

Famous drill instructors visit Lejeune | 6D



THE GLOBE

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The groundhog's shadow spotted | Six more weeks of winter



February 3, 2005 / Vol. 67 No. 5

Inside this week

MARINE BOXING TRIALS

Boxing Contenders descend upon Lejeune to take part in the All-Marine trials. Read the full story on 1B.

VIDEO E-MAIL

Deployed ones can correspond with deployed service members through video messages sent via e-mail. Read more on 1C.

OPERATION DOULA CARE

Operation Doula Care, an organization dedicated to providing birthing partners to wives of deployed service members, is looking for volunteers, read more on D1.

News Watch

Fallen Warriors

Forty Marines died this past week in support of Operation Iraqi Freedom. Captains Paul C. Alaniz, 32, of Corpus Christi, Texas; and Lyle L. Gordon, 30, of Midlothian, Texas; 1st Lts. Travis J. Fuller, 26, of Granville, Mass.; and Dustin M. Shumney, 30, of Vallejo, Calif.; Staff Sgts. Brian D. Bland, 26, of Weston, Wyo.; and Dexter S. Kimble, 30, of Houston; Sgts. Andrew K. Farrar Jr., 31, of Weymouth, Mass.; Michael W. Finke Jr., 28, of Huron, Ohio; and Jesse W. Strong, 24, of Irasburg, Vt.; Cpls. Timothy A. Knight, 22, of Brooklyn, Ohio; Jonathan S. Beatty, 22, of Streator, Ill.; Stephen P. Johnson, 24, of Covina, Calif.; Timothy M. Gibson, 23, of Hillsborough, N.H.; Richard A. Gilbert Jr., 26, of Montgomery, Ohio; Kyle J. Grimes, 21, of Northampton, Pa.; Nathaniel K. Moore, 22, of Champaign, Ill.; Nathan A. Schubert, 22, of Cherokee, Iowa; Sean P. Kelly, 23, of Gloucester, N.J.; James L. Moore, 24, of Roseburg, Ore.; Matthew R. Smith, 24, of West Valley, Utah; Jonathan W. Bowling, 23, of Patrick, Va.; and Christopher L. Weaver, 24, of Fredericksburg, Va.; Christopher E. Zimny, 27, of Cook, Ill.; Lance Cpls. Nazario Serrano, 20, of Irving, Texas; Fred L. Maciel, 20, of Spring, Texas; Tony L. Hernandez, 22, of Canyon Lake, Texas; Gael Saintvil, 24, of Orange, Fla.; Michael L. Starr Jr., 21, of Baltimore; Jonathan E. Etterling, 22, of Wheelersburg, Ohio; Brian C. Hopper, 21, of Wynne, Ark.; Saeed Jafarkhani-Torshizi Jr., 24, of Fort Worth, Texas; Allan Klein, 34, of Clinton Township, Mich.; Mourad Ragimov, 20, of San Diego; Rhonald D. Rairdan, 20, of San Antonio; Hector Ramos, 20, of Aurora, Ill.; Darrell J. Schumann, 25, of Hampton, Va.; Joseph B. Spence, 24, of Scotts Valley, Calif.; and Karl R. Linn, 20, of Chesterfield, Va. Lance Cpl. Jason C. Redifer, 19, of Stuarts Draft, Va.; Harry R. Swain IV, 21, of Cumberland, N.J. Shumney, Smith, Etterling, Hopper, Jafarkhani-Torshizi, Kelly, Klein, Ragimov, Rairdan, Ramos, Schumann, Spence, Knight, Johnson, Maciel, Bland, Finke, Fuller, Gilbert, Gibson, Grimes, Saintvil, Schubert, Starr, Nathaniel K. Moore and James L. Moore were assigned to III Marine Expeditionary Force. Alaniz, Gordon, Hernandez and Kimble were assigned to 3rd Marine Aircraft Wing. Bowling, Weaver, Linn, and Strong were assigned to 4th Marine Division. Zimny, Redifer, Swain, Farrar and Beatty were assigned to II MEF, and Serrano was assigned to I MEF.

Community responds through Project CARE

CPL. ELSA M. PORTILLO
Marine Corps Base

Approximately 17,000 Marines and sailors will be deploying from January through March, and in turn, the Jacksonville-Onslow County area is preparing to support the community left behind.

Project CARE - Community Action Readiness Effort, which is a combined effort of various local government, the Chamber of Commerce, community organizations, Marine Corps Base Camp Lejeune, and Marine Corps Air Station New River, was reactivated Jan. 18. The program consists of three modules designed to assist family members of deployed service members and local businesses which may be impacted due to deployments, according to Mona Padrick, president for the Jacksonville-Onslow Chamber of Commerce.

"We do not duplicate services," said Padrick. "We do not try to get ahead of anything that is offered at the base. That is why everything we do goes through Marine Corps Community

Services or the [Key Volunteer] network."

Family members needing assistance or information must first call 1-800-451-MCCS or contact their KV representative. MCCS will then offer their assistance or direct them to an agency that can.

Some of the issues family members face that the program addresses is child care, vehicle maintenance, and household repairs. Information for these services is available through MCCS or at the chamber's Web site.

"The military has made it very clear that they take care of their own, and they do a wonderful job of it," said Padrick. "They have many, many things that they have available on the base, and they want to go through those first. If there is something out in town that takes care of a particular need, then we will match up that resource with the need."

While local business and community organizations offer various discounts

See COMMUNITY | 3A

Looking for a way to support your armed services? Here's how

STAFF SGT A.C. MINK
II Marine Expeditionary Force

There has been a massive outpouring of support for America's men and women in uniform and their families.

There are literally hundreds of U.S. organizations springing up, designed to "help our troops" and "support the families of deployed service members."

However, for those needing support and those wanting to offer support, trying to figure out where to go and what to do can be daunting.

The electronic age allows access to on-line resources. However, trying to determine who is reputable and who gets the support where it is most needed can be like trying to buy sports shoes online when you don't know the proper fit,

what style you want, or what sport you'll be using them for... and until recently there was no such thing as a beginner's guide to supporting your troops.

The site www.americasupportyourtroops.mil is a kind of online how-to with everything from Internet greeting cards to listings of service organizations.

"America Supports You," is a nationwide program launched by DoD. It recognizes citizens' support for our military men and women and communicates that support to our fighting forces at home and abroad.

The Web site is designed to highlight what the American public is doing to support our troops. It offers a host of

See SUPPORT | 7A

A day after | Iraq



Iraqi police show of their ink-stained index fingers - proof that they visited the polls to cast their ballot in Iraq's historic parliamentary elections Sunday - while manning one of dozens of remaining checkpoints throughout the city of Najaf the day after elections. Lasting 72 hours, the purple ink was used by voting officials to prevent citizens from voting more than once. After weeks of training Iraqi Security Forces, the Marines of the 11th Marine Expeditionary Unit (Special Operations Capable) stood down their patrols for Sunday's historic elections after the top Marine commander here determined the night before that the city was in good hands with local police and soldiers. According to various reports, nearly 85-percent of Najaf's 430,000 eligible voters visited the polls to cast their ballot. "People were very excited about voting. I could not sleep the night before. I couldn't wait to vote," said Iraqi Police Officer Warrant Officer Jassem Mohammad, 38, displaying his purple ink-stained index finger. "It's the first time we have a democracy - in all of Middle East." For the 2,200 some Marines assigned to An Najaf and Karbala Provinces, Sunday's elections served as the culminating event to nine months of hard work; a final "mission completed" before they begin departing Iraq to return to their home base at Camp Pendleton, Calif.

Deputy Assistant Secretary of the Navy visits Reserve Marines

CPL. LANA D. WATERS
II Marine Expeditionary Force

Deputy Assistant Secretary of the Navy (Reserve Affairs) H.C. Barnum, Jr., visited activated Reserve Marines and sailors, Jan. 24-25.

During the visit, Barnum traveled around the base to speak with Marines from Mobilization Support Battalion, II Marine Expeditionary Force Augmentation Command Element and several activated 4th Force Service Support Group units now attached to 2d FSSG about his job in Washington and what he is doing to help Reserve Marines.

"I've got oversight over the Navy and Marine Corps Reserve," said Barnum. "My job in Washington is to be involved in all of the reserve mobilization and all of the issues that go along with that department and those personnel. It's as close to the battlefield that I can get. The best part of my job is to get out of the pentagon and to go on trips like this to see what is going on."

Barnum also shared his battle experiences with the Reserve Marines and explained how he came to be awarded the nation's highest honor, the Medal of Honor, which he wore proudly before them.

"I earned this 39 years ago in Vietnam, but I earned it as a team. I was in Vietnam two weeks. We were the rear element of a battalion of a movement coming out of the mountains. The initial rounds hit the company commander. I assumed command of that company and we ended up fighting 10-to-one odds. We won because we pulled together as a team."

The retired Marine Corps colonel commented on the current situation in Iraq and how the Marines have performed so far.

"We are at war and we are up against an enemy that despises everything that you and I believe in," said Barnum. "In order to protect our country, our families, our way of life, the freedoms and everything you and I believe in, we've got to take the bad guys on. Right now our Corps has done a phenomenal job."

Safety was another big concern for Barnes as he stressed the importance of positive weapons control.

"If you see a fellow Marine screwing around with a hand grenade, mistreating a flare, or pointing a loaded weapon where he shouldn't be, you better pull him aside. There is no excuse for a fellow Marine to be wounded, maimed or hurt due to the carelessness or lack of safety of another Marine."

The remainder of Barnum's visit included having breakfast with the troops, an informal dinner with Reserve Marines and lunch with II MEF Commanding General, Lt. Gen. James F. Amos, II MACE Commanding General, Maj. Gen. Cornell A. Wilson, Jr., and -II MEF Forward Commanding General, Maj. Gen. Stephen T. Johnson.

Barnum retired from the Marine Corps in 1989 and has been the Deputy Assistant Secretary of the Navy for reserve affairs since 2001.

See STORAGE | 7A

Emergency vehicle storage

Available for deployed Marines at the Provost Marshal's Office



A windshield notice informs the car's owner of their presence at one of Camp Lejeune's impound lots.

LANCE CPL. SHANE SUZUKI
Marine Corps Base

Marines with orders to deploy often leave their vehicles in barracks parking lots and other unsecured areas, which could lead to their cars being impounded or vandalized. However, Marines with orders to deploy for short amounts of time, or if they have been given short notice about an upcoming deployment, can have their vehicles stored by the Provost Marshal's Office for free.

All Marines who are deploying are eligible to have their vehicles stored for free; however, PMO wants to remind Marines with orders for extended deployments to contact the Traffic Management Office for vehicle storage.

Once a Marine, or unit, learns of their deployment, their battalion needs to appoint, in writing, an officer or staff noncommissioned officer to contact PMO and fill out the required paperwork. One officer or SNCO will be needed per ten vehicles stored on the lot.

WEATHER



Friday
HI 45°
LOW 29°



Saturday
HI 55°
LOW 32°



Sunday
HI 55°
LOW 39°

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Man on the street

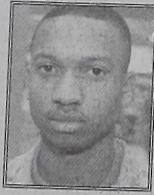
Who do you think will win the Super Bowl?



"Eagles."

Lance Cpl. Misty Smaligo
10th Marine Regiment
Tulsa, Okla.

"Patriots."



Cpl. Derrick Nichols
2d Marine Division Band
Newport News, Va.



"Eagles."

Gunnery Sgt. Michael Lyons
Military Police Battalion
Portland, Maine

"Eagles."



Staff Sgt. Jay King
2d Amphibious Assault Battalion
Shreveport, La.



"Eagles."

Lance Cpl. Earl Eubanks
Communications Company,
2d Force Service Support Group
Atlanta

Harm's way

Guest Commentary
DEBBI BELL

Lord, are you looking out for our Marine today
As he serves in Iraq, over there in harm's way?
Does he feel your love and strength as it flows
Right straight into his heart so that he will know

That you love and cherish him just like we do
And you care about all the things he's going through?
Do you see just where he is and send your angels' round
So they're there to lift him up whenever he's down?

Do you see just what we can't about what's going on?
Do you know how very much we miss this loved one?
Are you seeing just how hard it is on us here
Not to have close by the one we hold so dear?

Lord, please bless all the ones who labor so.
Keep them safe, encourage them so they'll know
That you are in control of all that happens here
And we never have to fret whenever you are near.

Comfort and support the folks who've paid the price
The ones who loved ones made the highest sacrifice.
Lord, please end this war as fast as you can,
So peace will reign for every service woman/man.

Bless them as they come marching home
To the ones who hold them dear.
May their days be filled with love and joy
As their loving family holds them near.

Debbi Bell is a mother of a Camp Lejeune-based Marine.

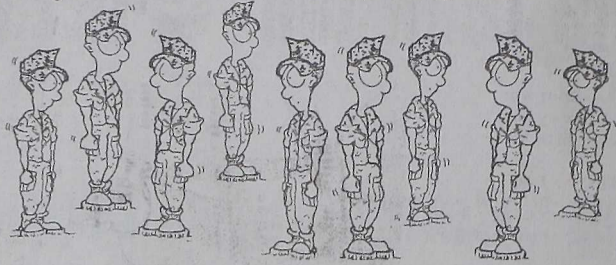
Rec Centers Super Bowl Parties

Mainside: Free event from 4 p.m. to end of game, finger foods and prizes. For more information, call 451-1942.

French Creek: Finger foods, prizes by quarter raffle starts one hour before game till end of game, free for Marines and dependents, 18 and over beer will be served. Call 451-1446 for more information.

Sempertoons

by Staff Sgt. Wolf



"Marines!! AH' TIN HUT!!!!...line up alphabetically by height... And, pair up in groups of three, then line up in a circle... FALL...OUT...!IMA' ARCH!!"



DRILLING MARINES FOR THE FIRST TIME



The Challenge: From trackers to grunts

Guest Commentary
GUNNERY SGT. MARC R. CHABOT

Being a "tracker" is something I take great pride in. The little things that are accomplished everyday in garrison and forward deployed are amazing. The life of a "tracker" can be down right demanding. The preparation, planning, long hours of maintenance, field "ops," weapons, in addition to the everyday Marine stuff, you get the idea. We take pride in doing the things no one else wants to do. Being in a supportive role is fine with us. Some of my old "grunts" would ask me, "Do you enjoy being a tracker?" My reply was, "It's contagious." I have been a member of 2d Assault Amphibian Battalion for more than seven years. I was also a member of the Expeditionary Fighting Vehicle test team for four years. I have never been away from my "tracker" community. Sempertoon by, be flexible, and standby for a surprise.

Scuttlebutt had been flying around about Company C putting together a team to support Operation Iraqi Freedom II. I deployed a year prior to Operation Iraqi Freedom I and was anxious to get another deployment. I asked my first sergeant about it. I expressed my desire to be a platoon sergeant. A week later, I was in my new company awaiting a roster of my Marines. Interestingly enough, I was assigned 3rd Platoon, the same platoon I did my first deployment with. I was getting some stuff together when a young second lieutenant approached me. It was my new platoon commander right out of The Basic School and "tracker" school. We went for a walk and talked about some visions for our new platoon. We hit it off well and saw eye to eye. It was a lesson in not judging a book by its cover. We received a competent group of section leaders, some experienced non-commissioned officers, and a large bulk of Marines, mostly brand new from school. My overall assessment was, "We are young, but have potential."

Our preparation was simple; focus on discipline and be ready for anything. Our mission was unclear. It was highly likely that we were to be an am-track platoon. However, it was a possibility to be a provisional rifle platoon. Our sister platoons had some staff noncommissioned officers that were previously "grunts," and security forces, so I was confident we would be an am-track platoon. To be safe, as a company, we trained as both infantryman and "trackers" for our work up. I was starting to enjoy not being on an am-track honestly. You could devote more of your efforts to the individual Marine instead of the vehicles. But then reality hit me: I want our tracks, not packs.

Two weeks prior to departing, our platoon commander was going to see the company commander to receive our mission in Operation Iraqi Freedom II. My lieutenant came out of the office looking a little stunned. After asking how it went, I found that we would be the infantry platoon.

I wasn't sure what to think. Is this good or bad? All my devil dogs and I know is 26 tons that can swim better than a Light Armored Vehicle. My wheels began spinning. Did we train as grunts enough? Do a bunch of diesel smelling yard apes have what it takes to strap on the packs? The platoon commander and I discussed it. We decided the best way was to keep everything we do as a platoon positive. Later that day, we broke the news to the platoon and got mixed reactions. Some of our Marines were confident and positive. Some were disappointed and negative, feeling that what they knew best was being taken away from them. The question asked was why? They got the standard gunnery sergeant answer of: "needs of the Corps, devil." Of course we have all heard it, every Marine is a rifleman; now it was time for the am-grunt platoon to embrace their new role.

We arrived at Al Asad, Iraq in mid-September. We spent a couple of days getting briefs from Regimental Combat Team 7, the unit we are supporting. We then proceeded to our forward operating base in the Al Anbar Province, Iraq. Upon arrival, we were greeted by a reserve infantry company, Company C, 1st Battalion, 23rd Marine Regiment, and a large Texas flag on the bulkhead. Very interesting we thought. Lieutenant, being a Californian surfer boy with a bob to him; myself, a northerner who admires Gen. Ulysses S. Grant; we thought, this should be an entertaining seven months.

Next, we met with the commanding officer, first sergeant and company gunnery sergeant. After our introductions, the guidance was to make ourselves at home because we were part of their family now. We were designated the 4th infantry platoon and got the same missions as the rest of the company. At first, I had to distinguish ourselves that we weren't some "pogues" active-duty from a big division. We gave the leadership fire ideas from a different point of view. Our Marines took the tactics they knew from a vehicle standpoint and employed them the same way on foot. In addition, we got into their armory and acquired some heavy machine guns that weren't being used due to lack of training on them. Our Marines took the initiative and provided the other platoons with classes. It helped make a better defense for the company. In my opinion, the most valuable thing our platoon offered them is basic everyday Marine leadership. Some examples are motivation, leadership by example, professionalism and a willingness to do whatever it takes to get a mission accomplished. In return, we gained a lot from them, including instruction on vehicle patrols, employing medium machine guns, immediate action drills, new equipment and the way Marine Reserves operate. Together, our Marines experienced incoming mortars, rockets, improvised explosive devices and the stress of combat. We earned the respect and then some from our infantry brothers. I have often heard our platoon referenced by senior Marines as the "go to" platoon. Also, the fact most of us aren't from Texas hasn't been an issue yet. The election debates in the chow hall got a little heated at times though. I'm extremely proud of our team. They are performing at such a high level, out of their comfort zone of am-tracking.

The am-grunt platoon is almost at its halfway point of the deployment. I really believe in our platoon's abilities, no matter what the mission. Our lieutenant, squad leaders, NCOs and Marines have performed well as "grunts." They have answered my concerns at the beginning on a day-to-day basis. The platoon has thrived because of the way the Marines conduct themselves. We are successful due to our discipline. In my opinion, "trackers" are some of the most disciplined Marines in the Corps. Why? Because almost everything we do in our community is uncomfortable. Riding in cramped stations, working on heavy suspension, installing weapons and loading the turret, having your office a mile away from your work area, and busting rust in hard to reach areas are just a few of the many examples. If you still doubt me, and you want this experience, seek a "tracker" at Courthouse Bay for a day of fun in the sun (bring coveralls). As far as being an am-grunt is concerned, my Marines will tell you it is a different element. Some say it is better; some say it's worse to personally have to maintain gear on your body instead of a box on a vehicle, using a humvee for intimidation instead of 26 tons of rolling thunder, walking instead of riding, digging fighting holes, improving defenses, the list goes on and on. Through it all, I would have to say it is a draw when comparing the two communities. Each are challenging in its own right.

Our Marines are proud of serving as am-grunts. A concern of theirs is not being up to par with their peers, as far as tracking goes, when they return to Camp Lejeune. I feel like this experience will make them better Marines and "trackers." The small-unit leadership, attention to detail, looking out for your fellow Marine; all in a different way than we are used to, will make everyone in our platoon better. You know the deal; knowledge is power, and they are getting a whole new facet of that. How will this make them better "trackers"? It is one thing to cram infantry in your vehicle and take them to an objective. It is another to understand what kinds of action they take before, during and after. I used to ask myself, "What do they do when they are not on an Amphibious Assault Vehicle?" I had enough tasks to do as a "tracker" and didn't think much about the life of a grunt. That is, until I was ordered to be one for seven months. Now I understand and have felt some of their pain. I wish the roles could be reversed but it's probably not going to happen. One thing is for sure, when the am-grunts return to Camp Lejeune, they will be able to support the infantry better, by having walked a few clicks in their boots.

Gunnery Sgt. Chabot is a platoon sergeant with Company C, 1st Battalion, 23rd Marine Regiment.

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Marine tank unit crucial to progress in Iraq

STAFF SGT. JIM GOODWIN
11th Marine Expeditionary Unit
(Special Operations Capable)



Corporal Lester P Brock, a 30-year-old from Brainard, Minn., and Marine tank gunner, loads a round into the 120mm main gun on an M1A1 Abrams Main battle tank during a live-fire training mission in the western desert of An Najaf Province, Iraq, Jan. 24.

NAJAF PROVINCE, Iraq — In the of this barren Iraqi desert, the deafening of cannon fire from an M-1A1 Abrams inches through the air in a momentary fiery

umbering out from inside the belly of his Cpl. Matthew R. Hedges watches and listens; three other tanks fire their cannons at targets in this portion of the desert.

lay, the Marines are refining their tanker — roaming around the desert, lobbing 120 pounds thousands of yards away at targets — ton trucks and humvees, which are now recognizable as piles of scrap metal than as after being hammered by the Marines' ant firepower.

Hedges, a native of Grand Rapids, Mich., is of the Twentynine Palms, Calif.-based 3rd m, Company D, 1st Tank Battalion, and is currently attached to the 11th Marine Expeditionary Unit (Special Operations Capable). The 11th MEU (SOC) has spent the last seven months in Iraq helping the fledgling interim Iraqi government stabilize the war-torn country.

didn't come here to get in any history books. He here to do what I'm supposed to do — help it out," said Hedges, a task he feels the Marines have achieved, especially since routing insurgents from the holy city of An Najaf and in Fallujah.

August, the Marine tankers participated in a week-long combat operation to oust the militia of cleric Muqtada al-Sadr. In November, they called upon to support combat operations in Najaf, Iraq.

uring fighting in both cities, 3rd Platoon fired rounds of 120 mm rounds at enemy positions, and as cover for Marine infantrymen, and more once found themselves under hours of heavy fire.

miraculously, the platoon suffered only one casualty — 1st Lt. Russell L. Thomas, the platoon's commander, was shot in the arm in An Najaf.

Someone was watching over us," said Hedges, who recalled days when he and the rest of the platoon spent hours inside the 67-ton war hines as they took enemy rocket-propelled and mortar fire.

Now, after two major combat operations and months of patrolling and security operations, the Marines witnessed the culmination of their efforts in Najaf as they cast their ballots in the country's democratic elections.

"We've made [a large] difference here," said Hedges, leaning against his tank, which the Marines have dubbed "Veritas" — Latin for "truth." "When we got to Najaf, no one would come side; everyone was afraid," he continued.

Now, we see kids going to school and playing soccer. They're not afraid of us anymore, finally." As Hedges watches, the "boom" of another round rumbles through the air, followed by

the sharp "twangs" of .50-caliber machine gun fire from atop the tanks. Once a month, the tankers come out to this open area of desert west of An Najaf to keep their tank skills sharp, according to Thomas.

In the battle of An Najaf, the tanks took the lead on numerous assaults into the city, moving ahead of the infantry to draw out the enemy's fire, thus identifying enemy locations. This tactic exposed the tanks to numerous rifle, RPG and mortar attacks.

"It was pretty scary," admits Staff Sgt. James L. Eagleman, a tall, slender Native-American from the Rosebud Sioux tribe in South Dakota. "But, we're all alive; we all made it through."

Eagleman, a 33-year-old and 11-year Marine Corps veteran, is one of several tank mechanics who, during combat operations in Iraq, left the protection of the platoon's 67-ton armored recovery vehicles to repair and recover other vehicles.

For today's firing exercise, the mechanics stayed up until midnight to ensure the tanks were fully operational. Five hours later, they were back in their coveralls and on the tanks again, tools littering the tank's outer armor as they put finishing touches on their work.

During the height of combat operations, they worked 24-hour shifts to quickly repair the battle-damaged tanks for another round of fighting.

The tanks proved to be an invaluable asset for Marine forces routing out Sadr's militia in An Najaf, said Lt. Col. Bart S. Sloat, commanding officer for 1st Battalion, 4th Marine Regiment, 11th MEU's infantry element and lead ground

force during the battle at An Najaf. "You can feel a tank coming down the street; you can feel the street rumbling," said Sloat, 46. "In An Najaf, that's what caused a lot of [insurgents] to pull back."

In August, average temperatures rose to 130 degrees. Closed inside their tanks' iron bellies, the Marines were often exposed to nearly 150-degree temperatures. After hours inside the tanks, the Marines fought dehydration as well as enemy insurgents.

"If you put yourself inside an oven, it might compare [to the heat]," said Hedges.

To counteract dehydration and the exhaustion of battle, the Marines were cycled out of combat and back to their headquarters base, where they slept for a few hours and were hydrated intravenously.

"Doc" would hook 'em up with IV's, and then they'd crash for a few hours, and they went right back out there. It was amazing," said Cpl. Andrew J. Keegan, a 22-year-old New Yorker, who, as the platoon's communications technician, "makes sure everyone can talk."

For Cpl. Scott A. Twente, 22, a Marine tankner who speaks with a slight Texan drawl, the heat proved to be too much at one point. A combination of high temperatures inside a tank, along with a dose of "Dragon's breath" — a term the Marines use to describe the smoke left inside the tank's cockpit after firing the main cannon, caused Twente to pass out.

Choking on smoke and unable to breathe, Twente opened the tank's top hatch to catch a

breath but also exposed himself to enemy fire. "I thought, 'I'm either going to die in [the tank], or outside,'" said Twente, who began to engage in conversation about his tank's battle scars — the result of a constant barrage of enemy fire.

"This tank used to be called 'Malice,'" admits Twente, a Floresville, Texas, native who joined the Marine Corps three and a half years ago to "stay out of trouble."

Squatting atop the tank, he pointed to a welded piece of Veritas' main cannon — "I had to rename [the tank] after this happened," he said, pointing to where the tank was hit and pierced by an enemy RPG.

Now, Veritas' wound has been replaced by a welded scar of metal from the Marines' repairs.

The platoon's other tanks, now treading around the desert to obtain new firing positions for the live-fire exercise — bear similar scars from past battles in Iraq: holes pepper the side of one tank, the result of an enemy improvised explosive device. Others bear off-colored, out-of-place panels — replacement armor added after sustaining damage from enemy rockets.

"They're temperamental, and they're high maintenance, but they prove their worth in combat," said Eagleman, patting Veritas' outer armor, a slight grin on his face.

The platoon's Marines speak of their combat experiences modestly, as if years have passed since they found themselves being pelted by enemy fire, or as though the intense moments of combat they describe are just scenes from old war movies.

But the combat they endured was hardly a movie, and the last time they heard the "pings" of enemy small arms fire and "booms" of enemy mortars slamming into their vehicles was just a few months ago.

"We're talking about 21-year-old Marines who experienced extreme conditions," said Thomas, a native of Wilmington, Del. "This is what tankers do. If they had to, they would say, 'Let's strap it on and do it again.'"

Since Fallujah combat operations ended nearly two months ago, the platoon has spent their days patrolling in An Najaf and the nearby city of Karbala, assisting local Iraqi security forces.

After two major combat operations in Iraq and nearly nine months deployed, the Marines of 3rd Platoon are eager to get home. Most have wives, girlfriends, fathers, mothers and other family waiting for their return to the United States.

But these Marines know they have a final mission to oversee in the Middle East before they can back their seabags and leave — to continue providing security, and humanitarian assistance, to the Iraqis who no longer hide in their homes, but instead greet the Marines with friendly smiles and "thank you's" shouted in broken English.

"Two years ago, they were under the rule of tyranny," said Keegan. "Now, they can vote. It's nothing but a good thing."

In the distance, another "boom" rockets from a tank's cannon as the Marines lob another round into Iraq's desert.

COMMUNITY

CONTINUED FROM 1A

family fun nights, they also ensure that they look out for one another and so does Project CARE.

The second module of the program offers support for local businesses.

By contacting the Chamber of Commerce at 347-3141, business members can receive support from Project CARE through information-seminars and counseling services, according to Padrick.

The idea for this support system came about during the first Gulf War in 1991 and later became a real-

ity in 1999 when the business plan was finished being written. Project CARE first activated in January 2003 during the first mass deployment to Iraq from Camp Lejeune and deactivated in August 2003 when the bulk of the service members came back to the area.

The program has been looked upon as a success and has shown its impact in the community, according to Padrick.

"I think that family members felt that the community did not care about them and the community responded to the needs and helped support [the family members] while

their spouses were deployed," said Padrick. "I think that that showed in the numbers that stayed here during the [2003] deployment. In 1991, when the need for this program originally came, the number that left was quite a bit larger. We think they didn't realize that the community supports them."

This support lasts even when modules one and two of Project CARE are not activated. There is a third module that provides assistance to deployed service members' families with the same issues of child care and household and vehicle maintenance once modules one

and two are deactivated. However, the help does not stop there. In 2003, a Project CARE endowment fund was created. This fund is intended to be an unending resource for needs that cannot be met any other way. A number of businesses or fundraising events including the Rotary Club of Swansboro and the Celebrity Players Tour have donated to the fund. Other businesses or individuals who wish to donate should call 347-3141.

Family members can also feel assured when seeing a Project CARE sticker in a business. This

sticker is only given to Chamber of Commerce members, who must sign a letter to adhere to the Chamber of Commerce's ethics and agrees to inform their employees of their businesses involvement with the Project CARE program. Family members may also visit the chamber's Web site at www.jacksonvilleonline.org for a list of supporting businesses and program information, according to Padrick.

Throughout the year, service members will continue to come and go; however, the community's support will stand strong with Project CARE.

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LANCE CPL. MATTHEW K. HACKER
Combat Correspondent

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The TSA, a federal agency formed in November 2001, and oversees 45,000 airport screeners, has a strict packing list noting permitted and prohibited items for entering an airport terminal.

Every month, screeners find 175,000 knives, more than 2,000 rounds of live ammunition, 70 guns and hundreds of razor blades, swords and box cutters, according to the TSA.

A list of prohibited items regarding service members includes Duraglit — a form of polish, edge dressing, Meals-Ready-to-Eat heaters, torch lighters, Leathermans, knives of any kind, scissors, laundry bag pins, martial arts weapons, parts to explosives, grenade pins and any sort of ammunition, whether it be live, blank, dummy or a replica.

The TSA has reported several cases where service members refused to cooperate with guards during searches, did not allow their bags to be opened and examined, and expressed negative attitudes when asked to cooperate with investigators. Marines have even made inappropriate comments or jokes about bombs and explosives. Comments or jokes can lead to serious consequences for Marines and this is highly discouraged.

Marines and sailors may often think they are impervious to TSA inspections because of the uniforms they wear, however, the TSA does not exclude anyone when it comes to homeland security personnel and procedures. All passengers must be screened.

Everything air passengers are subject to during airport security checkpoints and searches is for their safety. Physical searches, examining luggage and monitoring carry-on items helps keep criminals and terrorists out of the sky, and it helps maintain the nation's rights and freedoms they're sworn to protect.

For more information, logon to www.lejeune.usmc.mil and click the TSA link.

Prohibited items include:

- Duraglit
- Edge Dressing
- MRE Heaters
- Open MREs with heaters
- Torch Lighters
- Leathermans
- Swiss Army Knives
- Scissors
- Ammunition (live, blanks, dummy rounds, or replicas)
- Any Knife
- Laundry Bag Pins
- Martial Arts Weapons
- Parts to explosives, grenade pins, timers etc.



Photo illustration by Ena Bravo

Three easy steps to prevent infections

LT. J.G. JESSICA WELTY
Naval Hospital Camp Lejeune

The Centers for Disease Control reports that cases of the flu have continued to increase over the past few weeks, mostly in the eastern United States. The first cases of the flu this season have been identified in the local community, and health officials at Naval Hospital Camp Lejeune want everybody to keep in mind that the peak of the flu season is just around the corner.

Because influenza and other respiratory infections are so common, the impact on American lives often goes unnoticed. However, complications from influenza kill more than 36,000 people in the United States each year, according to the CDC. And the common cold takes its toll as well. The CDC's National Center for Health Statistics reports that an estimated 62 million individuals require medical attention or must restrict their work or school activity each year because of this problem.

The highest risk of influenza in the area is typically seen in late January thru March. Naval

Hospital Camp Lejeune is urging those in a health care setting and the local community to take appropriate steps to reduce the likelihood of becoming ill, fight the spread of infection, and contain contagious diseases like the common cold, strep throat and influenza.

"There are several different layers of protection against infection," said George Reynolds, director of community health at Naval Hospital Camp Lejeune. "The best way to prevent illness like the flu is to get a flu shot; however, it is extremely important for individuals to practice good prevention."

Naval Hospital Camp Lejeune urges individuals to do three easy things to limit the spread of respiratory infections in health care settings and communities.

Clean your hands - Rub hands vigorously with soap and warm water for at least 15 seconds after using the bathroom, taking out trash, changing a diaper, or before handling food. Use of alcohol-based hand sanitizers is an acceptable alternative. Americans should also not hesitate to ask their doctors, nurses,

dentists or other caregivers whether they have cleaned their hands before rendering care. It is also important that your hands be clean when caring for a sick friend or family member at home.

Cover your mouth and nose - To stop the spread of infectious diseases through sneezes and coughs, cover your mouth and nose with a tissue, your hands, or the crook of your elbow. Then, remember to wash your hands.

Avoid close contact - A fever or symptoms of a contagious illness are clear signs to you or your child to stay at home and away from other people, either at work or at school. If you are sick and go to work or school, you place others at risk for getting sick as well.

"Good hand hygiene is especially important. We encourage patients to remind their caregivers and visitors to clean their hands before touching them," said Reynolds.

The Naval Hospital is putting into practice an award-winning infection control campaign supported by the Joint Commission on Accreditation of Health care Organizations. The "Speak Up"

program urges patients to take active roles in their own health care.

Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.

Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.

Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.

Ask a trusted family member or friend to be your advocate.

Know what medications you take and why you take them. Medication errors are the most common health care errors.

Use a hospital, clinic, surgery center, or other type of health care organization that has undergone a rigorous on-site evaluation against established state-of-the-art quality and safety standards, such as that provided by the Joint Commission.

Participate in all decisions about your treatment. You are the center of the health care team.

Health & Safety Briefs

MAN-TO-MAN PROSTATE GROUP

The Man-to-Man prostate cancer, information, education and support group will meet the second Saturday of the month at 8 a.m. at the Onslow Memorial Hospital cafeteria for breakfast. For additional information, call Robert Kimbrough 347-6289.

WOMEN'S PERSPECTIVES GROUP

A Women's Perspectives Group will meet every Tuesday at CREDO, from 9 a.m. to 11 a.m. The group will focus on helping women to recognize their needs and obstacles to attaining them; participants will learn what constitutes a good relationship, how to choose a partner wisely, how to maintain a good relationship, when and how to leave a bad relationship.

TRICARE DENTAL PLAN

Is your family signed up for the Tricare Dental Plan? United Concordia handles the enrollment process. Enrollment is easy but must be initiated by the sponsor by completing a TDP enrollment form. Forms are available by calling United Concordia at 1-888-622-2256, by accessing the Web site at www.ucci.com or by visiting any of the base dental clinics. To verify enrollment, call customer service for United Concordia at 1-800-866-8492, 24 hours a day, Monday-Friday.

WOMEN'S HEALTH CLASSES

Learn more about birth control options, family planning, breast health, sexual responsibility and hygiene. Open to all female TRICARE beneficiaries including active-duty, retirees and dependents. To register for a class, call 451-3712.

Veterans Affairs

Veterans Affairs nominee promises to look at alleged disparities

SUZANNE GAMBOA
Associated Press

WASHINGTON (AP) — Jim Nicholson, President Bush's nominee to head the Veterans Affairs Department, recently promised to look into reported disparities in disability compensation from state to state.

Nicholson, a Vietnam War veteran and former chairman of the Republican National Committee, told a Senate panel that disability benefits should not vary based on where a veteran lives.

Freshman Sen. Barack Obama, D-Ill., a new member of the Senate Veterans Affairs Committee, questioned Nicholson about a report in the *Chicago Sun-Times* in early January about com-

penation disparities.

Obama said that his state is 50th among 52 states and territories for the average amount of disability compensation. A veteran in Illinois can expect to receive \$5,000 less than a veteran in Puerto Rico, he said.

"If a veteran has lost a leg and lives in Illinois, he should get the same disability as a veteran who lost a leg and lives in Puerto Rico," Obama said.

The VA inspector general is investigating the disparities. Nicholson said he was unaware of any incentives being offered to VA disability compensation adjudicators for refusing benefits or keeping them low, as some veterans have suggested to Obama.

"Veterans' entitlement to federal bene-

fits is the same regardless of where in this country they may reside," Nicholson said. "This is really a high priority for me, to really get my arms around this."

Nicholson's nomination was approved by the Senate panel. He still faces a confirmation vote before the full Senate.

Other committee members questioned Nicholson on services to veterans returning from Iraq, particularly in mental health, the effect of military base closures on veterans' health care, and how he'll balance veterans' needs with an anticipated tight budget proposal next month from Bush.

"It now appears clear that the fiscal environ-

ment that you will inherit will be less friendly than the relatively flush times the VA has enjoyed over the past four years," said Sen. Larry Craig, R-Idaho, the committee's chairman.

Senator Kay Bailey Hutchison, R-Texas, urged Nicholson to continue the \$15 million a year for four years in Gulf War illness research funding promised by VA Secretary Anthony Principi. Hutchison, a panel member, also asked Nicholson to keep an eye on proposed base closures and realignments for effects on health services veterans get from military bases.

Veterans Briefs

MILITARY BREAKFAST

There will be a retired military breakfast at the Camp Lejeune Officers Club Feb. 26 at 8 a.m. All retirees and active-duty service members are invited to attend the breakfast. For more information, call retired Sgt. Maj. Meyer at 938-1610.

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storage is free of charge with no Marine," said 1st Lt. Shawn, the services officer at PMO. It is secured or manned at all times should take advantage of

der to prepare their vehicles for Marines need to be sure their ion, safety inspections and e are current and will be valid their deployment.

understand deployments can go nan expected, so Marines need to re their vehicles are ready to be or the long haul," said Rickrode. to storage, PMO will be given of attorney and will undergo a h inspection. The power of attorws PMO to move the vehicles in an emergency.

hurricane or fire swept through

the area, we need to be able to legally drive the cars to a safe area," said Rickrode.

The vehicle owner, the assigned SNCO or officer and a representative from PMO carry out the inspection. The inspection report is then filed away with PMO and used as a reference when the vehicle is inspected again.

"We inspect the cars once a month," said Rickrode. "We choose someone from our office, usually from another section, to check the mileage on the cars and the condition of the vehicles."

Vehicles should be as empty as possible to make inspection easier and to reduce the risk of damage from sitting in the elements for an extended period of time.

"Take everything out of the car you possibly can," said Rickrode. "Make sure it is in good working condition and meets all base and state safety requirements."

Marines are highly encouraged to use the storage service, and reduce their risk of facing a severe penalty. Vehicles abandoned in barracks parking lots and other non-secure locations on base will be impounded at the owners' expense.

"We don't like to do that, but I'm sure people don't like their front yards littered with abandoned vehicles," said Rickrode.

According to Rickrode, an impounded vehicle can cost upwards of \$1,000 to recover after a 100-day deployment.

"The towing costs and impounding fees are pretty low," said Rickrode. "But when you add an eight to ten dollars-a-day impound charge, the costs add up really quickly."

The impound lot is located off of Holcomb Boulevard where the old drive-in theater was located. For information about storing a vehicle in the impound lot, reference Base Order 4450.4 or call 451-3583.

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ORT
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ational links from military vilian service organizations, courages others to join in.

get people calling every day how to support. They see the 'public' in public affairs and we have all those answers," Sgt. G. S. Thomas, MCB media relations.

endamerica.mil also offers a hat lists Web sites for organi- s sponsoring programs for yed members of the armed

e have had a lot of trouble get- e word out to people that want er up their services," said John alves, of Homes for Our s, an organization that assistd veterans and their immediate es by building new or adapting ng homes for handicapped

accessibility for "these American heroes."

"Our site is out there, but if no one knows to go to it, how can we help?" asked Gonsalves. "Listing our site with DoD might help."

Neither DoD site endorses any specific program - the sites are listed as a service for members of the armed forces and their families.

Some individuals may want to go the less technical route and send gifts and letters directly to service members.

However, due to security concerns and transportation constraints, DoD cannot accept items to be mailed to "Any Servicemember" - a program that no longer exists.

Some people have tried to circumvent the system by sending large numbers of packages to an individual service member's address. However, no matter how well-inten-

tioned, this clogs the mail and causes unnecessary delays in the delivery of mail that deployed forces may be expecting.

Military air is not an option for sending packages.

The Defense Department I issued a message in December stating, "Please inform donors that their sentiment is appreciated; however, for the safety of our troops and compliance with Office of the Secretary of Defense Policy, we cannot accept or transport gifts on organic or commercial aircraft."

The message went on to explain that unsolicited mail, care packages and donations from organizations and individuals overload the transportation and distribution systems and compete for limited airlift space used to transport supplies, warfight-

ing material and mail from family and loved ones.

However, organizations wishing to make donations can send proposals to the Deputy Assistant Secretary of Defense, (Military Community & Family Policy), OASD (FMP), ATTN: Contributions Committee, 4000 Defense Pentagon, Washington, D.C., 20380.

In addition, Marine Corps Community Services offers a troop support Web site that offers alternatives such as how to donate a phone card to a service member and how to send an online greeting via Operation Dear Abby. That site is located at www.usmc-mccs.org/News/deploy/support-troops.asp.

The site also includes a link to the United States Postal Service Web

site with clearly outlined guidelines for items being mailed to Iraq.

Those guidelines are clearly outlined in a United States Postal Service press release at: www.usmc-mccs.org/News/deploy/OPERATION%20IRAQI%20FREE-DOM%20MAILING%20TIPS.pdf.

"Support of the American people builds and sustains the morale of those fighting to defend freedom against the tyranny of terrorism, and communicates America's recognition and appreciation of their courage and commitment to our country," said Lynette Ebberts, OSD media outreach director.

For further information about requirements and regulations for mailing items to Iraq, check out "To send or not to send: mail regulations of OIF" on www.USMC.mil.

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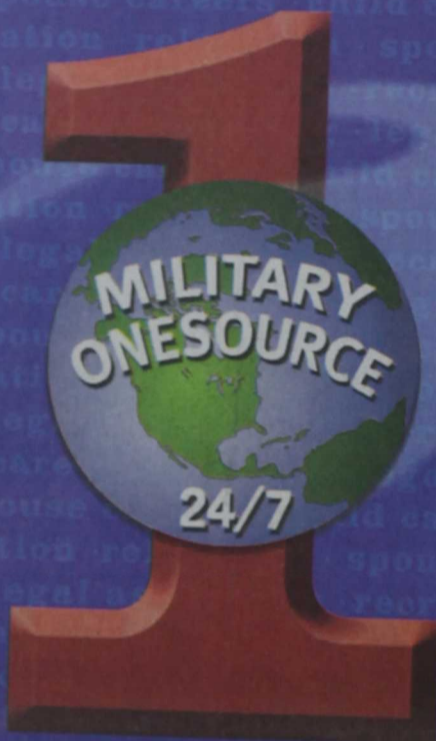
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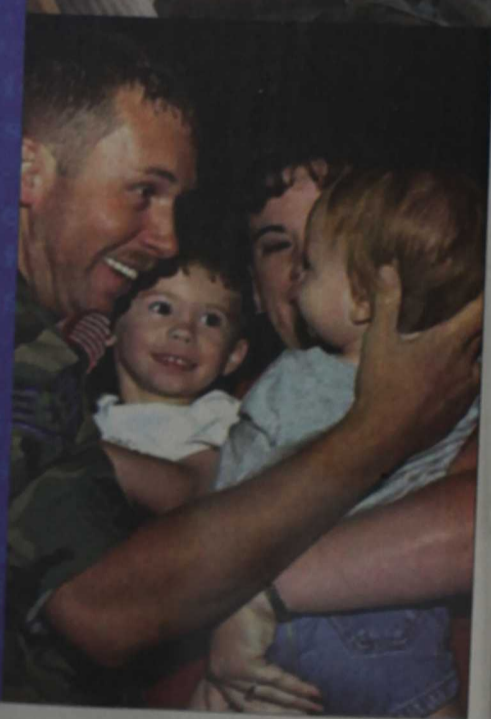
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Will Brian Westbrook and Eagles soar in Super Bowl? | 2B

Sport Shorts

SOFTBALL

The Marine Corps Air Station New River is hosting a softball tournament Feb. 4-6. The deadline for entry is Feb. 3. For more information, call 449-5844.

MARINE WRESTLING

Marine wrestling trials will take place at Marine Corps Base Camp Lejeune, Va., from Feb. 15-30. Applications are due to Rickey Clark, varsity sports coordinator, at Camp Lejeune, Feb. 16. For more information, call 451-6161.

YOUTH SPORTS REGISTRATION

Camp Lejeune's Youth Sports Program will be conducting registrations for baseball, softball, basketball and golf from Jan. 24 to Feb. 18 at the Youth Sports Office. Space is limited for some of these programs. Registration is open to families of active-duty and retired military members. For more information, call 451-2177.

MEN'S VARSITY SOCCER

The men's varsity soccer team will conduct tryouts every Saturday at 9 a.m. at Camp Johnson. For more information, call Coach Luis Cisneros at 51-8689 or 381-8993.

FUTURE STARS CAMPS

Future Stars baseball and softball camps will take place at Tarawa Terrace Baseball Complex March 21-25 for ages 5 to 15. Register at the Camp Lejeune Youth Sports Office, or call 451-2177.

3-D ARCHERY TOURNAMENT

The Camp Lejeune Archery Club on Parachute Tower Road will host the first 3-D Archery Tournament of the season Feb. 26 at 9 a.m. For more information, call Mike Figgins, 451-8386.

SWIM LESSONS

Individual swim lessons will be held at the Area 2 pool for a week each month. The next session is Feb. 14-18. For more information, call 451-2024.

GOLF 2-FOR-1 SPECIAL

Paradise Point Golf Course is rewarding all of the cold-weather golfers on base with a two-for-one deal. Restrictions apply. Call 451-5445 for more information.

SPECIAL OLYMPICS

Special Olympics Onslow County is looking for special Olympics athletes 8 years and older. Must be interested in training in swimming, track and field or volleyball. Call Laura Quinn, 346-8366 for more information.

VARSITY TRACK AND FIELD

Lance Cpl. Grover B. Davis is attempting to organize a varsity track and field team aboard Camp Lejeune. If interested, call 451-0498.

Corps contenders compete for spot on All-Marine team

BRIAN BERGER
Lejeune Sports Editor

Boxers from throughout the Marine Corps, some coming from as far as Okinawa and Hawaii, arrived here last month with aspirations to make the elite and highly-esteemed All-Marine boxing team.

Throughout the month of January, the boxers joined existing members of the All-Marine team at Camp Lejeune to train together, learn from one another, and work with team coach Robert Michael to hone their skills.

Some are established boxers who have developed their technique through years of competitive fighting, while others are relatively new to the sport, but high in raw potential.

"You can tell who's been in the gym longer, they're more technically-sound, and only have to make adjustments," coach Michael said. "Some are more raw, but have heart."

"Karl Wade, for example, you can tell he's been in the ring. With some adjustments, polishing those skills, he's a champion. We see a tremendous upside to all these kids."

In addition to training together, conditioning and sparring, existing team members help camp attendees become acclimated to the base and community.

"Camaraderie is a big part of the All-Marine team," coach Michael said. "Everyone has to work together and be compatible."

The month long training camp culminated in a box-off held the evening of Jan. 26. Although those matches, pitting boxers against opponents in the same weight class, were not the sole determining factor in making the team, they did play an important role in the evaluation process.

Over the course of several rounds, the boxers beat each other black-and-blue-and-bloody, and then touched gloves afterwards. The mutual respect and sportsmanship was evident.

"The competition was more intense than sparring and it went well," coach Michael said. "It gives us a chance to see who can compete at high-levels, but we also looked at heart, technical skills and other factors over the course of the training camp."

In the end, of the 14 boxers who attended the camp, ten have been asked to join the team. Those who didn't qualify leave with a wealth of knowledge gleaned from working with Michael and current team members, and an idea of what they need to work on to improve their chances if they try out again next year.



Erick Earvin, red, from 2d Marine Division, and Eric Mancebo, blue, from Marine Corps Air Station New River, compete Jan. 26 at Camp Lejeune. Both boxers qualified for the All-Marine Boxing Team.

See **CONTENDERS** | 3B



Cpl. Steven Sawyer

Cherry Point, Triple S earn spots in base championship

BRIAN BERGER
Lejeune Sports Editor

Expectations and stakes were high heading into Monday's playoff semifinal intramural tackle football games, both rematches of regular season contests, this time with advancement to Friday's Championship Game on the line.

Both games pitted talented teams with coaches well-versed in football strategy, and both games, fittingly, went down to wire. In the end, Marine Corps Combat Support Services School, or "Triple S," and Marine Corps Air Station Cherry Point advanced to this week's Championship Game.

During the regular season, Headquarters and Service Battalion (6-1) defeated Cherry Point (5-2) 42-32, and Marine Corps Air Station New River (8-0) toppled Triple S (6-2), 46-14 en route to an undefeated regular season. At New River on Monday night there would be no lopsided victories.

Headquarters and Service Bn. jumped out to an early 8-0 lead over Cherry Point, but Freddie Kemp made it 8-6 after returning a punt for a touchdown with the first quarter winding down. A fumble by Headquarters and Service Bn. at their own 27-yard line set Cherry Point up with a chance to take the lead, but Cherry Point quarterback Douglas Howden had the ball knocked out of his

hands while trying to reach over the goal line a few plays later and Headquarters' James Sanford recovered in the end zone.

Headquarters' offense went back to work quickly when quarterback Ethan Wilson hit Tobias Swackerd in stride for a 79-yard reception and first down at the 1-yard line. The touchdown-saving tackle by Cherry Point loomed large on the next play, when a tipped pass in the end zone was intercepted by Cherry Point cornerback Donald Hayes, closing out the first half.

Cherry Point began the second half by putting the ball in the hands of running back Carlos Pineda, an inside-the-tackles runner with an array of moves to bounce outside and the speed to race the distance. After several successful runs Headquarters stuffed Pineda in the backfield, so Cherry Point went to the air and Howden hit fullback Calvin Brooks in the right flat, and Brooks broke several tackles in the middle of the field on his way to a 42-yard touchdown. Howden ran in the two-point conversion for a 14-8 Cherry Point lead.

Cherry Point recovered their kick-off on the Headquarters' 17-yard line after return-man Swackerd injured his leg and was unable to fall on the bouncing ball. Cherry Point's offense advanced as far as the seven-yard line, but a fumble by



Cpl. Steven Sawyer

Above: Marine Corps Combat Support Services School's defense gang-tackles a New River ball carrier.

Left: New River gets fired-up for the playoff semifinal game against Triple S, with advancement to the Championship Game on the line.



Brian Berger

Cherry Point running back Carlos Pineda will be a big factor in Friday's championship game at Liversedge Field.

Pineda was recovered by Headquarters at their own 3-yard line.

On the next play, Wilson threw a lateral to Swackerd in the end zone, and Swackerd sprinted 105-yards for a game-tying touchdown. Wilson connected with Sanford for the two-point conversion and a 16-14 Headquarters lead.

Cherry Point returned to their ground attack and Pineda took off on 11, 19 and 53-yard runs into the red

See **CHAMPIONSHIP** | 5B

Football, war and the Fighting 6th Marines

THE VIEW FROM THE CHEAP SEATS

BRIAN BERGER



On the frozen tundra of Liversedge Field, where intramural football legends are forged, only the few die-hard fans filled the seats; fingers and toes succumbed to frostbite. The air was thick with human vapor.

As the temperature dipped to a punishing 15-degrees Fahrenheit, few fans remained long for the game that would determine the final seed in the intramural football playoffs that began last week.

Headquarters and Support Battalion, Marine Corps Base, needed a win to earn that final seed. Standing in their way was a gritty, hard-fighting 6th Marine Regiment team that could simply be called "relentless" this season. This was a team that never quit in any of their games, despite being forced to play "Ironman" football while many teams had the luxury of making frequent substitutions.

While it was clear to any observer that 6th Marine Regiment was struggling to field a full team on game nights, it was equally clear that this was a team playing with a lot of pride, and one that was not going to roll over and play dead for a surging Headquarters and Support squad.

Indeed, if Headquarters and Support had any hopes of an easy victory, they were quickly quashed when 6th Marines scored on their opening drive after forcing a Support punt. At halftime, 6th Marines held an 8-6 lead.

Perhaps sensing their playoff chances slipping away, or responding to a fire-and-brimstone halftime pep talk, Headquarters Support Bn. came out with a vengeance and renewed focus in the second half.

In a surprise move, Headquarters and Support Bn. started the second half with an inside kick, which they recovered at the 6th Marines' 49-yard line. A well-timed, last-second pitch from quarterback Keivan Spurr to tailback George Handy on an option advanced the ball to the 36-yard line. Several plays later, an option pitch to Handy on the right side of the field was well defended, but Handy managed to elude two defenders and cross the plain for the go-ahead touchdown. And Headquarters and Support Bn. advanced to the playoffs.

It was just another night of intramural football at Camp Lejeune, though far colder than most. And like every other game night for the past four months, the focus was on football: sacks, touchdowns, yards.

But America is at war, and nowhere is that more evident than in this military community. "We didn't know if we would be able to man a team until game time, oftentimes sending runners back to the barracks to find one or two more players," 6th Marine Regiment

See **6TH MARINES** | 3B

Supplements not needed for healthy diet

Q: For my New Year's resolution I wanted to get into good shape, so I began lifting weights, running on the treadmill, and eating healthier. Are there any supplements I should take?

A: No, you really don't need to take any sport supplements. The truth is, weight training alone will make you stronger, increase your metabolism, raise your good cholesterol, increase bone strength, increase self-esteem, and the list goes longer. Running will burn calories, increase your heart and lung's efficiency to bring in oxygen and excrete carbon dioxide, increase bone strength, increase good cholesterol, and the list continues.

Unfortunately, supplements advertised for the fitness industry are very rarely based on unbiased, peer-reviewed clinical research. They are not regulated by any agency (government or non-government); they are oftentimes dangerous for one's health, and in some cases illegal. In case you have not heard, Androstenedione ("Andro"), IAD, 4AD, and all other pro-hormones are illegal and carry up to five years imprisonment and dishonorable discharge for use or possession under Article 112a of the Uniform Code of Military Justice.

With that said, how can you improve body composition without supplements? Concentrate on an appropriate diet for your needs and a well-designed strength training, and cardiovascular exercise program.

For more information, logon to the National

Weight Control Registry by the Center for Human Nutrition. Web site at www.uchsc.edu/nutrition/Wyatt.Lorberg/mwcr.htm.

Here you can look at the statistics, tips and success stories of thousands of average people who have lost more than 30 pounds and kept it off for more than a year.

In regards to a healthy diet, you may be asking how much to eat, when to eat and what to eat after exercise?

This is where nutrition becomes individualized. To help calculate how many calories an individual needs for weight loss, I would recommend multiplying body weight in pounds by 10 for females and 11 for males. For example, if you are 200 pounds, multiply 200 by ten, which equals 2,000. That is a rough estimate for a 200-pound person to promote weight loss. For weight maintenance, multiply body weight in pounds by twelve or thirteen, and for those who would like to increase their lean muscle mass, multiply body weight by approximately 15 and follow a well-designed strength training program. Individuals who choose to increase their lean muscle mass may also see gains in their body fat. It is very difficult to increase lean muscle mass and lose body fat at the same time.

Some specific foods that can be considered particularly useful for muscle building include low fat cottage cheese and chocolate soymilk. Cottage cheese contains both whey protein and casein protein, two important proteins for muscle

repair. Chocolate soymilk contains a perfect ratio of carbohydrate to protein, which will promote muscle repair and replenish glycogen stores. Glycogen is the stored carbohydrate that will be used for the next workout. Glycogen is an important energy source for active Marines and sailors. Keep in mind that these foods are suggestions and are not the only foods required for a "healthy" diet.

Now you know how many calories to eat and some foods that are as powerful as supplements, so when should you eat? I always suggest eating foods with carbohydrate and protein less than two or three hours before a workout. This will ensure enough carbohydrate in your body for your workout and some amino acids (protein) to begin to repair the damaged muscle fibers.

Post workout is also extremely important. The rapid phase lasts about 20-30 minutes post workout and this is when hormones, such as cortisol and testosterone, come back down from being elevated throughout a workout. Next, comes intermediate phase, which lasts about two hours, when the body's insulin levels are high and want to bring nutrients to the body's cells. This is the most important time to eat and is your big "window of opportunity" for providing what the body needs for an effective recovery! This is when your body requires protein and carbohydrate, which will vary between individuals. A three to one ratio of carbohydrate to protein is a safe place to start. Therefore, if you consume 75 grams of carbohydrate, you should consume about 25 grams of protein.

The final phase lasts between two and 20

hours. It is extremely important to consume fruit, vegetables, calcium rich foods, carbohydrates, and low fat protein during this phase, but the most important, get rest. Try to get seven to nine hours of sleep exact and some active rest, such as walking, dog, playing with children, cooking, etc. Food consumption will ensure that you get most out of your workout and help prepare for your next workout.

Although the diet plays a huge role in the result of a body composition improvement program, it is most important to realize that you stick to your program to actually see results. Anybody who works in a fitness center will tell you that January is extremely busy but unfortunately attendance dies off by the first week of February.

Most of the time New Year's resolutions fail because the program is excessive, too rigid and into busy schedules or too intense for the body to withstand for more than a few weeks. New Year's resolutions often set us up for failure before becoming preoccupied with supplementing the perfect diet, or the perfect bodybuilding program, continue to exercise every day and small changes to your diet. Some ideas include add more fruits and vegetables, low fat products, consume more low fat meats instead of higher fat meats, drink less soda and other products, and switch to whole grain bread instead of white bread. Whatever the change you make it last forever.

Mr. Halagarda, MS, RD, LD, is the Health and Fitness Division dietitian.

FOOD FOR THOUGHT

CHRIS HALAGARDA



A local archer takes aim at a three-dimensional target during the Camp Lejeune Archery Club's first tournament of the year, held here recently.

Archery season begins on base

CHIEF WARRANT OFFICER TODD CROFT
Camp Lejeune Archery Club

The Camp Lejeune Archery club hosted their first 3-D Archery tournament for 2005 recently. Cold weather did not discourage shooters from coming out and testing their archery skills.

As always, club members prepared the shooting stakes and range the day before and arrived early the next morning to place the three-dimensional targets throughout the course. There were 20 various targets to shoot; from turkeys and deer, to warthogs and mountain goats, there was a target for everyone's hunting preference.

In addition to the steel pig target, a steel deer was donated to the club. Both are popular targets. If you do not shoot through the holes in the steel targets, not only does your arrow shatter, but the loud ring echoes throughout the range, prompting colorful comments from other shooters.

There seems to be a growing interest among families. The Toy for Tots shoot last month and the shoot this month attracted many families and children. All of our targets are presented with children's shooting distances. All children age 11 and under receive participation medals. While many do not understand the first through third place concept, they appreciate being able

to take home a medal.

The success of the tournaments and quality of the range is the result of the work of dedicated shooters that come out each month and help with range maintenance and tournament set up. In particular, the range relies on retired 1st Sergeant John Fuller, who is often described as a "workhorse."

Fuller is at the range almost everyday at lunchtime helping young archers learn the finer points of shooting or honing his own skills. He has attended professional shooting seminars and will provide advice on gear and techniques to anyone who asks the questions. Not only does he help other shooters, he also repairs broken targets or makes enhancements to the range. Fuller is a first sergeant and an entire platoon of Marines rolled into one. He recognizes work that needs to be accomplished and does it, all on a voluntary basis.

The bulk of the club members are active-duty service members. Six will deploy to Iraq next month. The only requirement that we have in place to be a "club member" is that you come out and help on the range. The club can never have too many members.

The next tournament will take place on Feb. 26. The Camp Lejeune Archery range is located on Parachute Tower Road. For a complete schedule, call 450-1068 or 451-8386.

roundup

national sports news

National Football League

PHILADELPHIA (AP) — Donovan McNabb held the NFC championship trophy above his head, closed his eyes and savored the moment. Brian Dawkins clutched it in his arms, took a lap around the field, and handed it off to teammates to pass around the same way hockey players treat the Stanley Cup.

Fans gathered on Broad Street, honked horns, stood atop snowbanks and waved their Eagles banners, hats and towels.

After three straight losses in the NFC title game, Philadelphia finally was going to the Super Bowl for the first time in 24 years. While fans in this championship-starved city celebrated like their team had already won the big game, players relished their achievement but insisted they won't be satisfied until they bring home another trophy, the one with Vince Lombardi's name on it.

The Eagles vowed not to be one of those teams — such as San Diego, Atlanta and Cincinnati — that have let down once they got to the big game.

"This thing isn't over," said McNabb, the five-time Pro Bowl quarterback. "It's a stepping stone toward our goal and our goal is to win the Super Bowl. You don't have to worry about our team being overly excited about winning the NFC championship game. For everyone in Philadelphia, they feel like the curse has been erased. As a football team, we don't think of any curse."

Tears of joy streamed down the faces of many players and hundreds of fans after the Eagles beat the Atlanta Falcons 27-10 to win the NFC championship. Falling one victory short three years in a row, including two losses at home, made this win even sweeter.

"All I kept thinking was how they finally did it, that they finally got one," said fan Joseph Anson. "I cried out of happiness and sheer relief, because coming so close and not getting there all those times was so very disappointing."

For some fans, the Eagles already have accomplished enough by overcoming adversity, a devastating injury to All-Pro receiver Terrell Owens, to reach the Super Bowl. Those fans won't be crushed if the Eagles lose to the defending champion New England Patriots on Feb. 6 in Jacksonville, Fla.

"When T.O. went down, everybody thought they were done," said Rich Maziatti, a season

ticket holder who wasn't among the lucky ones to win a lottery for a chance to buy Super Bowl tickets. "They proved those so-called experts wrong. They won without T.O. Win or lose again in England, they made us proud."

Not so fast. This may be the City of Brotherly Love, but it's been called the City of Losers in recent years because none of the major professional sports teams has won a championship since the city captured the NBA title in 1983.

The 76ers were the last team to play for a championship, losing four straight games to the Los Angeles Lakers after opening the 2001 NBA Finals with an overtime victory. The Flyers were swept by Detroit in the 1997 Stanley Cup Finals. The Phillies were two wins away from winning their second World Series in 1993, before Joe Carter's dramatic walk-off homer in Game 7 sent Toronto its second straight title.

"Until we win a championship, not just an NFC championship, we'll be known as loser city," Anthony Simonelli said while selling Eagles T-shirts and hats on a street corner in South Philadelphia. — by Rob Maaddi, Associated Press

NCAA Men's Basketball

CHARLOTTEVILLE, Va. (AP) — North Carolina ended five years of frustration in Virginia, blowing out the Cavaliers from an opening tip.

Jawad Williams scored 23 points on 8-for-16 shooting, Sean May had 20 and Raymond Felton 16 for the Tar Heels (17-2, 6-1 Atlantic Coast Conference), who won for only the fourth time in the last 11 meetings. North Carolina hadn't won in Charlottesville since Feb. 20, 1999.

North Carolina led 62-26 at halftime, hit triple digits on the scoreboard with 4 minutes left and went 14-of-23 from 3-point range. They also shot 60 percent for the game and outrebounded the Cavaliers 45-26.

PITTSBURGH (AP) — Carl Krauser and Chevon Troutman led Pittsburgh's second consecutive comeback from a 17-point deficit against a ranked opponent, driving the Panthers past Syracuse.

Pittsburgh, rallying much as it did the previous Saturday in beating then-No. 16 Connecticut 77-66, took command with a 13-0 run midway through the second half as the Orange (20-2, 7 Big East) failed to score for six-and-a-half minutes.

Krauser scored all 19 of his points in the second half and Troutman had 18 points and nine rebounds for Pitt (14-3, 4-2).

Keith Benjamin, a seldom-used freshman guard who had scored only two points in Pittsburgh's previous 13 games, keyed the comeback by coming off the bench for 10 points — as many as he has all season.

Gerry McNamara scored 26 points and Hakim Warrick had 25, but no other Syracuse player scored more than four as the Orange's 13-game winning streak ended.

BEAT THE EXPERTS!

	Lauren Reynolds THE GLOBE (145-128)	Brian Berger THE GLOBE (46-33)	SSgt Timothy Kovacs, Guest	1st Lt. Jaime Rodriguez, Guest	SSgt William Jeter, Guest	Lance Cpl. Alan Kreisel, Guest
NFL: New England vs. Philadelphia	Patriots	Patriots	Patriots	Patriots	Patriots	Eagles
NCAA: Michigan St. at Iowa	Hawkeyes	Spartans	Spartans	Spartans	Hawkeyes	Spartans
Wisconsin at Minnesota	Badgers	Badgers	Badgers	Badgers	Badgers	Badgers
Connecticut at Syracuse	Orange	Orange	Huskies	Orange	Orange	Huskies
Oklahoma at Oklahoma St.	Cowboys	Cowboys	Cowboys	Cowboys	Cowboys	Cowboys
NBA: Orlando at Cleveland	Magic	Magic	Magic	Cavaliers	Magic	Magic
LA Lakers at Houston	Lakers	Rockets	Rockets	Rockets	Rockets	Lakers

Think you have what it takes to beat the experts? Call Lejeune Sports editor Brian Berger at 451-7421 or e-mail brian.berger@militarynews.com.



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Faisal athlete hands out at Olympic trials

JOHN KEKIS
Associated Press

SALT LAKE CITY, N.Y. (AP) — Faisal Ghazi Faisal's dream lives on, and it's no pipe dream anymore. Faisal slid a little bit closer to his quest to become the first athlete to compete in the Winter Games, finishing 32nd of 77 competitors Saturday in an America's Cup race on the track at Mount Van Hoevenberg.

Faisal's beaming smile afterward seemed warm enough to melt the ground where he stood as several competitors took him by the neck and gave him hugs. "I broke the minute!" Faisal shouted, jumping up and down, a flag draped around his neck. "I only broke that once, wasn't on the sled at the finish. I didn't expect to do it. It was a great accomplishment."

Faisal said it came one day before national elections were scheduled in his homeland and was not lost in the emotion of the moment. "I can never go wrong with a vote like this one. It could be on a better day, and tomorrow is an important day for me. This is the best vote I could have ever dreamed of," Faisal said.

Faisal grew up in a middle-class family in Baghdad; his father is a civil engineer and his mother teaches architecture. He watched the 1998 Nagano Games on television, he left to study business in Australia and attempted to qualify for the 2002 Winter Games in Salt Lake City in several sports, including Alpine skiing, ski jumping, snowboarding, and figure skating.

Faisal failed in all and faced an uphill battle because the Olympic Committee was not recognizing him and didn't want to be involved in winter sports. Undeterred, Faisal called the International Bobsled and Skeleton Federation in November after seeing a sport by chance on television. The organization offered him a spot, and invited him to train in Lake Placid. Faisal, who has relied almost entirely on his family for financial support, arrived three weeks ago. And although he qualified to make a second run on Saturday, only the top 10 made the cut, his finish of 59.15 seconds was fast enough to place him among athletes from Brazil, Greece, Jamaica, Armenia, and the United States.

Faisal has only been doing this for less than two weeks, if you count the days off. "I just have to keep going, concentrating on the Olympics," Faisal said. "I'm pretty psyched. He beat five other people and he's only doing this three weeks. He really put it together on game day," coach Steve Peters said. "I think it's pretty bright for him."

Faisal said everyone's really proud of me back home, but I don't feel proud yet. "Not until I carry the flag in [the] opening ceremonies."



6th Marine Regiment's offense looks to score in their final game of the season against Headquarters and Support Battalion, Marine Corps Base.

6TH MARINES CONTINUED FROM 1B

coach Charles Hayter said. "We got lucky and had a couple of meat heads sitting around and put them to use right away. We went through five quarterbacks and twice as many running backs."

Hayter knows a thing or two about football, and he knows a thing or two about America's wars raging abroad. After losing half of

his right leg in Afghanistan, a group of fellow Marines put together a 6th Marine team to honor Hayter. They chose football, one of Hayter's loves in life, as an appropriate tribute.

For four months they practiced and played, losing players to deployments and finding replacements among Marines returning from wartime engagements. By the time the 6th Marine played its final game against

Headquarters Support Bn., only four players remained from the original team that started the season.

"We learned a lot and fought hard every game," captain Mike Fuller said. "It was a great opportunity to play the game we love, and it feels pretty good letting out some frustrations hitting somebody as hard as you want and then leaving all on the field."

"All said, my Marines

never quit," Hayter said. "I have played many years of football making it as high as the Arena football league and to have a team that won't quit about winning and losing, it is about how you play the game and the fighting 6th Marines played with heart."

I hope that we gave our opponents a good game and in the end we all remembered one thing, we are all Marines and are all on the same team."

BOXING CONTINUED FROM 1B

The ten newcomers will join existing team members in representing the Marine Corps at tournaments throughout the year. The team trains at Camp Lejeune year round.

The newcomers include Frankie Torres, Tomas Chavez, Nate Bray, Yuniesky Perez, Eric Mancebo, Erick Earvin, Mark Ho, Kyle Wade, and Ronald Miller, and two newcomers to the women's boxing program, Abigail Chavez and Natasha Eyer.

"The camp was intense," Eyer, a 20-year old from Wauseon, Ohio, said. "Everyone here was very motivated and it's going to be a good year for the team. Hopefully, I'll win some belts and get ranked nationally."

The All-Marine team focus will now shift to Armed Forces tournament in Arizona and Golden Gloves tournament in Charlotte beginning the week of Feb. 11.



Tomas Chavez, blue, and Ronald Miller, red, square off. Both boxers qualified for the All-Marine Boxing Team.

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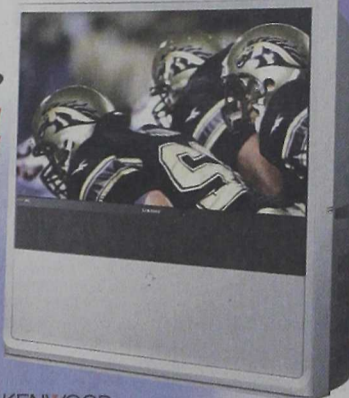


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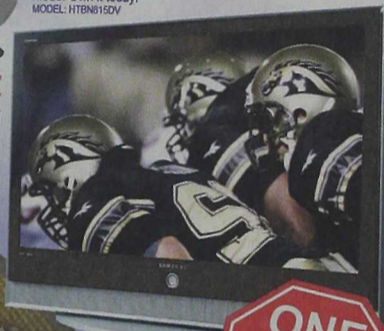
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again for a touchdown and a 20-yard run by Pineda, followed by a 20-yard touchdown by Brooks. Pineda converted the point conversion at 22-22 to begin the quarter. Hayes on reception set up a pitch to running back Williams for a 42-yard and a 28-22 Cherry

hit Chase Carson and kicked on Headquarters' possession, moving to the 15-yard line with 1:15 remaining in the game. Cherry Point's defense tightened in the red zone, Pineda to throw on the wing passes and forcing a punt.

ably, Cherry Point put the hands of Pineda to rest off the clock, but their defense held their ground. Pineda's fourth-and-24-yard line remaining and the clock facing short yardage and eyes on him. Pineda took off, and raced 46-yards to the Headquarters' 30-

quarters' defense made a last stand, forcing a punt on downs with 40 seconds in the game, but with no and at their own 27-yard

line, Headquarters offense faced a long field and even longer odds.

Wilson's first pass fell incomplete, and with 16 seconds remaining on the final play of the game, Wilson scrambled to buy time, but his pass fell short as the Cherry Point bench erupted in celebration.

"We had a good season, I was spoiled by the amount of talent I had to work with this year," Headquarters and Service Bn. coach Robert Walston said. "Practices became hard to come by with deployments looming, but we'll be back next year."

"Defensively we wanted to take the deep pass away from them, we did a pretty good job of that, compared to the last game against them," Cherry Point coach Daniel Buchino said. "We were down at times in the game and our guys never gave up, they stayed together and we came out on top, I am extremely proud of them."

Triple S 14 - New River 12

Defense was the name of the game early, as New River contained Triple S's ground attack and Triple S's defensive line and linebackers plugged the gaps and put pressure on New River quarterback Derrick Nichols.

The Triple S backfield duo of Shannon Holman and Maurice Cork struggled to get on track, and quarterback Cory Dunlap watched several passes slip through the hands of his receivers.

Triple S's nose tackle Tony Hoover anchored a defensive line that swarmed to the ball and made life difficult for New River's run-

ning backs, but midway through the second quarter, Nichols broke out for 22-yard gain. Moments later, after a first down run by Derrick Clark, and an 11-yard run by Nichols to the 12-yard line, Nichols ran in untouched on a play-action bootleg for a 6-0 lead.

Triple S continued to struggle with dropped passes and New River's stifling run defense, but with two minutes remaining in the first half, Triple S' defense forced a fumble and recovered the ball at the New River 44-yard line.

With under a minute left, Holman hit Jahid Bayyan on a halfback pass at the New River 10-yard line, and with the clock ticking Dunlap hit Holman who ran into the end zone untouched to tie the game. Dunlap's bootleg in the two-point conversion was successful, giving Triple S an 8-6 halftime lead.

In the second half, Triple S's relentless pass rush wreaked havoc on New River's offense, forcing a fumble and sacking New River quarterback Jose Moreno to offset New River's gains, and then intercepting a pass on fourth down.

Playing one of his best games of the season, Dunlap got some much needed help from his receivers on the next drive, when Jerome Sharpe hauled in a 55-yard touchdown pass, breaking a tackle at the New River 30-yard line and sprinting to the end zone.

"Cory was patient and threw some nice passes," Sharpe said. "And our defense kept us in the game when the offense wasn't playing to its potential."

New River answered with a 30-yard touchdown of their own, when Moreno lofted a pass over Triple S' secondary into the hands of Audrey Owens.

Triple S' defense stuffed the run on the two-point conversion, forcing a fumble and protecting the two point lead that would prove decisive.

New River's defense continued to contain Holman and Cork, and a pass from Dunlap bounced off the hands of a receiver, was tipped by New River, and intercepted by Anthony Simms who returned it to the New River 41-yard line.

New River continued to be plagued by penalties and Triple S' blitzing defense, and once again was forced to punt. And yet again, New River's defense forced Triple S to punt.

New River had the ball at their 45-yard line with less than five minutes left in the game, but a sack by Hoover cost them ten yards and Moreno was temporarily pulled by New River coach Luis Matos.

A few plays later, Moreno was

back in the game facing a third-and-eighteen at his own 32-yard line and under three minutes remaining. A high snap sailed over Moreno's head and though New River recovered, they faced a fourth-and-thirty deep in their own territory and had to punt.

New River's defense got the ball back with 20 seconds remaining at the Triple S's 35-yard line. With one shot left to win the game, New River set-up a game winning pass play, but Leslie Hoffman and Hoover ran down the quarterback in the backfield to end the game and preserve a hard-fought two point victory.

"The score of our first game [with New River] didn't reflect our talent," Holman said.

Championship Game: Marine Corps Combat Support Services School vs. Cherry Point

Triple S and Cherry Point will meet Friday at Liversedge Field to decide the 2004 intramural football champion.

"Both teams play a run first, pass second offense and both teams have good defense," Buchino said. "It should be a great game, a hard fought game where everything you get will have to be earned."

"This season is going out to William Arnold on our defense," Triple S coach Jeremy Grifffy said. Arnold suffered a heart attack in Triple S's first round playoff victory over 8th Engineer Support Battalion. "He is a strong player, Marine and person. We are just going to play the best ball we can and he'll be on all our minds."

Championship preview

When: Friday, Feb. 4 at 2 p.m.

Where: Liversedge Field, Camp Lejeune

Keys for Cherry Point: Establish running game and utilize sharp passing attack with slants, hitches and passes in the flat. Control the line of scrimmage on defense and linebackers must stop the running game. Watch for trickery on special teams.

Keys for Triple S: Running backs Shannon Holman and Maurice Cork must force Cherry Point to respect the run. Receivers must capitalize on opportunities downfield and not drop balls. Knock Cherry Point off balance by taking away the inside rushing game and getting pressure on the quarterback.

8th Engineer Support Battalion coach Timothy Kovacs contributed to this preview.

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Main

Quick Shots

MEMBER LEJEUNE GENERAL

Gen. Mitchell J. ... a past 2d Marine Expeditionary Brigade commander at Camp Lejeune, died Jan. 27 in a battle with cancer. A memorial service will be held in Illinois.

TRAFFIC STOP

to render the appropriate honor and respect during the execution of colors, traffic will be stopped 30 seconds before morning and evening colors Monday through Friday in front of Building 1000 on Holcomb Boulevard. Please be alert and prepared to stop as road signs will post in the area 30 seconds prior to the event.

CONTROL SAFETY

All Marines and service members aboard base are reminded that entering posted training areas without proper coordination is extremely dangerous. Call Range Control at 451-3065 for more information.

TOWN HALL MEETING

Marine Expeditionary Force and Marine Corps Base will host a Town Hall Meeting Tuesday at 6 p.m. at Marston Pavilion. This is an opportunity to hear about what is happening from the commanding generals. For more information, call your unit's Family Readiness Office. Free childcare will be available at Brewster CDC. Call 451-2672 to make reservations.

LEADERSHIP AWARDS

The third annual Civilian Leadership Development Awards Luncheon is scheduled for Feb. 17 from 11:30 a.m. - 1 p.m. at the Paradise Point Officers Club in the Lejeune Room. For information, call retired Sgt. Maj. Eddie C. Or at 451-4794.

VEHICLE STORAGE

Marines with orders to deploy for short amount of time, or if they have given short notice about upcoming deployment, have their vehicles stored by the Provost Marshal's Office for free. PMO will remind Marines with orders for extended deployment to call 451-35...

NEW ENTRANCE

Construction is under way for a new entrance from the Commissary to the lot on Holcomb Boulevard, which will improve access to the Commissary and traffic flow in the area. This construction will be lane closure outside lane of Holcomb Boulevard near the Commissary. The project is scheduled to be completed by January.

AIRPORT USO PIC

Anytime you are to or from Raleigh-Durham International Airport, call the United Service Organization at 919-840-0941 to see if you can service members ride.



Main Side

The Globe | Thursday, February 3, 2005 | www.militarynews.com/globe

Quick Shots

LEJEUNE GENERAL SEES AWAY

Major Gen. Mitchell J. Lejeune, a past 2d Marine Expeditionary Brigade commander at Camp Lejeune, died Jan. 27 in a battle with cancer. A memorial service will be held Saturday in Illinois.

ROAD TRAFFIC STOP

In order to render the appropriate honor and respect during the execution of colors, traffic will be stopped 30 seconds prior to morning and evening colors Monday through Friday in front of Building 977 on Holcomb Boulevard. Please be alert and prepared to stop as road signs will post in the street 30 seconds prior to colors.

RANGE CONTROL SAFETY

All Marines and service members aboard base are reminded that entering posted training areas without proper coordination is extremely dangerous. Call Range Control at 51-3065 for more information.

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NEW ENTRANCE

Construction is underway for a new entrance and exit from the Commissary parking lot onto Holcomb Boulevard, which will improve access to the Commissary and enhance traffic flow in the area. Due to this construction, there will be lane closures of the outside lane of Holcomb Boulevard near the project. The project is scheduled to be completed by the end of January.

AIRPORT USO PICK UP

Anytime you are traveling to or from Raleigh Durham International Airport, call the airport's United Services Organization office at 919-840-0941 or stop in to see if you can help a service member with a ride.



A worker recently unloads a small shipment of waste materials at the Hazardous Material Control Center in Building 977. The HMCC, located on Michael Street, reissues serviceable hazardous materials back to various units instead of being disposed of as hazardous waste.

Serviceable material disposal saves money

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

With ever-increasing war costs, the Pentagon and government officials are constantly searching for methods to save money and maximize the use of serviceable items limiting the amount of unnecessary disposals.

The Hazardous Material Control Center, located on Michael Street, reissues serviceable hazardous materials back to various units instead of being disposed of as hazardous waste.

The HMCC became a reality in 2003, when the Resource Recovery and Conservation Section of what obtained the use of building 908, previously used by Marine Corps Base Motor Transport vehicle body repair. The building was refurbished before occupancy and has been updated since the HMCC became fully operational in October 2003.

"The center allows units to turn in excess materials they no longer need," said Sgt. Merrick Reid of Jackson Township, N.J., with

Headquarters and Service Battalion, Marine Corps Base, site manager of the center since 2002. "It gives them an opportunity to check items out instead of just disposing of them. It gives the items a second chance."

Reid currently upgrades the inventory tracking system, oversees the site to make sure it agrees with base environment compliances and also coordinates liaisons with units and finds home for items that units might not be aware they have.

The HMCC services Camp Lejeune, Marine Corps Air Station New River and tenant commands. Due to local success, other bases have participated in the program as well. Marine Corps Air Station Cherry Point, N.C., Marine Corps Base Camp Pendleton, Calif., MCAS Yuma, Ariz., and Seymour Johnson Air Force Base, N.C., have requested and received products in the HMCC inventory.

Units do not pay to draw items from the building, giving them an opportunity to save money on their ServMart credit cards, according to Reid.

The proper management of haz-

ardous materials, to include waste, has always been the primary objective of the RRCS.

"The Resource Conservation and Recovery Act reduces the amount of waste streams and helps recycle to cut down on waste in general," said Reid. "The way the HMCC is setup, it allows us to take items that would be disposed of and allows us reuse them as its intended purchase."

In past years, disposal of serviceable, shelf-life extendable material accounted for up to 60 percent of the hazardous material and hazardous waste disposed through the Defense Reutilization and Marketing Office.

Better management practices brought that figure down considerably, but they strive to achieve a disposal of shelf-life serviceable material of zero percent.

Materials that are received at the HMCC are primarily sent from base tenant commands. Before being delivered to the center, they are received at the Hazardous Waste Consolidation in building 977.

See DISPOSAL | 2C

Video e-mail keeps families closer during deployments

LANCE CPL. CHRISTOPHER S. VEGA
Marine Corps Base

In the past, letters have become one of the more common ways for service members to communicate while deployed. As technology has enhanced, so did the ability to communicate with people thousands of miles away through phone calls, messengers and photographs.

Through a new service provided by Pioneer Services, loved ones can correspond with deployed service members through video messages sent via e-mail. The new video messages are completely free and are open to everyone during hours of operation for the Military Annex located on base.

"The video feed is sent through an attachment," said Mark Wiggins, Pioneer Services public relations and e-communication representative. "It's really simple to operate. A person just sits in front of the camera, records their message, enters in an e-mail address and presses send."

The video e-mail kiosk opened in April 2004, with an astounding number of individuals attending the grand opening, all waiting to talk to their loved ones.

"We created this new form of technology to better the quality of life for deployed service members," said Wiggins. "We know that it gets hard being away from home for months at a time, and a 'Hello daddy' helps you get through a deployment."

With the new service that connects the close feelings of up-to-date video with a personal touch of video relay, service members can keep in touch with family members while deployed.

"I've sent my husband a lot of video e-mails," said Merriam Horn, wife of Steven Horn, currently deployed. "He writes me back telling me how much he enjoys seeing me. I can only imagine what it's like for him over there but I hope that my e-mails make him feel a little better."

Although the conversations may be one sided, the chance to hear the voice of a loved one is rarely a missed opportunity.

Due to firewall protections, the e-mails should be sent to personal e-mail accounts, such as Hotmail, America Online, and other various free e-mail accounts online.

Camp Lejeune was the first military base with the technology; however, the service is offered in 25 Pioneer Services offices across the country.

See E-MAIL | 2C

Nine combat instructors meritoriously promoted

LANCE CPL. SHANE SUZUKI
Marine Corps Base

Nine Marines from the School of Infantry (East) were awarded meritorious promotions for their work as Marine Combat Instructors during 2004. All nine were 8513 combat instructors, and the high number of promotions in a single military occupational specialty shows the quality of work at SOI.

The Marines who were promoted were Gunnery Sgt. Fish, Staff Sgt. Jessica Gangi, Staff Sgt. Christopher Morgan, Staff Sgt. Tony Adams, Staff Sgt. Gary Triplett, Gunnery Sgt. Shane Henson, Staff Sgt. Andre Abadie, Staff Sgt. Joshua Gutierrez, and Staff Sgt. Stephen Patten.

"I am extremely proud of these Marines because they have proven themselves in one of the Corps' most demanding and challenging responsibilities—the training and transformation of entry level Marines," said Col. Bradford Washabaugh, commanding officer of SOI. "Combat instructors are special because they impact 19,000 Marines a year. There is a saying, 'Quality begets quality' and I strongly believe the investment the Marine Corps makes in these combat instructors will pay great dividends in the years to come."

The schools of infantry, both east and



ADAMS GUTIERREZ MORGAN



PATTEN ABADIE TRIPLETT



HENSON FISH

west, are allotted 10 staff non-commissioned officer meritorious promotions, combined, per year, and the Camp Geiger Marines have won 17 of them since 2003.

"When the war started and our Marines were going straight from here to Iraq, we took a lot of pride in training the Corps," said Gunnery Sgt. Thomas Fish, from Pocono Mountains, Pa. "The quality of Marines coming in is getting better. In the last year, I've seen the

infantry training battalion instructors take a lot more pride in their jobs."

While training Marines has always been a special part of the Marine Corps, the onset of war brings a new importance to the meaning of "every Marine is a rifleman."

"I've had a dozen kids come back and thank me for what they learned at SOI," said Fish. "Don't get me wrong, the promotion was great, but these

See INSTRUCTORS | 2C



(From right to left) Tammi Green, Officers' Wives' Club president, Doris Videla, Enlisted Wives' Club president and Mary Lee Sisson, Staff Noncommissioned Officers' Club president, kicked off Bunko Night at the Marston Pavilion recently.

Military wives meet for an evening of Bunko fun

LANCE CPL. CHRISTOPHER S. VEGA
Marine Corps Base

The Officers', Staff Noncommissioned Officers' and Enlisted Wives' Clubs conspired to come together for an evening of Bunko and free prizes open to all military wives at the Marston Pavilion Jan. 22.

Bunko is a dice game, played in rounds in which players take turns rolling dice and attempting to accumulate as many points as possible to win each round.

The game was played at tables with groups of at least four competitors. Players score points by rolling three dice and trying to match the number they're supposed to roll for that round. They obtain a point for each die that lands on the predetermined number. If all three dice land on the number, they score 21 points and yell, "Bunko!"

"Oh I think this is a blast," said Michelle LeDrew, a guest at the event. "I really enjoy the game and I've met a lot of nice people."

The tables were timed in accordance with a head table. Once one player at the

head table rolls a bunko, the game for that round is over. Players with the most points after the round move to the next table while the players with the least number of points lingered at the table until they finished a round with the most points.

"I think this was a really great thing," said Melissa Edwards from Dallas. "I'm really glad I came out tonight."

More than 200 guests attended the event, some knowing others and some new to the base.

The evening started with a social hour of food and drinks. Door prizes such as gift baskets, digital cameras and a 27-inch television were raffled off throughout the night.

This event was the first time the three clubs worked together to create an event.

"We usually each do our own project," said Mary Lee Sisson. "We each have our own particular events and schedules so it's hard to plan something together."

The Staff NCO Wives Club is more

See MILITARY | 2C

Marines work together to keep Lejeune beautiful

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

Marine Corps Base conducted a company-level exercise dubbed Operation: Clean Sweep Jan. 24 through 28 to help keep the base beautiful and to preserve the environment.

The operation consisted of groups of Marines from each respecting company participating in a trash and debris removal exercise throughout specified areas of the base.

Marines, compiled from various units, gathered at the post office to begin their cleanup for Company A, Headquarters and Service Battalion, Marine Corps Base. Their specified area con-

sisted of around the post office, W. P. I. Hill field and the Molly Pitcher / Virginia Dare block, to include around building 1 and its surrounding areas.

"As Marines, we pride ourselves on being 'squared-away' and making sure our surroundings reflect that value," said Lance Cpl. Rodney Greenfield a native of Miles, Texas, and finance technician with 2d Force Service Support Group. "After all, the way you keep your home clean directly reflects on how people perceive you and we want to keep the Marine Corps looking good."

The air was cold, the wind was strong and the grass was frozen as the Marines continued to work their way around the

area searching and collecting any and all trash and debris.

While trash was collected in plastic bags, large tree limbs and wooden pallets were stacked alongside the road and later hauled away by a recovery team traveling in a government vehicle.

The team collected trash Monday and Tuesday, and the site was evaluated Wednesday. The group returned Friday to clear all remaining debris from their specified area.

"I was glad to play a part in keep Camp Lejeune beautiful," said Greenfield. "We honored our base, and those who have come before us, by working hard in 12-degree weather to keep Camp Lejeune clean."



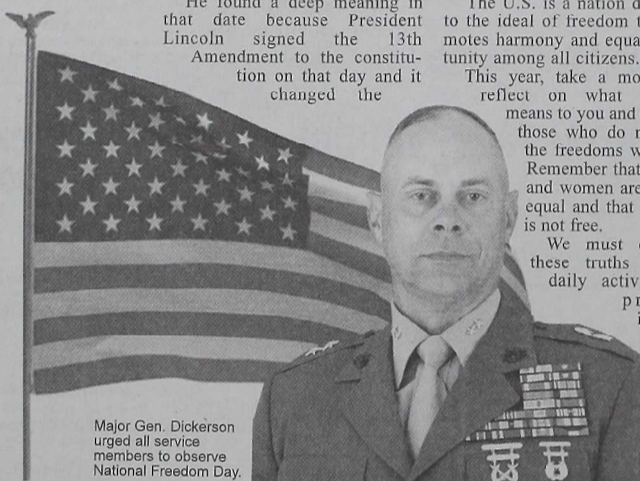
Lance Cpl. Matthew K. Hacker

Marines compiled from various units gathered at the post office to begin their cleanup for Company A, Headquarters and Service Battalion, Marine Corps Base, during an exercise dubbed Operation: Clean Sweep Jan. 24 through 28.

National Freedom Day

MAJ. GEN. ROBERT C. DICKERSON
Marine Corps Base

On Feb. 1, the United States observed its 57th National Freedom Day. We remember this day primarily due to the accomplishments of Maj. Richard Robert Wright Sr. Wright, a former slave who was active in education, finance, politics and journalism urged the United States leadership to set aside a day to celebrate freedom for all Americans.



Major Gen. Dickerson urged all service members to observe National Freedom Day.

Having taken full advantage of his newfound freedom and having become a successful businessman and community leader in Philadelphia, Pa., Wright chose Feb. 1 as National Freedom Day.

He found a deep meaning in that date because President Lincoln signed the 13th Amendment to the constitution on that day and it changed the

identity of the United States by outlawing slavery.

President Harry S. Truman signed a bill that officially established Feb. 1 as National Freedom Day on June 30, 1948.

The U.S. is a nation dedicated to the ideal of freedom that promotes harmony and equal opportunity among all citizens.

This year, take a moment to reflect on what freedom means to you and consider those who do not have the freedoms we enjoy. Remember that all men and women are created equal and that freedom is not free.

We must exercise these truths in our daily activities to prevent ignorance and protect the rights of all in the future.

DISPOSAL CONTINUED FROM 1C

Personnel there determine if any materials meet the criteria for shelf-life extension; if so, the materials are transported across the street to the HMCC.

Most of the materials received at the center come from Southwest Asia, according to Eugene Jones, environmental protection specialist with the HWCB.

Petroleum, oil and lubricants are returned to the base due to regular rotation of the various units. POL has also accumulated due to units purchasing excess material for the war effort and having no use for the material.

POL constitutes approximately 90 percent of the materials received and issued through the HMCC. Of the POL in stock, approximately 75 percent is Fire Resistant Hydraulic fluid, which is widely used in military vehicles such as landing assault crafts and amphibious assault vehicles. The

HMCC has the largest stockpile of FHC on the East Coast.

Materials worth over \$6 million have been received in the HMCC since inception in 2003. This money, made up of stock, constitutes over 150,000 items according to Jones.

"Overall, in 2004, customers at Camp Lejeune and other participating [Department of Defense] installations saved over \$4 million by utilizing the HMCC," said Jones.

With the success of the HMCC will continue to upgrade and expand facilities to support ongoing military operations.

"The HMCC is always going to continue to charge forward because units purchase, and by using the center it reduces the amount of items they need on hand," said Reid. "We also to a lot to help increase environmental awareness - not only our unit, but everyone who takes advantage of its services helps the environment."

INSTRUCTORS CONTINUED FROM 1C

kids telling us we are doing a great job, that means more to me than awards."

To become a combat instructor, a Marine must have a special drive to succeed and possess a sense of duty to the Corps.

"You have to have a very good work ethic," said Patten, a Wallham, Mass. native. "You can't be afraid to work hard and you have to have a strong sense of professionalism. The reason our instructors are so successful is because we take initiative to improve the quality of our training. You have to possess a bit of those leadership qualities."

Other qualities necessary to being a good instructor include knowledge of your subjects and the patience to teach the newly arriving Marines.

"Being a good combat instructor is like being a good Marine," said Triplett. "You have to know your job and know your Marines. If they are having trouble understanding something, you have to know

enough about your subject to teach it another way. As long as you're willing to learn and have the patience to apply the knowledge, you'll be fine."

According to Col. Washabaugh, the quality of Marines at SOI is so high that competition so fierce, that for nine Marines from one base to be promoted meritoriously is really a compliment on the entire school.

"You have a lot of quality sergeants and staff sergeants that are deserving," said Sgt. Adams from Mobile, Ala. "It's so competitive anyone could come away with the promotion."

Marines from any military occupational specialty can become a combat instructor with corporals through gunnery sergeant eligible. Becoming a combat instructor fills the B billet requirement many Marines need to pick-up staff noncommissioned officer.

"Marines of all MOSs looking for an extremely challenging yet rewarding 'B' billet tour should consider duty at SOI," said Washabaugh.

MILITARY CONTINUED FROM 1C

widely known for managing the base thrift shop located behind the base library.

While the Officers Wives Club is known for managing the arts and craft shop, Hidden Talents located behind Subway.

Each club holds their own events monthly along with meetings to discuss up coming events.

"Our clubs are not just

charity clubs," said Doris Videla, EWC president. "We do a lot of charity work, but we are more of a social club focusing on helping new spouses to the area."

According to the club representatives, clubs have been given a bad name in the past, but they are nothing like that.

Yes they have fun, but they are not just about getting out of the house. The wives are about helping each other through hard times.

"We are not the wives

club of the old days either," said René Laws, luncheon representative for the OWC.

"We are more modern, and nowadays you can always find someone you can relate to. The whole purpose in what we do is to get you passed the first step - meeting people."

For more information on any of the wives clubs contact the SNCOWC at 451-5591, OWC at 353-4788 and the EWC at 910-938-7667 or visit their Web site at <http://enlisted-wivesclub.tripod.com>.

E-MAILS CONTINUED FROM 1C

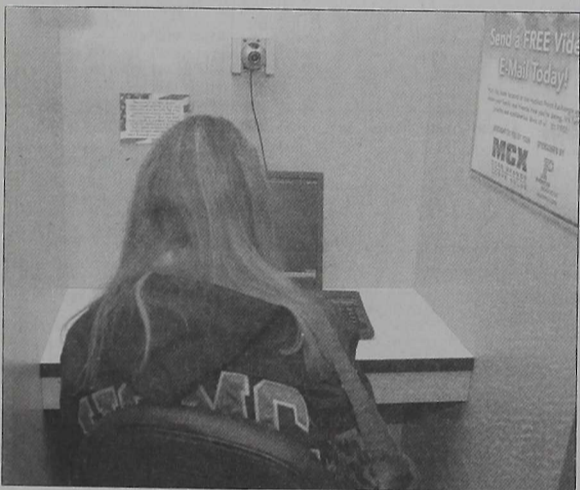
25 Pioneer Services offices across the country.

In the past, family members of deployed service members have been the primary users of this new technology.

The new video e-mails can be a great way to show a proud father his new baby, or give a service member a morale boost.

"I tell my husband that I love him and I can't wait to see him again every time I send him a message," said Horn. "I know I could just write it in a letter, but there is something about saying it and knowing he is hearing my voice that makes a big difference."

For more information about the video e-mail program, visit your local Pioneer Services Representatives.



Lance Cpl. Christopher S. Wain

Merriam Horn sends a video e-mail to her deployed husband Steven Horn, at the Marine Corps Exchange Annex on base, Jan. 31. Camp Lejeune was the first military base with the technology; now, the service is offered in 25 Pioneer Services across the country.

Courts-Martial

Corporal Justin M. Layman, 6th Marine Regiment, 2d Marine Division, was convicted at a general court-martial of wrongful possession, use and distribution of marijuana. He was sentenced to a bad-conduct discharge, confinement for 15 months, forfeiture of all pay and allowances and reduction to private.

Lance Corporal Nicole I. Dipaola, Headquarters and Support Battalion, School of Infantry, Marine Corps Base, was convicted at a special court-martial of wrongful use of cocaine. He was sentenced to forfeiture of \$2,469.00, reduction to private, restriction for 60 days and 60 days of hard labor without confinement.

Private first class Michael L. Epperly, 2d Battalion, 8th Marine Regiment, 2d Marine Division, was con-

victed at a special court-martial of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 66 days, forfeiture of \$1,646.00 and reduction to private.

Private Jason L. Domenichello, 2d Battalion, 2d Marine Regiment, 2d Marine Division, was convicted at a special court-martial of wrongful use of cocaine. He was sentenced to a bad-conduct discharge, confinement for 30 days and forfeiture of \$2,469.00.

Private Stephen L. Raymond, Headquarters and Support Battalion, School of Infantry, Marine Corps Base, was convicted at a special court-martial of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 120 days, and forfeiture of \$4,938.00.

Main Side Briefs

SERVICE MEMBER CIVIL RELIEF

Marines are able to attend will preparation, power of attorney and Service Member Civil Relief Act briefings at Building 66, Mondays, Wednesdays and Fridays at 10 a.m. At 1 p.m. on Tuesdays, the same briefing is held at the base theater. Powers of attorney are able to be executed and issued immediately following the briefings. On Tuesdays and Thursdays, walk-ins for legal issues are accepted at Building 66 from 7:30 - 8:30 a.m. or when the capacity for clients is reached.

PUT YOUR NAME IN LIGHTS

For birthdays, promotions, personal or unit milestones, e-mail marqueerequests@lejeune.usmc.mil to have it placed on the marquee along Holcomb Boulevard across from Hadnot Point C-Store.

www.militarynews.com/globe

Off-limits establishments

The following businesses are designated by the base commanding general 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 |
| Five Points Variety Center | 508 Kilmarnock St., New Bern |
| Botta Booms | 3054 Wilmington Highway, Jacksonville |
| Carland | George Washington Highway, Tabb, Va. |
| Centennial Enterprises, Inc. | Thousand Oaks, Calif. |
| Joshua Experience/Club Access | 200 Golden Oak Ct., Virginia Beach, Va. |
| Student Assistance Co. | 244 S. Randal Rd., Elgin, Ill. |

Marine Corps Base Camp Lejeune (Recorded Line) 451-3928

Advertisement for Bluewater Real Estate, featuring various property listings and contact information. Includes text like 'FREE', 'Annual Rentals', and 'Bluewater Real Estate'.

THE GLOBE CLASSIFIEDS

Advertising Deadline:
Thursday, 11 a.m.
One week prior
to publication.

★ Fill out the coupon in this section or go to www.militarynews.com/globe and click on "place a trader ad" ★

Real Estate For rent
KWOOD MBL HME 3 br/2 ba
\$275/dep. \$275/mo Call
4482.

Real Estate For rent
3BR/2BA newer home w/nice yrd by the woods, quiet, family friendly, close to school & gates, pets neg., avail. now. \$750/mo. 265-4139.

Real Estate For rent
TOWNHOUSE 2BR/2BA, porch & deck, storage area, Sneads Ferry gate. Quiet neighborhood, nice view. 202 Lakeside Dr. \$590/mo. 327-3600.

Appliances
ASSORTED whirlpool washer & dryer, white \$250, Kenmore stove, white \$50 AWH 326-6903

Employment
NEED MORE MONTHLY INCOME? We have location 1010 / www.com/tennis 333 455-9889 or 888-438-6831 EM 14255.

Furniture
COMPUTER ARMCHAIR 4 new set great cond. pd \$200, selling \$50. 379-6132

Annual Rentals Available Now!
At The Beach!

Real Estate For rent
WATERFRONT HOME for rent or sale Sneads Ferry, 3 bdr, 2 1/2 bath, deep water pier and boatlift, lots of extras. Call 910-289-3222 or 910-271-0661 for full details.

Real Estate For sale
02 FLEETWOOD doublewide 3/BR, 2/BA, low water cost & free cable w/lot rent. 5 min to Camp Lejeune gate. 326-2562.

Appliances
BE chest freezer w/safety lock, int light & adjustable temp. Has a small dent from moving. \$225. 326-8600.

Employment
BARTENDING UNIVERSITY
1 MAJOR BOUQUET NORTH JACKSONVILLE, NC
WWW.BARTENDINGU.COM
INFO@BARTENDINGU.COM
910.347.8004

Furniture
COMPUTER DESK lg, cherry wood w/hutch, great cond. \$125. 353-0880.

Annual Rentals Available Now!
At The Beach!

Real Estate For rent
3BR/2BA Bryn Marr, cul-de-sac, park, fenced yard, pets ok. \$800. 353-6357.

Real Estate For sale
Hubert
New 3 bed 2 bath doublewide near side gate. \$412 per mo. Free lot rent, cable, & HBO package. 910-471-2181 5% Down, 180mo, WAC

Appliances
GROcery STORE EQUIP 540-1477.

Employment
PART TIME POSITION AVAILABLE work from home for your own store. In the Camp Lejeune & MCAS areas. Call Boyd or Paul at 382-2396 or 330-2448.

Furniture
DINING RM SET 6 chairs, chrome cabinet, but flr, 4 chairs. \$270. 326-6850.

Annual Rentals Available Now!
At The Beach!

Real Estate For rent
3BR/2BA Bryn Marr Area. Screened in porch, priv fence, wood floors, new roof/heat pump. \$100.90. Ask for Derek. 816-843-3036 day, 816-348-7876 night.

Real Estate For sale
2BR/2BA beautiful MH. It's a must see. Close to back gate. 326-7310.

Appliances
UPRIGHT FREEZER in good cond. \$100. 080, twin bed w/ mattress \$30. 080. 353-2244

Employment
SEEKING WORSHIP LEADER/ MUSICIAN/ KEYBOARD for growing Advent Church. Call 353-3627 between 8:00am-5:30pm.

Furniture
DINING RM TABLE 6 chairs in exc cond. \$350. 353-2699.

Annual Rentals Available Now!
At The Beach!

Real Estate For rent
3BR/1BA 1210sqft. Bryn Marr Area. Screened in porch, priv fence, wood floors, new roof/heat pump. \$100.90. Ask for Derek. 816-843-3036 day, 816-348-7876 night.

Real Estate For sale
3BR/3BA TOWNHOME-Hunter's Creek, sale by orig owner, new in 00, 6' privacy fence, lg back yard, Asking \$75,000. 219-0999.

Appliances
WASHER & DRYER-Exc cond, w/ inc. 455-7585/252-349-8004.

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Appliances
WASHER & DRYER-Exc cond, w/ inc. 455-7585/252-349-8004.

Employment
SEEKING WORSHIP LEADER/ MUSICIAN/ KEYBOARD for growing Advent Church. Call 353-3627 between 8:00am-5:30pm.

Furniture
DINING RM SET 6 chairs, chrome cabinet, but flr, 4 chairs. \$270. 326-6850.

Annual Rentals Available Now!
At The Beach!

Real Estate For rent
3BR/2BA Bryn Marr Area. Screened in porch, priv fence, wood floors, new roof/heat pump. \$100.90. Ask for Derek. 816-843-3036 day, 816-348-7876 night.

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Miscellaneous

ASSORTED-47cc Pocket Bike \$350, Flute \$120, Clarinet \$120, call 347-5469.

ASSORTED-EMX bike-\$30, Mountain bike \$20, RC car Dura Trax, nitro powered \$100.

LONGABERGER DISHES-5 dinner plates \$8/ea, 3 bowls \$4/ea, 8 cup saucers \$3/ea, 1 coffee mug \$3.

MEN'S CLOTHES-some new, 2 Brandini dress jacket, med. Adolfo, Nautica Dress pants, Zanetti dk blue suit, 34L/med shirts, chinos, all \$150

MENS RING-sz 12 .50 diamond rnd, rolex style, 2 tone, white & yellow gold \$300 340-3243.

MOVING SALE-antique table, rocker, cherry wood chest, dresser, microwave table w/rollers, chairs, end tables, tools, kitchen, Magic cards, much more 336-262-6147.

OAKLEYS-M frame, non folding, used \$50 451-7200.

PACK N PLAY-Graco w/changing table, good cond \$30. 548-1327.

PACK N PLAY-w/carrying bag & bassinett \$20, leap frog learning table new cond, \$10, assort. of citis .25 each, etc. 938-3177.

PAINT SPRAYERS-1 is Sears & other is Craftsman both for \$25 or \$15/ea 327-0650.

PERFECT FV52 RND SOLITAIRE amazing quality, have all papers, pd \$6880 asking \$3500 OBO. 353-4696.

PICNIC TABLE-Wooden, Very Sturdy, Good cond. \$40 OBO. 353-6433

PUNCHING BAG-barely used \$35 526-4389.

PUSH MOWER-good cond 22" cut \$60 353-4185.

REMOTE CONTROL TRUCK- (E-MAXX) charger & 4 batt. \$400.

RIDING MOWER-vry good cond. 36" cut runs fast \$375 353-4185.

RING SET-67ct round diamond, 14K gold, Clarity S12, color L w/ papers & pic, retail \$1350. \$850 will take pymts. 324-2739.

SMALL FRIDGE/FREEZER-\$45.2 FP kitchenettes w/acc. \$30ea,W/D, iron \$25, fridge w/ acc. \$25, other toys, suncom & nextel phone, 546-3106.

STROLLER/CARSEAT TRAVEL SYSTEM-2 bases graco 2004, mint cond. paid \$250 sell \$80 OBO 539-2505.

THULE BIKE RACK-(roof)/failing & lock \$300. 381-2960

TOOL BOXES-2 free & 1 make offer. 455-9133.

TOTAL WEIGHT LIFTING MACHINE-"MARCY" 10Yrs Old. \$25 347-7632.

TOY BOX-Handpainted, white w/blue trim Has car, tree and dog painted on it. Great Cond \$35 Call 219-0920.

Miscellaneous

GAS HEATER-large cabinet gas heater, has electric fan controlled by a thermostat, chimney required \$250 OBO. 910-934-3422.

GOLF CLUBS-Top Flite, bag, Ping putter \$200 353-3070.

JOGGING STROLLER-1yr old, paid \$90 sell for \$50 327-0650.

LEATHERS-Chaos-XXL \$90, VEST-XXXXL \$80 all like new cond. 546-8634.

LONGABERGER DISHES-5 dinner plates \$8/ea, 3 bowls \$4/ea, 8 cup saucers \$3/ea, 1 coffee mug \$3, 6 desert plates \$3/ea, 1 creamer pitcher \$5, oval serving bowl \$12, Gramma Bonnies pie plate \$12, lg juice pitcher \$12, salt & pepper shakers \$12, lg mixing bowl \$15, med mixing bowl \$12, cookie jar \$25, sm covered dish, cracked-\$2. 938-9253.

MEN'S CLOTHES-some new, 2 Brandini dress jacket, med. Adolfo, Nautica Dress pants, Zanetti dk blue suit, 34L/med shirts, chinos, all \$150

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TOOL BOXES-2 free & 1 make offer. 455-9133.

Pets & Supplies

AKC COCKER SPANIEL-pups, 5 M 2 F blk & white parti color. 1st shots & will be ready 2/23/05. Taking dep now. \$350 938-2586.

AKC ENGLISH BULLDOG-Puppies 1yr health guarantee, deworming & shots. Both parents on site. 546-0334.

AKC GLDN RETRIEVER PUPS- all shots up to date & papers, parents on site. Ready Valentines Day 353-0204.

AKC GREAT DANE PUPS-Ready Feb 2nd. Wormed & 1st shot given. 1 M Fawn & 1 F blk. \$300. Call 347-3746.

BOXER-Fleashy Brindle puppies. Ready to go. 1st shots, tails docked. AKC. Parents on premises. Must see \$300 381-5760.

BOXER/LAB MIX-puppies, tails docked, first shots, ready to go, white, blk or fawn. \$75 455-7311.

CAIMAN-crocodilian 10mo old dwarf caiman, comes with complete set-up, not a toy, will bite & get very big, only to good home. 545-0859.

CHOW/SHEPHERD-9 Wk, M, has all shots almost house trained asking \$40 577-6473.

COCKATIEL-7mo, M, handfed w/cage & toys. Gentle & loving bird asking \$100/all. 526-6005.

COLUMBIAN RED TAIL BOA-M, approx 4 1/2 ft, very tame w/cage \$250 OBO 934-6773.

DOGHOUSE-2 dog "Dog-loo" doghouse. Good cond. Must sell. \$40 OBO 353-6433.

DWARF MINI HORSES-M & F, 6 & 8 yrs old, 28" & 26" high. Sell as pair, have never been apart. 455-4583.

FERRET-Needs loving home, litter trained, great w/kids & cats, paid \$300 for everything, asking best offer! 561-389-3788.

FISH-African Cichlids, freshwater fish, Venustus, elec yellow, ivory top moloto & more. Call 324-1640.

FREE-Guinea Pig, 1 1/2 yr old M, 24" metal cage, book, food bowl, dome house, water bottle, brush, nail clippers, ball & more. 346-2268

FTGH-3yr, F blue persian, declawed, spayed, very sweet & loving, likes attention. 381-6274.

GUINEA PIG-moving soon, M, great w/ people, all supp, cage \$35 382-8640.

OLDE VICTORIAN BULLDOG-puppies 2 M. Shots, dewormed, dew claws & tails docked. Father is SP GD CH BozzaDeBull mother is Early Bulls Beula. 324-6583.

PIT BULL PUPPIES-ABDA reg, wormed, first shots, Blue & brindle, parents on site, family raised \$350+, pymts possible 347-2441.

PIT BULL-2mo, F, \$150 219-9764.

POMERANIAN-M, akc papers, shots utd, brindle, 13 wks old, approx adult weight 7 lbs. \$350 324-1956.

PYGMY GOATS-M & F, DOB 10/27/04. Cute, friendly Pet only! 455-4583

RATS-names are heckel & jeckel. 2 very nice & clean, love to play, 14 mo. take care of all scrap food & love to box each other, need a new cage, will make you laugh. 455-8025.

Pets & Supplies

FTGH-6 mo, F, mix. Good w/dogs & cats. needs lots of love. Call 327-0678.

FTGH-Black Aussie/Lab & Golden retriever both 3yrs, F. Great lovable family dogs. All shots UTD, house trained, well mannered. 353-0980.

GERMAN SHEPHERD-F, Puppy. No Papers. Good w/dogs, cats, children. Loves to play. \$100 OBO 327-0578.

GOATS-2 neutered M. DOB 1/17/05. Cute, friendly. Selling as Pets only. 455-4583

GOLDEN RETRIEVER-AKC 1 yr old M, \$100 shots UTD. 326 1053.

GREAT DANE PUPPIES-6blk, 4 blue, M & F, taking deposits now ready to go Feb. 12th. Parents on site AKC Reg. 539-9605.

GUINEA PIG-moving soon, M, great w/ people, all supp, cage \$35 382-8640.

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Wanted WANTED ROOMMATE-2BR/2BA-fenced Raintree Home. You get Master BR w/walkin closet & priv double vanity BA. \$400/mo 1/2 Util Avail 1 Feb 648-1830.

ROOMMATE-4BR, 3BA, nice housing area, water view, Swansboro, will have priv, bath & kitchen, \$525/mo incl all util. 389-6511.

WANTED-AKC F Boxer, 1.5 years old. 347-3284.

WANTED-appl.repair. Need qualified tech to install new compressor on Soda Vending machine. 554-6096.

WANTED-chain link fence for backyard. Michelle 346-5620.

WANTED-Dirt bike 125cc or bigger. 326-3674.

WANTED-looking for a Nice jogging stroller call 539-2505.

WANTED-Private Hunting Lands Responsible Onslow Co. native seeks private lands to hunt and or fish seasonally. "No" hunt clubs. Robert 330-4038.

Auto Miscellaneous

4 SUSPENSION LIFT-new torsion lift, for 88-99 full sz 4x4 GM truck, Tahoe, and suburban \$250, 99-04 lift \$325, will fit 35" tires 376-6055.

Auto Miscellaneous

RIMS&TIRES-94-01 Dodge Ram 16" factory alloy rims & tires. Goodyear Wrangler RT'S P265/75R16 \$350. 353-5308.

TIRES-4 215/50R17 w/special ed Mitsubishi rims buy the tires keep the rims. 203-952-9091.

TIRES/RIMS-4 Goodyear tires w/ chrome rims, P225/55R16 \$450 353-3070.

YOKOHAMA TIRES-P245/50 ZR 16 brand new never used these go for \$600 in town sell for \$500 OBO 381-4200.

00 CHEVY VENTURE VAN-WARNER BROS EDITION Loaded, pwr windows, locks, drs, drivers seat, CD/Cass, compass, alarm, tv, tinted windows, leather seats. 103,500mi! Worth \$8,555 Asking \$7,500 OBO 346-1898.

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00 FORD CONV VAN-loaded, lthr, TV/VCR, all pwr \$16500 455-2942..

00 HONDA CIVIC EX-TEC, 63K, PD & PW, sunroof, 100K warr, take over. \$10,000 left, throw in subs & amp455-6557.

00 FORD MUSTANG CONVERTIBLE \$8,995 Call Amy or Bob! EZRYDE AUTO CENTER 1 mile N. of Wal-Mart 455-1315

01 DODGE DAKOTA SLT-Club Cab, 2WD, 53K, V8, loaded, CD, 2 tone white & gray, exc cond, take over pymts 546-5683.

01 FORD EXPLORER-44K, V6, 4x4, CD, new brakes, tires, service utd \$13,000 938-3044

01 MUSTANG-red, convertible, tan lthr, 33,200 mi, blk w/silver racing stripes, all lthr,PD, PW, man trans. 252-144-2102.

02 CHEVY CAMARO RS-35th anniv. ed \$33,200 mi, blk w/silver racing stripes, all lthr,PD, PW, man trans. 252-144-2102.

02 CHEVY CAMARO SS-35th ann. ed. w/ slp ctr exhaust, 345HP pwrter, 20K, Spd, garage kept, 347-6848.

4 UNIROYAL TIRES-Tiger Paw, Sz 215/65R16. Like New. \$160. 327-1066.

EURO/ALTEZZA LIGHTS-for Ford Explorer 99-00 models, new \$70 545-2925.

F-250/350 4x4 LEVELING KIT-2.5" frt spring packs, new shocks, shock boots, & u-bolts, compit. kit for \$370, many more diesel & gas perform. 376-6055

F350 TRUCK TOPPER-like new, fits long bed, white, tint, \$300 252-222-0990.

GM & FORD LIFT KITS-performance parts by Bully Dog, superlift pro comp, ect, for F250/350, GM2500/3500 pwr stroke & duramax 324-6297

ORIG JEEP RIMS-5 lug. Qty-5. have Jeep logo on them. \$50 577-3968.

Automobiles

02 DODGE NEON-Midnight Blue Pearl, very clean, 100K/6yr Bumper to Bumper, \$8,000 545-2484/219-938-3070.

02 JEEP GRAND CHEROKEE-Inferno red, 38K, 4x4, V8, very clean, 100K/6yr Bumper to Bumper, \$22,500 OBO 353-3070.

'00 CHEVY CAVALIER \$5,588 Call Amy or Bob! EZRYDE AUTO CENTER 1 mile N. of Wal-Mart 455-1315

02 LEXUS RX 300-33K, 4WD, loaded, P/W, P/L, Pwr S, Sunroof, heated lthr, 6 disk CD Blue Book \$30,383 Asking \$25,514-2112/252-633-2797

'99 PONTIAC GRAND AM \$6,995 Call Amy or Bob! EZRYDE AUTO CENTER 1 mile N. of Wal-Mart 455-1315

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Keeping military families Connected The American Red Cross keeps military services members and their families connected during times of personal crisis. We offer emergency communication and social services when you and your family need it the most. For more information about our military services, please call your local American Red Cross chapter, the Red Cross office on your military installation, or visit www.redcross.org



Armed Forces Emergency Services Together, we can save a life.

DALMATIAN-M, 5 mo, housetrained, crate trained, vet checked, shots UTD, good w/kids, other dogs & cats. \$200 346-1397

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EZRYDE AUTO CENTER
 1 mile N. of Wal-Mart
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1999 MAZDA PROTEGE-dx, 4dr, wht, auto, radio/od player, 59k mi, exc cond, \$6,500, 346-6766.
2001 VW PASSAT-blk, exc. cond., low miles, take over pymts, 265-9346.
79 CHEVY-1/2 ton, short bed, 4 sp 4WD, \$2500 Mike 346-5750.
84 CHEVY BLAZER-full size, 350, auto, ac, pw, pdl, w/second blazer for parts or fix up \$4800 Ray 455-3692.

Automobiles
90 HONDA PRELUDE-2.0 Sl, Garaged, 82k, very clean, 5spd, PW, family owned \$4500 382-7677.
90 JEEP WRANGLER-sport, blk, 5spd, custom bumpers, soft top, after market rims/tires. \$4500 OBO, call 455-1859.
91 CHEVY CAPRICE-V8, runs strong, Green paint, \$2,500 OBO 353-4030.
'01 TOYOTA MR2 SPYDER

 \$13,589
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92 NISSAN PATHFINDER - auto, 4WD, hitch, body & int. good cond., needs valve wrk, \$12500 326-6850.
91 PONTIAC SUNBIRD-convertible Power locks, windows, cass, drives well, starts every time drives great, but needs tune up and new top. 153k \$1,000 346-1898.
93 OLDS ACHEIVA S-blue ext charcoal int, pwr drs, CC, new brakes & tires. Runs good, cold A/C. \$2200 OBO, evenings 239-699-3675.


Automobiles
95 PLYMOUTH-Grand Voyager van, Good cond, AC, PW, PL, seats 7, 107k. \$3,500 353-5108.
96 HONDA ACCORD EX-5-sp, 4dr, AC, CD, PW, PL, Alarm, sunroof, 17" chrome rims, custom spoiler plus extras. must see. \$5000 353-5454.
'00 CHEVY 2500 SILVERADO 4X4

 \$15,999
 Call Amy or Bob!
EZRYDE AUTO CENTER
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 455-1315
96 NISSAN SENTRA GXE-145K, good cond, runs great, dependable \$3400, 324-2449.
97 HONDA CIVIC-red, 2dr, runs great, PW, AC, Vtec, 125k, nice stereo sys. \$5000 347-6576 or 545-1959.
98 DODGE DURANGO-4x4 95K w/ext warranty PD, PL, PW am/fm cass/cd CC & towing pkg. \$9000 327-1233.
98 FORD F150 XLT 4.6L V8, reg cab, auto, cruise, loaded, fiberglass tonneau cover, exc. cond, \$6000 neg. 355-2373
98 GRAND VOYAGER CARAVAN-Take over pymts, \$6000, purple, 326-4871.
99 DODGE GRAND CARAVAN-great cond, CD, 4 captn chairs, AC & more, dependable \$6500 110-K 353-0408/7138.
99 FORD SEMI CONV VAN-seats 7, 4.2 V-6, great gas mi, low mi, \$7600 577-7121.

Automobiles
99 JEEP GRAND CHEROKEE LAREDO 4WD, loaded, exc cond \$8000 OBO 381-9016/478-9230.
99 JEEP WRANGLER-Sahara Model, Blk, Top Lights, Lifted, 4X4, Under 50K, Great cond, Asking Retail Value \$12,980 OBO Call 347-9507.
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02 ROCKWOOD FREEDOM Pop-up tent trailer, sleeps 6, running water, elect, fridge, hr, stove, and more. \$3500.00 Call 455-7773
04 COACHMAN CAMPER 50A Many amenities, comes w/ everything you need to set up camp. NADA value is \$17,000 asking \$16,000 381-1614/353-6984.
04 HONDA RECON \$3000 OBO 353-7546.
04 YAMAHA RAPTURE 350-less than 30 mi, like new, red & white, asking pay off, \$5500, ser inq 938-1747.
4 WHEELER TIRES-25-9x12 & 26-12x12 Super Swampier Vampire \$300 381-3777.
96 BAYLINER TROPHY-w/trailer, 20' Outboard 150HP Motor, Fish finder, bait tank, AM/FM Stereo, Bimini top included, Sheltered \$12,000 Jake 285-2517.
98 WELLCRAFT-2000 SC Cuddy Cabin, 20', 5.0 Volvo Penta w/ ss prop, Porta potti, AM/FM cass, full canvas top, Galv tandem trailer. \$11,500, 346-0939/389-1641.

Automobiles
02 EXPLORER XLT-Estate grn, sunroof, tan lthr int, running & dark tint, exc cond. \$24,500, 30/546-3259.
02 BLAZER-Summit White, 19K, all w/ Clean, 75k/5yr Bumper to wty. Selling for payoff. 545-2484 382.
HAM MOTORS, INC.
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 Finger Edge \$10,995
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FORD TEMPO GL-4dr, auto, CC, needs some work, new tires/bat- \$800, 546-3106.
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FORD MUSTANG-red, new paint, ext. exc. cond. \$3000 OBO, 246-
FORD TAURUS-runs good, no s, \$400 OBO. Must sell. 353-7337.

Automobiles
'01 MAZDA B4000 4X4

 \$10,288
 Call Amy or Bob!
EZRYDE AUTO CENTER
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93 PONTIAC GRAND AM-2dr, V6, new tires, needs trans, overall good cond \$900 OBO Adam 353-5089, 389-9925.

Automobiles
'00 FORD EXPLORER XLS 4X4

 \$9,465
 Call Amy or Bob!
EZRYDE AUTO CENTER
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94 JEEP WRANGLER-4WD 90K, A/C, body in exc. cond. Blue w/ gray soft top. Runs great. \$4000 OBO. 353-1673.

FOR SALE-89 Chevy pick-up, 89 Chevy Camaro, 93 Ford Probe, Call 330-7940.

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 2 _____
 3 _____
 4 _____

Business _____
 Address _____
 City _____ State _____ ZIP _____
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Mail this coupon with check or money order to
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 \$199.00/Mo
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Recreation

EX-fmt pipe, k&n filter and Low hours. \$3000 OBO 252.

IN BAYSIDE POPUP CAMPER- 3, many extras included, ask \$10 910-937-7274 after 5.

150-Warrior Sport ATV in like 358-9724.

CBR F4I-custom paint, M4 air filter, chrome swingarm, screen. \$6000 381-7823.

100-4 stroke, dirt bike, like new, matching full helmet. \$2800 midsize truck 347-4423.

YAMAHA R6-silver/blk. 1 owner, always garage kept. Plenty of s & the stock items available. 200 340-5088.

CRF250-4-stroke. Exc cond, just see. \$4,395 353-5108.

HAYABUSA GSXR 1300R Blk only 900mi, never seen rain, light, blue lights in frame, helmet incl, need to sell now, or take over pymnts 382-6434.

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NNIV HD SOFTAIL STD03-Blk, chrome, screamin eagle pipes, helmet. \$2800

Motorcycles

mits, gear ect, \$16,900 OBO 327-0629. **2001 YAMAHA R6**-600cc, slvr, 10 km, good cond., \$5000. 347-9825.

2002 SUZUKI KATANA 600-1900 miles yellow, great bike, new tires \$5100 OBO 336-653-7054.

2004 HARLEY DAVIDSON BOY-w/classic firmed, paint scheme silver, lots of chrome, 1,800miles, incl. access., \$19,500.358 0680.

00 TRIUMPH TT600-sportbike, custom gsx tail. Joe rocket jacket, extra tire, extra fairing, helmet all included, real head turner! 4000 OBO 546-3336.

01 YAMAHA R6-600cc Silver, 10 K miles, Good condition, Driven daily. \$5000.00 OBO call 347-9825

03 YAMAHA R6 silver/black. 1 owner, babied and always garage kept. Plenty of cosmetic modifications, and the stock items available. asking \$6200 Call Chris at 910-340-5088.

2003 HARLEY DAVIDSON ANNIVERSARY HERITAGE SOFTAIL5K On 1450CC, all chrome from pipes to bolt covers, bags, windshield, Harley Davidson rims, \$12,500.00

Motorcycles

Beautiful bike \$21,500 938-3044. **93 HARLEY DAVIDSON SPORTSTER** 883-bored to 1200cc, sport tank, flared rear fender, oversize drag bars, dyna 2000 single fire ignition, screaming eagle jet kit. Includes orig peanut tank, rear fender & solo seat. Runs great. \$5,500 340-5985.

97 SUZUKI GSXR600-Blk, Purple, Silver. Steelbraided brakelines, K&N filter, K&N Stage1 Jetkit. \$3,750 neg 347-3893.

99 HD SOFTAIL STANDARD1350, 88cc, has risers, custom Vance & Hines pipes, blk tank, w/HD logo in red, mostly chrome, good cond. 336-262-6147.

DIRT BIKES01 Kawasaki KDX220 & 00 Yamaha YZ80. Both bikes look and run great. Low hours, call 455-9266.

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YERF-DOG MINI BIKE5hp motor. Max speed about 20 mph. Great for young teen. Comes with helmet and manual. \$500 OBO. Call 353-5239.

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furn, clothes & much, much more. **GARAGE SALE** multiple families, furniture incl. entire lvg. room set, clothing, & household items Feb. 4-6. 123 Princeton Dr, off Piney Grm Rd. ques. 361-534-9427.

GARAGE SALE! 904 Huff Dr. Sat 2/5, 7-11. Furniture, Baby items, Bike, household and garden items.

YARD SALE-books, furniture, exercise equipment, etc. Call for app 938-1762.

DOG TRAINING-now at Tarawa Terr. Puppy, basic, agility. 450-1687.

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WANT TO EARN FREE CANDLES? Host a candle show & earn 10% of sales in free candles. New candle company w/over 50 wonderful scents! Call Kristi 455-6219.

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- Individual forms must be filled out for each "category" of items (automobiles, pets, etc.) and written legibly.
- No more than 25 words per form.
- Trader ad submissions cannot be accepted by phone, guard mail, or fax, as these means are reserved for official business only.

Submit your ad by dropping it off at the Public Affairs Office or visit www.militarynews.com/globe.

Trader Form

Mail to: Commanding General (Attn: Public Affairs Office) Marine Corps Base PSC Box 2004 Camp Lejeune, NC 28542-004

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(25 Words Per Form - Write Legibly.)

I certify that I have read and understand the above information. I certify that I am not involved in any commercial enterprise and if requesting advertisement for rent or sale of a house or trailer, it is available without regard to race, creed, or religion.

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IMPORTS

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P2790	03 VW PASSAT GLX 33K	\$20,500
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P2814	04 KIA OPTIMA LX 21K	\$10,995
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P2783	04 CHEVY CAVALIER	\$8,995
P2805	04 FORD MUSTANG GT CONV 5K	\$28,800
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P2791	05 FORD TAURUS SE	\$15,800
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T9289A	03 FORD F150 XLT XCAB	\$18,900
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T8678B	03 FORD EXPLORER SPT 30K	\$13,500
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P2775	03 FORD ESCAPE XLT 28K	\$16,295
P2780A	02 FORD WINDSTAR LX	\$10,600
T9340B	02 FORD RANGER REG CAB	\$6,995
N9738B	03 FORD WINDSTAR LX 25K	\$12,995
P2799	04 FORD F150 XLT CREW CAB 14K	\$26,900
P2810	04 FORD ESCAPE XLT 13K	\$16,995
T8455A	03 FORD ESCAPE	\$13,900
T9772A	04 FORD EXPLORER XLS 9K	\$16,500
T10249A	03 CHRYSLER TOWN & COUNTRY	\$13,500
P2827	04 DODGE DAKOTA CLUB CAB	\$16,995

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SATURDAY 8:30AM - 6PM
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SATURDAY 8AM - 4PM



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...military spouse have
...requested by author
...She is in the
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...military spouses and
...the wisdom and first-
...accounts of current
...military spouses.
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...teacher to take over
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SCHOOL SURVEY
...Department of Defense
...Education Activity launched
...2004 Customer
...Survey Nov. 1,
... The survey is open to
... 4th to 12th
... students, their par-
... or sponsors, and
... teachers. It is
... to gather feed-
... from these groups
... their views on the
... schools, programs
... and activities. The survey is
... to remain online
... Feb. 28. All eligible par-
... are encouraged to par-
... The survey can be
... at
... dodea.edu/cust_s
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WIVES' VOICES SPEAK U
...ngel's Voices Speak Up
...resents the Love Show
...fashion show, Feb. 19
... the USO from 1 to 3 p.m.
... benefit The Onslow
... Women's Center. Advance
... ticket purchase is sugges-
... due to limited seating.
... tickets are \$5. Reigning
... North Carolina Kris-
... Trod is scheduled to join
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... more information, call C
... Winstead at 455-6057 or
... email angelsvoices-
... speakup@yahoo.com.
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...New Bern, welcomes v
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...will be open from 9 a
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...last tour departing at 4
... For more information,
...www.tryponpalace.org.
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...entitled service me
...Seniors must be gra
...in May or June 200
...Qualified spouses
...working toward the
...graduate degree.
...Applications must b
...marked by March
...more information, c
...393-1833.
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...Wives' Club's Ch
...Distribution Fund
...Registration form
...able at Hidden Ta
...clove.tripod.com
...Reservations are
...by Feb. 25. For m
...more information, call 938-
...353-4888



Lejeune happenings

YOUR STORY

...dotes and tales of life in military spouse have requested by author Hogan. She is in the process of writing a book about military spouses and asks the wisdom and firsthand accounts of current and retired military spouses. For more information or to contact Hogan your story, e-mail jancircus@mac.com.

TEACHER NEEDED

Law Terrace Community Center seeks a qualified teacher to take over established, well-attended classes. For more information, call 450-1687.

DEA SCHOOL SURVEY

The Department of Defense Education Activity launched 2004 Customer Satisfaction Survey Nov. 1, 2004. The survey is open to DoDEA 4th to 12th grade students, their parents or sponsors, and DoDEA teachers. It is designed to gather feedback from these groups regarding their views on the DoDEA schools, programs and activities. The survey is scheduled to remain online until Feb. 28. All eligible parties are encouraged to participate. The survey can be found at w4.dodea.edu/cust_survey.

ANGEL'S VOICES SPEAK UP

Angel's Voices Speak Up presents the Love Shouldn't Wait fashion show, Feb. 19, 7-9 p.m. The USO from 1 to 3 p.m. benefit The Onslow Women's Center. Advance ticket purchase is suggested due to limited seating. Tickets are \$5. Reigning Miss North Carolina Kristin Trod is scheduled to join the performance. Male volunteers for set up and clean up are still needed. For more information, call Cindy Winstead at 455-6057 or e-mail angelsvoicesbreakup@yahoo.com.

TRYPON PALACE FOR FREE

Trypon Palace Historical Sites and Gardens in downtown New Bern, welcomes visitors for a free visit Saturday. The 18th century estate, boasting bountiful gardens and overflowing with history, will be open from 9 a.m. to 5 p.m. this day. Tours begin every 30 minutes with the last tour departing at 4 p.m. For more information, www.tryponpalace.org.

OWC SCHOLARSHIPS

The Officers' Wives' Club is offering scholarships to qualified high school seniors and qualified spouses. Applicants must be family members of officers or enlisted service members. Seniors must be graduating in May or June 2005. Qualified spouses must be working toward their undergraduate degree. Applications must be post-marked by March 4. For more information, call 252-393-1833.

BASKET BINGO FUNDRAISER

Basket Bingo, a base-wide event, is scheduled for March 4 at Marston Pavilion. Live silent auctions will be held between rounds of bingo with the proceeds going to benefit the Officers' Wives' Club's Charitable Distribution Fund. Registration forms are available at Hidden Talents or at clowc.tripod.com/index.html. Reservations are required by Feb. 25. For more information, call 938-7737 or 353-4898.



Courtesy of Harmony Hutman

Labor of Love

Operation Doula Care lends expecting mothers a helping hand

SUZI DRAKE
Carolina Living Editor

Following the events of Sept. 11, 2001, thousands of American troops found themselves with orders overseas to do their part to support Operation Enduring Freedom and eventually Operation Iraqi Freedom. While doing their part to maintain the privileges we enjoy in America, Marines, sailors, soldiers and airmen have left and will continue to leave behind growing families. Many will not make it home in time to welcome into the world the newest additions of the family they are fighting to protect. It is for this reason Operation Doula Care was organized and continues to flourish, offering free birthing companions to pregnant wives of service members deployed in support of the Global War on Terrorism.

"It was realized right away that there was going to be a large outflow of military leaving," said local labor doula Harmony Hutman said. "And with that comes mothers giving birth without their husbands, and sometimes with no support at all."

That is where Operation Doula Care comes in. Melissa Olsen, a military spouse and veteran doula who is no stranger to the uniqueness of life in the military, answered the silent call of expecting military wives throughout the United States by organizing what is referred to as a "doula reserve." This network of certified birthing companions has volunteers who offer their time and services, free-of-charge, to qualifying mothers-to-be in all 50 states.

"We can't go off in support of the War on Terrorism like our husbands do," explained Hutman, who is married to an active-duty Marine. "But we can support other wives in this way."

A doula is someone who has been trained and certified in the birthing process and experience, and is dedicated to providing continuous physical, emotional and informational support to a mother before, during and after the birth of her child.

"We are professional labor companions who have the knowledge and experience to

guide a mother through the birthing process," Hutman explained. "We are not midwives and perform nothing clinical. We are there to advocate for the mother, acting as a liaison between the mother and the doctors and nurses. We are there through the entire process, offering support and advice."

Hutman moved to Camp Lejeune with her husband in May, 2003. She immediately associated herself with the local network of ODC. At that time there was only one other doula on the roster - a nurse who would come up from Wilmington when she could. Soon, Hutman was the only doula on the local call list. She assisted her first birth at the Naval Hospital, Camp Lejeune, that July and has averaged one birth a month since then. She has had a heavy load, but for her, what her services provide the mothers of Camp Lejeune makes this load one worth bearing.

"It breaks my heart to think that I would have to give birth all alone," she said. "I can't bear to think of anyone else having to do it if we can help."

She explained that many military wives find themselves at new duty stations, far away from family and friends with no one to turn to during their pregnancy. It is not uncommon to find mothers in labor with no one there but the doctors and nurses.

"It is a hard place to be alone," she said.

The way ODC works is quite simple. An expecting mother contacts ODC through their national number, 406-896-9292, and speaks to a volunteer to first verify that they indeed meet the qualifications to receive free doula services. The qualifications are only that the mother is married to a member of the military who is currently deployed or away in support of the War on Terrorism. Other qualifying mothers are those whose husband is a casualty of the war.

Once qualified, the mother is put in touch with a volunteer doula in their area. Camp Lejeune currently has three certified doulas working with ODC. From here, the doula and mother relationship blossoms through meetings and discussions about what the mother sees as the path of her birth experience. This may include a birth plan, includ-

ing the use of painkillers or a wish to go a more natural route. It may include the mother's wishes to be able to move around freely while in labor instead of being bound to her hospital bed by monitors.

"We help make the birth experience as wonderful as it can be," Hutman said.

Hutman has experienced first hand both sides of the coin. Her first child was born of conventional methods. Her labor was induced, lasted two days and required an epidural. Her second child was born with the aid of a doula.

"The difference was immense," she said. "With my son, I went into labor in my home. When my water broke, we went to the hospital. He was born with no painkillers and it was actually fun."

This is the experience Hutman hopes to provide to all of her mothers - one that is looked upon fondly and one that can be remembered.

In addition to remaining at the mother's side through the entire labor process, ODC doulas offer their time before the birth through constant contact.

"I receive phone calls from my mothers regularly, just asking questions," Hutman said. "Some call to update me on the outcome of their OB/GYN visit, and some call with concerns about the way they are feeling that day, wondering if a certain pain or cramp is normal."

While doulas' skills do not include diagnostics, they are able to look at how the mother is feeling in a rational and informed light, offering advice and easing their mind.

"I talk with them and usually let them know that if it worries them, don't feel strange about making an appointment with their doctor," she said. "I am someone to talk to who has been through this many times."

With even more service members scheduled to deploy in the coming months, ODC's local network is looking to expand.

"We can't do this by ourselves," Hutman

See LABOR on 5D

Operation Doula Care

Web site: www.operationdualacare.org

Phone number: 406-896-9292

Local Contact: Harmony Hutman, 389-7548

Design and photo illustrations by Suzi Drake

Familiar Waters challenges Iron Man Greg Hopkins to catch a fish on the fly

LCTV-10

CPL. PATRICK MCHUGH



Welcome to another week of informative and entertaining programming on Lejeune Cable Television-10. As always, LCTV-10 brings you a look at what's happening around the military community and information on worldwide deployments with a selection of news shows from the Army, Navy, Air Force and Marine Corps team. What's more, we're proud to continue bringing you programming straight from the Pentagon channel, featuring everything from news to a look at how you can take better care of your health.

This week, LCTV-10 brings you an in-depth look at what some colleges around the United States have to offer service members when their tour of duty is complete. Perhaps you are a military parent with a son or daughter approaching college age who is still undecided as to which institution to attend? Well then, stay tuned to Channel 10 as we give you a bit of insight into the University of Florida. The U of F is a comprehensive Land Grant University recognized by the Association of American Institutions in the areas of graduate education and research. It also offers more than 100 undergraduate programs through 16 colleges and four high schools. U of F also provides state-of-the-art postgraduate medicine, law, dentistry, pharmacy and veterinary training just to name a few. With a faculty comprised of Nobel and Pulitzer Prize winners and more than 200 million public and private research grants, the University of Florida is definitely a smart choice.

And as always, LCTV-10 has a weekly dose of the Outdoor Channel.

Familiar Waters with Mike Pawlowski takes viewers on a fishing trip to the fabled Green River in Utah. The river boasts an average of 15 to 20,000 fish per linear mile, allowing for successful sight casting in many cases. Pawlowski's guest this week is a college buddy, Greg Hopkins, from the Arena Football League's L.A. Avengers. Hopkins was the league's IronMan of the Year in 2002, but this is his first time fly-fishing so let's hope the "iron man" doesn't sink.

Keep it tuned here as we stay outdoors for *Shooting Gallery*. This week some high-tech gadgetry is introduced on a show that is all about lasers. According to host Michael Bane, "Before you're introduced to all this high tech weaponry, you have to meet an old friend. You know all about your inner child right? Well forget all that. Meet your inner monkey. But this is not a monkey you'll find swinging from trees, this is the oldest software program known to man, your mind. Your inner monkey controls how we respond to threats. It's so powerful it can overcome even the most intense training." So be sure to tune in to this especially captivating episode of *Shooting Gallery*.

In this community, military news is of top priority. We strive to meet viewers' needs with a mélange of military-specific programming. Be sure to watch Camp Lejeune's own news program, *The Morning Report*, which airs live every Monday, Wednesday and Friday at 8 a.m. Join our Marines as we show you what's happening in the Corps and around Camp Lejeune. And stay up to date on what's going on in our nation's other fine military branches on *Navy-Marine Corps News*, *Air Force News* and *Army Newswatch*.

The newsroom at LCTV-10 is in search of volunteers interested in learning the ins and outs of a television studio, both behind and in front of the camera. For more information about volunteering at LCTV-10, call 451-1239 or e-mail me, the producer, Cpl. Patrick McHugh, at patrick.m.mchugh@usmc.mil. You might be the one we're looking for! And remember, if you or your unit needs to get information put on LCTV-10, logon to www.lejeune.usmc.mil.

Corporal McHugh is a combat correspondent with LCTV-10.

LCTV-10 | Guide

7:30 a.m.	Shooting Gallery
8 a.m.	The Morning Report
8:30 a.m.	Air Force News
9 a.m.	Your Corps
9:30 p.m.	Army Newswatch
10 a.m.	Vietnam: The 10,000 Day War
11:30 a.m.	Familiar Waters: Anglers on Tour
12 p.m.	The Morning Report
12:30 p.m.	Pacific Report
1 p.m.	Navy-Marine Corps News
1:30 p.m.	Flight School: The Challenges and Rewards
2 p.m.	Pentagon Channel On Assignment
2:30 p.m.	Pentagon Channel Studio 5
3 p.m.	University of Florida
3:30 p.m.	Shooting Gallery
4 p.m.	The Morning Report
4:30 p.m.	Air Force News
5 p.m.	Your Corps
5:30 p.m.	Army Newswatch
6 p.m.	Vietnam: The 10,000 Day War
7:30 p.m.	Familiar Waters: Anglers on Tour
8 p.m.	The Morning Report
8:30 p.m.	Pacific Report
9 p.m.	Navy-Marine Corps News
9:30 p.m.	Flight School: The Challenges and Rewards
10 p.m.	Pentagon Ch. On Assignment
10:30 p.m.	Pentagon Ch. Studio 5
11 p.m.	University of Florida
11:30 p.m.	Shooting Gallery
12 a.m.	The Morning Report

CATCH LCTV-10 DAILY ON TIME WARNER CABLE



Meet the Fockers meets, beats sequel expectations

FROM THE FRONT ROW

REINHILD MOLDENHAUER HUNEYCUTT



one is much better than the first one.

IN GOOD COMPANY (PG-13)

In Good Company, now playing in Jacksonville, is a comedic drama about seasoned workers having to answer to a superior from a much younger generation.

A demoted head of sales for a major magazine is headed for a shakeup when his daughter falls for his new boss, who has been creating turmoil at the office with his ideals of corporate synergy over handshake deals and one-on-one relationships.

Dennis Quaid (*The Rookie*, *Cold Creek Manor*, *Innerspace*) stars as Dan Foreman, a successful 51-year-old sports magazine ad salesman who is demoted from head of sales when the company he works for is acquired in a corporate takeover. He fears for his job when a 26-year-old is hired to assume his former position.

Topher Grace (*Mona Lisa Smile*, TV's *The '70s Show*) plays Carter Duryea, a young, ambitious corporate shark. He is smart but inexperienced, fresh out of business school, and doesn't look a day older than 20. He is promoted over the older, more qualified Foreman, taking over the corner office and yanking rank from Foreman. Carter, however, is old enough to know that firing Foreman would be bad for business.

Both men are going through turmoil at home and eventually develop a somewhat uneasy friendship.

Foreman has two daughters and is shocked to learn that his wife is pregnant with a new child. With college tuition, mortgage payments, and a new baby on the way, he cannot afford to lose his job.

Carter's wife of seven months breaks it off just as he gets the promotion. On the rebound, he begins a secret affair with Foreman's daughter, Alex, played by Scarlett Johansson (*Lost in Translation*, *The Girl with the Pearl Earring*).

Costarring are Marg Helgenberger (TV's *CSI*, *Erin Brockovich*) as Ann Foreman, Foreman's wife; Selma Blair (*A Guy Thing*) as Carter's ex-wife; and Malcolm McDowell as the CEO for the multinational conglomerate who has bought the magazine.

Director and writer Paul Weitz (*About A Boy*, *American Pie*) tackles the younger boss issues brilliantly.

Art truly does imitate life in this new film. According to a recent article in *USA Today*, the



Blythe Danner, Teri Polo, Robert DeNiro and Ben Stiller are joined by Dustin Hoffman and Barbara Streisand in the sequel to *Meet the Parents*, *Meet the Fockers*.

year and only a skeleton crew is on hand. Roenicke, along with Iris, a sexy police secretary, played by Drea De Matteo (*Duces Wild*), and Jasper, a veteran cop on the brink of retirement played by Brian Dennehy (*Summer Catch*), are getting ready to turn out the lights for good.

Laurence Fishburne (*The Matrix*, *Biker Boyz*, *Event Horizon*) stars as Marion Bishop, the deadliest crime kingpin around. He has just been captured and is on a police transport that gets sidetracked at the station due to the snow.

Roenicke finds himself besieged by a gang of corrupt police officers, led by a dirty cop named Gabriel Byrne (*Ghost Ship*) who is out to silence the prisoners inside.

Costarring are John Leguizamo (*Moulin Rouge*) as Beck, a junkie; and Ja Rule (*The Fast and the Furious*) as Smiley, a jailed street hustler.

French director Jean-Francois Richet (*All About Love*) makes his American directing debut with the help of one outstanding ensemble of actors.

Based on the original Carpenter film, this remake of the urban thriller has incorporated many changes and brings a new twist to the story that plays out in modern-day Detroit.

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

MEET THE FOCKERS (PG-13)
Meet the Fockers is a hilarious comedy and sequel to the 2000 smash hit *Meet the Parents*. The first time around, we met her parents. Now it is time to meet his.

Ben Stiller (*Zoolander*), reprises his role as Gaylord "Greg" Focker, a male nurse who in *Meet the Parents* sought permission from his fiancée's parents to marry their daughter.

Robert De Niro (*Showtime*, *The Score*) and Blythe Danner (*Sylvia*, *Forces of Nature*) appear again as Jack and Dina Byrnes, the uptight parents of Greg's fiancée Pam, played by Teri Polo (*Beyond Borders*, *Domestic Disturbance*).

Now that Greg is in with his soon-to-be in-laws, it looks like smooth sailing for him and Pam. That is before Pam and Greg's parents meet.

Needless to say, the future in-laws collide when they meet.

Dustin Hoffman (*Runaway Jury*, *Wag the Dog*) and Barbra Streisand (*The Mirror Has Two Faces*, *The Prince of Tides*) star as the free-spirited Bernie and Roz Focker, a slightly crazy and totally funky hippie couple from Florida. Bernie is a retired legal aid lawyer and Roz is a couples' therapist specializing in seniors' sexuality.

The hyper-relaxed Fockers and the tightly wound Byrnes are woefully mismatched from the start. No matter how hard Greg and Pam try, there is just no bringing their families together.

Streisand and Hoffman are the perfect pair, supplying non-stop laughter. However, Little Jack, Jack Byrnes' grandson, played by Spencer and Bradley Pickren, steals the show.

Jay Roach (*Meet the Parents*, *Austin Powers Series*) is on board again directing this hilarious family romp, with returning screenwriters Jim Herzfeld and John Hamburg providing the laughs.

Meet the Fockers is a delightfully funny, silly and entertaining experience. As sequels go, this

Local Movie Listings

Camp Lejeune

Thursday	Meet the Fockers (1:55)	PG-13	6:30 p.m.
Friday	Flight of the Phoenix (1:53)	PG-13	6:30 p.m.
	Life Aquatic (1:58)	R	9:15 p.m.
Saturday	Series of Unfortunate Events (1:53)	PG	3:30 p.m.
	Meet the Fockers (1:55)	PG-13	6:30 p.m.
	Life Aquatic (1:58)	R	9:15 p.m.
Sunday	Series of Unfortunate Events (1:53)	PG	3:30 p.m.
	Life Aquatic (1:58)	R	6:30 p.m.
Monday	CLOSED		
Tuesday	Splashling (2:11)	PG-13	6:30 p.m.
Wednesday	Meet the Fockers (1:55)	PG-13	6:30 p.m.

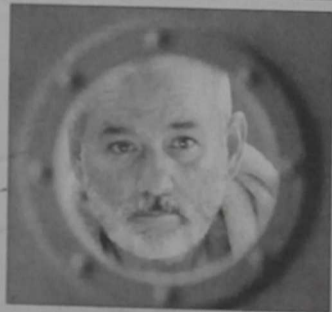
Midway Park

Saturday	Fat Albert (1:33)	PG	2 p.m.
	Ocean's 12 (1:54)	PG-13	5 p.m.
Sunday	Fat Albert (1:33)	PG	2 p.m.

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SIDEWAYS R 1:30 4:15 7:00 9:40	ASSAULT ON PRECINCT 13 R 1:10 3:35 7:05 9:30
MEET THE FOCKERS PG13 1:05 3:45 7:00 9:40	ELEKTRA PG13 7:10 9:25
WHITE NOISE PG13 2:10 4:20 7:20 9:30	RACING STRIPES PG 2:05 4:20
BOOGIEMAN PG13 1:00 1:30 3:05 3:40 5:10 5:50 7:15 8:00 9:20 10:10 (12:00 Showing Friday Only) No Discount Tickets Accepted until Feb. 18	ALONE IN THE DARK R 1:00 3:15 5:30 7:45 10:00
MILLION DOLLAR BABY PG13 1:00 4:00 7:00 9:55	PHANTOM OF THE OPERA PG13 1:30 4:45 8:00
HOTEL RWANDA PG13 1:15 3:50 7:00 9:45	IN GOOD COMPANY PG13 1:40 4:00 7:05 9:25
ARE WE THERE YET? PG13 1:10 3:20 5:30 7:40 9:50	COACH CARTER PG13 1:00 3:50 7:00 9:50
HIDE AND SEEK R 1:45 4:15 7:10 9:30	WEDDING DATE PG13 1:00 3:10 5:20 7:30 9:40 (11:50pm Friday Only)

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Bill Murray heads the crazy, shaped-filled adventure of *Life Aquatic with Steve Zissou*.

Having a hard time deciding which movie to see?

Life Aquatic with Steve Zissou: Bill Murray & Angelica Houston. Internationally renowned oceanographer Steve Zissou and his crew set sail on an expedition to find the elusive and possibly non-existent jaguar shark that killed Zissou's partner during the filming of their last adventure. Joined by an unlikely crew including an airline pilot and a journalist, Zissou and friends set out only to encounter such complications as pirates and kidnappings. Rated: R.

Fat Albert: Kenan Thompson & Donia Ramirez. Bill Cosby's character Fat Albert comes to the big screen as a live action / animated feature film. The movie is based on Cosby's standup comedy monologues about his childhood growing up as an urban adolescent. On board for the fun are the whole crew including Mushmouth and Dumb Donald. Rated: PG.

V-10 | Guide

Shooting Gallery
The Morning Report
Air Force News
Our Corps
Army Newswatch
The 10,000 Day War
Military Waters: Anglers on Tour
Morning Report
Pacific Report
Army-Marine Corps News
Flight School: The Challenges and Rewards
Channel On Assignment
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Integrity, trust pawns nobility



MAJ GEN
ROBERT C. DICKERSON

That a wonderful sight we have seen these last couple of days on the streets. The elections that took place on Monday mark a place and when people have shown a Higher Power - not their God, but in the of pulling together and g the process. They all that they have to trust process of liberty and le.

I have seen that some- we need to compromise some of our pride to get with others and create a life everyone. Many dif- Iraqi factions came er to overpower the ter- groups and show that g in liberty is stronger personal fear. They were g to take a stand and d to back down. They d the rightness of the and hard work of our military personnel, and training in their own land. en it comes to life alter- questions of personal ity, especially those tant beliefs which most : us, we, like the people q, need to be willing to onfidently and firmly, "I ot let fear of others weak- e on this issue." We, like ragis, need to stand fast e willing to accept what- me come as a result of osition.

our life, these kinds of ents may be somewhat and we ought to be will- nd open-minded enough ear others' opinions. ver, when it comes to of our life that define us, ust choose exactly where

we stand and remain firm. George MacDonald, a British poet wrote, "To be trusted is a greater compliment than to be loved." Some exam- ples in history help us see how others have lived this princi- ple.

I have read of one American who was both trusted and loved, who came out of the Civil War a hero, even though he was a commander in the Confederate Army. Robert E. Lee was a brilliant leader of dignity. He loved his God, his duty and learning. It has been reported that Confederate Gen. Thomas Jonathan "Stonewall" Jackson trusted Lee so com- pletely that he said, "I would follow him into battle blind- folded."

After the war, Lee turned down many lucrative offers, but accepted the position of president of Washington College. After his death, it was renamed Washington and Lee University. He was a most trusted figure during his time. His motto that exemplified his life was, "God knows what is best for us." A good name is gained and maintained through the trust one has earned.

Another such account is of Sir Thomas Moore, who was asked to take an oath that was against everything he believed in. Because he refused to take the oath, he was cast into prison and all his land and possessions were confiscated. He was facing death for resisting when his daughter pleaded with him to simply take the oath. He told her, "When a man takes an oath, he holds himself in his own hands, like water. And if he opens his fingers again, he needn't hope to find himself again." Moore stayed true to his convictions and it cost him his life.

We have seen numerous examples of this kind of integrity, trust and conviction everyday in our valiant military

Cookies for the general | Girls Scouts present Dickerson with array of this year's flavors



Members of Girl Scout and Brownie troops from Camp Lejeune presented Maj. Gen. Robert C. Dickerson with an array of both traditional and new flavors of Girl Scout cookies, Jan. 27. The Girl Scouts have completed their door-to-door sales campaign for 2005 but are slated to begin booth sales around the base Feb. 12.

personnel, and in the actions of the Iraqis this weekend. Our daily actions with others ought to be no less trustworthy.

When we give our word or promise to another, when we give similar commitments, "we hold ourselves in our own hands." Do we honestly keep our commitments and promises? Do we stand fearlessly by our personal convictions and bravely face whatever the fall-out might be? May we ever strive to do so. Life may be difficult, but it is only worth what

we are willing to stand up for - remaining true and trustworthy to our principles.

Napoleon Hill put it this way, "You cannot scare a man who is at peace with God, his fellow men and himself. There is no room for fear in such a man's heart. When fear finds a welcome, there is something that needs awakening."

I pray we may have a daily awakening to stand strong to our convictions and support those who are trying to give others the opportunity to do so, as well.

It is my hope that this message will help you this week to, "mount up as on eagle's wings," and renew a little of your strength to keep moving forward and find joy.

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not be faint (Isaiah 40:31).

Until next week, may God bless you and may God continue to bless our great nation. SEMPER FI.

Chaplain Ringo is chaplain at Naval Air Station Lemoore Hospital, holds a doctorate of philosophy in counseling, and is a certified trauma specialist.

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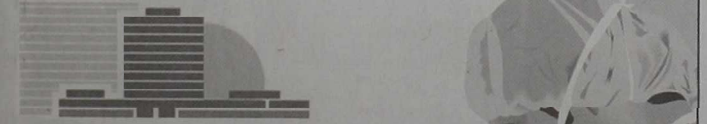
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LABOR

CONTINUED FROM 1D

said. "If we have more doulas,
we can cover more mothers."
A doula certification training
has been set for March 15 and
16 at the Base Library. Ann
Tumblin, a childbirth teacher at
Wake Forest Medical School in
Raleigh, N.C., is scheduled to
preside over the training, which
will include the physiology of
birth, the emotional aspects of
labor, the roles of a doula and
the scope of practice. In order
to qualify for the training, vol-
unteers must either have a
nursing or medical background
or be willing to attend a child-
birth education series, sched-

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Chapel Schedule



ROMAN CATHOLIC

Tarawa Terrace 7 p.m.
French Creek, Evangelical
Gospel Service 11:30 a.m.

Sunday Masses
Brig 8 a.m.
St. Francis Xavier 8 a.m. 11 a.m.
Courthouse Bay Chapel 9 a.m.
New River Chapel 9 a.m.
CCD at Brewster
Middle School 9:30 a.m.

Weekday Masses
New River Chapel 11:45 a.m.
(Monday, Tuesday, Thursday,
Friday)
St. Francis Xavier
(Mon. - Fri.) 11:45 a.m.
Saturday Masses
St. Francis Xavier 5 p.m.
Confessions
St. Francis Xavier (Saturday)
4 to 5 p.m. or by appointment,
call 451-3210
**Adult Instruction in the
Catholic Faith**
Catholic Chapel Annex,
Wednesday 6 p.m.

PROTESTANT

**Sunday Worship/Religious
Education**
Sunday School 8:45 a.m.
Protestant Chapel 10 a.m.
Children's Worship
(Chapel Annex) 10:15 a.m.
Sunday Night Live
Youth Group 6 p.m.
Brig 9 a.m.

Contemporary Worship,
Camp Geiger 6:30 p.m.
Camp Johnson 9 a.m.
Courthouse Bay 11 a.m.
Midway Park 11 a.m.
Praise and Worship Tarawa
Terrace 10:30 a.m.
TT Sunday School 9:30 a.m.
New River Chapel 11 a.m.

Wednesday
Worship/Religious
Education
Bible Study.

JEWISH

Saturday morning 10 a.m.
Sabbath Bldg. 67 7:30 p.m.
Religious School
(Sunday) 10:30 a.m.

ISLAM (MUSLIM JUMAH)

Tarawa Terrace Religious
Center Friday noon.
For more information, call
Muslim Lay Leader, Staff Sgt.
Guillermo S. Serra,
382-8536 or 910-539-6555
or HM Anthony Vollmer,
451-6978 or 545-3404.
They meet each Friday, noon
to 12:45 p.m. at Tarawa
Terrace Chapel's Religious
Education Building.

EASTERN ORTHODOX

St. Nicholas Chapel, Camp
Johnson Great Vespers
(Saturday) 6:30 p.m.
Divine Liturgy
(Sunday) 10:30 a.m.
Saturday Great Vespers 6 p.m.

CHRISTIAN SCIENCE

Tarawa Terrace Chapel,
Gratitude Service
7 p.m. 1st and 3rd Monday
(Sunday)
For information, call: Everett
Sharp (252) 636-8744


LATTER DAY SAINTS

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Sunday Morning Worship: 11:00am
Sunday Evening Worship: 6:00pm
Wednesday Bible Study: 7:30pm

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REGISTRATION DEADLINE: FEB 18 @ 4:30 p.m.

CHILDREN MUST BE AGE
APPROPRIATE AS OF MAY 31, 2005.
INFO: 451-2177/2159

Personal Financial Management (PFM) Workshop and Training Schedule

2005

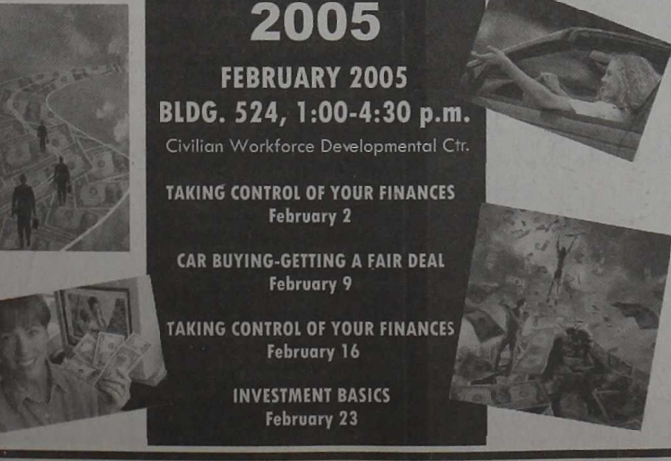
FEBRUARY 2005
BLDG. 524, 1:00-4:30 p.m.
Civilian Workforce Developmental Ctr.

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February 2

CAR BUYING-GETTING A FAIR DEAL
February 9

TAKING CONTROL OF YOUR FINANCES
February 16

INVESTMENT BASICS
February 23



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Poster DIs sign souvenir prints at Marine Corps Association bookstore



Former drill instructors Jennifer Bailey and Chuck Talliano visited the Marine Corps Association bookstore Jan. 27 to sign prints of their respective recruiting posters. According to the bookstore's manager, Lynn Kahan, the pair signed and sold more than 100 posters during their short visit.

Family Team Building workshop beyond the b

MARINE CORPS FAMILY TEAM BUILDING
Press Release

A new workshop has been launched by Marine Corps Family Team Building to help families during deployment. Part of a series of on-going workshops, this newest addition is designed to provide information beyond that which is available at pre-deployment briefs and is a special opportunity for military families to gain insight into family separation during deployment.

The Beyond the Brief - The Rest of the Story workshop goes one step further than the required pre-deployment brief. It is interactive and offers a venue to discuss issues and feelings that stem from deployment.

The Beyond the Brief workshop is held in an informal and relaxed environment according to Melissa Slater, a deployment specialist with Family Team Building.

"This workshop encourages dialogue not only between the facilitators, but among the participants as well," she said. "People who have concerns and questions about deployments are encouraged into open discussion groups."

Catherine Bruggeman, the newest member of the Deployment Support Team, noted, "We have collected the

wealth of information and is available at Camp Lejeune designed these workshops to families the ability to cope with the many stressors and that can arise during deployment including homecomings."

Beyond the Brief is a workshop covering a variety of topics and allows participants the opportunity to pick and choose the topics they would like to attend depending on the topic of discussion. A new addition to the series is addressed each week, presenting an assortment of professionals.

"[Our facilitators] include active duty military personnel such as chaplains, casualty assistance call and military police," Slater said. "We also have licensed clinical social workers, social counselors and mental health support specialists."

"The mission of Marine Corps Family Team Building," according to Kimberly Homes, MCFTB director, is to provide military service members and their families the skills necessary to maintain and sustain during deployment and military separation. This newest workshop follows the mission."

Beyond the Brief - The Rest of the Story is held every Wednesday to 11 a.m. in the Banquet Room at the Paradise Point Golf Course Clubhouse. No registration is required. For more information, call 451-0176.

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NEW RIVER LIFE LONG LEARNING CENTER, BLDG. AS 213, ROOM 202, 449-6997

...inside this week

...FUTBALL CHAMPIONS

...The Corps Combat Support Schools

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...News Watch

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...Corps Base Chapla

...Office at 451-3210.

...JOB WELL DONE/ WE

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