

THURSDAY  
January 4, 2007

Volume 69  
Edition 01

## News Watch

### Fallen Warriors

The following Marines were killed in support of Operation Iraqi Freedom.

**Capt. Kevin M. Kryst,** 27, of West Bend, Wis., died Dec. 18. He was assigned to 3rd Marine Aircraft Wing.

**Master Sgt. Brian P. McAnulty,** 39, of Vicksburg, Miss., died Dec. 11. He was assigned to 1st Marine Division.

**Cpl. Joshua D. Pickard,** 20, of Merced, Calif., died Dec. 19. He was assigned to 2nd Marine Division.

**Cpl. Joshua M. Schmitz,** 21, of Spencer, Wis., died Dec. 26. He was assigned to 2nd Marine Division.

**Cpl. Matthew V. Dillon,** 25, of Aiken, S.C., died Dec. 11. He was assigned to 3rd Marine Aircraft Wing.

**Cpl. Christopher E. Esckelson,** 22, of Vassar, Mich., died Dec. 28. He was assigned to 4th Marine Division.

**Lance Cpl. Nicklas J. Palmer,** 19, of Leadville, Colo., died Dec. 16. He was assigned to the 1st Marine Division.

**Lance Cpl. Matthew W. Clark,** 22, of St. Louis, Mo., died Dec. 14. He was assigned to 3rd Marine Division.

**Lance Cpl. Luke C. Yepsen,** 20, of Kingwood, Texas., died Dec. 14. He was assigned to 1st Marine Division.

**Lance Cpl. Ryan J. Burgess,** 21, of Sanford, Mich., died Dec. 21. He was assigned to 1st Marine Division.

**Lance Cpl. Ryan L. Mayhan,** 25, of Hawthorne, Calif., died Dec. 21. He was assigned to 1st Marine Division.

**Lance Cpl. Fernando S. Tamayo,** 19, of Fontana, Calif., died Dec. 21. He was assigned to 1st Marine Division.

**Lance Cpl. Myles C. Sebastien,** 21, of Opelousas, La., died Dec. 20. He was assigned to 2nd Marine Division.

**Lance Cpl. Stephen L. Morris,** 21, of Lake Jackson, Texas, died Dec. 24. He was assigned to 3rd Marine Division.

**Lance Cpl. William C. Koprince Jr.,** 24, of Lenoir City, Tenn., Dec. 27. He was assigned to 2nd Marine Division.

**Lance Cpl. Nicholas A. Miller,** 20, of Silverwood, Mich., died Dec. 28. He was assigned to 4th Marine Division.

**Lance Cpl. William D. Spencer,** 20, of Paris, Tenn., died Dec. 28. He was assigned to 4th Marine Division.

**Lance Cpl. Budd M. Cote,** 21, of Marana, Ariz., died Dec. 11. He was assigned to 3rd Marine Aircraft Wing.

**Lance Cpl. Clinton J. Miller,** 23, of Greenfield, Iowa, died Dec. 11. He was assigned to 3rd Marine Aircraft Wing.

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# The Globe

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## Saddam Hussein executed for crimes against humanity

**Donna Miles**  
American Forces Press Service

**WASHINGTON** — Former Iraqi dictator Saddam Hussein was executed Friday, according to a statement issued by President George W. Bush.

The Iraqi High Tribunal sentenced Saddam and seven other former aides to death Nov. 5 for ordering the massacre of 148 men in Dujail, Iraq, in 1982.

Acting on Saddam's orders, Iraqi Security Forces gunned down and tortured the villagers in retaliation for a failed

assassination attempt against the former dictator.

State Department officials told reporters

on background before the trial began Oct. 19 that the Dujail incident wasn't the most egregious of atrocities of which Saddam was accused, just the first case ready to take to trial.

Other atrocities included the 1988 Anfal campaign against the Kurds, including chemical attacks on the village of Halabja; the brutal crushing

of a Shiite revolt in southern Iraq in 1991; and repression of the Faylee Kurds, officials said.

Rather than waiting for investigations on those and other cases to conclude, the Iraqis opted to move forward with the Dujail trial, officials said.

Saddam interrupted the proceedings regularly, Baathist "dead-enders" tried to intimidate members of the court and insurgents killed three defense lawyers in the course

of the trial, U.S. Ambassador to Iraq Zalmay Khalilzad noted when the verdict was announced Nov. 5.

In a written statement, Khalilzad called the verdict "an important milestone for Iraq" that demonstrates the Iraqi's commitment to the rule of law. "A former dictator feared by millions, who killed his own citizens without mercy or justice, who waged wars against neighboring countries, has been brought to trial in his own country - held accountable in a court of law with ordinary citizens bearing witness," he said of the verdict.

The Appellate Chamber

of the Iraqi High Tribunal rejected Saddam's appeal Dec. 26, upholding his conviction and clearing the way for his execution.

Coalition forces toppled Saddam's repressive regime in March 2003. U.S. forces captured Saddam, who was hiding in a "spider hole" near his hometown of Tikrit, in December 2003. The Iraqi government maintained legal custody of the former dictator, although Multinational Force Iraq officials had physical custody of him until before the execution, at the Iraqi government's request, defense officials said. ■



Hussein



Tech. Sgt. Christopher J. Matthews, USAF

**Honoring Ford:** A ceremonial honor guard carries the casket of former President Gerald R. Ford at Andrews Air Force Base, Md., Saturday as part of the national farewell funeral procession honoring the former commander in chief. In a proclamation formally announcing his death, President Bush referred to the former president as "a true gentleman who reflected the best in America's character." President Ford's body lay in state at the Capitol Rotunda where the public was able to pay their respects. The funeral took place at the Washington National Cathedral Tuesday. His final resting place is in his hometown of Grand Rapids, Mich., at a site just north of the Gerald R. Ford Museum.

## Military members support Ford funeral in California

**Seaman Damien E. Horvath**  
Special to American Forces Press Service

**PALM DESERT, Calif.** — More than 500 military members supported the California portion of the state funeral for former President Gerald R. Ford. The military provided ceremonial service, security and logistical support to honor and pay tribute to the 38th commander-in-chief and the Ford family.

Personnel from the Armed Forces Honor Guard, based in Washington D.C., served as members of the guard of honor and as body bearers during the arrival ceremony at St. Margaret's Episcopal Church Friday.

"This is very somber time for all of us in the color guard," said Pfc. Trae Shelton, of the Armed Forces Honor Guard. "We conduct ourselves with the highest reverence, professionalism and honor to pay our respects to former President Ford and his family."

Air Force Airman 1st Class Lyle S. Carter, also from the Armed

Forces Honor Guard, added, "It was a way for me to salute the former president and his legacy."

Participation in the state funeral impacted all branches of the Armed Services at many levels.

"As part of the Old Guard, we are proud to represent the Army as a whole," said Spc. John S. Tilley, of the 3rd U.S. Infantry Regiment, also known as The Old Guard, from Fort Myer, Va. "This is our chance to show our respect for the passing of the former president."

The Marine Corps Air Ground Combat Center Band from Twentynine Palms, Calif., provided musical honors and hymns for the ceremony.

"I am honored to be here paying homage and tribute to President Ford," said Master Sgt. Grady May, bandmaster for the Marine Corps Air Ground Combat Center Band at Twentynine Palms. "Every time the casket is moved, we render presidential honors, as well as play various hymns selected by the Ford family."

Nearly 350 Marines from Marine Corps Air Ground Task Force Training Command Twentynine

Palms are providing security and host support for this phase of the state funeral. The Marine contingent is augmented with nearly 200 soldiers, sailors, airmen, Coast Guardsmen and Defense Department civilians.

"The team of soldiers, sailors, airmen, Marines and Coast Guardsmen have done a phenomenal job of organizing and executing this phase of the state funeral," said Navy Capt. Mike Tillotson, deputy commander of Joint Task Force National Capital Region. "Their professionalism and pride is evident in every phase of honoring the 38th president and former commander-in-chief."

Former President Ford died in Rancho Mirage, Calif., on Dec. 26 at the age of 93. After a departure ceremony at Palm Springs International Airport, the remains of President Ford were flown to Andrews Air Force Base, Md., for the Washington portion of the state funeral.

*Editor's note: Navy Seaman Damien E. Horvath is assigned to Forward Joint Information Bureau Palm Desert. ■*

## Master Gunnery Sergeant receives Lumbee Warrior Pin

**Cpl. Brandon R. Holgersen**  
Marine Corps Base

Awards and letters of appreciation are common at retirement ceremonies but few awards are given to a retiring Marine by a person in full traditional Native-American dress, but this was the case at one ceremony Dec. 15.

Master Gunnery Sgt. James T. Otten, an operations chief with Headquarters and Service Company, School of Infantry-East, is a member of the Lumbee Tribe and was presented the Lumbee Warrior Pin by the tribe's chief Jimmy Goins during his retirement ceremony after 29 years of service.

Also in attendance were members of the Lumbee Warrior Association, a veterans group made up of members of the tribe who have served in the military, said Goins.

"We are not only here to honor him but all military service members," said Goins. "This is an historic moment for the Lumbee Tribe."

Otten is only the second master gunnery sergeant to be given the warrior pin in the Lumbee Tribe, said Goins.

"I hope that I can have some place to help out with the warriors," said Otten. "You don't know what it means for you to be here."

The pin is presented to service members who have either retired or served honorably until the end of their active service to honor them as Lumbee warriors, said

See LUMBEE page 7A

# Man on the street

What is your New Year's resolution?

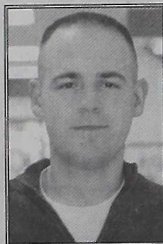


"I don't have one now, but maybe I'll have one in a week."

**2nd Lt. Beaudrey P. Vreeland**  
Platoon commander  
2nd Marine Division  
Brainerd, Minn.

"Quit smoking."

**Cpl. Jaquelyn Navarro**  
Motor transportation driver  
2nd Marine Logistics Group  
Norwalk, Calif.



"Spend less money."

**Cpl. William Praitt**  
Admin clerk  
24 Marine Expeditionary Unit  
Smyrna, Tenn.

"To save money for college after I get out."

**Cpl. Valerie Walker**  
Postal clerk  
2nd Marine Logistics Group  
Sapulpa, Okla.



"To come up with a New Year's resolution for next year."

**Joel Rau**  
Barista at the CU4 Coffee Café in the Hadnot Point 7-Day Store  
Springfield, Ore.

# A message from the Secretary of Defense

It is an honor, and a humbling responsibility, to take the helm of this department in a time of war and to lead men and women who have dedicated their lives to protecting our country. In the coming weeks, I will visit some of the key military posts and commands at home and abroad, as well as consult with the department's senior civilian and military leaders and staff. I look forward to meeting and hearing from the soldiers, sailors, airmen and Marines who are the true heart and strength of America's armed forces. As the president has asked for my unvarnished advice, I expect the same of you.

Over the years of leading big institutions, I have learned something important: leaders come and go, but professionals endure long after the appointees are gone. The key to successful leadership, in my view, is to involve in the decision making process, early and often, those who ultimately must carry out the decisions I will do my best to do that.

This department is always engaged in a host of different activities that aid our nation's defense. All are important, all are valuable. The most important issue we face is the situation in Iraq. By removing the brutal and dangerous regime of Saddam Hussein and by confronting the extremists and insurgents who have sought to derail any progress since, the United States and our coalition partners have provided the Iraq people a unique opportunity to have a decent future.

The violence in Iraq must be contained and reduced. Failure in that part of the world would be a calamity that would haunt our nation, impair our credibility and endanger Americans for decades to come. A successful outcome in Iraq, one that will help protect our nation and serve her long-term interests, will require all elements of America's national power to work more effectively together, in cooperation with allies and partners in the region.

Afghanistan has made great strides since being liberated five years ago, but that progress is now at risk. The United States and our allies have made a commitment to prevent the Taliban from taking over Afghanistan again. We intend to keep it. How we face these and other challenges over the next two years will determine whether Iraq, Afghanistan and other nations at a crossroads will pursue paths of gradual progress, or whether the forces of extremism and chaos will become ascendant.

As we address these challenges, it is important that we carry forward the process of what has been referred to as defense transformation. President Bush made it a priority at the beginning of his administration to help our military become more agile, more lethal, and more expeditionary. Much has been accomplished; much remains to be done. This task remains a necessity and a priority today. It is also essential that we make every effort to ensure that tax dollars are spent wisely and carefully, and we continue to maintain and enforce ethical standards of doing business.

In a department as large as this one, neither task will be done perfectly, but it is important that we strive to do our best. Our country is at war. I take this job with the knowledge that my decisions will have life-and-death consequences for America's troops, as well as their families. I have accepted that responsibility, and will never forget it. To all of the men and women of the U.S. military: you serve in the finest traditions of those who have worn this nation's uniform these past 230 years. It is a high honor to serve with you as Secretary of Defense. May God bless you and may God bless the wonderful country we have sworn an oath to protect.

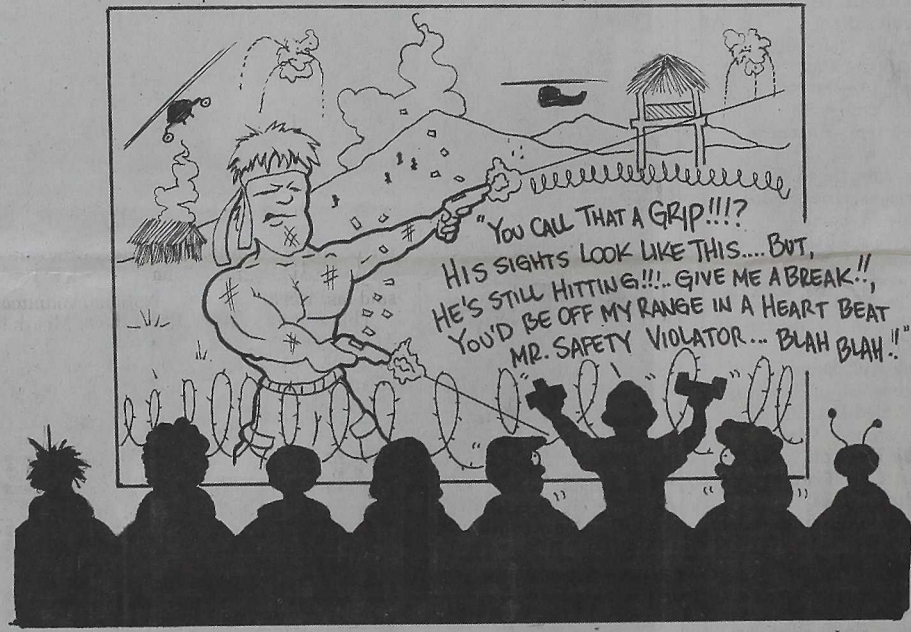
Robert M. Gates, Secretary of Defense

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by Gunnery Sgt. Wolf

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# Automobile and Motorcycle Fatalities

- Dec. 25** At 4:50 a.m., a private first class from 2nd Battalion, 1st Marine Regiment, suffered fatal injuries after losing control of his car in Las Vegas.
- Dec. 23** A corporal from Marine Medium Helicopter Squadron 268 died in a wreck in Saranac Lake, N.Y. He was a front-seat passenger when the driver lost control and hit a tree at 12:30 a.m.
- Dec. 23** A master sergeant from USS Oak Hill died from injuries suffered in a traffic accident Dec. 22 in Springfield, Colo.
- Dec. 18** In Lexington, N.C., a corporal with Headquarters Battalion, 3rd Marine Division, was killed in a head-on collision while driving to the store in a heavy fog.
- Dec. 16** A sergeant from 2nd Maintenance Battalion, 2nd Marine Logistics Group, was killed when he lost control of his vehicle and was ejected from the car.

# The Globe

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# From invasion beach to Mount Suribachi's summit, Marines reflect on historic battle

Lance Cpl. Richard Blumenstein  
MCB Camp Butler

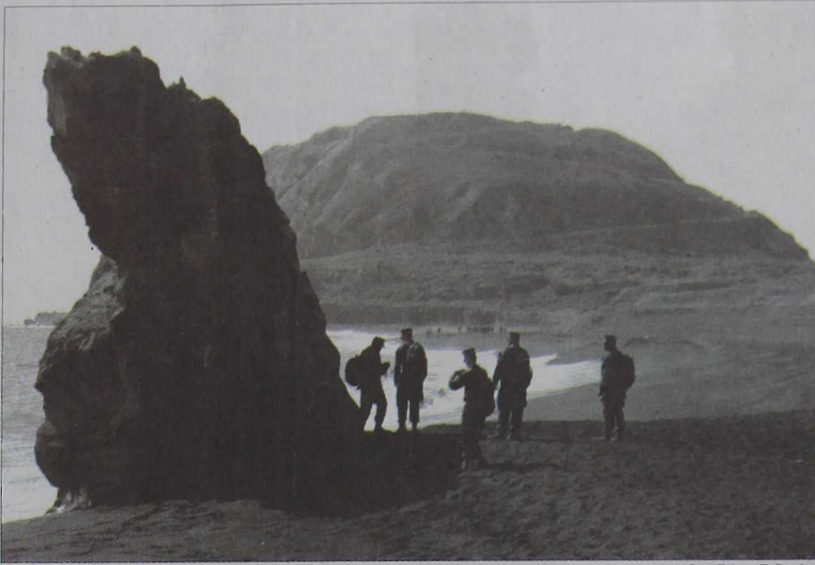
IWO JIMA, Japan — Sweating, huffing and puffing their way up the paved road that spirals up Iwo Jima's Mount Suribachi, more than 60 Marines with the 1st Marine Division made the trek to one of the most storied battle sites in American military history Dec. 14.

Leaders within the division's command staff coordinated the trip for their Marines to give them a greater understanding of what those who fought on the island endured and accomplished, according to Lt. Col. Christopher J. Galfano, 3rd Marine Division, Headquarters Battalion. "Warrior reflection is something we need to do as Marines," Galfano said. "Marines identify themselves with Iwo Jima. This was an opportunity to give them a greater appreciation for what those Marines went through back in 1945."

The Marines walked from the airfield in the central part of the island along the famous battlegrounds to the southeast, including the infamous invasion beach where Marines from 3rd, 4th and 5th Marine Divisions stormed ashore and where many stained the black sands red with their blood.

Walking the battlegrounds, Marines saw machine-gun nests and cave entrances to a maze of tunnels dug by Japanese defenders years ago in preparation for the battle.

"It was reported by Marines after the battle that they could hear voices as they dug the ground for cover," said Capt.



Honoring history: Marines explore a rock formation on the invasion beach on Iwo Jima.

Sgt. Ethan E. Rocke

Michael C. Nesbitt, 3rd MarDiv's assistant air officer. "Those were the voices of Japanese soldiers moving under the ground through the tunnels."

After walking along invasion beach and collecting some of its black volcanic ash - a tradition among Marine visitors - the Marines headed to Mount Suribachi on the southeastern tip of the island, where Associated Press photographer Joe

Rosenthal snapped his famous flag raising picture.

At its highest point, the mountain, an active volcano that last erupted in 1727, is 354 feet above sea level, and its vertical slope is 80-85 degrees in some places. The walk up the mountain was a sobering experience for many of the Marines as they imagined those who fought to the top of the steep, heavily defended

mountain yard by yard.

"You get a sense of pride coming up the hill," Nesbitt said. "Walking up Mount Suribachi, you get an understanding of how hard the Marines fought to take Iwo Jima. When these Marines see movies or pictures of Iwo Jima they're going to say, 'It was every bit as difficult as that.'"

On the mountain summit, Marines saw a number of memorials paying tribute to both fallen Marines and Japanese defenders, and the view from atop the mountain allowed them to see the entire island.

"I didn't realize the challenge the terrain presented," Galfano said. "Pictures and movies don't properly display how hard it was for those Marines to move through the island."

For most of the Marines, the trip was their first time setting foot on the island's hallowed ground where nearly 26,000 Marines were injured or killed fighting 23,000 Japanese defenders during the 45-day battle.

"There are so many Marines that don't get a chance to do this," said Lance Cpl. Taylor B. Scribner, a data network specialist with the division. "This is something I've wanted to see since I joined the Marine Corps."

Nesbitt said the trip was important because it allowed the Marines to reflect on the Corps' warrior ethos.

"While most Marines have heard stories, seen movies or read books about the battle, they won't fully understand the hardships those Marines went through until they walk up Mount Suribachi," he said. ■

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Gerry J. Gilmore  
American Forces Press  
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### WASHINGTON

It's a little-known fact that about 20 percent of service members donate blood, compared to less than five percent of the civilian populace, the director of the U.S. military's blood program said last week.

This year, the Armed Services Blood Program will collect about 160,000 units

or pints of blood products, Navy Cmdr. Michael C. Libby said during a Pentagon Channel interview.

"That's 20 percent more than last year, and that's twice as much as we did in 2001," Libby said. That's possible, he said, because of the great generosity of the program's donors.

National volunteer Blood Donor Month is in January. That is the traditional time, Libby said, when the

ASBP salutes its donors for their generosity.

"It is because of them that the program is very successful and we can support our warfighters," Libby said.

The ASBP collects blood only from service members, government civilians, retirees and their family members. The U.S. military needs blood every day for critically injured troops, cancer patients, pre-

mature infants and other uses, Libby said.

The program manages 18 state-side blood donor centers, he said, and four overseas centers. Donors normally give about a pint of blood at a sitting.

Most people who are eligible to donate provide blood to the program, Libby said. Only a small percentage may be restricted from doing so because of their travel to certain

countries or the taking of certain medications.

Specific information on these conditions may be found on the program's Web site, [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil).

Blood is always needed, Libby said. He noted that blood products normally must be replenished about 42 days after being collected from the donor. Frozen blood, on the other hand, can be stored for years. ■

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# Therapy stands for second chance

Lance Cpl. Bryce C.K. Muhlenberg  
2nd Marine Division

A Marine's hand flexes voluntarily as electrodes send electrical currents through his muscles. The Marine's finger is somewhat immobile after having surgery to remove dead tissue after a case of cellulitis, bacterial infection that has away muscle and tissue. With the help of a physical therapist, a Marine's muscle can build a memory for movement.

The Machine Gunner's physical injury is inconvenient, common and possibly career threatening. Though Lance Cpl. Jack James' injury is definitely troubling, thanks to some very recalcitrant therapy at the Camp Lejeune Naval Hospital's Physical and Occupational Therapy Clinic, James has a second chance.

The Marine from 3rd Battalion, 8th Marine Regiment's greatest fear of being injured was the fear of losing full duty status and even being discharged from the Marine Corps.

"At first I was afraid I was going to be dropped from the unit for a week away from duty during Infantry Training Battalion," said the Florida native. "After the infection was identified, it was told it required surgery to be removed. When I

found out how serious my condition was, I was afraid of eventually having to be discharged from the Corps."

Therapy helps James and other patients regain muscle mass, feeling, movement and mobility by incorporating specific exercises and movements performed using free weights, machines and free movement. James is an occupational therapy patient, which is similar to being in physical therapy, except occupational therapy also helps him learn to perform daily tasks, such as tying a shoe, which can mean the difference between being self-reliant or dependent on others.

"The doctor told me after surgery, therapy would determine whether or not I returned to training or would be a boot getting out of the Marine Corps," said James. "So I put every ounce of myself into regaining full movement in my finger."

After much work, James picked back up with training and is now with his battalion.

"A lot of guys just want to do the therapy so they can get well enough to deploy," said Stephanie K. Pontius, a physical therapy assistant at the Hospital. "It's much more important than just recovering from an injury though."

Physical and occupational therapy, similar to James', can prevent lack of mobility, the risk of further injury and the



Lance Cpl. Bryce C.K. Muhlenberg

**No pain, no gain:** Physical Therapist Assistant Stephanie K. Pontius, stretches out a Marine's shoulder in order to increase range of motion and improve his strength. She believes that physical therapy is crucial to the improvement of injured and recent surgery patients. She also added that physical therapy can help prevent further injury or surgery.

need for additional surgery if performed as prescribed by a trained physician.

"I knew of a man who had surgery on his arm and was not able to do therapy for a couple weeks after his surgery and his arm was basically frozen in a bent position," said Petty Officer

1st Class Trieva J. Silver, an occupational therapy assistant.

As James painfully bends his finger for the last repetition of his therapy for the day, he is getting better and will hopefully be back to normal, thanks to the therapy he follows. ■

## RCT-2 Marines meet 2007 in the desert

Staff Sgt. A.C. Mink  
MCAS New River

More than 300 Camp Lejeune Marines cut their holidays short, as Regimental Combat Team 2 packed up and headed to Iraq in support of Operation Iraqi Freedom Saturday.

The main body of RCT-2's headquarters element is deploying to the Al Anbar Province of Iraq, led by Col. H. Stacy Clardy, III.

The third scheduled deployment for RCT-2s, since 2003, they will train and work in conjunction with Iraqi Security Forces conducting counterinsurgency operations and neutralizing anti-Iraqi forces. ■

## LUMBEE

CONTINUED FROM 1A

Goins. The Lumbee Tribe has always honored their warriors and the tribe felt that it hadn't been doing a good job of honoring Marine warriors so they decided to create the pin.

Before the ceremony, members of the tribe performed two traditional dances for those in attendance to share with them part of their culture.

The dances were also meant to honor Otten and all service members at the

ceremony, said John Oxendine, a member of the tribe. They also sang a traditional warrior song for Otten to honor him for his service and to let him know that they were always behind him.

"I am so glad you saw a traditional dance out here," said Otten.

The Lumbee Tribe is the largest tribe in North Carolina, the largest tribe east of the Mississippi River and the

ninth largest in the country with approximately 40,000 members, according to the Lumbee Tribe Web site. ■



Otten

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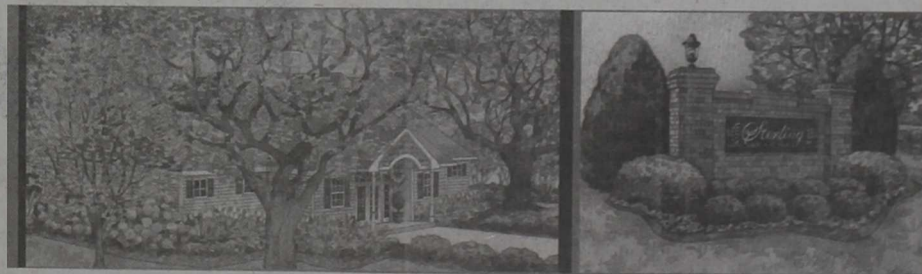
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# Lejeune Sports

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## Sports Shorts

### Football play-off

The Intramural Football Program aboard Camp Lejeune will hold a play-off game to determine which team will represent the installation at the All-Marine Tackle Football Bowl. The 10th Marines will take on New River Jan. 16 at 6 p.m. on Liversedge Field. The All-Marine Tackle Football Bowl will take place from Jan. 21-28 at Camp Pendleton, Calif. The Camp Lejeune representative will play the team from 29 Palms, Calif., Jan. 23 at 2 p.m. aboard Camp Pendleton.

### Varsity women's basketball team

Active-duty female service members with a basketball background (high school or college) are invited to try-out for the Camp Lejeune varsity women's basketball team. This is a traveling team, playing tournaments up and down the East Coast. Weekend travel will be involved. For tryout information, contact Lee Williams at 330-4716.

### Youth Sports hoops, cheerleading

Youth Sports aboard Camp Lejeune and New River will hold the first basketball games of the season Jan. 20. Games start at 9 a.m. and run through the day. The league is co-ed and is for ages 6-15. Cheer leaders, also from ages 6-15, will also participate. Games take place at the Stone Street Pavilion, Tarawa Terrace Youth Pavilion and aboard New River at Building A.S.-202. Though registration for the leagues has ended, the public is invited to watch the games. For more information about Camp Lejeune Youth Sports, contact Amanda Hicks at 451-2177. For more information about New River Youth Sports, contact Chris Miller at 449-6714.

### Beginner belly dancing lessons

The Emerald Isle Parks and Recreation is offering beginner belly dancing lessons starting Tuesday at 6 p.m. You do not have to be a member of the Emerald Isle Parks and Recreation to attend, but you do have to fill-out a registration form and waiver before your first class. Contact Laura Lee Ness at 252-354-6350 to register.

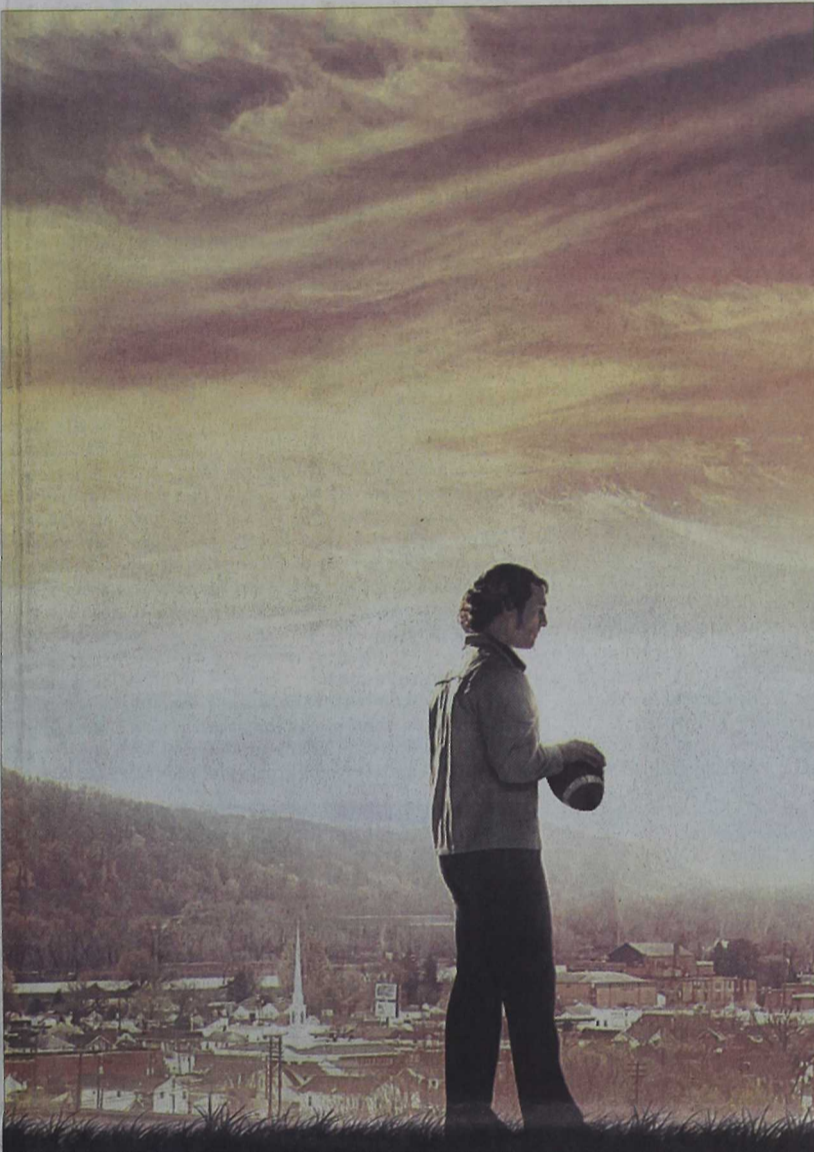
### Indoor volleyball clinic scheduled

The Emerald Isle Parks and Recreation Community Center is offering an indoor volleyball clinic Jan. 20 and Feb. 17 from 9 a.m. to 12 p.m. Contact Dena Julius at 252-354-6350 to register.

### Winter youth tennis clinics

The Emerald Isle Parks and Recreation Community Center is offering winter youth tennis clinics with Tony Pereira on Mondays from 4-5 p.m. from Feb. 5 through March 12. The clinics are for youth ages 7-13. Call 252-354-6350 for more information.

## 'We Are Marshall' must-see for football fans



Courtesy Photo

**'We Are Marshall':** Coach Jack Lengyel, played in the movie "We Are Marshall" by Matthew McConaughey, stands on a hill above the town of Huntington, W.V. "We Are Marshall" is the true story of how Marshall University and the town of Huntington carried on despite all odds after the plane crash that killed the Marshall University football players, coaching staff and boosters.

Heather Owens  
Staff reporter

McConaughey, came to the rescue.

Imagine how you would feel if you lost your best friend. Now imagine how you would feel if you lost 75 of your best friends all at once.

What would you do? How would you carry on?

The answer to that question just about sums up the movie "We Are Marshall."

This powerful film, which opened nationwide Dec. 22, is the real-to-life primer, as seen through the eyes of Hollywood, on how the hamlet of Huntington, W.Va., dealt with the loss of 75 sons, husbands, fathers and mothers in what has been called the worst tragedy in college sports history.

The movie chronicles the aftermath of the Nov. 14, 1970, crash of the chartered twin-engine DC-9 plane carrying Marshall University's football players, coaching staff and boosters home from a game against East Carolina University.

After losing almost the entire team and coaching staff (a few injured players were left behind and assistant coach Red Dawson, played in the movie by Matthew Fox, drove to the game), the university and community had to decide what to do next.

Would fielding a team of young and inexperienced players be a disgrace to the memory of fallen? Would it even be possible?

Finally, the quirky Jack Lengyel, played brilliantly in the movie by Matthew

The football coach from The College of Wooster, Ohio, called Marshall University president Donald Dedmon, played by the stoic David Strathairn, and offered his services as head coach and re-builder of the Marshall "Thundering Herd."

If you like "Win one for the Gipper," emotional, inspirational — did I mention emotional? — football movies such as "Rudy" and "Invincible" or even ESPN's "CodeBreakers," you are going to love this movie.

It embodies all that is to like about the "rah-rah" football-movie genre. It is dramatic. It is a tear-jerker at times. And it includes pounding, white-knuckle football action.

Yet all of those things are not the only marrow of this movie.

At one point in the movie, Coach Lengyel asked his young son, "What day is it?" The answer is an enthusiastic "game day!" After which the coach proclaimed, "Time to play until the whistle blows!"

Time to play until the whistle blows. "We Are Marshall" isn't just a movie, it is a metaphor for life. There comes a point after any loss that living has to continue. "We Are Marshall" shows us how one community did just that.

"We Are Marshall" is a must see for all football fans and those who love them.

Resolve to take your family to the movies in the new year. ■

## Intramural football closing in on play-offs



Heather Owens

**Ball carrier:** Derek Thompson, in white, 10th Marines, charges down field with the ball during an intramural tackle football game against Headquarters Battalion, 2nd Marine Division on Dec. 14. The 10th Marines won the contest 20-9. See page 2B for the standings of both the Intramural Football Program's American League and the National League.

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# Drop the excuses, get healthy



## Food for Thought

with  
Chris Halagarda

If you read "Food for Thought" regularly, you'll realize that many of the articles are based on science and facts, as nutrition and exercise should be because the human body is an extremely complex organism.

Unfortunately, as complex as we are, we often have very simple reasons for not doing what is best for us. According to a survey asked by *DietDetective.com*, 17 percent of 300 people gave "lack of time" as their main excuse for not eating healthier, cooking or exercising, second only to "too many tempting foods." There just never seems to be enough time.

I could still hear my mother saying, "There are only 24 hours in a day!" That's true, but when you think about it, if you eat healthier, they'll not only be more 24-hour days, but they'll be of a better quality. It's unfortunate to see middle-aged Americans struggling to walk or not even walking anymore because of the ill-effects of excess weight such as pain-ridden knees, ankles and hips, not to mention diseased hearts, livers and kidneys.

So how can we help to prevent this or try to reverse this for ourselves and our families? If you would like more nutrition education, I suggest you attend a Nutrition Education Workshop at the Semper Fit Health Promotion building at Camp Lejeune (Bldg. 302). To add more time to your day ... well, I can't do that, but to help organize your day, I've asked Lauren Halagarda, a professional organizer and owner of The Organization Connection in

Jacksonville, to teach us how to make time for the things that matter most, like healthy food shopping and cooking.

Here she goes ...  
Well, as Chris mentioned, time is an unchanging entity, one of the only resources we humans have where we are all on a level playing field. We all have the same amount of time each and every day — it's how we manage ourselves with respect to time that counts. Since time management is a much larger issue that can't be addressed here today, I would like to offer you tips and tools to get organized for a healthier, more nutritious lifestyle.

### Make simple choices

Since many of us feel that we don't have time to count calories, one trick I have learned is to choose foods that are in their least processed form. For example, Chris suggests choosing fruit, lean meats, milk, nuts, seeds and whole grain breads, instead of fruit roll-ups, frozen pre-made meats or entrees, flavored milks, honey coated nuts or enriched wheat breads.

### Plan your menus

Set aside a day (on a weekly or bi-weekly basis) to plan your meals and determine your shopping lists. It can be helpful to plan what you are having for dinner each day (on Wednesday when the kids have soccer practice) but it's not necessary. Just having five meals planned and having all of the ingredients on hand will allow you to make a quicker decision and prevent you from choosing fast food as the only option you have the energy for. You can also take this a step further by preparing ingredients a day or two ahead of time and putting them in a sealed container in the fridge or freezer.

### Prepare for grocery shopping

Once you have listed all of the items on your menus, add healthy snacks to the

list. Always have on hand some type of trail mix containing nuts, seeds, raisins, cranberries, pineapple, etc. Throw a few chocolate chips in there too for a sweet tooth fix. Trail mix is great for active duty Marines and sailors because it can be kept in their cammies and doesn't need to be refrigerated. Other choices offered in MCCS C-stores are ProBars, Meal Pack bars and Lana bars. All taste great, pack a nutritious punch and won't go bad in your pocket. For those who have refrigeration available, keep low fat yogurt available with canned fruit such as pineapples or peaches. This is a great post-exercise snack too along with hummus (at the commissary) with Snyder's whole wheat pretzels (at the C-store) which give you carbohydrates, proteins and small amounts of the "healthy" fats. Obviously, I always recommend unlimited vegetables and 2-4 pieces of fruit a day. Also, remember to eat a light snack before shopping. If you shop on an empty-stomach you are more likely to make poor choices. And if you eat too much, you may not purchase enough and be 'forced' later in the week to go for fast food and quick, unhealthy snacks to tide you over because "there's nothing to eat."

### Create a standard shopping list

Print out a standard shopping list and hang it in a convenient spot in the kitchen. You and your family members can simply circle an item on the list when it runs out. This will get everyone involved in the process and ensure that nothing is forgotten.

### Create a store map

Initially, this will take some time but will save you time in the long run. If you have items listed on your shopping list by aisle, you can cut your grocery shopping

time in half. Then, waiting on a fast food drive-through line for 35 minutes won't (shouldn't) be tempting?

### Purchase frozen vegetables

We all need to eat more vegetables, it's difficult because they are not as available as other choices and frankly, they don't taste as good as sweets. I think Chris Halagarda is the only person I know who consumes his daily serving of vegetables on a regular basis. Try to stock up on frozen vegetables that can be steamed quickly on the stove or cooked in the microwave. Having vegetables available and easy to prepare improves the likelihood that you will include them in your daily meal plan to complete a healthy diet.

### Prepare snacks ahead of time

Peel, slice and dice some healthy foods and separate portions into plastic bags or containers so you can grab and go. Carrots, broccoli, string beans are all good choices. They are crunchy and sweet and you can choose a low-fat dressing for a dip. I have heard people say that carrots have sugar and that makes them a poor choice. In actuality, one carrot has three grams of sugar compared to cola's 68 grams per 20 ounce bottle. I have two comments about that. Too many calories of anything will increase your weight. 2. Most people do not abuse carrots as a snack — it's the candy, sodas, drinks, cake, chips and fried foods that are an issue.

These are just a few tips for organizing your nutrition. Remember, if you continue with your current habits, you will continue to get the same results.

It is up to you to make lifestyle changes and make nutrition and fitness a priority in order to see different results! For a standard shopping list template or more tips for getting organized, visit my Web site at [www.2OrganizeU.com](http://www.2OrganizeU.com). ■

## THE WILD WORLD OF LEJEUNE SPORTS

### Lejeune High School Wrestling

Today

The Lejeune High School Devilpup wrestling team takes on Richlands High School today at 6:30 p.m. at home. Later this month, the Devilpups take on Pender High School on Jan. 16 at 6:30 p.m. at home.

### Lejeune High School Basketball

Tuesday

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

### Lejeune rugby team meeting

Jan. 11

The spring season for the Camp Lejeune Misfits rugby team

begins in January. There will be an initial team meeting Jan. 11 at 5 p.m. at the Ball Center aboard Camp Lejeune. All interested persons are invited to attend. No experience is necessary. Practice for the spring season will begin Jan. 16 at 5:15 p.m. at the O Street Football Field aboard Camp Lejeune. Practice will be every Tuesday and Thursday at 5:15 p.m. after that. For more information, contact Gunnery Sgt. Walter A. Jenkins at 450-9549 or 404-510-3261 or Gunnery Sgt. Daniel Slagle at 451-4933 or 539-1038.

### Polar Bear Plunge

Jan. 20

The Onslow County Special Olympics will sponsor a Polar Bear Plunge at North Coxville Beach on Jan. 20 to raise money for the Onslow County Special Olympics. For more information or to volunteer, contact Onslow County Special Olympics Coordinator Dot Hochstrasser at 388-1462.

## Intramural football league standings

National and American league results

### American League standings

	WINS	LOSSES
MCAS New River	4	0
2nd Assault Amphibian Battalion	3	1
Combat Logistics Battalion-2	3	1
2nd Supply Battalion	2	2
Brig. Company	2	2
2nd Radio Battalion	1	3
2nd Intelligence Battalion	1	3
8th Communications Battalion	0	4

### National League standings

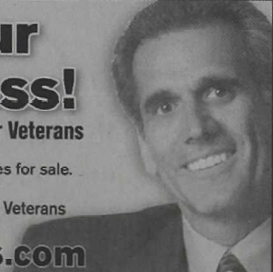
10th Marine Regiment	4	0
Cherry Point	3	1
Headquarters Battalion, 2nd Marine Regiment	3	1
2nd Tank Battalion	2	2
Marine Corps Combat Service Support Schools	2	2
II Marine Expeditionary Forces	1	3
Medical Battalion	1	3
2nd Maintenance Battalion	0	4

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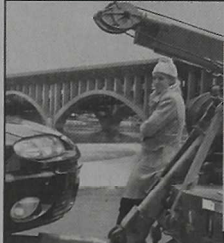
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# roundup



national sports news

**MLB Baseball**  
BALTIMORE — Aubrey Huff has reached a preliminary agreement on a three-year, \$20 million contract with the Baltimore Orioles, who hope the versatile free agent can add punch to a lineup that ranked 11th in the American League in home runs last season.

The agreement was secured over the weekend, according to a source who spoke on condition of anonymity because the Orioles have not yet announced the deal. The contract will be finalized if Huff passes a physical, which will likely be administered this week in Baltimore.

Huff, 30, can play first base, third base and both corner spots in the outfield. But his value to the Orioles is his bat: Huff hit 21 homers last season with Tampa Bay and Houston, and averaged 27 from 2002-05 with the Devil Rays.

Huff is a .285 career hitter with 141 homers and 487 RBIs. In 48 career games at Camden Yards, he's hit eight homers and driven in 29 runs.

His best season was in 2003, when he hit 34 home runs and had 107 RBIs in 162 games with the Devil Rays. He is one of five active major leaguers who have at least 20 homers and 25 doubles in each of the past five seasons.

— David Ginsburg, Associated Press

**MLB Baseball**  
MILWAUKEE — National League championship series most valuable player Jeff Suppan would earn \$52.75 million over five years under his contract with the Milwaukee Brewers if the club option for 2011 is exercised.

Suppan passed a physical Friday, finalizing the agreement that had been reached Christmas Eve. Suppan's deal, the largest in Brewers' history, gives him a \$1 million signing bonus and salaries of \$6 million in 2007, \$8 million in 2008 and \$12.5 million each in 2009 and 2010. Milwaukee has a \$12.75 million option for 2011 with a \$2 million buyout.

"I don't think my preparation should change because I'm making a lot of money," he said in a conference call Friday. "Will there be any extra pressure? There could be, but there also could not be. I've never made this kind of money before, so I've just got to keep my focus."

Suppan, who earned \$4 million pitching for St. Louis last season, also gets a full no-trade provision in the first two years and the right to block trades to eight teams annually after that. He also receives a suite for games at Miller Park and will donate \$100,000 annually to Brewers Charities Inc.

— David DeGrace, Associated Press

**NFL Football**  
NEW ORLEANS — Reggie Bush

and Drew Brees ran along the edge of the field, exchanging high-fives with fans calling their names. Special teams standout Steve Gleason put his arm around a fan dressed like Elvis and posed for a photo.

The New Orleans Saints had just lost 31-21 to the Carolina Panthers, but it hardly mattered.

Coach Sean Payton had rested the starters for most of Sunday's game and the Saints were looking forward to the next chapter in their storybook return to New Orleans — the playoffs.

"The fans understand the circumstances. We obviously understand the circumstances," said Gleason, who has played for the Saints since the last time they made the playoffs in the 2000 season. "One of the things that's good about what we did after the game is that it puts you in that mode of being ready to move on. It's a whole new season."

Brees played only one full series and was 4-of-5 for 46 yards. He led a scoring drive that ended with Bush's short touchdown run that put New Orleans up 7-0.

As Brees trotted off the field for good after the first play of the Saints' second drive, he raised a hand to acknowledge the crowd as the chant "M-V-P" resonated throughout the newly-remodeled Louisiana Superdome.

"For these fans and these people, their spirit has been with us the entire time," Brees said. "Everything they've gone through ... for us to be able to come back home and give them what they deserve, that feels good for us and we just want to turn around and say, 'Thank you,' to them."

Coming back from complicated off-season throwing shoulder surgery that left his future in doubt, Brees finished the regular season with a career-best 4,418 yards passing and MVP credentials. His 26 touchdown passes were one short of tying his career regular-season best of 2004.

"For me, after my shoulder injury, a lot of things were up in the air," said Brees, playing his first season in New Orleans after San Diego let the sixth-year quarterback walk as a free agent. "Not only did I not know where I was going to be playing football, but I didn't even know, truthfully ... if I was going to be able to play football again."

The Saints "had that confidence in me and that belief in me," Brees continued. "The reason I'm here is because they had as much confidence in me as I did."

Payton gave running back Deuce McAllister the day off. Bush played little more than a quarter. On defense, New Orleans rested several starters, including Pro Bowl defensive end Will Smith.

New Orleans, which was 3-13 last year, will be the second seed in the NFC playoffs and host a second-round game in two weeks.

— Brett Martel, Associate Press

## 2,500 remember Gerald Ford in Vail

Associated Press

VAIL, Colo. — A single-file line of 500 ski instructors carrying glowing torches rode down a mountain slope during a tribute to former President Gerald Ford, who was drawn to the Vail Valley nearly 40 years ago by skiing.

More than 2,500 people gathered Saturday night at the base of Vail Mountain's Golden Peak to honor Ford, who died Dec. 26 at age 93.

The ceremony began as Vail musician Helmut Fricker, who met Ford while performing at the first Jerry Ford Invitational Golf Tournament, played the alpenhorn.

Ford was a congressman from Michigan when he began visiting Vail to ski in 1968.

He and his wife had a summer home in nearby Beaver Creek, but in recent years, his failing health kept him from participating in the traditional lighting of Vail's Christmas lights.

"He did an awful lot for this community," Vail Mayor Rod Slifer said.

Residents like to remember Ford as someone who treated everyone as an equal.

"You would never know he was a former president," Beaver Creek Chief Operating Officer John Garnsey said in a video montage of locals sharing memories.

The tribute included prayers and musical performances and ended with Louis Armstrong's "What a Wonderful World." ■

## Flyers defeat defending Stanley Cup champs

Aaron Beard

Associated Press

RALEIGH, N.C. — Out-shot and outplayed most of the way, the lowly Philadelphia Flyers still found a way to beat the defending Stanley Cup champions Sunday night.

Alexei Zhitnik scored the go-ahead goal while Robert Esche played a strong game in net to lead the Flyers past the Carolina Hurricanes 5-2, giving Philadelphia its second straight victory after a franchise record 10-game losing streak.

Ryan Potulny and Kyle Calder scored early in the third period for the Flyers, who were outshot 42-19 but were opportunistic enough to overcome that deficit. Philadelphia, which has beaten Tampa Bay and Carolina in the past week, sealed it with an empty-netter from Mike Knuble in the final minute.

Peter Forsberg also had three assists for the Flyers and Esche finished with 40 saves.

It wasn't the prettiest of performances in history. Philadelphia needed a little help, getting a fluke bounce off the boards that set up Potulny's score and

a turnover on a Carolina surge that led to Calder's quick breakaway chance.

Not that the Flyers were complaining.

"We're having a tough season right now," said Simon Gagne, who scored a fine first-period goal. "Tonight we didn't have a lot of shots, but all those chances we had to put it in were big. They were big, big goals. We're going to take it for sure."

Esche took care of the defense for the Flyers, alternating between making routine stops and dazzling ones.

"I've always been an athletic goalie and I'm never going to lose that whether I sit for a year or whether I sit for a day," said Esche, who has been behind Antero Niittymaki this season. "I always have that in me and I really have a competitive side of me that takes over when I'm playing well. And that's been the case the last couple of days."

His biggest save came when he stopped a 1-on-1 chance by Ray Whitney with the Flyers leading 4-2 midway through the third period, then dove backward into the crease to secure the loose puck.

"We dominated the whole hockey game,"

said Cam Ward, who finished with 14 saves for Carolina. "Give credit to Esche. He played outstanding and ultimately stole them a hockey game."

It was an unlikely loss for the Carolina Hurricanes, who had won six of seven and were coming off a solid all-around effort in beating the mighty Anaheim Ducks — the NHL's best team — Friday night.

But instead of following up, the defending Stanley Cup champions stumbled to an embarrassing loss to the league's worst team.

Whitney scored twice for the usually sharp Carolina Hurricanes, who went just 1-for-7 on the power play.

"It's tough, one of those games," Carolina coach Peter Laviolette said.

"You talk about playing the game the right way and hoping the results follow and they didn't."

"We had backdoor opportunities. We had half-empty-net chances that we didn't convert," he said. "Just a lot of opportunities and it didn't bounce our way." ■



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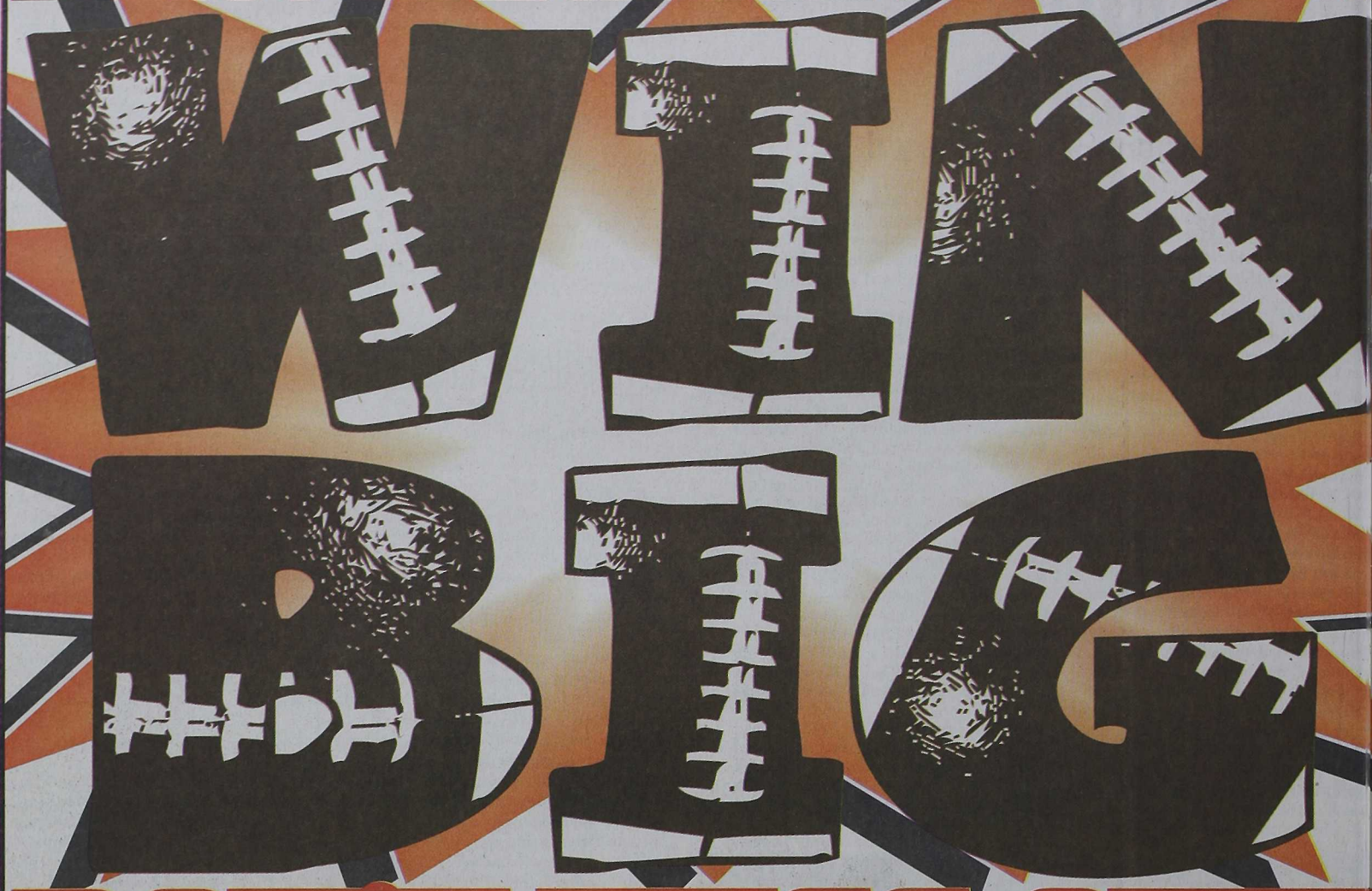
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# Hook Line & SINKER

## Recreational license now required



**Hook Line & Sinker**

with  
**Jamie Cameron**

If you haven't already purchased your North Carolina Recreational Fishing License, it's time to lay out some cash for the privilege of fishing the bountiful coastal waters of the Tar Heel State. Back in 2004, the North Carolina General Assembly voted to adopt the recreational license for saltwater fishermen. Monday marked the first day anglers are required to have the

new license.

Anyone over 16 years of age must purchase a license. Annual permits cost \$15 for residents and \$30 for non-residents. Fishermen may decide to purchase a Unified Inland/Coastal Recreational Fishing License that will cover their favorite pastime in all North Carolina waters for \$35 annually.

Some pier and charter boat owners may opt for a blanket permit that covers anyone who fishes from their facilities, but make sure who has them and who doesn't before you wet a line without your new license in hand.

The new fishing licenses are available at any Department of Marine Fisheries office, Wildlife Resources Commission agents, many tackle shops, Wal-Mart stores and online at the North Carolina

Wildlife Resources Commission Web site at [www.ncwildlife.org](http://www.ncwildlife.org).

As for the fishing forecast, Richard Ehrenkauf, a.k.a. Dr. Bogus, reports the winter doldrums have moved into the area. Speckled trout are not feeding at their usual winter haunts, but there are a few fish in the surf and hanging around Brown's Inlet and Southwest Creek in the New River.

The fish have lower metabolisms this time of year, so anglers need to slow down their bait and lure presentations to fit the mood. Try Berkley Gulp!, or any soft plastic grubs in white, fished under a floating cork.

Dr. Bogus also makes mention of false albacore being caught around Cape Lookout Shoals. These hard-charging members of the tuna family are favorite targets for light-tackle fishermen, including fly anglers.

Just remember that this is the time of year when the weather can change in an instant. Boat anglers should check all local and long-range forecasts before heading out and always let someone who is staying ashore know where they plan to be fishing and when the plan to be home.

Stay safe. ■

*Cameron is an enthusiastic, but seldom-successful angler who finds it easier to write about other people's great fish than to actually catch*

## fledgling league brings baseball to Israel

**Sarah Larimer**  
Associated Press

MIAMI — Ivan Gluck is a utility man who can pitch as well as the outfield. At 67, the Holocaust survivor said he'd settle for being waterboy in a fledgling baseball league that is to export America's love of the sport to Israel.

"I'm not looking for stardom," he said. "I just want to make the team."

The enthusiastic but successful Gluck was one of 10 hopefuls at a recent tryout for the Israel Baseball League, which comes from Jews and those of other faiths. Organizers hope to start play this summer, and want to turn the once-torn country with one full-sized diamond to the next great baseball nation.

Hopefully, the region will be stable so we can play ball in the summer," said player development director Dan Duquette, a former general manager for the Boston Red Sox and Montreal

Expos. "But you know, baseball could very well be a unifying force for the country. And wouldn't that be something if it was?"

The league has attracted castaways from major league teams, former college and high school players who never got their shot at pro ball and regular fans looking for a chance.

Rabbi Yaakov Green didn't get the chance to play in his college years. Green, 26, was cut again Friday, but said during the tryouts he appreciated the opportunity to compete again.

"I never thought I was going to play on this kind of level or get a chance to play on this kind of level," he said.

This season, the league will focus creating a family friendly, minor league atmosphere with food and games, said operations director Martin Berger, a Miami-based attorney.

"This is what Israelis need. Israelis need family time, time away from the stress," Berger said. "And this type of baseball is going to provide that."

Duquette has spent the past few months scouting players in Israel and Massachusetts and plans to hold additional tryouts before the six-team league opens its season on June 24.

The teams — Bet Shemesh Blue Sox, Netanya Tigers, Petach Tikva Pioneers, Jerusalem/Gezer Lions, Haifa/Nahariya Stingrays and Tel Aviv Lightning — will play at three locations and tickets should go on sale shortly, according to the league's Web site.

Officials also said they hope to compete in the 2009 World Baseball Classic with Jewish major and minor league players such as Jason Marquis of the Chicago Cubs and Boston's Kevin Youkilis.

Berger said the league will also bring equipment to Israel, build baseball fields, improve the few existing smaller diamonds and offer youth training.

Since its founder Larry Baras developed the idea in 2005 while attending a

minor league baseball game, a documentary chronicling its development is scheduled for a summer release and the league has garnered attention from U.S. and international players.

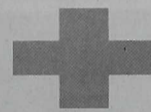
"Baseball, to us, is the great American game and there's so many Americans in Israel and there's so many great supporters of Israel in America," Berger said.

"It was just a logical progression. It's just a logical thing to do." ■

## Tide tables for New River Inlet

National Oceanographic and Atmospheric Administration

Today		
High tide	8:04 a.m.	8:22 p.m.
Low tide	1:28 a.m.	2:36 p.m.
Friday		
High tide	8:48 a.m.	9:07 p.m.
Low tide	2:16 a.m.	3:18 p.m.
Saturday		
High tide	9:30 a.m.	9:51 p.m.
Low tide	3:02 a.m.	3:58 p.m.
Sunday		
High tide	10:11 a.m.	10:36 p.m.
Low tide	3:47 a.m.	4:37 p.m.
Monday		
High tide	10:51 a.m.	11:22 p.m.
Low tide	4:34 a.m.	5:14 p.m.
Tuesday		
High tide	11:31 a.m.	
Low tide	5:23 a.m.	5:52 p.m.
Wednesday		
High tide	12:09 a.m.	12:14 p.m.
Low tide	6:16 a.m.	6:30 p.m.



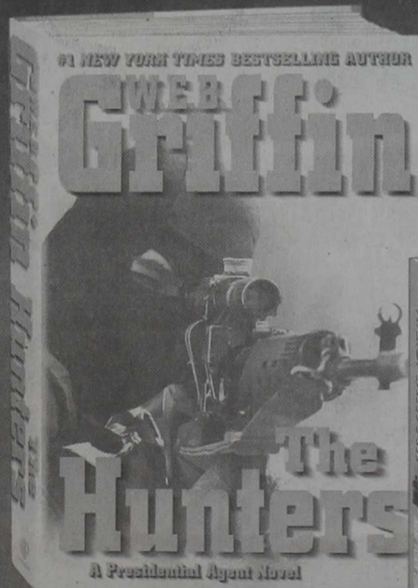
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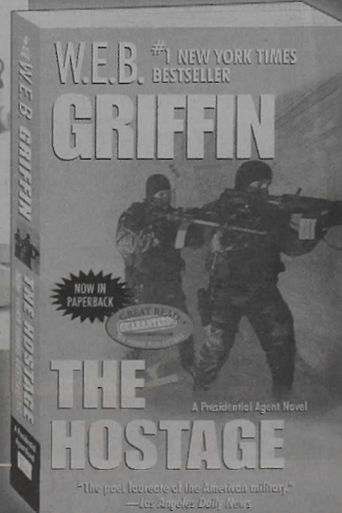
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### Vehicle Registration closure

Vehicle Registration will be closed on Jan. 12. Beginning Jan. 16, the Vehicle Registration office will reopen at their temporary new location on the second floor of building 58, Installation Safety and Security, located on Virginia Dare Drive.

Signs will be posted providing specific instructions. Vehicle registration personnel will be available to assist any special needs customers that are unable to access the second floor.

For additional information contact Vehicle Registration at 451-1793.

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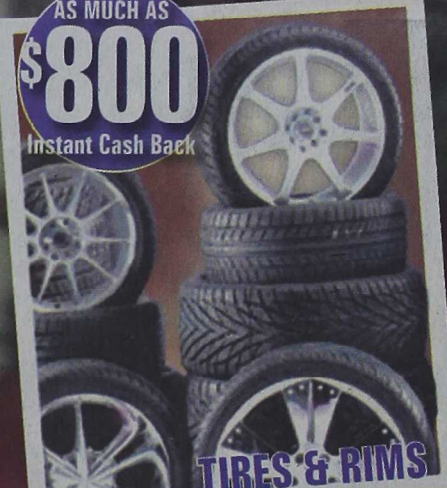
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**Quick Shot**

Vehicle Registration Office closure  
Vehicle Registration Office closure will be closed Jan. 12 and Jan. 16. The office will be closed on the new location on the 2nd floor of Bldg. 54, Installation Safety Security, located on Virginia Dare Drive. Vehicle Registration personnel will be available to assist any special needs customers that are unable to access the 2nd floor. For additional information contact Vehicle Registration at 451-3009.

**Stray Animal**  
Effective immediately, all stray animals picked up by Military Police or Domestic Animal Control will be held for three business days after capture. Unclaimed animals will be euthanized. Please ensure your pets are properly tagged, micro-chipped and restrained. If your pet is lost, contact PMO at 451-3009.

**Tarheel Mustangs meet**  
The Tarheel Mustangs Chapter 5 of the Marine Corps Mustang Association will meet at 6 p.m. Wednesday, Marine Corps Air Station New River's Club for dinner and meeting. The guest speaker will be Lt. Col. Tim Max, officer in charge of the Wounded Warrior Barracks, along with our Wounded Warriors. Dinner will be roast or ham, at a cost of \$8 per person with the duty included. All active duty Mustangs and their partners are invited regardless if they belong to the Tarheel Mustangs. Active duty personnel are requested to call CWO5 Naro at 324-1288 or CWO4 Nye at 451-245 ext. 226 or 325-9149. Retired Mustangs who are not members of the Tarheel Mustangs may call Capt. Thaddeus Wiener at 324-7187 or 340-8351.

**NFL play-off contest**  
Active-duty service members are invited to play Stevenson Chevrolet at The Globe's professional football championship contest. Be sure to turn to page 4B in the sport section for a chance to win \$1,000 and details on the contest.

**New lockout procedures for family housing**  
Effective Jan. 1, the Provost Marshal's Office no longer provides routine lockout services to Family Housing residents. However, emergency lockouts will still be performed.

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# MainSide

The Globe | Thursday, January 4, 2007 | www.camplejeuneglobe.com

## Quick Shots

**Vehicle Registration Office closure**  
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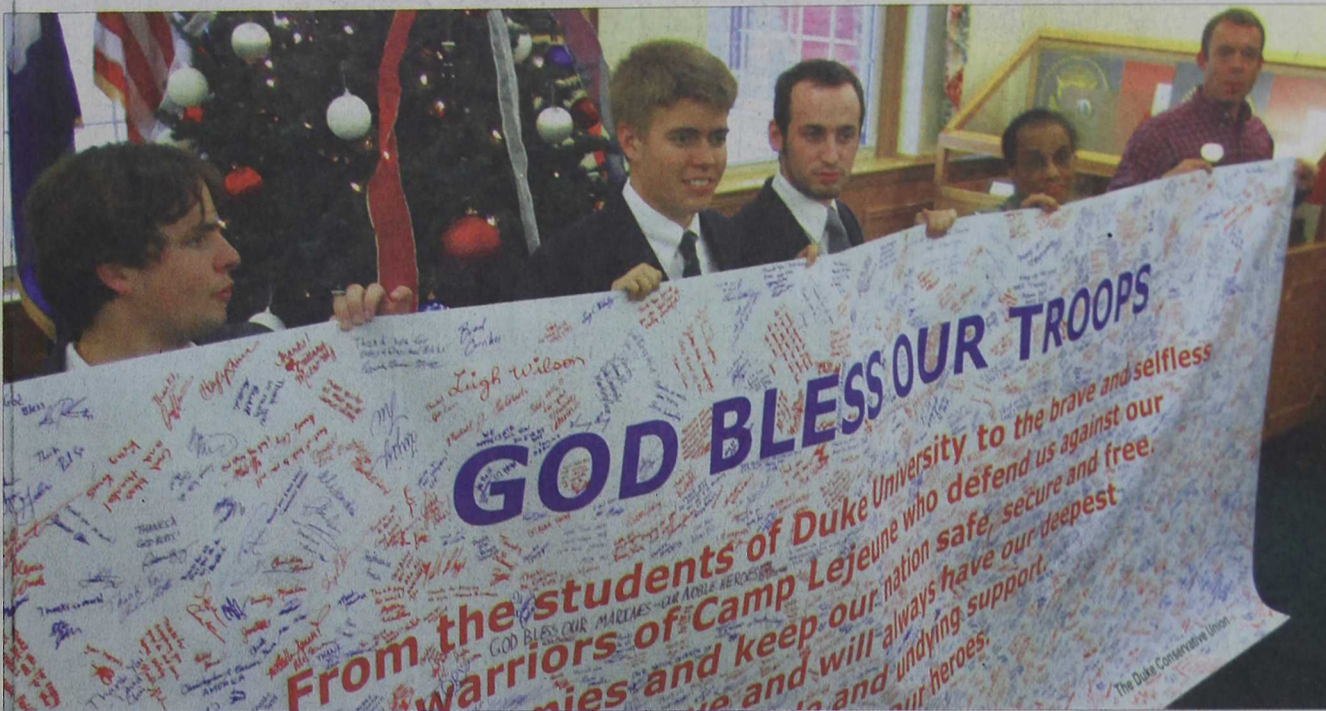
The guest speaker will be Lt. Col. Tim Maxwell, officer in charge of the Wounded Warrior Barracks, along with 12 of our Wounded Warriors. Dinner will be roast beef or ham, at a cost of \$11 per person with the gratuity included. All active duty Mustangs and their partners are invited regardless if they belong to the Tarheel Mustangs. Active duty personnel are requested to call CWO5 Naro at 326-4268 or CWO4 Nevloski at 451-2451 ext. 226 or 325-9148. Retired Mustangs who are not members of the Tarheel Mustangs may call Capt. Thaddeus D. Wiener at 324-7187 or 340-6351.

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## University students pledge support



**Show of support:** From the left, Steven Miller, a senior, Jamie Deal, and David Bitner, both freshman — all members of the Duke University Conservative Union — Col. Adele E. Hodges, commanding officer of Marine Corps Base Camp Lejeune and Wynn Hildreth, operations officer for Marine Corps Community Services hold a poster, signed by hundreds of Duke students, Dec. 13, 2006, that remembers the troops during the holiday season. Students from Duke University in Durham, N.C., delivered the poster. It was covered edge to edge with names except for two blocks, which in block letters spell out 'God Bless Our Troops' and 'From the students of Duke University to the brave and selfless warriors of Camp Lejeune who defend us against our enemies and keep our nation safe, secure and free. You have and will always have our deepest gratitude and undying support. You are our heroes.'

## The clock is always ticking on Marine mortar gunners

Lance Cpl. Joseph D. Day  
 2nd Marine Division

For most people, 15 seconds is an inconsequential moment, but for the Marines of Weapons Company, 3rd Battalion, 8th Marine Regiment it is all the time they have to send rounds down range, protecting their fellow service members.

Pfc. Patrick Mathews, a gunner in the company, had his hands full while lining up the sights on an M-252 81mm Medium Weight, Extended Range Mortar, Dec. 18, 2006.

"The faster we get our gun up, the faster we can put lead down range to help out the other Marines that might be in trouble," said the Miami native. "The average time is 15 seconds, but they are always pushing us to get faster and faster. Lives depend on it."

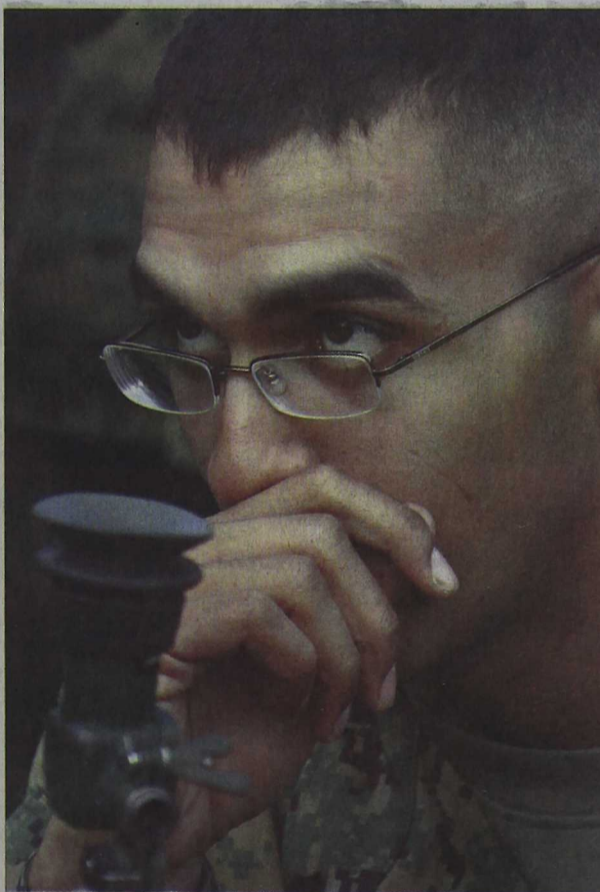
The Marines spent most of their morning conducting drills. They received deflection commands — vertical and horizontal movements of the weapon — and had a timing drill to see who could implement to the commands the fastest.

The Marines were out competing for their jobs and also honing their mortar skills.

"The fastest Marine is the gunner," said Cpl. Amarinder Grewal, a squad leader with the company. "We need the Marines who can do it the fastest. They will be the ones who save Marines."

The drills were mixed up between small and large deflection, the coordinates or numbers given to the squad from the Fire Direction Control center which correspond with a grid location where rounds must impact.

A small deflection moves the sight controls a small amount and takes anywhere from eight to 20 seconds. A large deflection drill makes more serious adjustments to the weapon, including moving the bipod to help the elevation. It takes anywhere from 25 seconds to nearly a minute depending on the



**Concentrated effort:** Cpl. Amarinder Grewal, a squad leader with Weapons Company, 3rd Battalion, 8th Marine Regiment, instructs his Marines in the different ways to adjust the sights on the M-252 81mm Medium Weight, Extended Range Mortar.

change needed.

"My best time is 10 seconds," said Pfc. Jeremy Martin, a gunner with the company. "The more we do it, the more pressure they put on us. That pressure builds stress. They make it stressful so we know we can handle doing this in the most stressful situations in Iraq."

These two gunners are two months out of school and are already preparing themselves for deployment.

"Our deployment is coming up next year," Mathews said. "I am looking forward to getting it done. This training just helps me know that I will

be safe. It builds my confidence in my skills, allowing me to do it as if it were second nature."

These Marines know working the gun is more than a job. What they do means life or death for their fellow service members on the ground.

"They probably will never see the enemy," Grewal said. "But they may neutralize hundreds. Their job is to get the gun up and firing as fast as possible. If they can't do that then lives will be lost. The Marines of this company are the best at what they do. They will have those rounds down range." ■

## Who are gold star mothers?



Have you ever wondered ...  
 with  
 Staff Sgt. Michael Mink

Have you ever driven by a house and seen a small white flag hanging in the window with a red border and a blue star in the middle or even two blue stars? Some of them have a gold star in the center. These flags have significant meaning.

The blue star flag dates back to World War I. Designed by an Army captain who had two sons serving on the front line. His small flag quickly became the unofficial symbol of a family with a child in the service. Today, families that have a loved one serving in the Armed Forces display the blue star flag on the inside front window of their homes. The flag, which is only about 8 by 16-inches, signifies the family's pride over their loved one serving in the military and reminds others that preserving America's freedom demands much.

If more than one family member is serving, a second blue star is added. Another little-known tidbit — if you look closely you will see that the gold star does not quite cover the blue star and is still visible underneath the gold star.

So what about the gold star mothers? How do they differ from the American Gold Star Mothers Inc.?

Gold star mother is a term that came into general use when a service member had died in the service. The phrase is generic and, through customary usage, has come to designate any mother whose child has been lost in war. Now there is a difference between gold star mothers and Gold Star Mothers Inc.

A group of gold star mothers met in 1928 and formed the organization American Gold Star Mothers, Inc. AGSM is a private organization that accepts membership applications.

"Have you ever wondered..." is a new column to The Globe. I found throughout the many years in the Marine Corps that I can mention a phrase, or jargon and many of my younger Marines, sailors and civilians have no idea what I am talking about. So I dedicate this column to those willing and eager to learn. If you have ideas for the column, please feel free to e-mail me at michael.mink@usmc.mil. I love to educate and be educated. ■



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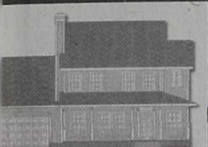
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**3BR/2BA** Spacious modular home on 1.5 acres. Located in Sneads Ferry, secluded area, very private. All appliances w/fireplace. \$120,000. 329-0735.

**BEFORE YOU BUY** Call me for free VA home loan approvals. I have the best mortgage rates in town and it's FREE! Call Recce @ 910-330-7976.

**HOME FOR SALE** 125 Arliss Albertson Rd, Beulaville. 1996 DW mobile home, 3BR/2BA on 1 acre. In the middle of re-modeling. \$69,000. Call Tina @ 910-365-8860

**LAND**-1 acre of land in Southwest area. Septic permit on file, convenient to area bases & beaches. Call Ellen/Broker for more details 910-330-6103.

**NORTH SHORE COUNTRY CLUB** 16th fairway, 3BR, 3.5 BA. Fireplace, double heated garage, new roof and carpet. Excellent buy at \$365,000. 919-303-3769.

**Appliances**

**CERAMIC COOKTOP**-In box. \$100. New condition. 347-7091 anytime.

**DISHWASHER**-Portable Kenmore, 3 years old. \$100. 346-2189.

**WASHER & DRYER**-Frigidaire. Like new. \$500. 467-4591.

**WASHER & DRYER**-Like new, \$350. Call 910-554-8663.

**WASHING MACHINE**-Kenmore, 8 years old. Still works good, \$40. 463-1469.

**Electronics**

**DVD PLAYER**-JWIN, 2.0 channel progressive scan, almost new, silver. \$25. 913-904-4449

**THE BARGAIN SHOP**-DVD's, DVD's. Buying, cash paid for old video games, music CDs, used furniture, dress blues, electronics, and collectibles. 1401 Lejeune Blvd. Open 7 days a week. 910-455-5776.

**Electronics**

**TV-RCA Guide Plus Gold GemStar** 20in screen, has built in TV Guide available. Front video/audio inputs, black. Tarawa Terrace, 913-904-4449.

**XBOX-1** wireless, 2 corded controllers, 5 games. \$120. 325-6750.

**Employment**

**DATA ENTRY & SALES POSITION**-for popular military website. Excellent pay, military spouses encouraged to apply. 1-877-898-1556.

**DRIVERS & COOKS**-New restaurant in Jacksonville now hiring. Drivers paid daily. High energy, fast paced, fun environment. 355-9464.

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**NANNY**-Part-time in my home for a 10 month old, must be reliable & have transportation. 325-0023.

**6 FT SLEEPER SOFA**-Like new, tan & green. \$200. 910-327-0772.

**BARSTOOL SET**-2 white w/natural wood high back bar stools. 30 inch high seat. Good condition. \$100 for set. 252-393-6028.

**BEAUTIFUL**-Tan Ashley leather sofa and

**Furniture**

**Furniture**

**loveseat**. Excellent condition, barely used. \$1100/obo. 618-889-7750 Anytime.

**TABLE**-Wood with 4 matching chairs. \$150/obo. 265-8762 1/m.

**Law & Garden**

**POND**-Above ground 30 gallon pond. Approximately 20 square feet floor space needed. Includes pump & hose for waterfall. No leaks or cracks. 346-6580.

**WOODEN - SWINGSET** Includes slide, 3 swings and fireman's pole. \$200. 554-2060.

**Miscellaneous**

**ASSORTED**-Kids powerwheels motorcycle and go kart. \$25 and \$50. 539-3854.

**CONCRETE STEPS**-Free. 2 mobile concrete steps. 3 feet high. Ideal for mobile homes. 382-8247 anytime.

**BOAT/RV/CAR STORAGE**  
\$35/month  
1st Month Free!  
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252-725-4984

**INVERSION TABLE**-Brand new, used once. LifeGear inversion table. Paid \$150, asking \$95. 327-0726.

**POOL TABLES**-8ft, mahogany, new, w/accessories & felt. Still in box. Regular retail \$3945. Will sell for \$1800. Contact Matt 910-367-6285.

**TOTAL GYM 1700**-Club with all accessories, manual, and video. Hardly used. \$250/obo. 310-709-8721.

**Pets & Supplies**

**AKC DASCHUND PUPS**-For sale. Two females, colors are red wildboar. Has had all shots, eight weeks old. \$450. Dam and sire on site. 205-520-3124.

**AKITA PUPPIES** AKC Registered. For information please call 910-526-5060 or email smcgranaghan@ec.rr.com.

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**SHIH TZU PUPPIES** Ready now. We have a payment plan and are taking deposits. AKC/NKC registration papers. In-home raised. Beautiful colors, \$400/ea. 577-3936.

**SIBERIAN HUSKY PUPPIES** 4 males, 1 female. Ready January 18, vet checked, first shots, CKC registered. 938-9094.

**UKC REGISTERED MOUNTAIN CUR PUPS** Wormed with first shots. Ready Jan 18. Good with children. \$200. 938-1381 or 389-3878.

**Auto Miscellaneous**

**MASTER TOW DOLLY**-w/surround light fixtures and straps, several years old, valued at \$1300. Sell for \$850. 389-4581.

**TIRES & RIMS**-Set of 4 used from Chevy Avalanche tires & rims, good tread still, will fit on most Chevy 6 lug trucks. \$400/obo. 773-569-2565.

**Automobiles**

**1991 JEEP CHEROKEE**-4x4, \$1200/obo. Runs good, auto trans, pwr doors & windows, great work SUV. 389-6776/5682.

**1994 DODGE DAKOTA**-4WD, ext cab, top-ber, V8, 110,000 miles, runs good. \$2700. 455-8899.

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'00 Lincoln Towncar.....\$7,495  
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'96 Pontiac Sunfire.....\$2,795

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1470 Piney Green Rd.

**1997 MAZDA MIATA**-Black, 66,000 miles, 5sp, AC, PW, CD, tan top, glass window, well maintained. \$6500. 520-331-7320.

**1999 CHEVY BLAZER**-For sale. \$5000. 2 door, blue. 910-324-4511.

**WHOLESALE AUTO BROKERS**

"Wholesale Prices to the Public"  
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'06 Ford F-350 Lariat Dually Crew Cab 4x4 Diesel \$41,999  
Fully Loaded. Only 19K Miles. One Owner Truck.

'92 Mercedes Benz 190E \$2,999  
4Dr, White, Auto.

'94 Pontiac Grand Prix \$2,599  
4 dr, Red, Auto, Nice car...

'96 Mazda 626 \$2,199  
4 dr, Auto., Nice Car, Custom Rims

'95 Pontiac Grand Am \$2,599  
4Dr, Red, Auto, 62k Miles, Nice Car

'95 Mazda Millenia \$2,199  
Grey w/ Grey Lthr, Auto, Roof

'93 Mazda Protege \$1,999  
4dr, DX, 5 spd., NICE CAR!

**Automobiles**

**2002 MAZDA PROTOGE ES** Dark green, great 4 door, shift tronic, tint, sunroof, automatic, rims, power locks/windows, exhaust, 100k miles. \$7000. 210-316-6507.

**NORTHSIDE AUTO SALES**  
3187 New Bern Hwy  
(910) 577-4313  
1998 Infinity Q45, Low Miles.....\$9599.<sup>00</sup>  
1997 Chevy Tahoe, LT, 4x4.....\$4799.<sup>00</sup>  
1998 Chevy Camaro.....\$4899.<sup>00</sup>  
1997 Ford Explorer, XLT.....\$3299.<sup>00</sup>

**2002 MITSUBISHI DIAMANTE** Pearl white, leather seats, power everything. Excellent condition. 60k miles. \$12,500/obo. 704-451-6278.

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

**Real Estate For rent**

**TREASURE REALTY**  
1-800-762-3961 or Local 327-4444  
www.treasurerealty.com

**1005 Mill Run Road:** 3BR, 2.5BA on the golf course, unfinished garage, only a few years old. No Pets. Occupied Available Now! \$1295 mo.

**Sea Star Village - 402:** 3BR, 2.5BA, partial finished, pool, beach access, brand new deck, stainless memo. No Pets. Available Now! \$995 mo.

**209 Coastal Dr:** 3BR, 2BA Unfinished, just steps to beach, covered parking. No Pets. Available Now! \$995 mo.

**2300 New River Inlet Rd:** 3BR, 2BA unfinished, oceanview, new carpet, freshly painted, new appliances. No Pets. Available Now! \$1095 mo.

**1016 Mill Run Road:** 3BR, 3.5BA Unfinished, large deck, nice yard, lawn maintenance provided, full kitchen, covered parking, each bedroom has its own bathroom, master has jacuzzi tub, great location in North Shore Country Club. Pets Neg. Available Now! \$1500 mo.

**388 New River Inlet Road:** 5BR, 4BA Finished, oceanfront, includes water, sewer, trash, telephone, basic cable. No Pets. Available Now - May! \$1800 mo.

**362 Topsail Reef:** 1BR, 1BA Finished, oceanfront, includes water, sewer, trash, telephone, basic cable. No Pets. Available Now - May! \$650 mo.

**319-B Villa Capriani:** 2BR, 2BA Finished, oceanfront, rent includes electric, water, sewer, phone, basic cable. No pets. Available Now - May! \$1395 mo.

**325 Topsail Reef:** 1BR, 1BA Finished, oceanfront, includes water, sewer, trash, telephone, basic cable. No Pets. Available Now - May! \$650 mo.

**2304 Topsail Dunes:** 1BR, 1BA Finished, oceanfront, includes electric, water, sewer, phone, basic cable. No Pets. Available Now - May! \$750 mo.

**Automobiles**

**2005 CHEVY SILVERADO**-Dark grey with matching hard cover, CD, power locks, dual climate control, 38,000 miles. Will sacrifice for \$11,500. 238-9591.

**I BUY JUNK OR BROKEN CARS, TRUCKS, VANS.** Cash on the spot. Phone 252-342-0810/910-324-6789.

**Boats & Recreation**

**2007 KAWASAKI KLX110**-Kid's 4 stroke dirtbike. Bought new in September. Perfect condition. Factory warranty. \$1600/obo. 554-4912 after 5PM.

**Real Estate For rent**

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Emerald Isle, NC 28594  
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**BOAT**-Lowe Roughneck 18 ft, side console, 70hp Nissan, low hours, live well, duck blind & trailer. \$7500/obo. 910-265-0108.

**HONDA CR85R** Dirt bike. Bike is brand new, zero hours. Too big for son, must sell. 324-4852.

**Motorcycles**

**1999 HONDA SHADOW** 750cc, good condition, \$2250/obo. Call anytime 910-554-7313.

**2004 HONDA VTX 1300S**-Retro Perfect Condition. Dark blue, aftermarket loud pipes and sissy bar. Very low mileage and garaged. \$7500/obo. Call 910-358-2449.

**2004 SUZUKI VOLUSIA** Cruiser, black and chrome, many extras, includes helmets and new jacket. \$4200. 546-5499.

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SLT, Club Cab, Low Miles, Full Power  
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**2005 CRF 50**-Great beginner bike, great cond. No clutch. \$900/obo. 554-9764.

**2006 HONDA AERO SHADOW**-Less than 3900 miles. Sissy bar, Cobra pipes. \$5800/obo. 548-2653.

**Yard Sale**

**NEIGHBORHOOD YARD SALE**-Jan 6, 8AM-1PM, multiple families. Sagefield Subdivision, Hwy 17 to Onslow Pines Rd.

**Special Announcements**

**POWERFUL VIETNAM CD**-A Good Day to Die! by vet Marine Sgt. & other combat vets. Rock, blues, country, power guitar. Free Vietnam pics. 252-946-6793.

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Cars, SUVs, Trucks, Vans, Ext. Cabs  
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05 VOLKSWAGEN PASSAT GLX \$21,345  
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04 CHEVY SILVERADO Z-71 EXT. CAB 4x4 \$5,500 O.B.O.  
03 LINCOLN AVIATOR \$7,995 O.B.O.  
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95 CHEVY CORVETTE \$12,900 O.B.O.  
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05 DODGE RAM DAYTONA QUAD CAB 20 INCH RIMS!

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Resolve to minimize your stress levels in 2007 | 5D

## Lejeune Happenings

### Nutrition education program

Temper Fit will present his course designed for Marines, sailors, coast-guardsmen, or civilian employees who would like to know more about nutrition for their own goals. The six-hour workshop will be held Tuesday 9 a.m. - 3 p.m. in Bldg. 302 on Holcomb Blvd. and will include discussion on topics such as obesity, healthy eating, proper body maintenance and hydration. By the end of the course, participants should be able to provide nutritional information to individuals in their unit. The workshop is open to all J.D. card holders. For more information and to sign up, call 451-2865.

### Onslow Beach Booth open at MCX

The Onslow Beach booth is now open at the Main Exchange to make your reservations for Onslow Beach facilities. Onslow Beach also has something new — a two-night rental package starting at \$25. The facilities are newly renovated. Space is limited. Check-ins are Mondays, Tuesdays or Wednesdays for the two-night specials. Promotion runs through Feb. 23. The booth operation hours are Monday - Friday, 10 a.m. - 6 p.m. It is closed from 2:30 p.m. For more information, call 450-7502.

### Great American Race weekend

Purchase a ticket to the 9th Annual Daytona 500 and the Daytona 300 NASCAR Busch Series races (Feb. 17 and 18) through your MCCS ITT ticket office and save money. For more information, visit [www.mcc-lejeune.com/ITT](http://www.mcc-lejeune.com/ITT) or [www.daytona500.com](http://www.daytona500.com).

### Winker around at the auto body hobby shop

Enhance your hobby with high tech equipment at the auto body hobby shop. The shop has a full-service paint booth and features Sherwin Williams automotive paints for sale. The shop also houses a full-service welding shop. It is located at the Birch St. extension, Bldg. 1249. Operating hours are Wednesday - Friday, 2 - 10 p.m. and Saturday - Sunday, 9 a.m. - 5 p.m. For more information, call 451-0442.

### Explore creativity at the ceramic hobby shop

The ceramic hobby shop offers a number of opportunities to explore your creativity. It features an enormous collection of molds, slips, acrylics, glazes and glazes for casting projects. Earthenware and stoneware clay, hand-building tools, pottery wheels, slab roller and expert instruction are also available. It is located on the corner of Michael and Birch streets, Bldg. 1107. Hours of operation are: Tuesday - Thursday, 10 a.m. - 4 p.m. and Friday - Saturday 9 a.m. - 4 p.m. For information, call 451-2077.

# Onslow County

People. Culture. History. Learn about it all at the Onslow County museum.



Two exhibit halls: The centerpiece for the main gallery is an 800-year-old canoe used by Native Americans. Below, the revolving exhibit currently features rites of passage.

Story and photos by  
**Amy Segreti**  
Carolina Living Editor

Perhaps you were born here. Or maybe you moved here after receiving orders. But what about the people who were here 14,000 years ago? They were here for the water and the wood.

Being situated among New River, White Oak River and the Atlantic Ocean has its perks, and early settlers realized this when they came to Onslow County.

"Who we are today is a direct result of the area's cultural connection with our environment," said Lisa Whitman-Grice, Director of the Onslow County museum in Richlands, N.C.

This idea is precisely what the museum's signature exhibit, "The Water & the Wood" explores.

For example, agriculture was the most important industry to shape the area. Corn was Onslow County's number one crop and people used it to feed their families and their livestock. They took the corn to gristmill community centers, a place for both socialization and business. "That gristmill was operated by water, showcasing again the water connection," said Whitman-Grice.

The centerpiece of the museum is a giant canoe, which embodies the theme of water and the wood. It is 800 years old and 38 feet long. Moving it to the museum required the help of 20 Marines, two forklifts and a huge transport vehicle.

The museum was established in 1976 in its downtown Richlands location before moving to 301 S. Wilmington St. It occupies 15,000 square feet in a building it shares with the Onslow County library.

"Coming to the museum is a great way for families new to the area to get oriented," said Whitman-Grice. "The Water & the Wood" follows a chronological tour designed by Doug Fischer who brought the museum's research and artifacts together in a way that maximized space while still providing pleasing aesthetics. There are also pieces on women's history, military history and Camp Lejeune itself.

The museum has a second revolving exhibit which changes every six to nine months. Currently on display is, "Rites of Passage: Life's Defining Moments," which will be open to the public until the end of April.

"This exhibit is about the experiences we all have and the things we hold onto that communicate who we are," said Whitman-Grice. Among the displayed mementos are wedding dresses, scout uniforms and military uniforms, all from different periods of time.

In May, the museum will be bringing back the children's discovery gallery that was on display last spring. The theme was "the history of play," and the exhibit included a huge tunnel for children to play in, blocks, toy cars, dresses and more.

Children can regularly enjoy the outdoor Richard Tellekamp Memorial Fossil Find where they can dig for shark's teeth, coral and other treasures from a mound of fossil-rich material donated by the PCS phosphate quarry in Aurora, N.C.

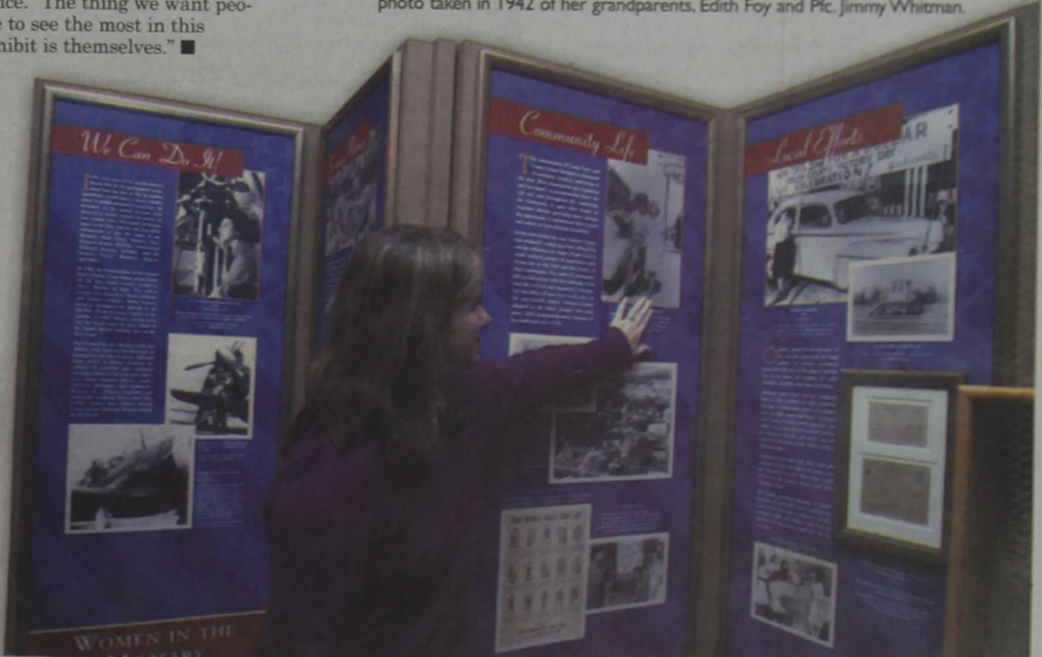
Upcoming free events include a Living History weekend in April featuring living interpreters from the revolutionary period through World War II and the annual Art & Craft festival the first Sunday in November, which features food, music and a guided stroll through Richlands.

Whitman-Grice is herself a long-time resident of Onslow County and is very proud of the museum, offering free guided tours to groups small and large.

"These are the tangible memories of Onslow," said Whitman-Grice. "The thing we want people to see the most in this exhibit is themselves." ■



Close ties: Diaries and letters couples exchanged during the Civil War bring a sentimental touch to the display. Below, Director Lisa Whitman-Grice points to a photo taken in 1942 of her grandparents, Edith Foy and Pfc. Jimmy Whitman.



# Audiences relate to 'Nativity Story'



From the front row with Reinhold Moldenhauer Huneycutt

Now playing at Camp Lejeune

**"THE NATIVITY STORY" (PG)**  
"The Nativity Story" presents the two year period of Mary and Joseph's life, which culminates in their leaving Nazareth and journeying 100 miles to Bethlehem for the birth of Jesus.

The movie retells the familiar story of the birth of Jesus but is told with more detail of the gritty realism of Jewish life under the oppressive Roman rule.

"The Nativity Story" chronicles the arduous journey of two young people, a miraculous pregnancy, and the history-defining birth of Jesus.

Keisha Castile-Hughes ("Whale Rider") stars as Mary, the young girl who was told in a vision that she will give birth to the Messiah.

She must confront the doubts of her husband, Joseph, played by newcomer Oscar Isaac ("Blood Diamond") and take the long journey to Bethlehem.

Shohreh Aghdashloo ("The House of Sand and Fog") costars as Elizabeth, Mary's cousin who becomes the mother of John the Baptist; Ciaran Hinds ("Miami Vice") is King Herod; and Alexander Siddig ("Syriana") is the angel Gabriel.

"The Nativity Story" is directed by Catherine Hardwicke ("Lords of Dogtown," "Thirteen," "Laurel Canyon").

Screenwriter Mike Rich ("The Rookie," "Finding Forrester") combined the accounts from the bible looking between the lines for the doubts, fears and faith.

The filmmakers were committed to ensure the authenticity of this story and researched every detail with regards to locations, sets, props, look and feel, culture and tradition. They also had assistance from historian and theologians in the creation of this film.

Because the original locations of Bethlehem and Nazareth have become too modernized over the years, the production chose the location of the village Matera in Italy which is virtually unchanged for centuries and was previously used for "The Passion of the Christ."

Additionally, they also shot scenes in Quarzate, Morocco where "Gladiator" and "Kingdom of



Photo courtesy of movies.com

"The Nativity Story:" This familiar story benefits from its experienced international cast.

Heaven" were filmed. "The Nativity Story" is a dramatic and compelling story that comes to life in this major motion picture with an international cast.

The audiences will relate to this story on a personal level and find inspiration to fight their own challenges in life.

Now playing in Jacksonville

**"BLOOD DIAMOND" (R)**  
"Blood Diamond" is a thriller and crime drama about a poor African farmer who gets caught up in the conflict between an American diamond smuggler and the syndicate that controls local diamond mining industry.

The film is set against the backdrop of Civil War and chaos in 1990's Sierra Leone and tells the tale of three unlikely partners on a quest for a priceless gem.

Leonardo DiCaprio ("The Departed," "The Aviator," "Gangs of New York") stars as Danny Archer, a South African mercenary and smuggler from Zimbabwe, who commits one crucial and selfless act.

Djimon Hounsou ("Hotel Rwanda," "The Gladiator," "Amistad") plays Solomon Vandy, a Mende fisherman searching for his 12-year-old son who was kidnapped by guerrillas and trained to kill.

The two men are Africans but their histories and their circumstances are as different as any can be until their fates become joined in a common quest to recover a rare pink diamond that can transform their lives, or end it.

Archer learns that Solomon, who

was taken from his family and forced to work in the diamond fields, has found and hidden the extraordinary rough stone at great risk. Solomon knows the diamond could not only provide the means to save his wife and daughters from a life as refugees but also help rescue his son, Dia, from an even worse fate as a child soldier.

Jennifer Connelly ("Dark Water," "A Beautiful Mind," "House of Sand and Fog"), stars as Maddy Bowen, an American journalist, whose idealism is tempered by a deepening connection with Archer.

With the help of Maddy, the two men embark on a trek through rebel territory, a journey that could save Solomon's family and give Archer the second chance he thought he would never have.

Director Edward Zwick ("The Last Samurai," "The Siege," "Courage Under Fire," "Legend of the Fall," "Glory") gives us another gripping action film and exposes the world of so-called conflict diamonds.

These diamonds are snapped up by Western consumers who finance horrific violence and corruption in African countries, where they often are mined at gunpoint.

"Blood Diamond" brings us a brutal and graphic look at the African diamond trade and politics. This top action adventure saga examines how illicit trade in the stones helped fuel a gruesome civil war in the West African nation of Sierra Leone.

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

## Street Scene



Why do you enjoy coming to the base theater during chow time?



"The movies are free and the movie selection is good."

Sgt. Michael Wimmer  
II Marine Division,  
Headquarters Battalion, G-4  
Mora, Minn.

"Instead of PT or going to the chow hall, I can come see a movie and eat popcorn for really cheap."



Sgt. Rodrigo Diazooloma  
1st Battalion, 10th Marines  
Long Island, N.Y.



"I come to get away from a stressful environment to relax and enjoy a good movie for free and hang out with my fellow Marines."

Sgt. Delwin Davis  
1st Battalion, 10th Marines,  
Headquarters Battery  
New Orleans

"I can come and hang out with some friends and watch a free movie and not pay a lot for the snacks."



Lance Cpl. Danny Alicea  
1st Battalion, 10th Marines  
Orlando

"The base theater is here to provide Marine, sailors and family members with an enjoyable and relaxed movie atmosphere with little or no charge movies and more than reasonable concession items. Our movie parties have been a big success, are enjoyed by our customers and are always in big demand. We are currently working to provide you with more comfortable and relaxing commodities. We are in the process of replacing our old seats with brand new theater style seats with cup holders. My staff and I are always here to provide you with excellent customer service."

— Debbie Hoffman, manager, base theater/entertainment specialist

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**PARTY PACKAGES AVAILABLE**

**TODAY**  
"Casino Royale," PG-13, 7:30 p.m.

**FRIDAY**  
"The Nativity Story," PG-13, 6:30 p.m.;  
"Deja Vu," PG-13, 9:15 p.m. (free for Single Marine Program)

**SATURDAY**  
"Unaccompanied Minors," PG, 3:30 p.m.;  
"Flushed Away," PG, 6:30 p.m.;  
"The Nativity Story," PG, 9:15 p.m.

**SUNDAY**  
"Unaccompanied Minors," PG, 3:30 p.m.;  
"Deja Vu," PG-13, 6:30 p.m.

**MONDAY**  
no movie

**TUESDAY**  
"A Good Year," PG-13, 7:30 p.m.

**WEDNESDAY**  
"Borat," R, 7:30 p.m.

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<b>THE GOOD SHEPHERD R</b> 1:15 4:45 8:15 DIGITAL	<b>ERAGON PG</b> 1:45 4:15 7:00 9:30
<b>CODE NAME: "THE CLEANER" PG-13</b> 1:05 3:15 5:30 7:45 10:00 DIGITAL	<b>THR3E PG</b> 1:30 4:15 7:00 9:30 DIGITAL
<b>CHILDREN OF MEN R</b> 1:30 4:15 7:00 9:40 DIGITAL	<b>THE PURSUIT OF HAPPYNESS PG-13</b> 1:30 4:10 7:05 9:45
<b>CHARLOTTE'S WEBB G</b> 2:00 4:10 7:00 9:10 DIGITAL	<b>HAPPY FEET PG</b> 1:00 3:25 7:05 9:25
<b>NATIVITY STORY PG</b> 1:50 4:10 7:15 DIGITAL	<b>DE JA VU PG-13</b> 1:15 7:00 SUN-MON: 1:15
<b>BLOOD DIAMOND R</b> 9:30 DIGITAL	<b>CASINO ROYALE PG-13</b> 3:45 9:45 SUN-MON: 9:45
<b>WE ARE MARSHALL PG</b> 1:00 3:50 7:05 9:50 DIGITAL	<b>NIGHT AT THE MUSEUM PG</b> 1:45 4:15 7:30 9:50
<b>HAPPILY N'EVER AFTER PG</b> 1:00 3:10 5:20 7:30 9:40 DIGITAL	<b>ROCKY BALBOA PG</b> 1:45 4:10 7:10 9:30
<b>NIGHT AT THE MUSEUM PG</b> 1:15 3:45 7:05 9:30 DIGITAL	<b>BLACK CHRISTMAS R</b> 2:05 4:15 7:05 9:15
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**Pets of the Week**  
Save a life; take home a new friend today

Head to the shelter and take this adorable, male silky terrier home tonight. Pet id #A005327

Sunkist, a 2-year-old orange tabby cat who's already been spayed, is looking for a loving home. Pet id #A005367

The Onslow County Animal Shelter is open Monday through Thursday from noon to 7 p.m. Friday from noon to 3 p.m. Saturday from 10 a.m. to noon, 1 to 3 p.m. To see more pictures of pets available for adoption, visit [www.petharbor.com](http://www.petharbor.com)

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

Photos by Jamie Cameron

**Stay Marine**

Daddy Dolls photo Hidden Talents Saturday, 10 a.m. - 2 p.m. Daddy Dolls is coming to Camp Lejeune for your Daddy Dolls. There will be prizes for children. For more info call 455-2658.

Name the Sneads Ferry Through Sunday One of the most successful Ferry Shrimp Festival is 10th year of partnering "Secret Formula" in conjunction of Sneads Ferry bottled wines include S. White (White), Ms. Bern (Orange) and New River (White) and this is your opportunity to win a prize. Call 455-2658 for more info.

LUCY LIU THE ENGINE

# What's happenin'

For information on concerts, festivals, special events and classes going on up and down the Carolina coast, check out *What's happenin'* each week. To add your event, e-mail [amy.segreti@militarynews.com](mailto:amy.segreti@militarynews.com). Space is limited to availability.

**Daddy Dolls photo day at Hidden Talents**  
Saturday, 10 a.m. - 2 p.m.  
Daddy Dolls is coming to Hidden Talents to take pictures for your Daddy or Mommy Doll. Voice recorders for the dolls will be available for purchase. There will be prize drawings and other activities for children. For more information, call Hidden Talents at 252-2658.

**Name the Sneads Ferry Shrimp Festival wine through Sunday**  
One of the most successful traditions of the annual Sneads Ferry Shrimp Festival is the festival wine. 2007 will be the 15th year of partnering with Duplin Winery to produce a secret formula in conjunction with the 37th annual celebration of Sneads Ferry and the coastal heritage. To date, bottled wines include Shrimply Red (blush), Watermen's White (white), Ms. Bernice's Bubbly (sparkling champagne) and New River Red (red). The next will be a white wine and this is your opportunity to name it. You must be 21 or older, a resident of and have a mailing address in the 28460 zip code. The name must

reflect the general cultural and environmental aspects of our location. Reviewing the names to date will give you an idea of what we're looking for at [www.sneads-ferryshrimpfestival.com/shwine-poster.html](http://www.sneads-ferryshrimpfestival.com/shwine-poster.html). If duplicate suggestions are received and that name is selected for the wine, the person with the earliest "post-marked" e-mail will be the official winner. If you don't have access to a computer you can mail your ideas to SFSF 2007 Wine Contest, c/o 255 Waterway Dr., Sneads Ferry, N.C. 28460. The winner will receive a free case of the 2007 festival wine. The decision of the committee is final. The contest is going on now and ends Sunday. Send your e-mail suggestions to: [SFSF@att.net](mailto:SFSF@att.net). Include your name, address and phone number.

**Spaghetti fund-raiser for Robert Casey**  
Jan. 13, 11 a.m. - 7 p.m.  
There will be a spaghetti fund-raiser for Robert Casey at the Emerald Isle Community Center at 7500 Emerald Dr. Proceeds will assist Casey during his long-term recovery from injuries sustained in an automobile accident in November. Casey has worked as the Emerald Isle Summer Day Camp Director and has been a Camp Lejeune school bus driver for many years. Spaghetti plates may be pur-

chased for \$7 to eat-in or take-out on a first-come, first-served basis (no advance sales). A bake sale and raffle will accompany the event. Raffle tickets for prizes may now be purchased at the Emerald Isle Community Center. Additionally, donations are now being accepted to purchase a vertical wheelchair lift for Robert's home. Checks toward the wheelchair fund (payable to Robert Casey) may be sent to Emerald Isle Parks and Recreation, 7500 Emerald Dr., Emerald Isle, N.C. 28594. For more information call 252-354-6350 or e-mail [djullius@emeraldisle-nc.org](mailto:djullius@emeraldisle-nc.org).

**142nd anniversary of the capture of Fort Fisher**  
Jan. 13, 10 a.m. - 4 p.m.  
Come to the 142nd anniversary commemoration of the Second Battle at the Fort Fisher State Historic Site at 1510 Fort Fisher Blvd. in Kure Beach, N.C. Staff and volunteers will be dressed in Civil War period sailor uniforms to give special talks and demonstrations. Admission is free. Call the site at 458-5538 or e-mail [leland.smith@ncmail.net](mailto:leland.smith@ncmail.net) for more details. All events are subject to change, so be sure to call the phone number for the latest updates.

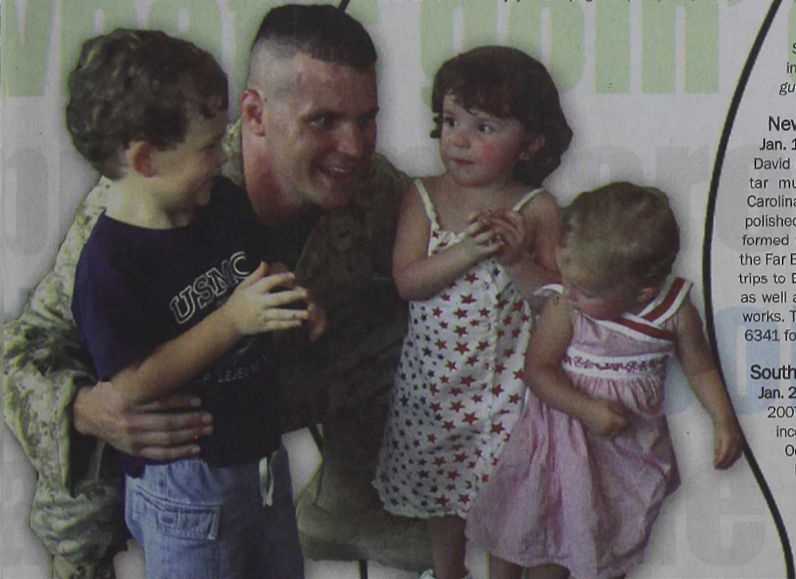
**2007 bride and groom expo**  
Jan. 14, noon - 3 p.m.  
Come enjoy Coastal North Carolina's largest wedding event with over 80 of the area's finest bridal professionals at the Schwartz Center on 411 N. Front St. in Wilmington. For more information, call 259-8323 or visit [www.carolinawedding-guide.com](http://www.carolinawedding-guide.com).

**New York guitarist David Burgess**  
Jan. 19, 7:30 p.m.  
David Burgess will perform some of Brazil's finest solo guitar music in the Bodenhamer Auditorium at Coastal Carolina Community College in Jacksonville. Burgess has a polished technique and flamboyant style and has performed throughout North and South America, Europe and the Far East. Over the past 10 years, he has taken numerous trips to Brazil, rediscovering guitar music from Brazil's past, as well as finding many progressive contemporary Brazilian works. The concert is free and open to the public. Call 938-6341 for more information.

**Southern style clam bake**  
Jan. 25, 4 - 7 p.m.  
2007 is the 50th anniversary of the town of Emerald Isle's incorporation. The celebration will be held at the Western Ocean Regional Access for a southern clam bake. Dinner includes corn, potatoes, kielbasa, chicken, shrimp and, of course, clams. Tickets are \$20 per person and are available now at the Emerald Isle

Community Center and town hall. Bonfires will be lit to keep you warm while you dine outdoors. Take out is also available. Tickets must be purchased in advance. Call 252-354-6350 for additional information.

**Onslow Beach reservation booth open through Feb. 23**  
The Onslow Beach booth is now open at the Main Exchange to make reservations for Onslow Beach facilities. Onslow Beach has something new — a two-night rental package starting at \$25. The facilities are newly renovated and space is limited. Check in on Mondays, Tuesdays or Wednesdays only for the two-night specials. This promotion runs through Feb. 23. Booth operation hours are: Monday - Friday, 10 a.m. - 6 p.m. The booth is closed for lunch from 2 - 2:30 p.m. For more information, call 450-7502.



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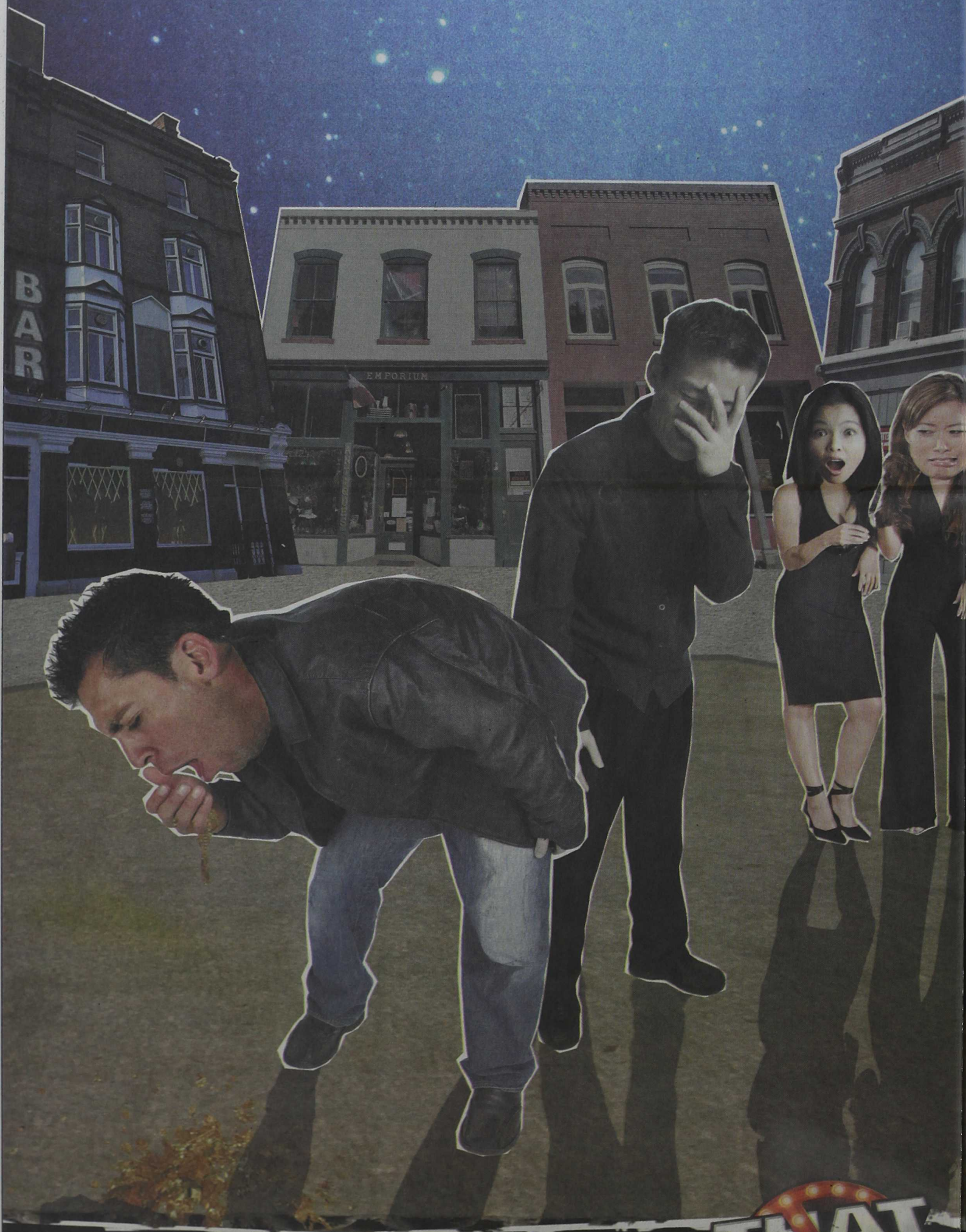


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**REASON #147 NOT TO BE THAT GUY**  
**WHAT YOU WON'T REMEMBER,**  
**YOUR FRIENDS WILL.**



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A message for U.S. Military from the Department of Defense.



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# Take a New Year's resolution to conquer stress in 2007

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ills, traffic, work supervisor appointments, arguments, politics, environment, the future is enough to give you a ter headache and raise blood pressure to the Then there's the little that gets to everybody makes life seem even chaotic. e're all familiar with s. We all know its effects ur lives and our loved But there are very sim- ways to reduce your stress i. By following a few sim- idelines, you will be on way to a stress-reduced onment. u should be able to rec- e the symptoms of your s, which might include weats, physical abdomi- ain, headaches, blurred 1, dizziness, elevated pressure, chronic ie, sleeplessness and ty.

## Identify your enemy

Take a moment to think about the times that you feel most stressed. Is it right before payday when you're getting ready to pay bills? Do you become overly stressed when your Marine receives orders that will take him or her away from your family? Or do you stress when you are in a new and unfamiliar environment?

Prioritize your stress makers into a list, starting with the smallest stressor at the top and the largest at the bottom.

Try to connect your small stressors to your larger stressors. For example, if your large stressor is deployment, more than likely your small stressors are pre-deployment activities, such as preparing paperwork for deployment, budgeting payments during deployment, arranging for childcare, packing, etc. The small stressors are complicat- ing the large stressor.

By making this list, you are ready to start finding ways to help you cope with your stress.

## Coping strategies

Try to envision what you would like to see for yourself in the future. Focus on the small steps you need to take to achieve those goals. Take one step at a time until you feel you have accomplished what you have set out to do. If you can't see all the steps right now, just move in the direction of your goal. Sometimes the answer to a problem is easier to see if you move farther along the path.

## Why worry?

Worrying about problems is a drain on your energy, according to Susie Mantell, inspirational speaker. On her Web site, [www.relax-intuit.com](http://www.relax-intuit.com), Mantell reminds us that worrying can become a kind of detrimental hobby that increases our stress level. "When you notice you're worrying a lot, it's good to take a step back and reassess," she says, advising this simple reality check: ask yourself, "Will

this matter in six months?"

## Breathe easier

For day-to-day stress, try deep breathing exercises, which can help you calm down, feel in control, relax your muscles and reduce your heart rate.

## Get moving

Exercise helps you feel in control, which improves your

feeling of control in other aspects of your life. Allow 30 minutes to stretch, run, or go to group exercise classes.

## The best medicine

Laughter is another excellent way to relieve stress. It's tough to be bummed out when you're laughing. Read a funny book. Get your kids to tell you jokes. Do whatever it is that makes you laugh out loud.

The heartier the better, although even giggles can change your outlook.

## Don't give up

One of the most important things to remember during times of high stress is that it won't last forever. Your stress will decrease as you cross to-dos off your list and it will eventually become something in your past. ■

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## MCCS EVENTS AND INFO

### L.I.N.K.S. INTERNATIONAL DAY

L.I.N.K.S. will be holding an International day and presenting their workshop in Japanese and Spanish on January 30th - February 1st from 6:00pm to 9:00pm at Midway Park.

Learn the ABCs of the Marine Corps and Navy lifestyle in your language of origin! Registration deadline: January 19th. Open to all Japanese and Spanish speaking military spouses. Free childcare provided.

Information: 910-451-1299

### COACHES NEEDED FOR YOUTH SPORTS

Basketball and Cheerleading Coaches needed for Youth Sports for 6-7, 8-9, and 10-12 year olds. Must be at least 21 years old to coach.

Information: 910-451-2177 / 2159 if interested.

### FREE PERSONAL TRAINER

Beginning this month, personal trainers will be available in the following Fitness Centers: French Creek, Tarawa Terrace, Area 2, Courthouse Bay, Camp Johnson, and Camp Geiger.

Free for Active Duty. Family members, retirees, Civilian Employees pay \$10 per appointment or can purchase a value package of eight appointments for \$70.

Information: 910-451-0470

**Reason #24 not to be that guy:**

**Landing in the HOSPITAL after announcing  
"Hey guys, watch this!"**

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Dreams, Back in Baby's Arms, and Your  
Cheatin' Heart.*



### OPENING WEEKEND

8 p.m. - Friday, January 19  
8 p.m. - Saturday, January 20  
3 p.m. - Sunday, January 21

### More Dates

8 p.m. - Friday, January 26  
8 p.m. - Saturday, January 27  
3 p.m. - Sunday, January 28  
8 p.m. - Friday, February 2  
8 p.m. - Saturday, February 3  
3 p.m. - Sunday, February 4

**Midway Park Theater**  
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Pentagon spok...  
Bryan Whitman...  
reporters the...  
getted "what we...  
be principal Al-Q...  
leadership" open...  
the southern pa...  
Somalia.  
Whitman declin...  
discuss damage...  
the effectiveness...  
strike, or future...  
ions in the area...  
The U.S. 5th Fle...  
the aircraft carri...  
Dwight D. Eisen...  
into the waters...  
Somalia in an eff...  
capture Al-Qaida...  
ists attempting...  
country, a 5th Fle...  
spokesman said...  
Whitman said the...  
were aimed at ter...  
who may have str...  
U.S. embassies in...  
and Tanzania. "W...  
going to continue...  
in close cooperati...  
our allies in the...  
who all understand...  
importance of pur...  
terrorist activities...  
denying them safe...  
heavens," he said...  
More U.S. ships ar...  
ing into the waters...  
Somalia to refor...  
maritime interdict...  
effort there, said U...  
Fleet officials. "Du...  
rapidly developing...  
in Somalia, U.S. C...  
Command has task...  
USS Dwight D...  
Eisenhower to join...  
Bunker Hill, USS...  
and USS Ashland...  
port ongoing marit...  
security operations...  
the coast of Somali...  
said Navy Lt. Cmdr...  
Charlie Brown, a...  
spokesman for 5th...  
in Bahrain.  
The ships will stop...  
and search the...  
Al-Qaida terrorists...  
attempting to esc...  
from Somalia, offic...  
said.