



April 14, 2005 / Vol. 67 No. 15

his week

IANS BASEBALL

I Kinston Indians began r quest to repeat as olina League champilast week. What's in e in 2005 for the team thelped develop players uding Manny Ramirez, Thome, Albert Belle I Jaret Wright? Read & GLobe's Indians' searoutlook on 1B.

TER SAFETY TIPS

h warmer weather proaching, more people be heading out for fun and in the water. Keep and your family safe this ason with these common se tips on 1C.

JB BREAKS BARRIERS

iny people view truck ibs as a nuisance, but e local truck club with veral Marine members ncentrates on communi-service and family stead of disrupting the ace. Read more about s club that strives to do unexpected on 7D.

ILLEN WARRIORS

vo service members were lled in action while sup-orting Operations nduring and Iraqi readom this week. redoining and iraquive edom this week argeant James S. Lee, 26, Mt. Vernon, Ind., died in Ighanistan, and Lance pl. Juan C. Venegas, 21, Simi Valley, Calif., died in I Anbar Province, Iraq, ae was assigned to Iarine Fighter Attack quadron 142, Marine ircraft Group 42, 4th tarine Air Wing, Marietta, ia., and Venegas was issigned to 3rd Battalion, th Marine Regiment, 1st farine Division, I Marine ixpeditionary Force, iwentynine Palms, Calif.

IAVAL CRIMINAL NVESTIGATION

of \$50

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After a nine-month investi-jation, the Naval Criminal nvestigative Service has incovered information egarding the alleged theft and sale of government property that the agency expects may lead to the arrest of 88 people. A total of 58 Marines, two sailors and 28 civilians are consid-ared suspects. Arrests will be made by both NCIS and the U.S. Attorney's office. None of the military person-nel identified as suspects are officers. pleted

BASE RETURNS LAND

The commanding general at Camp Lejeune officially turned over 9.81 acres Wednesday to the city of Jacksonville for its greenway program. The land was at one time part of the Camp Lejeune Railroad, but it is currently vacant.

MARINE SOUTH EXPO

The Marine South
Military Exposition 2005
kicked off April 6 and
continued through April
7, marking its 13th year
anniversary. The exposition provided an environment where Marines and
civilians could discuss
and view newly integrated technology and
upcoming inventions
from over 140 defense
contractors in hopes to
get a heads up on the
future of Marines Corps
technology.

Coast Guard builds on facilities, tactics

PETTY OFFICER 3RD CLASS

ERICA TAYLOR
Coast Guard Special Missions Training Center

The Coast Guard Special Missions Training Center at Courthouse Bay has recently undergone changes to both its infrastructure and introduced improvements to its non-lethal

improvements to its non-lethal weapons program.

Major Gen. Robert C. Dickerson, commanding general, Marine Corps Base Camp Lejeune paid a visit to the SMTC Tuesday to participate in a groundbreaking ceremo-

The ceremony marked the beginning of construction of five buildings costing \$23 million, the first of which is scheduled to be finished in 2007.

The SMTC also recently hosted Capt. Jim Hass, Coast Guard chief of staff for District 11, and Marine Corps Lt. Col. Dennis Burke, execu-tive officer of Marine Corps



Coast Guard Chief Patrick Hood, a Gunner's Mate stationed at Coast Guard Special Missions Training Center on Camp Lejeune, explains recent advancements in non-lethal tactics to Lt. Col. Dennis Burke, Executive Officer for the Marine Corps Engineering School on Camp Lejeune.

Engineering School, located on Camp Lejeune. The pur-pose of the visit was familiar-ization with the diverse capa-bilities of the unit. While vis-

iting, the men got hands-on training with non-lethal weapons. "Non-lethal weapon sys-tems deliver a non-lethal

means to modify behavior without critically injuring or killing someone," said Andrew Peck, a Gunners Mate 2nd class stationed at SMTC. "For instance, if you are trying to stop a drug smuggler, you could hit them with a few sting-ball rounds to disable him. It was extremely valuable for them to actually shoot. You can talk about weapons all day, but until they get hands-on with them, they can't really understand its use and how it relates to Coast Guard missions."

Being able to shoot weapons and get some time behind the helm of a small boat allowed Hass a rare opportuni-

ty to experience what he normally gets to observe.

"I usually get to watch," said Hass. "Being able to shoot a non-lethal round and drive a small boat at fast speeds was really an experience. The visit also made me realize how joint the command structure is. Now I realize the breadth and expertise of the unit." Boasting stakeholders from the Coast Guard, Marine Corps and Navy, SMTC takes pride in its unusual and specialized training unit.

unusual and specialized training unit.
"I was very impressed with the progress in their non-lethal programs and how they have adapted it to meet their own needs," said Burke. "The fact that they are learning tactics from the Navy and Marine Corps and then using them effectively is very impressive. This unit shows how much we can all benefit from each other," said Burke.

See COAST GUARD | 11A



Captain Anthony Johnston, Company A commanding officer, explains small-unit tactics to Afghan officers during a visit to the School of Infantry (East) recently. The six officers are on a tour of East Coast Marine bases to see first hand how the Marine Companyates on a dwarf day back

coalition of ideas

Afghan officers learn how Marines train

LANCE CPL. SHANE SUZUKI

With a backdrop of Marines practicing patrolling and defensive actions, six Afghan Army officers looked on with appreciation of what the young Marines were going through. The six men, wearing orgen bergts were going through. The six men, wearing green berets and speaking through an interpreter, were listening to Capt. Anthony Johnston, Company A commanding officer, explain the basics of squad attacks and patrolling by using rocks and drawing lines in the sand. The six men, who are on a tour of east coast Marine bases, spent April 6 and 7 touring the School of Infantry (East), seeing first-hand how the Marine Corps trains its infantrymen.

the Marine Corps trains its infantrymen.

"We have seen most of this before, in Afghanistan," said Lt. Col. Tamkin Ishaq, battalion commander of the Commando Kandak. "The Marines over there helped us set up our training. But we are hoping to learn more."

The Afghan National Army has approximately 21,000 men, made up of all the countries major ethnic groups, Pashtun, Tajik,

Uzbek, Turkman and others.
Being a multi-ethnic force
allows the ANA to call itself
a truly national army, representing all the Afghan people.
"We are very proud to
have such distinguished
guests here," said Col.
Bradford Washabaugh, the
SOI commanding officer.

Bradford Washabaugh, the SOI commanding officer. "We have a lot in common, we are both proud fighting organizations with a rich heritage of fighting battles and winning."

The tour began with a brief explaining the molding

See IDEAS | 11A

DoD introduces new campaign medals

Press Release

WASHINGTON Department of Defense announced today the creation of two campaign medals for Afghanistan and Iraq.

Presidential Executive Order 13363 established the Afghanistan and Iraq campaign.

Afghanistan and Iraq cam-paign medals to recognize members, who made specific sacrifices and significant con-tributions in these areas of

operation.
Service members
authorized the authorized Afghanistan Campaign must have Medal must have served in direct support of Operation Enduring Freedom on or after Oct. 24, 2001, to a future date to be determined by the Secretary of Defense or the section of the opera-tion. The area of eligi-bility encompasses all land areas of the coun-try of Afghanistan and all air spaces above the

an air spaces above the land.

Those authorized the Iraq Campaign Medal must have served in direct support of Operation Iraqi Freedom on or after March 19, 2003, to a future date to be determined by the Secretary of Defense or the cessation of the operation. The area of eligibility encompasses all land area of the country of Iraq, and the contiguous water area out to 12 nautical miles, and all air spaces above the land area of Iraq and above the contiguous

water area out to 12 nautical miles.

Service members must have

Service members must have been assigned, attached or mobilized to units operating in these areas of eligibility for 30 consecutive days or for 60 non-consecutive days or meet one of the following criteria:

Be engaged in combat during an armed engagement, regardless of the time in the area of eligibility; or

While participating in an operation or on official duties, is wounded or injured and requires medical evacuation from the area of eligibility; or

eligibility; or

• While participating as a regularly assigned air assigned air crewmember flying sorties into, out of, within or over the area of eligibility in direct support of the

ty in direct support of the military operations; each day of operations counts as one day of eligibility.

Service members qualified for the Global War on Terrorism Expeditionary Medal by reasons of service between Oct. 24, 2001, and April 30, 2005, in an area for which the Afghanistan Campaign Medal was subsequently authorized Argnanistan Campaign Medal was subsequently authorized and between March 19, 2003, and Feb. 28, 2005, in an area for which the Iraq Campaign Medal was subsequently authorized, shall remain qualified for that medal.

Linon amplication, any such

Upon application, any such

See MEDALS | 11A

Navy-Marine Corps Relief Society raises spirits, aids life

CPL. SHARON E. FOX Marine Corps Base

The Navy Marine Corps

"Belief Society is celebrating its His Relief Society is celebrating its 101st year of helping Marines, sailors and their families. On April 1, NMCRS was able to help another family member; the mother of a Marine who was wounded in Afghanistan.

"If it wasn't for all their kindness and their help, I wouldn't have been able to see my son in the hospital," said Margarita Pinkney, mother of Cpl. Manzonian Hall, an infantryman with 3rd Battalion, 3rd Marine Regiment. Hall was

shot through the knee after receiving fire atop a building in Afghanistan, said Pinkney. "I am so proud of my son. His lieutenant told me how

His lieutenant told me how brave he was and how he made sure his Marines were safe and aware of where the firing was coming from," said Pinkney, beaming with pride.

The Marine's mom, who lives near Fort Bragg, N.C., pointed out that even though her son's parent command operates out of Kaneohe Bay, Hawaii, the staff at NMCRS Camp Lejeune treated her well and provided her with everything she needed.

"When a family member is as gracious and as thankful as she is, it makes what we do here [at the NMCRS] even more rewarding," said retired Master

[at the NMCRS] even more rewarding," said retired Master Gunnery Sgt. Patrick J. Kelly, senior counselor at the NMCRS branch here.

"We offer many programs that a lot of people can use," said Kelly. "Even though financial aid is what many people come to us for, we want them to know that the relief society is here for more than financial support."

The NMCRS provides financial assistance through interest-free loans or grants in areas of

emergency leave, basic living needs, essential vehicle repairs, car payment, car insurance, den-tal cost share for dependents, families of casualties lodging, and food and traught

and food and travel.

Education assistance is available for spouses and children of

active duty and retirees.

Non-financial assistance areas include the Visiting Nurse program, Budget for Baby class, Well-Baby program and Food

For more information about the NMCRS, please contact the Camp Lejeune office at 451-5346 or visit the official Web site at www.nmcrs.org.



If it wasn't for all their kindness and their help, I wouldn't have been able to see my son in the hospital.

Margarita Pinkney



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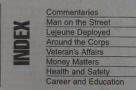


39 F°









1B
2B
1C
2C
4C
1D
2D



Do you think there should be public transportation in Jacksonville?



"I've always had to get rides with people. I've never heard of any base transportation.

Pfc. Jared Fox 1st Battalion, 2d Marine Regiment Somerspoint, N.J.

"If there were shuttles, I definitely think they would be used.

Cpl. Patrick Donnelly 2d Battalion, 2d Marine Regiment Charlestown, R.I.



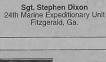


There needs to be something cheaper. I would like to save

Lance Cpl. Ryan Donovan 1st Battalion, 2d Marine Regiment Monroe, Mass.

'There should be a shuttle system here. Something to keep Marines from spending \$25 a cab ride.





"It seems that the only transportation around here is [personal vehicles]

Pfc. Aaron Fleming 1st Battalion, 2d Marine Regiment Weirton, W.Va.

Camp Lejeune offers a free shuttle to various locations on Marine Corps Air Station New River, Camp Geiger, Camp Johnson, USO and Camp Lejeune-proper. For routes and schedules, visit www.lejeune.usmc.mil.

Chow Hall meeting reunites two brothers

Guest Commentary NICOLE D. SISKA

For Lance Cpl. Scott J. Siska, March 7 was the end of the road. He had just completed a seven-month deployment in Iraq with 1st Force Service Support Group out of Camp Pendleton, Calif.

Group out of Camp Pendleton, Calif.

For his identical twin brother, Lance Cpl. Kevin J. Siska, it was just the begining of his journey. He had just reached Kuwait to begin a seven-month deployment with 2d Light Armored Reconnaissance out of Camp Lejeune, N.C. Scott new that Kevin was on his way to Iraq, but never in his wildest dreams would in have imagined the chain of events that would follow.

Scott was finishing up in the chow hall in Kuwait at 1 a.m. when a fellow darine walked up to htm and said, "Siska! What's up? How are ya? How long have you been here?" Scott didn't recognize this person but continued the con-

ve you been here?" Scott didn't recognize this person by reation. "Hey, what's up? I've been here an hour or two." The other Marine asked him where he was going.

When Scott told him he was going home, his mouth dropped open and he said,

'Huh!? HOME????'
At this point, Scott realized something was strange, but this had happened before. The two had been in different platoons during boot camp and had attended schools in Camp Lejeune at the same time with different units.

Scott knew that the Marine must have been confusing him with his identical

Scott knew that the Marine must have been confusing him with his identical win brother, Kevin. Scott explained that he was a twin and how he had finished nis deployment, but Kevin was starting his with the 2d LAR.

The Marine told Scott to hang out for a while and not to leave the chow hall. As Scott sat there, figuring this guy went to get all his buddies to meet him, he heard running behind him. As he spun around, he found himself face to face with the twin brother he hadn't seen in over a year.

The Marine in the chow hall had gone one mile away to where Kevin's group was staying and told him Scott was sitting in the chow hall.

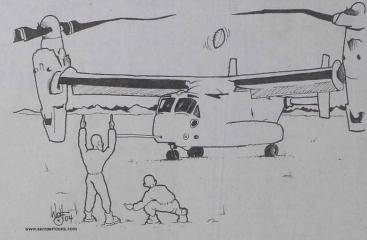
In the midst of the chaos of war, the brothers were once again able to reunite or a few hours. They took one picture of the two of them, shared their thoughts, and once again parted ways, never knowing when their paths would cross again.

Mrs. Siska contributed this story to The Globe.

If there is something you would like to see changed or added in The Globe, e-mail Sgt. Jerad W. Alexander at jerad.alexander@usmc.mil.

Sempertoons by Staff Sgt. Wolf

"The Kick is up.....IT'S GOOD ..!!!!, THE CROWD GOES WILD.....Marines Win!"



* OSPREY Pilot down time *

High gas prices call for mass transit

Guest Commentary LANCE CPL. SHANE SUZUKI

With gas prices spiraling out of control and vehicle prices continually rising, the cost of living and commuting from out in town will soon be so high that many Marines, especially young Marines with families that are scraping by as it is, will soon be facing a transportation crisis. Reports from major financial institutions such as the International Monetary Fund are conceding that fuel prices are on a steady path upward, which will mean higher costs for everything, not just gasoline. However, there are steps we can take to deal with this problem

lem.

Jacksonville is a big enough town that mass transit needs to be a viable option for community leaders. Young, single Marines living in barracks spend at least \$20 each way just to reach the outskirts of town. The traffic each day, getting on and off the base, is out of hand, even when most of the base is deployed. Living in base housing doesn't help, commuters pile onto Lejeune Boulevard every morning on their way to the base.

base.

The city does have a limited bus schedule, however one bus going on a loop from downtown to Western Boulevard doesn't help the largest contributor to the local economy, the Marine Corps. A bus system that ran from the base to the Jacksonville Mall, down Western Blvd. and back down Lejeune Boulevard would not only help the Marines that live on base, but would help the traffic during peak-hours immensely.

Assuming a Marine fills their tank once a week, for an average of \$25, Marines spend approximately \$100 a month on

Keep public displays to a minin

Guest Commentary CPL. K. A. THOMPSON

On April 20 the vernal equinox marked the first day of the spring season. Spring is a time of year when the planet is teeming with rebirth, renewal and regeneration. The seasonal buzz is intense. Spring puts blooms on flowers, buds on trees and three tons of pollen on your car. It also, apparently, causes young lovers to participate in outrageous public displays of affection aboard Marine Corps Air Station, Beaufort.

It's still difficult to wrap the mind

Station, Beaufort.

It's still difficult to wrap the mind around the incident completely. The scene began in a normal way. There was the standard 11:30 a.m. line outside of the ATM. A few Marines were standing around idly, waiting to make their respective transactions.

I pulled into the parking lot and began to walk toward the queue. As I ambled along, two more people joined the line. I was about to get irritated that my wait had just grown by two more individuals, when I noticed they

were holding hands. For some reason this made me feel better. A couple would cut my marinating time in half. I stood there for a while, thinking deep thoughts and rocking back and forth on my toes. Because I was in uniform, I never relaxed completely. I was keeping one eye open for glint from passing collars. Then came the groping.

groping.

At first it was subtle, which is fine. At first it was subtle, which is fine. You love the one you are with and enjoy being close. Very nice. Good for you both. However, the fondle factor began to escalate, and I began to feel a little uncomfortable. And then, it was taken up a notch into Hoover mode. There's no reason to go into details because this is not a romance novel. I'll stop short at saying it was a tad excessive for a high traffic area. The world is now filled with a vibrant and positive energy, and it's easy to understand why love would be in the air.

But is that any reason to be attack-

the air.

But is that any reason to be attacking your loved one in front of other people? In broad daylight? For God and high ranking officials to see? Maybe I should have said some-

thing on the spot. I think I was just too busy trying not to look. I employed the same techniques people use to avoid eye contact in elevators. As I glanced upwards, around and to the side I found myself wondering exactly what gets into people. I suppose it could only have been twitterpation.

During the dreary months of winter there is a sort of cold sleep taking place. As the entire natural world begins to pass from darkness and cold into warmth and light, there must be some kind of internal fire that gets fanned. Consequently people lose their minds, and their upbringing.

Affection between couples is a great thing. It's good to see two people happy with one another. And it could have been worse. At least they were both in civilian clothes.

I hope that the spring vibe catches everyone aboard the Air Station and it has a positive effect on his or her life. However, if spring fever does catch you, try to remember there is a place and a time for everything.

Corporal Thompson is a combat correspondent assigned to Marine Corps Air Station Beaufort, S.C.



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gasoline. If a bus pass cost \$40 per month, it would equal savings of more than \$60 a month and \$720 a year. Not t mention the added benefits of not sitting in traffic and the increased wear and tear that occurs on vehicles.

Marines living on base would also benefit by not having trely on taxi services to get into town, or spend money on owning a car they don't really need. A Marine who wants to go into town on both a Friday and Saturday night spends approximately \$40 or more each night! This is \$320 a month on tax fares alone! Once again, assuming a \$40 a month bus pass, that is more than \$3,000 a year!

The city's population would also benefit from a transit system. The increased business from having more people out in town with money to spend is the obvious result. College students making the trip from home to Coasta CarolinaCommunity College and back would also benefit With new laws being proposed that make it harder for drivers under the age of 18 get their license, teenagers would have affordable transportation options available, lessening the burden of both the roadways and their parents.

Transportation costs are not going down anytime soon, and this area needs to realize it. Planning for a time when the average Marine will be hard-pressed to afford the spiraling costs of gasoline and basic maintenance is simply good forethought and planning. As long as there is a Marine Corps, Jacksonville will survive and will have a transportation problem. A simple and efficient way to solve this problem, before it gets out of hand, would be a citywide bus system. Between the Marines getting around town and the town's population taking advantage of a well-run system, it can't lose.

Lance Cpl. Suzuki is a combat correspondent assigned to Marine Corps Base.

Compar bridge th

CAMP FALLU-Mazen A. Haidar's la experiences have ma-infantry company he Freedom.

The infantryman The infantryman Regimen 8h Marine Regimen 8h Marine Regimen 18h Marine Marine

Lejeune | Deployed



Marine with Company A, 1st Battallon, 6th Marine Regiment aims his rifle as he prepares to bust into a house in search of insurgent activity. The unit worked hand-in-hand th Iraqi Security Forces to apprehend and disrupt insurgents planning cell activity.



Marines with Company A, 1st Battalion, 6th Marine Regiment search through lug gage inside a house, looking for concealed weapons and other suspicious materials

ISF, Alpha 1/6 give insurgency rude awakening remaining terrorists in the city. The Marines also use these operations as an opportunity to operate alongside their Iraqi Security Forces counterparts and to refine their urban operations

Operations like

these accomplish everything from

CPL. MIKE ESCOBAR 2d Marine Division

CPL. MIKE ESCOBAR 2d Marine Division

FALLUJAH, Iraq — Insurgents had better make room at the breakfast table for a few uninvited guests, because you never know when someone might stop by.

Such was the case during the pre-dawn hours of April 6 when Iraqi Security Forces and Marines of Company A, 1st Battalion, 6th Marine Regiment, performed a cordon and knock operation on a suspected insurgent safe-house.

"The purpose of the cordon and knock this morning was to disrupt insurgent planning cell activity," explained Capt. Daniel Zappa, Company A commander.

The 32-year-old Pittsburgh native's unit successfully detained one suspect and confiscated evidence that may lead to future discoveries on insurgent locations.

"The guy we detained today was someone we knew would be there," the 1994 Bucknell University graduate continued. "Operations like these definitely help disrupt terrorist activity."

According to Zappa, the targeted planning cell is responsible for suicide bombings and insurgent recruitment.

Cordon and knock operations such as these

During a cordon and knock, the Iraqis and Marines person-nel establish a security perime-ter, question residents and search for weapons, ammuni-tion and anti-Iraqi government propaganda.

propaganda.
These cordon and knock operations also provide U.S. troops an opportunity to work alongside their ISF counter-

were the second of surgent safe-house.

"The purpose of the cordon and knock this morning was to disrupt insurgent planning cell activity," explained Capt. Daniel Zappa, Company A commander.

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According to Zappa, the targeted planning cell is responsible for suicide bombings and insurgent recruitment.

Cordon and knock operations such as these are primarily designed to not only help root out actions when the planning stages, to the rehearsals, to making decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations and taking decisions once we get there," Zappa stated. "They need to be comfortable performing these operations in the planning stages, t



A radio operator with Company A, 1st Battalion, 6th Marine Regiment kneels outside a house and provides security while fellow Marines and Iraq isoldiers search the inside for insurgents and concealed weapons. Company A worked hand-in-hand with Iraqi Security Forces to apprehend and disrupt insurgent.

Lebanon native uses home language while deployed

Company I's interpreter works hard to bridge the gap between Marines, Iraqis

full circle in life.

Growing up a half-mile from a 1983 terrorist attack that killed approximately 241 Marines and sailors, Haidar spent the first 12 years of his life surrounded by fighting. The constant warfare between Israel and Lebanon was a normal atmosphere for Haidar and his family.

"I remember [when] me and my cousins used to sneak down to the river to go swimming, hoping the Israelis wouldn't see us," he explained.

Everyday life, such as going into town or going to school, was a challenge for Haidar and his friends. Everywhere they went they had to ensure there were no attacks happening around them.

"One day we were walking to school, and when we got near the school, we could see that the door

LANCE CPL. ATHANASIOS L. GENOS
2d Marine Division

CAMP FALLUJAH, Iraq — Lance Cpl.
Mazen A. Haidar's language ability and childhood experiences have made him a unique asset to his infantry company here supporting Operation Iraqi Freedom.

The infantryman is Company I, 3rd Battalion, 8th Marine Regiment's designated interpreter.
"Haidar is an unbiased link from my voice to the Iraqi minds," said Company I's Commander, Capt.
Mark Liston.

It would seem to some that the 23-year-old, who was born in war-torn Beirut, Lebanon, has come full circle in life.
Growing up a half-mile from a 1983 terrorist attack that killed approximately 241 Marines and sailors, Haidar spent the first 12 years of his life surrounded by fighting. The constant warfare between Israel and Lebanon was a normal atmosphere for Haidar and his family.

"I remember [when] me and my cousins used to sneak down to the river to go swimming, hoping the Israelis wouldn't see us," he explained.

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"I remember [when] me and my cousins used to sneak down to the river to go swimming, hoping the Israelis wouldn't see us," he explained.

Everyday life, such as going into town or going to school, was a challenge for Haidar and his firm to it, joining the Marine Corps and becoming a motor transportation operator.

"My brother ended up joining before me and really made me want to do it even more," he said.

"I) joined a year after my brother

lance corporal.
"I was just doing my job and being the best
Marine I could be as I began my career," he



According to Haidar, he knew when he joined the Marines that his fluency in the Arabic language would be put to good use in the Global War on Terrorism. He deployed in support of Operation Iraqi Freedom and is already being used as an inter-

preter six months after reporting to 3rd Battalion, 8th Marine Regiment.
"Haidar eliminates the need for a middleman in conversations with locals and the Iraqi Security Force members we work with on a regular basis," explained Liston.

Being an infantry rifleman, Haidar is out on the streets patrolling and talking with the local citizens. "I am able to speak directly to them, and that

intimidates them a lot because they are not use to talking to a Marine who understands Arabic," explained Haidar. "They cannot cut corners and only tell the interpreters what they want to when they talk to me. I know exactly what they are say-

Using his experiences and command of the local language, Haidar is at the forefront of Company I's efforts to bring stability and security to this region

"His intelligence allows him to help the company get our mission accomplished; in turn, striving for a more peaceful community for the locals to live in," Liston stated.



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spends approx
a month on ta
nth bus pass, the

Around the Corps

'Wasp' may carry powerful sting grme!

MARINE CORPS AIR GROUND COM-BAT CENTER TWENTYNINE PALMS, Calif. BAT CENTER TWENTYNINE PALMS, Calif.

— Warriors throughout history have known that intelligence wirs battles by helping eliminate the to-called "fog of war." The best intelligence available comes from the ability to observe the enemy. Ancient Chinese warlords developed kites that bould carry men aloft so they could see what was over the next hill and observe enemy emplacements from afar.

Not known was the other observible of a could be able to the other with a factor of the other with a factor.

nents from afar.

Not knowing what is on the other side of a wall, all or horizon has been the bane of the infantryman n every skirmish, battle or war. Is that stir of dust n the air caused by an enemy laying in ambush or i family hiding from a battle raging around them? Thanks to a new unmanned aerial vehicle that AeroVironment Inc. of Simi Valley, Calif., is developing for the Defense Advanced Research Projects Agency, a squad leader may soon be able to answer hat question without having to risk a Marine's life n the process. In fact, the small, lightweight, handaunched Wasp may be the Marines new best friend when it comes to performing reconnaissance miswhen it comes to performing reconnaissance mis-

The Wasp is a micro-air vehicle that weighs approximately 200 grams depending on its configuration. This tiny terror runs on two small Kokam inhium Polymer "spar" batteries inserted in the arbon-fiber leading edge of each Kevlar wing which not only power the electric propulsion sysem, but also provide structural support for the vine.

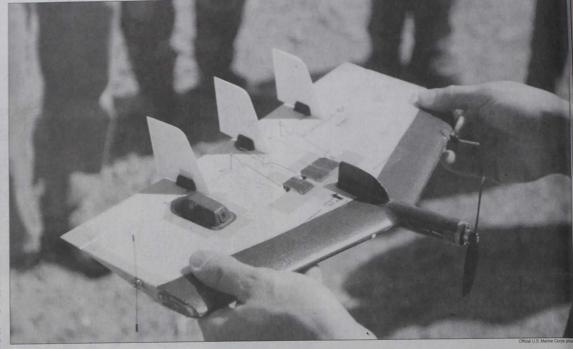
wing.

The Wasp carries forward and side-looking ixed-focus color daylight cameras. The images rom these cameras are relayed back to a ground ontrol unit along with global positioning system coordinates. A Marine controlling the MAV can hen relay those coordinates to a fire control center are artiflers shoot.

hen relay those coordinates to a fire control center or an artillery shoot.

Once launched, the Wasp enters an automatic light pattern that is programmed into its avionics oftware through a Toughbook computer using alconView software for handling images and mision control. The operator can set GPS waypoints be even adjust those waypoints in flight. Once over the target, the Wasp enters into a circular flight attern and points its side-looking camera at the firet.

Nick Foster, electrical engineer, AeroVironment ne, explained that the Wasp's cameras can clearly nake out heads while flying at 200 foot above round level and, on the Toughbook, weapons may



loaded with small color cameras that can be used to observe an enemy and relay coordinates for artillery strikes

also be identified.

On March 16, program manager, Leo Christodoulou's team flew the Wasp above the

Christodoulou's team flew the Wasp above the newly established military operations in urban terrain facility on Range 200 here.

The Wasp controller is about the same size as a Gameboy. It has a main joystick, a throttle control, a switch for changing camera views, a mode select button and an enter key for setting modes. It boasts a 7-inch liquid crystal color display the pilot can use to manually fly the craft or take a fast look at a suspected target. It also has an "autoland" feature that takes all the guesswork out of trying to land.

Speaking of landing, the Wasp can either be

caught in a net or hard-landed on a fairly level surface. A built-in skid plate and break-off rudder, fins face. A built-in skid plate and break-oft rudder, fins and propeller prevent any damage to the aircraft. The fins and rudder can be recovered and snapped back on. The propeller has to be replaced, but more fins and propellers are readily available in the carrying case. In less than 15 minutes, the Wasp is ready for its next mission. The Wasp will survive at least 10 flights with a 20-flight objective.

The Wasp currently has a 60-minute mission window but future versions are expected to remain

window, but future versions are expected to remain on station for up to six hours, according to Dr. Leo Christodoulou, program manager, DARPA. He added that the final version of the Wasp runs about

\$5,000 a copy.

Christodoulou also explained that a future version will have an infrared detecting capability.

A waterproof Wasp is also being developed for

The ground control unit currently costs about \$30,000, said Christodoulou, but one GCU can control up to six Wasps. The GCU is the same unit that controls other AeroVironment MAVs like the

Pointer and Raven.

"Anyone with Dragoneye experience can pick tright up," said Charlie Kiers, military liaison, DARPA. He added that new operators need to attend a one-week training course.

Pedro demonstrates prowess, readiness

LANCE CPL. CULLEN J. TIERNAN Marine Corps Air Station Cherry Point

MARINE CORPS AIR STA-

MARINE CORPS AIR STA-TON CHERRY POINT, N.C. — bout 50 Marines gathered April 6 to timess what the commanding officer f VMR-1 termed, "a historic, one-me event for VMR-1."
"For the first time, four Marine orps HH-46 helicopters took to the ties together," said Lt. Col. Peter D. tock. "It's a huge accomplishment ietting all four [aircraft] airborne as a maintenance feat. Presenting the aircraft en masse to the Air fation and the local community emonstrated the readiness of the monstrated the readiness of the

The upcoming retirement of MR-1's leading HH-46 added to the istorical significance of the quadrulet flight. When the helicopter's mmission expires this month, three edro helicopters will remain at the

odro helicopters will remain at the ristation.

According to Buck, the flight was be important because it tested the quadron's operational preparedness. The station HH-46's, known affectionately to the locals as Pedros, were station by a fourth aircraft from farine Corps Air Station Beaufort.

"A squadron that experiences 100 ercent of its assets airborne at one me is significant to anyone in avia-

me is significant to anyone in avia-on," said Buck. "To safely launch a



Three HH-46 Sea Knights of VMR-1 fly in formation April 6, marking the first formation flight for the "Pedros," a nickname given them for there orange and blue paint scheme.

mission of this magnitude is only possible through the combined efforts of VMR-1."

Marines throughout VMR-1 were able to fly aboard Pedro, but the

maintainers who toiled to prepare the helicopters truly appreciated the fruits of their labor.

"It was my first time on Pedro, and I appreciated the opportunity," said

Lance Cpl. Jeremy Nolin, an aviation technician with VMR-1. "It was a good feeling to have all four of them ready. There was a lot of effort put into getting them ready to go. I've

been working on Pedro for nine months and it was really interesting to fly in the formation."

Major Jason T. Keefer, a pilot with VMR-1, appreciated the sortie's value to squadron posterity.

"A feeling of exhilaration flew through VMR-1," said Keefer. "The reward for all of VMR-1's hard work was to [soar] into history."

The formation flew flawlessly, he added. The mission was well-planned, well-executed and an awe-some display of Pedro's capabilities.

"The detailed brief, launch and recovery was possible only through the collective efforts of VMR-1," said Buck. "It was a very successful mission, and we have received a positive response from the air station and the least appropriate Seeing the preoitive response from the air station and the local community. Seeing the people wave from the beaches, shows this [formation] was something special.

cial."

Pedro's primary mission is search and rescue duties for the 2d Marine Aircraft Wing, but its secondary mission is serving the community with its medical evacuation and search and rescue capabilities.

"When Pedro is airborne, it's a nice reminder for the local community that the Marines are standing watch," said Buck. "There is probably not a person in eastern North Carolina who does not recognize the

bly not a person in eastern North-Carolina who does not recognize the orange and blue of Pedro."

Lancer lands | F/A - 18C

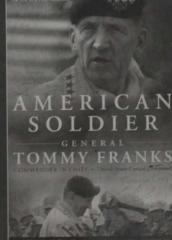


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Full Metal KELLEY HARPER

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can and former drill instr self, times were tough duri Recruits were to be trained and swiftly so they coul directly overseas to com wounded in combat hims was forced to retire aff almost 11 years on active
Still, Ermey doesn't cl
title of "hero." Dev honor, courage, and con the Marine Corps, he con self someone who was ju ob. This dedication to the

After all, Ermey knows

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DISABLED AMER

A nationwide survey of American Veterans has for use the Department of Ve tem generally give high they received, but timel

for some. The VA received an The VA received an on a 10-point scale, with the greatest number of score than any other Va serves 22, inpatient care, 8.1; gency care, 7.8; and trues. "Based on what the value of the scale of the sca

health care system are tell that they receive good Washington Headquarter W. Gorman. "The majo caused by a lack of resor workload."

DAV members, havin military service, have pr their conditions and are f Just 14 percent of r quality rating of 5 or le-inpatient care. Nearly 1 provided emergency and rating of 5 or less

Approximately 13 who received specialty a quality rating of 5 or often had to wait month icts such as hearing aid and eye glasses.

Appointment wait

were a major factor in ratings. Having to travetance to a VA facility vond biggest complairespondents reported almost 38 days for Vactorinary care against 38 d primary care appoints one in five reporting w more than 60 da times for VA inpatien

times for VA inpatien shorter, averaging 24. So percent of veterans waited longer than the value of value of the value of

Veterans Affairs

Ermey proves 'Once a Marine' slogan

Full Metal Jacket star promotes Corps on History Channel's Mail Call

"Pay attention, Maggots: cut out the jaw-jacking and listen up!"
That was one of the many memorable lines by Lee Ermey from Stanley Kubrick's 1987 film, Full Metal Jacket. Whether you're a Marine or not, the scary echo of the half-crazed Drill Instructor Gunnery Sgt. Hartman's voice would convince just about anyone to "get down and give me 20" at any given moment. Today, Ermey is a man who has devoted decades of his life to providing guidance for the men and women called upon to protect the United States. Still active and traveling worldwide in his own mission to support today's Marines, he takes the phrase "Semper Fidelis" to heart.

From Marine to the movies
After all, Ermey knows what it's like to be a Marine. As a Vietnam veteran and former drill instructor himeran and former drill instructor himself, times were tough during that era. Recruits were to be trained hard, well, and swiftly so they could be sent directly overseas to combat. Later wounded in combat himself, Ermey was forced to retire after serving almost 11 years on active duty.

Still, Ermey doesn't claim to hold the title of "hero." Devoted to the honor, courage, and commitment of the Marine Corps, he considers himself someone who was just doing his job. This dedication to the core values

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continued well into his acting career. Ermey acquired numerous acting roles in films with military themes, such as Full Metal Jacket (where he also wrote most of his own lines) and Apocalypse Now. He even dubbed the voice of the Army soldier in Toy Story.

apocarypse Now. He even dubbed the voice of the Army soldier in Toy Story.

The History Channel's comical yet informative television show is Ermey's latest addition to his list of military credits where he serves as the host of the show. Mail Call highlights everything from tanks used in World War II to a live gun battle demonstration with other warriors to prove which weapon has more firepower. Ermey tells it to you straight, but with all the facts needed to support his claims. However, don't think the long historical explanations will allow you to snooze for awhile; Ermey's startling bark after a commercial break will keep you at attention.

Making a difference after the Corps You'll find R. Lee Ermey doing anything but retiring in his rack. He continues the high tempo by still mak-ing the Corps his top priority, attend-ing many formal functions and fundraisers, as well as visiting mili-tary bases

nuncraisers, as well as visiting initiary bases.

With Marine Corps birthday balls, recruit graduation, and a visit to deployed troops in Kuwait, his schedule is jam-packed with events. He also finds time to raise funds, along with awareness of military-related causes that help support our past



of soldiers at Toys for Tots.

Ermey's primary mission is to reach out and get involved with the young people of America; he sees them not just as fans but also as the

heroes with the and also the smallest of soldiers at Toys for Tots.

Ermey's primary mission is to sonal visits to high schools and other

squadron's hangar or waiting at the pier.

Remember to check out the high-traffic site www.rleeermey.com for more information - and that's an order.

Vet health care ranked high

DISABLED AMERICAN VETERANS Press Release

A nationwide survey conducted by the Disabled American Veterans has found that its members who use the Department of Veterans Affairs medical system generally give high marks to the quality of care they received, but timely access remains a problem

they received, but timely access remains a problem for some.

The VA received an overall quality rating of 8.13 on a 10-point scale, with pharmacy services, used by the greatest number of veterans, receiving a higher score than any other VA service (8.7). Quality ratings for other VA services include specialty care, 8.2; inpatient care, 8.1; outpatient care, 8.0; emergency care, 7.8; and urgent care, 7.8.

"Based on what the veterans who use the VA health care system are telling us, there is no question that they receive good quality care," said DAV Washington Headquarters Executive Director David W. Gorman. "The major problem is timely access caused by a lack of resources and a growing patient workload."

DAV members, having disabilities related to their

workload."

DAV members, having disabilities related to their military service, have priority for care at the VA for their conditions and are frequent users of the system. Just 14 percent of respondents gave the VA a quality rating of 5 or less for primary outpatient or impatient care. Nearly 19 percent who received VA provided emergency and urgent care gave the VA a rating of 5 or less.

Approximately 13 percent of DAV members who received specialty care through the VA gave it a quality rating of 5 or less. Respondents said they often had to wait months to receive specialty products such as hearing aids, dentures,

a quality rating of 5 or less. Respondients and to wait months to receive ucts such as hearing aids, dentures, and eye glasses.

Appointment waiting times were a major factor in those lower ratings. Having to travel some distance to a VA facility was the second biggest complaint. Survey respondents reported they waited almost 38 days for VA outpatient primary care appointments, with one in five reporting waiting times of more than 60 days. Waiting times for VA impatient care were shorter, averaging 24.8 days, with 8.6 percent of vectrans saying they waited longer than 60 days.

The VA's goal for waiting times is 30 days or less for medical appointments across all categories. DAV members in the Southeast reported both longer average wait times and higher percentages that waited longer than 60 days to receive primary outpatient care at VA facilities. Respondents in the Midwest and Eastern states reported better than average scores on both these measures.

The average wait time for VA

inpatient care was highest (31.3 days) in the region serving veterans in California and Nevada. In the network serving Colorado, Montana, Utah, and Wyoming, veterans reported waiting an average of 29.5 days for VA provided inpatient care. Veterans in the region were more than twice as likely as those elsewhere to wait two months or longer for VA hospital care however. pital care, however.

pital care, however.

DAV members have more frequently used VA services for primary care and specialty care and non-VA provided services for inpatient care and emergency or urgent care. This suggests that members will use VA services when care can be planned or scheduled, yet use non-VA services for those instances where immediate and convenient care is essential. Distance to VA facilities may also be a factor in these findings researchers said.

tor in these findings, researchers said.

More than 34 percent of veterans surveyed live 50 miles or more from a VA medical center, while just 16 percent live that far away from an outpatient

Most veterans also said they were treated with respect by physicians and nurses, but some said that other VA staff are often insensitive or outright rude.

"Doctors and nurses scored well on how well they listen to veterans and understand their needs," said Gorman. "And ensuring that other staff treat

them with respect and courtesy is something that can readily be corrected by VA administrators."

The survey was conducted for the DAV by The Princeton Research Group, Inc., a New Jersey-based

marketing research firm.

For more information, visit the organization's Web site www.dav.org. The final report of the survey



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Money Matters



Congress recently approved pay increases for service members, including working toward eliminating out-of-pocket housing costs for 2005.

DoD works to deepen pockets

GERRY J. GILMORE American Forces Press Service

WASHINGTON — Since the Sept. 11, 2001, terrorist attacks, Defense Department leaders and U.S. legislators "have worked together to ncrease service members' basic pay by more han 21 percent," a senior DoD official told House Armed Services Committee members March 16.

March 16.

DoD remains "committed to taking care of service members and their families through appropriate compensation while members are leployed and serving their country in dangerous ocations around the world," Charles S. Abell noted in his prepared statements given before the Military Personnel Subcommittee. Abell is the principal deputy undersecretary of defense for presengel and readiness.

principal deputy undersecretary of defense for personnel and readiness.

U.S. troops are slated for a 3.1 percent acrosshe-board pay raise this year, Abell noted. Additionally, he added, the department has met ts goal of eliminating troops' average out-of-ocket housing costs by 2005. In fact, he noted, nilitary housing allowances are 41 percent greater than they were in 2001.

Troops serving in dangerous overseas locales eceive various types of tax relief, depending apon rank and income, as well as additional compensation in view of their contributions in fighting and sustaining America's fight against terrorsm, Abell said.

sm, Abell said. For example, eligible enlisted troops deployed

to combat zones have their military pay exempted from federal income tax, Abell noted. In addition to their regular pay, these troops also receive \$225 monthly in danger pay, Abell noted, as well as a \$250 monthly family separation allowance.

Abell noted that troops deployed to overseas combat zones also receive hardship duty pay of \$100 a month and a \$105 monthly incidental expense allowance.

expense allowance.

expense allowance.

An accumulation of such added compensation typically amounts to more than \$700 in added monthly pay for married service members, he said, and more than \$500 for the typical single troop during deployment.

"These pays and allowances acknowledge the hardship and danger involved at these deployment locations," Abell pointed out, "as well as the sacrifice associated with tours away from family."

Additionally, troops who volunteer to extend their overseas tours of duty in combat zones like Afghanistan and Iraq also can receive an additional \$1,000 monthly in assignment incentive

tional \$1,000 monthly in assignment incentive pay, Abell noted.

DoD also wants to work with Congress, Abell said, to increase service members' hardship duty pay. The department is seeking to keep its Special Operations troops in uniform through an array of incentive packages, he noted.

For example, "we are offering bonuses of up to \$150,000 for highly skilled senior noncommissioned officers to serve an additional six years," Abell noted.

Federal law helps protect military from creditors

GERRY J. GILMORE

WASHINGTON

Federal law prohibits mortgage lenders from immediately fore-closing on homes owned by service members deployed overseas on military duty, a senior legal officer noted here.

All service members

overseas on military duty, a senior legal officer noted here. All service members, including those deployed, are protected under the Service members Civil Relief Act, signed by President Bush on Dec. 19, 2003, said Army Col. Christopher Garcia, director of legal policy at the Office of the Undersecretary of Defense for Personnel and Readiness, "The SCRA includes a provision that protects against default judgment. In any civil action, such as a lawsuit or a foreclosure, in which the defendant does not make an appearance, the court must require the plaintiff bringing the suit to file an affidavit saying whether or not the other party in the lawsuit is a service member," Garcia explained. And, if the party being sued for foreclosure or some other

debt action is a service mem-ber, Garcia continued, "then the SCRA requires the judge to do certain things to protect the service member's rights"

do certain things to protect the service. member's rights" under the law.

For example, he said, the courts "are required to stay the court proceedings for a minimum of 90 days until the service member can be present to assert a defense." Most often, such court cases are delayed until the service member has completed his or her overseas deployment, Garcia pointed out.

out. .
Garcia said he had no specific information regarding recent news reports saying some deployed service members have had their homes foreclosed on or had other assets seized in contradiction to the law

assets seized in contradiction to the law.

Business-community compliance with the SCRA "generally has been very good," Garcia noted. Yet, he acknowledged, there have been "isolated cases of noncompliance." This usually occurs, Garcia said, "when a lender, or landlord, or other person dealing

with a service member is unaware of the law."

After lenders and other creditors become aware of the law, they usually comply with it, Garcia said.

All active, Reserve and Guard troops on active duty, Garcia said, can contact their local military legal assistance officers to assist them in enforcing SCRA-specified rights.

enforcing SCRA-specified rights.
Service members and their family members can personally visit legal assistance offices. A legal assistance offices. A legal assistance attorney can "draft a letter or make a phone call," he pointed out. If the creditor refuses to comply with the SCRA, either the service member can sue privately, or the Department of Justice can bring an enforcement action in federal court.

The SCRA is an update to the Soldiers and Sailors Civil Relief Act of 1940, which was established to provide protections to deployed troops who have difficulty meeting their personal financial and legal obligations due to their military service.



Personal Finance Workshops

Car Buying: Getting a Fair Deal April 14 1 - 4:30 p.m.

NCO Financial Leadership

Classes are FREE and available to active duty, civil service & NAF, retinces and all family members. Workshops are conducted at the Civilian Workforce Development Center, Building 524. For more information or to register for a workshop, please call the Prevention & Education Division at 451-2865.

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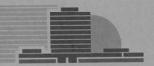
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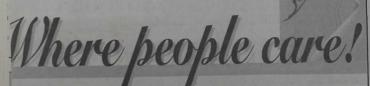
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INGTON — The new guidelines for reporting incidents assault within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first time, a sessalt within the military create, for the first prioridents and the sum policy will have self-ent and the composition of make a plane within the sum policy will not limit commanders from any problems of abuse within their commands. "Quite the sessalt within the military create, for the first priority is priorident and accountability is preferable, the first priority is a policy across all services, McClain said, which is particular than in this new era of joint operations.

The provide problem of the problem within their commands, "Quite the sessalt within their organiza-will allow them to adjust their prevention efforts and judge it tiveness of their training program." It also creates a unidicy, across all services, McClain said, which is particulartant in this new era of joint operations.

The provide problem of the problem within their organizawill allow them to adjust their prevention efforts

inequitable."

nessage of the new policy, McClain said, is that while comporting and accountability is preferable, the first priority is that victims are protected, that they are treated with digrespect, and that they receive the medical treatment, care nort they deserve. Confidentiality does two things, McClain gets victims the care and support they need, and it gives ders information they don't currently have that allows get at the root cause of sexual abuse.

Tyone in the Department of Defense has a role in prevention sonse - regardless of rank, position, duty title or assign-he general said. "That role, she added, is "to understand havior constitutes sexual assault, and to send a message to ers and friends that those behaviors are unacceptable and be tolerated.

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Health | Safety

Corps offers parenting help

HEADQUARTERS MARINE CORPS

QUANTICO, Va. - Even the most confident parents can benefit from new ideas and information on improving their parenting skills.

Every stage of a child's development brings about paw milestones and their

Every stage of a child's development brings about new milestones and challenges. Whether you're looking for tips to manage your toddlers temper tantrums or surviving the teenage years, an MCCS OneSource consultant can offer you some support, information, and resources to equip you with the tools that can help.

If you live on or close to a Marine Corps installation, an MCCS OneSource consultant can link you up with your local New Parent Support Program.

It's another great source of support for expecting parents or those with young children and they offer great workshops including "Baby Boot Camp".

Camp".

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speak with a trained consultant at 800-869-0278. Please note, local phone charges may apply. Or call collect: 484-530-5908.

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Tip the scales in your favor

Press Release

Have you decided to start eating healthier and become more physically active? Have you realized that healthy

more physically active? Have you realized that healthy choices have a positive impact on not only yourself, but also those around you?

If your goal is to lose weight or maintain your current healthy weight, here are some tips to help you achieve that goal. Remember, to maintain weight, you must balance calories with the energy you burn through physical activity. If you eat more than you expend, you gain weight. If you eat less (reduce calories) than you expend, you lose weight!

Make healthy choices a habit. This leads to a healthy lifestyle! Make a commitment to eat well, move more, and get support from family

and get support from family and friends. Even better, start eating healthier and being

eating neatmer and being active together! Remember to be realistic about your goals. If you try to reduce the calories, fat, sat-urated fat, and sugar in your diet AND promise to make a drastic change in your physi-

cal activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week.

Conduct an inventory of your meal(spack and byes)

Conduct an inventory of your meal/snack and physical activity patterns. Keep a food and activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite. What foods do you routinely shop for? What snacks do you keep in the pantry?

for? What snacks do you keep in the pantry?

Eat at least 5 servings of vegetables and fruits per day. If you're adding fruits and vegetables to your diet, try substituting them for higher calorie, less nutritious foods. Check out the Center for Disease Control Web site for great information on the 5 r great information on the 5 Day Nutrition Program, A Day Nutrition Program, suggestions on how to incorporate more fruits and vegetables into your diet, and healthy recipes that meet the 5 A Day recommendation.

Eat foods that are high in fiber to help you feel full. Whole grain cereals, legumes

(lentils and beans), vegeta-bles, and fruits are good sources of fiber that may help you feel full with fewer calo-ries.

Prepare and eat meals and snacks at home. This is and shacks at nome. This is a great way to save money, eat healthy, and spend time with your family. When preparing meals, choose low-fat/low-calorie versions of your favorite ingredients and learn how easy it is to substitute. For example:

learn how easy it is to substitute. For example:
Switch to 1% or nonfat milk and low-fat cheeses.
Use a cooking spray instead of oil or butter to decrease the amount of fat when you cook.
Prepare baked potatoes with low-fat blue cheese dressing or low-fat plain yogurt instead of butter or sour cream.
Start by using a scale and measuring cup to serve your food. Read food labels to determine serving sizes.
One bowl of cereal may actuto determine serving sizes. One bowl of cereal may actually be two ¾-cup servings. A small frozen pizza may contain up to three servings (check the nutrition information label). This could add up to more calories than you think you're getting. Being

aware of serving sizes may make it easier to avoid those extra calories.

extra calories.

Choose snacks that are nutritious and filling. A piece of fresh fruit, cut raw vegetables, or a container of low-fat yogurt are excellent (and portable) choices to tide you over until mealtimes. Take these snacks with you for a healthy alternative to chips, cookies, or candy.

Take your time! Eat only when you are hungry and

Take your time! Eat only when you are hungry and enjoy the taste, texture, and smell of your meal as you eat it. Remember, it takes approximately 15 minutes for your stomach to signal your brain that you are full.

If you choose to eat out, remember these important suggestions: Watch your portions. Portion sizes at restaurants (including fast food) are usually more than one serving, which can result in overeating. Choose smaller portion sizes, order an appetizer and a leafy green salad with low-fat dressing, share an entree with a friend, or get a "doggy bag" and save half for another meal.

Forgive yourself. If you

See SCALES | 11A



















































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Relocation

MARINE CORPS BASE Q

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not couch," said Lynn Sha sistance Program information of the color of

Sharply sato, in addition to Relocation Assistance and household items on a served basis, while the Market personal goods to at The Relocation Assistance with items in the same made, futures and the same made a rry out of the move,"
The Commander's
ef, sponsored by the

Commander' Brief is designed to about programs and se information on recreatical services, local issues, chapel program according to Joseph Assistance Program mencouraged to attend von any other date, "she The Relocation Assist

No cell phones operator has a

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BEFORE

The

Career Education

lelocation assistance aids hange of stations anxiety

CPL. SHAWN VINCENT Marine Corps Base Quantico

MARINE CORPS BASE QUANTICO, MARINE CORPS BASE QUANTICO,
.— Whether you're preparing for a perment change of station or reaching the end active service, The Relocation Assistance ogram can help.
The Relocation Assistance Program's al is to provide help to all military service meers and their families to adapt and urish wherever they are transferred.
The relocation process has three basic

The relocation process has three basic ases: Departure, transition and arrival, any everyone involved in the relocation ocess experiences some difficulties that a Relocation Assistance Program can help

Decise experiences some difficulties may eleocation Assistance Program can help em overcome.

During predeparture, departure and tranion, the Relocation Assistance Program n help educate the Marine who is changgistations about his or her new base, cluding how far in advance they should ve their household items shipped through 2 Travel Management Office.

"We can really help Marines when they 2S as far as knowing what to bring. For ample, if a Marine is stationed in uthern California, they might not want to ess about bringing their ski jackets, and if 2y're going to Okinawa, not to bring a sixtocuch," said Lynn Sharply, Relocation sistance Program information referral ecialist. "We can tell you everything you ed to know about your new duty station, d can save the moving Marine a lot of ne."

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Sharply said, in addition to helpful hints,

Sharply said, in addition to helpful hints, e Relocation Assistance Program can also and household items on a first-come, first-rved basis, while the Marine waits for his her personal goods to arrive.

The Relocation Assistance Program prodes Marines with items including toasters, asses, pots, futons, and much more. "You me it we have it. It really helps take the orry out of the move," she said.

The Commander's Welcome Aboard rief, sponsored by the program, takes place onthly for incoming Marines and their mily members.

onthly for incoming Marines and their mily members.

The Commander's Welcome Aboard rief is designed to inform newcomers out programs and services and includes formation on recreation, education, medal services, local legal issues, safety sues, chapel programs and other topics, cording to Josettie Kay, Relocation ssistance Program manager. "Spouses are recouraged to attend with their Marines or 1 any other date," she added.

The Relocation Assistance Program sug-

We can really help Marines when they PCS as far as knowing what to bring. For example, if a Marine is stationed in Southern California, they might not want to stress about bringing their ski jackets, and if they're going to Okinawa, not to bring a 6-foot couch. We can tell you everything you need to know about your new duty station, and can save the moving Marine a lot of time.

Lynn Sharply



gests moving Marines (if changing duty stations) obtain a base installation guide, request a "Welcome Aboard" package from the new duty station and a sponsor.

"Sponsorship is mandatory for all relocating personnel from privates to staff sergeants, second lieutenants to captains and chief warrant officers I and 2," Kay said. Two half-day workshops offered on base, Smooth Move (which is manidatory for Marines PCSing within the U.S.) and PCS Overseas, can help Marines to prepare for a new duty stations monthly.

Smooth Move is for all Marines being stationed in the Continental U.S., and tells Marines all they need to know about their new duty station and about the allowances that may be while moving.

PCS Overseas is for all Marines being stationed at any overseas assignment, including Marine Corps Base Hawaii, and tells the Marines what they need to know about how they can make their transition easier, including how much of the personal belongings the Marine can ship overseas.

Another helpful moving tool is the free home buying seminars offered through the Relocation Assistance Program.

Recruiters rewarded for arduous hours

NANCY HAWLEY

Today, there are more than 4,000 Marine Corps recruiters and support personnel on duty in most communities across America. Because these Marines America. Because these Marines are the only contact many civilians will ever have with the Marine Corps, they are on duty all day, every day. Whether recruiting a future Marine or simply becoming a part of the community they live in, they know that the future of the Marine Corps is built one recruit at a time, and that

one recruit at a time, and that recruiting is the most critical job in the Corps.
Staff Sgt. J. S. Freeman, non-commissioned officer in charge at Recruiting Substation Recruiting Substation Catonsville, Md., enjoys recruit-ing duty so much that he recently extended his tour for another year,

extended his tour for another year, and plans to apply to become a career recruiter.

"Marine Corps recruiting duty is the most rewarding hard work or the least rewarding easy work," says Freeman.

A successful recruiter must have well-developed people skills, along with patience and boundless energy. Sales ability, tact and diplomacy also come into play.

Recruiters know the Marine Corps recognizes hard work and rewards it with meritorious promotions and special duty assignment pay. Upon completion of the

motions and special duty assign-ment pay. Upon completion of the tour, recruiters can choose their next duty station. A new Military Occupational Specialty for war-rant officers has been established to allow career progression with-in the recruiting service. Recruiters of the Year and their spures from each of the six Recruiters of the Year and their spouses from each of the six recruiting stations are invited to MCRC Headquarters to meet the Commandant of the Marine Corps and the Commanding General of Marine Corps Recruiting Command.

Recruiting Command.

Marines in support billets assist recruiters by allowing them more time to concentrate on recruiting. Support assignments include administration, secretarial and clerical work, and public affairs. Support billets are not officially assigned to recruiting duty and are considered independent duty. pendent duty.

Family readiness

Family readiness
All recruiting stations have a family readiness officer and quality-of-life coordinator who provides information on schools, housing, childcare, and the local community. A sponsor welcomes all newly arrived Marine Corps families and shows them the ropes. Each region, district, and recruiting station has a Key Volunteer Network to promote unit readiness and offer support

and assistance beyond the formal command structure. Key volun-teers can refer you to the numer-ous resources in place to make your transition to remote duty

easier.
Sergeant Laura L. Freeman, 4
Corps District Sergeant Laura L. Freeman, 4
Marine Corps District
(Baltimore), married to a
recruiter, offers the following
advice to spouses.

Although the hours are arduous, be grateful for the fact that
your spouse comes home every
night. Many other Marine Corps
spouses are not so lucky.

Be supportive. Understand
that your Marine is simply doing
his or her job.

Stay positive. Keep your
home environment upbeat.

Keep your relationship separate from the job. Don't let the
work interfere with your relationship or blame the duty for your
problems.

Be as independent as possi-

ship or orame the duty for your problems.

Be as independent as possi-ble because this helps reduce stress on both of you. Your Marine will know that he or she can depend on you to take care of things, so they can concentrate on

with you.

The possibilities are endless
It's a fact - a recruiter wo

The possibilities are endless It's a fact - a recruiter works 60-plus hours a week. This leaves spouses with time to fulfill a personal dream of their own.

Recruiting duty is a good time to go back to school to learn a skill that moves with you, or to keep working toward your college degree. Computer classes are always a good investment, and may lead to part-time or full-time work or a business of your own.

may lead to part-time or full-time work or a business of your own. Do something fun. Treat your creative side by signing up for a course in watercolor painting, sketching, dance, or pottery, or develop your practical side - learn basic auto mechanics or woodworking skills so you can build that entertainment center you've been admiring. Get a job. One of the best ways to make friends in a new community is to work.

If you don't want to work full-time, try part-time, or a few hours

time, try part-time, or a few hours a week. Before you know it, you will have made a house a home,



Staff Sgt. Marsha Stokes, recruiter, Recruiting Substation St. Petersburg, monitors Noreen McGuane, a Tampa resident, as she attempts to hang for 70 seconds during an interactive Marine recruiting setup at the 2005 Outback Bowl.

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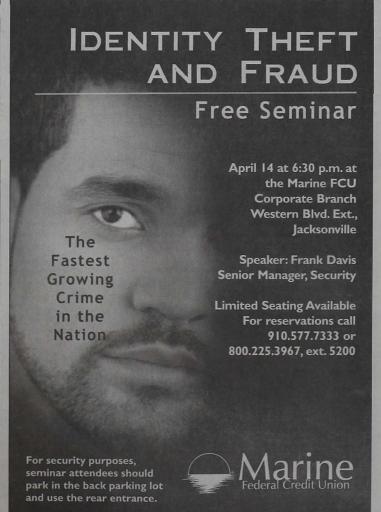
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Celebrate Earth Day by changing daily habits

ENVIRONMENTAL MANAGEMENT DIVISION

On April 22, 1970, 20 million Americans took to the streets to demonstrate for a healthy, sustainable environment. A Senator from Wisconsin, Gaylord Nelson, bed conceived the event 8 years. had conceived the event 8 years earlier, but it took a great deal of effort to bring it to fruition. Senator Nelson was troubled

effort to bring it to fruition. Senator Nelson was troubled that the environment received little attention in the American political arena and vowed to somehow bring visibility to the problems facing the earth. His solution was a grassroots effort, coordinated at a national level by Denis Hayes, which tapped into the environmental concerns of the general public to force this issue into the political agenda. The approach worked and 20 million people heard the call. The purpose of the first Earth Day celebration in 1970 was to bring attention to the environmental problems we as a nation faced. The result of Earth Day's success was a series of executive and legislative actions that created the Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts; actions that have literally changed the face of our nation. In 1990, Earth Day went worldwide in recognition that the United States in only one part of a global village we call Earth. The modern Earth Day movement focuses on education and sustainability, encouraging citizens and governments to pracsustainability, encouraging citizens and governments to practice resource conservation and to develop technologies that will help us to preserve the

Though listed as a day of celebration April 22, Earth Day serves not only as a celebration, but a reminder for generations, both young and old, to covet and protect Earth's limited natural resources through simple practices that can be implement-ed at every household - recy-cling, waste minimization, and the purchase of products made from recycled materials.

Communities and military bases across America celebrate Earth Day in ways that are meaningful to them through the meaningful to them through the common thread of resource conservation and environmental protection. For Earth Day 2005, all military members, families, and civilian employees are challenged to make a pledge to increase their recycling and to increase their products.

The theme for this year's Earth Day is "Earth Day is "Earth Day Everyday," based on the continual need for us to rededicate ourselves to the preservation of our natural resources.

ourselves to the preservation of our natural resources.

To help make this year's Earth Day celebration both a successful and educational event, the Environmental Management Division will set up an Earth Day static display at the Commissary, Camp

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Lejeune. Along with the assistance of the Defense Commissary Agency, a grocery bag/poster contest will be pro-vided for dependents in three age brackets with winners receiving prizes. EMD will also have static displays at several messhalls aboard the installation during the week of April

Additionally, representatives from EMD will provide tours to teach students about solid waste collection and the means by which diversion through recycling can reduce the amount of waste that continues to occupy an increasing amount of space on board our installation.

As well, several conserva-

on board our installation.

As well, several conservation tours are being conducted
throughout the month of April.
For more information on Camp
Lejeune activities and on how to
enter the Earth Day contest,
logon to http://facilities.lejeune.usmc.mil/EMD/EMDHome.

There are many other Earth Day events planned throughout the state and region. To find out more, visit www.earthday.net and search the database for events for families, students, religious organizations and

Even if you don't attend an Even If you don't attend an Earth Day activity, there are many ways that individuals and families can contribute to the Earth Day spirit. Here are a few simple ways that people can take action at home, at work and in their communities to cele-

take action at nome, at work and in their communities to celebrate the planet.

Save Energy. Turn off appliances and lights when not in use, use the microwave instead of the oven, insulate your home to cut back on heating and cooling and the property of ing and buy energy efficient products. This not only helps reduce emissions and green-

house gasses, it can also save you money throughout the year. Use Less Water. Don't let the water run while brushing teeth and washing dishes, wash only full loads of dishes or laun-dry, repair leaky pipes and faucets and water the lawn only

faucets and water the fawn only
during the coolest parts of the
day. These ideas can also cut
back on your utility costs.

Reduce, Reuse, Recycle.
Try to buy permanent products
instead of disposables and use
only what you need. Repair only what you need. Repair items rather than throwing them away; reuse boxes, jars and bot-tles for storing foods and other tles for storing foods and other goods; and donate anything you don't need to charity instead of throwing it away. Remember, Camp Lejeune has a recycling center, and paper, plastics, glass, cardboard and aluminum can all be recycled.

Volunteer. There are thousands of organizations that would be grateful for your time and energy, and that can help you contribute to conservation efforts across the nation. Check out www.volunteer.gov,

out www.volunteer.gov,
www.thesca.org or the Camp
Lejeune Conservation Program
or simply surf the Web for more
information on environmental
volunteer organizations.

Keeping in mind the above

Volunteer organizations.

Keeping in mind the above actions every organization can have a direct impact on the preservation of our installations's resources, thereby ensuring the continuation of our installation's mission well into the fiture.

Carmen Carmen Lomoardo, Environmental Conservation Branch, Katherine Diersen, Environmental Conservation Branch, and Dianne Ward, Environmental Management Division, Administration and contributed to this



EARTH DAY GROCERY BAG/POSTER CONTEST

WHEN: 12 - 21 APRIL 2005

WHERE: CAMP LEJEUNE COMMISSARY

DIVISION I: UNDER 7 YEARS OLD DIVISION II: 7-9 YEARS OLD DIVISION III: 10 - 12 YEARS OLD

Your artwork must be provided to the commissary by close of business, 21 April with your name, age, address, and phone number. The winners will be selected and notified on EARTH DAY - 22 APRIL 2005.

PRIZES WILL BE AWARDED TO THE TOP THREE WINNERS IN EACH DIVISION.

For more information please call, Environmental Management Division at 451-7691.



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explaining the molding of man into a basic rifleman. It y moved on to the Indoor ated Marksmanship Trainer the officials took turns using -16A2 service rifle, M-240G m machinegun, AT-4 anti-weapon and the M-203 te launcher. 2y quickly impressed the es running the ISMT with their tey and ability adapt to new ons systems.

was amazing to watch them, are truly warriors;" said Col. explaining the molding of

Randy Sinnott, Marine Forces Central Command Afghanistan liai-son. "We are learning so much from them. They are experts in mountain warfare and guerilla style, small unit warfare."

warfare."
Even more important than the exchange of ideas and tactics, was what their tour meant to the people of Afghanistan. The very fact that they are here and touring the United States means the war on terrorism is being won and the insurgency is fading in Afghanistan.

According to Col. Mike Daily, public affairs officer for Marine Forces Central Command, the country is "no longer overwhelmed by an

insurgency" and the "focus now is reconstruction."

A point of emphasis for the reconstruction efforts is to build an efficient and self-sustaining army capable of suppressing insurgency and fending off attacks from enemies in the region, while maintaining a strong sense of nationalism and pride.

pride.

Currently, the ANA is divided into five commands spread throughout the four regions of Afghanistan. This is first time a centrally controlled military has been able to maintain a presence in the country since the downfall of communist Russia.

Even though the Marines have helped shape the training regiment for the ANA, their training does include many differences. Instead of training troops as individual units ready to be attached to any parent command, the ANA trains entire battalions at once. Then, when approximately 800 troops are done with their 12-week initial training, they are sent out as a complete unit to whatever region they are needed in. In early 2004, there were two battalions training at the same time. This will increase throughout the year to the point where five battalions will be training at the same time. This training at the same time. This training will continue until 2007

when the ANA will fill its ranks at about 70,000 soldiers, officers and

civilian employees.

Even with the enormous steps the ANA has taken toward developing a permanent peacekeeping force, the officers realize they have more work to do.

to do.
"I am looking forward to the day when we'll have a strong, powerful army," said Ishaq to a platoon of SOI students. "I am looking forward to the day when we arrest all the bad guys especially Osama bin Laden."

Information from an Office of

Information from an Office of Military Cooperation fact sheet was used in this story.

POSTEM ALS INUED FROM 1A

member may be awarded Afghanistan or Iraq aign Medal in lieu of the I War on Terrorism itionary Medal for such No service member shall itled to all three medals for me act, achievement or of service.

or service.

a warding authority for fghanistan and Iraq cammedals shall be the prediction of the pred

mously.

ly one award of the fl. nistan Campaign Medal Iraq Campaign Ge may be authorized for any ic dual. Service stars are not regibed.

Individuals may receive both the medals if they meet the requirement of both awards; however, the qualifying period of service used to establish eligibility for one award cannot be used to justify eligibility for the other.

The Afghanistan Campaign Medal shall be positioned below the Kosovo Campaign Medal and above the Iraq Campaign Medal shall be positioned below the Afghanistan Campaign Medal and above the Global War on Terrorism Expeditionary Medal.

Each military department will prescribe appropriate regulations for processing, awarding and wearing the medals and ribbons for their service members, to include application procedures for veterans, retirees and next-of-kin.

NBC unit consolidates | 2d Marine Aircraft Wing



The Nuclear, Biological and Chemical defense specialists of the 2d Marine Aircraft Wing (Forward) work each day to ensure the readiness of service members here. The 2d MAW (Fwd.) NBC unit has become the first NBC unit to consolidate while deployed in support of Operation Iraqi Freedom.

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c ionally make mistakes, or give up. Forgive yourself or aking that choice and keep or ing on it. Eat an extra or y lunch and dinner if you

a high-calorie, high-fat fast. Add more physical ty to your day. member physical activi-tim for at least 30 minutes ts) or 60 minutes (chil-of moderate-intensity

cal activity five or more of the week. If you are just ag to be physically active, mber that even small

increases provide health benefits. Check with your physician first, and then start with a few minutes of activity a day and gradually increase, working your way up to 30 minutes. If you already get 30 minutes of moderate-intensity physical activity a day, you can gain even more health benefits by increasing the amount of time that you are physically active or by taking part in more vigorous-intensity activities.

For more information on making physical activity a regular part of your healthy lifestyle, visit Center for Disease Control Web site at www.cdc.gov.

COAST GUARD CONTINUED FROM 1A

Being able to glean knowledge from agency experts has been imperative to the success of SMTC.

By piecing together the expertise of

each service, SMTC is able to offer cut-ting-edge boat tactics and weapons training.

"Having all services together will create uniform and standardized train-ing across all of the sea services," said Lt. Chris Sweeney, Operations Officer

for SMTC. "It will allow us to better work together in all environments, both expeditionary and domestic."

For more information on Coast Guard Special Missions Training Center, please visit www.uscg.mil/SMTC/home.htm.

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D AND GUN C Heune's Rod ub meets at ice a month. 52 for more



ie Globe | Thursday, April 14, 2005 | www.militarynews.com/globe



FI AND WALK

Corps Community as will host a 5K j walk April 22 at a.m. The race will the corner of Ash slcomb by the I Area C-Store. The sfree and open to e employees, a and families. For formation, call 110.

FIARD TRAINING

corps Community
es is offering a lifetraining course
y until May 5 at
mp Johnson Pool.
addline for registra-Tomorrow and the \$125, which as all materials and ations. Participants to 15 or older by Call Phillip Brown -5845 for more

nited States Coast Auxiliary is offering ting Safety and anship course from ay until May 23. For information, call 369. For informa-n USCGA free ves-spections, call 577-

IARINE TRYOUTS

II-Marine women's romen's All-Marine ball teams will take Monday to May 9 at e Corps Air Station y Point. Applications e picked up at ge Memorial louse on Camp ne. For more inforn, call Rickey Clark, y sports coordinator, 1-2061.

LE BEACH ROADTRIP

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REE 7-2122 ne Corps munity Services e Marine Program is ng a roadtrip to e Beach, including night stay at Comfort is, NASCAR idpark and Medieval s. The trip is April 30 ay 1 and costs \$93 person. For more mattion, call 451-

JNE SWIM TEAM

Camp Lejeune Swim n offers competitive group (6 to 18) swim-i, from novice to inced. For more infor-on, call 938-3033.

IEV'S VARSITY HOOPS

women's varsity bas-all team will hold tice and tryouts at the ip Geiger Gym, idays and Thursdays, to 8 p.m., and irdays, 9 to 11 a.m. more information, call ey Clark 451-2061.

WE HOCKEY TEAM

e hockey players s 14-17 for the Camp nune and Marine ps Air Station New fr Travel Team. Call -9266 for information.

AND GUN CLUB

meets at 6 p.m., e a month. Call 455-2 for more informa-





Tribe baseball returns to Kinston

BRIAN BERGER Lejeune Sports Editor

KINSTON, NC — What do Manny Ramirez, Alan Embree, Albert Belle, Jose Cabrera, Jim Thome, Enrique Wilson, Jaret Wright, Bartolo Colon, Cameron Drew and several other Major League Baseball stars have to do with Eastern North Carolina?

Each has donned the uniform of the Kinston Indians. Whether any of the current ballplayers on the Indians roster will go on to win the World Series, play in the MLB All-Star game or be considered for enshrinement in Cooperstown remains to be seen, but one thing is certain: the Indians' lega-

cy is built on developing talent.

While many Hollywood stereotypes about minor league ball involve the over the hill major league washouts or the old vet who never got called up, the Indians' roster is built around young talent on the way up. No player on the roster is older than 26 years.

The team, which opened the season last weekend, returns 14 players from the 2004 Mills Cup Championship squad, when the team faced an 0-2 deficit in the best-of-five series, but came back to win three straight on the road and capture the Carolina League crown. Now the team will try to follow-up their first league crown since 1995 and defend the title.

"This preliminary group of players offers a great mix of returnees and prospects that are making the jump to high-A," Indians Manager Luis Rivera said. "We're confident this group will get us started on the right foot."

The outfield should be a position of strength for the K-Tribe, even with the promotion of Jonathan van Every and his 21 home runs to Class AA Akron. Leftfielder Nathan Panther and centerfielders Brad Snyder and J.J. Sherrill all return to Kinston and will be joined by rightfielder Ryan Goleski, who hit by rightfielder Ryan Goleski, who hit .295 for Lake County last year while socking 28 home runs and collecting 104 RBI.

The infield also features three

returnees, although only utility man Shaun Larkin was with Kinston for all of last year. Shortstop Luis Cotto joined the team for the stretch run and is back again, while third baseman Kevin Kouzmanoff will get his first taste of historic Grainger Stadium after appearing in the final three games of the Mills Cup series in Wilmington last season. Joining that trio are first baseman Ryan Mulhern, second basemen Chris de la Cruz and Micah Schilling, and shortstop Brandon Pinckney. Catchers David Walface and Caleb "Huck" Brock also return for a second season.

See BASEBALL | 7B



Lance Cpl. Scott
Powell, logistics
chief, II MEF G-7
Simulations
Center, practices
for the II Marine
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Powell had this
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sting too much to
lose your own
tournament."

II MEF Marines challenge fellow golfers to 'Bring it'

CPL. EDWARD L. MENNENGA

II Marine Expeditionary Force Marines are training hard, getting mentally prepared and sending volleys down

range - the driving range.

The II MEF Commanding General Invitational golf tournament takes place at Paradise Point Golf Course, April 21.

The tournament is a four-man scramble, best ball tour-nament. Thirty teams have registered for the tournament and it's open to all ranks within II MEF and subordinate commands. However, one team made up of Marines from II MEF Headquarters Group is confident they will take the

II MEF Headquarters Group is confident they will take the prize.

"When you step out on that golf course you gotta know you're the baddest guy out there," said Lance Cpl. Scott Powell, logistics chief, II MEF G-7 Simulations Center, who believes he'd be a colonel if playing golf is how you got promoted.

The team is made up of Powell, Sgt. Ronald Cash, noncommissioned officer in charge, Cpl. Mike Anderson, Marine Air Ground Task Force Plans NCOIC, and Cpl. Dustin Fritz, supply clerk, II MHG supply.

"We've got some pretty good golfers, we're young, we got a lot of enthusiasm and we're motivated," said Powell who was offered a golf scholarship to Ole Miss. "We want to go out there and show a lot of these Staff NCO's and

See GOLFERS | 4B



One final blow for All-Marine women's boxing

BRIAN BERGER

WILMINGTON, N.C. — In the final fight for the All-Marine women's boxing team, Grace Kelly scored an emotional victory at the Azalea Festival Tournament.

With a dazzling display of quick combinations, aggressiveness and endurance, Kelly confounded her opponent and won a convincing victory.

contouned ner opponent and won a convincing victory.

Last weekend's bout was the final showing
for the All-Marine women's boxing program,
which had trained alongside the men's team at
Lejeune. At least for now.

A victim of budget cuts, Kelly was the final
member of the team to return home after other
members of the team returned to their units last

Natasha Eyer, Laura Barrow and Kelly are all ranked in the top 10 in their respective weight classes, and will have to continue their training at home under less conducive circumstances, without the tutelage of All-Marine

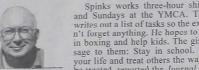
See BOXING | 8B



Grace Kelly, left, punished her opponent in Wilmington

Ex-champ Spinks cleans up in Nebraska

JOHN



He does volunteer work in an after-school program three days a week. On weekends, he cleans locker rooms and bathrooms at the Columbus, Neb. Family YMCA. He spends many nights watching movies, favoring westerns, gangster and horror flicks. Sometimes, he says, he feels bored and restless.

Asked what's become of the millions he earned in the 1970s, Marine veteran Leon Spinks chuckles and says, "That's my business, not yours."

ness, not yours."

On a recent Friday, the 51-year-old Spinks emerges from a friend's SUV. The broad shoulders, thick neck and overall athletic build are enough to convince one that he indeed could have once been the world's heavyweight boxing champion, the fighter who shocked the sporting world with his 1978 victory over Muhammad Ali on national television.

vision.

Spinks is wearing a Chicago White Sox ball cap, blue jeans and a black jacket. His handshake is firm, and his demeanor no-nonsense, the *Lincoln Journal Star* reports.

Judging from the way he shuffles into the Village Inn for dinner, boxing and hard living have taken their toll.

Many residents are surprised to see him.

have taken their toll.

Many residents are surprised to see him around town, says Bob Lauterbach, executive director of the YMCA. Some people still don't think he really lives in Columbus, that he really is the Leon Spinks, although he had been visiting a friend there periodically during the past four years and has lived in an apartment on the west end of town since January.

Spinks a St Louis native, captured the

on the west end of town since January.

Spinks, a St. Louis native, captured the light heavyweight crown at the 1976 Olympics in Montreal. Two years later, in his eighth professional bout, he captured a 15-round decision over Ali in Las Vegas. Toward the end of a glorious era for heavyweight boxers, Spinks suddenly became top dog, his infectious gaptoothed grin making him one of the nation's most recognizable athletes.

Nevertheless, Spinks' presence isn't necessarily big news to everyone in this town of 21,000 on the Loup River. A whole generation of people don't even recognize his name.

of people don't even recognize his name

Spinks works three-hour shifts Saturdays and Sundays at the YMCA. The supervisor writes out a list of tasks so the ex-champ doesn't forget anything. He hopes to stay involved in boxing and help kids. The gist of his message to them: Stay in school. Keep God in your life and treat others the way you want to be treated, reported the Journal Star.

Spinks is comfortable in Columbus. Yes, the pace is slower than the world of heavy-weight champion boxing. It's certainly slower than the ride he enjoyed during his prime. "Maybe too slow sometimes. But it's fun. I have a good time. I meet a lot of people."

But Spinks will never be regarded as one of the great heavyweight champions, says Bert Sugar, former editor-in-chief of The Ring magazine and noted boxing historian. "He was almost an accidental heavyweight champion," Sugar says.

almost an accreental nearyweight champion, Sugar says.

In February 1978, Ali, his glorious career on the downslide, underestimated Spinks, Sugar says. And Spinks was relentless the night he fought his idol.

"By the 15th round, Ali was exhausted, he could barely stand up, and Leon kept throwing."

punches. He kept coming," Sugar says. "Every dog, and every underdog, has his night, and that was Leon's night. Nobody can take that from him, no matter where he lives or

works."

As he waited for the opening bell that night, Spinks recalls, he couldn't believe he was even standing in the same ring with Ali. Seven months later, the two stood before 70,000 at the Superdome in New Orleans for Ali-Spinks II. Ali earned a unanimous 15-round decision, although Spinks still thinks it should have been his, the *Journal Star* reported.

Sugar disagrees. "It wasn't a great fight. Leon didn't have anything that night. He won

about four or five rounds. It just wasn't the Leon we'd seen the February before."

Spinks, who earned \$3.75 million for the second Ali fight, went on to a rather ordinary pro career, retiring in 1994 with a record of 26 wins, 17 losses and three draws.

In recent years, he's made sporadic appearances as a "personality." He signs autographs, shakes hands, mingles and smiles that famous

smile.

He'll be a special guest at the Midwest
Golden Gloves on April 16 in Omaha.

Mr. Gunn is an independent journalist and
retired intelligence officer who has written



Major League Baseball

ATLANTA (AP) — The New York Mets stumbled into the weekend as baseball's only team without a win.

After three straight losing seasons, the Mets

Mets unter straight fosing seasons, the Mets were big spenders in the free-agent market during the winter, and didn't envision losing their first five games, their worst start since opening 0-8 in 1963.

"I think the toughest thing now is not to panic because we're playing good baseball," said right fielder Mike Cameron, who was placed on the disabled list Friday with tendinitis in his left wrist. "We just haven't had a few breaks. Sometimes in New York that can be magnified

were swept in their seasontheir season-opening threegame series at Cincinnati, and lost the first two games against Braves. They have won their last two to improve to 2-5. "We certain-

ly don't want to go home with-out having won a game, Tom G said Tom Glavine, who will start

his hands full

with the 2-5

who will start the team's first home game, before Saturday's game, "Hopefully we can win a couple here and get things going in the right direction."

After finishing a combined 86 games behind the Braves the last three seasons, the Mets entered this year with high expectations.

New York signed All-Star center fielder Carlos Beltran to a seven-year, \$119 million deal, and Pedro Martinez, one of baseball's elite pitchers the last decade, to a four-year, \$53 million centract. When pitcher Steve Trachsel suffered a back

injury in spring training that could keep him out for most or all of the season, general manager Omar Minaya acted quickly, acquiring Japanese left-hander Kazuhisa Ishii from the Los Angeles Overall, more than half of the team, 13 players on the 25-man roster, is new, and the Mets have the National League's highest payroll at

Now, with the team stumbling out of the gate, the emphasis has turned to simply avoiding a panic before the team returns to New York to face impatient fans and media.

However, if the Mets already are pressing, first-year manager Willie Randolph says he doesn't mind.

n't mind.
"Pressing is a natural thing for anyone,"
Randolph said. "When you want to win and
things don't work out, you tend to press. Pressing
is just trying a little too hard. I don't mind that."
Joining Cameron and Trachsel on the disabled
list for the Mets is pitcher Kris Benson, who has
a strained pectoral muscle. Acquired in a trade
with Pittsburgh last July, Benson signed a threeyear, \$22.5 million contract with New York.
When Cameron was placed on the disabled

When Cameron was placed on the disabled list, pitcher Aaron Heilman was recalled from Norfolk to take Benson's spot in the rotation, and

Heilman stepped into the pressure of trying to pitch the Mets to their first win, but Glavine will have to handle the more intense pressure of the home opener.
"I'm sure there are all kinds of emotions

"I'm sure there are all kinds of emotions going on back home, whether it's panic or people saying the season is over or whatever," Glavine said. "I still feel very confident about our club and what we're able to do. We just have to hurry up and get it started."

-Charles Odum, Associated Press

NCAA Basketball

LOS ANGELES (AP) — Andrew Bogut barely heard of John Wooden while growing up in Australia. He knows a lot more about the coach-

Bogut and LSU's Seimone Augustus were run-away winners of the John R. Wooden awards, pre-sented Saturday to college basketball's players of

the year.

Connecticut coach Jim Calhoun, who received the legends of coaching award, filled in some

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ARTINSVILLE, VE

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win here has

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Our Sundays have

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ng away," Bodine

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"The

details for Bogut about Wooden.

"I'd heard the name before. College bask isn't very big in Australia," Bogut said. "I legendary coach, one of the best of all time. The award was first presented in 1977 years after Wooden retired as the coach at U where he led the Bruins to 10 NCAA ch onships in his last 12 years on the job. Th winner was UCLA's Marques Johnson.

Now 94, Wooden didn't attend the awaremony, but was expected at a banquet Sat night.

Bogut, a 7-foot sophomore, became the non-American to win the men's award, colle 4,314 points from a national panel of more 1,000 voters of sports media members and cobasketball experts. Duke's J.J. Redick was stwith 3,552 points.

with 3,552 points.

Augustus, a 6-1 junior guard, received points from a panel of more than 200 voters to the women's award. Monique Currie of Duke second with 155 points.

"It's very special just to have my 1 engraved on that trophy with the likes of 1 Bird, Michael Jordan and Tim Duncan," Bogut, who is giving up his final two years o lege eligibility to enter the NBA draft, where expected to be one of the top picks.

"I think he's going to be a great pro and he long career, as many years as he wants to pla game," Utah coach Ray Giacoletti said.

The 20-year-old Bogut averaged 20.4 p and 12.2 rebounds in leading the Utes to a record this season.

record this season.

record this season.

"Bogut is a phenomenon," Calhoun said greatest thing he has is a feel for the game."

Dee Brown of Illinois finished third in men's voting with 3,003 points, followed by May of NCAA champion North Carolina 2,806; Wayne Simien of Kansas with 2,707; C Paul of Wake Forest with 2,659; 8 Stoudamire of Arizona with 2,395; Hs Warrick of Syracuse with 2,257; Francisco G of Louisville with 1,178, and Deron William Illinois with 1,016.

The votes had to be in March 28. May pr bly would have finished higher than fourth

bly would have finished higher than fourth the deadline had been after the Final Four, w he was the MVP.

ne was the MVP.
"You can pick any one of these guys. We'r
winners," May said.
May, a junior, said Tuesday, a day after N'
Carolina beat Illinois 75-70 to win the NC
championship, that he would return next seas.
He hedged a bit Saturday.
"I'll sit down and talk with coach [
Williams load which we entions." May said

Williams] and weigh my options," May said. not set in concrete that I'll return for my se year. I love college, I love playing college bas ball. I'll make my decision soon."

Augustus became the second woman receive the Wooden Award, Duke's Alana Bewon it last year.

won it last year.

"It's at the top because it has John Woodename on it," Augustus said. "He's a basket icon as well as a legend."

Augustus averaged 20.1 points in leading Lito a 33-3 record and a second straight Final F

appearance.
"Nothing about her has changed," LSU co
Pokey Chatman said. "I think that has to do v
her work ethic. It helps when your most taler
player is one of your hardest workers."

Worden Worker Change Code Science of

player is one of your hardest workers."
Kendra Wecker of Kansas State finished the in the women's voting with 130 points; follow by Janel McCarville of Minnesota with 94 Jessica Davenport of Ohio State with 92.
The top five in both categories attended nationally televised ceremony at the Los Ange.
Athletic Club.

"John Nadel, Associated Press

Minor League Baseball

GREENSBORO, N.C. (AP) — Jas Vargas heard about Greensboro's new stadi for its minor league baseball team, heard in was, heard how much better it was than

old park.

Still, none of that prepared him for his reactive when he walked in for the first time.

"It exceeded my wildest expectations," so Vargas, a left-handed pitcher for to Grasshoppers. "When I got in the clubhouse, at then on the field, I just couldn't believe it."

After 25 years of playing in old War Memoir Stadium, the Single-A affiliate of the Flori Marlins officially opened First Horizon Park saturday night, beating South Atlantic Leagrival Hickory 3-2. It actually was to Grasshoppers' second game in the downtow park; they played an exhibition against the Marlins nearly a week ago, a game won 21-1 Florida.

More than 8,500 fans turned out for that gam and approximately 8,000 attended Saturdinight. Not bad, considering the stadium has on 4,999 seats.

4,999 seats.
"I've got goose bumps," Grasshoppers predent and COO Donald Moore said.
A native of Greensboro, Moore left the reestate business four years ago to run his home

town team.
- Keith Parsons, Associated Press

Soccer fans criticized for jeering during tribute to Pope John Paul II

ASSOCIATED PRESS

GLASGOW, Scotland (AP) - Scottish soccer fans were criticized for jeering during a minutes silence for Pope John Paul II, forcing the pre-game tribute to be cut short

cut short.

The booing by supporters of The booing by supporters of Hearts team came at Sunday's Scottish Cup semifinal match against Celtic, which has mostly Catholic fans. The noise forced the referee to end the memorial less than halfway through. The game was televised in Britain and overseas. Hearts chief executive Phil Anderton criticized the fans for not respecting the tribute to for not respecting the tribute to the pope, who died April 2. He also apologized to Celtic and the

Scottish Football Association.
"The club could not and would not condone the actions of those who chose to undermine the tribute to Pope John Paul II before the semifinal," Anderton said.

Scottish football chose to join with people around the world to observe and respect the minute of silence and it is disturbing that some Hearts fans failed to see the significance of this occasion," he

Hearts had appealed to fans Friday to respect the minute's silence for the pope. The tribute was also disrupted

during Saturday's Scottish Cup semifinal between Dundee United and Hibernian.

United and Hiberman.
"It wasn't very clever, was it?"
Celtic manager Martin O'Neill
said. Most Celtic supporters are
Catholic, with fans of its main
rival Rangers largely Protestant.
Although the animosity occacionally selfs over orto the field.

sionally spills over onto the field, players have become less aggressive toward each other in recent years, largely because of the influx of overseas stars who don't involved into the religious

In Athens, Greece, three soc cer fans were injured early Monday in clashes that followed a first division game between archrivals Panathinaikos Athens

The fans, hospitalized with light injuries, were attacked in Athens' western Peristeri area by a group of about 40 youths on scooters, wielding bats and chains. Panathinaikos is again top

chains, Panathmaikos is again top of Greece's first division after defeating Olympiakos 1-0 Sunday, with a 43rd-minute goal from Cypriot striker Michalis Konstantinou.

On Sunday, Panathinaikos supporters clashed with police outside Apostolos Nikolaidis stadium. Fans hurled rocks, bottles and gasoline bombs at police,



Scottish football chose to join with people around the world to observe and respect the minute of silence and it is disturbing that some fans failed to see the significance of this occasion.

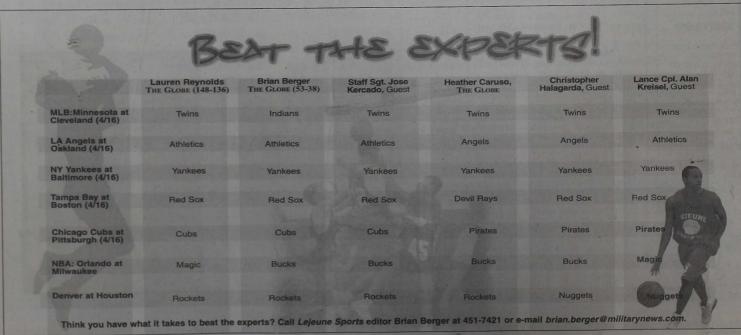
Phil Anderton



leaving several parked vehicles damaged. Clashes also broke out in sev-

eral other parts of the city. Traffic was interrupted on a busy road when a fight broke out between fans of Panathinaikos and AEK Athens in front of hundreds of

Violence is still a major prob-lem in Greek soccer, despite sta-dium improvements and tougher penalties on clubs. No arrests were reported Sunday or



NASCAR | Roundup

Labonte completes frst Martinsville orts media nembers at veep in career

HANK KURZ JR.

pust to have my prophy with the likes or rdan and Tim Dunca ag up his final two years of the NBA draft, who

ARTINSVILLE, Va. (AP) — Bobby Labonte became the lriver to win in each of NASCAR's top three series at a nsville Speedway on Saturday, capturing the closest man Truck Series event at the track, bonte passed Chad Chaffin for the lead with 30 laps to go, teld off Ricky Craven and Ron Hornaday on a restart with the party of the seconds. The seconds bonte, making only his fifth start in the truck series, also to enough the 12th driver to win in the truck, Busch and Nextel u eries.

u eries.

very win here has been awesome," said Labonte, the 2000 to 1 Cup series champion. "It had its highlights and its moments [7] /ell, we're not sure if we're going to get there or not."

to e of those came on the last restart when Hornaday, running in immediately pulled alongside Craven to challenge for section eading into the first turn. The duel allowed Labonte to take to 1, but barely.

Hornaday] and Ricky were beating and banging behind me, as eason when his Nextel Cup team has struggled, he's 34th that through five races, Labonte said any success was appreciated.

24. May 56 L.

The form of the form of the first seven that great, but we take it one day at mal Fort to e and today was another day and that helped out," he said.

We can't even tell if we've really got great race cars in our Cup goys the expectance we really haven't run long enough in a lot of races to

Tuesday, a day after the bonte finished last in the season-opening Daytona 500 and 5.70 to win the kill set finish was a 13th. His other finishes have been 41st, 37th winds.

ornaday finished third in a Chevrolet, and Todd Bodine, who up the lead when he pitted with 39 laps to go, was fourth in a

The state of the first driver to win in each

the second women "
and Duke's Alam by
ASCAR's three top series in consecutive starts, wound up

arvick won Busch and Nextel Cup races at Bristol last week-

rdon takes Advance Auto title

Associated Press

MARTINSVILLE, Va. (AP) — Jeff Gordon was driving with tunnel vision when his car started vibrating.

A green-flag pit stop to fix it put him more than three laps down at Martinsville Speedway.

It was early in the race, he figured, at a track where he's had lots of success and with a car capable of bringing him back into contention.

Gordon's faith paid off big in the Advance Auto Parts 500 on Sunday. He rallied to win in what became a huge emotional tribute to his team and car owner Rick Hendrick, and moved him closer to catching one of the sport's icons.

cioes. The victory, Gordon's 71st, moved him within five of Dale Earnhardt for sixth on NASCAR's career list, and was more special since it came in the first visit to Martinsville since a plane carrying members and friends of Hendrick Motorsports, crashed last fell killing all Motorsports crashed last fall, killing all

Hendrick, whose son Ricky was among those killed, was a surprise visi-tor to the track and hugged Gordon in

among those killed, was a surprise visitor to the track and hugged Gordon in Victory Lane.

"When you've got a guy like Rick Hendrick that you respect so much and you've seen what he's been through, the ups and downs through his life and especially here last year, for him to poke his head in there and say 'Thank you, thank you, thank you, thank you, thank you, thank you, and with that tremble in his voice, that impacts you," a choked-up Gordon said.

"When he popped his head in there, it hit me like a ton of bricks."

Gordon's advance toward Earnhardt also left him a bit surprised, though the way he won in some ways evoked memories of "The Intimidator."

Trailing Kurt Busch in the top five with 53 laps to go, Gordon got underneath him in turns three and four, nudged him just a bit and sent him slamming into the wall, removing the 2004 champion from contention.

pion from contention.

one position and neither one of us wanted to give it up," Gordon said. He said he felt bad about it.

one position and neither one of us wantedt to give it up." Gordon said. He said
he felt bad about it.

Then, fourth on a restart with 46 laps
to go, he wasted no time.

He followed third-place Mark Martin
past Ryan Newman for third on the 461st
lap, went underneath Martin for second
three laps later and caught and passed
Sterling Marlin for the lead with 34 laps
remaining.

Then it was smooth sailing to the victory, his second in six races this year. It
also was his sixth victory at ,526-mile
Martinsville, the shortest and trickiest
track in the premier series.

Only Rusty Wallace, with seven, has
more among active drivers.

Moving in on Earnhardt moved
Gordon, too.

"That's unbelievable when I think
about it," he said. "To do anything, coming close to anything that Dale Earnhardt
accomplished is always something that
means a lot to us as drivers and to me
personally."

Gordon's last challenge was getting
by an angry Busch at the end, which he
did only after taking a few sideswipes on
the front stretch.

"That was just showing my disappointment," Busch said of the banging.

Once Gordon got around Busch, he
was gone, pulling away from Kasey
Kahne on a restart with three laps to go
and winning by, 593 seconds.

Gordon's Chevrolet and Kahne's
Dodge were followed across the line by
Martin's Ford, Newman's Dodge and
Marlin, also in a Dodge.

"You can't ever count out Jeff Gordon
here," Kahne, who started 35th, said.
"He's one of the best drivers ever at this
track."

Kahne has finished second six times

track."

Kahne has finished second six times in 42 races, but has never won.

The race also a disappointing finish for the Joe Gibbs Racing tandem of Bobby Labonte and Tony Stewart, who led for a combined 279 laps.

Labonte was leading when the race came out of a caution with 105 laps to

[Approaching Earnhardt's total career wins record is] unbelievable when I think about it. To do anything, coming close to anything that Dale Earnhardt accomplished is always something that means a lot to us as drivers and to me personally.

Jeff Gordon



but his car suddenly slowed and he

faded quickly to mid-pack.
"We can't build a motor to go 250 laps right now," Labonte said. "Today, at least we were leading the race when it happened."

happened."

Stewart, who led four times for 247 of the first 389 laps, was running in the top five with 70 laps to go when his car suddenly slowed in the fourth turn.

By the time he got into turn one, everyone found out why: his right front tire came off his Chevrolet and went bounding down the tack.

Busch was next in the barrel. He was racing in the top five with 53 laps to go when Gordon nudged him in turns three and four, spinning Busch's Ford and sending it rear-end first into the outside wall.

In all, 16 cautions slowed the pace for

In all, 16 cautions slowed the pace for 91 laps.
Jimmie Johnson, who finished eighth, remained the series points leader by 160 points over Greg Biffle, who was 29th Elliott Sadler finished ninth and moved up two spots to third in the standings, 182 points back.

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Woods' chip shot one of Masters' top moments

THE DAMESTO

AUGUSTA, Ga. (AF) - Don't be surprised if it turns up soon in a new Tiger Woods commer-cial. This was a start, though, that will outlive

cost. Thus was a sine, though, that will outlive any ad campuigh.

Beilliant event before it hung translatingly on the lip. Woods' chip became one for the ages Sunday when it supplied into the homom of the cap at the 15th hole of the Manters.

Woods wasn't reying for a memorable moment when he hit the shot that swept down a ridge and fanneled its way slowly into the hole. See was just trying to win a golf louenament, and his fourth green jacket.

He got both, with a shot that will join knotic Masters' moments of the past.

"I was just trying to throw the bail up there on the hill and let it food down there and hopefully have a makable past," Woods said, "All of a sudden it looked like how doubt it not go in, and how did it not go in, and all of a sudden it not go in, and all of a sudden it see an approximate of the moment, its was pretty sweet."

and all of a nuclides is went in.

"So, it was pertry sword:

"It wann't just the magnitude of the moment, or the difficulty of the show, though the moment was lurge and the shot treacherous.

It was the image of the ball rolling slowly down the slope and stopping for two agentizing seconds before finally deopping in the cup that will be remombered years after the fact who were privileged to see it are no longer around.

They may not have seen Woods when he won his fourth green jacket a short time later with a playoff purt on the 18th hole.

But they were there to see The Shot, crupting in a rancous celebration when it dropped.

"Somshow an earthquake happened and it fall into the hole." Woods said.

The shot iontantly became a Masters classic,

fell into the hole," Woods said.

The shot instantly became a Masters classic, poining moments like Larry Mize chipping in to heat Gerg Niceman in a playoff in 1987 or the shot that stuck on the slippery bank of the 12th hole that allowed Fred Couples to win in 1992.

Long before television, Gene Sazzen's 4-wood for a double-ragle on the 15th hole helped define the young Masters tournament in 1935.

The Masters needs no help these days, but Woods gave the tournament some with a shot that seemed at the time to be the winning stroke. It put him two shots up, though he squandered the lead with bogrys on the last two holes before winning in a playoff.

Woods was crouched over, as if he were deep

winning in a playoff.

Woods was crouched over, as if he were deep in prayer, as the ball traveled its last few inches toward the hole.

When it fell, Woods raised himself up, yelled and began high-fiving caddie Steve Williams, while thousands packed around the green did the same with whoever happened to be next to them. DiMarco suspected something magical width be harmoning.

might be happening.
"He made a great chip. Great imagination,"

He made a great chip. Great imagination. I was over there expecting him to make it. You. expect the unexpected. Unfortunately, it's not unexpected when he's doing it.

Chris DiMarco



DiMarco said. "I was over there expecting him to make it. You expect the unexpected.
"Unfortunately, it's not unexpected when he's

doing it."

The shot came as DiMarco was making a re

The shot came as Disbarco was making a tract Woods, who had a precarious one-shot lead as they stood on the tree of the 170-yard par 3 hole that has been so pivotal in so many Masters.

DiMarco had honors and hit a good shot about 15 feet beneath the hole. Woods landed long with his 8-iron, and his ball caught up against the edge of the second cut over the back of the cred the result.

of the green.

With one brilliant stroke, though, Woods
walked off the green with a cushion he would

Woods remembered Davis Love III making a Woods remembered Davis Love III making a because it was up against the deeper rough. Afraid he might hit it fat because of the lie, he told himself to hit it hard enough to get up the slope and take his chances from there.

Woods found a spot well left on the green where the fading sunlight was coming through the trees and took a few practice swipes with his weedge.

"A lot of it is luck, but I hit it pretty good,"
Woods said. "I hit it right on the spot."
The ball hit, checked up and caught the slope at just the right place before taking a right angle turn toward the hole. It was still about 25 feet left of the hole when it began rolling slowly

ward the pin. The ball began losing speed as it neared the hole, slowing almost so much that the word "TIGER" could be read on the side. It made what seemed like two final turns, then stopped on the edge of the cup, teetering ever so slightly in the stopped on the country to the stopped on the cup.

on the edge of the cup, feetering ever so singilly as if trying to defy gravity.

As thousands watching from greenside and millions others on television held their breath, it dropped and the celebration began.

"I think under the circumstances it's one of the best I've ever hit," Woods said.

GOLFERS CONTINUED FROM IB

officers that bry, NCO and below ranks can

play golf too and we're genna do it."

Anderson and Powell believe each
Marine beings something special to the

"In upholding the highest of naval and Marine Corps traditions, we wanted the best," said Powell. "[Anderson] is one of those guys you just can't do without. In the past when we've been going through slamps, he's been there with a Lambardiesque half-sime speech."

They both agreed that Cash brings leadership to the team while Fritz completes the learn.

heam.

"We pretty much have everything we need, but, when you can bring a golfer like Fritz in, what more could you ask for," said Powell, whose best score is a 65.

That leaves Powell, who Anderson believes is the "beavy hitter" of the team.

However, the very humble Powell believes he'll bring a little more then that. "I'm goena use my substantial and overwhelming golf prowess to lead our unstoppable team of devil dogs to a victory the likes of which the Marine Coeps has never seen."

With many units creating their or teams, the tournament offers a great chan to build camaraderie and morale.

"I think it's great that we have this opportunity to go out as a unit and get away for the daily grind and leave it all out on a golf course," said Anderson.

Powell agreed, adding, "You wanna the best and it gives you a chance to a some beagging rights, but there might some people who just don't have a thoughts of winning and they're just waring to get out there and have a good in and enjoy the camaraderie. That's what a really all about."

Powell can't wait for a chance to play the tournament against a licutenant general

the tournament against a lieutenant general "It is just an event for fun and to enit the camaraderic and building a bond, ye the camaraderie and building a bond, \(\)\
get to have me, a lance corporal out then
playing golf with a three star general. The
doesn't happen very often," said Powei
"It's not often that you can just be like "He
sir, how did you shoot today?"

However, Powell and his team had to
message for the general: "I hope you'
going to be gracious in defeat, sir, and
hope it doesn't sting too much to lose you
wan tournament."

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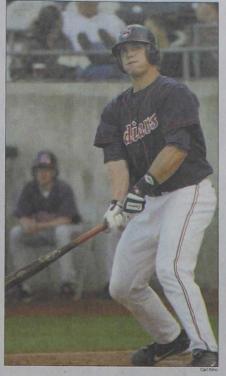
Local Sports Roundup



NUED FROM 1B

NUED FROM 1B

1. pitching that wins championships, however, and the taff offers a great combination of quality and depth. ader Jeremy Sowers, the sixth overall selection in the traft, will make his professional debut in Kinston. It strows four pitches for strikes and is regarded by many player from the 2004 draft closest to the major leagues. It im in the rotation will be Nick Pesco, Billy Traber, Perez and Ronald "Bear" Bay. Pesco made just three or Kinston last year but rates as the 9th-best prospect in canization while Traber went 6-9 for Cleveland in 2003 missing all of 2004 with elbow trouble. Perez is also a prospect in the organization, while Bay was acquired in with the Chicago Cubs during spring training. bullpen will be led by returning middle relievers Matt. and Danny Eisentrager, while Juan Lara and Sean Smith so be counted on to provide relief. Tom Mastny, who led uth Atlantic League in ERA for Charleston, W. Va., last



Above: Catcher David Wallace returns from last year's championship te

Left: Willy Taveras, 23, has moved on to the Houston Astros, where he has awed spectators with his speed. "Scouts behind home plate had to check their watches and double-check them when Taveras was clocked to first base in a Mickey Mantie-esque 3.54 seconds," the *Houston Chronicle* reported April 10.

year and Jim Ed Warden are also in the mix. Edward Mujica will handle the majority of save opportunities.

The Indians are off to a 3-0 start before this week's four game series with the Wilmington (Del.) Blue Rocks, a rematch of last season's Mills Cup Series.

Kinston's historic Grainger Stadium is the Carolina League's second oldest ballpark, having opened in 1949. It's been refurbished since then, most recently in 2003, and seats

4,100.

General admission is \$5 or \$130 for season tickets. Members of the military, senior citizens and students can attend for \$3 or \$95 for season tickets. Children under 5 attend free and reserve and box seating is available. The Kinston Indians offer special packages for children's birthdays, including food, cake, and public address and message board recognition, and discount pricing is available for large groups. Picnic options are available for the fan that enjoys a good meal at the ballpark.

Seating charts and additional information is available at www.kinstonindians.com or by calling 800-334-5467.

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All-Marine boxing team coach Robert Michael, right, provides insight about the match to Grace Kelly between rounds during last weekend's competition in Wilmington, N.C. All-Marine boxer Lucas Hoague, left, assists in Kelly's corner.



nsive for the entire fight, forcing her opponent to defend herself and preventing her fi

BOXING CONTINUED FROM 1B

CONTINUED FROM 1B
boxing coach Robert Michael and the comraderie of the men's program.

The All-Marine women's boxing program will function in a manner similar to rugby and wrestling, with members selected to tryout and given several weeks to prepare before the Armed Forces Tournament. The program might return to year-round status if women's boxing becomes an Olympic sport.

Women's boxing will be an exhibition sport at the 2008 Olympics and it is slated to become an official Olympic sport at the 2012 Olympics.

With the sport growing in popularity since USA Boxing lifted its ban on women fighters in 1993, and exposure from the film Million Dollar Baby and the well-publicized careers of Muhammed Ali's and Joe Frazier's daughters, the sport could be elevated to full Olympic status in 2008.

Even 2008 is a long way off for Kelly, who noted that boxing requires year-round training.

the sun, playing and to 130-degree

dangerous south of Bag has survive

ar growing swille, Fla., a rafted by Minn on the round of t

evens moved

rd and Juan

In the dimly lit gymnasium whe have awayweight champion "Mercile Mercer mingled with the crowd and pictures, Kelly prepared herself my go out a winner.

After numerous bouts between clayoung as 11 from up and down the Eit was Kelly's turn to take to the ring on by the All-Marine male boxers where trip to Wilmington, Kelly won entire crowd with accurate jabs, uppercut, and agile maneuvering that her to avoid her opponent's punches.

The judges noticed too, and Kelly evictorious.

victorious.
"I really wanted to win this figh a said, "and this may be my last before in

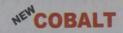
said, "and this may
Iraq.
"I love boxing. I eat it, sleep it, in
Being a part of this team has been eva
I hoped it would be and everything the
Corps is about: unity, honor, frier is
can't thank coach and the men en in
helping me become a better boxer.
"Hopefully, women's boxing will a
an Olympic sport in 2008," she adde



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VE CAMPBELL

VEAPOLIS (AP)— tevens toiled as a p in the Minnesota arm system for four Then the real hard

gan.
ns, who left baseball
to join the Marines,
ed two tours of duty
He'll be deployed to
stan in November.
ary service has given
a different perspeclife, as anyone would

iose long hours on the the sun, playing ball nuts, that's nothing d to 130-degree days dangerous Sunni south of Baghdad has survived

ly lit gymnasium wh champion "Meroi ed with the crowd as y prepared herself n

has survived 11 lasts.
I made minor league I seem like a manaid Stevens, 26, who the Metrodome this I das a guest of the

tous bouts between on up and down the item to take to the rin Marine male boxen imington, Kelly was with accurate jab, agile maneuvering to r opponent's puncisens threw out the first before Sunday's game the Chicago White

any be my last before a and baseball to take batting practice earlier ekend.

This team has been or growing up in the and everything a tiville, Fla., and gettempt, honor, fire affect by Minnesota in the and the men of horound of the 1997 tevens moved his way system and played for the 1998, she also shown with Michael Cuddyer, ord and Juan Rincon, then came the Sept.

I terrorist attacks, and is had a change of heart had been should be she and in the she with the she with the she will be she with the she will be she w

Iding and athletically I

was good enough to ne majors, but hitting-wasn't there," Stevens I didn't really see a . I just felt it was my move on."

ens, whose rank in the attalion, 2d Marine ent is lance corporal, c sort of a cult hero for g harm. By bomb No. had become a good ad luck icon and the of his battalion. His vas told internationally, uddyer picked up his own newspaper in k, Va., in January and front-page article on y he used to play with. vas like, 'Wow, I know Cuddyer said.

ypical day in Iraq for is was to spend eight on patrol, another eight on watch, a few more to write a letter and ipress and then sleep out four hours. 2y would carry 40 is of gear around in tifling heat, all the on the lookout for reatening insurgents. 2re wasn't much time attertainment, but there a television around. October, Stevens got a e to watch the Twins he New York Yankees ime 1 of their first-playoff series. Nat was kind of a relief tch that," he said. "It ind of a comfort zone, guys that you know."

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9 Discoun

Disabled vets carve out new memories on ski

ROBERT WELLER Associated Press

SNOWMASS VILLAGE,

SNOWMASS VILLAGE, Colo. (AP) — Lieutenant Jeffrey Adams skidded to a stop at the bottom of the Big Burn run, a smile on his sunscreen-lathered face on a glorious day for skiing at the Snowmass resort near Aspen.

Adams shifted slightly on his outriggers, special ski poles given to one-legged skiers. He was a long way from Iraq and a long way from the Army hospital where he spent weeks recovering from the bomb blast that cost him his left leg last fall.

"No one is shooting at you, trying to blow you up, all you can do is fall," said Adams, 25, of Baton Rouge, La.

More than 300 disabled vet-

erans attended the Department of Veteran Affairs' 19th Disabled Veterans Winter Sports Clinic this month. The clinic includes rock climbing and other activities, including skiing on special equipment that can accommodate even those without both legs

that can accommodate even those without both legs.

At times, it seems like a museum for prosthetics as the former soldiers crowded the halls of the Snowmass Conference Center. More than half of those who attended are combat veterans, including 52 who were wounded in Iraq. One is a veteran of World War II's Battle of the Bulge.

Master Sgt. Luis Rodriguez watched another vet clambering up a climbing wall and casually showed a reporter his "C-Leg," often called a bionic

leg. It has a computer chip that helps the leg match his stride, give resistance as he sits down or a boost when he climbs stairs.

Rodriguez lost his leg when his medical platoon went to help some leukemia patients in Iraq. A bomb exploded next to the Humvee he was traveling

in.
"That's how I got blown up.
That's life," said the 35-yearold from Fort Campbell, Ky.
Lieutenant Ed Salau, 34, of
Havelock, N.C., remembers
first hearing at Walter Reed
Army Hospital about disabled
skiing from VA recreation theranist Sandy Trombetta the apist Sandy Trombetta, the founder of the clinic. It was just a few days after Salau lost his

[at the other amputees] and I thought he must be smoking crack," he said.
Sergeant Andy Butterworth, 25, of Durham, N.C., lost a leg in the same attack last Nov. 15 when their Bradley fighting vehicle was hit with rocket-propelled grenades. Like Salau, he was skeptical.

"I was scared," he said.
"You got one good leg left.
What if you break it?"

Trombetta said he is familiar

with that sort of apprehension.
"Imagine going from being
10 feet tall and bulletproof to
lying in bed surrounded by docsyng in bed surrounded by doctors and family and they all seem unhappy," he said. "Even after 19 years, I am blown away every second. This place is where dreams come true."

It certainly is true for Salau.

"He's an inspiration to me and the kids. We are so proud of him. He's awesome," said Terri, 36, his wife. She traveled with him to the clinic and took a snowmobile ride, with Ed driv-

ing.
She said she had to hold

She said she had to hold back tears.

"Who'd have thought fourand-a-half months ago that we'd be snowmobiling?" she asked.

Katie Yurek, Adams' finance, recalls the day she heard he had lost a leg just seven days after arriving in Iraq and thinking, "He wasn't going to be able to get up the stairs to my apartment." She later won-dered how his recovery could possibly include skiing.

"It's just him," she said. "If he says it's going to happen, it will."



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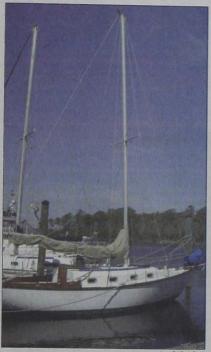
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ine Corps Community vices is hosting an 3 night at the French ak Recreation Center 1 23 starting at 9 p.m. durricane will be one lany entertainment ons available. Indees must be 18 s of age or older, an ve-duty, Reserve or ly member or authorguest. For more inforion, call the Recreation ter at 451-1446.

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Warm weather means water safety



LANCE CPL. SHANE SUZUKI Marine Corps Base

With the weather getting nicer and the days getting longer, more and more people are choosing to spend time by, and in, the many lakes, rivers and ocean parks in the area. Whether

and ocean parks in the area. Whether it's by swimming, boating, fishing or sailing, basic water safety rules always apply.

"It's getting to be the season for boats and being outside again," said Vaughn Fulton, lead recreational assistant at Gottschalk Marina. "People have to be careful out there, because it can be dangerous."

For many people, boating and the use of personal watercrafts are a popular choice for summertime entertainment. Boating is a growing pastime in the United States. Sales of personal watercraft units have increased from approximately 29,000 in 1987, to more than 200,000 in 1987, to more than 200,000 in 1995.

However, with this increase in

However, with this increase in water traffic, the chances for a tragic accident increase greatly. In order to stay safe around, in and on the water, the American Red Cross has a few griddline to incred.

guidelines to increase water safety:

- Learn to swim, The best way to stay safe in the water is to learn how

stay sale in.

- Always swim with a buddy,
Swimming alone only increases the
chances of an accident.

- Swim in supervised areas.

- Don't mix alcohol and water
sports. Alcohol impairs judgment,



With nice weather and longer days, many people are choosing to spend more and more fir on and around the water. However, as more and more people take to the water, the chan of injury and death increases greatly.

balance and coordination skills, all of which are needed in the water. Alcohol also reduces the body's ability to stay warm, leading to hypother

ity to stay warm, leading to hypothermia.

- Drink plenty of water. Water sports are strenuous and dehydrate the body quickly. Combined with warm, summer weather, this can lead to heat stroke and heat exhaustion.

When on a boat, use a life jacket and don't drink. Alcohol accounts for more than 50 percent of drowning accidents in the United States.

According to the National Safety Council, drowning accounts for more than 4,000 deaths each year, with children under the age of 5 account-

ing for more than 500 of those deaths The biggest factor in those deaths is lack of a flotation device or life jacket. The United States Coast Guard estimates that nine out of 10 drowning victims were not wearing a life

jacket.
"The majority of accidents would not have happened if the victims had taken time to learn proper small boat operating procedures," said Jesse Turner, a base safety officer. Children should always be supervised and wear protective equipment when near water, even if they aren't in a boat. Safety equipment includes

See SAFETY | 3C

Live-virus Vaccines can harn

CPL. SHARON E. FOX Marine Corps Base

A Marine Administrative Message was recently released to help clarify and facilitate the awareness of policy and guidance concerning pregnancy and parenthood. Marine Corps Order 5000.12E, the Corps' pregnancy and parenthood policy, was signed Dec. 8 and has been accessible since Feb. 1. MARADMIN 133/05 was released March 18 and reiterates to commanders the units' responsibility to ensure the safety of pregnant Marines.

There are certain tasks and responsibilities under the new policy that all Marines and sailors need to be aware of.

Of the second se

these inoculations.

It has been determined that live-virus immunizations can be hazardous to the fetus or an unborn child.

"Live-virus vaccines can definitely be harmful to a fetus especially 30 days after it has been given, because that is usually how long it takes for the vaccination to run its course," said Petty Officer 2nd Class Shannon A. Washburn, a Navy corpsman with the 4th Marine Expeditionary Brigade (Anti-Terrorism). "Even anthrax runs its course in two weeks. Other routine vaccinations like typhoid and tetanus aren't as harmful, but are also not administered to pregnant Marines."

If live-virus vaccines such as small pox and yellow fever are administered, service women will be counseled to avoid becoming pregnant for three months after the inoculation.

"The only tests administered to pregnant Marines include the Purified Protein Derivative and Human

See VACCINATIONS | 3C



Physical therapist technicians Petty Officers 2nd Class Francis Rosanes and Romona Walters explain a wand exercise to Sgt. Home Miller, a field radio operator from the 24th Marine Expeditionary Unit. Miller, who is rehabilitating an over-use injury to his left should der, is scheduled to have surgery obth his ankle and knee later in the year. "I never want to get hurt," said Miller. "But they do a work of the later of the part of the

Physical therapy clinic helps injured Marines

Marine Corps Base

With more than 40,000 Marines working and training here, mishaps and accidents are bound to happen. Most major training exercises have corpsmen nearby for the immediate treatment of an injury, but many times training injuries require more than a bandage or an ice pack. For all Marines and sailors who require rehabilitation after an injury, Camp Lejeune's Naval Hospital's physical therapy office is the place to go.

Located on the second floor of the hospital, the clinic is open weekdays from 7 a.m. to 4 p.m. by

appointment. Patients can receive care on injuries ranging from a strained ankle to surgically repaired shoulders.

'Our primary mission is to rehab injured service "Our primary mission is to renab injured service members and get them back training," said Lt. Cmdr. Deborah Goodwin, department head of physical therapy. "We see active-duty members and get them back to doing what they need to do." The clinic is starting to the see the numbers of patients increase as the nice weather rolls in and wounded veterans return from Iraq. "Now that summertime is coming, outdoor

See THERAPY | 3C

Security tips help keep your home safe from burglary

PROVOST MARSHALL OFFICE

Nationwide, every 15 sec-onds a burglar enters someone's home, and a burglary is com-mitted. Burglary is the fastest growing felony in the United States. Of the millions of dol-lars worth of goods stolen each year, only 9 percent is recov-ered.

year, only 9 percent is recovered.

While theft aboard military installations, like Marine Corps
Base Camp Lejeune, is less prevalent than off-base locales, thefts do occur in our on-base

barracks and family housing units. The sad thing is that in seventy-five percent of all thefts that are reported, either the residence and/or item(s) were left unsecured. If you make entry simple for a burglar, you might become an easy tar-oet

you might become an easy target.

While its impossible to make your barracks room or home 100% "burglar proof", there are steps that you can take to significantly reduce the likelihood that you will fall victim to crime. Burglars don't like delays, making noise, or taking high risks, so the goal should be to make entry difficult with old

ures.

The following security tips will help in making your residence a harder target for burglars:

Lock all doors, windows, and garage doors when away from the residence. An unlocked lock is not a lock!

Hiding an extra key in a "secret" location should be avoided.

Patio doors and windows

avoided.

• Patio doors and windows can be among the easiest entry points for burglars. There are several means with which to better secure these areas of con-

cem. A 1 inch dowel rod cut 1/8" shorter than the track can be placed in the channel at the bottom of the patio door or sliding window. A manufactured hinge bar can be purchased for installation on patio doors, but this can be rather expensive. Another less expensive means would be commercially purchased anti-slide blocks or slide bolts, which can be used both

chased anti-slide blocks or slide bolts, which can be used both on patio doors and sliding win-dows. Anti-slide blocks are very effective.

Never open a door to an unfamiliar person or voice. For locations that don't have a win-dow that gives you a view out-

side of the door, a simple, inex-pensive safety device is the one way door viewer.

way door viewer.

• Selected interior lights should be left on, or turned on with a timer (the preferred method), in locations not visible from windows. External lighting is also important, but used by itself when the residence is unoccupied may actu-

dence is unoccupied may actu-ally tip the burglar off.

Leave a radio or a televi-sion playing with the volume on low. This will create the impression of a conversation
• Shrubbery should

See BURGLARY | 3C



Matthew C. Perry Elementary second graders tend to Ms. Berg's Garden, located in front of the school recently

Iwakuni's school children enjoy first signs of spring

LANCE CPL. MARK FAYLOGA

Marine Corps Air Station Iwakuni

MARINE CORPS AIR STATION

IWAKUNI, Japan — To many people, a
blooming tulip is a sign that the harsh winter weather is behind them and spring has
arrived, but to students at Matthew C. Perry
Elementary School, it represents hard work,
hope and love.

Second grade students at M.C. Perry
planted a flower garden in front of the
school, Dec. 10, 2004. The garden was
christened "Ms. Berg's Garden" as a gift to
their former teacher Arlene Berg, who was
diagnosed with a serious illness and forced
to return to the U.S. for treatment. The first
tulip in the garden bloomed April 8.

The garden however, is not a memorial.
It is a beacon of hope, a visual representation of the students' love and adoration for
their former teacher. The tulips signify the
students' wishes for a speedy recovery followed by a return to Iwakuni and have
served as a different type of medicine.

According to Tamra N. Barker, M.C.
Perry second-grade teacher, Berg's condition has improved after receiving treatment
and she is feeling better.

"I think it's the garden and the letters

we've sent to her that have made her feel well," said Danom R. Wilson, 7.

Aside from serving as emotional support for Berg, the class has also used the garden was a tracking tool.

for Berg, the class has also used the garden as a teaching tool.

"I've used the garden to help the children with science. We've been charting the blooming patterns of the tulips and made predictions on the next color to bloom," said Barker, "The class has also written letters to Ms. Berg as writing assignments. We edit them and it's a good way for the kids to learn how to express their emotions through writing,"

writing."

By integrating the garden into class activities, the students have kept fond memories of Berg and have enjoyed seeing changes in it, said Barker.

"I hope Ms. Berg gets better and I can't wait for her to come back," said Ashley L. Hunter, 8. "I really like her garden because it helps me remember how she was sweet According to John Stroup, M.C. P.

and kind."
According to John Stroup, M.C. Perry Elementary vice principal, Berg taught at the school for two years and was highly respected by faculty and students alike.
"I like her a lot," said Wilson. "I think she is a nice lady and the best teacher in the world."

There will be a breakfast at the

Camp Lejeune Officers' Club

April 30

Social Hour will begin at 7 a.m.,

with breakfast following at 8 a.m. All retirees and active duty are invited to attend the breakfast and to share in some fascinating

> stories. For more information, call

Sqt. Maj. Meyer at 938-1610.

Top leathernecks receive Corps awards for work

LANCE CPL. SHA'AHN WILLIAMS

The mission statement of the Marine Corps Association, set in 1913, is to disseminate knowledge of the military art and science, to provide for professional advancement, to foster the spirit and preserve the tradition of the Marine Corps, and to increase the efficiency of the Marine Corps to further the interest of the military and nayal services.

There are four core components of the MCA

"There are four core components of the MCA which we use to accomplish our mission statement," said retired Sgt. Maj. Ronald Fetherson, deputy director of professional development at the MCA.

"Most people are familiar with the Gazette and Leatherneck magazines, and the bookstore, but they don't know that we accomplish our mission statement through professional development," he said.

Professional development services help

ment," he said.

Professional development services help Marines by providing them with an environment where all Marines can come together to network and learn from each other.

"The ground dinners we hold are attended by retirees and active duty Marines, which satisfies our dissemination of knowledge mission," said Lisa Williams, director of professional development at MCA.

The MCA Ground Dinner is a professional

Lisa Williams, director of professional development at MCA.

The MCA Ground Dinner is a professional forum co-sponsored by the Marine Corps Association and Headquarters Marine Corps, Plans, Policies, and Operations.

The purpose of this event is to provide a forum for discussion of issues pertaining to the headquarters element, ground combat element, and the combat service support elements of the Marine air-ground task force. Active duty and reserve Marines, retirees, veterans, and Corpsfriendly members of industry attend the dinners.

Guest speakers at recent MCA Ground Dinners have included Gen. Peter Pace, vice chairman, Joint Chiefs of Staff, Maj. Gen. James N. Mattis, Marine Corps Combat Development Command commanding general, and Gen. M. W. Hagee, commandant of the Marine Corps.

The association also has a formal awards pro-

The association also has a formal awards pro-

gram that was established to recognize the professional achievements of active duty Marine and Sailors worldwide who excel in academics (

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ns-related injuries side up, said F side up, said F set 2nd Class Roi feet 2nd Class Roi feet 2nd class Roi fine and ankle injuries all the training that

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VIOT

and Sailors worldwide who excel in academics (leadership.

Some of the awards include Recruiter of the Year, Drill Instructor of the Year, Sergeant Majoo the Marine Corps Writing Award, and Recru
Training awards.

"Awards not only recognize Marines who dowll, but continue to be a valuable means of promoting an all-competitive spirit and initiative takine," Fetherson said.

Award recipients include unit Marines an

shine," Fetherson said.

Award recipients include unit Marines an noncommissioned officers of the quarter, as we as graduates from corporals' leadership course and sergeants', career and advanced courses; staff NCO academies.

"We are the largest sponsor of awards for the Corps," said Fetherson.

The MCA organizes and coordinates professional military education forums for the Marine expeditionary forces as well as other units.

The forums feature prominent speakers, eithe individually or as panel members, offerin insight on historic or current military-related to ics.

On Feb. 25, Col. Thomas Hammes, author (
"The Sling and the Stone: On War in the 21:
Century," spoke at a seminar at the Gra
Research Center here.

Membership is open to all active duty, reservired and fionorably discharged Marine veterns and members of sister services who have served with Marine units. Spouses and childre over the age of 15 are also eligible to become members of MCA.

Some benefits of membership include.

members of MCA.

Some benefits of membership include a MCA discounted calling card, health and liftinsurance, a 10 percent discount at the association's bookstore, and subscriptions to the Marine Corps Gazette and Leatherneck magazines. "The MCA is here to serve and support the Marine Corps community," said Fetherson "Our goals are driven by the needs of the Marines."

For questions regarding membership eligibil ty, call 866-622-1775 or visit the MCA Web si at www.mca-marines.org for more information.



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Marine For Life



Courts-Marti

Lance Cpl. Jeffery L. Treille Jr., Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of unauthorized absence. He was sentenced to confinement for 60 days, forfeiters of the confinement of the confinement for 60 days, forfeiters and the confinement for 60 days, forfeiters of the confinement for 60 days, forfeiters and forfeiters ture of \$1,200 and reduction to private

Lance Cpl. Emory N. Holcomb IV, 2d Transportation Support Battalion, 2d Force Service Support Group, was convicted at a special court-martial of disrespect toward a staff noncommissioned officer, making a false official statement, simple assault, engaging in reckless conduct, and communicating a threat. He was sentenced to a bad-conduct discharge, confinement for 10 months and reduction to private.

Private first class Shawn M. Alderson, Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of

Main Side Briefs

MARINE 4 LIFE PROGRAM

tion, contact Sgt. Dana M. Flan Web site at www.M4L.usmc.mil

unauthorized absence. He was sentenced to a conduct discharge, confinement for 90 days, for ture of \$2,469 and reduction to private.

Private first class Robert C. Cox, 2d Battalion Marine Regiment, 2d Marine Division, was convat a special court-martial of unauthorized abswrongful use of cocaine, and wrongful us methamphetamine. He was sentenced to a badduct discharge, confinement for 90 days, forfeitus \$2,469 and reduction to private.

Private first class Patrick C. Beam, Headqua and Support Battalion, School of Infantry, Tran Command, was convicted at a special court-mart two counts of unauthorized absence and wrongfu of marijuana. He was sentenced to a bad-conduct charge, confinement for 45 days, forfeiture of \$10 and reduction to private.

Off-limits establishments

Retired Military

Breakfast

The following businesses are designated by the base commanding general as "off-limits" Highway 258 West, Jacksonville

Doll House Easy Money Catalog Sales **Fantasies**

Illusions Jacksonville Speedway Auto Parts

Playhouse Pleasure Palace

Private Pleasures Reflection Photo

Smitty's R&R Talk of the Town II.

Tender Touch Veterans Affairs Services Club Classics

Club Liquid Five Points Variety Center

Botta Booms

Centennial Enterprises, Inc. Joshua Experience/Club Access Student Assistance Co.

233-F Western Blvd., Jacksonville 4951 Richlands Highway, Jacksonville Richlands Highway, Jacksonville 401 Blue Creek Elementary School Road 6568 Richlands Highway, Jacksonville Highway 17, Jacksonville 5527 Highway 258, Jacksonville 353 Western Blvd, Jacksonville Highway 17, Jacksonville 114 Texie Lane, Jacksonville Highway 258, Jacksonville La Miranda, Calif. New Bern 240 US 70 West, Havelock 508 Kilmarnick St., New Bern 3054 Wilmington Highway, Jacksonville George Washington Highway, Tabb, Va. Thousand Oaks, Calif.

200 Golden Oak Ct., Virginia Beach, Va.

To report business fraud, call 451-3928.

information on relocation, visit www.mccsonesource.com.

A women's prospective group is available to active-duty females, spouses of active-duty service member retirees and spouses of retirees to discuss various topics involving behavioral traits which contribute to viole situations and how to recognize good and bad relationship factors and how to handle them. For more information, call Dr. Perlie Jones at 451-2864.

The Marine Corps is looking for employers interested in hiring Marines returning to the Jacksonville as after serving on active duty. Prospective employers are invited to join an online network managed by the Marines

4 Life program, which helps Marines make the transition from the Corps to the community. For more information, contact Sgt. Dana M. Hamm at dana.hamm@m4l.usmc.mil or 376-4153, or apply via the Marine 4 L.

Permanent Change of Station moves are a fact of life for the Marine Corps family. MCCS OneSource off relocating assistance, brought to you in partnership with Marine and Family Services. There is no cost associated with using this service, and best of all, it's available anytime of day, where ever you are. So get in touch we us today. We have consultants who speak Spanish and offer simultaneous translation into more than 150 oth languages. Phones are 800-346-9188, En español, llame al 800-375-5971 or call collect 484-530-5908. For more information on relocation, visit wave mecsanescource com

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

At least 10 volunteers are needed to drive a parking lot shuttle at the Camp Lejeune Naval Hospit The shifts are four hours long and volunteers must have a valid driver's license. Call 450-4596 or 452173 for more information.

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recognize Marines where THE RAPY is a valuable mean of DO TINUED FROM 1C tive spirit and minute.

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Alcohol reduces balance, decision-making and reaction time, all of which are needed when in the water. Driving a car while intoxicated is illegal, as is driving a boat while impaired.

According to the United States Coast Guard, alcohol involvement accounted for 31 percent of all boating fatalities in 2000, a rise of almost five percent since 1999.

BURGLARY CONTINUED FROM 1C

trimmed back to provide a clear view of the doors and windows.

• Clean up your yard and arrange for someone to pick up newspapers and mail that may be delivered in your absence, as these things tend to create the impression that a resident is not home. Never store small portable items (lawn chairs, grills, bicycles, etc.) in locations where they can be easily

seen or stolen.

• If you live in the barracks secretaries and cabinets should be locked and valuables put away at all times while not in use, even if you are in the room. Don't make youself an easy target.

No system is 100 percent guaranteed, but by following these security tips, the odds are in your favor that a would-be burglar will bypass your residence and select an easier target.

Along with proper fitting shoes, Marines need to remember to replace their shoes at regular intervals. Most shoes have a recommended mileage limit on them, after which the shoe needs to be swapped out for a newer pair. noting unit Marine, post-related injuries are cers of the quarters of 19 up." said Petty porals leadership on the render of the advanced come and advanced come for call therapy. "We see a sponsor of awards to the call the training that goes and coordinate up are."

needs to be swapped out for a newer pair.

"We see Marines in here that are using the same run-ning shoes they got in boot camp," said Flinn.

"We suggest you switch your shoes when you change your uniform," said Goodwin.

"When we go sleeves up, get new shoes. When the sleeves go back down, get new shoes."

Another issue Marines often face is improper insoles in their boots. Insoles, like running shoes, have a mileage limit on them. And consider-ing most Marines wear their boots five days a week, those

insoles wear out fast.

"The Marine Corps is getting better about getting out the information about injury prevention," said Goodwin.
"Stretching before [physical training] sessions, proper safety equipment and, of course, emphasis on hydration has helped."

Even with prevention programs, there are some injuries that cannot be avoided. Combat wounds are the last thing any Marine wants to deal with, but it is a fact of life for many War on Terrorism veterans.

"We deal with wound care, shrapnel being taken out, as well as rehabilitation from extensive reconstructive surgery," said Goodwin. "We really run the gamut of injuries here."

In addition to the main clinic at the hospital, two

Sports Medicine and Reconditioning Treatment Clinics are available for rehabbing Marines. One is located in Building H-1 for Camp Lejeune Marines and the other is located on Camp Geiger for the students and instructors at the School of Infanty (East).

"Even with the increase in

Infantry (East).

"Even with the increase in injuries, the wait time to be seen is really good," said Goodwin. "Most people are seen within a week."

"The goal of any rehabilitation clinic is to help the patient regain as much of their pre-injury strength and motion as possible and the clinics here are no different," said Goodwin. "The sooner an injured Marine gets their treatment started, the quicker they will be off of light duty and back doing their normal job."

VACCINATIONS CONTINUED FROM 1C

CONTINUED FROM 1C

Immunodeficiency Virus tests. They may get a flu vaccination if prescribed by their obstetrician," said Washburn.

According to the MCO, commanding officers will ensure that all female Marines in their unit are administered a pregnancy test 10-14 days before deployment. Urinalysis or blood testing is the only pregnancy screening authorized.

If a Marine tests positive for pregnancy, they will provide a note with a health care provider's letter enclosed, informing their commanding officer of the confirmation; the source document for all deferments associated with the pregnancy.

Pregnant Marines are non-

all deferments associated with the pregnancy.

Pregnant Marines are non-deployable. This is not a personal or unit driven choice, and all personnel concerned must comply with this policy.

"I don't have any problems with this policy," said a female Marine who asked to remain

anonymous. "I'm going through my second pregnancy right now and everything stated in the [Marine Corps Order] allows real-istic guidelines to help [pregnant Marines] to still be successful on the job."

Marines to still be successful on the job."

Pregnant Marines are allowed 12 months of time without a deployment from the date of delivery, but may waive that right if they want. The order provides the option to the Marine, not the commander, the Marine should not be pressured either way to decide whether or not to waive the deferment, according to the MARADent, according to the MARAD-

MIN.

"It's important that Marines have this information. I have children of my own and am proud that I have been so successful in my career," said 1st Sgt. Josie M. Nemeth, company First sergeant for Company A, Marine Corps Base. "Female Marines need to know the importance of taking care of themselves and their unborn child during pregnancy, Awareness is the key to having a healthy baby."

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Automobiles

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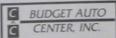
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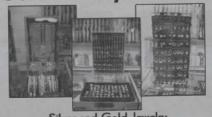
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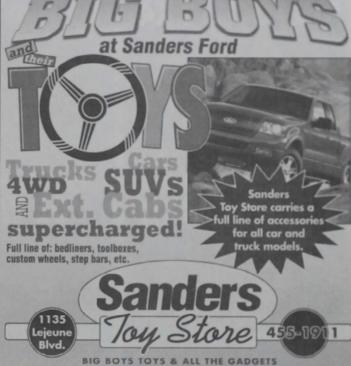


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es from around the as from around the ind local restau-ill gather at the estival in Beaufort 3 to 16. The week-of wine and food nefit the 2006 Tall rent at the N.C. the Museum. For formation, call 8-7317.

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will be a fundrais-wash Saturday bon to 6 p.m. at Coffee House to local person to Walk for Breast r. For more infor-call 455-2545.

pjeune High School it body will have portunity to dis-uture health career s April 22. Local zations will set up if from 8 a.m. to 2 or more informa-intact, Betty pson, school nurse, -2451.

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Marine Corps ciation Bookstore at ot Point will feature ol. Alex Lee and Doc" Norton at a signing on Saturday 6 p.m. to 8 p.m.



Jacksonville is accus-

Jacksonville is accustomed to bravery as thousands of the natian's bravest and finest inhabit this area. A different type of bravery — daring entertainers — will convoy into town under the cover of darkness and take the city by surprise. Daring acts will be performed such as flying trapezes, tightrope walkers and the amazing human cannonball.

Cole Bros. Circus is excited to start the season to see for themselves the amazing show they have prepared and to thrill the crowds they encounter each year. Jacksonville is the fourth town that will get to see the circus's newest addition only appearing under the Big Top — Spiderman and The Hulk. Mario Vitali, marketing director, said Spiderman and The Hulk are the biggest attractions this season and they will make appearances to meet and greet all of their fans during circus performances.

Circus' are

known for amazing the crowd one act after another and this one plans to do so from the moment you walk into the huge red and yellow tent until the grand finale when ticket seller, tiny Tetyana from Ukraine, becomes the Magic Bullet and is shot from the barrel of the World's Largest Cannon. She blasts out of the cannon at 60 to 65 miles per hour and files across the Big Top to land in a net 300 feet away.

There are multiple acts in the

300 feet away.

There are multiple acts in the circus including Andrey Medeiros, a Brazilian astrocycler, who mounts his motorcycle and audaciously speeds across a wire stretched high above the crowd, performing handstands and spins, while his new wife Viktoria, a Bulgarian gymnast, performs on a trapeze below. They both say trust is an important part of

important part of their act as well as their very new marriage. Cole Bros.

with its exciting stunts and crazy clowns that unceasingly pull tricks out of their hats and burn hats, and human daredevils who time after time put grins of put grins of wonderment on

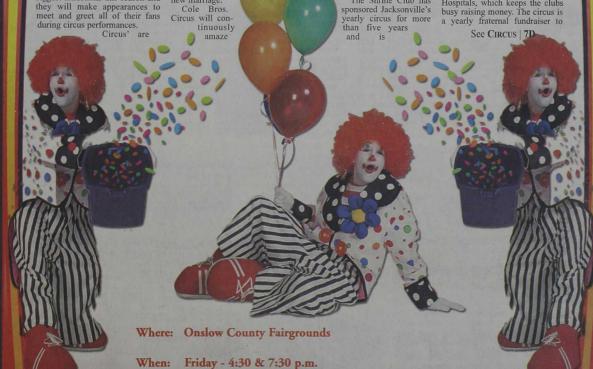
"We are thankful that we are able to spon-sor the circus," said Denver Jones,

said Denver Jones,
president of the
Onslow County Shrine Club. A
former Marine himself, he added
that it gives the military a chance
to escape the rhetoric of military
life and would like families with
loved ones deployed to enjoy a few
hours in this fun atmosphere as a
family, even if one parent
may not be present.

The Shrine Club has
sponsored Jacksonville's
yearly circus for more
than five years
and is

thrilled to be accepted as a sponsor in order to continue helping crippled and burned children in the community receive free medical care in one of the 22 Shriners Hospitals in the country, especially the club's local Greenville Shriner Hospital.

It costs \$19.81 per second to keep the doors open in Shriner Hospitals, which keeps the clubs busy raising money. The circus is a yearly fraternal fundraiser to



Saturday - 1:30, 4:30 & 7:30 p.m. Sunday - 1:30 & 4:30 p.m.

LCTV-10 | Guide

7:30 a.m.	California State University Monterey
7.30 а.ш.	Bay
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.	Tom Hanks presents: Return With
	Honor
Noon	The Morning Report
12:30 p.m.	Pacific Report
1 p.m.	Navy-Marine Corps News
1:30 p.m.	Destination Chicago
2 p.m.	Pentagon Channel On Assignment
2:30 p.m.	Pentagon Channel Studio 5
3 p.m.	Songer Whitewater Adventure
3:30 p.m.	California State University Monterey
	Bay
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.	Tom Hanks presents: Return With
	Honor
8 p.m.	The Morning Report
8:30 p.m.	Pacific Report
9 p.m.	Navy-Marine Corps News
9:30 p.m.	Destination Chicago
10 p.m.	Pentagon Channel On Assignment
10:30 p.m.	Pentagon Channel Studio 5
11 p.m.	Songer Whitewater Adventure
11:30 p.m.	California State University Monterey

Let Destination Chicago guide fant m you through this beautiful city

CPL. PATRICK MCHUGH



t's time for another week of outstanding programming on Lejeune Cable Television-10. This week we'll continue to keep you updated on military news with programming from the Pentagon Channel, Navy Marine Corps News, Your Corps and Studio 5.

We'll also continue to been your informed as

and Studio 5.

We'll also continue to keep you informed on what's happening around Camp Lejeune with our very own morning show *The Morning Report*. Our hosts Cpl. Matt Lyman and Staff Sgt. Skip Osborn, will talk about issues on and off base and throughout the Marine Corps. Our weather team will also keep you up-to-date about tropical storms, hurricanes and those ever-present Carolina rains. So be sure to watch *The Morning Report* live everyday at 8.3 m.

8 a.m.
Viewers can also keep up on local area happenings by watching our message screens and tickers.
We keep you on top of sports, national, internation-

al, business and entertainment news.

Whether you want the thrilling challenge of the big white water or the family fun of a Songer rafting package, this video provides it all. Songer Whitewater Adventure shows you everything from little children to senior adventures and half-day trips to two-day expeditions. Songer offers people of all ages the perfect getaway. And since it's located near the New River Gorge National River and in the Gauley River National Recreation Area, there are plenty of other activities for you to enjoy in West Virginia.

Next on our programming agenda, let us take you to Chicago. *Destination Chicago* explores the diversity and distinct character of Chicago's neighborhoods from its stunning architecture to its wealth shops and restaurants.
With its cultural institutions, nightlife attractions,

With its cultural institutions, nightlife attractions, range of lodging options and ever-changing calendar of free festivals and special events, Chicago has something for every visitor. Chicago's top attraction is its citizens, who open their arms to visitors with hospitality. So join us on this visit to Chicago. In addition, we are bringing you Tom Hank's Return to Honor. It tells the gripping story of American fighter pilots shot down over North Vietnam and their sudden transformation from self-confident, top gun aviators to prisoners of war con-

confident, top gun aviators to prisoners of war con-

fronting years of captivity.

The film includes astounding, never bef floatage from the archives of Vietnam and riveting first-person accounts of the hide behind the prison walls. It is an inspiring to faith, brotherhood and the resilence of the

Do you ever find yourself bored, lonely

Do you ever find yourself bored, lonely feeling like you're ready for a new exp LCTV-10's got the solution to your probler crew of friendly, motivated individuals will you all aspects of the television broadcast video production field.

Have you ever dreamed of being a superfixed by the spotlight or being the "magic behavenes," operating state-of-the-art studio and audio equipment? Working at the television is a great opportunity for anyone intergetting into the television business, searching resume booster, or simply looking to have time and to make new friends.

LCTV-10 welcomes all interested in vo

time and to make new friends.
LCTV-10 welcomes all interested in voing their time. If this sounds interesting, city 1239 or e-mail Cpl. Patrick McHugh, the prataparick m.mchugh@usmc.mil. You migh the one we're looking for. If you or your unit set get information put on LCTV-10, please lewww.lejeune.usmc.mil.

The Morning Report

For information on concerts, festivals, special events and classes going on up and down the Carolina coast, check out What's Happenin' each week. To add your event, e-mail ebravo@militarynews.com Space limited to availability.

Thursday 14

Zakkwylde's, Black Label Society and Meldrum at Ziggy's in Wilmington - www.ziggy-

rock.com.

Mole Cricket at Lucky's in Wilmington - www.luckys-rocks.com.

Ninth Annual New Play Festival at the Thalian Hall Studio Theatre in Wilmington - www.thalianhall.com.

Zoso at Kefi's in Wilmington - www.kefis-live.com.

Friday 15

Adrenokrome with Reason To Ignite at the Arena Sports Bar in Jacksonville - www.are-

• Pat Green and Outdoors in Ziggy's Music Park at Ziggy's in Wilmington - www.ziggy-

Saturday 16

Better Dead Than Red, Empire Falls, Port City Ivy League and Vanguard at the Arena Sports Bar in Jacksonville - www.arenasportsbar.net.
 Carol Woods in concert - at Sampson CenterStage - www.sampsoncenters

stage.com.

• Edwin McCain Band
and David Ryan Harris
at Ziggy's in Wilmington www.ziggyrock.com.

• Settle at Tiki's in
Beaufort - www.thesand-

21 Doly Toro, Negative Nancy at Lucky's in Wilmington - www.luck-

Thursday

Ani DiFranco at

Thalian Hall in
Wilmington www.thalianhall.com.
• Ninth Annual New
Play Festival at Thalian
Hall in Wilmington www.thalianhall.com.

Friday 22

Annie Sidley at the old train depot in Jacksonville - www.bold2000.com.
 Black lee at the Arena Sports Bar in Jacksonville - www.arenasportsbar.net
 Raucous Brothers at Tiki's in Boaufort -www.thesandbar.org.

www.thesandbar.org.
Mystic Vibrations at Kefi's in Wilmington -

www.kefisilve.com.

• Port City Rock Out,
Silver Judas Detour, 2 In
The Head and Mondays
Off at Lucky's in
Wilmington - www.luckysrocks.com.

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23

Travolta tests music biz in Be Cool





Be Cool is the sequel to Get Shorty and has the same snappy vibe with a whole new beat.

whole new beat.

Get Shorty dealt with mobster
Palmer conquering Hollywood. Now,
bored with his success in the film
industry, he uses his negotiating tactics to enter the lucrative music busi-

John Travolta (Ladder 49, Basic Swordfish) reprises his role as Chili Palmer, hit man turned film producer,

Palmer, hit man turned film producer, who sets his sights on the music biz. Be Cool opens with Palmer's buddy, record producer Tommy Attens, played by James Woods, getting shot. Palmer sees this as a great opportunity to hook up with Athen's widow and pitch himself as her new business partner.

Uma Thurman (Kill Bill, Paycheck, Gattica) stars as Edie, his buddy's

Gattica) stars as Edie, his buddy's widow who is managing her late husband's record business.

band's record business.

Palmer becomes the promoter of a struggling singer who is being pursued by the Russian mafia.

Palmer teams up with up-and-coming pop diva Linda Moon, played by Christina Milian (Love Don't Cost a Thing), who he is helping to get out of a had record contract. Iming), who he is helping to get out of a bad record contract.

Along the way they encounter sundried stars and scoundrels played by Vince Vaughn (Domestic Disturbance), Cedric the Entertainer,

The Rock, Steven Tyler, Andre 300, and Harvey Keitel (National Treasure, Crime Spree).

Aerosmith, the Black Eyed Peas and Sergio Mendes all are performing.

Dwayne Johnson, alias The Rock, (Walking Tall) appears as Vaughn's gay-Samoan bodyguard who longs to be a nightclub singer.

Felix Gary Gray (The Italian Job. A

be a nightclub singer.

Felix Gary Gray (The Italian Job, A Man Apart, The Negotiator) directs this follow up to the 1995 film Get Shorty: Be Cool is based on the 1999 novel by Elmore Leonard about mobsters and music stars. The movie also reunites Travolta and Thurman.

Be Cool is now playing in the Camp Leigung theater.

Camp Lejeune theater.

SIN CITY (R)

Sin City is an action thriller about a brutal and corrupt city where not even the police can be trusted. It is also a tale of heartless criminals, crooked

tale of heartless criminals, crooked cops and sexy dames searching for vengeance and redemption.

Destinies converge in a morally bankrupt metropolis where a tough-as-nails street fighter goes on a rampage of vengeance after his beautiful lover is killed while lying in bed with him.

The film follows three of the fictional Basin City inhabitants and their stories.

stories.

Bruce Willis (Hostage, Bandit, Die Hard) stars as John Hartigan, a good cop in a bad love triangle. He is a renegade detective with a vow to protect an exotic dancer named Nancy Callahan, played by Jessica Alba (Honey).

Mickey Rourke (Once Upon a Time in Mexico, 9 1/2 Weeks) plays Marv, an outcast who hates and distrusts all mankind and who is on a mission to avenge the death of his true love. When Goldie, played by Jaime



King, is killed, the tough street fighter tries to unravel the murder linked to

Clive Owen (Closer, King Arthur,

Nancy.
Clive Owen (Closer, King Arthur, Beyond Borders) is Dwight, protector of Gail, played by Rosario Dawson (Troy), and her old-town girls, from tough guy Jackie Boy, a dirty cop, played by Benicio Del Toro (The Hunted, 21 Grams, Traffic).

The star-studded cast also includes Brittany Murphy (Little Black Book), Alexis Bledel (Gilmore Girls), Nick Stahl, Michael Madsen, Carla Gugino, Michael Clarke Duncan, and Elijah Wood (Lord of the Rings) as a mute cannibal serial killer.

Also present are Josh Hartnett (Wicker Park) and Marley Shelton in the opening sequence, named, "The Customer Is Always Right."

Robert Rodriguez (Spy Kids, Once

Customer Is Always Right."
Robert Rodriguez (*Spy Kids, Once Upon a Time in Mexico, From Dusk Til Dawn, El Mariachi*) and Frank Miller, a comic book icon, directed this crime saga with lots of special effects. Quentin Tarantino (*Kill Bill*)

also directed a small segment of this

also directed a small segment of this film.

Sin City is based on the 14-year-old cult pulp-comic series of graphic novels about love and vengeance created by Miller. He appears as an ambiguous priest in the movie.

The duo recreated the comic's wildly styled urban backdrop on a green screen. The film is characterized by its comic book grittiness.

Sin City is largely shot in black and white with selective and intense splashes of color. Technically, the movie is striking, very creative, daring and violent. The characters are mostly young, sexy, raunchy and ruthless; however, don't take anything too seriously or look for deeper meaning. This is after all, a comic book fantasy.

Sin City is not for the weak and squirmy. It is also an adult film and is now playing in the Jacksonville theater.

Ms. Hunevcutt is the public affairs

ater.

Ms. Huneycutt is the public affairs assistant at the Base Public Affairs.

Movie gossip, rumors & mee

Anyone really interested in 1 series won't consider it a spoiler if: let you know that Famke Janssen, signed on for a role in this secesequel. Or, if you do, you're enough of a fan. (Variety)

Denzel Washington and Spike are teaming up for the fourth the with this hostage drama, in whice coptries to thwart a clever thief in process of robbing a bank. Cl. Owen is also in talks for a role. (Hollywood Reporter)

He truly is the horse whisper Equine-obsessed actor Robin Redford will be voicing a charactern this adaptation of E.B. White's clidren's classic. He'll provide the voic of Ike, the arachnophobic hom (Variety)

TRANSFORMERS

Michael Bay may soon be tangli with some shape-shifting robots the director is in talks to helm to big-screen flick based on the popul kids' toy line. (The Hollywood Reporter)

SUPERMAN RETURNS

Hugh Laurie won't be play Perry White; he's bailed because TV show schedule conflicts. Inste we'll see Frank Langella in the ro (The Hollywood Reporter)

The movie gossip column brought to you by www.movies.com



Midway Park

Saturday Son of the Mask (1:34) Constantine (2:00) Sunday Hotel Rowanda (2:00) Son of the Mask (1:34)

2 p.m. 5 p.m.



Camp Lejeune

6:30 p.m 9:15 p.m 3:30 p.m. 6:30 p.m. 9:15 p.m. Diary Of A Mad Black Woman (1:56)

EXDITING STATING DIGITAL SOUND

SAHARA PG13 1:00 1:45 4:00 5:00 7:00 8:00 9:15 THE RING 2 PG13 1:00 3:45 7:00 9:30 GUESS WHO PG13 12:45 3:10 5:35 8:00 MISS CONGENIALITY 2 PG13 AMITYVILLE R BEAUTY SHOP PG13 1:30 4:10 7:10 9:30 1:00 1:30 3:10 3:40 5:20 5:50 7:30 8:00 9:50 Fri & Sat 10:20 HITCH PG13 1:45 4:15 7:10 9:40 THE PACIFIER PG 2:00 4:05 7:15 9:2 1CE PRINCESS G 2:00 4:05 7:15 HOSTAGE R 1:30 4:10 7:05 9:30 CONSTANTINE R ROBOTS PG 2:00 4:10 7:10 9:15 FEVER PITCH PG13 SIN CITY R 1:00 4:00 7:00 9:45

SHOWTIMES & GIFT CERTIFICATES @ www.carmike.com ALL SHOWTIMES INCLUDE PRE-FEATURE CONTENT

guide fant mortality awareness ul city mpaign educates new rents in Onslow County The saturation of the last street of Vietnam and the reshared of the last street of

the solution to your part of the selection to the solution to your part of the selection to your part of the y tewide foundation draws attention

> We applaud the efforts of local

health officials and

urge individuals and groups to

reach out across the community to broaden the

impact.

RTH CAROLINA HEALTHY START
Press Release

RTH CAROLINA HEALTHY START

Press Release

RTH CAROLINA HEALTHY START

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Press Release

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North Carolina Healthy Start Foundation

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h year, 1,000 infants die rth Carolina – one every ours. Between 1999 and Onslow County had the h highest number of infant

h highest number of infant across the state at 135, ang in an infant death rate deaths per 1,000 live by comparison, North na's statewide infant mortate for that period was 8.5 per 1,000 live births, 2 the highest in the nation. Infant death 2 minority populations are even more sub-ul, with a statewide minority infant death of 14 in 2003, compared to 5.9 for sian babies.

e leading causes of infant deaths are preity and low birthweight births, birth
s and Sudden Infant Death Syndrome.
un American women are twice as likely as
women to give birth to a premature baby,
st year more than 10,000 North Carolina
s were born premature (less than 37

i).
e foundation's efforts focus on promoting

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for the fourth to drama, in which it a clever thief in

d actor Rob voicing a character of E.B. White's ch

nay soon be tang e-shifting robots a talks to helm based on the population (The Hollywo

strategies to reduce the risks associated with the leading causes of infant death. "A critical, but often overlooked factor when addressing infant mortality reduction is a woman's health before she gets pregnant," continued Freedman. "Lifestyle and daily habits are vital to the health of both the mother and child."

Women who are pregnant or planning to have a baby, should seek early prenatal care, eat well, stop using cigarettes, alcohol and drugs, avoid secondhand smoke and take a multivitamin containing folic acid. Healthy behaviors are important even if a woman is not intending to have a child, as one-half of all North Carolina pregnancies are accidental. To reduce the risk of SIDS, or crib death, infants should be placed on their backs to sleep at night and for maps.

Reducing infant death has

Reducing infant death has

- Janice Freedman

naps to at a local level. The Onslow County Health Department and the North Carolina Healthy Start Foundation have many resources available. Church, civic, education and government entities are encouraged to become involved to increase outreach and awareness of available resources. "We appland the efforts of local health officials and urge individuals and groups to reach out across the community to broaden the impact," continued Freedman. "Grassroots outreach is critical to educating at risk audiences."

For additional information on infant mortality and available resources, individuals can contact their county health department or the N.C. Family Health Resource Line at 1-800-FOR-BABY.

The North Carolina Healthy Start Foundation, a nonprofit organization established in 1990, conducts ongoing public education campaigns, advises state and local policy makers, and provides technical assistance and professional training focused on reducing infant death and illness and improving the health of young children. For more information, logon to www.NCHealthyStart.org.

There is hope for those who wish to renew their love for each other

GENE THOMAS

ear Gene-Thomas.

My husband wrote me from Iraq and said that he wants a divorce. We've been married for five years and have a daughter and I love him very much. I don't know if he would be willing to talk with a counselor or chaplain. What should I do? - Trish

Dear Trish,

Unfortunately, I receive many letters from both deployed military personnel and family members in this regard. While deployments can help some couples appre-ciate one another all the more, they can also contribute to the dissolution of other relation-ships.

dissolution of other relationships.

In order to cure any problem (e.g., physical, marital), it's necessary to identify the cause and not simply treat the symptoms. It's also important to distinguish between minor problems that can be cured on your own and serious problems that require professional help.

what exactly are your prob-lems? Some people find them-selves unhappily married with-out knowing the real cause of their dissatisfaction. In an effort to help couples identify and address their marital prob-lems, many counselors will employ inventories to access the strengths and weaknesses band are often hesitant to seek professional help from a counselor or chaplain, these civilian tools are rarely utilized. It was for this reason I authored Marriage and Military Life, a self-grading inventory that in addition to being a marriage preparation tool, can also help married couples identify problematic aspects of their relationship.

Once the problems are identified, the next step is to determine how serious they are (e.g., problems involving long-term infidelity in which there is emotional involvement is more serious than being disthere is emotional involvement is more serious than being dis-satisfied with a spouse's culi-nary talents). If it is discov-ered that the problems are quite serious and cannot be resolved by the spouses them-selves, then the couple will ordinarily need to seek profes-sional help if the relationship is to be saved and their love is is to be saved and their love is

sional fielp if the relationship is to be saved and their love is to grow.

Just like many people today who are diagnosed with cancer can be saved with professional help, so too can many couples with serious marital problems be helped to renew their love for one another. Not only can many cancer survivors appreciate life far more than they did prior to their illness, so too can many marital couples experience deeper love and happiness after they have addressed and resolved problems that did not have to destroy their relationship.

About half the marriages that end in divorce today could

have been saved with professional help. Unfortunately, many people will go to a lawyer to file for a divorce before first attempting reconciliation with the help of a counselor, chaplain or member of the clergy.

My advice is to encourage your husband to speak with his chaplain. If he is not open to taking this step and will not explain the reasons why he wants a divorce, then you may wish to send him a copy of The Survival Guide for Marriage in the Military or any other similar publication designed to help him evaluate your marriage and determine just how serious your problems might be.

I have helped many couples like yourselves through diffi-cult times to later find theminke yourselves through diffi-cult times to later find them-selves more deeply in love than ever. I have also worked with couples whose problems were so serious and deep root-ed that divorce was the only option to avoid abuse, contin-ued infidelity or other truly "irreconcilable differences." Similar to treating any life-threatening disease, the earlier you act, the better your chances are of survival. As a cancer survivor myself, who was saved following the first Gulf War by military medical professionals, I hope you and your husband will give other professionals a chance to save your marriage. Captain Gene-Thomas

your marriage.

Captain Gene-Thomas
Gomulka is the author of The
Survival Guide for Marriage in
the Military available at
www.plaintec.net. Have a
question? Write Gene-Thomas
at letters@plaintec.net.

No cell phones in POVs unless the operator has a hands free device on the phone.





Onslow Beach Exchange now open Thurs - Tues 0900-1900 4 Apr - 15

4 Apr - 15 May

Increasing number of family pets left behind raises concern among military communities

RUSS BYNUM

INNESVILLE, Ga. (AP) - The 32 dogs look up with sad eyes or wag their tails as animal control officer Linda Cordry walks the row of chain-link cages ending in a door concealing a gas chamber that resembles a large oven.

"These guys are mine," Cordry says with weary resignation. "These are basically on Death Row."

Liberty County Apirol. Control HINESVILLE, Ga. (AP) - The 32 dogs

Death Row."

Liberty County Animal Control and the humane shelter that shares its small cinderblock building have been crammed to capacity with dogs and cats since Army troops from neighboring Fort Stewart deployed to Iraq. Both agencies say it's no coincidence.

"I would say 95 percent of these animals come from military homes," says Beate Hall, who runs the humane shelter where dozens of soldiers and Army spouses began dumping pets during the holidays.

The wars in Iraq and Afghanistan have prompted national efforts to alert deploying soldiers to alternatives to abandoning animals when they leave for war. But the hundreds of unwanted pets turning up in this southeast Georgia military town indicate many aren't getting the message.

Since the Fort Stewart-based 3rd Infantry Division deployed 19,000 troops to Iraq in January, animal control officers took in 321 abandoned dogs and cats. Of those, 119 have been euthanized.

Smells of dank fur, urine and bleach linger

been euthanized.

Smells of dank fur, urine and bleach linger inside the Animal Control offices, where donated food in dented cans and torn bags are stacked in a corner. Dogs are doubled up in several of the 4-by-10-feet cages that allow some room for running. None are empty. Neither are the 14 cat cages, two of which hold mothers with litters of nursine kittens.

Neither are the 14 cat cages, two of which hold mothers with litters of nursing kittens.

Cordry says she's found an abundance of dogs in predominantly military neighborhoods—from emaciated dogs in back yards of vacated homes to puppies left in dumpsters.

She says many of the abandoned pets she finds are wearing collars, but with their tags removed. Animals with collars get up to 10 days before they're euthanized. Those without collars are spared for only three days.

"We get in so many, with personalities we know they had to belong to somebody," Cordry said. "It's hard to say, 'Today's euthanasia day—let's load them up and go for it." she added.

In Hall's case, soldiers and their families

It." she added.

In Hall's case, soldiers and their families have come to the humane shelter in person to leave their dogs and cats. Those pets won't be put down, but Hall only has room to keep 45 animals at a time. Though Hall has found homes for 118 pets since January, the shelter



Oftentimes when members of the military deploy, there is an increase in stray and abandoned pets, causing the number of pets in animal shelters to increase rapidly. Plan ahead to find a good home for your pet. Kol was found by a Marine family injured and abandoned in a Jacksonville neighborhood. They doctored her back to good health and got her all the necessary shots. She is a friendly dog that loves children, and the adopted parents need to find her a good home. If you are interested, call 376-2446.

remains full.

"We didn't realize how bad it was going to be," says Hall, whose husband is retired from the Army. "I didn't think this many military in the beautiful think the many military in the beautiful think this many military."

be," says Hall, whose husband is retired from the Army. "I didn't think this many military families would just dispose of their animals because of the deployment."

In some cases, single soldiers leave their pets because they have no one to keep them at home. Many animals are given up by spouses planning to stay with family while their soldiers are deployed.

"The wives go back home and their parents say, 'No, you're not bringing the cat,' or, 'I don't want the dog here,'" Hall says. "This is supposed to be a last resort. I can only take so many animals."

many animals.

Animal rescue groups say they've put a serious dent in wartime pet dumping, largely by using the Internet to find foster homes to care for soldiers' animals until they return

Steve Albin, president of the nonprofit NetPets, says he's found temporary homes for 8,000 military pets nationwide since starting his Military Pets Foster Program after the Sept. 11, 2001, terrorist attacks. He believes organizations like his have stopped most deployment dumpings.

"This is not rampant, where a shelter winds up being overwhelmed," says Albin, a retired dog breeder in North Myrtle Beach, S.C. "Even though this is available, there's still the 5 percent of the military, that say, 'Nah, we'll get another pet when we get back."

Fort Stewart veterinarian Capt. Karen O'Connor, who has taken in about 25 pets at the post's small shelter since the deployment,

Is your dog CUTE!

small? Talented? ugly?

Show will be cancelled with inclimate weather

451-5070

says many Army families giving up pets aren't being callous, but are overwhelmed by stress.

are overwhelmed by stress.

"A lot of times when people come into my clinic and want to turn an animal over, it's not easy for them," O'Connor says. "There are tears involved. There's an attachment there."

In the Fort Stewart area, a small number of pet lovers have stepped up to foster dogs and cats that otherwise would have been euthanized by animal control.

Terry Wolf of nearby Savannah has taken in 85 abandoned dogs from Liberty County

doned dogs from Liberty County since January through her shelter, Southern

Comfort Animal Rescue Comfort Animal Rescue.

After clocking out from her public relations job, Wolf spends most of her time posting the pets' photos and information on the Internet and exchanging e-mail with potential adopters. She's found permanent homes for about 40, and foster homes for 25.

and foster homes for 25.

Wolf can be picky when adopting her animals. She says she's looking for people who truly want a pet, rather than those seeking to make a patriotic gesture.

"I had one lady, she was very interested in a dog, say to me, 'I want a soldier's dog. And that made me question her commitment,'" Wolf says. "We're not putting yellow ribbons around their necks here. They're all dogs of war to me."

war to me."

Michelle Dombrowski of Hinesville says she's been "cleaning my carpet every night"

Pets of the week



This ado

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it.
Feb. 5 Riley J
Tiffany and Land
Morales
Feb. 6 Keely

Christie and St. Lockwood II Feb. 6 Jacob

Scarlett and S Moore III Feb. 6 Wyatt

Ashley and Cp Feb. 7 Hayder Kathleen and I

Feb. 8 Colton Feb. 9 Came Feb. 9 Enri

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For more information, call the Onslow County Animal Shelter at 455-01

after rescuing eight dogs and eight cats - inc

after rescuing eight dogs and eight cats – inc ing a pregnant Siamese – from animal cont She also has two young daughters, dogs and seven cats of her own to care while her husband, Staff Sgt. Dombrowski, is in Iraq with the 3rd Infor his second tour since 2003.

"It irritates me because we knew last that we were deploying, so these soldiers had ample time to find homes and take cat their animals," Dombrowski says. "I dpay attention during the war to really see was going on. It just blows my mind."

While rescuers such as Dombrowski Wolf have saved many of the abandoned Cordry worries they're running out of rown and while Hall has seen steady pet adoptities not enough to keep up with the influx. "We just took in five today," Hall sayand adopted out zero."

6th Annua The Lawn & Garden Center Saturday April 30 1100-1300 Pick up your form and turn it in to customer service at Hadnot Point Annex, The Main Exchange or register online at www.usmcexchange.com Don't Feel like you spend your entire be late! paycheck on your pets? for your cat (must be in carrier) or dog! (Must be on a leash) Our special guest is Dr. Donald Allen who is coming from OHIO for the event!







Swansboro Restaurant Chef, Gene Heath into our kitchen! Gene will be preparing a special Mother's Day feast as he demonstrates

the latest in Kitchenaid appliances



Saturday, Apr 16th 1100-1400 Main Exchange Housewares Dept

20% off ENTIRE STOCK Kitchenaid Appliances Sat, Apr 16

Main Exchange 451-5030 Mon

The West aval Hospital - February Births

). 1 Joshua Stewart born to abeth and Maj. David

man

1. 1 Arthur Lee IV born to nee Cpls. Phy'lisa and Arthur

nce Cpls. Phy'lisa and Arthur ywn III b. 2 Octavia Miracle Joylove n to Lance Cpls. Sapphire I Jonathan Dickinson b. 2 Robert Winfield born to mela and Maj. Adam Love b. 2 Hope Marie born to Mary J Gunnery Sgt. Christopher

b. 2 Abbigal Nichole born to ne and Lance Cpl. Jeremiah

b. 2 Lilly Mae born to Sheena d Lance Cpl. Jeffrey

ompson
b. 3 Brendan John born to
ison and Lance Cpl. William

illey
b. 3 Megan Michelle born to
bin and Danny Koleski Jr.
b. 3 Edward Alfredo, III born
Teresa and Staff Sgt. Edward
cDonald Jr.
b. 3 Andrew Steven born to
izabeth and Sgt. Thomas
Jonak
Jonak

ikorak

b. 4 Madison Rae born to
ssica and Cpl. Justin Chilcoat

b. 4 Meghan Nicole born to
ellie and Staff Sgt. Todd

ehre and Starr Oge Commot eb. 4 Casey Alan born to Jodi id 1st Lt. Daniel Goodkofsky eb. 4 Michael William born to ebra and Cpl. Brandon Lane eb. 5 Hailey Rae born to Katie id Lance Cpl. Samuel Collins

nation, call the

Shelter at 455

eb. 5 Riley Joseph born to iffany and Lance Cpl. Nicholas Iorales eb. 6 Keely Colette born to hristie and Staff Sgt. Robert ockwood III eb. 6 Jacob Hayes born to carlett and Staff Sgt. David doore III eb. 6 Wyatt Carder born to sahley and Cpl. Colby Quaife eb. 7 Hayden Edward born to Cathleen and Kevin Brock eb. 8 Colton Nathaniel born to Jatasha and Cpl. Aaron largraves eb. 9 Cameron Dale born to Maribel and Sgt. Chad Anderson eb. 9 Enrique Jonar born to Jaribel and Lance Cpl. Sergio

Maribel and Lance Cpl. Sergio Ramos Jr.

Feb. 9 Cole Matthew born to Angela and Gunnery Sgt.

born to Elena and Sgt. Charles Wood

Feb. 10 Isaiah Daniel Kaalib born to Lance Cpl. Dana Galloway

Feb. 10 Deliah Anne born to Tasia and Lance Cpl. Alex

Hummel
Feb. 10 Erin Renae born to
Stacie and Lance Cpl.
Christopher Kelley Jr.
Feb. 10 Elijah Thomas born to
Valerie and Lance Cpl. Angel
Leos Jr.
Feb. 10 Brooke Elizabeth born
to Annie and Cpl. Brian Manley
Feb. 10 Rylan James and Riley
Nicole born to Stacy and Staff
Sgt. Robert Proctor
Feb. 11 Mateo Esteban born to

Feb. 11 Mateo Esteban born to Miosotis and Staff Sgt. Manuel

Missotis and Staff Sgr. Mante-Martinez.
Feb. 11 Sabian born to Erica and Lance Cpl. Salvador Medina Jr.
Feb. 11 Kyran Parker born to Crystal and Cpl. Justin Shadrick
Feb. 11 Kinleigh Freedom born to Ashley and Lance Cpl. Peter to Ashley and Lance Cpl. Peter Slavden

Slayden
Feb. 12 Matthew Isreal born to
Capt. Marisol and Warrant
Officer Matthew Zammit
Feb. 13 Rayven Colleen born to
Lynn and Cpl. Issam Beik Jr.
Feb. 13 Zachary Michael born
to Angie and Sgt. Karl Martin
Feb. 13 Nathanial Martin born
to HN Samantha and Lance Cpl.
Christopher Bennett

to HN Samantha and Lance Cpl. Christopher Bennett
Feb. 15 Gavin Joseph born to Kimberly and Gunnery Sgt. Joseph Brochin
Feb. 15 Tyler Dale born to Julie and Lance Cpl. Jeremy Huff
Feb. 15 Mark Connor born to Claudia and Staff Sgt. Stephan Hurlbut

Feb. 16 Mackenzie Grace born to Mary and Cpl. Joshua

Feb. 16 Cerina Gabriela born to Cpl. Crystal and Mathias Jones Feb. 16 Cole Stanton born to

Amanda and Ist Lt. Bennett Williams
Feb. 17 Zachary Monroe born to
HN Tracy and Staff Sgt. Jason
Anderson

Feb. 17 Richard Paul Jr. born to Christie and Staff Sgt. Richard

Arnold Feb. 17 Isaac Matthew born to Tabitha and Lance Cpl. Matthew

Feb. 17 Cadence Emily born to Toneda and Sgt. Christian

Feb. 17 Samantha Marie born to Pet. 17 Samantia Marie born to Petty Officers 3rd Class Michelle and Michael Slays Feb. 18 James Dakota born to Serena and Lance Cpl. James Woodard

Feb. 19 Andrew Joshua born to Veronica and Lance Cpl. Marco

Garcia Feb. 19 Jakob Cyrus born to Tracie and Lance Cpl. John Paul

Michael Smith
Feb. 21 Brodyn Cahan born to
Nicole and Pfc. Galen Wilson
Feb. 22 Zykerionnah Awnae
born to Cpl. Karen and Lance
Cpl. Calvin Williams Jr.
Feb. 22 Guillermo born to
Torina and Staff Sgt. Gustavo
Gonzalez Sr.
Feb. 23 Justin Magnal

Gonzalez Sr. Feb. 23 Justin Marcel born to Teshia and Staff Sgt. Eddie Hackler Jr. Feb. 23 Alvin Christopher II

born to Andrea and Capt. Alvin Bissette Feb. 23 Faith Marie born to Cantrelle and Lance Cpl. Roy

Feb. 23 Jack Davis born to Melanie and Capt. Pablo

Cabrera Feb. 24 Christian Matthew born

to Lance Cpl. Jacqueline and Brandon Steele Feb. 24 Jocelyn Mackenzie born

to Jennifer and Cpl. Justin Davenport Feb. 24 Aa'Jhai Jabri born to Cpl. Deirdre and William Ward

Feb. 25 Jayden Richard born to Lance Cpl. Jeannette and Ryan

Feb. 25 Keegan Allen born to Jennifer and Capt. David Henderson

Feb. 25 Samantha Marie born to Christine and Chief Warrant Officer Andrew Chesney Feb. 26 Kayden Michael born to Cathy and Lance Cpl. Michael Bault

Bault
Feb. 26 Marrin Faith born to
Carrie and Sgt. Shaun O'Neal
Feb. 26 Sierra Rose born to
Amy and Staff Sgt. Richard
Marquis Jr.

Budweiser Clydesdales | Main Exchange



Corporal Andrew John poses in front of the Budweiser Clydesdales for a picture just like many other bystanders. The Clydesdales traveled to the Main Exchange in a caravan of three custom-built vans and galloped around the parking lot. It takes five hours for the expert handlers to prepare the horses for each appearance.

Relay For Life | Northside High School





On April 8 and 9 hundreds of local residents gathered at Northside High School to offer support and contri-butions to Relay for Life, a fund-raising event to help find a cure for cancer.

eft: Diane Doran, Denise Gartner and 2-year-old Molly Gartner represent the Clyde Erwin Elementary team. ight: Mallory Cribbs, Hannah Shneider, Stephanie Moore, Mark Pengram, Brandon Parker and Jordyn arker pose while supporting the event at the Lock Out Cancer Jail booth To learn more about cancer, preven-on and early detection, visit the American Cancer Society Web site at www.cancer.org.

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ATHER CARUSO

ns Truck Club is not your club. They make it a point

everything a typical truck rome rims, complete audio ystems, accented interiors, and yes, modified engines r, you won't see them being round town. Instead, you n raising money for their

ly.
two main components in set it apart. They serve the imply because they can and ney are family-oriented.
problem is – car clubs, bike clubs – the community looks atively," said Bryon Gale, it. "What we are trying to do mple and be unique."
the truck club in the spring i that objective. Now he sits b officers – both male and nning future events. member joins the club, his kids are included as well," They have things planned for

They have things planned for at each event and they love in their parents' hobby. The come to love it almost as

ing to keep the truck plain,"

Sutton, secretary, usiasm rubbed off on her just other wives in the club. Now customized and she loves it, e club has made me excited,"

MONTH

g Room

er month

band and club treasurer m, enjoys having his family his hobby, which has now mily hobby. "If I want to fix c, I can say it's for the fami-

e laughed. His wife, apportive, didn't completely

away from stock parts as can," said Henry.
e Davis, event specialist, that the women are enjoying d getting involved modifying

comes to washing it," said

aughter broke out

put, they have fun and enjoy in interest that brings them all hey seldom wait for the next fore they are together, talking w truck gadget. When some-

one gets a new truck magazine in the mail or finds something cool on the Internet, they call each other to share the

one gets a new truck magazine in the mail or finds something cool on the Internet, they call each other to share the excitement.

"If you're not a truck enthusiast, you wouldn't enjoy the club," said Henry.

They are Ford truck enthusiasts – not any other make is a part of the club. Originally, only Ford Expeditions were allowed in the club, and to this day 11 of hte club's 17 families own them. John Coakley, public affairs for the club, found out about the club, liked what it stood for and eventually talked Bryon into letting his 2003 F-150 be the first non-Expedition truck in the club.

"Your vehicle is your own personal thing. Everybody has their own uniqueness in their vehicle," said John. For many of us, it may just be our favorite scent hanging from the rearview mirror. For those in the club, it's extreme.

"You see the type of vehicles we drive," said Byron. "We can give back to the others in the community." Their motto is "Expect the Unexpected" and they do things that the public wouldn't expect a truck club to do.

Last Thanksgiving, they selected two less fortunate families to provide with a Thanksgiving fest. One of the families touched their hearts so profoundly that they decided to adopt them. The grandmother was raising a combination of children, foster children and grandchildren between ages 8 to 17.

When the club arrived with the Thanksgiving package, the grandmother was doing her best to provide for everyone while keeping the children together in a safe, loving environment.

"They needed the support and accepted it well," said Henry.

John couldn't help but notice how the grandmother was doing her best to provide for everyone while keeping the children together in a safe, loving environment.

"They needed the support and accepted it well," said Henry.

John couldn't help but notice how the grandmother worked to keep the house clean and the children in a good environment. She made sure they were in church and had a strong support system.

Now the club is raising money to provide.

system.

Now the club is raising money to provide the family with new clothes and other necessities by holding a raffle, car wash and flea market simultaneously on April 23 at Street Sounds in Jacksonville.

One look at the club members' trucks will

members' trucks



Members of the Expectations Truck Club deliver food to the WITN-12 Share Your Chirstmas Food Drive and meet Skip Waters, WITN-12 chief meteorologist last December.

prove that they know how to wash vehicles. Their rides were buffed to a perfect shine as they complained about the pollen forcing them to wash their trucks more often this time of year.

In addition to their fund-raisers, they have sponsors – Street Sounds, Meineke Muffler and Todd's Auto Inc. – who believe in what they do and support them in many facets.

Many of the members are Marines or retired Marines. Currently the club has seven members deployed, and everyone has stepped up to support the spouses and family members by babysitting, fix-

ing vehicles or simply giving support.

"We become like brothers and sisters; it's like one big family," said Henry.

Since they have such strong military roots, they are planning a Salute to the Military bus trip to Busch Gardens in Williamsburg, Va., this summer so military members can inexpensively enjoy a day in the theme park. Call Monique for more information at 382-4582.

"All these guys are military or retired

"All these guys are military or retired military. They are role models and lead-ers," said Monique as she talked about the male club officers. "It takes that to

CIRCUS CONTINUED FROM 1D

keep the facility operating and the club's fish fry will help the hospitals.

Currently the Shrine Club is supporting 38 children in Onslow County to receive medical treatment at its hospitals. "One-hundred percent of the money goes to helping the children we support in the community at no cost to them," said Jones, about the fish fry.

The fish fry event will be take place at the Shrine Club across from Kentucky Fried Chicken on Highway 17, Sam's Club parking lot, four corners in Sneads Ferry and Piggly Wiggly on Highway 258, May 6, from 10 a.m. to 2 p.m. at \$5 a plate.

Most people expect to see exotic animals at the circus, but this year will be different. The circus will be more character-driven with several more human acts since the animals aren't allowed in many of the locations the circus performs, according to The Sun News In Myrtle Beach, S.C.

At 9 a.m., anyone interested in seeing behind the scenes of circus production and meeting a few clowns can call Vitali at 941-685-4001 for a tour.

Circus performances will take place Friday at 4:30 and

941-685-4001 for a tour.
Circus performances will
take place Friday at 4:30 and
7:30 p.m., Saturday at 1:30,
4:30 and 7:30 p.m. and Sunday
at 1:30 and 4:30 p.m. Tickets for
general admission are \$15 and
can be purchased in advance at
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www.colebroscircus.com. Free www.colebroscircus.com, Free children's admission tickets have been distributed in schools and are available in some local newspapers.

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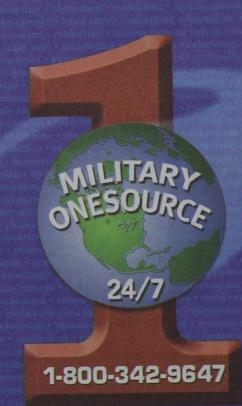
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DOE

r unknown influence on those around

our personal relation-ave many opportuni-blessing and positive the lives of all who aths. We have heard "No man is an hat does that really lieve it means that no lonely we may feel lonely we may feel, erconnected in many ther we realize it or we can use our own insignificant life to lay better or worse for

last week about the should occur in our relationships. This end to other interacpeople as well, thinkers a bit more than our ur 60-40 with others plain as lifting some encouraging smile, a or hug. It can also be our tongue in a frusour tongue in a frus-nation, so you don't cone feel bad. It's put-elf in someone else's I remembering how to be treated, if it was

probably all had times r day went better meone we didn't even the time to be kind to implest act can have a influence.

of you won't remem-rmation Please" (the

forerunner of today's directory assistance) but it had great customer service. A story titled The Old Phone explains it.

"When I was quite young, my father had one of the first telephones in our neighborhood. I remember the polished, old case fastened to the wall. The shiny receiver hung on the side of the box. I was too little to reach the telephone, but used to listen with fascination when my mother

box. I was too little to reach the telephone, but used to listen with fascination when my mother talked to it. Then I discovered that somewhere inside the wonderful device lived an amazing person. Her name was "Information Please" and there was nothing she did not know. Information Please could supply anyone's number and the correct time. My personal experience with the genie-in-a-bottle came one day while my mother was visiting a neighbor.

Amusing myself at the tool bench in the basement, I whacked my finger with a hammer. The pain was terrible, but there seemed no point in crying because there was no one home to give sympathy.

I walked around the house sucking my throbbing finger, finally arriving at the stairway. The telephone! Quickly, I ran for the footstool in the parlor and held it to my ear. "Information, Please," I said into the mouthpiece just above my head. A click or two and a small clear voice spoke into my ear." Information." It hurt my finger..." I walled into the phone, the tears came readily enough now that I had an audience.

"Isn't your mother home?"
came the question. "Nobody is home but me," I blubbered. "Are you bleeding?" the voice asked. "No," I replied. "I hit my finger with the hammer and it hurts."
"Can you open the icebox?" she asked. I said I could. "Then chip off a little bit of ice and hold it to your finger," said the voice.

After that, I called "Information Please" for everything. I asked her for help with my geography, and she told me where Philadelphia was. She helped me with my math. She told me my pet chipmunk (that I had caught in the park just the day before) would eat fruit and nuts.

and before would eat fruit and muts.

Then, there was the time Petey, our pet canary, died. I called "Information Please" and told her the sad story: She listened, and then said things grown ups say to soothe a child. But I was not consoled. I asked her, "Why is it that birds should sing so beautifully and bring joy to all families, only to end up as a heap of feathers on the bottom of a cage?" She must have sensed my deep concern, for she said quietly, "Paul, always remember that there are other worlds to sing in." Somehow I felt better.

worlds to sing in." Somehow I felt better.
Another day, I called "Information Please." "Information," said the now familiar voice.
"How do I spell fix?" I asked All this took place in a small town in the Pacific Northwest.
When I was 9 years old, we moved across the country to

moved across the country to Boston. I missed my friend very much. "Information Please"

plane stopped in Seattle. I had about a half-hour or so between planes. I spent 15 minutes or so on the phone with my sister, who lived there. Then without thinking what I was doing, I dialed my hometown operator and said,

operator and said,
"Information
P 1 e a s e "
Miraculously, I
heard the small, clear voice I
knew so well.
"Information." I hadn't
planned this, but I heard myself
saying, "Could you please tell
me how to spell fix?" There was
a long pause. Then came the soft
spoken answer, "I guess your
finger must have healed by
now." I laughed. "So it's really
you," I said. "I wonder if you
have any idea how much you
meant to me during that time?"
"I wonder," she said, "if you
know how much your calls

answered.
"I'm sorry
to have to tell
you this," she
said. "Sally tionships, we have many opportunities to be a blessing and positive influence in the lives of all those who cross

minute, did you say your name was Paul?" "Yes," I answered. "Well, Sally left a message for you. She wrote

It down in case you catted. Let me read it to you."

The note said, "Tell him there are other worlds to sing in. He'll know what I mean." I thanked her and hung up. I knew what Sally meant." filly meant."
For most of us, a story like

Whose life have you touched? Whose life will you touch in the future? You can be touched? Whose life will you touch in the future? You can be that positive influence someone will say made a difference. May this be said of you. I know your days and your life will also be touched in ways you'd never imagine. Remember, "Life is a journey, not a guided tour."

As always, 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. (Isainh 40.31)

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

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