tide	5:07 a.m.	5:28 p.m.
Low tide	11:37 a.m.	11:26 p.m.

Hook Line & Sinker

Shad drum continue along the beach



Hook Line & Sinker

with

Jamie Cameron

far ahead of ourselves (the first Spanish won't be caught locally until around the first week of May) there's still time to enjoy the strong run of winter red drum.

Richard Ehrenkauffer, a.k.a. Dr. Bogus, reports the drum are running strong from Bear Island all the way west to New River Inlet.

The fish are stacked up where the waves begin to break, so if you target them from a boat, be extremely cautious when working the surf zone. Berkley Gulp! baits in white are providing the best action — just remember to fish them slowly. Dr. Bogus says there's no need to get up at the crack of dawn to take advantage of these hungry redfish. The warmth of the midday sun seems to increase their willingness to bite.

Midday is also a good time to probe for speckled trout up in the coastal rivers and creeks. Southwest and Wallace creeks off the New River have been the most-consistent spots in the region for trout this late winter.

It won't be too long before the shad return to the rivers for their spring spawning run. Dr. Bogus has heard of a few already entering the Roanoke River, but not in numbers that would make it worthwhile to mount an expedition targeting them specifically. Give it a few more weeks before you head out to the traditional shad hotspots like Pitchkettle Creek and Spring Garden.

Far offshore, there are king mackerel and false albacore just inshore of the Big Rock and there are reports of yellowfin tuna around the rock itself.

Cameron is an enthusiastic, but seldom-successful angler who finds it easier to write about other peoples' great fish than to actually catch them himself. ■

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Patriots QB testifies to watching former coach move in and out of consciousness

Mark Praitt
The Associated Press

BOSTON — New England Patriots quarterback Tom Brady testified Friday that he watched his mentor Charlie Weis move in and out of consciousness after the Notre Dame coach's gastric bypass surgery.

"At that moment I wasn't sure what was happening, if that was normal or not normal," Brady said in Suffolk Superior Court during Weis' medical malpractice lawsuit

against two Massachusetts General surgeons.

"As it developed, I realized this was a very serious issue we were dealing with," he said.

Weis, the Patriots former offensive coordinator, claims in the lawsuit that physicians Charles Ferguson and Richard Hodin acted negligently by failing to recognize life-threatening internal bleeding and infection after the June 2002 surgery. He was in the hospital for more than a month and claims he still suffers from nerve damage in his feet.

Weis is seeking unspecified damages.

His attorneys rested their case later Friday. Ferguson and Hodin have denied any wrongdoing.

Ferguson testified Friday that he performed the surgery, and routine post-operative tests showed no problems.

"Weis had a little more incisional pain than normal," he said. "He was breathing easy, his pulse was fine and his urine output was fine."

That was on a Friday. Ferguson left for the weekend, leaving Hodin in charge of his patients. When he returned Monday morning he said Weis was "critically ill."

Ferguson also told the court Weis insisted on accelerating the pre-op program, so he could be ready for the Patriots' summer camp. Weis had the surgery within two weeks of his first consolation.

"I was concerned he did not go through the normal six-week training session to

teach you how to eat and what to eat after the operation," the doctor said.

Ferguson said after explaining the process, Weis had no follow-up questions.

"He told me he had done the research on this and he didn't have any questions," Ferguson said.

Earlier in the day, Brady testified for less than half an hour before a packed courtroom. People without seats were forced to leave and a crowd remained in the hall.

Weis had testified earlier in the week that Brady was

the only member of the Patriots, beside the doctor, he told the jury.

Brady testified about the special ship he had with Weis.

"He's always been an extremely intense coach. ... He's the best out of every coach you can be able and to be reasonable and that's kind of what I want off," Brady said.

During the cross-examination, Brady said his personality didn't change after the surgery.

Miller blanked at 2nd straight major skiing championships

Erica Bulman
The Associated Press

ARE, Sweden — Bode Miller and the U.S. men are left with a blank look at the world championships.

After straining his knee during the first run of Saturday's slalom, Miller will leave this frigid resort without a medal. He also failed to crack the top three at last year's Turin Olympics.

"It's an alarming trend for a guy that should be having big results," U.S. men's head coach Phil McNichol told The Associated Press. "He came up short again at a big championship. But I don't think Torino and this event are a good comparison."

"Bode came in here much more prepared than at the Olympics. He worked hard and we trained hard."

Austria's Mario Matt won the slalom in a combined time of 1 minute, 57.33 seconds. Italy's Manfred Moelgg took the silver, while Jean-Baptiste Grange of France won the bronze.

While Lindsey Kildow collected a pair of silver medals in the speed events and Julia Mancuso another in the combined — the U.S. men have been shut out.

The last time the U.S. men failed to bring home a medal from the worlds was 1999. Miller skipped the final day of events because of fatigue and injury.

Miller's best result at the worlds was a sixth-place finish in the combine. He was seventh in the downhill, 15th in the giant slalom and 24th in the super-G.

It's a far cry from the last worlds in Bormio, Italy, in 2005, when Miller stunned the powerful Austrian Wunderteam by taking gold in both speed events — downhill and super-G. Later that season, Miller became the first American to take the coveted World Cup overall since Phil Mahre and Tamara McKinney in 1983.

Despite his latest washout, Miller remains the only skier with four World Cup wins this season, two in downhill and two in super-G. Austria's Benjamin Raich, the reigning overall champion, has three victories so far. No other skier has more than two.

"Bode's been really pumped, really focused this season. He won the Lauberhorn in January, his first big downhill win in Europe," McNichol said. "His attention span has gone further into the season." The Lauberhorn ski race takes place annually in the Bernese Oberland, Switzerland on the longest downhill run in the world.

It's tough to pinpoint why he can't pull it together at major championships.

"I'm not going to tell you it's easy to get into the head of Bode Miller," McNichol said.

Only one-third of the 74-man field completed both legs. Miller lasted

longer than many of the favorites on the aggressive Olympia course before tweaking his knee and skiing off course, ending his lofty bid to become the first male skier with world titles in all five events.

Miller has finished just one slalom in the past 13 months.

But it is logical that at his age, Miller tends to do better in the speed events, where more mature muscle mass and a better knowledge of the circuit's courses are crucial to success. He led the downhill portion of the combined here but lost his advantage in the slalom leg.

Though Miller isn't exactly over the hill at 29, he's on the riper end of the spectrum when it comes to ski racing. It is generally the younger skiers — still lithe and agile — who excel in the technical events.

"It definitely gets your attention if the kind of athlete that Bode is comes up dry for two championships in a row," McNichol said. "I wouldn't say he's washed up, definitely not. You can't say yet if his time is fading."

"It's just been two letdown seasons in a row. He's still performed pretty well on the World Cup, although not at the same level as 2005. You have to look at the equipment changes, the weather, and the other challenges we've had. We're not looking for excuses, we're looking for answers." ■

Earthquake transforms Crew forward for better

Press Report
The Associated Press

COLUMBUS, Ohio — As hard as Crew forward Andy Herron runs on the soccer field, it's not as hard as the native Costa Rican ran the day the earth shook when he was a teenager.

Herron, an off-season addition to bolstering underperforming Columbus offense, was 13 playing with friends when a magnitude 7.4 earthquake struck his hometown of Limon on April 1991, killing dozens and leveling homes.

"Everything started moving and shaking, a horrible noise started coming from under the earth," Herron said. "I tumbled down the stairs and I could hear people screaming everywhere. I started running maybe more than four miles without stopping. I was running to my grandmother, calling out her name the whole time."

When he arrived home, Herron found his grandmother, who raised him after his parents divorced, sweeping up rubble from a collapsed wall in their home. She calmed him down, but Herron said the quake changed him.

Instead of spending his days playing soccer in the street or catching and selling fish to make extra money, Herron collected water and relief supplies from emergency workers after the earthquake. "It destroyed a lot of buildings and it took a long time to build the city back up," he said. "It was a hard experience that builds you up as a person, prepares you for anything that might come."

Now the most important thing to Herron, 24, is his 6-year-old son Dyan, who will be joining him in Columbus after the school year.

Herron came to the Crew in a January trade with the Chicago Fire and started training with the team full-time last Wednesday. He has 28 appearances with the Costa Rican national team and 15 goals in 44 games in Major League Soccer.

Herron signed with the Fire in 2004 and was named the team's MVP in 2005. Despite his success in Chicago, Herron butted heads with coach Iain Sarachan, and their frosty relationship hastened Herron's departure.

"I didn't have good communication with Dyan," Herron said. "When you don't have good communication, you get frustrated."

Herron has the versatility to play on the wing, in the middle of the field and should provide veteran leadership for Columbus' offense, which scored a league-low 30 goals in 32 games, coach Sigi Schuster said.

Team officials hope Herron's experience will help promising young players Eddie Gaven, Ricardo Virtuoso, Jacob Thomas, Jason Garey and Joseph Ngwenya develop into consistent offensive threats.

"He gives us a lot more options," Garey said. "I'm very skillful and he can take guys one-on-one. He can beat a guy on a dribble but also get into the box and finish. That's what we've been lacking." ■

Cowher joins CBS as studio analyst

Alan Robinson
The Associated Press

PITTSBURGH — Former Pittsburgh Steelers coach Bill Cowher is returning to the NFL — as an analyst on CBS' Sunday "The NFL Today" studio show.

Cowher resigned as the Steelers' coach last month following 15 seasons and less than a year after winning the Super Bowl. He plans to spend more time with his family at their new home in Raleigh, N.C., but said working on the CBS show allows him to keep his ties to the league.

"I can still be part of it but not have it consume your life," Cowher said Thursday, speaking on a conference call.

Cowher sent mixed signals as to how long he plans to stay away from coaching.

Initially, he said, "It's an opportunity to stay busy on Sundays and it may go beyond this year." Later in the call, he said, "I'm planning on doing this for a couple of years."

However, he would not officially commit to appearing beyond one season, saying, "It's an opportunity to remain a part of the NFL and it may go a lot longer than that."

Cowher doesn't expect to have any problems critiquing or criticizing his former team, saying it would be no different from doing so along the sideline.

"I'd be doing it if I were coaching," he said. "Willie Parker is a good running back but if [he fumbles], he knows he would be standing next to me on the sideline."

Some coaches have found it difficult to criticize former colleagues and players once they became broadcasters, but Cowher said he plans only to give his opinion without being judgmental.

"I'll just be giving an opinion," he said. "I'll just be saying what I would have done."

CBS is adding Cowher to the show without any of the other analysts leaving — Dan Marino, Shannon Sharpe and Boomer Esiason will return, as will host James Brown and former NFL general manager Charlie Casserly.

"It will be like a bye week every week," Cowher said of working Sundays in a studio rather than in a stadium. He will commute each weekend from Raleigh to New York.

As the NFL's most desirable coaching free agent, Cowher understands he will be subjected to season-long rumors tying him to this job or that job. He has insisted that money wasn't an issue in him leaving the Steelers, but it is believed to have played a major role.

It is likely he could land an offer in the \$8 million-a-year range or more should he want to get back into coaching next year, or about twice as much as he was making in Pittsburgh. He is expected to attract considerable interest because he remains relatively young for an NFL head coach — he doesn't turn 50 until May.

"But I didn't get out of it to get back into it," Cowher said. "This is my next challenge and I'm planning to work hard at it."

Once Cowher left the Steelers on Jan. 5, his agents contacted the networks that carry NFL games to gauge their interest in hiring him. Cowher felt it was a natural transition to sign with CBS, which carries AFC games and he had a tryout of sorts with the network during its Super Bowl telecast on Feb. 4.

Cowher's hiring creates the possibility that he and former Steelers running back Jerome Bettis, who was close to Cowher as a player, will offer differing opinions on different networks.

Bettis works for NBC and on his first telecast last summer said he was convinced Cowher would leave Pittsburgh after the season ended — a prediction that proved accurate.

Cowher also said he is disappointed with the San Diego Chargers' firing of coach Marty Schottenheimer, his friend and mentor. Cowher was Schottenheimer's defensive coordinator in Kansas City before his 1992 hiring by Pittsburgh.

"It was unfortunate ... the timing [was bad] for both parties because all the other jobs are filled and Marty won't have the opportunity to coach next year," Cowher said. "But it does mean I've gained a golfing partner this spring."

Cowher's 161-99-1 record ranked him fourth among active coaches last season in career wins. He won a Super Bowl in February 2006 after six trips to the AFC championship game and 10 playoff appearances with the Steelers. They missed the playoffs after going 8-8 in his final season with them. ■

Officers and SNCOs who observe unsafe driving behavior among suspected Marines and sailors on or off base are expected to report such behavior using the following procedures:

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- 2-Record the vehicle license plate number and state, vehicle description, description, alleged traffic offense, time and location.
- 3-Send an email requesting a complaint form to gabriela.swanson@usmcr.com from your official government address.
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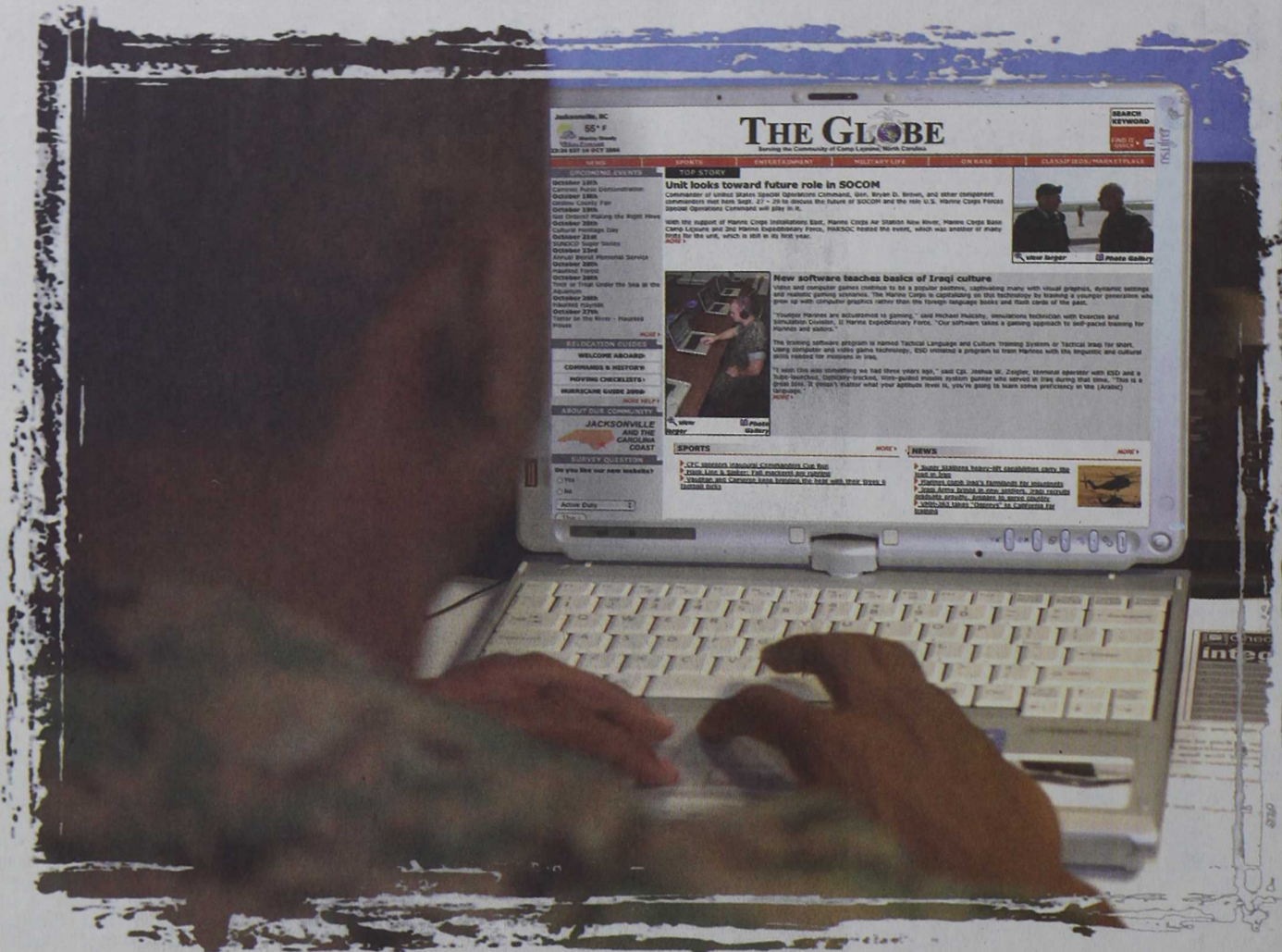
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Quick Shots

Dental assistants program
 Under and learn valuable skills through the job training. The Camp Lejeune Dental Clinic will offer a six-month program for volunteer training. The program offers two weeks of instruction followed by on-the-job assistance. Upon finishing 50 chairside hours, volunteers receive a certificate of completion (This is not a certification). Dental Assistant program classes will begin March 19. To apply, or to learn more about the program, contact the American Red Cross at 451-2173. Deadline to apply is day.

Luncheon scheduled
 The Coastal North Carolina Chapter of the American Red Cross is sponsoring a luncheon Tuesday, March 13, 10 a.m.-1:30 p.m. at the Ball Center Camp Lejeune. Lunch buffet costs \$5.00. The intent of the luncheon is to educate members and guests in available support resources such as scholarships and career events. Provide some unclassified O-related lessons learned from recent operations focused on tactical user. Provide input on what you would like to see in your chapter and include the roadmap to accomplish. This luncheon is not limited to active members. Please RSVP to Danielle Egge@usmc.mil.

CC classes offered
 Investment Basics learn the basics of investing. The class covers different ways to use your money work from investing government savings funds, starting a mutual fund or starting an individual retirement account. To register, call 451-2865.

Voting slogan contest
 Headquarters Marine Corps is looking for slogans to inspire interest and participation in the 2008 primary and general elections. Military members, their family members and Department of Defense employees are eligible to participate. It is easy to submit a slogan. To obtain an entry form, visit the federal Voting Assistance Program at www.votefp.gov. Submit the entry in a text or fax message, one e-mail or e-mail and include all contact information including full name, service, mailing address, daytime telephone number, fax number and e-mail. The winning slogan will be featured in the 2008-2009 Voting Assistance Guide and other publications.

You are not alone

PTSD treatment aboard Camp Lejeune

Lance Cpl. Patrick M. Fleischman
 Marine Corps Base

The effects of the war in Iraq and Global War on Terrorism have real costs and these costs are not only dollars and cents — they're in our service members, their friends and families.

Measuring this cost, a 2005 Veterans Affairs study shows out of 168,528 Iraqi veterans 1,641 were diagnosed with Posttraumatic Stress Disorder.

This is not a bleak outlook, explains Navy Lt. Cmdr. Robert Langenfeld, outpatient psychiatrist for the Camp Lejeune Naval Hospital.

"There are extensive programs for active-duty service members returning from deployments," said Langenfeld. "We understand there is a fear of treatment because of what people you work with may think of you, but this help will allow you to come back to work and be successful. No one is going to admonish you for seeking help."

Posttraumatic Stress Disorder is an anxiety disorder that can occur following the experience or witnessing of a traumatic event. Most survivors of trauma return to normal after a little time. However, some people will have stress reactions that do not go away on their own, or may even get worse over time; these individuals may develop PTSD, according to the National Center for PTSD.

"Everyone in a combat situation will have some kind of stress to take back home and usually the stress subsides, but PTSD is a real, lasting disorder, which needs to be treated by a profes-



Cpl. Brandon R. Holgersen

Stress overload: Guilt about surviving, anxiety, fear and worry, vague body complaints, fatigue, sleep disturbances, poor concentration, memory loss, jumpiness and hyperactivity are all symptoms of post traumatic stress disorder, but service members are not alone. The Marine Corps has resources that can help.

sional," said Sandra Bragg, supervisor social worker of the Marine Corps Community Services Community Counseling Center here.

The symptoms for PTSD can be broken down into three different categories; behavioral reactions, physical reactions and emotional

reactions, according to the National Center for PTSD.

Behavioral reactions such as inhibited concentration, jumpiness, bad dreams, flashbacks or nightmares, avoidance of people or places related to the trauma, work or school problems and loss of intimacy or feelings of with-

drawal, detachment and disconnection.

Physical reactions can show up as sleeplessness, fatigue, upset stomach, loss of appetite, headaches and sweating when thinking of combat, lack of exercise, poor diet, rapid heartbeat or breathing,

See PTSD page 3C

Talking about health protection

Pfc. Brian D. Jones
 Marine Corps Base

"What we're doing right is combat service support ... we're the best we have ever been," said Vice Adm. Donald C. Arthur, the 35th surgeon general of the Navy and chief of the Navy's Bureau of Medicine and Surgery, who visited with Camp Lejeune Naval Hospital staff and toured its facilities here Feb. 13-14.

Arthur began his visit by walking through the Naval Hospital's newly improved branch medical clinics viewing new equipment systems and discussing how the hospital personnel uses the equipment to provide the best possible care to patients.

Following the assessment of the hospital facilities, Arthur held Admiral's call where he spoke about how the Navy medical field service has contributed to helping Marines in combat. He then discussed the medical concerns of the service members, volunteers and contracted personnel who attended. Arthur covered topics such as deployments abroad, reenlistment, advancement in careers, educational goals, clinical training and the role of the Navy in the medical field overall.

"Where are we going in the Navy? We're not going anywhere less technical," said Arthur. "I came into the Navy in the 70s and have watched the evolution of competency and have seen it remain in the Navy."

See HEALTH page 3C

Montford Point events enhance Black History Month

Students learn about black history

Lance Cpl. Patrick M. Fleischman
 Marine Corps Base

Passing down history to our children is one of the most important things we can do to better the future.

Receiving that history were all of the fifth grade students of Blue Creek Elementary during their visit to the Montford Point Marine Museum Feb. 16.

"We bring them here to experience some of the most significant black history [specifically de-segregation] that occurred in the Marine Corps," said Dorothy Garcia, a fifth-grade teacher at the school.

The children were in for a surprise when Turner Blount, father of Garcia and one of the original Montford Point Marines, gave them a guided tour of the Museum.

"This history that you see is that of great men who have since passed away," said Blount to the students. "That was me when I was a younger man," commented Blount about his display.

Students spent time visiting the exhibits full of items, such as photographs, diaries, personal and military objects, and other materials that reflect the lives, actions, and memories of original Montford Point Marines.

One student was very excited about the history presented to him while he vigorously took notes on the different exhibits.

"This is a good experience for kids like me, because it shows what the Marines used to do a long time ago," said John Phoebus, age 10.

Phoebus's favorite parts of the museum were the pictures showing how much the men went through and what they have done.

The Montford Point Marines Museum is housed in the East Wing of building M101 on Camp Johnson and museum hours are Tuesdays and Thursdays 11 a.m. to 2 p.m., 4 p.m. to 7 p.m. and Saturday 11 a.m. to 4 p.m. or call 910-450-1340 to schedule viewings for groups. ■

"Marines of Montford Point: Fighting For Freedom"

Lance Cpl. Patrick M. Fleischman
 Marine Corps Base

For the first time, a public viewing of the documentary "The Marines of Montford Point: Fighting for Freedom" was viewed at the Northside High School auditorium Feb. 15.

Produced by the University of North Carolina at Wilmington, the hour-long documentary tells the story of the first black Americans to serve in the Marine Corps — and spotlights the personal stories told by the surviving members.

The documentary, written and directed by Melton McLaurin, provost and vice chancellor for academic affairs of UNCW, chronicles the history of the prejudice in the Marine Corps and the Jacksonville area at the time. In his opening remarks, McLaurin, explains how the interviewing of more than 60 Montford Point Marines for the documentary relays to the viewer their struggle.

"Having the opportunity



Lance Cpl. Patrick M. Fleischman

Proud Marine: Montford Point Marines and Jacksonville area residents view the documentary "The Marines of Montford Point: Fighting for Freedom" for the first time at Northside High School.

to have the actual individuals in this documentary is truly special, and it gives the gentlemen a place in history so that their strug-

gles are not forgotten," said McLaurin.

The history of the

See MOVIE page 2C

Don't be an easy mark for burglars

Boisy Pardue
Crime Prevention Unit
Provost Marshal's Office

There were 215 burglaries/housebreakings aboard Marine Corps Base, Camp Lejeune, in 2006. Many burglaries are done by "beginners" with no criminal experience. They look for an easy target. They want to get in and out of your home as fast as possible without being seen.

The following tips will decrease your chances of becoming the next victim:

- Keep all doors and windows closed and securely fastened. An open window or door is an open invitation for burglars. Thieves are also quick to spot weak locks that may be easily forced open. Doors should have deadbolt locks with a one-inch throw and reinforced strike plate with three-inch screws. All windows should have window locks.
- Secure sliding glass doors. Place a metal rod or piece of plywood in the track and install vertical bolts. These will help prevent burglars from forcing the door open or lifting it off the track.
- Always lock the door to an attached garage. Don't rely on your automatic garage door opener for security.
- Create the illusion that you are home by using timers on lights, radios and TVs. Making your residence appear to be occupied, even when no one is home, will deter criminals.
- Keep the perimeter of your home well lighted. Installing low-voltage outdoor lighting is a cost-effective way to discourage intruders, as well as highlight your house.

- Never leave clues that you are away on a trip. Have a trusted neighbor collect mail and newspapers while you are away so delivered items do not accumulate. You can also ask a neighbor to park in your driveway or parking place to make it appear that you are present.

- Keep some shades and blinds up and curtains open to maintain a normal, everyday appearance in your residence. Have someone periodically open and close drapes and turn different lights on and off (or use timers) so that your house appears occupied.

- Never leave a message on your telephone answering machine telling people that you are away from home. A message that you will return at a certain time leaves your home vulnerable in the interim.

- Keep shrubbery trimmed away from entrances and walkways. While large, ornate hedges may be beautiful, they also provide a hiding place for burglars who need only a minute to break in through a window or door.

- Do not keep excess cash and other valuables lying around the house. Buying a safe or renting a safe deposit box is a small investment compared with the potential loss from theft or fire. The box should be large enough to hold important papers and valuables that are seldom used.

- Installing an alarm system is a small investment with high reward. It can alert police of an attempted break-in or fire at your residence. ■

"My Drill Instructor Was Tougher Than Yours"



Book signing: Bob Shirley, the author of "Parris Island Daze: My Drill Instructor Was Tougher Than yours," hands a signed copy of his book to Jerry Stutler, a retired sergeant major who served 29 years in the Marine Corps, here Feb. 15 at the Marine Corps Association Bookstore. Shirley spent the lunch hours signing books for Marines and retirees and sharing boot camp stories all. Shirley started writing his book after he retired and spent the better part of a year writing and rewriting until he was finished. The book highlights the lighter side of his boot camp experience. "Sometimes I would work from six in the morning to midnight. For some reason there were a couple of things that happened to me in boot camp that were just funnier than anything. I promised myself that I would write this book when I retired and within a week I was sitting on my screened in back porch writing away." Shirley is planning on writing a sequel to his book, which will encompass more funny stories from his boot camp experience and others that he has heard.

Cpl. Brandon R. Holgerson

MOVIE CONTINUED FROM IC

Montford Point Marines dates back to June 25, 1941, when President Franklin D. Roosevelt issued Executive Order 8802 establishing the fair employment practice that began to erase discrimination in the Armed Forces.

Following its implementation in 1942, the Montford Point Recruit Depot opened its doors to the Marine Corps' first black recruits at what is now Camp Johnson, a satellite facility of Camp Lejeune.

Even though the executive order allowed blacks to serve, America was still racially segregated, leaving whites to train at Marine Corps Recruit Depots Parris Island, S.C. and San Diego, Calif., and blacks at Montford Point.

Montford Point's training continued, with more than 20,000 Marines graduated, until July, 1948 when President Harry S. Truman issued Executive Order 9981 ending segregation in the armed forces. Montford Marine Camp was deactivated - ending seven years of segregation, in September, 1949, according to the Montford Point Marine Association Web site located at www.montfordpoint-marines.com

This history hits epically close to home with Finney Greggs, director of the Montford Point Marines Museum on Camp Johnson.

"These Marines went through so much and deserve the recognition," said Greggs. "This isn't a black thing, it's American history, it's Marine Corps history."

Some people, even after a visit to Greggs museum, learned something from the documentary.

"The museum should be on every lover of Marine Corps

history places to visit, but this documentary has opened eyes to how the Corps used to be," said Petty Officer 1st Class Tim Wones, hospital corpsman for the Public Health Support Department of the Camp Lejeune Naval Hospital. "Personal experiences really bring the story to life."

Col. Adele E. Hodges, commanding officer of Marine Base Camp Lejeune, had her own personal perspective documentary being the first black commander of Lejeune.

"These gentlemen paved the way and cemented the so that many of us who now serve would never have to endure the pain and humiliation that they endured just the right thing — fight beside their fellow Americans," Hodges. "They knew if they failed, those following would have a chance."

"I would venture to say, the Marine Corps would be the Marine Corps that we know today," said Hodges. "We have earned the right to be counted in our list of Marine Corps Heroes."

"I am proud to walk in the path of such heroes, because I know I would not be here today, serving my country in the Marine Corps, had it not been for their struggle," continued Hodges.

Being the current and first black commander of Camp Johnson, Col. Grover C. Lewis had some powerful words to say about those Marines who used to train on his base.

"When I saw the documentary three words come to mind: history...heritage...and hope, those Montford Point bridge builders and they've made a bridge for me to the future," said Lewis.

Plans to roll out the documentary to national and international cable outlets are currently underway with McLaurin. To obtain a copy of the documentary, contact Dustin Miller at 962-4082. ■

Submit your photos to our online gallery
www.camplejeuneglobe.com

Courts Martial

Pvt. Daniel J. Harrison, a member of Marine Corps Combat Service Support School, Training Command, was convicted of one count of unauthorized absence, two counts of violation of a general order, one count of wrongful use of marijuana and one count of wrongful use of cocaine. He was sentenced to confinement for a period of four months, forfeiture of \$850 pay per month for a period of four months and a bad-conduct discharge.

Pvt. Brandon C. Lloyd, a member of Headquarters and Support Battalion, School of Infantry, Training Command, MCB, was convicted of two counts of wrongful introduction of cocaine with the intent to distribute and two counts of wrongful distribution of cocaine. He was sentenced to confinement for a period of 10 months, forfeiture of \$800 pay per month for a period of 10 months and a bad-conduct discharge.

Pvt. Christopher B. Zoellner, a member of Headquarters and Support Battalion, was convicted of one count of unauthorized absence terminated by apprehension. He was sentenced to confinement for a period of six months and a bad-conduct discharge.

Pfc. Curtis N. Edwards, a member of H&S Bn., was convicted of one count of

unauthorized absence terminated by apprehension. He was sentenced to confinement for a period of five months, forfeiture of \$800 pay per month for a period of five months, reduction to the pay grade of E-1 and a bad-conduct discharge.

Pvt. Christopher R. Binkley, H&S Bn., was convicted of two counts of unauthorized absence. He was sentenced to confinement for a period of six months, forfeiture of \$800 pay per month for a period of six months, reduction to the pay grade of E-1 and a bad-conduct discharge.

Cpl. Nicholas I. Jones, 2nd Maintenance Battalion, Combat Logistics Regiment-25, 2nd Marine Logistics Group, was convicted of two counts of wrongful use of cocaine. He was sentenced to confinement for a period of 90 days, forfeiture of \$800 pay per month for a period of three months, reduction to the pay grade E-1 and a bad-conduct discharge.

Cpl. Matthew J. Jensen, a member of 2nd Tank Battalion, 2nd Marine Division, was convicted of one count of arson. He was sentenced to confinement for a period of 12 months, forfeiture of \$850 pay per month for a period of 12 months, reduction to the pay grade E-1 and a bad-conduct discharge.

Off-limits establishments

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 Abbots 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
Southern Comfort	2004 Highway 172, Sneads Ferry

Hotline numbers to report fraud, waste, abuse and corruption

Department of Defense	800-424-9098
Inspector General, Marine Corps	703-614-1348/1349/1698
Camp Lejeune (Recorded line)	451-3928
Hearing impaired	451-2999
To report business fraud	451-3928

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PTSD
CONTINUED FROM IC

drinking, smoking use and other problems becoming serious, manifestations of nervousness, fear, sadness, guilt, abandonment, the inability to cope with the future, irritability and distrust or being overly angry and having lots of problems. The help isn't an easy trip out of the hospital, Langenfeld said. Patients have been successful at the hospital, but there are symptoms throughout the deployment, Marines and sailors are offered the Post-Deployment Health Reassessment Program, which is a new program mandated by the Assistant Secretary of Defense for Health Affairs and designed to identify and address health concerns, with specific emphasis on mental health, that have emerged over time since deployment, according to the Department of Defense Deployment Health Clinical Center.

The PDHRA Program uses DD Form 2900 to document health concerns, assessment and referrals. After service members have completed the form, a healthcare provider will discuss with the service member any health concerns, which they have indicated on the form, and will make referrals to appropriate healthcare or community-based services if further evaluation or treatment is needed, according to the center. Once completed DD 2900 will be printed and placed in the individual's permanent medical record allowing the service member to create a lasting record for reference by future health care providers.

success rate for recovery for all of them," he said.

Troops heading to, during and returning from deployment receive a large amount of PTSD support from the hospital and other groups, said Langenfeld.

Prior to a deployment the hospital performs a pre-deployment brief to go over the effects of combat and how to cope with time away from home and combat stress, explained Langenfeld.

This support does not end on the main side. Marines also receive mid-deployment briefs by doctors traveling with the unit. These briefs are an opportunity for the doctors to provide resources for personnel experiencing stress that they cannot cope with, he said.

Upon return from a deployment, Marines and sailors are offered the Post-Deployment Health Reassessment Program, which is a new program mandated by the Assistant Secretary of Defense for Health Affairs and designed to identify and address health concerns, with specific emphasis on mental health, that have emerged over time since deployment, according to the Department of Defense Deployment Health Clinical Center.

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Once completed DD 2900 will be printed and placed in

the individual's permanent medical record allowing the service member to create a lasting record for reference by future health care providers.

Although documentation is important, Marines from 2nd Marine Division, who are returning from deployment, need to speak to people, said Navy Petty Officer 2nd Class Christopher Armwood, corpsman for 2nd Marine Division Psychological.

Second Marine Division Psychological screens and provides counseling service as well as regular psychological care using trained professionals, explains Armwood.

"We exclusively take care of Marines who are part of 2nd Marine Division, but there are many resources on base, which people can take advantage of," said Armwood.

Some people suffering from PTSD can be afraid to visit a hospital or a psychological department, so a chaplain can be a good option, explains Navy Cmdr. Telleen Brad, 10th Marine Regimental chaplain and 2nd Marine Division remain behind leadership chaplain.

"I see the chaplains as the first line of defense," said Brad. "Every Marine or sailor who deploys to Iraq there is a chaplain there with them, living in the same conditions and dealing with the same problems they deal with, so we can understand what they are going through on a personal level."

The chaplain's office is a non-threatening place for people to come, and what is said behind the door stays behind the door, said Brad. Another option for service members on base is the Marine Corps Community Services Community Counseling Center, at 451-2864,

which offers programs to assist service members and their families in a safe and confidential environment, said Bragg.

For an even more discrete evaluation, referral, and treatment programs, Military OneSource, at 1-800-342-9647 or at militaryonesource.com, offers a

free 24-hour service, provided by the Department of Defense, to all active duty, National Guard, reserve members and their families, according to their Web site.

Services include consultation online or by telephone, with referral for up to six free face-to-face coun-

seling sessions, on issues including combat stress, reunion and reintegration, and family relationships, with a professional in your community.

"It's important to know that there are a lot of resources available to you and you're not alone," concluded Langenfeld. ■

HEALTH
CONTINUED FROM IC

Marines are continuously evolving in combat operations; therefore our corpsmen must also evolve and continue training so they don't become out of practice in their skills, said Arthur.

"We make sure that corpsmen get training that is Navy and Marine Corps specific," said Arthur.

There is a need to provide our corpsmen with a refresher course in field medical service to keep them up to date with the changes in operations that occur over the years and make sure there is a standard requisite of knowledge maintained, Arthur explained.

The Navy is changing the curriculum because of lessons learned in combat, said Arthur.

Corpsmen deployed to combat zones are finding out what equipment works and what doesn't and the equipment and training the corpsmen are receiving is being modified to meet the demands of their missions, said Arthur.

"I want the best corpsmen, the ones that have the knowledge and are ready to put it to use," said Arthur. "We're delivering care wherever we have to. We're going where the Marines are and wherever the ships are. We are delivering a quality of care to our wounded that is second to none."

Before leaving, Arthur also visited the Caron clinic, Berkley Manor, dental facilities and the 1st Battalion, 8th Marine Regiment battalion aide station and met with commanding officers and other high ranking officials. ■



Medical briefing: Vice Adm. Donald C. Arthur, the 35th surgeon general of the Navy and chief of the Navy's Bureau of Medicine and Surgery, visits with service members, volunteers and contracted personnel during an Admiral's call at the Camp Lejeune Naval Hospital Feb. 13-14. Arthur toured the hospital, spoke with personnel and talked about the state of medicine in the Navy. Pfc. Brian D. Jones

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Miscellaneous

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ST BERNARD PUPPIESReady 1st week of April. Taking deposits. 546-2065.

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TIRES3 Pirelli performance tires. P205-50R17. Like new. \$225. 326-2977.

TIRES4 GoodYear Wrangler HP275-60-R20 tires. Less than 20,000 miles on tires. Shows no signs of tread wear. \$250/obo. 252-258-7708.

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Auto Miscellaneous

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1978 PONTIAC TRANS AM400 engine bored 20 over 6.6L, interior redone, minimal work left. Blue w/t-tops. \$5000/obo. 358-7429.

1979 JEEP CJ7V8, 304 partially re- stored, good condition, can be a project Jeep* for an enthusiast. \$6000. 265-3641.

1981 PONTIAC GRAND PRIXRoller. No engine or transmission. Great circle track racer project. Repainted a few years ago. \$700/obo. 381-2033.

1984 CHEVY BLAZERFull size, for parts. 937-7705.

1986 CHEVY SILVERADO8ft bed, many new parts including new engine, new paint, new interior. \$5300/obo. 508-725-6129.

1993 FORD PROBEGT-140,000 miles. Runs great. \$1500/obo. 985-414-2175.

1994 FORD EXPLORER4000 702-466-3810.

1994 FORD MUSTANG GTLots of mods. \$3500/obo. 423-718-5380.

1994 TOYOTA COROLLABlue, 160,000 miles. New tires, new Brake master cylin- der, fresh tune up. Cheap on gas. \$3000/obo. 548-2464.

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1996 FORD ESCORTWagon, 145k miles, automatic, great on gas, good condition, \$1150/obo. 455-1277.

1997 CHEVY CHEVROLETConvertible. Black w/tan top. 84k. Excellent condi- tion. Immaculate interior. \$7500. 347-4364.

1997 FORD EXPLORERXLT 4 door, V-6, 4.0 SOHC, one owner, new tires. \$3000. 459-9912.

1997 HONDA CIVICGreen, only 100,000 miles, fresh tune-up, cheap on gas. \$4500/obo. 548-2464.

1997 MITSUBISHI ECLIPSEGT-Convertible. \$8900. 702-466-3810.

1997 VOLVO 850Wagon, 150k mi, runs great, everything works, sunroof, priced below NADA for \$5200. 389-9390.

1998 FORD ZX2106K miles. Runs excel- lent, looks good. 32+ MPG. \$2500. 340-3362.

1999 SATURN SL2Green, excellent condi- tion, manual, rear spoiler, leather, sun- roof, fully loaded. 80,000 miles. \$3500 firm. Staci 910-381-1409.

2000 FORD CROWN VICTORIAP71. NC State Trooper car. Silver, 122K miles. Clean, \$5000 firm. 358-9724.

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2000 MAZDA MPV96,000 miles, runs good. \$6000. 459-3537.

2000 NISSAN MAXIMAGLE-V6. \$5400/obo. 539-1283.

2001 MERCEDES BENZRoadster, con- vertible w/hardtop, AMG pkg, excellent condition, 52k miles, 26 MPG Hwy, \$29,900. 451-3808.

2001 MUSTANG GTConvertible, white with tan top, tinted windows, loaded, au- to, excellent condition, 60,000 miles. \$14,000. 518-894-5737.

Automobiles

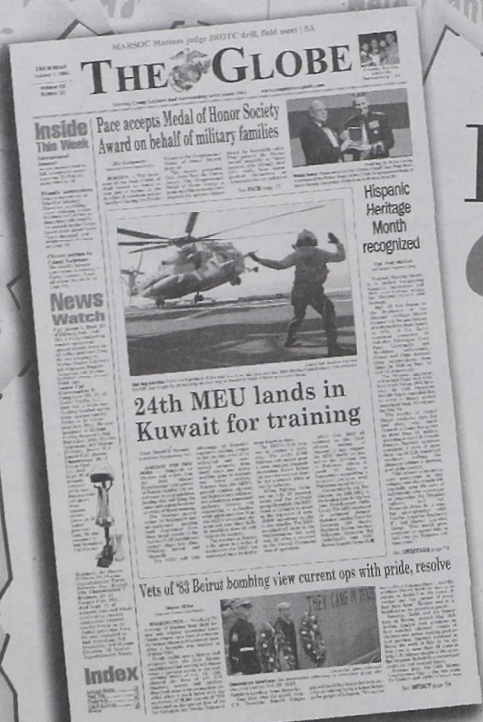
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BOAT-1987 15ft bass boat/trailer. 70hp motor, trolling motor, depth finder, live well & storage. \$3000. 326-4482.

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1999 KAWASAKI ZXI 1100 JET SKI-Adult ridden, well maintained, great condition, no salt water, water testable. \$3400 nego. 546-6492.

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2005 HARLEY 1200c-Excellent condition, comes w/helmet, gloves, cover. \$7500. 545-2050.

2005 HD SPORTSTER 1200c. 4K miles. Vance-n-Hines Straightshots, stage 1, detachable sissy bar, drag bars, plus more. \$9K. 376-0908.

2006 HARLEY DAVIDSON FLHX-Black, 1700 mi, perfect condition, garaged, backrest, streamliner pegs, radio & speaker trim, 1000 mi service complete. \$16,000. 353-1979.

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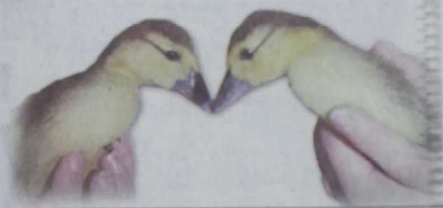
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At the Corps of CHESS

Amy Segreti
Carolina Living Editor

Chess tournaments are filled with a focused, silent intensity. It doesn't matter how many people are in the room, or what stage of the game they're in — opening, middle or endgame. Player's minds are abuzz, constantly drawing and re-drawing strategies, laying out tactical maps or puzzles with as many alternate endings as their experience has allowed them to have. And not only do players analyze the game and their opponents, but they also keep an eye on other players in preparation for their next game.

This is precisely what Staff Sgt. Ruben Cedeno does in the second round of the base double-elimination chess tournament.

He studies Petty Officer 3rd Class Alvaro Avanzado closely. He's seen him before. "You can tell by looking at them who's good," he says, watching Avanzado's game with Cpl. Nicholas Wolff. "I'm not a speed player, and this is speed chess, so he might give me a challenge."

The tournament took place aboard Camp Lejeune Saturday, and although chess might not be a huge focus for the Marine community, the select few players can pinpoint each other easily. "It's a small chess community on base. But we know who the top chess players are around here," says Cedeno with a smile.

Cedeno is definitely one of them. For five years he was a member of the All-Marine Chess Team, which is formed annually by six Marines who have established a strong United States Chess Federation rating by competing in USCF-sanctioned tournaments. In 2005, Cedeno proved to be the top-scoring Marine at the Inter-Service championship, which includes top players from all branches of service, and earned a spot on the NATO Chess team, representing the United States in the competition in Poland.

Saturday's tournament, hosted by the Single Marine Program and tournament director Sara Walsh, was open to all active-duty service members. Cedeno took the crown, Wolff came in second place and Avanzado came in at third. All winners received Marine Corps Community Services gift cards.

"There was a lot of tough competition at this tournament; there generally isn't," says

Wolff, who's been playing chess since middle school and participates in local tournaments when he can. "I like to keep my brain strong, as opposed to sitting around and playing video games all day," says Wolff.

Retired Master Sgt. Steven Rollins would agree. "A side benefit of chess is increased cognitive skills, which is not to say that chess players are 'smarter' than other people. Rather, chess builds tactical and strategic mental skills that we as Marines need and use," says Rollins, who is the Chairman of the U.S. Chess Federation's Military Chess Committee. "Outthinking and outmaneuvering our opponents is what Marines do best. That is chess."

Rollins was a member of the 2005 All-Marine Chess Team and recommends the joining the team as an opportunity to square off against the best players in the military.

"Tournament chess is much more subtle [than street chess] and usually requires a deeper technical understanding of the nuances of the game," says Rollins. "I often say that street chess is more like a gunfight and tournament chess is more like a knife fight; it's not so much about the quick kill as it is about the gradual weakening of the opponent until they lack the ability to resist."

But chess can be many things to many people; Cedeno finds chess incredibly calming. "Sometimes I go home and put on some classical music and just play," says Cedeno.

Marines interested in applying for the 2007 All-Marine Chess Team should turn in an application (which can be found at www.usmc-mccs.org/chess) by April 16.

The 2007 Inter-Service Chess Championship will be hosted by the Marine Corps at Marine Corps Air Station in Miramar, Calif. in June 2007. ■



Photo and design
by Amy Segreti

Corps tactics: Cpl. Nicholas Wolff analyzes his
game at the base chess tournament Saturday.

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He finally proposed. Now, it's time to start planning all the details for your big day. But before you say "I do," you should sign up for a pre-marital workshop. What? Your relationship couldn't be any better, why bother? Well the truth is, it never hurts to attend these classes. In fact, they are fun and a great way to bond with your better half.

According to Lt. Cmdr. David A. Shirk, Headquarters & Support Battalion, Marine Corps Base chaplain, the Marine Corps Family Team Building offers

several programs for couples that are considering getting married. Such programs include: "The Prevention and Relationship Enhancement Program" and "Before I Do" two-day workshops. The workshops are available on base and are free to military service members and their families.

"PREP" is not a religious program or group therapy; it is an educational and practical opportunity to learn what works in marriage. You will learn how to keep the fun in your relationship even if you have a busy lifestyle; why men and women see life so differently and how to appreciate those differences. "PREP" also teaches a couple how to recognize the danger signs that can lead to problems and how to avoid them. "PREP" has proven so

effective that it has been featured in "20/20," "48 Hours," "Oprah" and in several printed publications. "PREP" is a program from the University of Denver in Colorado and it's shown to reduce divorce rates by 25 percent within the first five years of marriage," said Shirk.

"A lot of chaplains will have pre-marital counseling or they will have them go through a work shop. I find it more effective when they go to the workshop as opposed to pre-marital counseling, because it's more of a group setting, they are kind of peers and exchange ideas," said Shirk. He pointed out that every command is different as far as requirements and regulations prior to getting married,

See WEDDINGS page 7D



Protestant Chapel: Brennan Rote, 2, playfully
peeks through a corner while he awaits for the
ceremony to begin. The ceremony took place
Saturday at the Camp Lejeune Protestant Chapel.

Ena Sellers

'Dreamgirls' a musical journey through the history of soul



From the front row
with

Reinhold
Moldenhauer
Huneycutt

Now playing at Camp Lejeune

"DREAMGIRLS" (PG-13)

"Dreamgirls" is a musical chronicling the rise to 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 super stardom. 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 world.

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

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

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

Among the outstanding cast are also Jamie Foxx ("Ray," "Stealth," "Collateral") as Curtis Taylor, Jr., the scrupulous manager of the group; Danny Glover ("Lethal Weapon," "The Color Purple") as Marty Madison, an old-school manager and Keith Robinson ("Moulin Rouge") as C. C. White, Effie's song-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 put together a stellar ensemble for this project.

Contributions by choreographer Fatima Robinson and costume designer Sharen Davis ("Ray"), who created more than 50 costumes for this show, add to the success of this musical film.

"Dreamgirls," which is essentially a period



Photo courtesy of

'Dreamgirls': This classic backstage musical story showcases electrifying performances by the cast and chronicles the rise and fame of female soul singing trio in the 1960s, who try to cross over to the white music charts.

piece, shows us the sad fact that people will do anything to be famous.

This classic backstage musical story and showbiz saga has show-stopping songs, 60s style moments, marvelous gowns and lots of glamour.

The movie brings us electrifying, extraordinary dynamic performances by the dream cast, especially Eddie Murphy and Jennifer Hudson who both picked up a Golden Globe Award. (Hudson already won numerous other awards for her breakout performance.) The film also won best picture in the musical/comedy category.

Now playing in Jacksonville

"THE LAST KING OF SCOTLAND" (R)

"The Last King of Scotland" is a drama about the Ugandan dictator as seen through the eyes of his fictional personal physician in the 1970s.

This fictionalized story unfolds against the real events of Amin's rise to power and centers on the dark relationship between the ruthless Amin and the young Scottish doctor who becomes his personal physician.

Forest Whitaker ("The Crying Game," "The Panic Room," "Bird," "Phonebooth") stars as the monstrous Ugandan dictator Idi Amin who ruled by terror during the 1970s. Charming and humorous, Amin is also extremely terrifying, savage and brutal. He ordered the deaths of an estimated 300,000 of his countrymen during his eight-year reign.

James McAvoy ("The Chronicles of Narnia," "Wimbledon") plays Nicholas Garrigan, the young Scottish physician who, fresh out of medical school, heads to Uganda for a taste of adventure, only to find himself in a deal with the devil.

The free-spirited Garrigan signs on in 1971 as Amin's personal physician. Seduced by Amin's power and charisma, he becomes his trusted adviser. However, he fails to grasp the evil around him until his own life is in danger.

Costarring is Gillian Anderson ("The X-Files") as a social worker and wife of Dr. Stone, the doctor Garrigan works with; Simon McBurney ("Friends with Money") as Stone and Kerry Washington ("Ray") as one of Amin's wives and the woman he gets involved with.

Director Kevin McDonald, known more for his documentary work, filmed mostly in Uganda with the help of many of the citizens who still are conflicted about the late dictator.

"The Last King of Scotland" was written by Peter Morgan ("The Queen") and Jeremy Brock ("Mrs. Brown"), who based this story on the 1998 novel by Giles Foden.

Whitaker gives the performance of his career and is stunningly convincing and larger than life in this gripping moral thriller. He is well deserving of all the accolades bestowed on him. Watch him take home the Oscar at the upcoming Academy Awards.

"The Last King of Scotland" is a riveting and powerful biopic, however the gruesome images and strong violence are sometimes difficult to watch.

"THE PAINTED VEIL" (PG-13)

"The Painted Veil" is a period piece and love story set in the 1920s about a young troubled couple who go to a remote Chinese village stricken by an epidemic.

Edward Norton ("The Illusionist," "Kingdom of Heaven," "25th Hour") stars as Walter Fane, a conservative doctor who is working in China.

Naomi Watts ("King Kong," "The 21 Grams") stars as Kitty Koerber, a beautiful society girl, who is looking for an escape from spinsterhood and her

On a short trip back home to her parents, Walter meets Kitty at a party and falls madly in love.

The two marry hastily and for wrong reasons, and relocate to Shanghai. Left alone by her hard-working husband, Kitty falls for dashing diplomat Townsend, played by Liev Schreiber ("Man of Steel," "The Manchurian Candidate"), "The Omen."

When Walter finds out about the affair, he forces Kitty to come with him to a remote village under siege by cholera.

While on this deadly journey to the heart of ancient China, they find an unexpected chance at redemption and happiness.

Costarring are Sally Hawkins ("The Edge of Love"); Diana Riggs ("Parting Shots"); Mother Superior and Toby ("Infamous") as a British official.

Director John Curran ("We Don't Move Anymore," "Praise") delivers the film's romantic based on the novel by Somerset Maugham with a screenplay by the talented Ron Nyman ("Philadelphia").

"The Painted Veil" is a passionately moving story, beautifully filmed and the magnificent countryside of China, exquisite photography and fine acting combined with the stirring music score reminiscent of the old classic Hollywood movies.

The romantic drama unfolds against a historical background and uprisings against British colonial rule and old Chinese customs.

"The Painted Veil" is a truly wrenching and endearing love story.

Ms. Huneycutt is the Public Affairs Officer

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ALL STADIUM SEATING

SNEAK - WILD HOGS PG-DLP
7:00 SATURDAY SHOWING ONLY

RENO 911 R-DLP
1:00 3:25 5:50 7:30 9:40

NUMBER 23 R-DLP
1:00 3:15 5:30 7:45 10:00

ASTRONAUT FARMER PG-DLP
1:15 4:10 7:00 9:45

GHOST RIDER PG13-DLP
1:00 1:30 3:25 4:15 5:50 7:00 8:15 9:30
(NO DISC, TICKETS)

BRIDGE TO TERABITHIA PG-DLP
1:05 3:20 5:35 7:45 (no sat & sun shows) 9:55

DADDY'S LITTLE GIRLS PG13-DLP
1:00 1:15 3:15 5:30 5:50 7:45 8:00 10:00

BREACH PG-13
1:45 4:30 7:15 9:45

MUSIC & LYRICS PG13-DLP
1:00 4:00 7:00 9:45

NORBIT PG13-DLP
1:30 4:15 7:00 9:30

HANNIBAL RISING R
1:30 4:15 7:00 9:30

BECAUSE I SAID SO PG13-DLP
4:30 4:15 7:00 9:30

THE MESSENGERS PG13-DLP
1:00 3:10 5:20 7:30 9:40 (no sat & sun)

SMOKIN' ACES R-DLP
1:45 4:15 7:15 9:40

EPIC MOVIE PG13-DLP
3:45 9:45

NIGHT AT THE MUSEUM PG-DLP
1:15 7:00

LITTLE ROBOTS G-DLP
1:00 3:00 SAT/SUN

ALL SHOWTIMES INCLUDE PRE-FEATURE CONTENT • www.carmike.com

MIDWAY PARK THEATER MOVIE LINE 451-1759

Party Packages Available

Movies will be FREE at the Midway Park Theater during renovations of the Base Theater.

TODAY
"Arthur and the Invisibles," PG, 7:30 p.m.

FRIDAY
"Stomp the Yard," PG-13, 6:30 p.m.;
"The Hitcher," R, 9:15 p.m.

SATURDAY
"Night at the Museum," PG, 3:30 p.m.;
"Stomp the Yard," PG-13, 6:30 p.m.;
"The Hitcher," R, 9:15 p.m.

SUNDAY
"Happily N'Ever After," PG, 3:30 p.m.;
"Dreamgirls," PG-13, 6:30 p.m.

MONDAY
no movie

TUESDAY
"Children of Men," R, 7:30 p.m.

WEDNESDAY
"Alpha Dog," R, 7:30 p.m.

www.mccslejeune.com Tickets & concessions open 30 minutes prior to movie time.

Get off the phone and drive.

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

'I am sorry' — a phrase to use with caution

Sustaining the Spark with Chaplain Lee Milliner

"I am sorry," can be strong medicine for wounded feelings. We are not perfect people and often we miserably in our relationships. Our moods swing and our stresses accumulate and we say and do things to each other that are inconsistent and inconsiderate. The ability to humbly admit shortcomings and failures to one another is a virtue worth pursuing. Mature love includes the capacity to honestly admit mistakes and failures and the courage to say "I am sorry."

When "I'm sorry" is overused it will lose its potency. Who can believe someone who repeats the words and yet continues to do the same things over and over again? "I am sorry" should imply a measure of sorrow for words spoken or actions taken and a commitment to improve. Offering a deeply felt and meaningful apology can open the channels of communication and restore harmony in a relationship quickly.

I know people who have great difficulty saying "I am sorry." Though they recognize failure, admitting and confessing it to another person requires a humbleness that they are not willing to accept. They would rather adapt to emotional distance than apologize to a significant other (a parent, a sibling, a child or a spouse). The distance however expands over time and the possibility for reconciliation becomes slimmer. Relationships are impaired because of this unwillingness (stubbornness) to bring healing through confession and forgiveness.

"I am sorry" are words that can heal — I have seen their power to mend fractured relationships. And if you can't say the words, buy a card to give them for you. In fact, buy a packet of cards; I guarantee you will use them all. ■

Pets of the Week

Save a life; take home a new friend today

Bear is a red Rottweiler and Golden Retriever mix. He's 4 years old and wants to be a part of your family. Pet ID #A005813

This beautiful cat is a brown and white tiger Domestic Medium hair; age is unknown. Pet ID #A006278

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 courtesy of the animal shelter

Wildlife rehabilitation: it's for the birds

Amy Segreti
Carolina Living Editor

The baby birds are coming. They'll cover the floors, they'll cover the counters, they'll fill every one of Toni Neil's incubators and nurseries. She'll have to start putting them in cardboard boxes, but she won't in any way.

O'Neil, the director of Possumwood Acres Wildlife Sanctuary in Hubert, N.C., welcomes them all, which totaled 438 last spring. That's in addition to the 212 animals she cared for at the rehabilitation center where she and her volunteers rescue, treat and release sick, injured and orphaned native wildlife in addition to providing a home and adoptive services for a small number of domestic animals.

One week in May of last year, she had 125 baby birds being cared for at the same time. "I was working from 5 a.m. to 2 a.m. just trying to get everything done," said O'Neil.

This year, she's in desperate need of more volunteers. She had a great group last year, but all of my full-time people's husbands deployed and they moved," said O'Neil, who sees a lot of Marines and their spouses and children volunteer at the sanctuary.

One of those Marines is Master Sgt. Leonard F. Squires, who's currently in Iraq. He volunteered at the sanctuary before deploying and stays in contact with O'Neil, promising to bring her Marines to help her out when he returns.

The sanctuary sits on a 10-acre woodland property at O'Neil chose specifically because it was rural and "in the middle of nowhere." She has both state and federal licenses to rehabilitate wild birds and her center has non-

profit 501C-3 status. Outside, O'Neil has various cages for owls, crows, ducks, pigeons and other birds and a waterfowl area in the back where she keeps wild birds such as geese and swans that need to be both raised and released in the wild. "We strictly limit human contact with them," she said. She also has an area to hold domestic birds until she adopts them out.

O'Neil keeps several goats in a pen outside, primarily serving as pets and distractions for the children who volunteer. "If we have to euthanize an animal and the kids are around, I'll tell them to go feed the goats and they enjoy playing with them. Short people mean treats for the goats," explained O'Neil.

There are two buildings on her property — her home and an outer building where she stabilizes and rehabilitates smaller animals and those that need to be indoors.

One of those animals is Squirrely Boy, a squirrel who thinks he's a person.

"When baby animals open their eyes, the first thing they see is what they think they are," said O'Neil. This is the case for Squirrely Boy, an imprinted animal who will need to be around humans for the rest of his life in order to survive.

"Imprinted animals have been around humans so much that they can't live without them. They can't find a mate, they don't have fear instincts, they can't recognize predators," explained O'Neil.

Squirrely Boy exhibits the same behaviors as normal squirrels, except he treats O'Neil as his playmate. He'll run around O'Neil's legs like other squirrels run around trees; he'll jump and tumble around her hands and arms the way other squirrels jump and tumble with each other.



Amy Segreti

Animal hero: Director of Possumwood Acres Wildlife Sanctuary Toni O'Neil holds two Muscovy ducklings.

She cares for non-releasable animals like Squirrely Boy year-round, but this spring most of her time will be spent caring for the hundreds of baby birds.

"They start coming in March and they come from everywhere," said O'Neil, who's terrified this season will be even busier than the last. The birds fall out of nests, pets or kids knock them out of nests and they get stuck inside boathouses and barbecue grills.

"Wherever birds can get into to build a nest, they will build one," said O'Neil. One

lady brought O'Neil a nest full of baby wrens that had situated themselves inside the engine of the woman's farming machine.

Fledglings also come out of the nests on their own and hop around before they start to fly; people take them in because they appear to be injured. O'Neil stresses that the most important things for people to do is to keep the bird warm, move it as gently and as little as possible and take the birds to her as soon as they can.

See SANCTUARY page 6D

Commit to protecting your heart in February, Healthy Heart Month

Health promotion release
Naval Hospital Camp Lejeune

Heart disease is one of the most common cardiovascular diseases and the leading cause of death for both men and women in the United States, which accounts for nearly 40 percent of all annual deaths. A person dies of heart disease every 35 seconds.

With heart disease being the leading cause of death and disability among Americans, it is also increasingly affecting many of our service members since the number of sudden deaths from heart disease among people aged 15-34 has increased. Coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce and more than 6 million hospitalizations each year are because of cardiovascular disease.

It is important for service members, retirees and their family members to know how to prevent this disease and to find valuable resources that will assist them in being more aware of the risks and benefits of lifestyle changes. Tobacco cessation, increasing physical activity and eating nutritious foods are sure ways military beneficiaries can avoid the use of prescribed medicines as well as repeated visits to clinics and being away from duty.

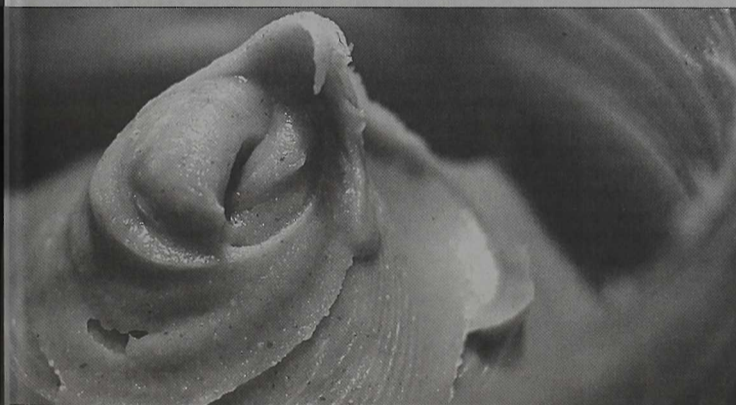
According to the Centers for Disease Control, a 12- to 13-point reduction in blood pressure can reduce heart attacks by 21 percent, strokes by 37 percent and all deaths from cardiovascular disease by 25 percent. A 10 percent decrease in total blood cholesterol levels may reduce the incidence of coronary heart disease by as much as 30 percent.

The Navy Environment Health Center February Health Promotion toolbox provides fact sheets at www.nehc.med.navy.mil/HP/HP_Toolbox/February/HPToolBoxfactsheets_feb.htm to help beneficiaries start an individual exercise routine and daily or weekly plan of the day notes. Also included is information on a low sodium diet which is an effective diet in reducing high blood pressure and help in the prevention of heart disease.

The Health Promotion division of the Naval Hospital is happy to assist you and your command with this health promotion tool and is confident that the information will increase awareness and help you make informed decisions on improving cardiovascular wellness.

See HEART page 6D

Multistate salmonella outbreak; peanut butter linked with illness



Courtesy photo

Unlikely's tainted partner: Peanut butter is linked to an outbreak of Salmonella.

Health advisory

CDC Health Alert Network

Public health officials in multiple states, with the assistance of the Centers for Disease Control and Prevention, are investigating a large outbreak of salmonella infections. As of Feb. 14, 288 persons with the illness have been reported to CDC from 17 states; Alaska, Alabama, Arkansas, Arizona, California, Colorado, Connecticut, Georgia, Iowa, Illinois, Indiana, Kansas, Kentucky, Massachusetts, Maryland, Maine, Michigan, Minnesota, Missouri, Mississippi, Montana, Nebraska, New Jersey, North Carolina, New Mexico, New York, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia, Vermont, Washington Wisconsin and West Virginia.

State public health officials continue to investigate cases of illness. CDC is working with state and local health officials, the Food and Drug Administration and the Department of Agriculture to determine the food responsible for this outbreak.

Public health investigators have identified peanut butter as being consumed more often by ill persons than well persons and as statistically linked with illness. Evaluation of additional information about the brand of peanut butter, the consumption habits of cases and the patterns of distribution of cases is ongoing. Health officials and the peanut butter industry

representatives are working collaboratively to learn more about production of peanut butter to determine how it may have become contaminated.

Among 120 patients for whom clinical information is available, 31 were hospitalized. There have been no reports of deaths attributed to this infection. Onset dates, which are known for 140 patients, ranged from Aug. 1 to Jan. 21. The outbreak has been prolonged and of low intensity, with less than two new cases reported daily in January nationwide. Two closely related DNA fingerprint patterns of salmonella isolates have been associated with this outbreak.

Persons who think they may have become ill from eating peanut butter are advised to visit their health care provider and call their local health departments.

Most persons infected with salmonella develop diarrhea, fever and abdominal cramps 12 to 72 hours after infection. The illness usually lasts 4 to 7 days, and most persons recover without treatment. However, in some persons the diarrhea may be so severe that the patient needs to be hospitalized. The elderly, infants and those with impaired immune systems are more likely to have a severe illness.

For more information on salmonella infection and this outbreak, please refer to the CDC Web site: www.cdc.gov/ncidod/diseases/submenus/sub_salmonella.htm.

JIM CARRREY

A JOEL SCHUMACHER FILM

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NEW LINE CINEMA PRESENTS A CONTRAFILM/FIRM FILMS PRODUCTION A JOEL SCHUMACHER FILM JIM CARRREY "THE NUMBER 23" VIRGINIA MADSEN LOGAN LERMAN
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What's happenin'

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.

ABCs of buying and selling a home seminar

Today, 6 - 9 p.m.
Marine Corps Community Services Personal Readiness & Community Support will host this event at the Relocation Program Classroom in Bldg. 14 on McHugh Blvd. For information on the course, call 451-3212, ext. 202 or 451-1055.

50s Sock Hop

Friday, 6 - 8 p.m.
Kick-start the celebration of Emerald Isle's incorporation at the all-ages 50s Sock Hop. Greasers, squares, prom queens, cheerleaders and all other 50s characters are welcome. Sock hoppin' fun includes a half-hour dance lesson, costume contest for best-in-show male and female, as well as light refreshments for a nominal fee. Admission is free. Call 252-354-6350 for more information.

Onslow Beach reservation booth open

Through Friday
The Onslow Beach booth is open at the Main 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. This promotion ends Friday. Booth operation hours are: Monday - Friday, 10 a.m. - 6 p.m. The booth is closed for lunch from 2 - 2:30 p.m. For more information, call 450-7502.

2nd Annual Civil War Living History Weekend

Saturday, Sunday
Bring your family to the 142nd anniversary of "Battle of Forks Road" of the Civil War at the Cameron Art Museum at 3201 S. 17th St. in Wilmington. This free public program, a Living History Weekend, will take place on the museum grounds. Military and civilian re-enactors will delight and inform with living history exhibits and encampments, small arms and artillery demonstrations, artifacts, period crafts and children's activities. The re-enactment will take place on the museum's historic site, the original battlefield of the final fight for Wilmington. Admission is free and open to the public. Call 395-5999 for more information or visit www.cameron-artmuseum.com.

Weapon display Through Wednesday

There will be a display of two pieces of British-manufactured horse artillery used by Confederate soldiers at Fort Fisher. The weapons were used to patrol the beaches and protect shipwrecked Confederate blockade runners during the Civil War. Captured by Union naval forces in 1863, these two unique and long-range weapons are on temporary loan from the U.S. Navy Yard museum in Washington, D.C. The display will be at the Fort Fisher State Historic Site on 1610 Fort Fisher Blvd. in Kure Beach, N.C. Call 458-5538 for details.

Weekday Walking Every Friday in March

The Onslow County Parks and Recreation Department, City of Jacksonville Wellness Committee and the Onslow County Health Department are sponsoring a Weekday Walking program. Meet every Friday in March at the New River Water Front Park across from the United Services Organization or City Hall between 11:30 a.m. - 2:30 p.m. Bring your sneakers and exercise during your lunch hour. Participants who walk four out of the five Fridays will be entered into a drawing for prizes. For more information, call 347-5332 or visit www.co.onslow.nc.us/parks to register for the walks.

Theatre workshop for children

March 10, 10 a.m. - 2 p.m.
Children ages 7-11 are invited to participate in a theatre workshop with Steve Myott, a teacher, actor, director and puppeteer who's work has been used in parades, performances and special events across the country. The theatre workshop is designed to allow young people to create and produce an original play based on the special assessments of the individual and group's talents, traits and needs. A short production will take place at the Emerald Isle Parks and Recreation Community Center, 7500 Emerald Dr., immediately following the workshop. Parents and friends are invited. Fee is \$20 per participant and a bag lunch is required. Only 15 students will be accepted. To register, contact Laura Lee Davis is 252-354-6350 or e-mail ldavis@emeraldisle-nc.org. Download the registration form at www.emeraldisle-nc.org/eiprd.

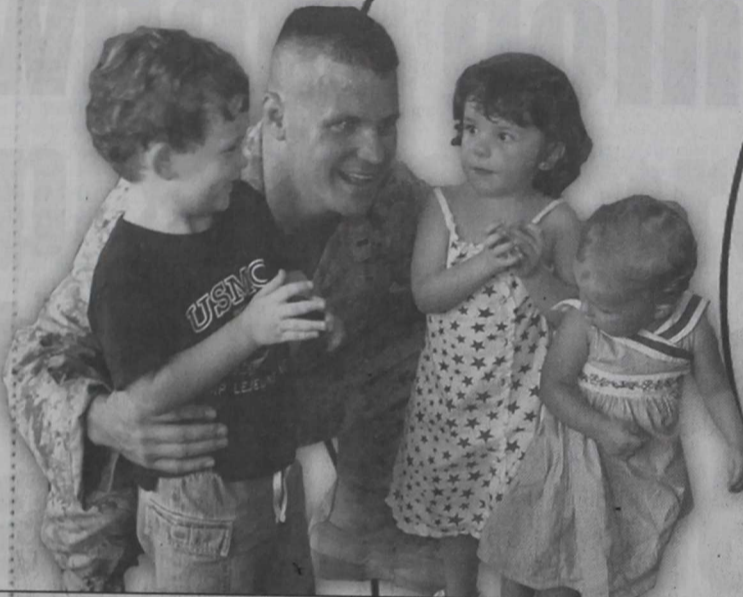
How to feed baby birds

March 10, 10 - 11:30 a.m.;
March 15, 10 - 11:30 a.m.
Orientation and training sessions are scheduled to teach volunteers how to feed baby birds at the Possumwood Acres Wildlife Sanctuary in Hubert, N.C. Eleven baby ducklings less than a week old came in Feb. 14 and the sanctuary is recruiting volunteers to help with the feedings, particularly those with an interest in native birds, who are able to come to the sanctuary on

a regular basis. The sanctuary will soon have 15 mouths to feed — some as often as every 15 minutes for the newborns, and older juveniles, which are being fed every hour. Read the story on 3D at 326-6432 to register.

Easter egg hunts

March 31
The Onslow County Parks and Recreation Department is sponsoring four Easter egg hunts for Onslow County. The first will be at Richlands/Steed Park beginning at 9 a.m., the second will be at On Pines Park at 11 a.m., the third will be held at Stump Sound Park beginning at 1:30 p.m. and the fourth egg hunt will be held at Hubert By-Pass Park beginning at 1:30 p.m. There will be prizes and candy for all participants. The program is designed for children 10 years and younger. For more information, call 332-6432 or visit www.co.onslow.nc.us/parks.



MCCS EVENTS AND INFO

Gottschalk Marina's 18th Annual Team Bass Tournament Series

SPRING SPLASH

SATURDAY, MARCH 10TH

6:00 AM (OR SAFE LIGHT) TO 4:00 PM

\$70 fee per team of two
Average \$2,500 top prize
(based on 50 boats)

Information: 910-451-8307 or visit mccslejeune.com/marinas.html

Late Registration Fee
\$85 per team
Register Early



Kids-n-Deployment Generalized Workshops

Friday, February 23rd at Midway Park Chapel
Friday, March 23rd at Marston Pavilion
Both workshops will start at 6:30 PM

Call Marine Corps Family Team Building at 910-451-0176 to RESERVE your spot

Learn about:

- Communication
- Staying in touch
- Activities to pass the time
- Your child's way of communication with you
- Handling the media

Resale "Lemon" Lot, Changes Are Being Made

In order to continue to provide the service, we are adding a more professional appearance and more professional oversight.

Visit our website for more information.

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2007 MARINE CORPS GRAND PRIX SERIES

OPEN TO THE PUBLIC!

The 2007 Marine Corps Grand Prix Series offers a variety of events and a unique opportunity for individuals of all backgrounds and abilities to test their physical fitness, mental preparedness, and athletic skills. The 2007 series will include events at Marine Corps Base, Camp Lejeune; Marine Corps Air Station, Cherry Point; and Marine Corps Air Station, New River, as well as several local events.

March 17 Cherry Point Half Marathon, MCAS, Cherry Point

The regional events and dates are as follows:

April 28 European Cross Country 10K, MCB, Camp Lejeune

* Boots to Books 8K, Charlotte NC, TBA (racbarb@hotmail.com)

May 19 Run for the Warriors, MCB, Camp Lejeune

* Jacksonville Trails and Greenways 10K, April 14, 2007

June 16 Cherry Point Sprint/Relay Triathlon, MCAS, Cherry Point

* Neuse River Bridge Run, New Bern, NC, October 20, 2007 (www.neuseriverbridgerun.com)

July 21 Lejeune 8K Mud Run, MCB, Camp Lejeune

* Habitat for Humanity 5 Miler, Jacksonville, NC, October 27, 2007 (finishline@coastalnet.com)

August USO River Run, Jacksonville, NC

* Marine Corps Marathon, Washington, D.C., October 28, 2007

September 15 Cherry Point Duathlon, MCAS, Cherry Point

These courses have been designed to provide individual challenges. Most races use a professional race staff to conduct events with timing performed using the ChampionChip system. Races aboard Camp Lejeune have over 90 awards per event presented, with all finishers accumulating Grand Prix points to qualify for the title of Grand Prix Champion at the end of the year.

September 29 Marine Corps Half Marathon, MCB, Camp Lejeune

October 13 Beirut Memorial 10K, MCB, Camp Lejeune

November 3 Jacksonville Trails & Greenways 5K, Jacksonville, NC

December 2 Jingle Bell Run, MCAS(H), New River

December 8 Awards Ceremony, MCB, Camp Lejeune

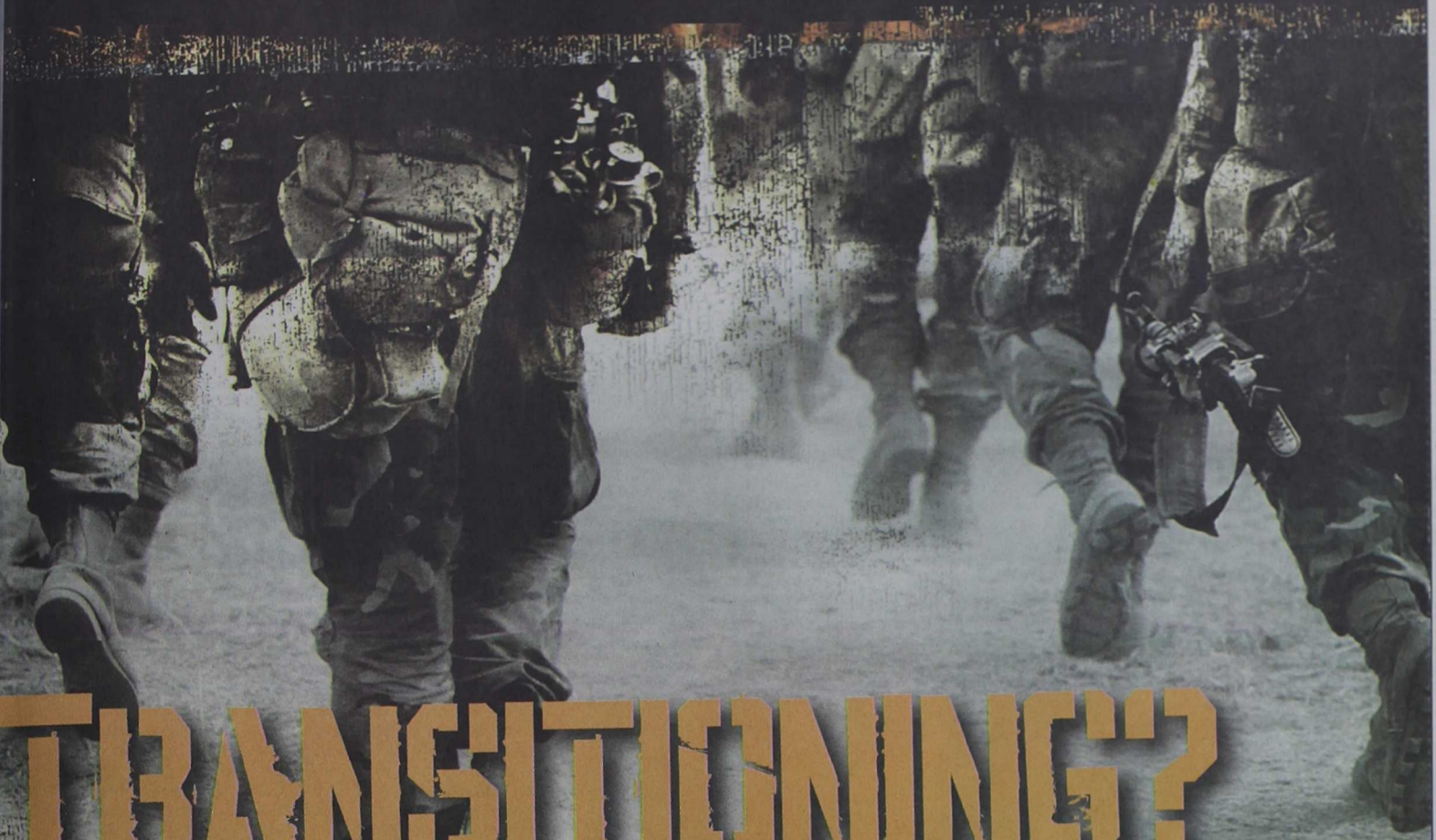
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SANCTUARY
CONTINUED FROM 3D

"People try to care for baby birds on their own, but they're so fragile and a lot of times people just end up hurting them by accident," said O'Neil.

O'Neil is offering classes on how to feed baby birds March 10 and March 15, both from 10 - 11:30 a.m. at the sanctuary on 119 Doe Rd. Call 326-6432 to register.

Volunteers (whether they can come to the class or not) will take a tour of the sanctuary and be given a short interview by O'Neil. "I like to find out what people's expectations are to see where they might fit in here," said O'Neil. "If I have someone who's a bit squeamish around animals, then I'll ask them to do some fundraising or post flyers and not put them near the possum poop. If someone is a computer programmer, perhaps they'd enjoy working on the sanctuary's Web site," said O'Neil.

Young volunteers are welcome — O'Neil doesn't have an age requirement; she cares more about maturity level. She gives age-appropriate tasks; children might pick up sticks for brush, gather acorns for squirrels, fill the feeders or gather eggs. "They're not just going to do grunt work," assured O'Neil. "I make sure to teach them about the animals."

The one requirement she does have is that all volunteers have an up-to-date tetanus shot.

Volunteers can also get community service hours and internships working at the sanctuary and volunteering can serve as a nature-oriented course for home-schooled children.

O'Neil will need all the help she can get to continue rehabilitating animals.

Right now, "Possumwood is me, myself and I," said O'Neil. ■




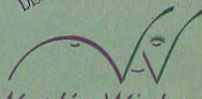
Amy Segreti

Feeding time: Eleven baby ducklings less than a week old were brought to the wildlife sanctuary Feb. 14.

HEART
CONTINUED FROM

In addition, the Promotion division in Building 4 (at the corner of McHugh Blvd. and Post Lane), offers a variety of educational intervention programs you prevent or reduce risk factors for cardiovascular disease or heart disease. Tobacco cessation management, education and of Healthy Heart Classes usually — 1 1/2 hours a week for 5 consecutive weeks are facilitated by nurses and educators.

All Health Promotion programs are open to military beneficiaries, and DoD employees. For more information or to register for a class, call the Promotion at 451-3

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HEAR CONTINUED FROM PAGE 6

In addition, the promotion division at Building 4 (1st Lt. Robert McHugh, 1st Lt. Robert Lane), offers educational attention programs to prevent or reduce risk factors for heart disease or tobacco cessation management, education and healthy Heart Classes usually 1 1/2 hours a week consecutive weeks facilitated by nurses and educators. All Health Programs are open to beneficiaries and DoD employees. For a class, call promotion at 451-3888.

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the junior Marines from H & the "Before I Do" workshop is a good class. "I got married, I got my hubby into attending one of the classes, at first he was a little bit, but after the first day of class he was a happy camper. In that class he learned how important it is to spend "alone" time with your spouse (at least 1 hour a day) and watching "American Idol" does not count. You have to be best friends, not just in crime and by that I don't mean committing crimes together. Think about it, by the time you are 40 — when your youth, beauty and most of your teeth are gone — you can do but not much you can do but each other's company, so you have to make sure you have all the tools to make each other happy that you didn't marry your spouse just because he or she is "hot," you thought.

For military couples it's very important to discuss how you will deal with deployments, unannounced separations and long-term separations are things that most every military spouse can endure. To find out about the premarital workshops on base, call the CFTB office at 451-0176 or 451-3888. According to Shirik, one of the biggest challenges in the Marine Corps and in the Navy, is the growing number of couples getting married in haste and hoping for a honeymoon later on. "I tell couples that their wedding day is the day that they are going to celebrate every year. They need to make it special," Shirik says. A ceremony doesn't have to be a big affair; it can be a small affair. What is important is that you will remember it for the rest of your life," he concluded.

When speaking of the actual planning of your big day (yes, now it's time to think about it since you've taken the class and considered the consequences), here are some tips to help you go smoothly. If you are planning to get married in a chapel, you should try to get your date no earlier than three months in advance but no later than six months to deployments. The first thing you need to do is contact your military chaplain and fill out a Request for Understanding of the Chapel. There is no fee to use the chapel.

Another important piece of paper you will need prior to the wedding is a marriage license from the state where you are planning to get married. If you are getting married in Onslow County, marriage licenses can be obtained at the

Onslow County Register of Deeds office. Licenses are valid for 60 days and cost \$50. Now let's talk about prenuptial agreements. Chances are that you won't need one, but it never hurts to know all your options. Basically, a prenup is a binding agreement, where the couple decides what will happen in the event of a divorce. Prenups aren't for everyone. According to an article in www.theknot.com many couples who request prenups are older, often well-off, with children from previous marriages whom they want to protect. Younger couples who choose a prenup usually have an interest in assets that may appreciate significantly during their marriage (like a business). Once you are done with all the boring blah, blah paperwork, it is time to plan the type of ceremony you will be having.

Many military couples choose to have the traditional military ceremony, with uniforms and the arch of swords, which is beautiful for all of the pageantry and patriotism that is involved. The passage through the arch of swords is an old custom that symbolizes the welcoming and safe transition into the couple's new life together. At the command, "Draw swords," the swords are drawn in one continuous motion, rising gracefully to touch the tip of the opposite sword. It is tradition to have between six to eight swordsmen. After the couple walks under the arch of swords, they will pause as the last two men lower their swords in front of them, then the sword bearer on the right (with his sword), will give a gentle swat to the bride's behind and say: "welcome to the Marine Corps." Guys, if you don't want to deal with a sore and angry bride on your wedding night, make sure to remind your sword bearers to be gentle. If you are the bride and you are a Marine, consider yourself a lucky girl, as you won't need the traditional welcome. If the sword bearers don't own swords, the couple may substitute them for rifles.

Have fun planning your wedding and remember to spend some alone-time with your sweetheart.

This is the second of a series of bi-weekly columns that will help you through your wedding planning with tips, local resources and some valuable advice. If you have any questions or suggestions for future coverage e-mail ena.sellers@militarynews.com.

Editor's note: Sellers is the managing editor of The Globe and an enthusiastic wedding photojournalist. After helping many friends go through the process of planning their wedding, she is more than willing to share some of the things she has learned along the way.



Millar wedding: Danielle and her husband Seaman Matthew Millar pose for our cameras moments after their wedding ceremony. The ceremony took place Sunday at the Base Protestant Chapel.

the bride: Sgt. Michael Rote kisses his bride, Ryan Rote after renewing their vows at a ceremony that took place Sunday. The ceremony was officiated by Lt. Richard Roe, Protestant chaplain.



Jason Sellers



Lighting of the candles: Sgt. Michael and Ryan Rote light the Unity Candle as a symbol of their union and love for each other.



Ena Sellers
The girls: Alana Webre, 4, and Abby Webre, 4, hold hands and share a smile as they wait for the ceremony to begin.



Ena Sellers
Cheerful embrace: Best man, Chris Lear gives the proud groom a cheerful embrace moments before the "I do."



Ena Sellers
aces of love: Danielle and Matthew Millar share a special moment Sunday at their wedding ceremony.



Jason Sellers
Special moment: Ryan Rote smiles at her husband Sgt. Michael Rote while they wait for their friends and relatives outside the chapel.

Military wives dance to the tune of fitness

Lance Cpl. Patrick M. Fleischman
Marine Corps Base

Put some weight on over the winter? Want to kick up your current fitness program? Looking for a place to meet some new people? Marine Corps Community Services has a program for you.

FITMAR Wife is a fitness class for military dependants that uses dance as a medium to get in shape, said Lauren Hill, instructor of the class.

"I hate to exercise and this is the only way I can do it," said Jennifer Mullins, 20, a proficient dancer and student in the class. "Lauren is funny and her personality is positive, making the classes seem to fly by."

The first 15 minutes of the hour-long class is about teaching the participants how to execute the dance steps correctly, with emphasis on what part of their body that particular step is toning, explains Hill.

After a short warm-up, the class moves through some dance routines, concluding with a cool-down walk and stretching, said Hill.

The class workout is challenging enough for someone who has a familiarity with dancing and easy enough for someone with no experience to pickup, said Hill.

"I have rheumatoid arthritis, so I can't do a high impact workout," said Kathy Allen, 53, a newcomer to dancing and student in the class. "This helps get my blood going and it really helps to loosen up my tight joints."

Classes are more than just a workout, explained Hill.

"I knew some of the ladies prior to the class starting; their

husbands had just deployed and most of them would be gone for 12 to 13 months," said Hill. "When they started taking the class, I noticed that their stress was going away. We talk about their goals for the next year. We talk about how much our 'guys' are all alike. For the girls who have husbands returning in April, we talk about how excited they are and their plans for when their guy returns."

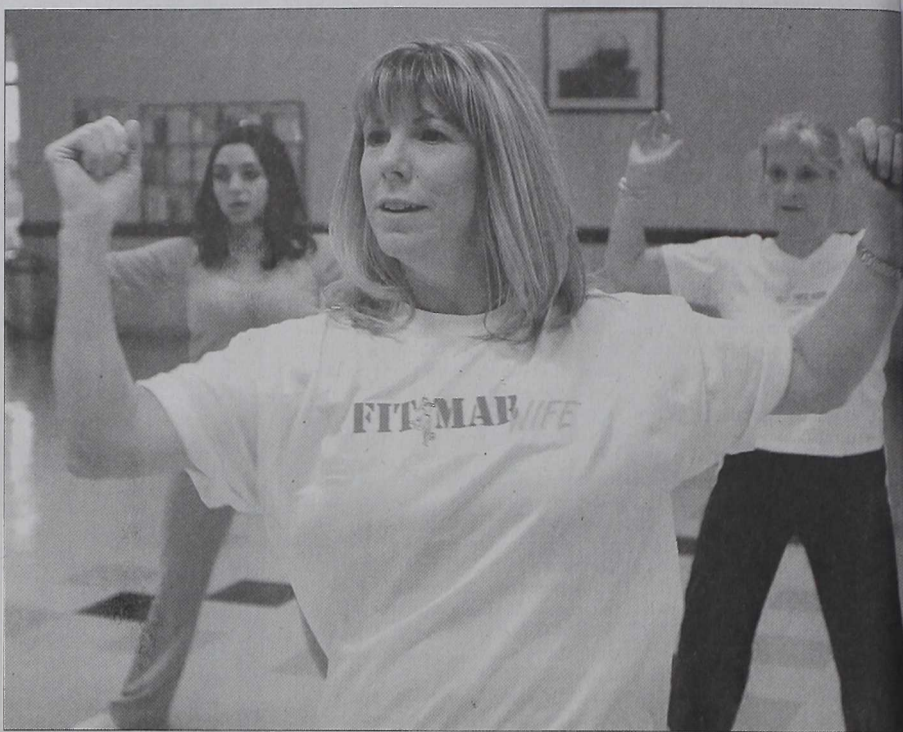
"But really, the conversation can vary to anything from who we saw on 'American Idol' the night before to reruns of a 'Seinfeld' episode. The point is we are all women who have the same goals in common."

Hill's motivation to run the class stems from her own personal experiences.

"When we were transferred to North Carolina, I went from a fit, healthy-eating Californian, to 15 pounds overweight and eating things that were not healthy at all," said Hill. "I was so homesick for California and there was nothing to do in this town. I was new to the Corps and suddenly found myself in a part of the country that didn't fit my lifestyle. I was like a fish out of water."

This would not continue for long, explained Hill.

"I kept seeing so many Marines deploy and thought, at least the wives with children will be busy while their husbands are gone, but for others with nothing to do around here, it could get pretty depressing," said Hill. "So I kept thinking, there must be other wives who feel like I do. Though my husband is not deployed, I would still like to get into the shape I was when we met and get back into those size 6 jeans. So as



In step: Lauren Hill, center, instructor of the FITMAR Wife dance fitness program and two of her students, Jennifer Mullins, 20, Marine wife, left, and Kristi Welton, 55, Navy wife, right, dance their way into shape during a session at the class.

a dance instructor, I decided to start a class to get back in shape and I thought, maybe we could have classes with a whole unit of wives who get in shape while their husbands are deployed — sort of a group effort — and surprise the guys when they get home."

For more information on how you can become a FITMAR wife, call Midway Park Community Center at 451-1807 or the Tarawa

Terrace II Community Center at 450-1687.

There is a fee of \$35 a month or \$5 each time a person comes to class. Paying the \$5 per class option will require students to call before each class to make sure there is room available.

Classes are available at the following locations and times: Midway Park Community Center Monday and Wednesday 1 p.m. to 2 p.m., Tarawa Terrace II

Community Center Monday Wednesday 10:30 a.m. to 1 p.m. and Tuesday and Thursday 1 p.m. to 2 p.m.

Students are advised to t-shirts, sweat pants or leggings, socks and sneakers. There are mats available charge to use during the stretches and cool down attendees are encouraged to bring a towel to lie over the said Hill. ■

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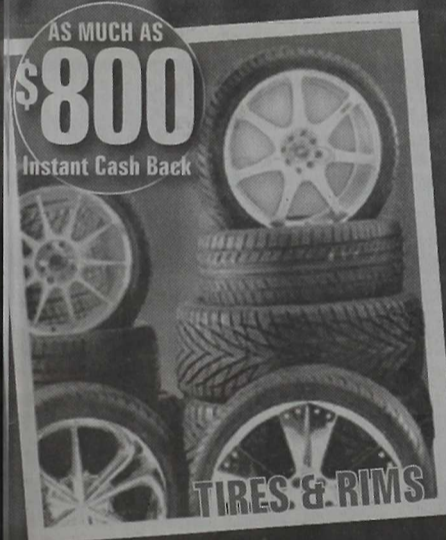
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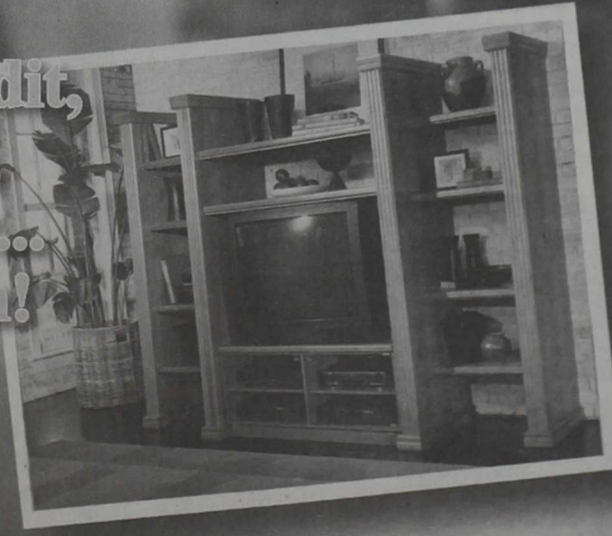


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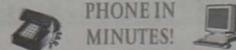
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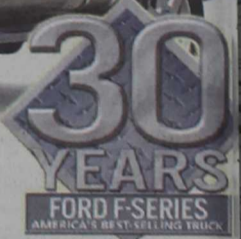
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