

# The Globe

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Little miracle  
Iraqi girl survives against  
all odds | 4A



England tells  
students to build  
relationships  
one at a time

Jim Garamone  
American Forces Press  
Service

WASHINGTON

Friendships between nations are abstract ideas that only become real when they are built on relationships and friendships among people, Deputy Defense Secretary Gordon England told Muslim high school students visiting the Pentagon Monday.

The students are part of the U.S. State Department's Youth Exchange and Study Program. International students participating in the exchange program live with U.S. families for 10 months. They go to school in local communities and meet Americans of all ages and walks of life in their time in the country.

Students, businesspeople and tourists visiting each others' countries and learning new cultures grow into friendship between nations, England told the 17 students who toured the Pentagon. "You build relationships one at a time," he said.

"It really is up to what individual people do," England added.

The program is not only about what students learn in America by meeting Americans, it's also about what they say when they go back to their nations about their experiences in the United States.

"I have learned that Americans are not really all that different from me," Lynne Ammar, an exchange student from Tunisia, said. "We all want the same things for our families and nations. We should be together in one world."

Another student said she has learned to take what she learns in the media with a grain of salt. "You can't always trust what you see in the media, both the media in my country and the U.S. media," Imane Belhaj, from Morocco, said. "You get only a small part of the story."

She said she has found Americans friendly, courteous and not like they are portrayed in movies, and that is an impression she will bring home with her.

The impression the students leave in America is also important, Abd Ulah al Awadhi, from Kuwait, said. "While I am here I have to remember that I am like an

See ENGLAND page 7A

## A 'Certain Force' is underway



Cpl. Jeremy Ross

**Deployment:** A sailor from Beachmasters Unit 2 looks on as Marines from the 26th Marine Expeditionary Unit and sailors from Assault Craft Unit 4 load vehicles onto a Landing Craft Air-Cushioned, Friday, at Camp Lejeune.

Cpl. Jeremy Ross  
26 Marine Expeditionary Unit

When a Marine unit deploys, it usually has a clear idea of where it is going and what it will be doing when it gets there.

This is not always true for Marine Expeditionary Units, and the 26th MEU is no exception as it gets underway aboard the ships of the Bataan Strike Group for its first deployment since 2005.

About the only thing that is guaranteed for "A Certain Force in an Uncertain World," as the MEU is known, is that it must be ready for anything, anytime, anywhere, said Lt. Col. Rick Loucks, the MEU's operations officer and veteran of three previous MEU deployments.

While deployed, the 26th MEU's commanding officer will rely heavily on family readiness as a key component of a successful deployment.

"One of the biggest challenges a deploying unit has is keeping its members forward deployed," said Col. Gregg A. Sturdevant, commanding officer 26th MEU. "If the Key Volunteer Network is strong and the individual Marines and sailors have properly prepared their families for the separation, then it is much easier to resolve the problems on the home front without having to have the active duty member present."

"Family readiness serves as a 'force enabler.' Once you send someone home there is no guarantee that you get that person back and you certainly can't count on getting a replacement," he added "It takes every member of the MEU to accomplish our mission; the more people we keep forward deployed the more successful we will be."

Although the MEU's contingency-force nature makes its missions and



Lance Cpl. Patrick Fleischman

**anchors away:** Humvees drive to the LCAC to be loaded for transportation to waiting Navy vessel's in preparation for deployment.

destinations unpredictable, the unit does have some basic notions of where it will be heading as it follows the pattern of traditional Mediterranean deployments.

The unit plans to first enter the Mediterranean Sea, where it will operate as the landing force for the Sixth Fleet under U.S. European Command.

While in European Command's area of operations, the MEU's 2,200 Marines and sailors will likely have an opportunity to go ashore and expand their cultural horizons in the ports the strike group ships visit.

These port visits are an important aspect of the traditional MEU mission, said Loucks.

"In many situations, it's the most contact Europeans have with us," added the Cedar Point, N.C., native. "They discover that we aren't that different from them, and it helps bridge culture gaps."

Besides spending time ashore on liberty, the MEU could participate

in bi-lateral training with foreign militaries while in EUCOM's AOR.

The MEU also plans on entering U.S. Central Command's AOR, where it will serve under the Fifth Fleet.

The nature of its operations could very well change in that theater due to the ongoing conflicts in Iraq and Afghanistan, said Loucks.

"The [state] of operations in CENTCOM is more volatile than EUCOM," he explained. "However, we have to remain prepared to execute any mission in either AOR, wherever we are directed."

Facing an unknown destination and mission doesn't seem to bother many of the MEU's troops, but the importance of communication can not be overstated according to Sturdevant.

"Whether it's part of a personal relationship, or a way to issue guidance/orders, effective communication is key to getting your message

See UNDERWAY page 2A

## Dr. Martin Luther King, Jr. Day, is 'a day on, not a day off'

Compiled by Public Affairs  
The Globe

January 9, 1987, President Ronald Reagan signed Public Law 98 - 144, proclaiming "the third Monday in January of each year" a public holiday in honor of the "Birthday of Martin Luther King, Jr."

"We have to remember that this is a 'day on, not a day off,'" said Col. Adele Hodges, commanding officer of Camp Lejeune, using this year's National tag line for the observance.

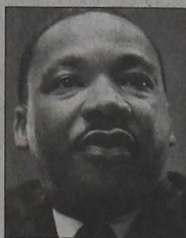
In 1994 Congress passed the King Holiday and Service Act, designating the King Holiday as a national day of volunteer service. Instead of a day off from work or school, Congress asked Americans of all backgrounds and ages to cele-

brate Dr. King's legacy by turning the community concerns into citizen action. The King Day of Service brings together people who might not ordinarily meet, breaks down barriers that have divided us in the past, leads to better understanding and ongoing relationships, and is an opportunity to recruit new volunteers.

Participation in the King Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals, building homes and reflecting on Dr.

King's life and teachings. Many of the projects started on King Day continue to engage volunteers beyond the holiday and impact the community year-round. Although the scope of the event grows every year, many people still are not aware of the service component of the holiday. By encouraging the participation of as many organizations as possible, it is hoped this year's King Day of Service will surpass even

all previous years. During his lifetime, King sought to forge the common ground on which people from all walks of life could join together to address important community issues.



King

"He was a catalyst," said Staff Sgt. Tanya Quiero, equal opportunity advisor, Marine Corps Installations East. "He lived in a time when peaceful sit-ins and quiet civil rights activism worked toward breaking down racial barriers." Hodges agreed and said, "He brought the keys, and opened of the gates of equality." King encouraged Americans to come together to strengthen communities, alleviate poverty and acknowledge dignity and respect for all human beings. Service, he realized, was the great equalizer.

On Monday, as we observe the Martin Luther King Jr. federal holiday, Americans join together on projects which strengthen communities, empower individuals and bridge barriers.

See LUTHER KING page 7A

THURSDAY  
January 11, 2007

Volume 69  
Edition 02

### Inside This Week

**Intramural program**  
Marine Corps Base Camp Lejeune's intramural program is in full swing thanks to coordinator Antonio Warner. Turn to page 1C to find out more about what's available.

**Mail handlers**  
Getting the mail out in a new fashion takes hard work with an eye for detail. Glimpse life for Camp Lejeune's consolidated Post Office workers on page 1C.

**Creativity abounds**  
Check out the military-inspired artwork from a local artist and the best jokes written by service members, all on page 1D.

### News Watch

**Aircraft attack Al-Qaida haven, Ike moves off Somalia**

A U.S. Air Force AC-130 gunship attack in Somalia Monday targeted senior terrorist leaders, a senior Pentagon official confirmed Tuesday.

Pentagon spokesman Ryan Whitman told reporters the attack targeted "what we believe to be principal Al-Qaida leadership" operating in the southern part of Somalia.

Whitman declined to discuss damage assessments, the effectiveness of the strike, or future operations in the area.

The U.S. 5th Fleet moved the aircraft carrier USS Dwight D. Eisenhower to the waters off Somalia in an effort to capture Al-Qaida terrorists attempting to flee the country, a 5th Fleet spokesman said.

Whitman said the attacks were aimed at terrorists who may have struck the U.S. embassies in Kenya and Tanzania. "We are going to continue to work close cooperation with our allies in the region, to all understand the importance of pursuing terrorist activities and denying them safe havens," he said.

More U.S. ships are moving into the waters off Somalia to reinforce the maritime interdiction effort there, said U.S. 5th Fleet officials. "Due to rapidly developing events in Somalia, U.S. Central Command has tasked SS Dwight D.

Eisenhower to join USS Anker Hill, USS Anzio and USS Ashland to support ongoing maritime security operations off the coast of Somalia," said Navy Lt. Cmdr. Charlie Brown, a spokesman for 5th Fleet Bahrain.

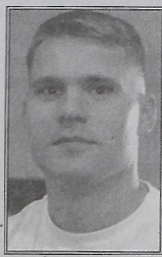
The ships will stop vessels and search them for Al-Qaida terrorists attempting to escape from Somalia, officials said.

### Index

Camp Lejeune Sports	1B
Mail Side	1C
Classifieds	3C
Carolina Living	1D
Movies	2D

# MAN on the street

What are you going to spend your tax return on?



"Putting it in mutual funds."

**Capt. Chris Jones**  
Deputy disbursing officer  
Marine Corps Base  
Havelock, N.C.

"Toward growing my new business."

**Justin Mialkowski**  
Co-owner of the Power Blendz Juice Bar in the Area Two Fitness Center  
Keene, N.H.

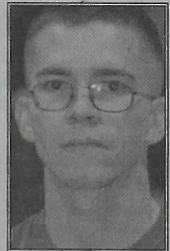


"Get my car painted and buy some new glasses."

**Krystal Meadows**  
Recreational attendant  
Marine Corps Community Services  
Jacksonville, N.C.

"I'm going to use it to pay for cycling camp in Ashville."

**Kathy Cariker**  
Registered nurse and personal trainer  
Long Island, N.Y.



"Pay off some bills and loans."

**Lance Cpl. Josh Clark**  
Rifleman  
2nd Marine Division  
Crossville, Tenn.

## UNDERWAY CONTINUED FROM 3A

across," he added. "It's important for families going through a first deployment to understand that communication to and from the ship may be interrupted from time to time. There are a number of reasons for this; most importantly, operational security may cause a restriction to the information flow or it could be something as simple as technical problems."

There are a variety of avenues that family and friends can take advantage of such as the MEU phone hotline and their Web site. Sturdevant was adamant that both will be updated regularly.

"If families are having a difficult time with communication, I encourage them to contact their Key Volunteer. Regardless, stay positive, do not start thinking about worst case situations," said the commanding officer.

Far from home, many Marines are simply ready to face the uncertainties and get on with the mission at hand.

"The only thing we can really do is try our best to be ready for anything," said Sgt. Zachary Strelke, a squad leader with Echo Company, Battalion Landing Team 2/2, the MEU's ground combat element.

Due to the multitude of possibilities for employment the MEU faces on this deployment, keeping an open mind on future operations is exactly what the unit's leadership wants its troops to do.

"I expect everyone to stay positive and be ready to execute whatever mission comes our way," said Sturdevant. "Anything could happen and we need to be prepared."



Lance Cpl. Christoph...

**Sad goodbyes:** A member of the 26th Marine Expeditionary Unit embraces loved one before the unit's deployment.

"The 26th MEU's motto is, 'A certain force in an uncertain world.' MEUs continue to provide combatant commanders a flexible Marine Air/Ground Task Force," Sturdevant said. "Over the past six months we have trained for a variety of missions and although we have a fairly solid idea of what our deployment will entail, it's always subject to change. I have no doubt that the 26th MEU is prepared for whatever mission may come our way."

Families remaining behind will go through similar experiences while their respective loved ones are away. Sturdevant recommends participation in Family Readiness events.

"The events are important, they provide an opportunity to have fun, bond and exchange ideas and information. Our Marine Corps Community Services program manager, Barbara Dozier, and the Key Volunteers work hard to ensure things go well at the Family

Readiness events."

"The one request I have is for everyone to RSVP if they are able to attend the event. By doing so, we can ensure we have the amount of food and refreshments available for the participants," Sturdevant added.

As for the immediate future, the MEU's forces will continue to conduct personal and small-unit training as the unit crosses the Atlantic Ocean aboard the USS Bataan (LHD-5), USS Oah Stennis (LSD-51) and USS Shreveport (LPD-12).

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

For more information on the MEU, including news, video, contact information, visit [www.usmc.mil/26thmeu](http://www.usmc.mil/26thmeu). Staff Sgt. Michael Mink contributed to this article. ■

## Automobile and Motorcycle Fatalities

**Jan. 7** A petty officer 1st class was a backseat passenger on an interstate near Hopkinton, R.I. The car he was riding in was run off the road by a tractor-trailer. He was ejected and suffered fatal injuries.

**Jan. 1** A corporal from Marine Fighter Attack Squadron-212 was struck and killed by a car just after midnight in Belle Chase, La.

**Dec. 29** A private attached to the Center for Naval Aviation Technical Training Unit Lemoore died when he lost control of his motorcycle in Crosby, Texas.

# Semper Safe

## How to make your winter driving a safer experience

Whether it is snow, ice, or heavy rain, winter can present a host of challenges to even the most experienced driver. Slick roads require a different, more cautious approach, and while there is no replacement for experience, here are a few techniques that can be used when driving on slippery roads. Base Order P5560.2M, chapter 4, paragraph 4002.2 states "Vehicle operators will decrease speed as much as necessary to accommodate weather and traffic conditions."

Perhaps the deadliest danger of all is "black ice." Black ice forms on a roadway usually from melting snow which re-freezes. Since it is almost invisible, drivers fail to recognize black ice conditions and may drive at normal speeds, often resulting in very serious accidents. Be alert to the possibility of black ice when temperatures are near or below freezing. Pavement that looks dry but appears darker in color should alert you to the presence of black ice.

**Don't pump your brakes, anticipate the situation.** Many

accidents could be prevented if the driver had just one additional second to react. When weather conditions are challenging, timing becomes even more critical. Look as far down the road as possible, and assess situations or circumstances that could cause potential problems. By noting road conditions, such as a patch of ice or a large puddle 10 cars ahead, and what actions drivers ahead of you are taking, you can adjust your driving in advance and anticipate problems before it is too late to react.

**Leave extra distance between the vehicles in front of you.** Just as you would while driving a heavier vehicle or while towing, leave extra distance between the vehicles in front of you when driving in winter road conditions. This extra distance will allow more time to react to potential hazards and will help compensate for reduced vehicle handling.

**Don't overestimate your vehicle's capabilities.** No matter how many technology and safety features

your vehicle has, the laws of physics cannot be changed. Do not overestimate your vehicle's capabilities or your own driving ability. Assess road conditions (which can change at any moment), and drive at an appropriate speed for conditions. If your vehicle starts to skid, always turn your wheels in the direction of the skid.

**Check your tires frequently.** The handling characteristics of every vehicle, whether it is a small, agile, and lightweight sports car or a tall, heavy, seven-passenger SUV, are dependent on four points (called contact patches) where the rubber on your tires meets the road. Because there is less traction on slick roads, the four contact patches are even more important, so be sure to check often that your tires are properly inflated and in good operating condition. Tires that are wearing unevenly, completely worn, or improperly inflated can seriously compromise traction on slippery roads and increase the potential for an accident.

As Marines and sailors, we live by our ethos. ■

## The Globe

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Mail subscribers: Any notices to report a change of address need to be sent to: Landmark Military Newspapers - NC  
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Marine  
Sgt. Mark  
Experimental Combat Team  
CAMP FALLUJAH  
Marines  
Experimental Combat  
Team 2006 making  
progress, with  
the Iraqi army  
near Al Anbar province  
Fallujah, once the  
fought battle be  
between Al  
Anbar and Al  
Anbar, is now  
a Sunni safe  
zone. A marked  
progress led to  
Marines  
over increasing  
loyalty to the Iraqi  
Security Forces,  
a functioning  
government and  
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within the  
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a model of progress,  
and see it as a  
stepping stone to  
a more advanced  
forward-looking city  
in one of the most  
important regions  
of Iraq, certainly the  
heart of Al Anbar province.  
Col. Larry  
Polson, RCT-5's  
commanding officer, in a  
briefing. "The  
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Caldwell  
Gerry J. Gil  
American Forces Pr  
WASHINGTON  
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Baghdad predicted.  
The year 2007  
year of transition  
for Iraq, Army  
William B. Cal  
Multinational F  
spokesman, told re  
news conference in  
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Caldwell said. An  
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2007, a significant y

# Marines look back at a year of progress with Iraqi army

Senior Sgt. Mark Oliva  
Infantry Combat Team 5

**FALLUJAH** — Marines with Infantry Combat Team 5 at 2006 making significant progress, with the capture of the Iraqi army, in northern Al Anbar province. Fallujah, once the site of a bloody battle between U.S. forces and Al-Qaida militants, is now considered a Sunni safe haven. The marked progression led to Marines turning over increasing responsibility to the Iraqi Security Forces, a functioning city government and Iraqis taking safety within the city's limits.

It has been a year of 181 days, spectacular field performances, faith and steadfast resolve.

They have aggressively worked to make Fallujah a model of progress, cooperation and see it as an ongoing, advanced and forward-looking city, perhaps one of the most in all Iraq, certainly the most of Al Anbar province.

Col. Larry D. Olson, RCT-5's commanding officer, in a recent briefing. "The key to success in Fallujah has a thematic approach. The focus is on 'Team Fallujah,' meaning that as Marines, the Iraqi police, the Fallujah police and the local citizens work together, nothing can go wrong, no one can beat us, no one can beat

Marines now stand at entry control points to help alongside Iraqi soldiers and police.



Lance Cpl. Geoffrey P. Ingersoll

In the Al Anbar province of Iraq, the Iraqi Security Forces facilitate the development of official rule of law through democratic government reforms and continue the development of a market based economy centered on Iraqi reconstruction.

Combined operations are standard in the area. Recruiting drives brought hundreds of Sunni soldiers into the Iraqi army, where none had volunteered before.

And Fallujah, along with the outlying cities that had never seen a police force, are now protected by their own. Fallujahs continue to join the police, despite terrorists' attacks.

"In many locations, Marines, Iraqi soldiers and police, along with Iraqi civilians and military advisers, live and work

together in the same facility, sharing the same hardships, dangers and goals for the future," Nicholson said. "Despite a campaign of murder and intimidation of local civic leaders and police by insurgents and criminals, city government and police stations across our area continue to develop and grow."

Security in Fallujah improved so dramatically that the city, once the flashpoint for violence in Iraq, is now considered a safe haven for Sunnis fleeing sectarian violence in

Baghdad and other regions in Iraq.

"In the two years since the conclusion of the battle, the population has rebounded to pre-Al Fajr levels," Nicholson explained. "Today anywhere between 300,000 and 400,000 is our estimate. But not only have most of the original citizens returned, but many Iraqi citizens who were fleeing sectarian violence in Baghdad have found refuge in Fallujah."

Security operations dominated much of what

Marines in the regiment were seen accomplishing in 2006. They were marked by events such as a battle fought by 1st Battalion, 1st Marine Regiment in Gharmah and the capture of Jill Carroll's kidnappers, the Christian Science Monitor journalist who was held captive for nearly three months. The capture was the result of the efforts of "Darkhorse" battalion of 3rd Battalion, 5th Marine Regiment.

They also were credited with the recovery of a sniper rifle stolen from

"Magnificent Bastards" of 2nd Battalion, 4th Marine Regiment in June 2004. Darkhorse snipers recovered the rifle after killing insurgents near Habbaniyah, almost two years to the day it was stolen.

The road between Habbaniyah was opened for the first time by Darkhorse when the regiment expanded its area of operations and expanded further by the "Betio Bastards" of 3rd Battalion, 2nd Marine Regiment who relieved Darkhorse.

Outlying camps were closed, handing off responsibility to Iraqis and at the same time, the regiment preceded the call for more Military Transition Team trainers and increased the size of teams of Marines training Iraqi soldiers and police.

"We've probably doubled the size of the teams right now," Nicholson said. "We are, as Marines, a better unit when we go out that we have Iraqis with us. You know, nothing against our great force, and again, we're exceptionally capable, but the Iraqis see things we'll never see. They understand intuitively things that we just won't understand."

Still, Nicholson said more Iraqi soldiers and police are needed.

"Probably the most pressing need we have right now in our area of operations is a lack of Iraqi soldiers and police," he said. "The ones we have are doing great, but we just

See PROGRESS page 8A

# Caldwell: Iraqi government will control its ground forces by year's end

Gerry J. Gilmore  
American Forces Press Service

**WASHINGTON** — The Iraqi government will have command and control of all of its ground forces by the end of 2007, a senior U.S. military officer based in Baghdad predicted Jan. 3.

The year 2007 "is truly the year of transition and adaptation" for Iraq, Army Maj. Gen. William B. Caldwell IV, Multinational Force Iraq spokesman, told reporters at a news conference in Baghdad.

All Iraqi army divisions will be under Iraqi Ground Forces command by summertime, Caldwell said. And, all Iraqi provinces, he said, will go back to Iraqi provincial control by the end of the year.

"So that by the end of the year 2007, a significant year of transition, the Multinational Force Iraq and the U.S. mission here in Iraq will be truly in support of the efforts of the government of Iraq and not commanding and controlling those things, but working as a support mechanism," Caldwell said.

Meanwhile, President George W. Bush and his advisors are putting the finishing touches on a new U.S. strategy for Iraq. The president is expected to announce the new plan sometime before his State of the Union address, slated for Jan. 23.

The Feb. 22 terrorist bombing of the Golden Mosque religious shrine in Samarra triggered a surge of Sunni-Shiite sectarian violence across Iraq in 2006, a development that has led to the formulation of a new U.S. strategy for Iraq, Caldwell said.

Caldwell pointed out that, despite the violence, the Iraqis have made considerable advances in the past year. "Iraqis achieved many accomplishments in 2006 that serve as the foundation for future progress," Caldwell pointed out. Over the course of the past year Iraq seated its first democratically-elected permanent government, he said, and the nation also produced a national unity government that represents Iraqis of all religious sects and tribes.

"Iraqis have stepped up and begun taking responsibility for their own security," Caldwell said, noting that responsibility for security in Muthanna, Dhi Qar and Najaf provinces has been transferred to Iraqi provincial control.

"The Iraqi army and police now have overall responsibility for all law enforcement and security activities in those provinces (and) answer to their respective provincial governors and councils," he said.

Just one of Iraq's 10 army divisions was responsible for operations within its own territory at the beginning of last year. Today, 80 percent of Iraq's army divisions are responsible for their own battle space, he said.

Yet, Iraq continues to be plagued by high levels of unacceptable violence, Caldwell said, noting the mayhem has cost the lives of thousands of innocent Iraqis.

And, more than 800 U.S. servicemen and women gave their lives in service in Iraq over the past year, he said.

"The loss of every single one of these brave Americans is a

terrible tragedy for a family somewhere," Caldwell said. "Even as we continue to work to secure Iraq and build a better future for the people of this region, we extend our deepest condolences for their loss and for our eternal gratitude to these families for the sacrifice of their loved ones."

The Iraqis and their coalition partners face significant challenges in 2007, Caldwell said. The Iraqis must increase the capabilities and efficiency in their army and police units, he said, while their government must continue to work to reconcile and unify different segments of the population.

Multinational Force Iraq is committed to assisting the Iraqi government by conducting operations

See CALDWELL page 4A

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**Saluting Freedom**

AND THOSE WHO GIVE SO MUCH

See Our AD on Page 6D

**Sanders Ford**

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# Service members unite in effort to save girl's life

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

**CAMP HABBANIYAH, Iraq** — "She is our future... that's why we support the Iraqi Police, so they can provide a secure future for [Iraqi children]," said Lt. Col. Bob McCarthy, a 41-year-old Police Transition Team Leader from East Bridgewater, Mass., in response to an Iraqi tribal leader's gratitude toward U.S. forces for their efforts to save an Iraqi youth named Riyam Shihan.

### The girl

In the afternoon of Oct. 13, 2006, 9-year-old Riyam was in her aunt's house playing with her cousin.

A few hours later, many doubted she would live to play again.

### The grunt

Marine Corporal Justin T. Abraham spotted him first: an Iraqi man stumbling toward his position, his arms clutching a bundle of blankets.

"At first I thought he was carrying a bomb," said Abraham, a 23-year-old native of Oxford, Mich. and a Marine with PTT 6, Regimental Combat Team 5, 1st Marine Division.

Then Abraham saw the girl and all of the blood, and he knew his first instinct was wrong. He also knew he needed to find a doctor.

### The corpsman

Navy 'Doc' Petty Officer 2nd Class Joseph Graham never expected to get out of the Humvee during the coalition's routine check of the IP outposts. Then Graham heard someone calling his name. It sounded urgent.

"Everything happened so fast... I knew I didn't have time to freeze up," said Graham, 40, D.C. native.

Prior to joining the military, Graham had a job in a swimming pool operation and maintenance. Then he decided his life needed a change of pace. Thousands of miles displaced and a few years older, he was in the middle of a war-zone trying to stop blood from flowing

out of a gash in a little Iraqi girl's head.

Graham quickly realized his best efforts wouldn't save the girl's life.

"When you're treating children that age, you don't have everything you need because you're not used to treating patients that small," said Graham.

"The best thing to do was get her to a treatment facility," said Graham. So he gave his recommendation to the man in charge.

### The Commander, Prayer Time and the 'Head Call'

McCarthy wanted to get his troops out of there. The PTT had just completed their mission, advising the personnel at the last of three Iraqi police stations.

Their timing was perfect. A Muslim 'call to prayer' was approaching, and a mosque stood adjacent to the police station.

"It was Friday [Muslim Sabbath], Ramadan, and a crowd was gathering," said McCarthy, "I did not want to upset the local citizenry with Marine presence outside the mosque on their day of prayer."

"It was time for the [team] to roll."

The troops had packed up, and McCarthy was about to give the order when a driver of one Humvee requested to take a bathroom break or a 'head call.' The team delayed, the crowd of Iraqis grew, and tension began to mount.

"The hairs on my neck had been raised for about 15 minutes," described McCarthy.

Word from Graham reached McCarthy, and he put his urgency on pause to take a look at the girl. She was in the casualty evacuation Humvee moments later.

"I gave the order," said McCarthy, "you can't ignore a traumatic injury that falls into your path; especially to a child."

Elements of the PTT had a new mission, and renewed urgency.

"We dropped everything," said Abraham, "to save her life."

### The doctors

It was a fairly quiet day until the call came from Habbaniyah, said Cmdr. Theodore D.



Lance Cpl. Geoffrey

**Little miracle:** Commanders Susan P. McKeefrey, 50, from Rhinebeck, N.Y. and a nurse Surgical and Pamela C. Harvey, 39 from Muscatine, Iowa and a doctor with TQ Surgical go to Riyam Shihan during an arranged meeting in Habbaniyah. Riyam's cousin was trying to close a metal door, at a home in Habbaniyah when it became unhinged and fell on Riyam, crushing TQ Surgical's staff doubted she would survive the required surgery, much less walk and talk.

Edson, a general surgeon with Taqaddum Surgical, 1st Marine Logistics Group (Forward).

An entire team of surgeons assembled to receive and treat the girl, including Edson, 39 from Lexington, Mass. and Lt. Cmdr. Pamela C. Harvey, 39 from Muscatine, Iowa.

When the girl arrived with her father, she was delirious and disoriented, said Edson.

"She was hostile in a way that didn't make sense," said Harvey. She said the translator reported the girl was speaking gibberish.

"These are all signs of brain injury," said Edson.

The surgeons struggled to treat the girl, to stabilize her, but it soon became clear that she needed a higher level of care. A call went out for a helicopter to medically evacuate the girl to a better equipped hospital.

"As our evaluation continued, she deteriorated right in front of us, and our worst fears came true," said Harvey.

Surgeons and corpsmen "launch action," said Harvey. They quickly moved the girl intravenously and inserted an air tube. But because of the injury to her brain, she lost her ability to clot blood.

If the girl did not get blood soon, she would die.

A 'walk-in' blood bank message was sent out on Camp Taqaddum. The camp was immediately with almost two dozen offering aid.

The girl got her blood. But stormy weather blocked flights from leaving Camp Taqaddum. With no specialized neurosurgeons in TQ Surgical, it appeared her chance was lost.

"Back in the states, with an injury like this, the patient would be operated on in forty-five minutes," said Edson.

Two hours passed. Then three. Then four. Then five. Then six. Then seven. Then eight. Then nine. Then ten. Then eleven. Then twelve. Then thirteen. Then fourteen. Then fifteen. Then sixteen. Then seventeen. Then eighteen. Then nineteen. Then twenty. Then twenty-one. Then twenty-two. Then twenty-three. Then twenty-four. Then twenty-five. Then twenty-six. Then twenty-seven. Then twenty-eight. Then twenty-nine. Then thirty. Then thirty-one. Then thirty-two. Then thirty-three. Then thirty-four. Then thirty-five. Then thirty-six. Then thirty-seven. Then thirty-eight. Then thirty-nine. Then forty. Then forty-one. Then forty-two. Then forty-three. Then forty-four. Then forty-five. Then forty-six. Then forty-seven. Then forty-eight. Then forty-nine. Then fifty. Then fifty-one. Then fifty-two. Then fifty-three. Then fifty-four. Then fifty-five. Then fifty-six. Then fifty-seven. Then fifty-eight. Then fifty-nine. Then sixty. Then sixty-one. Then sixty-two. Then sixty-three. Then sixty-four. Then sixty-five. Then sixty-six. Then sixty-seven. Then sixty-eight. Then sixty-nine. Then seventy. Then seventy-one. Then seventy-two. Then seventy-three. Then seventy-four. Then seventy-five. Then seventy-six. Then seventy-seven. Then seventy-eight. Then seventy-nine. Then eighty. Then eighty-one. Then eighty-two. Then eighty-three. Then eighty-four. Then eighty-five. Then eighty-six. Then eighty-seven. Then eighty-eight. Then eighty-nine. Then ninety. Then ninety-one. Then ninety-two. Then ninety-three. Then ninety-four. Then ninety-five. Then ninety-six. Then ninety-seven. Then ninety-eight. Then ninety-nine. Then one hundred.

See EFFORT page 8A

## CALDWELL CONTINUED FROM 3A

and developing Iraqi security forces to provide the stability needed so that Iraq's new political processes can mature, Caldwell said.

"Coalition forces remain dedicated to this mission, and we have not given up on the Iraqis," Caldwell said. "We cannot write off a country where people have not given up on themselves."

The United States has been fighting terrorism and extremism since the 1983 bombing of the U.S. Marine barracks in Beirut, Lebanon, where 241 service members, mostly Marines, died, Caldwell said. Iraq is another battleground, he said, that is pitting the forces of freedom against those of terrorism and extremism.

"In partnership with the Iraqi people, we are fighting to demonstrate that there is an alternative besides tyranny and extremism for the people of this region," Caldwell said.

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# Former drill instructor, recruits serving together in Iraq

By James B. Hoke  
Marine Aircraft Wing

AL ASAD, Iraq — At four years ago, in 2003, three young recruits rushed from a bus to the famous yellow footprints at Marine Corps Recruit Depot, San Diego. That day, these individuals met their ferocious drill instructors and became a part of Platoon 3069, beginning their struggles to become Marines.

Today, these three recruits are serving at Al Asad, Iraq, with Marine Heavy Helicopter Squadron 363, with one of the first drill instructors they ever met: Staff Sgt. William J. Drips, Lance Cpl. Ernesto Cazares, and Sgt. David A. Dillinger Jr., three former recruits of Platoon 3069, who were deployed to Iraq in late 2003 with one of their drill instructors, Staff Sgt. Jason A. Politte.



Lance Cpl. David A. Dillinger Jr.

From right to left, Staff Sgt. Jason A. Politte, Sgt. William J. Drips, Cpl. Ernesto Cazares and Sgt. David A. Dillinger Jr. stand on the flight line at Al Asad, Iraq. Politte, a former drill instructor, and the three Marines, his former recruits, originally met one another early 2003 during recruit training in Platoon 3069, Kilo Company, 3rd Battalion, at Marine Corps Recruit Depot San Diego. Now, all four are serving in Iraq with Marine Heavy Helicopter Squadron 363, Marine Aircraft Group 16 (Reinforced), 3rd Marine Aircraft Wing (Forward).

The coincidence that all these Marines are here is definitely unusual," said Politte, platoon chief and drill instructor of HMH-363, the 3rd Marine Aircraft Wing (Forward). "It's good to see them out there, especially going from training, because of them were squad mates. A lot of my buddies they have seen out in the field, but seeing three of the Marines I trained in the same squadron ... you see that too often."

Politte was stuck by one of his recruits since recruiting, Dillinger Jr. and Cazares, both flight line

mechanics with HMH-363, went through their training after boot camp together, as well as to the same squadron upon reaching the fleet.

"We've been stationed together for almost four years now," said Dillinger Jr., a 23-year-old Anderson, Calif., native. "We'll be together until we get out. It makes it easier for us because we work in the same military occupational specialty."

Politte followed his two recruits to the squadron in late 2005, according to Cazares, a 25-year-old Chicago native.

"I think he planned it to pick on us," joked Cazares. "We both got our e-mail orders when he came to Hawaii," said Dillinger Jr. "Everywhere you go there is a drill instructor," he said.

Following Politte by only a few months, Drips, who had been stationed at

Marine Corps Base Camp Pendleton, Calif., received orders to HMH-363 at Marine Corps Base Kaneohe Bay, Hawaii, in early 2006.

"I actually got an e-mail from [Politte] before I checked into the squadron, and it said, 'Oh, so you think you're going to 363, huh?'" said Drips, a flight equipment technician and aerial observer with HMH-363. "It was a little unexpected for me. I

didn't think I would see these guys again. Then, my orders just popped up, and I was going to Hawaii."

The irony of the three Marines serving in the same squadron on the same deployment wasn't passed on any of them, according to Drips, a 23-year-old Davis, Calif., native.

"It's kind of funny, not only that we were all in boot camp together, but

me and Dillinger were rack mates together, because we were squad leaders," said Drips. "Cazares stood right across the hall from us. It is kind of funny because we are rack mates again now."

Although almost four years have passed since these three stepped on the yellow footprints, what was instilled in them at recruit training is still evident in their actions today.

"You can definitely tell that the intimidation factor is still there, which I think is natural between any Marine and their drill instructors, but there is a sense of respect, both from me to them and from them to me," said Politte, a 28-year-old Papillion, Neb. native. "They've gained that trust and respect. It's funny looking at them sometimes, especially when they hear me yelling. I talk to them now, as they are Marines. I teach them things, and they teach me too."

Serving with the Marines he helped train, Politte says it gives him a sense of accomplishment as the drill instructor of Platoon 3069, the honor platoon of Company K, 3rd Battalion.

"Seeing them as corporals and sergeants in Iraq makes me feel that I was more successful down there," concluded Politte. "It's a great experience to go down and train recruits to become Marines at the depot, and it is definitely worth the long hours and time away from family and friends that we spend there." ■

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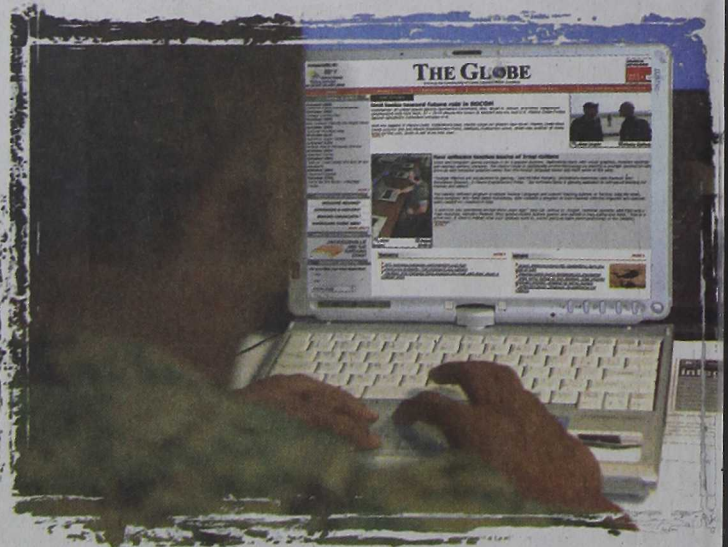
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# This Practice makes perfect

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

Service members constantly train and prepare for Iraq, but for some the training is harder and the hours are longer. This type of training is what prepares the Marines and sailors of 10th Marine Regiment, 2nd Marine Division for their upcoming deployment to Iraq.

Lance Cpl. Patrick L. Norton and his fellow artillerymen with 2nd Battery, 10th Marine Regiment have trained since September in preparation for the exercise, Cajun Viper, which is their final test before deploying.

For Norton and his comrades, the instruction in areas like basic security, Enhanced Marksmanship Program, Military Operations in Urban Terrain, rules of engagement and heavy load and weapons training was stressful.

"Sometimes we get stressed out from the constant bombardment of training and acknowledge we, as Marines, must learn," he explained. "We also know, deep down, that the training, such as EMP and MOUT, is what will help keep us from harms way."

These EMP exercises taught Norton and his comrades how to spot, aim and take out a target from within 50 yards in a matter of seconds. MOUT taught them the specifics of close quarters combat and room clearing. These courses are a vital part of a Marine's training due to its similarities to environments faced in Iraq.

"It seems like EMP was running on clockwork, because it was like every other week we were doing a shoot," said the Hatton, Ala., native. "It got more and more wearing, but we also became more and more skilled."

While Norton and the Marines of the Regiment are in Iraq, they will perform many roles the training has been preparing them for, said Pfc. Orlando Rivera, a native of Fayetteville, N.C.

The rules of engagement and basic security training taught Norton and Rivera the policies and skills vital to maintaining proper civilian and military relations as well as base and military security.

"Our non-commissioned officers would constantly drill us on knowledge and try to catch us off guard on stuff we were taught and should know," Rivera said. "If we didn't know the answer to their questions right when they asked us, you can be sure that we did after 20 minutes of drilling it on the spot."

When Norton and Rivera began their journey in early September 2006, they didn't know what they were doing or if they were totally prepared for Iraq. But now, in January 2007, they are confident in their ability to perform any mission they are assigned while in Iraq.

"We have worked hard and have felt like tired dogs at the end of most training days, but now our unit is tight and we are almost reacting to training situations like we wrote the book on it," Rivera said. "I think we are prepared for both Cajun Viper and Iraq." ■

## ENGLAND CONTINUED FROM 1A

ambassador to Kuwait," he said. "I want people to understand what my country is like and what my people are like. I hope to leave them with a good impression of my people."

"We are like a bridge between the cultures," Soumaya Berrazzouk, from Morocco, said. "People here are very open and friendly. They have opened their houses and their hearts to us. Now we need to go back and talk of our experiences here."

Nationwide, around 600 students are participating in the program. It started in 2002 as an effort for high school students from predominantly Muslim countries to experience life in a democratic society. The students participating in the program are from: Iraq, Jordan, Kuwait, Lebanon, Morocco, Oman, Pakistan, Qatar, Syria, Tunisia, the United Arab Emirates, Yemen, Gaza and the West Bank. Arab Israelis also participate. ■

## LUTHER KING CONTINUED FROM 1A

In embracing these ideas of unity, purpose and the great things that can happen when Americans work together toward a common goal, we each can make a difference here at home, according to Hodges.

Camp Lejeune will celebrate all cultural observances in a grand-scale Multi-cultural Heritage Day at the end of the summer, but that does not mean there is no recognition on the official holiday.

"Dr. Martin Luther King, Jr. was a great American whose legacy lives on," said Hodges. "On this day, I challenge you all to be cordial to each other. All are equal in this world and I challenge you to get out and make a positive difference."

If you're looking for opportunities to serve on the Martin Luther King, Jr. Day of Service, go to <http://my.mlkday.gov/public/indexSearch.aspx> to browse a list of MLK Day service projects. ■

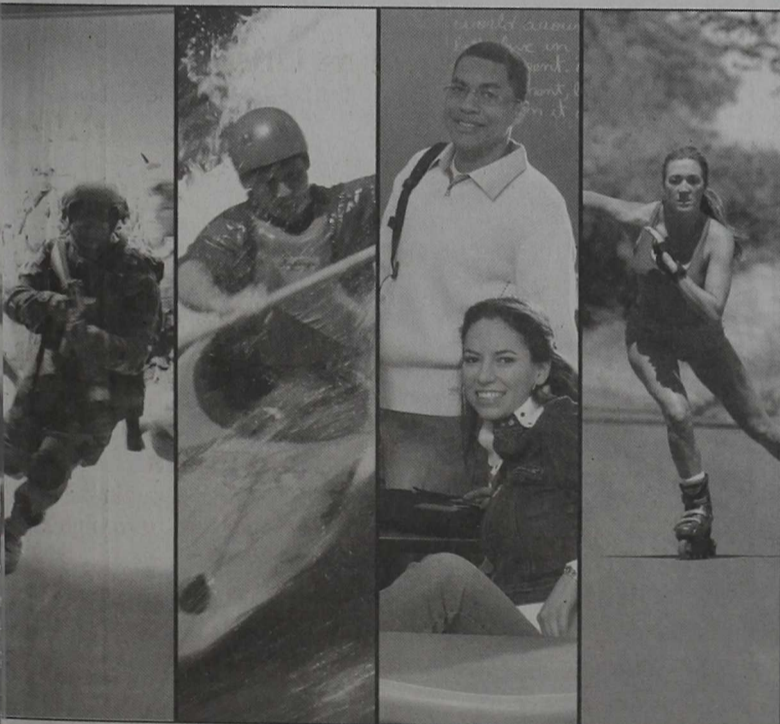
## Marines conduct static-line jumps



Lance Cpl. Michael J. Ayotte

**Training exercise:** Marines with 2nd Marine Special Operations Battalion, U.S. Marine Corps Forces, Special Operations Command, leap from a MV-22 Osprey tilt-rotor aircraft during a training exercise, Dec. 21. The Marines completed static-line jumps at 5,000 feet and free-fall jumps from 10,000 feet to increase their familiarity with the Osprey for use in possible future operations.

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**EFFORT**  
CONTINUED FROM 4A

Outside the storm raged, and inside anxiety peaked. The staff was beginning to consider opening her up here despite lack of resources and experience.

"An injury like this, left unabated, will lead to loss of speech or motor function... and then eventually death," said Edson.

One of the doctors brought the girl's father a Quran. Beside her bed he sat praying. Next to him, the doctors and corpsmen of TQ Surgical were praying as well.

God answered their prayers the only way he could: he sent in...

**The Marines**

Through the storm they flew the C-130, landing in TQ like an angel with fixed-wings during Riyam's greatest time of need.

A few hours earlier, the crew had been planning to go on a routine refueling mission. Bad weather was the only obstacle holding them back.

At some points "you could barely see your hand in front of your face," said 31-year-old Capt. Justin J. Hall, a pilot for Air Refueling Transport Squadron 352, Marine Air Group 16, 3rd Marine Air Wing (Forward).

Then they received a call from Taqaddum to do a casualty evacuation. Since helicopters usually do most "CASEVACS," the crew knew this had to be important.

"I knew that it was a head injury... [on a] nine-year-old Iraqi girl," said Hall, "that kind of brought it home for me." Hall has two children of his own.

The old mission was scrubbed, and feelings of urgency filled the crew. The determined Marines sat on the runway with the engines running, waiting for visibility to clear up.

"If there was any way we could get [the mission] done, we were going to get it done," said Hall.

They got it done, eventually delivering an unconscious Riyam to neurosurgeons in time for surgery. "I just hoped she was all right," said Hall.

"Even when the Marines took off, we weren't sure if she would make

it," said Cmdr. Tracy R. Bilski, a trauma surgeon with TQ Surgical.

**Their tears**

"I couldn't believe it," said Bilski, from Bellmawr, N.J. Upon seeing the girl's outcome, Bilski burst into tears.

Doctors and corpsmen at TQ Surgical had lost a 6-year-old Iraqi girl a few weeks previous to Riyam, and they weren't ready to lose another one, said Harvey.

"I definitely cried," said Seaman Tommie L. Walker Jr. a 23-year-old corpsman with TQ surgical from Sunflower, Miss.

Inside the small, stuffy Iraqi police office, an emotionally overwhelmed grandfather and father shed their own tears. Despite the many other men crammed into the room, these two grief-stricken individuals made no effort to hide their feelings.

Both father and grandfather repeated the same phrase over and over again in regards to what happened to Riyam.

"I don't have the words to explain how I feel..."

**Patient 1267, the Iraqi policeman, and the Sheik**

"...if the surgeons were here right now, we would kiss their hands," they said, wiping tears from their eyes.

"I didn't even cry," said Riyam. Inside the office, the girl sat on a couch beside her father and across from her grandfather. All eyes were on her, and everyone in the room leaned forward when Riyam spoke her soft words.

Riyam explained how her cousin had been trying to close a heavy, metal door in front of her aunt's house when the door became unhinged and crashed down upon her body. Her skull was crushed.

Bruises on her brain caused swelling and internal bleeding, which increased the pressure in her skull, causing further damage to the brain. Surgeons were forced to remove a part of the bone to relieve the pressure.

The injury was so bad that doctors and corpsmen doubted whether she would survive the operation, much less walk and talk again. So when Riyam, patient number 1267, walked back into TQ Surgical a month



Lance Cpl. Geoffrey P. Ingersoll

**Surviving against the odds:** Riyam Shihan recovers miraculously after a heavy, metal door, at a home in Habbaniyah, became unhinged and fell on her, crushing her skull.

later and asked for strawberry bubble gum, the staff was amazed.

"The surgeons all ran in different directions to find her some strawberry bubble gum," said her 36-year-old father, Younis Aved. Shihan, a taxi driver who became an Iraqi policeman because he wanted to help prevent insurgents from taking over his town.

"The Iraqi people of Habbaniyah hear what the coalition forces have done to save my granddaughter, and they cry. They are very grateful and you have gained them to your side," said Riyam's grandfather, 70-year-old Aved Shihan Ghathaib. After Riyam's operation, coalition forces learned that Ghathaib was a sheik, or tribal leader, in the town of Habbaniyah.

"It's because we were there, advising the Iraqi people, that we had the opportunity to save this girl," said McCarthy.

Riyam's uncle, 41-year-old Capt. Hameed Aftat Shihan, a

chief security officer said this humanitarian effort has far reaching affects in the Iraqi community. Police transition teams in the area are now revered by the people. They meet with smiles, waves and friendly greetings almost every where they go. Some of the team members said that saving the girl has made more progress toward stability in the region a few weeks than is usually made in a few months.

"[The sheik] is in charge of 6,000 people, and all of them know this story, and soon all of their friends will know this story," said Hameed. Riyam's grandfather has also informed many other sheiks, who will probably inform their people, he added. The effects of saving this one little girl have reached far beyond just those involved. The relationship between the Iraqi police, the PTT and the local population has changed for the better. The citizens of Habbaniyah have a new-found respect for the work of Americans, who strive not only to improve the quality of the Iraqi police, but also the lives of the Iraqi people.

"Saving this girl's life," said Hameed while in Habbaniyah PTT Headquarters, "was like saving all of Iraq."

But Riyam's fight for life is far from over. With a piece of her skull incubating inside her stomach, Riyam currently lives with only soft tissue to protect that part of her brain. Riyam is forced to wear a helmet now when she plays with her friends.

Another problem is that Riyam is still growing. Without her skull intact during her growth, she could face problems associated with irregular brain growth, such as a decrease in motor function capability and speech.

Within the next six months, she will need a follow up operation to replace the missing piece of her skull. It is a delicate operation that, due to the rebuilding of Iraq's infrastructure, will be almost impossible to provide in her home nation.

The efforts of coalition forces have bought her more time, but without this operation, Riyam's future still remains stormy. ■

**PROGRESS**  
CONTINUED FROM 3A

don't have enough."

All the effort put in the regiment wasn't just security, though. Behind the scenes, Marines worked to help Iraqi business leaders prepare and carry out reconstruction projects throughout the area. Clean water, medical care, improved electricity, cell phone services and even street clean-up projects in Fallujah were shepherded along by RCT-5 Marines.

"Fallujah is today boomtown for construction and is again reasserting financial muscle in the province," Nicholson said. "We continue to work feverishly on items like electrical distribution, but what we are finding out is that there has now recently developed a first world appetite for consumer goods like air conditioned satellite TVs, freezers and fridges, while there still remains a third world infrastructure that struggles to keep up."

Through it all, the enduring factor has been the Marines, sailors and soldiers of RCT-5, along with the Iraq Security Force, gear up every day and patrol in the sweltering summer heat and stay post in the freezing winter nights.

"Each day these young Americans are risking their lives for the basic security of the Iraqis, supporting local governance and improving the economic opportunities and conditions, and, in short, making life better for the Iraqis," Nicholson said. "There is no aspect of the Iraqi challenge that Marines are not involved in and working hard to improve. I just want to say that I am honored and humbled each and every day to lead this magnificent regiment here in Iraq." ■

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**Football play**  
 The intramural football program aboard Camp Lejeune will hold a staff game to determine which team will represent the installation in the All-Marine Tackle Football Bowl. The Marines will take a River Jan. 17 at 6 Liversedge Field. All-Marine Tackle Football Bowl will place from Jan. 21 Camp Pendleton, C. The Camp Lejeune representative will play team from Twenty Palms, Calif. Jan. 2 p.m. aboard Camp Pendleton.  
**Varsity women's basketball team**  
 Active-duty female ice members with basketball background (school or college) are invited to try-out for Camp Lejeune varsity women's basketball. This is a traveling playing tournament and down the East Weekend travel will involved. For tryout information, contact Le Williams at 330-47  
**Coaches needed**  
 Basketball and leading coaches needed for Youth Sports for 6-7, 8, 9, 10-12 year olds. be at least 21 years to coach. Please contact Robin Kairatti at 2177/2159 if interested.  
**Hoops, cheerleading**  
 Youth Sports aboard Camp Lejeune and New River will hold first basketball games of the season Jan. Games start at 9 a and run through the day. The league is and is for ages 6-13. Cheerleaders, also ages 6-15, will also participate. Games take place at the Stone Street Pavilion, Terrace Youth Pavilion and aboard New River at Building A.S.-20. Though registration the leagues has ended the public is invited to watch the games.  
**Karate-Do classes**  
 Joyce Trafox, veteran Karate-Do teacher of 3 years, is offering the following classes at Emerald Parks and Recreation. Kids Karate: Children 6 and under will learn Gyu-Ryu karate, as well as Japanese and Okinawan culture. Emphasis is on self-improvement and confidence, not competition. The end of every class, a few minutes will be taken to a project related to culture. Wednesdays from 4:15 to 5:15 p.m. or Thursdays from 5:30-6:30 p.m. Youth Karate: Children ages 10 and up will learn Gyu-Ryu karate as well as Japanese and Okinawan culture. Thursdays from 6:45-7:45 p.m. Adult Karate-Do: means "the way." It means to develop in all aspects of your life, not just physically. Karate-Do is non-competitive martial arts training for all ages that is mentally, physically, and emotionally rewarding exercise. Thursdays from 8-9 p.m. Call 354-6350 for more information.



3 The Globe | Thursday, January 11, 2007 | www.camplejeuneglobe.com

## 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. 17 at 6 p.m. on Riverside Field. The 11-Marine Tackle Football Bowl will take place from Jan. 21-28 at Camp Pendleton, Calif. The Camp Lejeune representative will play the team from Twentynine Palms, Calif., Jan. 23 at 6 p.m. aboard Camp Pendleton.

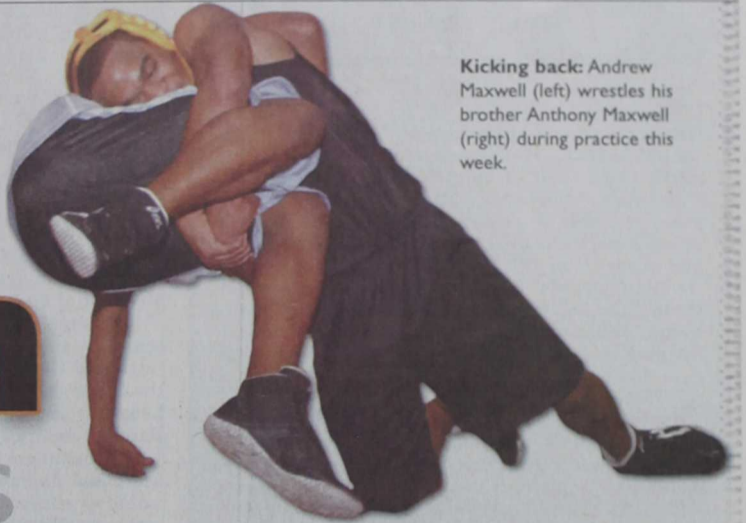
**Varsity women's basketball team**  
Active-duty female service members with a basketball background (high school or college) are invited to try-out for the Camp Lejeune varsity women's basketball team. This is a traveling team, playing tournaments up and down the East Coast. Weekend travel will be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

**Coaches needed**  
Basketball and cheerleading coaches are needed for Youth Sports for 6-7, 8-9 and 10-12 year olds. Must be at least 21 years old coach. Please call Robin Kairatti at 451-177/2159 if interested.

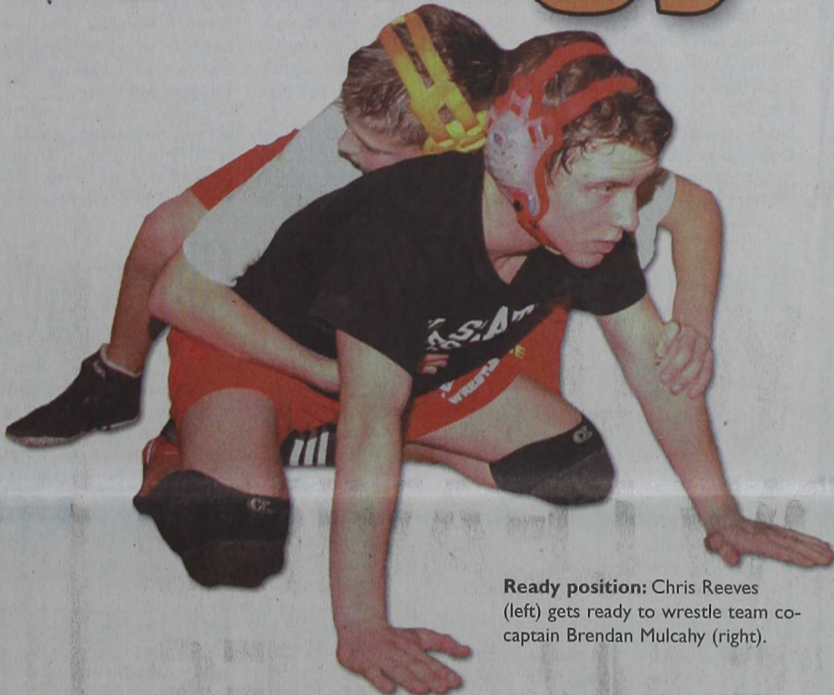
**Loops, cheerleading**  
Youth Sports aboard Camp Lejeune and New River will hold the first basketball games of the season Jan. 20. Games start at 9 a.m. and run through the day. The league is co-ed and is for ages 6-15. Cheerleaders, also from ages 6-15, will also participate. Games take place at the Stone Street Pavilion, Tarawa Terrace Youth Pavilion and aboard New River Building A.S.-202. Although registration for the leagues has ended, the public is invited to watch the games.

**Karate-Do classes**  
Lyce Trafton, veteran Karate-Do teacher of 35 years, is offering the following classes at Emerald Isle Parks and Recreation. Kids' Karate: Children ages 10 and under will learn Goju-Ryu karate, as well as Japanese and Okinawan culture. Emphasis is on self-improvement and confidence, not competition. At the end of every class, a few minutes will be taken to do a project related to culture. Wednesdays from 15 to 5:15 p.m. or Thursdays from 5:30-6:30 p.m. Youth Karate: Children ages 10 and up will learn Goju-Ryu karate, as well as Japanese and Okinawan culture. Thursdays from 6:45-7:45 p.m. Adult Karate-Do: Do means "the way." It means to develop in all aspects of our life, not just physical. Karate-Do is non-competitive martial arts training for all ages that is mentally, physically, and emotionally rewarding exercise. Thursdays from 8-9 p.m. Call 354-6350 for more information.

# Youth brings energy



Kicking back: Andrew Maxwell (left) wrestles his brother Anthony Maxwell (right) during practice this week.



Ready position: Chris Reeves (left) gets ready to wrestle team co-captain Brendan Mulcahy (right).

Story and Photos By  
Heather Owens  
Staff reporter

The Lejeune High School wrestling team is locked in a quintessential rebuilding year.

"I have 10 new kids that don't have wrestling experience on the varsity level," said head coach Tom Childs.

Yet, with youth comes energy and enthusiasm, as alluded to by one of the team co-captains senior, Chris Herndon.

"Everyone is young and new. We love to run — we hate the pain of course — but we love to do this. It's a lot of fun," said Herndon of the demanding practice schedule the coaches put the Devilpup grapplers through.

The first part of the season which began Dec. 6, consisted of non-conference matches. Lejeune lost to Swansboro High School at home that day. The following Saturday, the team placed 14th out of 22 teams at the Rosewood Tournament.

At North Brunswick Jan. 6, three Lejeune wrestlers — who happen to be the three captains of the team — earned top placements. Brendan Mulcahy and Ben Piper both finished third overall. Herndon placed fourth.

On Jan. 20 the conference portion of the season will start with conference duals at Topsail High School. Then Lejeune will host conference duals at home Jan. 27. Next they will host Pender High School Feb. 1. The conference tournament will take place at Pamlico High School Feb. 3.

As for conference match ups, Childs foresees a certain amount of success for his team. "We should be pretty decent. We should finish in the middle of the pack," said Childs.

For his part, Herndon says that he enjoys watching his new teammates get better and better in their skill levels. "Next year, this team is going to be a force," he said. ■

## Camp Lejeune's intramural program thrives

Heather Owens  
Staff reporter

proud of the upcoming indoor soccer league.

Fact: Life surrounding a deployment can be stressful — either there is the anticipation of leaving for deployment or the residual effects of having just come back.

Fact: A steady stream of Marines and sailors are either deploying or returning from deployment this month.

Enter: Sports.  
"We're in America. Sports are the number one thing that we live for. That's what we thrive off of," said Antonio Warner, intramural sports coordinator for Camp Lejeune. "Life without sports would be boring."

It's the thrill of victory; the agony of defeat ... Ahem. One gets the picture.

Like all Americans, deployed, deploying and other active-duty Marines and sailors need healthy outlets to maintain healthful lifestyles.

For the Marines and sailors of Camp Lejeune, the intramural sports program is just the thing.

The program has a lot on tap for the coming months including an intramural football playoff game to determine which Camp Lejeune team will represent the installation at the All-Marine Tackle Football Bowl at Camp Pendleton, Calif., from Jan. 21-28 (as the season will still be in progress at that time); the conclusion and playoffs for the intramural football program and the kick-off of play for both an indoor soccer league and a basketball program.

Warner, who has spent a total of 25 years in Germany as an Air Force dependent, a soldier and a civilian employee, is especially

Citing his time in Germany, his love of the game and the fact that "we do have a lot of people who like soccer here," Warner decided to initiate an indoor soccer program aboard Camp Lejeune "to see how the Marines will take to it."

Working around deployment issues, Warner has decided to structure the league in a European format with play consisting of "mini-tournaments" over six consecutive Saturdays.

Though play kicked off last Saturday with a total of eight teams, additional players will be welcomed into the league.

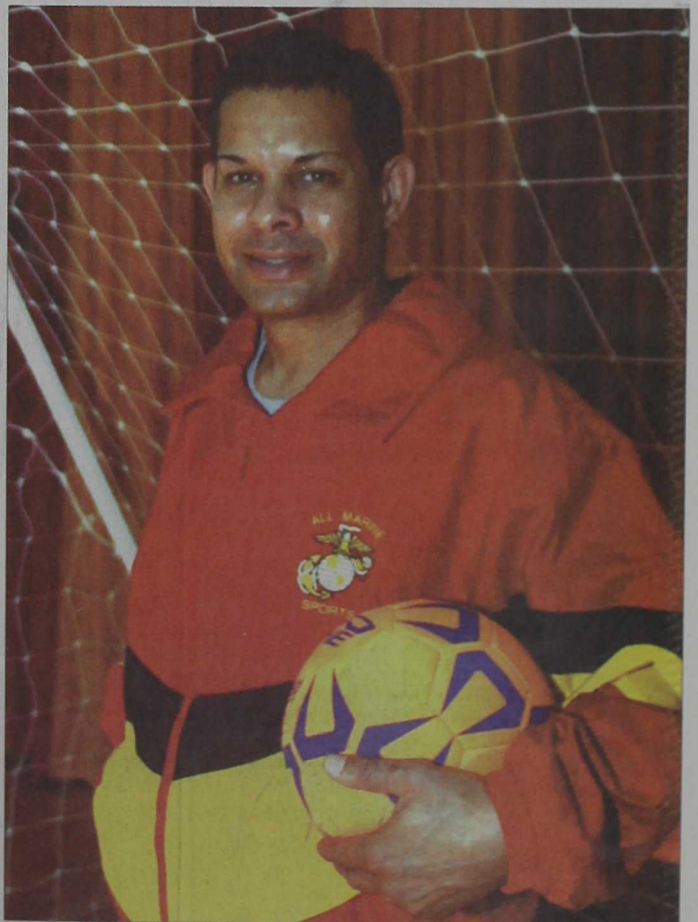
Teams show up at the Field House on McHugh Blvd. at 10 a.m. and sign in. Warner then quickly compiles a schedule that allows each team to play every other team over the course of the day.

A fast, technical game with five players a side played in 12 minute halves, each game will have a declared winner — even if overtime play is required. Each team will receive points for wins. On Feb. 10, the teams with the most points will compete in a final tournament to determine the winner of the league.

Warner notes that it would be nice to have Marines, sailors and family members come out to watch the tournaments. Admission is free.

The Intramural Basketball league also started this week on Tuesday. Games take place every Tuesday, Wednesday and Thursday at 6, 7 and 8 p.m. through March 1, with playoffs and a championship game to follow.

Nine teams will compete in this league with each team meeting



Heather Owens

**Ball carrier:** Antonio Warner, the installation's intramural coordinator, got the ball rolling for an indoor soccer league this season.

each other team twice.

Play will also take place at the Field House, which is a new location for this year. Last year, the intramural basketball league played in the much smaller Area 5 gymnasium, which proved too tight

for many spectators to watch the games.

With the new digs, Warner hopes to "get more support of families and friends" coming out to

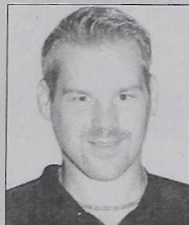
See INTRAMURAL page 3B

They might not be at Camp Lejeune but rest assured they can be seen

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# Maintain, don't gain weight



## Food for Thought

with  
Chris Halagarda

So, how'd you do this holiday season? Back in October I posed the challenge: "Do not gain any weight between Halloween and New Years Day," much like Eat Smart Move More North Carolina's "Maintain, Don't Gain" campaign. Were you able to prevent the pounds that creep up on Americans every year around holiday time and never come off? It's suspected that these few "holiday pounds" are the culprit, among other things, for two-thirds of the country being overweight or obese. If your goal every year is to lose fat and this year you were able to prevent fat gain during the holidays, you're already ahead of the game.

So let's get started on a successful New Year! You're probably gung-ho, Ooh-rah, yippy - kayeah, etc, etc right now, but the first thing you need to do is get your goals and plan of action on paper. As Frank Tibolt said, "Action always generates inspiration. Inspiration seldom generates action." I don't know who Frank Tibolt is, but I agree with his quote. This quote sums up most New Year's resolutions in two sentences. We have great intentions on Dec. 31, but when life returns with some normalcy from the holiday season, our goals start to fizzle like a sparkler on July 5.

Our first step of action to ensure success this year, assuming you are in good health, should be to decide what your goal is. The second step is to figure out how you're going to get to that goal. A goal should be realistic and measurable with a specific date for evaluation. For example, I want to lose 10 pounds of fat in two months. This is a realistic goal, because a one to two-pound loss of body fat is accepted as obtainable and healthy. Another goal may be to decrease your next physical fitness test or physical readiness test run from 23 minutes to 22 minutes by June 2007. This also is safe, reasonable and obtainable with a set date for achieving this goal. Obviously, how you're going to get to this goal is the hard-work part, but by writing a goal down, you've already started the action part. You've documented your goal.

This document is there to remind yourself that you have a goal and you're accountable to yourself to accomplish the tasks necessary to achieve your goal. Your next step is to create a plan or schedule for achieving the goal. For weight loss, an example of a plan of action may be to run/walk the treadmill five days a week instead of two days a week plus cutting dinner portions in half. Another plan may be to begin a resistance training program three days per week and switch from sweet tea to unsweetened tea.

For improving a run time, an example of an action plan may be to warm-up, then run five, quarter-mile sprints on Tuesdays instead of the typical three-mile easy jog. Remember that these are just examples and you should put all your goals and steps in writing. This will improve your chances for success much more often than if you don't write a list first.

If you're not sure how to create a goal or achieve your goal, ask a health professional or come to any of my Nutrition Education Workshops. My next workshop is Feb. 6, from 9 a.m. to 3 p.m. at Semper Fit Health Promotion Building 302. Call 451-2865 to sign up. This workshop is designed to help you to identify your goals and learn how to achieve them, but more importantly, to help motivate you to achieve them. ■

# Sarbaugh returns as manager of Kinston Indians

Press Release  
Kinston Indians

KINSTON, N.C. — The Cleveland Indians have announced that Mike Sarbaugh will return as the manager of the Kinston Indians for the 2007 season. Joining him will be pitching coach, Tony Arnold, hitting coach, John Nunnally and trainer Chad Wolfe.

Sarbaugh, 39, led the Kinston Indians to a 2006 Carolina League Championship last season sweeping both the Southern Division and Championship Series and finishing the season with a record of 90-54.

Sarbaugh's K-Tribe team was voted the Advanced Class A Team of the Year by both Minor League Baseball and Baseball America.

A member of the Cleveland Indians organization as either a player or coach for the past 16 years, Sarbaugh returns to Grainger Stadium where he played as a K-Tribe infielder in 1990 and 1991; he was a hitting coach for Kinston in 1995, 98 and 99.

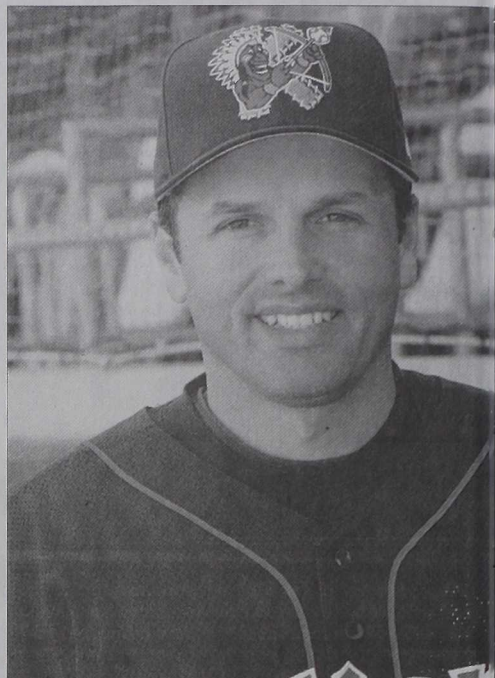
Sarbaugh started his coaching career in 1995 as hitting instructor for the K-Tribe, leading them to the Carolina League Championship. He became the hitting coach for the Columbus RedStixx of the South Atlantic League in 1996 and 1997, and

returned to Kinston in the same position in 1998 and 1999. He was the hitting coach for the Double A Akron Aeros from 2000-04. Sarbaugh made his managerial debut in 2004 as the skipper at Mahoning Valley, leading the Scrappers to a New York-Penn League Championship. In 2005 he managed the Short Season A Lake County Captains. In his playing days, Sarbaugh was an all conference short-stop at Lamar University. He played six seasons of minor league baseball, the last five as a member of the Cleveland Indians organization.

Hitting coach John Nunnally, 35, was a Carolina League All-Star for the K-Tribe in 1994. The outfielder hit .267 with 22 home runs and 74 RBI in '94, leading the K-Tribe in batting average, at bats, runs, hits, doubles, home runs, RBI and walks.

Nunnally was picked up by the Kansas City Royals in the 1994 Rule V draft. He enjoyed a six-year Major League career with Kansas City, Cincinnati, Boston and the New York Mets; hitting .246 in 1048 games. Nunnally was the hitting coach for Cleveland's Appalachian League Rookie Team, the Burlington Indians, in 2006.

Pitching Coach Tony Arnold, 47, returns to Kinston where he was the K-Tribe pitching coach in



Manager on deck: Mike Sarbaugh returns as manager of Kinston Indians.

1995. Arnold, teamed with Sarbaugh as hitting coach, led his 1995 K-Tribe pitching staff to a Carolina League title. Arnold begins his 14th season as a coach in the Cleveland Indians Minor League system.

Last season, Arnold served as pitching coach for the Burlington Indians. Arnold's staff went 34-33 with a 4.23 ERA. Arnold was

a 10th-round selection of the Baltimore Orioles in 1987. He pitched two years with the Orioles in the Major Leagues ('86, '87); with a 2 record and a 5.06 ERA.

Trainer Chad Wolfe will be in his fourth year as a trainer in the Cleveland organization. Wolfe was a training instructor with the Kinston Indians in 2003 while completing his Masters from Carolina University.

# Run for Courage benefits Christie Memorial Fund

Press Release  
Boots to Books

The Run for Courage will take place at the Park Road Park in Charlotte, N.C., Jan. 27. A one-mile fun run will kick off at 8:30 a.m. The eight-kilometer race will start at 9 a.m.

Individuals or teams may participate in the race. Interested parties can register at [activezach.com](http://activezach.com) or on race day. The registration fee, through Jan. 26, is \$22 per individual for the 8K run, \$85 per team for the 8K run and \$12 per individual for the one-mile fun run. On race day, the entrance fee raises to \$30 per individual for the 8K run, \$115 per team for the 8K run and \$15 per individual for the one-mile fun run.

Teams must be comprised of four members and include a team name when registered. The top three times from each team will automatically be totaled to determine the team's overall places. Mixed teams top three times must include at least one female.

The Boots to Books 8K Run for

Courage is the first of five challenging events comprising the Semper Fi Racing Series, under the auspices of the Marine Corps Coordinating Council of Greater Charlotte. Other planned events include a 50K/100K bike race, a mud run, a triathlon and the Council's culminating event, the Ultimate Fire Team Challenge.

Participation in the Semper Fi Racing Series events results in an accumulation of points for each individual athlete, with awards to be presented at an end-of-year gala.

The 8K Run for Courage benefits The Colonel Richard A. Christie Memorial Fund and the Marine Corps Coordinating Council of Greater Charlotte, both non-profit 501(c)3 organizations.

The Christie Fund provides scholarship assistance to enlisted Marines leaving the Marine Corps to attend college full time. The annual recipient is selected based upon having demonstrated "exceptional courage and integrity in overcoming a significant obstacle." The fund has no administrative overhead costs; net proceeds of

fund-raising events and a penny donated to the organization go directly to a former Marine. Further information on the Christie Fund is available at [www.christiememorial.org](http://www.christiememorial.org).

The Marine Corps Coordinating Council of Greater Charlotte is a newly-formed group of Marine Corps and Marine Corps-related organizations, including the Christie Fund. The Council sponsors quarterly luncheons with guest speakers, addressing a variety of topics of interest.

Through their fund-raising activities — primarily the Semper Fi Racing Series — will be Marines, their families and veterans, as well as various local and national organizations. Further information on the Coordinating Council will be available on their web site [www.carmarines.org](http://www.carmarines.org) which is now under construction. Individuals interested in volunteering with race registration, at the finish along the course or at a water station can sign up by contacting Aaron Harper at 704-547-5773 or [aaron.harper@nclabor.com](mailto:aaron.harper@nclabor.com).

# THE WILD WORLD OF LEJEUNE SPORTS

## Lejeune rugby team meeting

Today

The spring season for the Camp Lejeune Misfits rugby team begins in January. There will be an initial team meeting today 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 Tuesday 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.

## Intramural football

Today

The Marine Corps Base Camp Lejeune intramural football schedule for this evening is as follows: 6 p.m., 10th Marines take on the 2nd

Tank Battalion at Liversedge Field; also at 6 p.m., Headquarters Battalion, 2nd Marine Division takes on the 2nd Maintenance Battalion at the Intramural Field; at 8 p.m., the Marine Corps Combat Support Schools takes on the II Marine Expeditionary Force at Liversedge Field; and also at 8 p.m., the Medical Battalion takes on Cherry Point at the Intramural Field.

## LHS Basketball

Jan. 19

The Lejeune High School Devilpups take on Topsail High School Jan. 19 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.

## LHS Wrestling

Jan. 20

The Lejeune Devilpups take on Topsail High School Jan. 20 at Topsail. Weigh-Ins begin at 8 a.m.

with competition to follow.

## Intramural football

Jan. 23

The Marine Corps Base Camp Lejeune intramural football schedule for Jan. 23 is as follows: 6 p.m., the 2nd Intelligence Battalion takes on the 2nd Supply Battalion aboard New River; also at 6 p.m., the 2nd Radio Battalion takes on Combat Logistics Battalion-2 at Liversedge Field; at 8 p.m., Marine Corps Air Station New River takes on the Brig Company aboard New River; and also at 8 p.m., the 8th Communications Battalion takes on the 2nd Assault Amphibian Battalion at Liversedge Field.

## LHS Basketball

Jan. 26

The Lejeune Devilpups take on Pamlico High School on Jan. 26 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.

## LHS Wrestling

Jan. 27

The Lejeune Devilpups host conference duals on Jan. 27. Weigh-

ins begin at 8 a.m. with competition to follow.

## LHS Basketball

Feb. 2

The Lejeune Devilpups take on East Carteret High School on Feb. 2 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.

## LHS Basketball

Feb. 8

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

## Polar Bear Plunge

March 3

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

In recent months on the virtues of... during the winter... the right time to... in the rivers... you're feeling... giant bluefin tuna... There are also str... fish, dogfish, skat... false albacore to... water temperature... Now, here's the... winter fishing... feel like winter... very good... We know now th...

IN Co... match the games... Warner says he... could be base-wide... football league either... football season. Those... Warner at the m... As for trends in... wishes more women... like to see more fem... program — not just at... program as well... He also notes th... over the age of 18 an... basketball portions... Warner can be... 451-2061

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# Hook Line & SINKER

## Recreational license now required



### Hook Line & Sinker

with

Jamie Cameron

In recent months, I've expounded on the virtues of continuing to fish during the winter. Wintertime is the right time to target speckled trout in the rivers and creeks and, if you're feeling really adventurous, you can also target bluefin tuna on the high seas. Other species you can target include striped bass, pufferfish, dogfish, skates, grouper and sea albacore to be had when the water temperature cools.

Now, here's the thing about winter fishing — it has to actually feel like winter in order to be very good.

We know now that the country is

under the warming influence of El Niño and will probably continue to be so for the remainder of the season. El Niño keeps the Jet Stream from pushing south as it normally would this time of year, effectively bottling the cold Canadian air up in Canada.

So, what does an intrepid angler do when the water temperature is keeping his favorite gamefish from cooperating? He perseveres.

According to Richard Ehrenkauser, a.k.a. Dr. Bogus, there are a few speckled trout for those willing to head to the Cape Lookout Rock Jetty. Live mud minnows are the must-have bait to tempt these finicky trout. Mud minnows are easily secured by setting a wire or plastic minnow trap in a small tidal creek or ditch for one tide cycle. If you don't have to go very far to fish, the minnows will be OK in a bucket of the water they were caught from. If you plan on keeping them lively for a period of

several hours, you will have to run an aquarium aerator in the bait bucket.

Those who still have access to the ocean fishing piers are catching plenty of dogfish and skates. There have been some decent runs of northern pufferfish too. For those who haven't eaten the local puffers yet, you're missing out on a culinary treat.

These are not the same as the famously poisonous fish served in Japanese sushi bars. Northern puffers are completely safe to eat and taste great. They do require a bit of practice when it comes to cleaning your catch. Take a sharp knife and cut through the skin behind the head and continue all the way around the body. Now take a pair of pliers, grasp the skin on the back and pull back towards the tail.

The sweet meat is concentrated in two small filets along the backbone. Remove those with a knife and prepare in your favorite fish dish and you won't ever look at a pufferfish the same way.

Offshore anglers are getting spotty action from king mackerel and a few bluefin tuna. Groupers, snappers and triggerfish are biting on the bottom in around 140 feet of water.

Good luck and keep fishing.

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 them himself.*

## INTRAMURAL

CONTINUED FROM 1B

the games.

Warner says he is also trying to determine if there would be base-wide interest in initiating an over-30 baseball league either for this summer or for the next baseball season. Those interested in participating may contact Warner at the number listed below.

As for trends in the sports program, Warner says he hopes more women athletes would participate. "I would like to see more female Marines get involved in the program — not just at the intramural level but in the varsity program as well," he says.

Warner also notes that civilian Marines and dependents the age of 18 are able to participate in the soccer and softball portions of the intramural sports program.

Warner can be contacted at the intramural sports office at 451-2061. ■

## Vehicle Registration closure

Vehicle Registration will be closed tomorrow. Beginning Tuesday, the Vehicle Registration office will reopen at its temporary new location on the second floor of Bldg. 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.

## Tide tables for New River Inlet

National Oceanographic and Atmospheric Administration

Today		
High tide	12:51 a.m.	12:51 p.m.
Low tide	7:06 a.m.	7:02 p.m.
Friday		
High tide	1:44 a.m.	1:44 p.m.
Low tide	8:11 a.m.	7:49 p.m.
Saturday		
High tide	2:39 a.m.	2:42 p.m.
Low tide	9:15 a.m.	8:40 p.m.
Sunday		
High tide	3:32 a.m.	3:40 p.m.
Low tide	10:13 a.m.	9:33 p.m.
Monday		
High tide	4:24 a.m.	4:34 p.m.
Low tide	11:04 a.m.	10:25 p.m.
Tuesday		
High tide	5:12 a.m.	5:24 p.m.
Low tide	11:51 a.m.	11:15 p.m.
Wednesday		
High tide	5:59 a.m.	6:11 p.m.
Low tide	12:34 a.m.	



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# Give Big Mac a chance for Hall of Fame



**Inside Baseball**  
with  
Shane Suzuki

This weekend was fun. Florida destroyed Ohio State for the national championship, the Colts showed they do know how to tackle and my beloved Seahawks pulled out one of the strangest and most sloppy wins in recent memory. But, the real story this week was Mark McGwire not being voted into the Baseball Hall of Fame.

Despite the steroid allegations, despite the andro, despite adding 50 pounds of muscle and having a head the size of a watermelon, McGwire was the best power hitter of the 90s and deserves the vote of the Baseball Writers' Association of America.

First off, the facts. He is the seventh all-time leader in home runs, destroyed the single season record for home runs in one of the most memorable summers of my life and basically made baseball fun again. Sure, Cal Ripken Jr., saved baseball after the strike, but McGwire and Sammy Sosa made baseball fun again. During the summer of 1998, I was working as an attendant at a golf course and I would spend every night glued to the radio, waiting to hear if he had hit another 500-foot monster over the left field fence. I liked baseball before 1998, but I was a fan after that summer. And I know I wasn't the only one. Attendance spiked that season, television ratings were higher than they had been in years and McGwire had become a national hero.

And then came the steroid allegations. Jose Canseco wrote a book. He named some names. There was never any proof — of anything. McGwire

stood in front of congress and, poorly, deflected questions about his past. Unlike Rafael Palmeiro, who outright denied using steroids and then tested positive, McGwire never tested positive, never admitted anything and has never been found guilty of anything other than getting big and hitting a lot of home runs. Enough home runs to deserve a place in the Hall of Fame.

The problem here is his alleged steroid use — lots of players have used drugs, been arrested, been racist, cheated and still made their way into Cooperstown. However, in recent years, baseball writers (and especially broadcasters) have taken it upon themselves to become the moral barometers for sports fans, using their microphone or column as a way to take potshots at these athletes. I call it the Bob Costas syndrome.

In 1980, Costas began working for NBC as a sports announcer and has gone on to be a best-selling author, Emmy-award-winning broadcaster and potential commissioner of baseball. He is an excellent journalist and a popular figure in both sports and entertainment.

However, he began a movement (which has been taken to the extreme by Fox announcer Joe Buck) in which announcers began criticizing players for not only their play on the field, but their attitude and mannerisms as well. As hip-hop culture began to move into professional sports during the 1980s (thanks to Michael Jordan and the rise of the NBA) a number of the old-school reporters and journalists began to feel like they couldn't connect with the modern players. Their heroes, Mickey Mantle; Joe DiMaggio

and Bart Starr were replaced by the Chris Webber, Allen Iverson and Ray Moss, and they couldn't relate. McGwire falls into the middle of this. Here was a classic baseball/American hero. A Bunyan-like physique, monster home runs, was good father, didn't drink, beat his wife, didn't talk to opposing pitchers, humble to the media — he was a throwback to the old days. And he let those old-day values down. Even though he never failed a drug test, failed the public perception test. He was accused and didn't fight the allegations, playing, at least to the sports writers of a generation ago, he was guilty of a cheat. The Hall of Fame is not a sacred shrine to perfection; there are plenty of players who have made it who cheated or took advantage of rules. It is a place, however, to recognize those who have given us some of the best sports memories of our lives and Mark McGwire did that.



McGwire

## What the heck is going on with the Area 2 gym?



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

For those that thought I was restricted to one section of the paper — I am not. There have been some real changes at the Area 2 gym (okay, I know it's a physical fitness facility, but I like to call it a gym). Tuesday, I went to the Area 2 gym for PT — as I normally do. I pick up a towel, as I normally do. I get on my machine, as I normally do. I PT, as I normally do. I finish my workout like normal. I go to the sauna like normal — oh wait, that is where normal became abnormal.

It's common knowledge that when you walk into the Area 2 gym, the left side is the male restroom and the right side is the female restroom — not so anymore. Apparently, there have been signs up for months, warning avid gymgoers of this alarming change. However, it still threw me off guard.

The male restroom is now closed. The female restroom is now the male restroom — and by the way, it still has a sauna in it. Females do not have to worry — there are facilities for you.

I spoke with Marine Corps Community Services' Mary Troja, Fitness Facility manager for Camp Lejeune. She said the temporary facility for females is behind the main

counter. It is smaller, but Mary says it is adequate and can accommodate everyone.

She added that the male restroom and steam room will be under construction for at least 60 days.

So you PT junkies and jocks can relax. PT can continue for the devoted Area 2 gym-customer, the facility will accommodate and life can go on as almost normal. But there is more to this story.

Following my 15 minutes in the sauna, as I went to put my towel in its proper receptacle and head back to my office, I noticed a young man encouraging Marines to get juiced.

No, I'm not talking about steroids! Justin Mialkowski, does more than sit behind the counter reading a fitness magazine. You may now be saying to yourself, "That is what most muscle heads that work in a gym do." But Justin does not hand out towels, he runs the new juice and fitness fuel bar in the Area 2 gym. Like the juice bar in the French Creek facility, Justin has opened one in the Area 2 facility. The former Army staff sergeant is a certified trainer and can give you information on any of the beverages that he serves and what is best for you.

You can get "juiced" at the juice bar Monday through Thursday from 6:30 a.m. to 8 p.m., Friday from 6:30 a.m. to 6 p.m., and Saturday 10 a.m. to 3 p.m. The bar is closed on Sundays.

So, the winds of change have hit the Area 2 fitness facility, but I think most will agree, it's all for the better.

Staff Sgt. Mink is the Public Affairs Chief for Camp Lejeune and welcomes your ideas for his "Have you ever wondered..." column. You can send ideas, or a rant of your own, via e-mail to michael.mink@usmc.mil. ■



Juice Bar: Juice barista, Justin Mialkowski, serves a smoothie to a Marine at the new juice bar at the Area 2 fitness center.

**"You can never do enough for the military and their dependents."**

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  - Stevenson Toyota located at 2325 N. Marine Blvd., Jacksonville
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- There will be a tie-breaking question. The entry that is the closest to the total number of points scored in the Superbowl wins. If there is still a tie then there will be a coin-toss to determine the winner.
- Checks will be presented to the person whose name is on the entry form only.
- Winners will be asked for proof of Active Duty Status.

**Questions**

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

**Answers**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_

**TIE-BREAKER:**

Total Number of Points Scored: \_\_\_\_\_

Name: \_\_\_\_\_ Rank: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Best Time To Call: \_\_\_\_\_

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

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

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how to win \$1,000.  
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W2: available online  
Jan. 22.



# MainSide

The Globe | Thursday, January 11, 2007 | www.camplejeuneglobe.com

## Quick Shots

### Vehicle registration office closure

Vehicle Registration will be closed Friday through Tuesday. The office will reopen at its temporary new location on the second floor of Bldg. 58, Installation Safety and Security, located in Virginia Dare Drive. For additional information contact Vehicle Registration at 451-793.

### Wounded Warrior spouse's support group meets

The Wounded Warrior spouse's support group will meet Wednesday at the II MEF Key Volunteer Center in Bldg. H14 at 6:30 p.m. The guest speaker will be Lauren Halagarda, owner of The Organization Connection in Jacksonville. For more information, e-mail wssg@hotmail.com.

### Naval Hospital on the move

The hospital has made several clinic moves in order to continue renovation plans to update the facility. The Educational and Developmental Intervention Services (DIS) moved from the second floor at the hospital and is now located in the Berkeley Manor Medical Annex, located on Stone Street. The Internal Medicine Clinic is divided between Family Medicine (Red Team) on the first floor at the hospital and Bldg. 15, Hadnot Point Branch Medical Clinic. The Cardiology, Pulmonology, and Gastroenterology Clinic were moved from the fourth floor at the hospital to the second floor beside the Surgery Clinic. The Dermatology Clinic moved from the fourth floor and is now located at Camp Geiger, Bldg. 770.

### NFL play-off contest

Active-duty service members are invited to play Stevenson Chevrolet and Landmark Publishing's NFL Championship contest. Be sure to turn to page 6B in the sports section for details on how to win \$1,000.

### 06 tax statements available

Tax statements for 2006 available on 1/11. Pay as follows:  
Retiree 1099R: now available  
Annuitant 1099R: now available  
Army, Navy, and Air Force Reserve W2: now available  
Marine Corps Active Duty and Reserve W2: now available  
Civilian W2: now available  
Savings Deposit 99INT: available online Jan. 19  
Army, Navy and Air Force Active Duty W2: available online Jan. 22.

## Consolidated Post Office clerks keep the mail coming

Cpl. Brandon R. Holgersen  
Marine Corps Base

Dedicated, professional and hard working are words that describe a group of Marines that are busy with their vocation before some Marines are warming up for their morning workout.

These Marines are the postal clerks who work at five different post offices around Camp Lejeune and they have a simple motto, said Master Gunnery Sgt. Crawford Wheeler, the postal chief of the Consolidated Post Office.

"Our goal is to deliver today's mail today," said Wheeler.

At five o'clock in the morning, a truckload of mail is delivered to the post office, which is the first delivery of what will make up the post office's daily shipment of approximately 10,000 pounds of mail, said Wheeler. The mail is then sorted and delivered to units on base.

The Marines work throughout the day to make sure the mail is delivered as quickly as possible, said Wheeler.

"A postal clerk is always under the gun to make sure everything gets delivered," said Wheeler.

Postal clerks have a variety of jobs, said Wheeler. They sort mail, handle priority packages, work finances and provide postage for official mail.

"We understand that this job is a great moral booster for the Marines, and we take pride in that," said Sgt. Victor Blandino, a platoon sergeant with the Consolidated Post Office.

Even though the postal clerks

work hard to make sure the mail is delivered expeditiously, there are some things that can be done to make their job easier and more efficient.

Correct and complete mailing addresses, proper packaging and mailing the parcel in a timely manner are such things, said Wheeler. This ensures a letter gets to its recipient on time and undamaged. Sending a letter or package in a timely manner is very important when sending mail overseas because it can take six to nine days before it arrives.

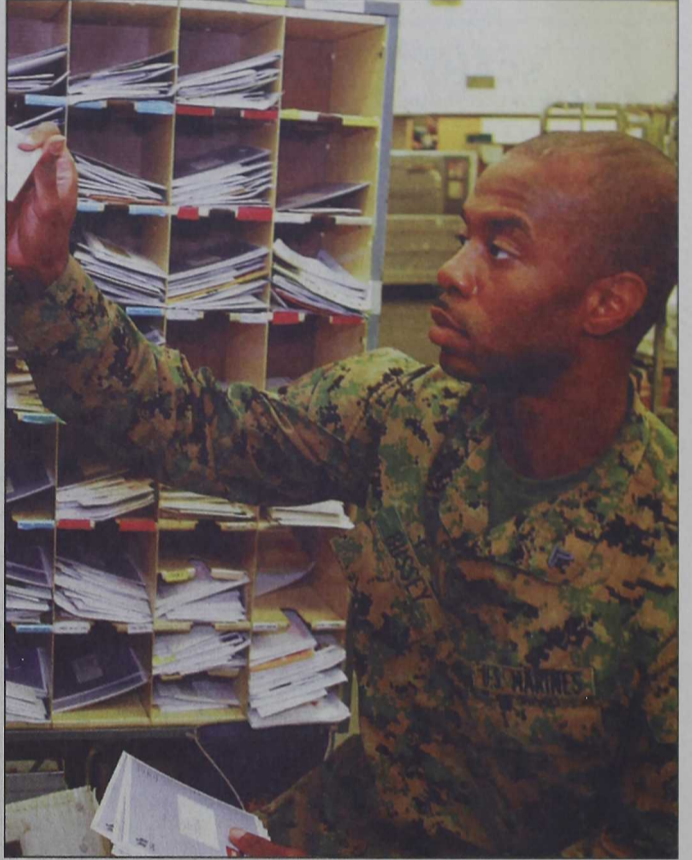
People must also be careful when they are sending perishable items through the mail, said Wheeler. Perishable items can not only damage the package it's in but it can also damage other peoples' mail. Liquids need to be packed in plastic bags to avoid leaking. This can also pose safety hazards for the clerks who have to handle the packages because they don't know what the liquid could be.

The job of a postal clerk is also to recognize when a package may contain contraband or suspicious items, said Wheeler.

Pornography, alcohol and firearms are all items that have been found in packages meant for Marines overseas, said Wheeler.

Even with these obstacles the clerks are dedicated to their jobs, said Wheeler.

"These are the best Marines that you could possibly have," said Wheeler. "They are dedicated to mail delivery and they are dedicated to customer service." ■



Cpl. Brandon R. Holgersen  
Mail call: Cpl. Meliek Bussey, postal clerk with the Consolidated Post Office, sorts mail during his normal daily routine. Marines with the post office work throughout the day to make sure mail is received and delivered in a timely manner.

## Calling all cookie monsters



2nd Lt. Craig W. Thomas

Little baker: Amy Kuttkuhn helps Catlin Deleon from Girl Scout Troop 137 paste her pink bunny art project together at this year's annual Cookie Rally held at Brewster Middle School Friday. "The Cookie Rally is a great opportunity for all the girls to get together to play games, enjoy arts and crafts, eat some food and learn some safety rules for the upcoming house-to-house Girl Scouts cookie sale season," said Karen Willis, media representative for the Coastal Carolina Girl Scouts of Marine Corps Base Camp Lejeune and Marine Corps Air Station New River. Please visit the cookie booths that will be at the entrances of all the different exchanges and other facilities throughout the two bases Feb. 5 through March 20.

## Feel good, give blood

Lance Cpl. Patrick M. Fleischman  
Marine Corps Base

Every two seconds, someone in America needs blood and just one unit of blood can help save as many as three lives, according to the Red Cross.

In 1970 blood service providers have designated January as National Volunteer Blood Donor Month in an effort to avoid blood shortages in the winter months, according to a Red Cross press release.

The winter usually brings a general shortage of donors, and many people find themselves traveling for the holidays, out of their normal routine, affected by illness or inclement weather and unable to donate, according to a press release by the Red Cross.

"Blood collections typically fall during this time of year and we're making calls to commands trying to get more people to donate," said Jan Medina, quality assurance manager for the Camp Lejeune Blood Donor Center.

The U.S. uses approximately 39,000 units, about half a liter, of blood everyday and reduction in turnout can put the nation's blood inventory at a critical low, according to a press release by the American Association of Blood Banks.

"We need all blood types right now and the small amount of time you spend here can really make a difference," said Medina.

To be eligible to give blood, you must be

See BLOOD page 2C

## Avoiding life insurance scams

Michael S. Archer  
Base Legal Assistance

Single Marines who have little, if any, need for life insurance beyond their Service Member's Group Life Insurance policy, are often targeted by salesmen using misleading sales pitches to persuade consumers to purchase an expensive product they do not need. Here are some red flags to look for.

### Past misconduct

Consumers should consider whether they want to buy products from companies with a track record of misconduct or have been in trouble with military, state or Federal enforcement agencies. For example, American Amicable Life Insurance and its affiliates recently settled a lawsuit with state and Federal agencies that require them to pay \$70 million to consumers and to stay off every military installation in the country for five years, according to Marine Administration Message 514/06. In a separate case against American Fidelity, officials banned agents from entering Fort Lewis, Wash., in 1996, from installations in Korea in 1997, from Fort Hood, Texas and Fort Leonard Wood, Miss., in 1998, and from Goodfellow Air Force Base, Texas in 2000, according to the May 15, 2000 Final Report on Insurance Solicitation Practices on Department of Defense Installations. It would be a mistake to assume that companies that have not been placed off limits, had their agents barred from military installations, sued successfully by the government, or otherwise disciplined, are upstanding corporate citizens who sell an honest product.

### Insurance as investment pitch

Perhaps the most prevalent misleading pitch extols the virtues of an insurance policy as an investment. However, this is not an investment or retirement plan. The consumer is generally unable to take advantage of any cash surrender value for a period of time, sometimes for several years, and even then only a portion of the monthly payments may go toward the cash surrender value. Any consumer who doesn't need any more life insurance should not buy insurance, especially as an investment vehicle. Consumers should consider alternative and generally more lucrative investments.

### "I have to buy now," pitch

A standard tactic is to tell the Marine that if he does not buy insurance immediately, his rates will skyrocket. In fact, the cost of life insurance to the young Marine is unlikely to increase much, if at all, for several years.

### Misleading investment advice

Insurance salesmen sometimes overstate the value of their policy as an investment. Agents typically show charts and graphs illustrating the rates at which investments have grown. While past performance may be useful information, there is no guarantee that investments will continue to grow at the predicted rate. Always ask to see the guaranteed interest. Furthermore, insurers sometimes mislead consumers by showing the gross, corporate earnings. Those 12 percent corporate earnings may turn out to be only 4 percent earnings for you after the insurer has taken his cut.

See SCAMS page 2C

**BLOOD**  
CONTINUED FROM 1C

a healthy individual over the age of 17, who has not donated in the past eight weeks and weigh at least 110 pounds, according to Red Cross blood donation guidelines.

Service members are not allowed to donate blood for one year after returning from deployment, added Medina.

Donation is easy, it requires filling out a registration form, a vital sign check, a health interview and if everything is qualified the blood is then drawn, said Medina.

The Red Cross offers some tips for a pleasant donation experience:

Get a good night's sleep before donating

and eat a good breakfast or lunch  
Drink extra water to help replace the fluid volume you will donate

Eat iron rich foods such as red meat, fish, poultry and fortified cereals

Avoid fatty foods such as burgers and fries before donating as tests can be affected by fatty materials and may cause your sample to be discarded

Wear a shirt with sleeves that can be rolled above the elbow and show staff any "good veins" that have been successfully used in the past

Rehydrate by drinking plenty of fluids for 24-48 hours following your donation.

To schedule an appointment at the Camp Lejeune Blood Donor Center call 450-3666 or visit their office on first floor in the Camp Lejeune Naval Hospital. ■

**SCAMS**  
CONTINUED FROM 2C

**Misleading SGLI information**

Agents sometimes attempt to induce Marines into buying life insurance by providing false statements about their SGLI. Typical false statements are that SGLI won't pay if the death resulted from intoxicated driving, if the deceased failed to use a seat belt during a fatal traffic accident, if the deceased failed to wear a helmet or if the deceased failed to use proper protective equipment in a combat zone. Agents who provide such false statements should be reported to the Legal Assistance Office or to the Office of the Base Command Inspector.

**Falsely implying government or organizational endorsement**

Insurance agents use a variety of methods to subtly, or not so subtly, imply that either the agent or the policy has been endorsed by the United States, by the Marine Corps or by some trusted charitable organization. In fact, neither the Marine Corps nor the Department of Defense endorses any commercial insurance policy.

**Misleading office decorations and signs**

Insurers may decorate their offices with military memorabilia, flags, and banners, but you should not be misled to believe that the organizations that adorn the insurer's office walls actually approve of the seller's products.

**Misleading corporate names**

Insurers, especially those that sell to military service members, tend to use corporate names that suggest an affiliation with the United States, the Department of Defense or the Marine Corps. There is generally nothing illegal about using such names, but consumers should not be misled into believing that a

commercial insurer works for the government or has any government endorsement.

**Misleading titles and descriptions**

Insurance salesmen are prohibited from using misleading titles that suggest that they sell insurance on behalf of the government or for a particular unit. For example, insurance salesman can not use titles such as Battalion Insurance Counselor, Unit Insurance Advisor, SGLI Conversion Consultant, or other similar names. Your unit may have an insurance advisor whose duties are specifically listed in the battalion's order. That insurance officer should not, however, be soliciting insurance sales on behalf of particular companies.

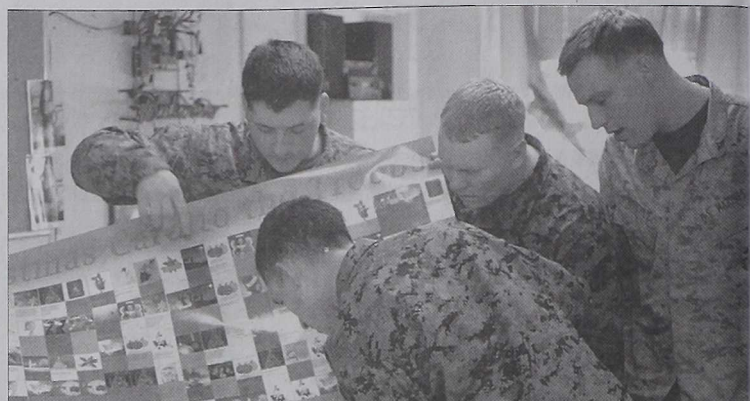
**Misleading use of base authorization**

Agents may be issued a letter of authorization to sell insurance on base if they meet the requirements outlined in Base Order 1741.1G. The letter of authorization does not mean that the base has endorsed the product or the salesman or has even examined the insurance policy. The letter allows the agent to visit on base with a person who has invited him to do so and then to leave without attempting to solicit insurance sales from anyone else.

**The insurance contract**

Demand to see the actual contract, not just charts and graphs and other visual aids for the agent's sales pitch. Take the contract home and examine it before you sign. Insurance contracts are among the most complicated and difficult to understand. Get an advisor other than the salesman to go over the contract with you. If you don't understand it, don't buy it. If the agent tells you that you can't bring the contract home unless you sign it, or that you must sign right there at the office at the first meeting, those are red flags, too. ■

**Wounded Warriors appreciated**



**Christmas card:** Marines at the Wounded Warrior Barracks check out the nation's good wishes for them in their recovery. Christian D'Andrea, chief executive officers of *hooh.com* delivered a 'jumbo-large' print-out, with a sample of the more than 15,000 holiday cards sent to the WVB site by members to show their support of the troops Jan. 3. "These cards are an expression of how the members feel. We have even had some families send in cards who have lost their own lives and how they want the troops to know that there are people who care," said D'Andrea.

**Prepare for tax season early to maximize deductions, avoid stre**

**Press release**  
Base Tax Center

The start of the New Year is a great time to start preparing for tax season. With a few months to learn and take advantage of new services and codes, service members can save money. The Base Tax Center is located in Bldg. 50 on Lucy Brewer Avenue. The center will open for the 2006 tax year on Tuesday at 8 a.m.

Hours of operation are Monday, Tuesday, Thursday and Friday, from 8 a.m. until 8 p.m. Wednesday is reserved as a Unit and individual appointment day for personnel with difficult tax returns, from 8 a.m. to noon.

**Items required for preparing tax returns**

- W-2 (wages or salaries from all employment during the year)
- Disability income
- Interest from checking or savings account, bonds, CDs, or brokerage accounts
- State tax refund (if itemized last year)
- Alimony income
- Pension and/or IRA distribution (1099)
- Unemployment
- Social Security or rail road retirement
- Self employment
- Other income such as gambling winnings, awards,

prizes and jury duty

- Education expenses
- Home mortgage payments (1098)
- Charitable contributions
- Child/dependent care expenses (Child care provider ID or SSN)
- Estimated tax payments
- Amounts of other income
- Bank account information to electronically file tax return (voided check or deposit slip)
- Social Security card for spouse married during year 2006
- Power of Attorney if filing a joint return if spouse is not present
- Social Security or ITIN number for all dependents claimed on tax return
- Dividend information
- All rental property information if claiming rental income

**2006 Telephone Excise Tax Refund**

The Internal Revenue Service has announced the standard amounts that long-distance customers can use to calculate their telephone tax refund. These amounts, which range from \$30 to \$60, will enable taxpayers to request the telephone tax credit without having to review old phone bills.

In general, taxpayers who paid the long-distance telephone tax will get the

credit on their 2006 federal income tax return. It includes individuals, families and nonprofit organizations.

For individual taxpayers the standard amount, based on the total number of exemptions claimed the 2006 federal income return. The standard amounts are:

- \$30 for a person filing a return with one exemption
- \$40 for two exemptions
- \$50 for three exemptions
- \$60 for four or more exemptions

In order to receive the standard amount, eligible taxpayers only need to file one additional line on their regular 2006 return. The IRS is creating a standard Form 1040EZ-T for individuals who are required to file a return. In addition the IRS has issued Form 8913, phone Excise Tax Credit.

The standard amounts are based on actual phone usage data, and a standard amount applicable to a family or other household reflects the long-distance phone tax paid by similarly sized families households. Those who the long-distance tax on their bill after Feb. 28 and before Aug. 1, 2006 are eligible for a refund. For more information call the Tax Center at 451-7928. ■

**Courts-Martial**

Petty Officer Thomas R. Pierce, Naval Hospital, Camp Lejeune, was convicted of one count of wrongful use of cocaine, one count of wrongfully distributing, one count of adultery and 13 counts of larceny. He was sentenced to a bad-conduct discharge, confinement for 12 months, reduction to E-1 and forfeitures of \$848 a month for 12 months.

Lance Cpl. Andrew D. McKotch, 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, was convicted of one count of wrongful use of marijuana, one count of introducing marijuana, one count of possessing marijuana and one count of distributing marijuana. He was sentenced to a bad-conduct discharge, confinement for seven months, reduction to E-1 and forfeitures of \$800 a month for 10 months.

Pvt. Eric J. Crawford, 3rd Battalion, 6th Marine Regiment, 2nd Marine Division, was convicted of one count of willfully disobeying an order, one count of resisting apprehension and four counts of larceny. He was sentenced to a bad-conduct discharge, confinement for six months and forfeitures of \$848 a month for six months.

Lance Cpl. Agot R. Garang, 2nd Supply Battalion, 2nd Marine Logistics Group was convicted of one count of unauthorized absence and one count of wrongful use of marijuana. He was sentenced to a bad-conduct discharge, confinement for 90 days, reduction to E-1 and forfeitures of \$800 a month for three months.

Pfc. Joshua P. Garza, 8th Engineer Support Battalion, 2nd Marine Logistics Group was convicted at a special court-martial of one count of unauthorized absence, one count of missing movement and three counts of violating a lawful general order. He was sentenced to a bad-conduct discharge, confinement for 51 days, reduction to E-1 and forfeitures of \$849 a month for five months.

Pfc. Mathew R. Hannahs, Anti-Terrorism Battalion, 2nd Marine Division, was convicted of one count of unauthorized absence, one count of wrongful use of marijuana and two counts of theft. He was sentenced to a bad-conduct discharge, confinement for eight months, reduction to E-1 and forfeitures of \$800 a month for eight months.

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**Off-limits establishments**

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

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

**Hotline numbers to report fraud, waste, abuse and corruption**

Department of Defense	800-424-9098
Inspector General, Marine Corps	703-614-1348/1349/1699
Camp Lejeune (Recorded line)	451-3928
Hearing impaired	451-2999
To report business fraud	451-3928

Classified Line Advertising, Call 910-347-9624 ★ Open Monday-Friday, 8 a.m. - 5p.m.

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

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**Real Estate For rent**

heating & air with washer/dryer. \$425/mo. 346-6285.

**2BR/1BA DUPLEX**-2 available. Sneads Ferry. Close to Hwy 17. \$575/month. 1-800-818-1029.

**2BR/1BA SINGLEWIDE** Available immediately. \$400/month. Sneads Ferry. 1-800-818-1029.

**2BR/1BA Duplex.** Minutes from main gate. W/D hookups, new carpet, fenced yard. Avail now, no pets. 324-1227. \$575/mo, \$550 deposit.

**Real Estate For rent**

**2BR/1BA**-Private lot, DW, WD, heat pump, trash & lawn care. 14x60, no pets. \$475/mo. 326-3448.

**2BR/2BA**-Mobile homes near MCAS, W&D, no pets. 347-5809.

**2BR/2BA**-Mobile homes near MCAS. No pets. 346-6942.

**Real Estate For rent**

**3BR/2BA**-Fully furnished beach duplex at Emerald Isle. Available Feb 1. 324-2749.

**3BR/2BA**-Home, 1 car garage, large corner yard. Gumbbranch/Western Ext. \$750/mo +dep. No pets. 910-355-0604.

**Real Estate For rent**

and lawn service included. 910-455-8246.

**Real Estate For sale**

**3 BEDROOM HOME AVAILABLE NOW**- Move in today with 0 money down and no payments til February with VA mortgage loan approval. Call Allen @ 910-271-1511.

**3 OR 4 BEDROOM HOMES**-E2 & up can buy with 0 down and No payments til February. Payments less than rent! (FREE! prequalification) Call Reece @ 910-330-7976.

**3BR/2BA**-Beautiful home in Hubert. Large yard in cul-de-sac. 5 min to back gate. New roof & heat/AC unit. Great home for kids. \$138,000. 330-5830.

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Address	BR/BA	Price
144 Corey	2/1	\$550
122 Corey	2/1	\$550
128 Corey	2/1	\$525
107 Persimmon	2/2	\$550
217 Cedar Creek	2/2	\$575
402 Cedar Creek	2/2	\$575
227 Easy Street	2/2	\$595
2511 Willow Crest	2/2	\$600
917 Sycamore	2/2	\$600
113 Quail Point	2/1	\$625
325 Greenford	2/1.5	\$625
375 W. Pueblo	2/2	\$650
208 Mesa	2/2.5	\$650
118 Mesa	2/2.5	\$650
2194 Brandyhill	2/2.5	\$650
1964 Brandyhill	2/2.5	\$650
902 Springwood	2/1.5	\$700
332 Bracken	2/2	\$700
364 Bracken	2/2	\$725
368 Bracken	2/2.5	\$725
108 Pate Jones #17	2/2	\$725
205 Meadowbrook	2/2.5	\$725
203 Spring Meadow	2/2	\$725
805 Springwood	2/2	\$725
1104 Springwood	2/2.5	\$735
213 Joey	3/2	\$735
236 White Oak	2/2	\$750
3108 Darby	3/2	\$750
209 Palace	2/2.5	\$750
56 Pirates Cove	2/2.5	\$750
428 Palace	2/2.5	\$750
203 Palace	2/2.5	\$750
11 Pirates Cove	2/2.5	\$750
11 Meadowview	3/2	\$775
328 Winners	2/2.5	\$775
221 Winners	2/2.5	\$775
334 Winners	2/2.5	\$775
341 Winners	2/2.5	\$775
228 Winners	2/2.5	\$775
1305 Marvin	2/2	\$795
110 Ellen	3/2	\$795
255 Zachary	3/2	\$795
1109 Shroyer	3/2	\$825
203 Red Fox	3/2	\$825
1105 Shroyer	3/2	\$825
107 Meadowbrook	3/2	\$825
2049 Steeplechase	4/2	\$825
336 Steeler	3/2	\$825
307 Hunters Ridge	4/2	\$825
207 Spring Meadow	3/3	\$850
106 Waterfall	3/2	\$850
104 May Ct.	3/2	\$850
723 Queens Creek	3/2	\$850
105 Fountain	3/2	\$865
20875 Hunters Ridge	3/2	\$875
214 Redberry	3/2	\$875
408 Bluegrass	4/2	\$875
307 White Pine	4/2	\$895
205 Slag	4/2	\$895
164 Horseshoe Bend	4/2	\$895
314 Firthorn	3/2	\$900
835 Mill River	3/2	\$925
204 America Court	3/2	\$925
200 Ross Ct.	3/2	\$950
308 Firthorn	3/2	\$950
124 Lawndale	3/2	\$975
338 Running Road	4/2	\$975
411 Eucalyptus	4/2	\$995
102 N. Ivy Drive	4/2	\$995
201 Southbridge	3/2	\$1150

**2BR/2BA**-Townhouse for rent. Very nice and quiet area. 3 miles from Camp Lejeune. \$675/mo, \$675 deposit. No pets. 910-467-4888.

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1913 Countrywood	2/2	\$625
833 Sandridge	2/2	\$475
2117 Rolling Ridge	2/2	\$625
991 W. Tackle	2/2	\$650
111 Charlton Rd.	2/2	\$675
237 Cordell Village	3/2	\$625
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Wanted

Wanted Bed w/drawers or closed in space. Girl's bedroom set in good in. 252-637-4077.

& packing material for moving. up. 252-342-5368.

& LOVESEAT-Good condition, any ble to pick up. Preferably free or ap. 545-7609.

TO RENT-Retired military looking 3BR house Feb 1. \$650-\$700 eed direct deposit payments. No . We are very clean tenants. 3-6470.

AWN MOWERS-Running or not. 38.

LATE-\$300/mo includes all utilim-ent access. 388-2313.

LATE-Female preferred, 5BA apartment, \$400/mo, 1/2 free cable. 5 min from triangle 26-3669.

LATE-Full use of house, own bath-able, 5 min from main gate, SNCO er. \$450/mo, utilities included. 36.

LATE-To share 2BR trailer, prefer- male, asking \$260-325/mo. Ev- included, utilities & all. 19.

LATES-2 needed, 4BR/2.5BA. 2 ge, patio. Nice yard. Fully furnish- 500/mo. Utilities included. 15.

WHEELS-Four 5 lug 16 to 18 one wheels & tires in great con- fit my 2000 Chevy Monte Carlo. 39.

MS-USMC boots, digital Gore-Tex, iMC fleece full zipper jacket. 24.

Miscellaneous

ED-Accessories for 2004-2007 50 crew cab. Chrome nerf bars, lined Tonneau, \$125. Trailer 75. All in very good condition. 15.

ED-Aluminum cap for short bed, 2 lens for 2000 Chevy pickup, aw title for Camry with wiring har- 26-3077.

R SHELL-Aluminum, fits 8ft bed, ck. \$35. 326-6903 AWH.

TRAILER-Enclosed 6x14, white, ramp door, side door, V-front, car, D-rings, single axle. \$3200. 4.

TRAILER-Goose Neck 3 horse th cabin. \$2500. 358-9723.

JLIC PARTS-\$1200/obo. 3 all Prohopper pumps, all chrome fit- ses, cylinders, switch box. 5 op- teries. 14x6 blue 100 spokes. 1.

ARS-For Chevy Silverado 4 door l, all chrome. \$300. 346-4122.

INTERIOR-For 1989 Honda CRX ck. 934-3422.

TIRES-17in 5 star rims with ry nice, 1 rim has scratches on le. \$400/obo. 910-546-7223.

TIRES-17in Eclipse rims & tires, e, no scratches. \$200/obo. 3.

In chrome rims w/tires, 305/45/ 0111.

new 16 in factory mags off of a 1 Chevy Colorado, Center caps & ided. No tires. \$200. 326-2977.

OVERS-2 seat covers and steer- al cover, tree frog design. \$15. 5.

Pro-Comp tires, all terrain R16. Brand new. \$500. 3.

WHEELS-2001 F150 Expedition, R17 on factory alloy wheels + ps. Goodyear RTS M/S in excel- dition with lots of miles left. 18-0655.

WHEELS-16in factory wheels & 03 Tahoe. 265-70R16 Firestone s LE's. Almost new condition er caps. \$300. 546-2200.

205 65R15, good condition, lots 910-545-5189.

LY-Master tow tilt-bed tow dolly, 825 firm. 910-324-4742.

2005 Interstate 6x12ft en- railer. Must sell, best offer. 3.

Wells Cargo 6x12 enclosed

Miscellaneous

Auto Miscellaneous

sport package trailer. Two bike shoes, wired with heater. 265-4270. \$2500/obo.

TRANSMISSION-Newly built street/strip ready 700R4 transmission. Never instal- ed, \$600/obo. 545-5189.

TRUCK BOX-Chrome diamond plated tool box. Fits standard bed & does hang over sides. Bought 1 year ago at Lowes. Excel- lent condition. \$175/obo. 353-2403.

WHEELS-4 20in Xenex chrome wheels. 5 lug universal in great condition & beau- tiful design. \$1500/obo. 548-4599.

Automobiles

1964 CHEVY IMPALA SS-All original, one owner, looks and runs great. \$20,000. 910-353-3930.

1967 MUSTANG FASTBACK-289ci, auto trans. 129,000 mi. Racing heads and additional motor work. Have original heads & 3sp trans. \$7999/obo. 603-670-8634.

1968 FORD F-100-Short bed 351 cleve- land, restorable rebuilt engine, \$2800/obo. 330-8660

1970 MUSTANG COUPE-39,000 original miles, all original, 302 V8, air condition- ing, rear luggage rack, very good condi- tion. \$7800. 910-265-3106.

1978 PONTIAC TRANS AM-6.6 V8 bored 20 over. Dual exhaust. Edelbrock intake, crane cam w/roller rockers, 373 rear end. \$5000/obo. 577-3474.

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

GRAHAM MOTORS, INC. "Come Get A Honey Of A Deal" '00 Lincoln Towncar.....\$7,495 '01 Ford Focus.....\$5,495 '01 Kia Optima.....\$4,995 '96 Pontiac Sunfire.....\$2,795 Rental Cars Available 353-9900 1470 Piney Green Rd.

1986 HONDA SHADOW 500-6 speed, drive shaft. 15k miles, black. \$1400. 545-9264.

1986 HYDRAULIC CHEVY MONTE CARLO 20th Anniversary Baby Blue, runs good, needs to be finished. \$2500 firm. 554-7226.

GRAHAM MOTORS, INC. "Come Get A Honey Of A Deal" '00 Lincoln Towncar.....\$7,495 '01 Ford Focus.....\$5,495 '01 Kia Optima.....\$4,995 '96 Pontiac Sunfire.....\$2,795 Rental Cars Available 353-9900 1470 Piney Green Rd.

1988 S10 LOW RIDER-With hydraulics. \$2500/obo. Many extras. 358-5810.

1989 MAZDA-Good condition, runs great, gets good gas mileage, new battery & water pump. 934-0288.

1990 HONDA HATCHBACK-Engine swap, upgrades, red. 5 speed. \$3600/obo. 934-3422.

1990 VOLVO 240 DX-Good condition, in- terior paint good. \$1300/obo. 465-9445.

1991 FORD THUNDERBIRD-Runs great, needs few repairs to pass inspection. \$750/obo. 329-1350.

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

1992 CHEVY S-10-Needs minor electrical work on steering column. Needs a tire re- placed. Fair condition. \$900. 546-4389.

1992 FORD ESCORT-4dr, 1.9 engine, runs great, new complete clutch system. \$1000. 330-8660.

1992 JAGUAR-Black w/tan interior. 82k miles. Excellent condition. \$5000/obo. 353-3211.

1993 BMW 318is-Automatic. Red.

Automobiles

163,000 miles, \$3500/obo. 817-715-9833.

1993 CHEVY CAVALIER-Needs some work, \$900/obo. 330-8660.

1993 CHEVY CONVERSION VAN-Needs work, \$1000/obo. 346-2657.

1993 CHEVY CORSICA LT-Low miles, runs great. \$500/obo. 467-9445.

1993 MAZDA B2600i-Extended cab pick- up, auto, 185k miles, \$1500. 545-9264.

1993 PONTIAC GRAND AM GT-3.3L, many new parts. Runs great. \$1200. 330-212-6224.

1994 CHEVY S-10-Ext cab, V6, automat- ic, 170,000 miles black/silver. \$1900/obo. 382-9013.

1994 MAZDA PROTOGE-\$2000/obo. 548-0201.

1994 MITSUBISHI 3000 GT SL-2dr hatchback, 3.0L 24V DOHC V6, FWD, mint condition, many upgrades, \$6000. 340-3679 l/m.

1994 TOYOTA PICKUP-Will start but needs head replaced. \$1000/obo. 324-6835.

1995 CHEVROLET STEPSIDE SHORT- BED- 4.3 V6, automatic, air, AM-FM cas- sette, 150,000 miles, great condition, a must see. \$4000/obo. 252-393-1888.

1995 FORD MUSTANG GT-Convertible. Silver w/black top. 80K miles, runs great, very clean. K&N filter, Flowmaster ex- haust. \$7000/obo. 330-3395.

1995 HONDA CIVIC EX-\$4200. 95 Ac- cord, loaded, EX. \$3950. 910-381-0554.

1995 PONTIAC GRAND AM-\$800/obo. Needs minor fixtures. 554-6387.

1995 SATURN SL1-4 door, 146,000 miles. Good gas saver. Cold AC. \$2000/obo. 546-0123.

WHOLESALE AUTO BROKERS "Wholesale Prices to the Public" Ask For Active Duty Discount '90 Mercury Cougar 2Dr, Burgandy, Auto. \$1,599 '90 Cadillac Eldorado \$1,699 Great Price, Must See '95 Jeep Cherokee Sport \$1,995 4dr, 4x4, Auto. '90 Honda Civic 4dr, 5 Spd, Nice Car, Gas Saver \$1,999 '93 Mazda Protege 4dr, DX, 5 spd., NICE CAR! \$1,999 '95 Mazda Millenia Grey w/Grey Lthr, Auto, Roof \$2,199 '01 Chevy Lumina 4Dr, White, Auto, Full Pwr, Nice Car \$2,399 '94 Pontiac Firebird Automatic \$2,599 '95 Chevy S-10 R/Cab 5 Spd/4 Cyl, Nice Truck! \$2,599 '94 Pontiac Grand Prix 4dr, Red, Auto, Nice car. \$2,599 '95 Pontiac Grand Am 4Dr, Red, Auto, 62k Miles, Nice Car \$2,599 '92 Mercedes Benz 190E \$2,999 4dr, White, Auto. '06 Ford F-350 Lariat Dually Crew Cab 4x4 Diesel Fully Loaded. Only 19K Miles. One Owner Truck. \$41,999 509 Marine Blvd., Jacksonville (910) 355-9898

1996 CHEVY BLAZER-Runs good, needs windshield & quarterglass. Eurolights and new seat covers, \$3000. 539-6083 after 6PM.

1996 FORD F250-4x4 super cab, XLT package, 99K miles, 460 engine. Great shape. \$8000/obo. 389-2001.

1996 FORD WINDSTAR-Good condition, price negotiable. \$2000/obo. 467-9445

1996 SATURN-Call 931-200-3491.

1997 CHEVY Z71-5.7L 142k mi. New tranny & exhaust. Runs great. Body lift, 33x12.50 tires 15x10 rims, roll bars w/lights. \$6000. 326-4832.

1997 FORD F150-Manual transmission. High miles. Needs engine. \$2000/obo. 326-6903 AWH.

1997 HONDA CIVIC-Coupe, new paint, 17in rims, new tires, intake, exhaust, lowered. SI tail lights. Mugen short shifter, type R headlights/lip/grill. \$6995/obo. 330-6610.

1998 JEEP CHEROKEE SPORT-4 wheel drive, 122,000 miles, runs good, \$5000/obo. 367-2386.

Automobiles

1999 CHRYSLER SEBRING CONVERTI- BLE JX-46K miles, green w/black top. Aluminum wheels. \$7000. 455-2138.

2000 FORD FOCUS LX-Automatic, AC. \$3000/obo. 415-218-1401.

EASTERN CAROLINA PRE-OWNED Center 910-326-7812 Stop by and see us at our NEW LOCATION in front of the Food Lion in Swansboro '05 DODGE DAKOTA SLT, Club Cab, Low Miles, Full Power \$14,900

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'03 JEEP WRANGLER AT, Extra Low Miles, Red w/Black Top, CLEAN \$16,900

'04 DODGE RAM 1500 Crew Cab, 4.7 V8, Chrome Wheel Pkg, Low Miles \$16,900

'99 LEXUS ES-300\* Leather, Full Power, Sunroof, Fully Loaded \$8,900

'02 GMC YUKON XL, Full Power, 4WD, Very Nice! \$16,900

'02 FORD MUSTANG GT 5Spd, 39k Miles, Like New \$15,400

'02 VOLVO S-70 Super Clean, Like New \$5,900

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2000 KIA SEPHIA-144,000 miles, newer tires, CD, runs good, 28+ miles per gal- lon. \$2200/obo. 554-7437.

2000 MERCURY GRAND MARQUIS-Great condition & runs strong with 100k miles & new tires. White exterior w/blue cloth interior. \$4250. 326-1303

2000 MERCURY SABLE-Fully loaded, \$3800/obo. 554-1991 l/m.

2000 NISSAN MAXIMA GLE-V6 automat- ic, AC, CD, power windows, locks, mir- rors, seat. \$6000/obo. 415-218-1401.

2000 SATURN SL2-109K miles. AC, PS, 4 new tires. Runs great. NADA is \$4300. Will sell for \$3500/obo. 546-4324.

2000 TOYOTA 4 RUNNER SR5-4WD. Dark green. 80,000 mi. Tan cloth seats, great condition. Original owner. \$12,500. 548-2215.

2000 TRANS AM LS1-With lots of up- grades, lots more to list. Drag car, 102,000 miles but runs strong, it speaks for itself. \$15,000/obo. 910-795-9884.

2001 CHEVROLET SILVERADO-Long bed, 4.3, automatic, tilt, cruise, air, AM-FM, cassette, 126,000 miles. Great con- dition. \$8000/obo. 252-393-1888.

2001 MITSUBISHI GALANT ES-Fully load- ed, excellent condition, \$5650/obo. 554-1991 l/m.

Automobiles

2001 TOYOTA HIGHLANDER-V6, auto, blue, privacy glass, serviced by dealer, 1 owner, very clean, 85,600 miles. Below NADA trade-in. \$12,000. 326-5490.

2002 FORD TAURUS SES-Call Sander's Ford, 800-419-3219.

2003 CADILLAC CTS-White diamond, fully loaded, custom mesh grille, extend- ed warranty, 5 speed manual. OnStar. 3.2 V6, 46K miles. 570-233-4397.

2003 FORD FOCUS SE ZTW-Nagon, tilt wheel, cruise control, OEM CD player, 62,300 miles, \$7700. 546-6724.

2003 FORD WINDSTAR LX-Burgundy, 7 passenger w/optional power seat, win- dows & locks. Dual sliding doors, front & rear heat/AC, CD, cassette, also has ABS, airbags & new tires. 70K miles, \$12,500. 554-4619.

2003 HYUNDAI ELANTRA GLS-Auto, new tires, 31 MPG, excellent condition. 59K miles. \$7600. 546-4093.

2003 NISSAN MAXIMA GLE-Loaded, leather, black, tint, low miles, power moonroof, \$13,500/obo. 252-671-6717.

2003 OLDSMOBILE ALERO GL-Call Sander's Ford, 800-419-3219.

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

2003 SUBARU IMPREZA WRX-Silver, spoiler, less than 50k miles, great con- dition. \$16,000/obo. 554-2716 l/m.

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2004 DODGE NEON-Silver, great condi- tion, \$8500/obo. 545-5435.

2004 FORD EXPLORER XLS-39K miles, mostly highway, in great condition. \$14,000/obo. 455-7467.

2004 HONDA CIVIC-35,000 miles, one owner. Loaded. \$10,900. 910-381-0554.

2004 JEEP WRANGLER-17,600 miles. Has many aftermarket parts including 3in lift with 33in tires, \$16,900. 787-0180.

2004 NISSAN TITAN-Crew cab SE, 2wd, V8 tow package, Rhino lining, running boards, power windows and doors, pre- mium sound, DVD player. 33k miles. Very good condition. \$19,500/obo. Contact 455-6291.

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

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

2005 FORD FOCUS ZX4-Call Sander's Ford, 800-419-3219.

2005 NISSAN SENTRA-Call Sander's Ford, 800-419-3219.

2006 GMC SIERRA 1500-4.8L V8, 4x4 long bed, work truck. Bedliner, truck box. Like new, only 2700 miles. 415-218-1401.

2006 GMC Sierra ext cab, white w/pwr doors & windows, bugguard, ventvisors & bedliner. 4.8 V6 2WD. Under 7K miles. Exc cond. 324-1122 5-8PM.

2006 HONDA CIVIC LX-Blue, 13k miles, like new, all weather mats & cargo tray. Manual trans, \$15,800. 327-0735.

2006 MUSTANG GT-Black w/gray Interi- or. PW, PL, PS, 6 disc, AM/FM, side leav- ers, Flowmaster mufflers, 7000 miles. Still under warranty. \$26,500. 937-7705.

2006 VW JETTA TDI-Only 17,000 miles. Platinum Grey exterior, light grey interior. Quiet diesel averaging 42+ mpg. 5 speed, sunroof, seat warmers, 6 disc CD changer, XM ready, excellent condition. Deploying, must sell. \$23,000/obo. 910-265-8723.

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

Boats & Recreation

1967 CHEVY CAMPER-Good condition, new fridge, sleeps 4, bathroom, kitchen. \$1200. 326-1155.

1994 BAYLINER-28ft Cabin-Cruiser, freshwater boat. Fully loaded, includes 24mi. Raytheon Radar, GPS chart plot- ters, dingy & motor, etc. Custom interior & canopy. \$28,000/obo. 388-0680.

1997 JOHNSON 150-Outboard, 1972 Grady White boat, 1988 Cox trailer. \$2000/obo. 252-259-3454.

2000 JAVALIN BASS BOAT-w/trailer, 90HP Johnson engine, 2 live wells, trolling motor, fish finder, pedestal seats, tube & tow rope, 2 life jackets, asking \$7500/obo. 577-3378.

2002 PROCRRAFT SUPERPRO 190-Mercury 150 Optimax, great condi- tion, motor guide, 67lb thrust loaded bass boat. \$16,000/obo. 554-6181.

2003 COACHMAN-Sleeps 6, full kitchen /bathroom. Excellent condition. \$12,000. 554-6181.

2003 HONDA XR-70-Mint condition! Must see to believe. Only 20 hours use. 3 speed easy shifting for the beginner. \$1000. 340-4929.

2005 DIRTBIKE-80cc, 2 stroke, auto clutch dirt bike. UM motor, about 20 hrs of use. \$750. 545-9264.

Boats & Recreation

2005 YAMAHA VX110-Deluxe waverun- ner. Excellent condition. Cover, trailer, life jackets & extended warranty. \$5500. 545-5546.

2005 YAMOTO-50cc kids four wheeler. Needs some work. \$700/obo. 347-5846

2006 HONDA TRX400-Rancher AT 4 wheeler. Like new. \$4200. 545-5446.

2007 KAWASAKI KLX-110-Kids 4 stroke dirt bike. Bought new in September. Per- fect condition. Factory warranty. \$1600/obo. 326-4409.

ATV-250 TRX Recon ES. 30 miles, flashy, great buy. \$1800. 455-6644.

HONDA 200X3 wheeler, rebuilt motor and rear end, sprockets & chain one year old, muffler recently replaced, runs great. \$500. 919-327-8224.

HONDA CR85R-Bike is brand new. Too big for son. \$2500/obo. 324-4852.

MOTOCROSS OUTFIT-Ocelot, LG, 9w boots, HJC helmet w/Scott goggles, chest protector & gloves. Used one sea- son. \$250. 743-0098.

MOTOCROSS PANTS & JERSEYS-Like new condition. Oneal & Thor brands & various sizes (youth sizes). Prices vary. 340-3284.

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OCEAN KAYAK-Scrambler XL, single per- son, blue, \$300. Great condition. 327-0735.

SURF BOARD-Brand new 7'10" NSP with Kick pad & leash. \$200. 265-5088.

Motorcycles

1965 HARLEY SPORTSTER XLCH-Lots of work done, fresh magneto. \$5000/obo. 581-1528.

1992 KAWASAKI VULCAN-550cc, blue, nice beginner bike w/wind shield. \$1850. 389-4581.



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tion program  
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employees who wo  
to know more abou  
tion for their own  
The six-hour work  
will be held Tuesda  
9 a.m. - 3 p.m. in B  
302 on Holcomb Bl  
will include discuss  
topics such as obes  
healthy eating, pro  
body maintenance  
activity. By the  
the course, partici  
should be able to p  
nutritional inform  
individuals in their  
The workshop is op  
all I.D. card holder  
more information  
sign up, call 451-28  
Military retire  
health care me  
Navy Capt. Mark  
Olesen, commandin  
Chief of Camp Lejeun  
Naval Hospital, will  
the quarterly milita  
retiree health care  
hall meeting Jan. 1  
p.m. in classrooms  
B at the hospital. T  
chance for military  
ers and family m  
to get updates, as  
tions and express  
about health care  
A presentation  
given on TRICARE  
Retreat Harvey, B  
CARE community r  
tentative, Health N  
Federal Services. Fo  
more information, c  
451-4463.  
Wall hanging a  
quilting class  
This class will go to  
benefiting breast ca  
survivors and those  
has been affect  
breast cancer. The co  
\$25 for the instructor  
and materials. The cl  
will be Jan. 20 from 4  
p.m. and registration  
payment must be rec  
by Monday. Indicate  
this is a class to benef  
breast cancer when m  
ing payment. The clas  
will be held on 112 Ph  
Rd. in Jacksonville, Ca  
Betty Schiefelbein at  
453 or e-mail her at  
schiefelbein@er.c  
"Love Shouldn't  
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Largel's Voices Speak  
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concerns with Marine  
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wear, prom dresses or  
business attire to be m  
and then donated  
near upcoming "Love  
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show Feb. 24. Volunte  
and models of all ages  
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information go to  
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starting at \$25. The faci  
are newly renovated  
space is limited. Check-  
ins are Mondays,  
Wednesdays or Wednesdays  
the two-night special  
promotion runs  
through Feb. 23. The  
operation hours are  
Monday - Friday, 10 a.m.  
to 5 p.m. It is closed from 2  
to 5 p.m. For more info  
ration, call 450-7502.

Stay healthy  
Flu season is still going strong. Stay at your best with these tips. | 5D



## Lejeune happenings

### Nutrition education program

Temper Fit will present a 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, Jan. 9, 11 a.m. - 3 p.m. in Bldg. 2 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 could be able to provide nutritional information to individuals in their unit. The workshop is open to all ID card holders. For more information and to sign up, call 451-2865.

### Military retiree health care meeting

Col. Mark C. Resen, commanding officer of Camp Lejeune Naval Hospital, will host the quarterly military retiree health care town hall meeting Jan. 18 at 2 p.m. in classrooms A and B at the hospital. This is a chance for military members and family members to get updates, ask questions and express concerns about health care issues. Presentation will be on TRICARE by Deborah Harvey, TRI-CARE community representative, Health Net Federal Services. For more information, call 451-4463.

### All hanging and quilting class

This class will go towards quilting breast cancer survivors and those whose loved ones have been affected by breast cancer. The cost is \$10 for the instructor fee and materials. The class will be held Jan. 20 from 4 - 6 p.m. and registration and payment must be received by Monday. Indicate that this is a class to benefit breast cancer when making payment. The class will be held on 112 Phillips in Jacksonville. Call Nancy Schiefelbein at 388-4463 or e-mail her at [schiefelbein@cc.rr.com](mailto:schiefelbein@cc.rr.com).

### Love Shouldn't Hurt fashion show

Angels' Voices Speak Up will help to stop family violence with Marine Corps Ball gowns, formal dresses, prom dresses or business attire to be modeled and then donated for the upcoming "Love Shouldn't Hurt" fashion show on Feb. 24. Volunteers and models of all ages and sizes are needed. For more information go to [www.angelsvoices.org](http://www.angelsvoices.org) or call 455-6057.

### Onslow Beach Booth open at MCX

Onslow Beach Booth will be open at the Main Entrance to make reservations for Onslow Beach activities. Onslow Beach offers a new two-night rental package starting at \$25. The facility is newly renovated. Space is limited. Check-in is on Mondays, Tuesdays or Wednesdays. Two-night specials promotion runs through Feb. 23. The operation hours are Monday - Friday, 10 a.m. - 6 p.m. It is closed from 2 p.m. - 6 p.m. For more information, call 450-7502.

# Military illustrations hit home

Amy Segreti  
Carolina Living Editor

Suzanne Grover is more than just an artist. She's an animal rescuer, a Latin dancer and an avid lover of foosball. She's in a Scottish pipe band and does Motocross dirt bike races in her spare time.

But while her energetic personality allows her to accomplish so much, her truest passion is art, and military families have benefited

from her ability to infuse her artwork with emotions particular to the military lifestyle.

"I do my best work when I'm either miserable or in love," said Grover, a 37-year-old Swansboro, N.C. resident.

Grover's signature military illustration is titled, "So Long," designed in 2002 before her then-boyfriend was deployed. She was restless thinking about his looming departure and she occupied herself in the middle of the night by idly rifling through her mail. The concept of the hourglass

popped into her head and she drew her first sketch of it on the back of a phone bill.

"It literally felt like time was ticking away," said Grover. She worked on perfecting the drawing for a week straight, partly as an attempt to keep her gloomy feelings at bay. The end result was a poignant depiction of time slipping away from a military couple, the bottom "sands" of the hourglass symbolizing the years ahead overseas.

Grover, who started out as a freelance cartoonist for the *Baltimore Sun*, enjoyed being a feature writer and freelance illustrator for the *Jacksonville Daily News* and the *Military Times* for several years until her blind cat Suzy died in early 2005 and she quit working

full-time. "I rescued Suzy when she was only a week old," Grover said. "I loved her so much. She sat on my shoulder while I drew everything."

From that day on, Grover has put Suzy, a small black cat, in every illustration she's done. She's on the windowsill in "Proud Mom," which depicts a mother wearing a service star, waiting for her son to return home. "My grandmother used to hang the service star in her window all the time," said Grover, who comes from a military family.

The cat can be found curled up in the tree in "Always Faithful," this year's Valentine's Day piece, which delivers a message to overseas loved ones that "we're always going to be here waiting for them," said Grover.

Suzy is also curled at the foot of the service member being embraced in "Home Safe," a piece she created for Valentine's Day in 2006. "The man is being wrapped up in one of the banners that people put on the gates when their loved ones return home," said Grover. "The piece symbolizes a warm welcome home."

Now, Grover strictly freelances. Her artistic endeavors vary from murals to portraits to fashion illustration to graphic design. "It's hard sometimes because freelancing is a very solitary practice. But, I love what I do."

Her work is available at the Marine Corps Association and at [www.groverartwork.com](http://www.groverartwork.com). The prints are customizable; purchasers can select any hair color, ethnicity and branch of service for either character. A design tailored to the single Marine will be released this summer. ■



Suzanne's pieces: "So Long" emphasizes time slipping away before military families become separated. At right, "Home Safe," "Proud Mom," and "Always Faithful" are pictured top to bottom.



Honoring the military: Suzanne Grover points to an illustration she did for Memorial Day.

## Service members express creativity through writing

Amy Segreti  
Carolina Living Editor

"Write what you know" is advice that commonly gets hurled at beginning writers, but it seems to be working for more than just a handful of military members who are putting down their firearms and picking up their pens upon returning from a deployment.

"Everybody wants to tell their story and everyone wants to honor those who didn't make it," explained Rebecca Phillips, assistant manager of the Marine Corps Association bookstore at Camp Lejeune.

Phillips notes that some of the bestsellers at the bookstore are "Fallujah, With Honor: First Battalion, Eighth Marine's Role in Operation Phantom Fury" by Gary Livingston, "No True Glory: A Frontline Account of the Battle for Fallujah" by Bing West and "Flags of Our Fathers" by James Bradley.

See BOOKSTORE page 4D



The Corps of literature: Military authors are frequently finding creative outlets post-war. "Voices From the Front" by Frank Schaeffer, "Fallujah, With Honor" by Gary Livingston and "AWOL" by Kathy Roth-Douquet and Frank Schaeffer are among the ranks.

# Impressive cast makes "Eragon" a delightful epic



## From the front row with

Reinhold Moldenhauer Huneycutt

Now playing at Camp Lejeune

### "ERAGON" (PG)

"Eragon" is fantasy adventure tale of a Middle Ages farm boy who learns he is the last of the dragon riders.

The story focuses on a young hero, Eragon, played by newcomer Edward Speleers, who finds a polished blue stone in the forest.

At first, he thinks it is a lucky discovery, something that will bring meat to his poor family for the winter.

Instead, it brings a dragon hatchling and Eragon is soon thrust into a world of magic and power through which he and the dragon must navigate.

Eragon joins forces with the dragon, named Saphira, (voiced by Rachel Weisz), to save the land of Alagaesia. The two form a tender relationship, tackle numerous tasks and eventually bring down an evil king.

John Malkovich ("The Libertine") plays the fearsome King Galbatorix; Robert Carlyle ("To End All Wars") is the dreaded sorcerer Durza, the king's wicked henchman; Djimon Hounsou ("Blood Diamond") and Jeremy Irons ("Kingdom of Heaven") appear as Ajihad and Brom, Eragon's battle-savvy mentors.

Sienna Guillory ("Resident Evil") costars as Arya, the lovely elf; and Garrett Hedlund ("Four Brothers") is Murtagh, a mysterious stranger and Eragon's travel mate.

Stefen Fangmeier, who is an Industrial Light & Magic FX wizard, ("The Perfect Storm," "Twister," "Saving Private Ryan") makes his directing debut.

Filmed entirely in Hungary, Fangmeier assembled an impressive cast in this delightful fantasy epic, based on the 2003 best-seller from Christopher Paolini.

Paolini, who was only 15 when he wrote *Eragon* and had a second best-seller with part two named *Eldest*, most certainly will have more success with a third part. That could lead to more film adaptations and maybe a franchise, all geared for the teen audiences.

"Eragon" is a flashy sword and sorcery saga where dragons fly, evil kings rule the land and beautiful elves have incredible powers.

### "THE HOLIDAY" (PG-13)

"The Holiday" is a romantic comedy about two young women who are unlucky in love and who swap their homes in Los Angeles and London over Christmas.

Cameron Diaz ("In Her Shoes," "Gangs of New York," "Charlie's Angels") stars as Amanda, a southern California girl whose boyfriend cheated on her.

Kate Winslet ("All the King's Men," "Finding Neverland," "Titanic") stars as Iris, a contemporary English girl who also has man troubles.

The two meet on an Internet house-swap site and decide to do a switch for the holidays in order to flee the depression of their regular lives.

They each suffer culture shock when Iris locates across the pond to Amanda's spacious, ultra-modern and sunny California home and Amanda zips over to England to arrive in the quaint, snow covered English country cottage in the village of Shere, Surrey.

Shortly after arriving at their destinations, both women find the last thing either wants or expects — a new romance.

Amanda is charmed by Iris' handsome brother Graham, played by Jude Law ("Alfie," "Cold Mountain"); and Iris mends her heart when she meets the dreamy and charming film composer Miles, played by Jack Black ("Nacho Libre," "School of Rock").

Also appearing is Eli Wallach ("Keeping the Faith") as Arthur Abbott, an old and much admired retired screenwriter; Rufus Sewell ("Tristan and Isolde") as Jasper, Iris' old flame; and Edward Burns ("Sideways of New York") as Ethan, Amanda's old boyfriend.

Writer and director Nancy Meyers ("Something Gotta Give," "What Women Want," "The Parent Trap") gives us this latest



Photo courtesy of movies.com

"Eragon:" Filmed in Hungary, the movie is based on a novel Christopher Paolini wrote at the age of 15.

women fantasy and fairy tale like chick flick. "The Holiday" is a perfect get away from the hustle and bustle of busy holiday preparations. It is light-hearted, very pleasant and amusing entertainment.

### Now playing in Jacksonville

### "THE GOOD SHEPHERD" (PG-13)

"The Good Shepherd" is an espionage drama.

The film is an account of the birth and tumultuous early history of the CIA as viewed through the prism of one man's life.

Matt Damon ("The Departed," "Syriana," "The Bourne Supremacy") stars as Edward Wilson, a counterintelligence operative who struggles to balance his patriotic duties with his family responsibilities.

Wilson understands the value of secrecy. He believes in America and would sacrifice every one he loved to protect it.

Discretion and commitment to honor have been embedded in him since childhood. As an eager, optimistic student at Yale, he is recruited to join the secret society Skull and Bones, a brotherhood and breeding ground for future world leaders.

Wilson's acute mind, spotless reputation and sincere belief in American values render him a prime candidate for a career in intelligence. He is soon recruited to work for the OSS, the precursor to the CIA, during World War II.

Becoming one of the founders of the CIA, his idealism is steadily eroded by a growing suspicious nature, reflective of a world settling into the long paranoia of the Cold War.

However, Wilson's steely dedication to his country comes at an ever-increasing price. Not even his wife Clover, played by

Angelina Jolie ("Mr. and Mrs. Smith," "Taking Lives," "Lara Croft: Tomb Raider") who turns to alcohol as her family falls apart or his beloved son can divert Wilson from a path that will force him to sacrifice everything in pursuit of this job.

The outstanding supporting cast includes John Turturro ("The Sicilian," "The Window") as Ray Brocco; Michael Gambon ("The Omen") as Dr. Fredericks; Baldwin ("The Aviator") as Sam Mudd; William Hurt ("A History of Violence") as Philip Allen; Billy Crudup ("The Day After Tomorrow") as Arch Cummings; Patrick Wilson ("Hard Candy"); Joe Pantoliano as Joseph Palmi; and Timothy Hutton ("Last Holiday") as Thomas Wilson.

Directed by Robert De Niro ("An Inconvenient Truth," "The Untouchables"), who also portrays the older Edward Wilson, this movie is an ambitious and complex look at the beginning of the CIA.

De Niro based his character on the life of James Jesus Angleton, the CIA's head of counterintelligence for many years and himself a K.G.B. double agent.

The script, written by Eric Roth ("Moulin Rouge," "Ali," "Forrest Gump") spans 22 years, from World War II through the Bay of Pigs invasion. Roth also researched the famous spy society at Yale where many original agents went to college.

The movie brings us strong performance and an interesting insight into the world of the Central Intelligence Agency, full of intrigue and double dealings.

"The Good Shepherd" is a fascinating, richly textured drama about the first decades of the CIA and the life of one loyal and dedicated agent.

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



Photo courtesy of movies.com

"The Good Shepherd:" Matt Damon and Angelina Jolie star in this drama about the birth of the CIA.

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

**FRIDAY**  
 "Eragon," PG, 6:30 p.m.;  
 "Blood Diamond," R, 9:15 p.m. (free for Single Marine Program)

**SATURDAY**  
 "Happy Feet," PG, 3:30 p.m.;  
 "Eragon," PG, 6:30 p.m.;  
 "The Holiday," PG-13, 9:15 p.m.

**SUNDAY**  
 "Unaccompanied Minors," PG, 3:30 p.m.;  
 "Blood Diamond," R, 6:30 p.m.

**MONDAY**  
 no movie

**TUESDAY**  
 "Stranger Than Fiction," PG-13, 7:30 p.m.

**WEDNESDAY**  
 "The Holiday," PG-13, 7:30 p.m.

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**THE GOOD SHEPHERD R**  
 2:00 4:10 7:00 9:10 SAT&SUN: 7:00 9:10

**CODE NAME: "THE CLEANER" PG-13**  
 1:05 3:15 5:30 7:45 10:00 DIGITAL

**CHILDREN OF MEN R**  
 1:30 4:15 7:00 9:40 DIGITAL

**CHARLOTTE'S WEBB G**  
 2:00 4:10 7:00 9:10 SAT&SUN: 7:00 9:10

**WE ARE MARSHALL PG**  
 1:00 3:50 7:05 9:50 DIGITAL

**HAPPILY N'EVER AFTER PG**  
 1:00 3:10 5:20 7:30 9:40 DIGITAL

**DREAM GIRLS PG-13**  
 1:00 4:45 7:00 9:45 DIGITAL

**FREEDOM WRITERS PG-13**  
 1:00 3:45 7:00 9:45 DIGITAL

**STOMP THE YARD PG-13**  
 12:45 3:20 5:55 8:30 DIGITAL

**ALPHA DOG R**  
 1:30 4:15 7:00 9:40

**PRIMEVAL R**  
 1:05 3:15 5:30 7:45 10:00 DIGITAL

**CURSE OF THE GOLDEN FLOWER R**  
 1:45 4:30 7:15 9:50

**HAPPY FEET PG**  
 1:00 3:25 7:05 9:25

**ERAGON PG**  
 1:00 3:25 7:05 9:25

**THR3E PG**  
 1:00 3:50 7:05 9:50 DIGITAL

**THE PURSUIT OF HAPPINESS PG-13**  
 1:30 4:10 7:05 9:45

**NIGHT AT THE MUSEUM PG**  
 1:15 3:45 7:05 9:30 DIGITAL

**ROCKY BALBOA PG**  
 1:45 4:15 7:30 9:50

**ARTHUR & THE INVINCIBLES PG**  
 1:00 3:10 5:20 7:30 9:40

**MY LITTLE PONY G**  
 FRI & SUN 1:00 3:00 DIGITAL

**TV THE MOVIE R**  
 FRI&SAT: 10:00PM 12:00AM, SUN: 9:30

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## Diamonds aren't forever



Sustaining the Spark  
 with  
 Chaplain Lee Milliner

I am glad that the holiday television commercials are past. I confess that I did not like the diamond ads. These commercials communicated that if husbands did not buy their wives a diamond for Christmas they were less than good husbands. I guess my marriage is doomed to failure because I did not purchase a diamond for my wife. I wonder how my mother's father could have celebrated 57 years of marriage with a diamond for my mother.

The ads state that "diamonds are forever." Many suggest that if you buy one for your spouse then marriage will be perfect. Go to any pawnshop in Jacksonville and you will see diamonds listed in the classified ads and you will see diamonds listed for sale. Go to eBay or any online mall and you will discover that previously-owned diamonds flood the markets. I wonder how many diamonds purchased this Christmas will be sold before the summer.

I have nothing against diamonds (except "blood diamonds" illegally mined in parts of Africa), but I protest the message the diamond industry sends to young couples who desperately want to "please" their partners. It takes much more than a diamond and even greater investment than a diamond to keep a couple together and a marriage thriving.

I am not opposed to beautiful jewelry. My sister makes her living selling jewelry. My wife likes colorful rings and elegant ear rings. I've even bought one or two for her over the years. But, I know that chaplains and counselors will see couples soon who believed the ads and thought that a diamond would save their marriage.

In 2007, I want to give my wife the best gift — a faithful husband who treats her with respect, treats her completely and loves her more deeply as the years go by. I hope my wife doesn't read this and for a diamond — ha. ■

## Pets of the Week

Save a life; take home a new friend today



This 6-month-old male grey tabby cat is looking for a loving family to be a part of. Pet ID #A005518



Take this cute black Chow home today — he's 6 months old and in need of a warm home. Pet ID #A005498

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 Ena Sellers

Spaghetti fund-raiser for Robert Casey at the Community Center at Camp Lejeune. Proceeds will assist in the term recovery from the automobile accident in which Robert Casey was killed. He worked as the Emerald 11 driver for many years. Tickets may be purchased for \$10 on a first-come, first-served basis. Advance sales. A bake sale will accompany the event. R...

Customer Appreciation... Weds - Sat... Free Dance... Wednesdays \$1... Fridays 7-9... Ladies...

Customer Appreciation... Weds - Sat... Free Dance... Wednesdays \$1... Fridays 7-9... Ladies...

This... We... To place a... January 15...

Thank God for you every day. Love Always, Tim

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

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

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

# 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.

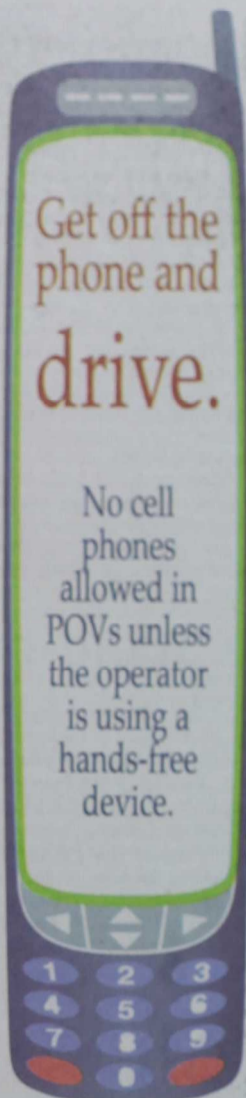
**Spaghetti fund-raiser for Robert Casey**  
Saturday, 11 a.m. - 7 p.m.  
There will be a spaghetti fund-raiser for Robert Casey at the Emerald Isle Community Center at 7500 Emerald Dr. Proceeds will assist Casey during his long-term recovery from injuries sustained in an automobile accident in November. Casey has worked at the Emerald Isle Summer Day Camp director and has been a Camp Lejeune school bus driver for many years. Spaghetti plates may be purchased 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 [djulian@emeraldisle-nc.org](mailto:djulian@emeraldisle-nc.org).

**142nd anniversary of the capture of Fort Fisher**  
Saturday, 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 [island.smith@ncmail.net](mailto:island.smith@ncmail.net) for more details. All events are subject to change, so be sure to call for the latest updates.

**2007 bride and groom expo**  
Sunday, 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.carolinaweddingguide.com](http://www.carolinaweddingguide.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. Bordenes will be in 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.



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## Cupid's Love Notes

**This Valentine's Day, surprise your loved ones with a Love Note reminding them how much you care.**

**We will publish your messages in *The Globe* and on our website, [www.campjeuneglobe.com](http://www.campjeuneglobe.com) so you can reach out to your loved ones whether they are home or overseas.**

**To place a Love Note, simply choose the size you would like, go to our website [www.campjeuneglobe.com](http://www.campjeuneglobe.com), starting January 15th, and look for the "Cupid's Love Notes" link, or fill out the form below. Then, mail the form, with your payment, to:**

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

**For More Information or Questions Regarding the Love Notes Call:**

**910-347-9624**

The Globe, 1122 Henderson Dr., Jacksonville, NC 28540

Deadline is 11:00 AM, Thursday, February 1st.  
Entries will be published on Thursday, February 8th.

**Add A Photo For \$10 More!**

<p>Ashley, Thank God for you every day. Love Always, Tim</p>	<p><b>1x1</b> <b>\$9.00</b></p>	<p>Happy Valentine's Day From Mark</p>	<p><b>1x1</b> with Photo <b>\$19.00</b></p>
<p>Mom, Thank you for your love and support. I hope you have a very Valentine's Day! Steve</p>	<p><b>1x1.5</b> <b>\$12.00</b></p>	<p>Jessica, I am so grateful for you. Jody</p>	<p><b>1x1.5</b> with Photo <b>\$22.00</b></p>
<p>Jessica, I have been through so many deployments throughout these yrs. I am so grateful for your friendship. Victoria</p>	<p><b>1x2</b> <b>\$18.95</b></p>	<p>Steven, I am so grateful for your friendship. Heather</p>	<p><b>1x2</b> with Photo <b>\$28.95</b></p>
<p>Rick, We have been married for 30 years. I am so thankful that you have been such a loving husband and father.</p>	<p><b>1x3</b> <b>\$22.00</b></p>	<p>Denise, You have been there through so many deployments throughout these years. I am so grateful for your friendship. Tim</p>	<p><b>1x3</b> with Photo <b>\$32.00</b></p>
<p>Laura</p>			

**Entry Form**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Size of Love Note: \_\_\_\_\_

Message: \_\_\_\_\_

**BOOKSTORE**  
CONTINUED FROM ID

What makes the Marine Corps Association bookstore unique is that older military titles are readily available — and the authors still come to Camp Lejeune to sign their books.

"When we re-introduced 'Marine Rifleman: Forty-three Years in the Corps' and Col. Wesley L. Fox came to do a book signing, we sold well over 300 of his books, just because of who he is," said Phillips.

In his book, Fox, a retired Marine and a recipient of the Medal of Honor, tells the story of his years in the Corps, including his personal achievements and a bit of a history of the U.S. military in the second half of the 20th century.

Writing not only serves as a good way for service members to get out their feelings about overseas experiences, it seems to be a helpful creative expression for their loved ones

at home as well.

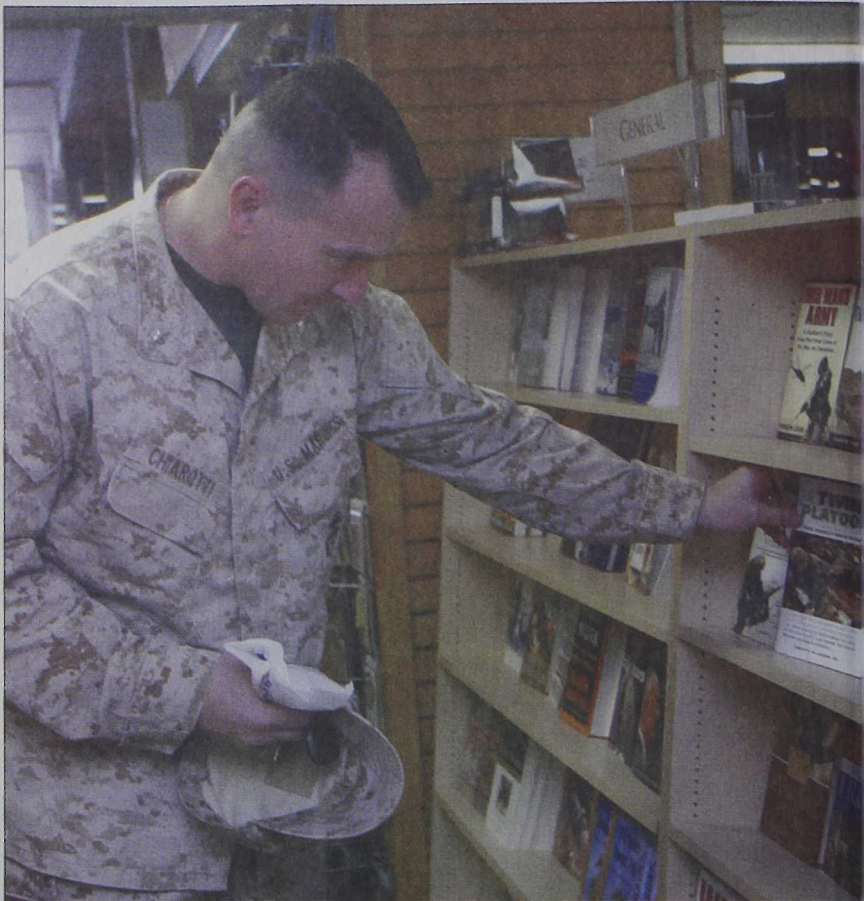
"The wives and mothers went crazy when 'When Johnny Doesn't Come Marching Home' came out," said Phillips. The book is written by Rhonda Winfield, the mother of Lance Cpl. Jason Redifer who was on the final patrol of his mission when he was killed at the age of 19.

Phillips, who's worked at the store for a year and a half, tries to avoid reading books about the war for now because her husband is deployed. "It keeps me sane," she said.

But among the military wives whose husbands are home, "Gift of Valor: A War Story" by Michael M. Phillips and "When Johnny Doesn't Come Marching Home" are popular reads.

"Reading about the war makes some people feel closer to their loved ones overseas," said Phillips.

For more information about books available for purchase at the Marine Corps Association bookstore or about upcoming author signings, call 451-7500. ■



Browsing works of fellow Marines: Lt. Col. Charles Chiarotti checks out "The Twins Platoon: An Epic Story of Young Marines at War in Vietnam" by Christy Sauro at the Marine Corps Association bookstore.

**Stand-out military reads**

"Gift of Valor: A War Story" — reporter Michael M. Phillips tells the story of the chaos at the Syrian border and the courage of USMC Cpl. Jason Dunham, who received the Congressional Medal of Honor.

"Fallujah, With Honor" — Jacksonville local Gary Livingston interviewed 68 Marines who share their personal accounts of the Sixth Battalion attack on the insurgency in Fallujah.

"Flags of Our Fathers" — a true classic by James Bradley and Ron Powers telling the story of the five Marines and one sailor who worked together to raise the American flag on Mount Suribachi during World War II and the stories of their fellow Marines in the Pacific theater. Bradley's father, John, was one of those Marines.

**MCCS offers new eating program, increased healthy food options**

**Press release**

Marine Corps Community Services

MCB QUANTICO, Va. — As of Monday, Marine Corps Community Services clubs and snack bars at participating installations began offering a healthy eating program called "Fueled to Fight." This program was developed in response to the desires of MCCS customers, both military and civilian, for more fresh and nutritious offerings at MCCS food activities.

Participating MCCS clubs and snack bars will offer an enhanced salad bar (where offered) and at least one healthy entrée (buffet or ala cart) and one side dish. These healthy menu items comply with standards suggested in the Dietary Guidelines for Americans 2005 and in many instances will be existing regional or ethnic favorite's that have been modified



to conform to the guidelines.

MCCS clubs and snack bar patrons will be able to identify the operations taking part in the "Fueled to Fight" program by the logos displayed at location entrances. Menu items that meet the "Fueled to Fight" guidelines will also be identified. Table tents, placemats, flyers and posters will be used to promote the program and help educate customers on

how to make healthy choices.

The installations that have chosen to implement the "Fueled to Fight" program are MCB Camp Lejeune, MCB Camp Pendleton, MCAS Iwakuni, MCAS New River, MCB Quantico, MCAS Miramar, MCAS Cherry Point and MCAGCC Twentynine Palms.

For further information on the program contact your participating MCCS club or snack bar manager. ■

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# Beat the bug: how to keep your child healthy during flu season



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**Keep your child healthy:** Be sure to watch for symptoms of the flu (fever, headache, sore throat) in order to stop it before it starts.

## Uniformed Services University

If you are a military mom, grandparent or caregiver, here are some important things you should know about the flu and caring for children during the season.

### What to watch for about the flu

The flu is a contagious respiratory infection caused by influenza virus. It can range from mild to severe illness. In some instances, it can result in death.

How is the flu different from a common cold? Unlike colds, one rarely gets headaches or experiences extreme fatigue — all signs of the flu.

### When and how does the flu season start?

Flu season takes place from October through November. The flu is spread through coughing, sneezing, and touching. You can get it from the cough or

remind children about good health habits that can last a lifetime.

If your child exhibits any of these symptoms, call your doctor immediately:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and worse cough
- Fever with a rash

Avoid close contact with people who are sick, and don't expose others to you or your family if sick.

Wash your hands often with soap and water or alcohol-based hand wipes to protect from germs.

Avoid touching your eyes, nose, or mouth. Germs often spread when you touch something with germs and then touch your eyes, nose, or mouth.

### What should I do if my child gets the flu?

At the first sign of the flu, keep your child at home. Sending a sick child to school puts others at risk: children, teachers and your own child.

Do not give your child or adolescent aspirin with the flu or a fever. Aspirin can cause Reyes Syndrome, a serious condition that affects the nerves.

Call your doctor or the Camp Lejeune Naval Hospital (450-4300) for advice on medications, even over the counter medications as complications can arise in children with other health problems, even healthy children.

Stay home from work with a sick child or provide child-care at home. Do not leave your child alone.

Make sure your child gets

plenty of rest and drinks lots of liquids.

Be familiar with your school district's rules on returning a child to school after the flu.

### Take care of yourself

Many military parents are coping with other issues: lengthened deployments, extended time as an only parent, being the parent of a spouse that might be suffering injury or trauma, or living off base with one's family, just to name a few. These issues are stressful and add to fatigue when illness strikes.

If you or your children get sick, seek help from your medical provider. Ask friends or family to run to the market or drugstore. Better yet, be prepared! Stock up on canned soups, fruit juices, freeze breads

and meats so that in the event of illness there will be healthy food in your home.

### Make a health kit for school

You may want to assemble the following items to put in your child's backpack or lunchbox to reinforce good health habits, especially during flu season. Make sure your child's school permits such items taken into the classroom. In a large plastic zipper bag (freezer bag), put:

- Tissues. Puffs To Go, Kleenex or a drugstore brand all come in small sizes. Many have colorful, fun designs that boys and girls will like and enjoy using.

- Antibacterial moist towelettes. Wet Ones, NiceN Clean and store brands also come in small sizes that can be opened and resealed.

- Small plastic bottles of sanitizing gel (such as Purell). Children can rub this on their hands; it dissolves, cleans and requires no tissue or towels.

- A smaller plastic zipper bag inserted into the larger bag. Children can put their used tissues into this and prevent germs being spread by tissues that thrown into open wastebaskets.

These items can be found in most drugstores in the travel, paper or cold aisles. When you make this kit with your child and explain what each item is for, you've made flu season a teachable moment.

*Courage to Care is a health promotion campaign of Uniformed Services University. Its purpose is to provide quality health information reflecting the university's excellence in military medicine.*

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his Week

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off March 17 with  
Marathon at MC  
erry Point. Turn to  
nd out more.

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the 2006 Woman  
Year Award. Reac  
etails on page 1

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whether you're a Ma  
itary spouse or  
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for the story.

News  
Watch

N1324  
Warriors  
Aron C. Blum, 22,  
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Blum was assigned to  
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secretary of the Navy  
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reduced acquisition  
cycle costs.

Index

Electric Sports  
ain Site  
classifieds  
Corporate Living  
Movies  
2D