

Find out everything you need to know to be prepared during Hurricane season | 6A

THE GLOBE

Sergeant Major of the Marine Corps set to speak at Camp Lejeune | 3A



June 9, 2005 / Vol. 67 No. 22

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Marine died this past... support of... Iraqi Freedom... Antonio... of Santa... was assigned... Expeditionary...

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Marine Corps' MV... more than... through a... operational... that will assist... aircraft's... fully qualify for... VMX... Marines' experi... rotor... conducting the... has complet... than a month of... combat mis... California and... and has... to its North... base for a... of operations at... 2nd Lt... Carey, a... public affairs offi... squadron's... craft flew more... hours during... trials, which... the demand... maintain and desert... in which... helicopters are... in Afghanistan...

AW'S CAPTURED

government... Monday it... nearly 900 sus... militants and set... than 800 check... a two-week... appears to... somewhat blunted... the capital. The... 11... released... Operation Lightning... on May 22 in... Iraq, included... 87 arrests and... establishment around... of 608 mobile... permanent... Also, 38... stores were raid... operation is the... Iraqi-led offensive... Saddam Hussein's... years ago... began, authori... olled only eight... ad's 23... Now all are... government con...

2d Marine Division discovers underground insurgent lair

SGT. STEPHEN D'ALESSIO
2d Marine Division

CAMP BLUE DIAMOND, ARAMADI, Iraq — The 2d Marine Division, backed by Iraqi Security Forces, uncovered what is possibly the largest series of insurgent weapons caches found this year in the Al Anbar Province.

The biggest site was found near Karmah, a small city north of Fallujah. The 558- by 902-foot site, one of the biggest found since the beginning of operations, was discovered in an abandoned rock quarry which housed a series of bunkers insurgents used as an underground lair.

"The discoveries are part of ongoing counter-insurgency operations in the area," said Lt. Col. Andrew D. Bianca, 2d Marine Division operations officer.

"We are finding these series of caches through aggressive Marine and Iraqi Security Force patrolling and tips from local citizens," said Bianca. "The information often comes through our Tip Line, which received 30 to 40 calls in March and April. But last month, we tal-



While conducting cache sweeps, Marines from 1st Platoon, Company B, 2d Assault Amphibian Battalion, and soldiers from Company C, Engineer Battalion, 224, unearth several large caches. One cache was located in a bunker system accessed through a tunnel entrance in this building. The Marines and soldiers attached to 2d Marine Division, conducts counter-insurgency operations with Iraqi Security Forces to isolate and neutralize Anti-Iraqi Forces.

lied up to 120 actionable tips that revealed the locations of [improvised explosive devices] and caches."

"Finding caches this large significantly decreases the threat of IEDs,"

said Bianca. "The roadside bombs, detonated by remote devices, are hidden in plastic bottles, under cardboard and even cemented into the roadways."

Within the various rooms making up

the facility, ISF and coalition forces discovered four fully furnished living spaces, a kitchen with fresh food, two shower facilities and a working air conditioner. Other bunkers were filled with weapons and ammunition thought to be used by the Arab-Sunni resistance using the vast stretch of desert land that stretches west to the Syrian border as a safe haven.

"What appears to be a supply warehouse, as well as the other caches, were found in a five-mile stretch of open desert," said Bianca. "The Marines and Iraqis were patrolling near the city of Karmah when they came across a lone building. During the search, they moved a freezer chest and found the entrance to underground rooms at one site."

In one portion of the lair, coalition and ISF coalition forces found numerous types of machineguns and ordnance to include mortars, rockets and artillery rounds. They also found black uniforms, ski masks, night vision goggles and charged cell phones.

The fresh food and charged phones

See LAIR | 9A

Camp Lejeune water quality better than ever

PFC. DREW W. BARKER
Marine Corps Base

Each day Camp Lejeune produces an average of seven million gallons of drinking water, which is pumped from the Castle Hayne Aquifer through 77 deep-water wells to one of five water treatment plants before being sent directly to base residents' houses.

"In order to ensure that Camp Lejeune's water is of the highest quality, we've developed a plan to dictate what actions will be taken in order to maintain purity and an adequate supply of drinking water," said Brynn Ashton, head of environmental quality branch with Environmental Management Division, Marine Corps Base.

The Wellhead Protection Plan is the main tool base planners use to ensure the drinking water supply is safe and clean. The purpose of the plan is to designate specific procedures and policies to protect both individual wells and drinking water sources. These protection measures assure Camp Lejeune will provide an adequate and safe supply of drinking water at all times, according to Ashton.

Actions detailed in this plan include restricting land use near well fields, frequent sampling of wells for highly mobile contaminants, locating well fields in undeveloped areas, and constructing wells in a manner that minimizes the potential for contamination from surface sources, according to the Environmental Management Division's Web site at www.lejeune.usmc.mil/emd.

"Our real goal is to ensure that no contamination is found in the water even before it is sent to the treatment facilities," said

See WATER | 9A

Senior enlisted warriors collaborate at symposium

CPL. EDWARD L. MENNENGA
II Marine Expeditionary Force

Individual augments, issuing of the Combat Action Ribbon and women in combat are all issues II Marine Expeditionary Force enlisted leaders tackled at the first II MEF Sergeants Major Master Gunnery Sergeants Symposium June 1 - 3.

Sergeants major and master gunnery sergeants from all over II MEF gathered at Marston Pavilion to combine their centuries' worth of knowledge to discuss issues affecting the Marine Corps.

"We have a vast amount of experience in the master gunnery sergeant and sergeant major community," said Sgt. Maj. Robert Colon, II MEF sergeant major. "In my opinion no one is tapping into that. No one is soliciting information from the senior enlisted leadership for issues, whether it's II MEF specific or Marine Corps specific. We're not getting them together and committing them to interact and discuss issues

that are pertinent to the Corps."

The symposium began with opening remarks from Lt. Gen. James Amos, commanding general, II MEF. The first day of the symposium involved operational briefs. Marines broke into groups the second day where they discussed different issues throughout the Corps and prepared a presentation for the third day.

The 15th Sergeant Major of the Marine Corps, Sgt. Maj. John Estrada, also paid a visit to the symposium.

"This is the first time I have seen a MEF-wide symposium like this, and what a great idea. I don't know why we haven't been doing this before," said Estrada. "[With] all the experience and knowledge that's in this room, I think it's foolish of us not to tap into that and listen to what these Marines have to say."

Estrada spoke about some issues that were brought up at the noncommissioned officer symposium, answered a few questions and wrote down more ideas generated by the group.

"The good thing that comes

out of this is all this collective experience in here. They're going to make recommendations up, that's going to come on up to the commandant of the Marine Corps," said Estrada.

Other topics covered at the symposium were women in combat, injured support programs, Corporal's Course, training and the issuing of gets new equipment.

"Because we've brought all of the E-9s together, we're getting a wide variety of topics that just don't touch a specific [military occupational specialty], it affects all of us," said Master Gunnery Sgt. Kevin Meadows, II MEF communications chief.

Colon was pleased with the recommendations the symposium came up with. "I think there was a little apprehension at first, but once we got started with the communications level, the interaction has been extremely professional. The senior enlisted leadership in II MEF is alive and well and has a lot of good ideas and thoughts

See SYMPOSIUM | 9A

26th Marine Expeditionary Unit hones urban skills in the sand

SGT. ROMAN YUREK
26th Marine Expeditionary Unit

UDAIRI, Kuwait — Marines from Battalion Landing Team, 2d Bn., 8th Marine Regiment, 26th Marine Expeditionary Unit (Special Operations Capable), conducted urban warfare live-fire training recently at the Military Operations in Urban Terrain facility at Udairi Range, Kuwait.

The Marines went through the three-phase course to sharpen their urban warfare tactics and receive up-to-date training on the ever-changing scenarios troops are facing in the Global War on Terrorism.

The platoon commander for 2d Platoon, Company E, BLT 2/8, 1st Lt. Joshua Rosales, told his Marines to remain flexible with the changes because the procedures for urban warfare were not written by someone behind a desk, but "by the blood of those who have gone out and

done this in combat," he said.

After drawing ammunition, the Marines began by going through a simple scenario and built up to the final more complex stage. All the stages relied on the effectiveness of small unit leadership from the fire team and squad leaders.

During the first stage, Marines refined their detailed procedures for room searching like checking corners as they entered a room. Each Marine was given two targets to take down in the room with two shots to the chest and one to the head.

Upon completion, they moved as a fire team to the second stage that consisted of clearing two buildings with multiple rooms and obstructed views.

The final stage again brought small unit leadership to the forefront of the exercise. Here an entire squad had to clear three buildings including one that was two stories.

For the final stage, many of

the squads set up suppressive fire on a nearby hill looking over all three buildings. The M-249 squad automatic weapons fired "talking guns," which is where two guns alternate firing short bursts on the target from separate locations.

As the SAWs fired, a fire team would move up. Once they ceased firing, the two teams would clear the first building. Before moving on, one team remained on security as the first team moved to clear the second building.

"As soon as that's clear, we're going to pick up all our forces and move into the two story building and clear it, objective clear," said Cpl. Christopher Roberts, a fire team leader with 2d Platoon, just before his squad cleared the three buildings.

The squads conducted the final part of the course during

See SKILLS | 9A



Marines from 1st Squad, 2d Platoon, Company G, conduct room clearing training in Kuwait. Marines from Company G, Battalion Landing Team, 2d Bn, 8th Marines, 26th Marine Expeditionary Unit (Special Operations Capable) conducted live fire exercises at Udairi Range, Camp Buehring, Kuwait.

WEATHER

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| Friday | Saturday | Sunday |
| HI 62 F° | HI 84 F° | HI 84 F° |
| LOW 65 F° | LOW 66 F° | LOW 87 F° |

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Man on the street

"What advice do you have for Marines considering marriage?"



"Make sure you really know the person you are marrying."

Lance Cpl. Ashley Teter
Marine Corps Combat Engineer School,
Marine Corps Base

"Married life is a lot easier and more convenient. You always have someone to talk to and share your problems with."



Cpl. Benjamin Coughlin
MAGTF Distribution Co., Supply Bn.,
2d FSSG



"Don't do it for the extra money; it's not worth all of the complications of marriage."

Cpl. Sabrina Rodríguez
Food Service Co.,
Headquarters and Support Bn.,
2d FSSG

"Make sure you really know their personalities and understand that what you're getting into is very serious."



Cpl. Janeen Dixon
Food Service Co.,
Headquarters and Support Bn.,
2d FSSG



"Make sure you have the right partner that you are going to want to be with for the rest of your life not just at that moment."

Sgt. Cory Rathbun
2d Provisional Security Co.,
II MEF

Wristband mania goes to far

Guest Commentary
CPL. MICAH SNEAD

MARINE CORPS AIR STATION BEAUFORT, S.C. — There comes a time in every person's life where they finally begin to feel old, outdated or passed over by the unrelenting tide of American pop culture. It doesn't have to be a bad thing. In fact, for some people it can happen at the age of 12 and for others maybe never.

At 23, I've finally hit my pop culture saturation point. The straw that broke this camel's back? Wristbands, and not just medical wristbands or 21-and-over ID bands or even sport sweatbands. No, this new scourge is a solid silicone wristband which typically has some ground-shaking message or social cause written on it. And if you know what I'm talking about already, the image in your mind is of a yellow one.

Like all truly evil inventions (think nuclear weapons and Jennifer Lopez's movie career), these wristbands began with good intentions. Nike wanted to reward one of their newest stars, Lance Armstrong, with a fundraiser in honor of his victory over cancer and millions of angry Frenchmen at the Tour de France bicycling event. People inspired by Armstrong's story who wanted to pitch in to the fight against cancer could drop a buck and pick up a yellow LiveStrong wristband. The money goes straight to the Lance Armstrong Foundation, a charity that provides information and support to young cancer survivors and their families. So far, so good, right?

But then this situation took a turn for the worse. Celebrities started wearing them. Actors, musicians and television personalities began proudly displaying the fact that they too had donated an entire dollar to a charity, making them ordinary people just like everybody else. Unfortunately, celebrities aren't normal people because a strong majority of Americans look to them for how to eat, sleep, act and dress. This was the beginning of the end for me.

A wildfire ignited and has raged for the last two years. What began as a fundraiser has become the decade's

hottest fashion statement. Wristbands have sprung up for every type of lifestyle, business and charity.

Now I understand why we associate level of grumpiness with old age. I can see as people get older they become frustrated with emerging lifestyles, trends and thought processes and younger, "open" minds disagree. To me, this should be a non-issue. The charity aspect is fantastic.

If young people want to spend their money on worthy causes, there is no down side. But the trendy fad of having a piece of plastic wrapped around your wrist has gone too far. While surfing the Marine Corps' news archive at www.usmc.mil I found a photograph of a Marine in Iraq wearing a LiveStrong wristband. When did this become a uniform item? He wants to donate money to a charity or support a cause? Awesome. But a wristband is a wristband and wearing it as a sign of anything while in uniform is unacceptable. What if I bought a hemp necklace to support a charitable cause? How long would that go unnoticed in uniform?

Apparently, anyone can find one of these wristbands to promote their opinion. There are poverty-awareness bands, thug-wannabe bands and even pro-military themed bands made of some odd-looking camouflage-esque color.

There's even a wristband for me that says "I Hate Wristbands". Loyal readers who want to support my anti-wristband campaign can just send their money to me and skip buying that. Scam artists have jumped all over the fad, selling supposed charity bands and pocketing the profits, so if you must decorate your wrist with a new age bumper sticker, at least make sure it's legit.

In the end, I'll have to admit defeat, because this trend doesn't look like it's fading anytime soon. Just remember, there are plenty of good causes out there to donate your money to, but fashion fads should not be one of them. If you want to be an individual, find something on your own, not something mass-produced in a silicone factory. And if you're a diehard wristband fan in the military, don't let your sergeant major catch you with one in uniform. You can probably expect more than a slap on the wrist.

Finding the right love

Guest Commentary
LANCE CPL. DORIAN GARDNER

MARINE CORPS RECRUIT DEPOT, San Diego — That one woman whom I can't get off my mind - the one for whom I would do anything - was the topic of discussion recently.

I have never spent longer than four days in her company, but when I am with her, time slows down.

Tuesday was the first time I actually saw myself and her living together, but thoughts of a perfect life in the perfect house on the perfect street quickly vanished while I was listening to the battalion commander speak passionately on the topic of young Marines getting engaged or married.

Headquarters and Service Battalion leaders recently had a class for young Marines who were either married, engaged or thinking about tying the knot.

This is not a love story, just a true confession.

It's been more than three months, and this is the first time I have had a relationship last this long. I feel as passionate about her as I did the first day we kissed.

Before I met Ms. Right, I imagined making a few more ex-girlfriends and getting on with my life. Apparently, things change. Falling in love at 19 was not something I planned.

Meeting Ms. Right changed everything. Plans for Marine Security Guard duty went out the window because I knew that asking someone I just met to wait three years until I came back would be a little much for

the both of us.

After my short time with her, I feel like I am ready to make that commitment. But am I ready?

Hearing the chaplain, the sergeant major and the commanding officer talk about marriage just made me think, "I can handle it. I love this girl more than anything. Marriage is the only thing that sounds right."

Listening to other Marines - married lance corporals - talk about their marriages made me think twice.

"It is one of the biggest commitments you will make in your life," said Lance Cpl. Luis M. Dagdag. "When you take on a marriage, you take on your spouse's life."

I never had a second thought that this was the girl I wanted to marry, but my biggest question was the timing. Was it right? I live in San Diego and she lives in Los Angeles. I am in the Marine Corps and she is in college.

Our long-distance relationship is just a three-hour drive for me. No trouble at all. Sitting in traffic on Interstate 5 for five hours on a Friday - I could do that. It was everything else that was worrying me. The life we might have after moving in together.

Moving, traveling and a constant change in the environment is a life that awaits a Marine and his spouse.

More questions: Is she ready for that? Would she make that commitment for me? To me?

Problems like this wouldn't really help after the "I do's."

"Down the road after you are married is not the time to think about the possibilities," said Cmdr. Randal B. Craft, battalion chaplain. "Once you are engaged, you are on that road to marriage. You can turn back, but ultimately you are on that road."

A commitment like that change my life, not only as a soldier but also as a man.

As spouses shared stories overcoming their obstacles, sure. But a bad feeling can pictured those matrimonial the arguing, the unceasing silence, the cold shoulders.

What spooked me were quarrels and disagreements stemmed from, say, not washing the right way or no cap on the toothpick. Spouses shared all sorts of in our little meeting.

I have never fought with her. We have never fought with but one day it will come.

Not knowing her habits, knowing mine, makes it about moving in together, urges speak otherwise.

After settling all the strength of our relationship us what will come.

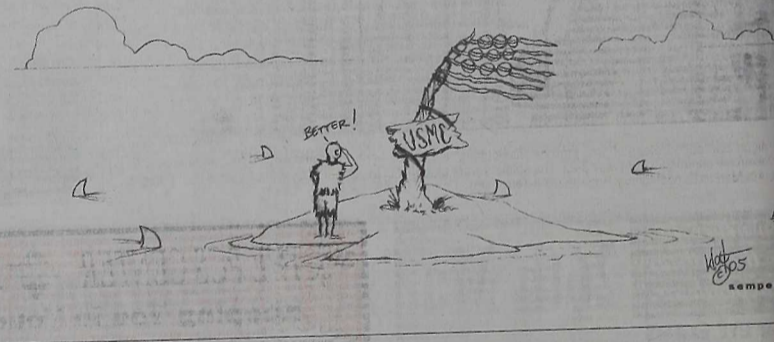
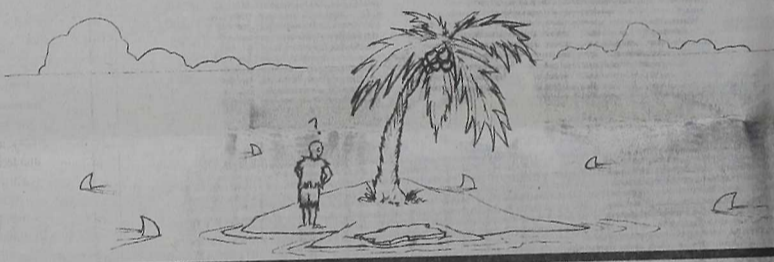
My battalion commander R. Smythe, said "You have that spirit, that oneness, to that level ... Take your time the right decisions. The will change as you do."

I believe it. After car bills, insurance bills, food and the cost of living in San Diego, disposable income come easy. Living off base as a corporal in San Diego is not simple, and living off base is not easy.

Well, she is not going and I'm dug in at the depot the rush? Though marriage the next step, I look forward time with Ms. Right.

Sempertoons

by Staff Sgt. Wolf



If there is something you would like to see changed or added in THE GLOBE, e-mail Cpl. Elsa Portillo at elsa.portillo@usmc.mil

Real Warriors read THE GLOBE

THE GLOBE

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CHRISTOPHER J. ZAH...
Marine Expeditionary Brigade
(Anti-Terrorism)
CAMP CRABBS, Antiguan...
the soldier from th...
American Republic st...
in front of him. I...
not what lies behi...
only that he mu...
to complete his...
He feels a squeeze...
shoulder and knows he...
going alone, because...
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him. The soldier...
the door a...
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They exchange sho...
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neutralized.
The soldiers put th...
on safe and lo...
at the Mari...
followed them into...
The instructor, S...
Thomas M. Blackmon, tra...
noncommissioned offic...
Marine Expedition...
Anti-Terrorism...
down the soldier...
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what they did right...
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Lejeune | Deployed

Marines spearhead Tradewinds 2005 training

BY CHRISTOPHER J. ZAHN
Marine Expeditionary Brigade
(Anti-Terrorism)

CAJUP CRABBS, Antigua
The soldier from the
Republic stares at
in front of him. He
not what lies behind
only that he must
to complete his mis-
sion. He feels a squeeze
der and knows he is
alone, because his
are stacked up
him. The soldiers
own the door and
room scanning for
they exchange shouts
which rooms are
locations of threats
with those threats have
realized.

The soldiers put their
on safe and look
at the Marine
followed them into the
the instructor, Sgt.
M. Blackmon, train-
ing officer, and
Mine Expeditionary
(Anti-Terrorism),
down the soldiers'
step-by-step, telling
what they did right and
what they did wrong.
The soldiers listen
knowing the lessons
learned will help prevent mis-
conduct in combat.
The instructor and four other
from the 4th MEB
are the instructors for
all types of training
conducted as part of

Tradewinds 2005 from May
3-22.

Tradewinds is an annual
U.S. Southern Command
exercise conducted in the
Caribbean Islands for more
than 20 years. The mission
this year was to teach soldiers
from 16 Caribbean nations
enhanced marksmanship,
security operations and
crowd control. Once the exer-
cise concluded, the students
were expected to take that
knowledge back to their
respective countries and train
their soldiers in the same
techniques.

Blackmon, along with
Gunnery Sgt. Marcelino Del
Valle, staff NCO, 4th MEB
(AT) training unit, and Sgt.
Colin K. Lasch, training
NCO, 4th MEB (AT),
instructed students for the
Enhanced Marksmanship
Program. The EMP portion
concentrates on short-range
marksmanship in confined
spaces, such as caves and city
streets. However, said Lasch,
the Tradewinds attendees are
a small part of the bigger pic-
ture.

The 4th MEB (AT)
Marines teamed with Royal
Netherlands Marine Sgts.
Fokko A. Alferink and Joost
De Ruiter during the exer-
cise, bringing a combined 41
years of experience to the
table.

"I think that it is an honor
and a privilege to be working

with them," said Del Valle.
"They are no-holds barred,
topnotch, very professional
men. They have a lot of expe-
rience under their belt and
know exactly what they are
doing at all times."

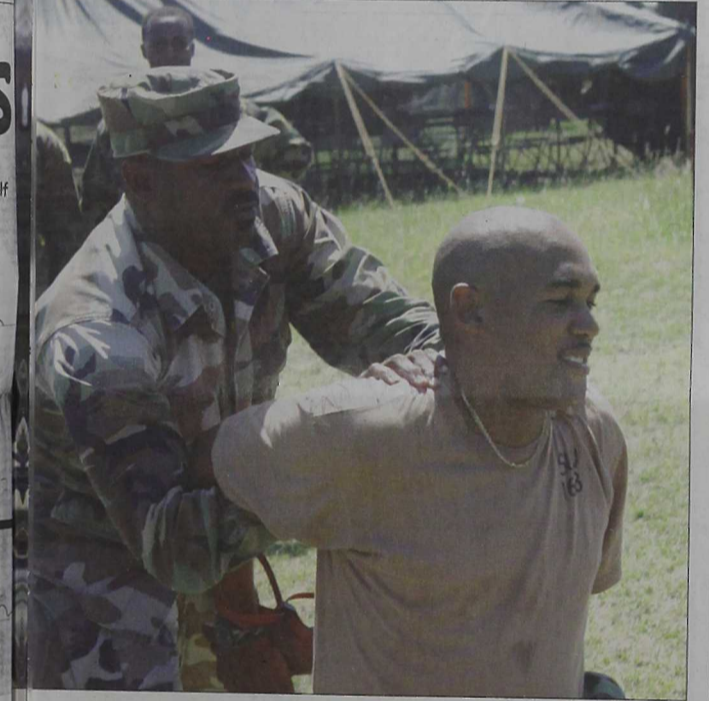
Gunnery Sgt. T.J.
Fountain, anti-terrorism force
protection chief, 4th MEB
(AT) and Cpl. Jade B. Kleese,
non-commissioned officer in
charge, ATFP, 4th MEB (AT),
were the instructors for the
Security Operations course.
Security Operations taught
the students techniques for
searching and arresting sub-
jects, setting up entry control
points and emergency attack
procedures.

A delegation of British
Royal Marines taught the
Crowd Control course, in
which students were taught
techniques for dealing with a
riot, including deploying a
shield wall, baton techniques
for dealing with rioters and
employing a shotgun with
beanbag rounds.

The mission of Tradewinds
2005 was to train the trainers. For
Tradewinds 2006, those same sol-
diers will come back with the sol-
diers they have taught and will
demonstrate what they have
learned. They will be required to
take their students through the
same courses and prove that they
not only learned what was taught
to them, but that they passed the
information on to their fellow
soldiers.



Marines from the 4th Marine Expeditionary Brigade (Anti-Terrorism) look on as soldiers from various Caribbean countries practice room entry and clearing tactics May 3-22. The soldiers were students in the Enhanced Marksmanship Program being taught at Tradewinds 2005, an annual U.S. Southern Command exercise conducted in the Caribbean.



Antigua Barbados Defense Force practice "flex-cuffing" a suspect as part of Tradewinds 2005, an annual U.S. Southern Command exercise conducted from May 3-22. The soldiers were students in the Security Operations class being taught at Tradewinds 2005, an annual U.S. Southern Command exercise conducted in the Caribbean.

Keeping military families
Connected

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sergeant major of the Marine Corps
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Around the Corps

Marines train to escape from downed bird

LANCE CPL. WILL LATHROP
Marine Corps Base Camp Butler

CAMP HANSEN, OKINAWA, Japan — This is the scenario. A helicopter carrying Marines over the Pacific Ocean malfunctions and the pilot is forced to set it down in the water. Instead of panicking and floundering about helplessly inside, the Marines should rapidly escape using the emergency exits and swim to the surface.

These prior training took over, and these Marines were able to safely and rapidly escape the sinking fastback due to the intense "helo dunker" training they received at the Camp Hansen training pool.

Ten Marines and one sailor assigned to elements of Battalion Landing Team, 2d Battalion, 4th Marine Regiment, 31st Marine Expeditionary Unit spent May 17-18 learning how to egress from a sinking helicopter under the supervision of professional instructors from Survival Systems USA.

The students spent both mornings in the classroom discussing evacuation procedures for the Marine Corps

two main troop-carrying helicopters, the CH-46 Sea Knight and the CH-53 Super Stallion. They spent the afternoons practicing these skills in the pool during simulated helicopter crashes.

David Stott and Lee Warren, both former reconnaissance Marines who have been with Survival Systems USA since its inception three years ago, led the classes.

"The main points we stress throughout the training is a good, tight brace position and being able to breathe off of the intermediate passenger helicopter aircrew breathing device confidently," said Warren, a Houston native.

The brace position taught during the course is meant to reduce a passenger's profile to flying debris during a crash and to stabilize the passenger upon impact. The IPHABD, pronounced Hah-dee, is a small oxygen tank with a breathing regulator that provides an emergency oxygen source.

During the first day of application in the pool, students underwent simulated crashes in the shallow-water egress trainer chair, which simulates how the top-heavy design of helicopters causes them to roll over in the water.

Each of the students was strapped into the egress chair and turned over, placing them underwater and upside down. After all violent motion ceased, the trainers unbuckled and quickly pulled themselves from the submerged cage.

After practicing in the egress chair, the students practiced breathing underwater with the IPHABD.

The final event for the day was a ride in the modular aircraft egress trainer, a helicopter simulator that drops into the pool and rotates, simultaneously suspending multiple occupants upside down underwater. They rehearsed jettisoning the emergency exits, pulling themselves out of the MAET and swimming to the surface.

"When that bird goes under water, approximately 17.1 tons of water are going to rush in," Stott said. "And if you're not strapped in properly, you're going to be like a cat in a washing machine."

The second day of training focused on survival techniques that should be used after the evacuation in order to keep the survivors together.

Goggles with black lenses

were also worn to add the element of blindness, simulating a night egress. Eight participants at a time went into the MAET, with two instructors and two safety divers, and practiced egressing while wearing flak jackets, IPHABDs, self-inflating life-preserving units, Kevlar helmets and rifles.

"Clear the exit and get the

beck out of the way," Stott told his class. "If you're taking your time pulling yourself out of the aircraft, you're not only putting yourself in danger, you're also putting your fellow Marines' lives in danger."

To finish off the water portion of the training, the class practiced bailing out of the MAET before it submerged

into the dunk tank as an evacuation from a water that has limited capabilities.

Upon completion of training, the Marines issued certification, however, Warren said the real measure will be their survival event of a real-life crash into the water.



Corporal Brad Berryman conducts briefing exercises at the Survival Systems' Modular Egress Training Simulator at Camp Hansen, Okinawa, Japan, May 18. Berryman is a radio technician with Headquarters and Service Company 2d Battalion, 4th Marine Regiment, the battalion landing team for the 31st Marine Expeditionary Unit.

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Health | Safety

Decision to ride, accepting the risk

NAVA SAFETY CENTER
Special to The Globe

This is part two of a
series. Part one was published
in the issue of The Globe.

RISK: MOTORCYCLE PREPA-

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se of tire failure.

RISK: KNOWING THE LIMITS

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yc trainers often comment

that questioning a motorcycle rider's
skill is embarrassingly confrontational.
Yet, one of the most important parts of
understanding risk management is
knowing the limits of the rider.

Though some natural coordination is
required, most of a rider's skill comes
through knowledge and experience.
Knowledge can be gained through for-
mal training - learning riding risks in the
classroom and physical skills in guided
on-cycle practice supervised by a pro-
fessional instructor. Knowledge through
training can make the experience we
gain through riding less painful and
expensive.

But even the most experienced
rider's skill level varies. There are the
physical limitations of age, sight, hear-
ing and coordination. There also can be
physical impairments due to alcohol and
other drugs.

Limits vary. Limits are not the same
at the end of a long day or at the start of
a new riding season. Limits can vary
with a new or unfamiliar motorcycle.

MANAGING RISK: KNOWING THE LAW
AND LIMITS OF THE ENVIRONMENT

The environment provides limits.
Things like weather, temperature and
light can affect the level of risk. Riders
are also responsible for knowing specifi-

ic licensing, vehicle equipment and mili-
tary requirements.

MANAGING RISK: KNOWING THE LIMITS
OF THE MOTORCYCLE

Riders on new or unfamiliar motor-
cycles are over-represented in accidents.
Through design and purpose, motorcy-
cles have different handling characteris-
tics, size and control operation.
Cornering clearance is not the same - a
sport bike has different handling charac-
teristics than a cruiser. Because of lim-
ited engine displacement, some motorcy-
cles may not be legal on interstates or
freeways.

In addition to being careful when rid-
ing a new or unfamiliar motorcycle, it is
probably best not to loan your motorcy-
cle to a friend. Because of the frequen-
cy and severity of accidents, some mili-
tary installations specifically prohibit
anyone other than the registered owner
from operating a motorcycle.

MANAGING RISK: RIDING STRATEGIES

Riding a motorcycle is mostly men-
tal. Strategies define the way our minds
deal with the hazards in the riding envi-
ronment. One of the most important
strategies is to see and be seen.

Equally important is the ability to
react to what we see. Strategies can help

you anticipate and avoid problems
before they occur. Riding strategies are
the most effective way of recognizing
and lowering risk.

MANAGING RISK: IN SUMMARY

Motorcycling is an activity with a
high level of risk. Once recognized, the
first step in lowering risk is to prepare
our minds, our body and our motorcy-
cle.

The second step in risk management
is knowing limits of the rider, motorcy-
cle, environment and law. We come to
understand the changing nature of these
limits and their impact on the risk we
accept.

Finally, our attitude provides the
basis for using this knowledge effec-
tively. We understand the risk, know the
limits and ride within these limits using
our mental strategies. Sometimes this
means deciding not to ride.

RIDER RESPONSIBILITY: WHO IS
RESPONSIBLE?

A typical traffic scenario: A rider is
on a two-lane roadway. A car turns left
in front of the rider. The rider over-
brakes on the rear brake, uses no front
brake and collides with the car. Who is
responsible?

Regardless of who was responsible,

who had the most to lose?

MAKING THE DECISION: EVALUATE
YOURSELF BASED ON HOW YOU WOULD
ANSWER EACH OF THESE QUESTIONS.

Riding a motorcycle requires a
higher level of acquired physical and
mental skills. Research tells us, "more
than half of all motorcycle accidents
involve riders with less than five
months experience. More than 90% of
the riders involved in accidents are self-
taught." Am I willing to accept the
responsibility to develop the skills?

Studies indicate that in crashes,
motorcycle riders and passengers are
more likely to be seriously injured or
killed than automobile operators or pas-
sengers. Injury can often be avoided by
wearing protective gear. What are the
consequences in increased vulnerability
to my work, family and others?

Many motorcycle crashes are sin-
gle-vehicle accidents. Crashes with
other vehicles also occur because either
or both drivers make errors in judgment.
Injury can often be avoided by knowing
when and how to swerve and brake.
Why is a motorcyclist's judgment
potentially more critical than a car driv-
er's?

See RIDE | 9A

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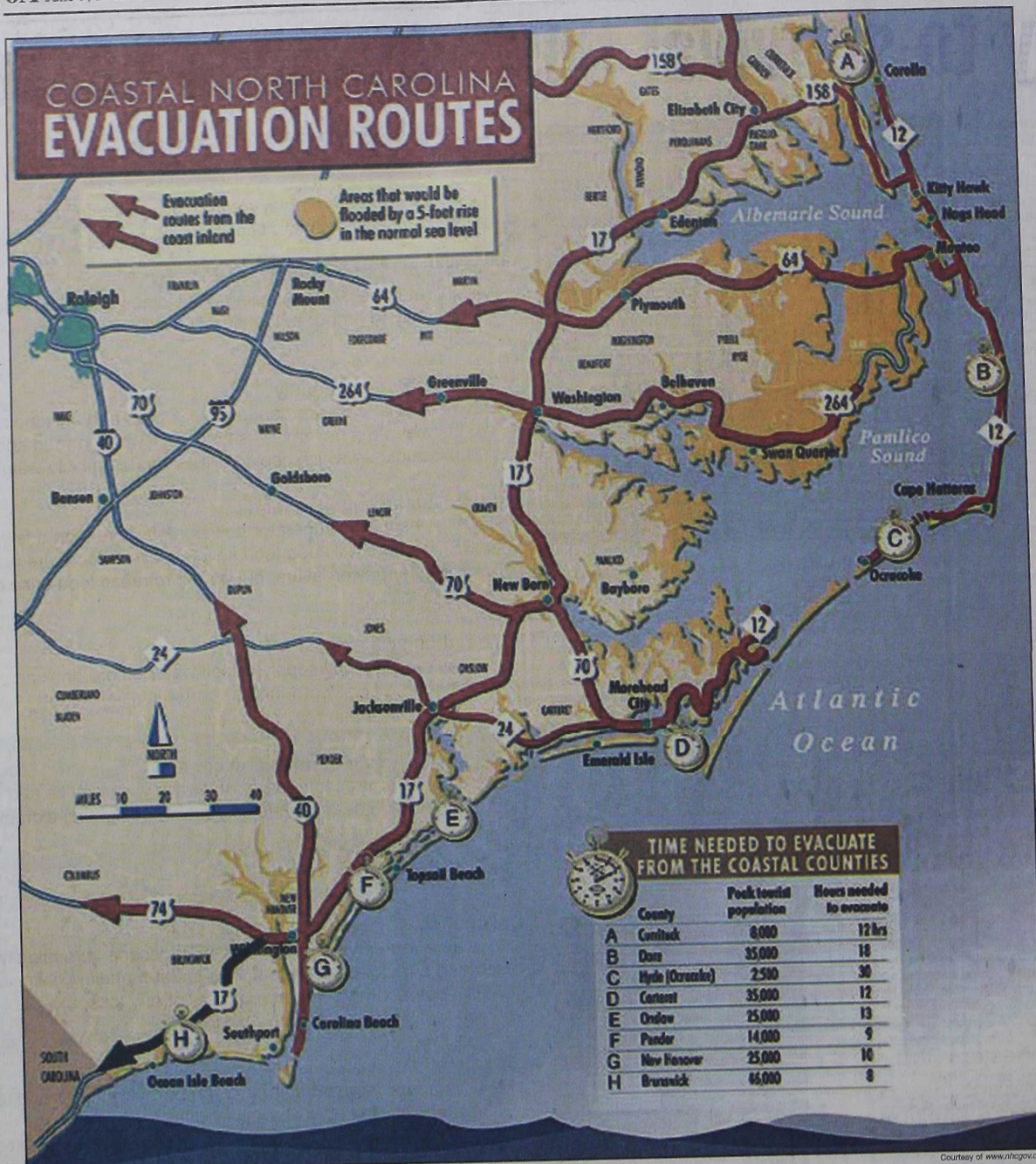
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Prep is ke

PFC. DREW W. B
Marine Corps B

"The National Oceanic and Atmospheric Administration prediction for the 2005 hurricane season is for tropical storms, with nine becoming hurricanes, three of which are expected to become major hurricanes." retired Navy Vice Admiral C. Lautenbacher, Ph.D., secretary of communications and atmospheric operations for the NOAA administrator's conference May 16 in Biloxi, Miss. "Forecasters predict that this will be a very active hurricane season." Individuals living in coastal areas need to follow evacuation procedures before, during, and after the event of a hurricane. The 2005 hurricane season began June 1 and ends on Nov. 30. Base tenants should have a course of action for themselves and their families in place before the threat of a hurricane is present, according to Capt. Mark Evans, public affairs officer for the 2nd Marine Expeditionary Force, Camp Lejeune, N.C. "Marines need to be prepared for an emergency evacuation plan of where to go, what to do, and what to expect."

Onslow prepares for a

WENDY A
THE GLOBE MA

In preparation for the 2005 hurricane season, Onslow County began its annual business training. The county's disaster response team is comprised of employees who are trained in disaster response. According to the county and Atmospheric Administration, residents could face a major evacuation during what forecasters predict to be a very active hurricane season. NOAA's prediction is for a 60 percent chance of an above-normal season and only a 10 percent chance of a below-normal season. The hurricane season is expected to last from June 1 to November 30, with the most activity occurring between August and October. Onslow County's disaster response team is comprised of employees who are trained in disaster response. According to the county and Atmospheric Administration, residents could face a major evacuation during what forecasters predict to be a very active hurricane season. NOAA's prediction is for a 60 percent chance of an above-normal season and only a 10 percent chance of a below-normal season. The hurricane season is expected to last from June 1 to November 30, with the most activity occurring between August and October.

Hurricane Levels

| Category | Winds | Storm Surge | Effects |
|----------|--------------------|-------------|---|
| 1 | 74 mph to 95 mph | 4 to 5 ft | No real damage to building structures. Damage primarily to unanchored mobile homes, shrubbery and trees. Also, some coastal road flooding and major pier damage. |
| 2 | 96 mph to 110 mph | 6 to 8 ft | Some roofing material, door and window damage to buildings. Considerable damage to vegetation, mobile homes and piers. Coastal and low-lying escape routes flood 2 - 4 hours before arrival of center. Small craft in unprotected anchorages break moorings. |
| 3 | 111 mph to 130 mph | 9 to 12 ft | Some structural damage to small residences and utility buildings with a minor amount of curtain wall failures. Mobile homes are destroyed. Flooding near the coast destroys smaller structures with larger structures damaged by floating debris. Terrain continuously lower than 5 feet above seal level may be flooded inland 8 miles or more. |
| 4 | 131 mph to 155 mph | 13 to 18 ft | More extensive curtain wall failures with some complete roof structure failure on small residences. Major erosion of beach areas. Major damage to lower floors of structures near the shore. Terrain continuously lower than 10 feet about sea level may be flooded and requiring massive evacuation of residential areas inland as far as 6 miles. |
| 5 | Over 155 mph | 19 to 25 ft | Complete roof failure on many residences and industrial buildings. Some complete building failures with small utility buildings blown over or away. Major damage to lower floors of all structures located less than 15 feet above sea level and within 500 yards of the shoreline. Massive evacuation of residential areas on low ground within 5 to 10 miles may be required. |

What an d

your home in an emergency, the things you can do to protect your family and lives depend on your pets are current vaccinations. Pet shelters can help you get your pet vaccinated. For information, contact Jacquie Vandervort, Onslow County Response Team, 327-0140. Melissa Evans, 455-5873. Dino Einsig, 455-0182.



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Prep is key to survival this hurricane season

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should also stay alert with the progress of the weather in their area. Tenants can tune into local radio and television broadcasts, including Lejeune Cable Television Channel 10 for on base reports and updates in the days leading up to a hurricane, according to the brochure.

Preparing for a hurricane and being aware of weather conditions in the area need to be followed with action on Marines' part, according to Evans.

"A lot of Marines don't understand how bad it could be," said Evans. "If you don't take proper precautions and take the right actions during a storm, the results could be disastrous."

During a hurricane, residents of Camp Lejeune need to take shelter and wait out the storm. During the peak of a storm, traveling should not be attempted for any reason short of a life or death emergency, according to the brochure.

"During a storm, you should stay put until the 'all clear' has been given," said Evans. "Try and occupy yourself and those you're with by playing games, reading or watching movies."

Even after the "all clear" has been given, there are a lot of potential dangers that a hurricane can leave after the storm passes, according to Evans.

A hurricane can create flooding, downed power lines, unstable terrain, and a number of

Hurricane Watch
An announcement that hurricane conditions pose a possible threat to a specified coastal area within 36 hours.

Hurricane Warning
A warning that sustained winds of 74 mph or higher are expected in a specified coastal area within 24 hours or less.

Local County websites
www.nhc.gov/hurricane_main.asp
www.co.onslow.nc.us

Base Information Line
451-1717

LCTV-10
<http://158.237.163.43/msw/msw.cgi>

Supply Kit
www.nhc.noaa.gov/HAW2/english/prepare/supplykit.shtml

AFTER THE HURRICANE

If you are evacuated, delay return until recommended or authorized by local authorities.

Beware of outdoor hazards
Watch out for loose or dangling power lines and report them immediately to proper authorities. Many lives are lost by electrocution.

Walk or drive cautiously
Debris-filled streets are dangerous. Snakes and poisonous insects may be a hazard. Washouts may weaken road and bridge structures which could collapse under vehicle weight.

Guard against spoiled food
Food may spoil if refrigerator power is off more than a few hours. Freezers will keep food several days if doors are not opened after power failure, but do not refreeze food once it begins to thaw.

Do not use water until safe
Use your emergency supply or boil water before drinking until you hear an official word that the water is safe. Report broken sewer or water mains to proper authorities.

Take extra precautions to prevent fire
Lowered water pressure in city and town water mains and the interruption of other services may make fire fighting extremely difficult after a hurricane.

Onslow County prepares for above-normal hurricane season

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Preparation Tips

- Written instructions on how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll need a professional to turn them back on.)
- Have cash on you. If the electricity goes out, ATMs and credit cards will be useless.
- Have a full tank of gas. In the days leading up to the storm, keep your vehicles gas tanks full in case service stations become disabled.
- Bring important documents. Prepare ahead of time and keep copies of important documents in waterproof bags.

THE RECOVERY

Insurance
Insurance representatives will be on the scene immediately following a major disaster to speed up the handling claims. Notify your insurance agent or broker of any losses – and leave word where you can be contacted.

Take steps to protect property
Make temporary repairs to protect property from further damage or looting. Use only reputable contractors (sometimes in the chaotic days following a disaster, unscrupulous operators will prey on unsuspecting residents) – check the Better Business Bureau. Keep all receipts for materials used.

It takes a team effort
Responsibility for the clean up falls to numerous local, state and federal agencies. A local disaster coordinator for your area will be on hand to help residents in this effort.

When do to protect your pets in a disaster

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refuges for your pet during a disaster.

If you plan to shelter your pet - work it into your evacuation route planning.

DURING THE DISASTER
Animals brought to a pet shelter are required to have: Proper identification collar and rabies tag, proper identification on all belongings, a carrier or cage, a leash, an ample supply of food, water and food bowls, any necessary medications, specific care instructions and newspapers or trash bags for clean-up.

Bring pets indoors well in advance of a storm - reassure them and remain calm.

Pet shelters will be filled on first come, first served basis. Call ahead and determine availability.

AFTER THE DISASTER
Walk pets on a leash until they become re-oriented to their home -

AREA BOARDING KENNELS

| | |
|---------------------------------|----------|
| Academy Animal Hospital | 353-3131 |
| Animal House | 353-2684 |
| Bar-B's Pampered Pouch | 577-7297 |
| Brigadoon Animal Hospital | 393-6581 |
| Castle Dog Boarding | 326-6738 |
| Coastal Cat Clinic | 938-4515 |
| Four Seasons Pet Care | 347-5298 |
| Ideal Pet Care | 324-1259 |
| Town & Country Pet Center, Inc. | 455-5331 |

EMERGENCY PET SHELTER AT JACKSONVILLE COMMONS

There will be an emergency pet shelter located with the Red Cross shelter at Jacksonville Commons Middle School in the event of a disaster. This is a result of the efforts of the volunteers at the County Animal Response Team

with the cooperation of the Onslow County Board of Education, Animal Control, Cooperative Extension Service, and Emergency Management.

AREA MOTELS WHICH ACCEPT PETS IN EMERGENCIES

| | |
|-----------------------------|----------------|
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| Innkeeper | 938-0800 |
| Jacksonville Comfort Suites | 346-8900 |
| Keene's Motor Lodge | 324-4104 |
| Microtel Inn & Suites | 455-4142 |
| Sunset Inn | 347-3311 |
| Super 8 Motel | 455-6888 |
| Triangle Motor Inn | 455-4923 |
| Travelers Inn | 347-1948 |
| Cape Carteret Parkerton Inn | (252) 393-9000 |
| Pollocksville Trent Motel | (252) 224-6311 |

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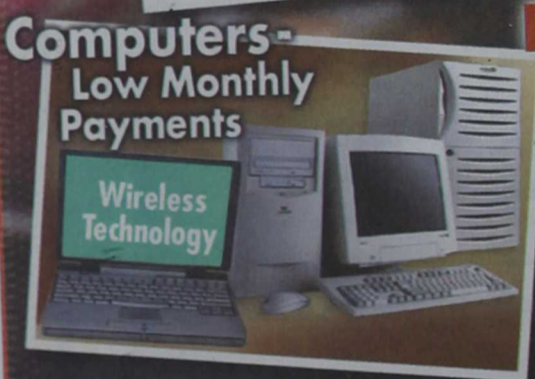
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WATER
CONTINUED FROM 1A

limit the amount of certain contaminants in finished drinking water provided by public water systems, according to the official EPA Web site at www.epa.gov.

Camp Lejeune uses the treatment process and the sampling of finished and raw water supplies to detect and preclude contaminants from the drinking water system.

"In all testing cases, we try to exceed standards set by EPA, state and federal regulations," said Ashton.

The drinking water at Camp Lejeune is routinely tested for more than 80 different U.S. EPA regulated chemical and microbiological contaminants on a basis that meets or exceeds all Safe Drinking Water Act sampling

requirements. In addition, the base regularly tests for a number of contaminants that are not regulated, according to Ashton.

"The best way to ensure that drinking water is safe and clean is to prevent pollutants from ever entering the aquifer," said Ashton. "Because even small amounts of pollutants can contaminate millions of gallons of water, prevention is always the best policy. Therefore, the base implements many precautionary measures to minimize the risk of contaminating this valuable resource."

Camp Lejeune's Underground Storage Tank program provides several examples of the efforts made to restore and protect the quality of water here.

During the past decade, more than 500 regulated USTs and more than 2,500 non-regulated USTs have been

removed from the base. The base has minimized the use of USTs and reduced the number on base to 72, all but one of which is constructed of corrosion-resistant materials, according to Ashton.

Another initiative designed to reduce the risk of USTs is the installation of a computer-based UST monitoring system that immediately alerts site personnel to release of hazardous materials, according to the EMD's Web site.

Protecting our groundwater from contamination is vital and is something each of us can help with by properly storing, handling, using and disposing of all chemicals, fuels and oil products.

"The base is going to ensure that the drinking water provided is safe for the Marines, sailors, families and civilians that live, work and train onboard the base," said Ashton.

SKILLS
CONTINUED FROM 1A

daylight and nighttime hours. With the training complete, the Marines conducted small arms fire before heading back the base camp.

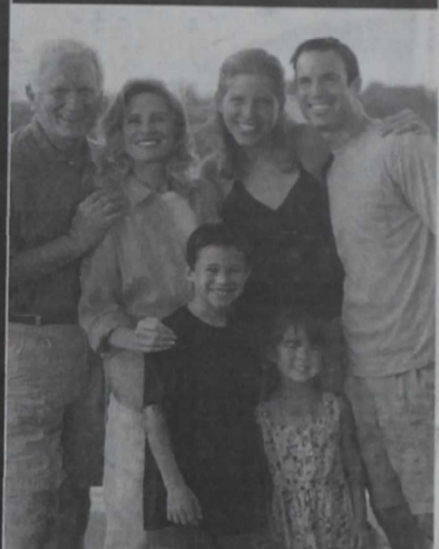
The MEU will continue training at Udairi Range until mid June when the Marines and sailors will backload on the ships of the Keansarge Strike Group and continue its mission as the theater reserve for Central Command and continue preparation for future operations.

To stay up with the 26th MEU (SOC), visit www.army.mil/26meu.

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LAIR
CONTINUED FROM 1A

indicated that someone had been there recently.

"We don't know how long the bunker has been in use," said Bianca. "But we're still exploring the area and annotating everything we find. The number of caches in the area keeps climbing."

Information garnered from detainees has also provided valuable information to U.S. and Iraqi forces as to the whereabouts of other

caches in the area. The Marines are continuing to exploit the current site for information and will destroy all weapons and munitions through controlled detonation.

"Perseverance on the part of coalition and ISF troops are significantly affecting the number of caches found as well," added Bianca.

"This find is just another step closer to our goal of making Iraq a more secure and stable place for its citizens."

SYMPOSIUM
CONTINUED FROM 1A

When asked if he'd like to see more E-9 symposiums, Colon said, "There should be some forum to bring our senior enlisted leaders together. I think that senior enlisted Military Education is lacking and is stagnant. And we just don't do enough for senior enlisted

leaders in the Marine Corps."

"It's great for me, to interact with all my peers, it's like going to the Sergeant's Course again and sharing life experiences within our Corps, so we can shape the future of our Corps," said Master Gunnery Sgt. Kevin Meadows, II MEF communications chief.

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The Honeymooners



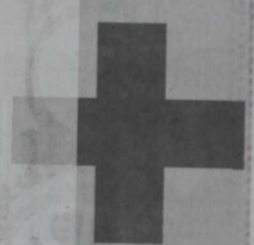
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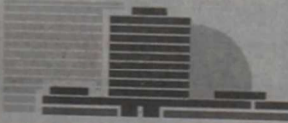
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AND FUN RUN
USO of North Carolina is hosting a 5-kilometer run and one-mile fun run June 18 at Camp Lejeune. Pre-registration for the 5K run is \$15 and \$10 for the one-mile run. For additional information and registration call 455-3411.

WOMEN'S BASKETBALL
Camp Lejeune varsity women's basketball practices Tuesdays and Thursdays at Camp Lejeune's gym from 6:30-8:00 p.m. Practices are on Saturdays from 9-11 a.m. For more information, contact Rickey Ricketts at 751-2061 or ricketts@usmc.org.

WOMEN'S SOFTBALL
Varsity softball team is being created. If you are interested in playing or coaching, please contact Rickey Ricketts, varsity sports coordinator, at 451-2177 or ricketts@usmc.org.

ROD AND GUN CLUB
The Rod and Gun Club meets at 6 p.m. on the first Tuesday of each month. Call 455-3411 for more information.

HOCKEY LEAGUE
Adult roller hockey is forming for the summer. If you are a duty civilian and interested in joining, please contact Rickey Ricketts at 451-2177 or ricketts@usmc.org.

ONLINE HOCKEY
The teamz.active.com website has an online hockey league.

SPORTS CAMPS
The Corps is offering a variety of weeklong sports camps in June. Activities include cheerleading, basketball, soccer, and softball. Individuals interested in registering should call 451-2177 or ricketts@usmc.org for more information.

PAINTBALL
The Skeet Range Paintball Tower is now open. For more information, log on to the website at paintball.com.

ADVENTURES
The Corps is interested in stories and photos from you and your family. Stories, as well as photos, can be submitted to the website at adventures.com. Contact Rickey Ricketts at 451-2177 or ricketts@usmc.org for more information.

ATHLETES
The Corps is recognizing its athletes. Let us know if you are looking for high school athletes for a new team. Call Brian Berger at 451-2177 or berger@usmc.org for more information.

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SPORT SHORTS

FUN RUN

U of North Carolina is hosting a 5-mile run and one-mile run June 18 at... re-registration for the 5k run is \$15... for the one-mile run. For additional information and registration call 455-3411.

BASKETBALL

Group Lejeune veterans' basketball practices and games at Camp Lejeune gym from 6:30... practices are on weekdays from 9... For more information contact Rickey at 451-2061 or 211.

SOFTBALL

Softball team created... interested in playing is contact Rickey at 451-2061 or 211.

GUN CLUB

Rod and Gun meets at 6 p.m. each month. Call 455-3411 for more information.

HOCKEY LEAGUE

Roller hockey team forming for military, civilians and members aboard Camp Lejeune and Camp Pendleton Air Force Base. For information, logon to amz.active.com/InlineHockey.

SPORTS CAMPS

Corps Services Summer Camps in June... weeklong camps in June... Soccer, and other activities... Registering at one or more camps... information, call 451-2177-59.

PAINTBALL

Paintball, located at Skeet Range, 1000 Tower Road, Camp Lejeune. For more information, logon to calpaintball.com.

ADVENTURES

Someone is interested in stories and photos from your outdoor adventures, as well as tips for adventures on the floor activities. Ideas, contact Rickey at 451-2061 or 211.

ATHLETES

Someone is interested in recognition... contact Rickey at 451-2061 or 211.



College baseball stars, with dreams of turning professional, are taking the field at Wilmington's Buck Hardee Field this summer to compete in the Coastal Plain League. The wooden bat league has prepared many current players in Major League Baseball for the next level while providing quality play and entertainment for local baseball fans.

Collegiate stars prepping for majors at the coast

BRIAN BERGER
Lejeune Sports Editor

The Wilmington Sharks opened their season last Thursday in front of 1,400 fans at Buck Hardee Field, and despite being without many of their players, Wilmington defeated the Wilson Tobs 5-4. The short-handed victory for the Sharks, who were without the services of many players tied-up in the NCAA Baseball Tournament, indicates good things lie ahead as more top college

players arrive in Wilmington as their collegiate squads are eliminated from NCAA contention.

Missing from the Sharks' opening day lineup were players from Clemson, Winthrop, Florida State, East Carolina, Virginia and the University of Southern California, teams that selected to play in the NCAA Tournament. However, strong play from players from Wake Forest and the University of North Carolina-Wilmington was good enough to earn the victory.

University of Virginia pitcher Ryan Ouellete started on the mound for Wilmington, allowing one earned run in three innings. UNC-Wilmington pitcher Blake Hundley relieved Ouellete in the fourth and ended up with the victory after a three-run sixth inning by the Sharks. The Tobs pulled within one, with two runs in the seventh inning, but Wilmington pitcher Ben Hines spelled Hundley for the win.

With the win, expectations will no doubt grow as players from Winthrop, Virginia and

East Carolina arrive in Wilmington, now that their respective collegiate squads have been knocked from the NCAA bracket.

The Sharks compete in the Coastal Plain League, comprised of top college players from around the country. The league helps prepare players for the professional ranks, and numerous league alumni have gone on to Major League Baseball organizations since the Coastal Plain League's inception nine years ago. Through the use of wooden bats, as opposed to aluminum,

college players are able to adjust their games to hitting with and playing against what will be used at the next level.

The Coastal Plain League consists of the Asheboro Copperheads, Edenton Steamers, Fayetteville Swamp Dogs, Florence Red Wolves, Gastonia Grizzlies, Martinsville Mustangs, New Bern River Rats, Outer Banks Daredevils, Peninsula Pilots, Petersburg Generals, Spartanburg Stingers, Thomasville Hitoms, Wilmington Sharks and Wilson Tobs.

Lejeune golf course offers relaxation, exercise, fun

CPL. ANGELA GETTMAN
Marine Corps Community Services

Golf is a fun, challenging sport with health benefits, and it is available to Marines and sailors of all ranks for an affordable fee. "We have a great golf course available right here on base and so many of the young Marines either don't know it's here or don't know it's available to them," said Bruce Oliver, the Paradise Point Golf Course Professional.

Marines who utilize the golf course enjoy their experience. A novice player, Cpl. Joseph Heath Abbruzzo, said, "It's recreational and a great way to release the stress, especially at the driving range."

Marines can use the course for recreation and a physical workout too. Scientific studies show golfing is a worthy exercise. According to Golf Science International, researcher Gi Magnusson calculates that four hours of playing golf on foot is comparable to a 45-minute fitness class.

The base golf course is an inexpensive recreational activity for Marines and sailors. "Usually golf is expensive to get a start in, but it's cheap on base," said Cpl. Ty Martin about Paradise Point Golf Course.

Marine Corps Community Services recognizes the needs of Marines to have affordable recreational activities. Occasionally golf clinics and private lessons are available. Instructors include PGA Master Professional, Bruce Oliver, club director and Grant Beck, instructor and PGA Professional. Call 451-5445 for additional information.



Slot cars, a popular toy before the emergence of video games, have attracted a wide swath of serious and recreational competitors. NASCAR's accelerating popularity, nostalgia and family bonding are fueling the action at large tracks that eclipse at-home versions.

Racing miniatures even bigger

BRIAN BERGER
Lejeune Sports Editor

People who spent their childhoods in the 1960s through 1980s, before "toys" became synonymous with "video games," may remember slot car racing. The popular toys often came in a package with curved and straight interlocking track pieces, miniature cars and joysticks with a trigger that controlled the speed of a car.

Today, slot car racing thrives on a larger scale as tracks and cars of larger dimensions are raced by kids and adults recreationally and in competitive leagues around the globe. For children, the appeal of the cars, with their speed, dramatic crashes, and joysticks that allow the user to control them, is second nature.

Moore was at the Wilmington Slot Car Raceway, off Highway 17, Friday afternoon with his son Jayson, 15. A big fan of drag racing, Moore introduced his son to slot racing and discovered that not only did he still enjoy the hobby, but also it was something he and his son could enjoy together.

The Moores typify the evolution that many slot car enthusiasts undergo, beginning casually by attending a track and renting equipment, and eventually giving in to the urge for faster and better slot cars. Typically, a hobbyist starts with a "start-up" kit, an easy to assemble car, and after learning to make repairs to the car, seek out new modifications and upgrades to make it faster and steadier. Modifications can include superior motors, different styles of chassis, gears of differing ratios and wheels.

The scale model vehicles are powered by a small Direct Current electric motor. They use a front-mounted guide pin to ride in a slot on a scale race course or track. The vehicle's speed is controlled by the racer via a controller to navigate the different areas of the track such as the curves and bends in the course's layout. The controller carries a resistor to vary the power transferred to the car so you control how fast the car travels along the course. Some slotless systems allow the racer to steer the cars from lane to lane.

Of course, the desire to build a superior car goes hand-in-hand with competing with other racers



Jayson Moore and his father, Wayne, race slot cars at the Wilmington Slot Car Raceway off Highway 17 on Friday.

Motivation crucial in a successful weight loss program



ALAN DA recently started a weight loss program. "I have cut out all my... but some days I get dis... and just want to give up... What I do to stay on my... and stay motivated?"

keep it off for years succeed by making small lifestyle changes. "Baby steps" is what I like to call them. Exercise is usually the first "baby step" most successful weight losers take, and a basic walking program is the exercise most begin with. Realize though, that any cardiovascular activity that raises your heart rate will work. Walking seems to be the most convenient.

Unfortunately, exercise can help only so much. Eventually, a successful body composition program needs to focus on the "diet." To learn proper nutrition, receive a detailed nutrition plan, and set realistic goals, schedule an appointment with a registered dietitian. Dietitians, like personal trainers with exercise, can provide you with motivation to stay on track.

If you do it on your own, it is important to monitor your progress. Seeing success and changes can be extremely inspiring. In addition to weighing yourself once a week on the same day, same scale, at the same time, in the same dress, here are two more simple methods of monitoring your progress on a monthly or every other month basis. The first is Body Mass Index, which measures how your weight correlates to your height.

To find your BMI, use the Body Mass Index chart. To start, plot your height in inches on the left hand side and move to the right until you reach your current body weight in pounds. When you reach your current weight, move up the column to the top of the page until you reach the top row. Your BMI number will range from 19 - 40. Some charts go higher.

Once you have your BMI, you can assess your weight for your height as healthy (18.5 - 24.9); overweight (25 - 29.9); obese (30 - 34.9); severely obese (35 - 39.9); morbidly obese (40 - 49.9); super morbidly obese (50 - 59.9); and super super morbidly obese (60+).

Although BMI is a great tool for most Americans, it is not per-

fect. Know that individuals with increased muscle mass will, underservedly, have a higher BMI. If you are heavier due to increased muscle mass, then monitor your body fat percentage every month or two. Body fat percentage is a more accurate monitor of body composition, especially in weight lifters. Although there are more sophisticated means of measuring body fat percentage, it is fine to monitor your body fat percentage on one of the newer bathroom scales with the body fat percentage option or better yet, have an experienced personal trainer or healthcare practitioner monitor your body fat percentage with body fat calipers or bioimpedance analysis. Visit the Semper Fit Personal Trainer's office at the French Creek Fitness Center to have your body fat percentage measured. Realize that body fat

percentage will not change or fluctuate on a daily or weekly basis like bodyweight does. Body weight will fluctuate due to hydration status, glycogen levels, sodium levels, hormonal changes or a combination of these.

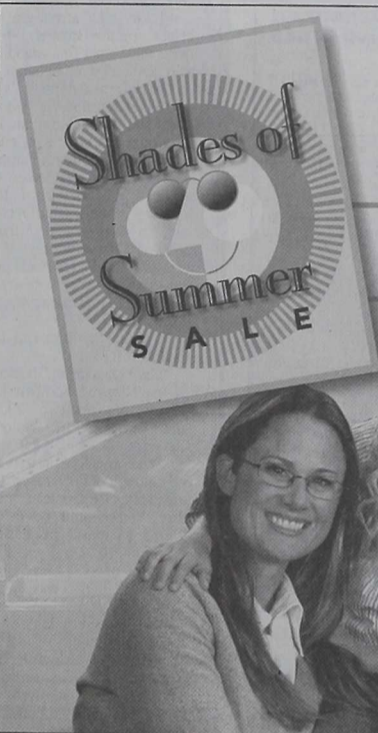
In addition to these methods, it can be very useful to try observing your success by trying on clothes that you used to fit in, measuring your waist with a tape measure or observing your success in the mirror. Whatever tool you use to monitor your body composition improvements, be sure you set realistic goals of about one to two pounds of weight loss per week, keep moving every day and stock up on fruits, vegetables, whole wheat products and lean meats.

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

Determining Your Body Mass Index (BMI)

| BMI (Range) | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 35 | 40 |
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| 60 | 97 | 102 | 107 | 112 | 117 | 122 | 127 | 132 | 137 | 142 | 147 | 152 | 177 | 202 |
| 65 | 100 | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 180 | 205 |
| 70 | 104 | 109 | 114 | 119 | 124 | 129 | 134 | 139 | 144 | 149 | 154 | 159 | 184 | 209 |
| 75 | 107 | 112 | 117 | 122 | 127 | 132 | 137 | 142 | 147 | 152 | 157 | 162 | 187 | 212 |
| 80 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 190 | 215 |
| 85 | 114 | 119 | 124 | 129 | 134 | 139 | 144 | 149 | 154 | 159 | 164 | 169 | 194 | 219 |
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| 95 | 122 | 127 | 132 | 137 | 142 | 147 | 152 | 157 | 162 | 167 | 172 | 177 | 202 | 227 |
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| 140 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 213 | 238 | 263 |
| 145 | 162 | 167 | 172 | 177 | 182 | 187 | 192 | 197 | 202 | 207 | 212 | 217 | 242 | 267 |
| 150 | 166 | 171 | 176 | 181 | 186 | 191 | 196 | 201 | 206 | 211 | 216 | 221 | 246 | 271 |
| 155 | 170 | 175 | 180 | 185 | 190 | 195 | 200 | 205 | 210 | 215 | 220 | 225 | 250 | 275 |
| 160 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 214 | 219 | 224 | 229 | 254 | 279 |
| 165 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 213 | 218 | 223 | 228 | 233 | 258 | 283 |
| 170 | 182 | 187 | 192 | 197 | 202 | 207 | 212 | 217 | 222 | 227 | 232 | 237 | 262 | 287 |
| 175 | 186 | 191 | 196 | 201 | 206 | 211 | 216 | 221 | 226 | 231 | 236 | 241 | 266 | 291 |
| 180 | 190 | 195 | 200 | 205 | 210 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 270 | 295 |
| 185 | 194 | 199 | 204 | 209 | 214 | 219 | 224 | 229 | 234 | 239 | 244 | 249 | 274 | 299 |
| 190 | 198 | 203 | 208 | 213 | 218 | 223 | 228 | 233 | 238 | 243 | 248 | 253 | 278 | 303 |

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Clooney, Part 1, Pathogenesis, West J Med, 1986; 149: 429-41.

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RACING
CONTINUED FROM 1B

intent on having the best car on the track. At the Wilmington Slot Car Raceway, many racers enter competitive leagues with weekly races. The NEXTEL Series is for experienced racers and allows for many types of car modifications, while the BUSCH Series is for those who are newer to the hobby and has more regulations on car modifications to ensure a competitive field. There is also a Junior NASCAR series on Saturday for children, and other race events take place throughout the year, including an upcoming six-hour endurance race with teams of three competing with the final 90-minutes in the dark, necessitating that cars be outfitted with headlights and taillights.

Car functioning is undoubtedly important in a race's outcome, but racers also indicate that skill in operating a car on the track can be more important than skill with a soldering iron off the track. Patience and anticipation are crucial virtues, since a turn taken too fast can result in a crash that sends

the car off the track and across the floor, costing valuable time.

Laps completed and race statistics are recorded by a computer and displayed on a television monitor installed above the race track, a far cry from the race track sets sold in toy stores and Christmas catalogues of decades past.

Serious racers use practice times to analyze their cars and get them primed for race events. Yet, while many take slot car racing seriously, its all fun and games for children. Adults may have to swallow their words when their cars careen off the track; profanity is not allowed on premises, but for children, high-speed crashes are just part of the fun.

"The kids really have a blast," Jim Vincent, owner of the Wilmington Slot Car Raceway said. Vincent, a retired law enforcement officer, like Moore, left slot car racing and returned to the hobby when his sons were 7 and 12 years old.

"No matter the walk of life a child is from, it's an opportunity to learn sportsmanship. Whole families will come to the Junior NASCAR races to cheer on a son or daughter," said Vincent.

INTRAMURAL SOFTBALL TEAM STANDINGS

| Team | Record |
|-----------------------------------|--------|
| American League Team | |
| Headquarters Service Bn., 2d FSSG | 9-0 |
| 8th Engineer Support Bn. | 8-2 |
| 2d Amphibious Assault Bn. | 7-2 |
| 4th Marine Expeditionary Brigade | 6-3 |
| 6th Marine Regiment | 6-5 |
| Naval Hospital | 5-3 |
| 22d Marine Expeditionary Unit | 3-6 |
| Truck Company | 2-9 |
| 24th Marine Expeditionary Unit | 1-2 |
| Customer Service Desk | 1-6 |
| 2d Medical Bn. | 0-5 |
| National League Team | |
| Radio Bn. | 10-2 |
| Brig Co. | 9-2 |
| DPAC | 8-4 |
| PMO | 7-3 |
| Postal | 7-3 |
| 2d Supply Bn. | 5-5 |
| MCCSSS | 5-6 |
| ACO, HQSPTBN | 3-7 |
| II MHG | 3-8 |
| 10th Marine Regiment | 2-7 |
| II MEF DISB | 1-9 |

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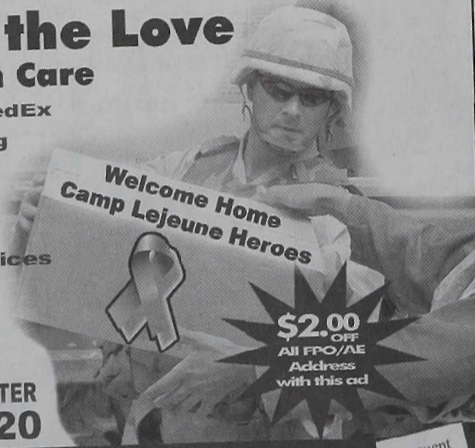
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The Globe | Thurs

Quick Shots

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Main Side

The Globe | Thursday, June 9, 2005 | www.militarynews.com/globe

Quick Shots

FO SPEED
The "I for Speed" motorcycling program, organized by the 11th Marine Expeditionary Force and the 1st Marine Corps Base, is currently running from June 1-25 at Camp Lejeune. The program targets high-risk drivers ages 18 and under. It uses on various, related safety issues such as speed, pressure, where to the vehicle, changing lanes, the importance of helmet when riding motorcycles. To reserve a seat, call 451-3307. The 11th Marine Expeditionary Force command may call 451-3307.

OPPORTUNITIES

The 11th Marine Expeditionary Force is looking for recruits from Western Massachusetts, Connecticut, Rhode Island to join in a Permissive Action Link (PAL) Additional Duty program to help local efforts in filling the ranks. For more information, contact Sgt. Maj. [Name] at (413) 594-3307.

RELIEF

Marine Maj. Kevin [Name] will be relieved of duty by Sgt. Maj. Eric [Name] at the post and relief is scheduled for 9 a.m. at the [Name] LZ. In case of inclement weather, the relief will be held at the area five gym.

PRICE DAY

The annual Endowment Awards is scheduled for the 4th of July at the Camp Lejeune. A special performance of American [Name] after and show, which is to draw more service members and dependants, is currently being held at the Marine [Name].

MARINES

Retired military [Name] will be on line 25 at the [Name] at 8 a.m. A [Name] will begin at 7 [Name] information [Name].

ACCESS

Members may [Name] military [Name] the departure [Name] departing or [Name] upon [Name] according to The [Name] on Security [Name] on's Directive [Name]. W. Family [Name] must go [Name] ticket line [Name] service mem- [Name] and must [Name] them when [Name] upon arrival of [Name] member, family [Name] could first [Name] is a USO [Name] the airport and [Name] ss from [Name] wise, if a [Name] not avail- [Name] would go [Name] ticket counter [Name] pass. Not all [Name] airlines offer [Name] and family [Name] could check [Name] specific airport.

Active involvement in neighborhood drives Community Watch Program

PFC. DREW W. BARKER
Marine Corps Base

Officials from the Provost Marshal's Office are scheduled to host a Community Watch Program meeting for residents of Berkeley Manor and Watkins Village at the base theater June 13 at 6 p.m. The meeting will focus on enlisting the active participation of residents in cooperation with military police to reduce and prevent crime in their neighborhoods.

"The main goals of the program are to reduce and deter crime and to provide a more secure feeling for service members and their families, especially during these times of high deployment," said retired Master Gunnery Sgt. James E. Harris, crime prevention clerk with Crime Resistance Unit.

The program focuses on discouraging criminals from preying on potentially vulnerable neighbors; however, it also gives residents an opportunity to actively participate in creating a safe environment.

"It's a great chance to help reduce crime in neighborhoods where service members and their families act as the eyes and ears of PMO," said Staff Sgt. Rob Jadwin, physical security chief with Crime Resistance Unit, PMO, Marine Corps Base.

The goals of the program can only be achieved when citizen involvement is present to combat crime because law enforcement officers are not always on every street corner. Citizens can protect themselves and their

property by using common sense and community involvement, including getting to know neighbors, watching out for suspicious activity and reporting such things, according to Harris.

The Community Watch Program will be organized and run by members of the community with support from PMO, according to Jadwin.

The program does not involve active patrolling nor does it give any type of special authority to local residents. It

does, however, empower them through community involvement according to Jadwin.

The program consists of members, block leaders and the Community Watch committee. Members are responsible for familiarizing themselves with area children and vehicles and to report any unusual activity to military police. Block leaders watch homes for residents on leave and pass on concerns of their block's members to the

See WATCH | 2C



Cpl. Alex Herrera, a military policeman patrol supervisor from New River Air Station, and Sgt. Jason Frick, maintenance chief with Marine Wing Support Squadron 272, practice non-lethal combat techniques during a weeklong Controlled F.O.R.C.E. levels one and two workshop May 23-27. The course, which concentrates on what to do when a planned move fails, combines numerous martial systems from around the world and is championed by many different law enforcement organizations nationwide.

Non-lethal training gives Marines the edge

LANCE CPL. SHANE SUZUKI
Marine Corps Base

Survival. When war is broken down to its basic elements, survival is the most basic of them all. Stay alive and stay in the fight. Marines are taught survival skills from the day they step on the yellow footprints at recruit training. Whether it's being mentally strong enough to withstand a drill instructor, being able to place a round accurately 500 yards away or being physically fit for combat, survival is a skill taught and embraced by the Marine Corps.

It's these survival skills the Marine Corps is always looking to improve on and expand.

Twelve Marines, police and service members took part in a weeklong class May 23-27 to test a new, non-lethal combat style championed by many in law enforcement called Controlled F.O.R.C.E.

Led by chief instructors Anthony Grano and Don Roberts, the class spent five days at the Camp Geiger Marine Corps Martial Arts Program "mat room," learning 14 different techniques and tactics giving them all level two-classification in Controlled F.O.R.C.E. According to their Web site, this classification allows students to handle surprise attacks and transition to control tactics.

"In today's war, more is being asked of Marines than ever before," said Grano. "They are dealing with more civilians and with more scrutiny than before. We are teaching our students how to control themselves and their situations - how to gauge the correct use of force."

According to Roberts, Marines are spending more time engaging in policing actions, while

being watched by media and local politicians who are judging the United States by military conduct in combat zones.

"Our Marines, they are being asked to be the defender, aggressor and protector all at the same time," said Roberts. "It's a new war being fought, and we are teaching the techniques that will be successful in this war."

It's this new style of warfare that the Marines are preparing for and winning overseas - being able to switch from warrior to humanitarian and back.

"In this time of the 'three block war,' a commander must have all assets at his disposal to quickly and efficiently take care of any problem that may arise," said Staff Sgt. David Smith, non-lethal weapons instructor at the Special Operations Training Group. "You can go from combat patrols right into a humanitarian operation or do them concurrently and we need non-lethal [training] as a force multiplier."

The training is fast paced and interactive, which leads to a 100 percent retention rate, claim the instructors. What the students learn one day is used the next, and the next and the next, so if a student didn't completely understand a move the first time, they will by the end of the week, said Roberts.

A basic tenant of Controlled F.O.R.C.E. is the ability to react to constantly changing conditions, and that no matter how well trained somebody is in a martial art, all holds and moves will fail sometimes. According to Grano, what the F.O.R.C.E. program provides is the confidence to adapt and make a situation right.

See TRAINING | 3C

Naval Hospital offers shuttle transportation

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

The eight-passenger patient shuttle, available at the Camp Lejeune Naval Hospital to assist patients get from their cars to the building, has been a great success since its debut April 18.

"Early on, we recognized a need for some assistance in helping our patients avoid that sometimes long walk from the parking lot," said Linda Mabry, the customer relations coordinator of the hospital. "They're not always that far away, but sometimes they are and the walk can be difficult for patients who have trouble walking in the first place."

The amount of people being transported to and from the hospital during a one-week period has increased greatly since the first week.

The shuttle assisted 1,015 people in the facility's parking lot during the first two weeks of operation and serviced an additional 2,689 people since

then to make an accumulative total of 3,704 passengers since it began. On average, nearly 140 people use the shuttle everyday.

Many of these passengers have commented very positively, according to Mabry. Customers may make comments via the Interactive Customer Evaluation System at www.lejeune.usmc.mil.

"Customers say they love the convenience as well as the friendly, helpful attitude of our shuttle drivers," said Mabry. "Our shuttle drivers also enjoy the interaction with the customers as well as providing a helpful, much needed service."

The hospital plans to continue this service with excellence and plans to install call boxes in their parking lot, within the very near future, to enable patients to directly request the shuttle services.

Their long-term goal is to obtain another shuttle, hopefully by the end of this year, according to Mabry.

See SHUTTLE | 2C



Karen L. Allison, a Red Cross volunteer, helps a hospital patient from the entrance to his car June 6. The eight-passenger patient shuttle, available at the Camp Lejeune Naval Hospital to assist patients from their cars to the building, has been a great success since its debut April 18.

Tips help service members during permanent change of station

The Traffic Management Office prepares for a busy summer, more than 200 service members get ready for new duty stations

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

Changing duty stations involves making several decisions and taking many steps, but with the proper knowledge and guidance, it can be done without much confusion.

For those service members changing stations for the first time, there are certain things they need to know before getting started.

First of all, a unit's administration office will contact the Marine or sailor before they are to come see them.

"When we receive their orders from base personnel, we will call or e-mail them to let them know we have them," said Cpl. Yajaira Spurr, the PCS clerk with Company A, Headquarters and

Support Battalion, Marine Corps Base.

This is the beginning to a process that involves various issues depending on the individual.

A Marine needs must submit an advanced travel pay form at the administration shop if he needs a paycheck in advance to cover travel expenses, he can submit an advanced travel pay form at the battalion, according to Spurr. Then they send it to disbursing and the Marine or sailor will get paid.

"If someone is going to [Inspector & Instructor] recruiting duty, drill instructor school, or any other 'B' billet, they have to meet with their career planner in conjunction with their battalion," said Spurr.

For those moving overseas, they will be able to give the clerk a 10-day flight window of when they want to fly out

and have their belongings sent. From there, the battalion will send it to Traffic Management Office where the exact date will be determined.

They should go to directly to TMO after they visit their battalion and finish everything they need to do there, according to Naomi Lynne Carlyle, the lead transportation assistant with TMO.

The peak months for TMO have begun and continue through the end of August, with more than 200 Marines and sailors permanently changing stations in May.

The military usually transitions families during the summer because children are out of school, said Master Sgt. Roger Villanueva of Pomona, Calif., the traffic chief with TMO, Marine Corps Base.

This season gives families the time to

prepare for a move; however, service members and their families must still take an active role in preparing their household for such a transition.

"The Marine or sailor needs to make sure their administration office gives them their orders at least a month ahead of time," said Carlyle. "They need time to get everything together, because moving is not an overnight process, and we get very busy."

The Traffic Management Office conducts group counseling sessions Monday through Friday at Building 1011 and also has sessions on people conducting government moves and those having their possessions being transported internationally, according to Carlyle.

The check-in time for the group coun-

See TIPS | 2C

Camp Johnson celebrates Asian-Pacific Heritage month

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

CAMP JOHNSON, N.C. — President George W. Bush recently proclaimed May 2005 as Asian-Pacific American Heritage month, and at Camp Johnson, Marines and sailors gathered at the gymnasium to celebrate the culture in a very traditional way.

Marines and sailors of Islander decent and others conducted an Asian-Pacific heritage festival to celebrate their culture.

"In America, we have a lot of diverse groups, and Asian-Pacific Islanders are one of them," said Petty Officer 2nd Class Temitope Ayeni, a hospital man with the Field Medical Service School. "There is especially a lot of diversity in the Armed Forces, but more importantly

in the country. This helps us understand them."

Diversity came through with the island-themed party, which included a flower and palm tree-decorated stage, hula skirt, natively dressed dancers and authentic foods prepared by some of the native service members and families.

Although some of the people who attended the celebration were of Asian-Pacific decent, most of them were not.

"It was a very good experience to learn from another culture," said Pfc. Tyler Barrie of Buffalo, N.Y., a recent graduate of the Supply School at Camp Johnson. "You can learn a lot just from the dancing."

Barrie, along with several other supply students, performed various dances during the celebration.

"By recognizing fellow Marines and

sailors of their heritage and their accomplishments in the Marine Corps and the Navy, you get to learn a lot about different ways of life," said Ayeni. "Learning about the different cultures is probably the best part of doing this. I'm not from the Asian Pacific, but I enjoyed learning about the different aspects of the life."

Overall, the party was very successful, according to Ayeni. They were very satisfied to be able to have such a good turn out and create a venue for natives and others to share and learn a new culture and witness the celebration.

"It was a great treat to witness the hospitality and entertainment today," said Navy Capt. Alfred Gonzalez, commanding officer, FMSS. "Asian-Pacific Islanders add a great amount of joy and culture to our country."



Lance Cpl. Matthew K. Hacker

Sergeant Lowe of Mich. ... live che Headq Service Camp J danc dress of Asian-P Heritag tion at t gymna 27. The sli party in flower tree-de stage, l and na dress and au prepar of the r ice me fami

Courts-Martial

Lance Cpl. Traveil L. Williams, 2d Assault Amphibian Battalion, 2d Marine Division, was convicted at a special court-martial of unauthorized absence and missing movement. He was sentenced to a bad-conduct discharge and confinement for 75 days.

Lance Cpl. Christopher Brewer, 1st Battalion 10th Marine Regiment, 2d Marine Division, was convicted at a special court-martial of one count of unauthorized absence and two counts of indecent assault. He was sentenced to a bad-conduct discharge, confinement for 11 months, forfeiture of \$9,053 and reduction to private.

Lance Cpl. Milton Moralesperz, 1st Battalion, 10th Marine Regiment, 2d Marine Division, was convicted at a special court-martial of unauthorized absence and missing movement. He was sentenced to a bad-conduct discharge, confinement for 90 days, to forfeit \$2400, and reduction to private.

Lance Cpl. Adrean L. Pope, 2d Supply Battalion, 2d Force Service Support Group, was

convicted at a special court-martial of one count of wrongful use of marijuana, one count of assault and two counts of communicating a threat. He was sentenced to a bad-conduct discharge, confinement for 76 days, forfeiture of \$8230 and reduction to private.

Private first class Rasean M. Bundy, a member of Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of one count of wrongful use of marijuana and one count of breaking restriction. He was sentenced a bad-conduct discharge, confinement for 90 days, forfeiture of \$3,292 and reduction to private.

Private first class Randy D. Martin, a member of 10th Marine Regiment, 2d Marine Division, was convicted at a special court-martial of one count of unauthorized absence, one count of unauthorized absence terminated by apprehension, and one count of malingering. He was sentenced a bad-conduct discharge, confinement for 10 months, forfeiture of \$8,230 and reduction to private.

Private Gary W. Robinson, Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of two counts of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for six months and forfeiture of \$4,938.

Private Jameson R. Harris, Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of one count of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 100 days and forfeiture of \$2,469.

Private Lawrence K. Lore Jr., Headquarters Group, II Marine Expeditionary Force, was convicted at a special court-martial of one count of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 100 days and forfeiture of \$2469.

Private Craig A. Dzembo, Headquarters and Support Battalion, Marine Corps Base, was convicted at a special court-martial of unauthorized absence. He was sentenced to 36 days of confinement.

TIPS

CONTINUED FROM 1C

The check-in time for the group counseling and government moving sessions are 7:30 a.m. and the check-in time for the international moving sessions is 12:30 p.m.

These sessions cover different courses of action, however, Marines should talk to TMO about moving their belongings to a new duty station.

They should have already talked to their families about what day they want their stuff picked up before seeing TMO.

Also, spouses may fill out their service member's paperwork as long as they have a power of attorney. "Also, when people come to do their TMO move they need to have an e-mail address," said Villanueva. "Because the carrier needs an e-mail address to contact the service member after the transaction."

There is a lot involved when changing duty stations, according to Villanueva. But, it's pretty simple as long as they know what to do.

For more information on TMO, or if you are planning to transport a mobile home, please contact TMO at 451-2377.

Main Side Briefs

MARINE 4 LIFE PROGRAM

The Marine Corps is looking for employers interested in hiring Marines returning to the Jacksonville area after serving on active duty. Prospective employers are invited to join an online network managed by the Marine 4 Life program, which helps Marines make the transition from the Corps to the community. For more information, contact Sgt. Dana M. Hamm at dana_hamm@m4l.usmc.mil or 376-4153, or apply via the Marine 4 Life Web site at www.M4L.usmc.mil.

WOMEN'S PERSPECTIVE GROUP

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

MCCS ONESOURCE

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

DRIVER VOLUNTEERS WANTED

At least 10 volunteers are needed to drive a parking lot shuttle bus at the Camp Lejeune Naval Hospital. The shifts are four hours long and volunteers must have a valid driver's license. Call 450-4596 or 451-2173 for more information.

TRICARE DENTAL PLAN

Is your family signed up for the Tricare Dental Plan? United Concordia handles the enrollment process. Enrollment is easy but must be initiated by the sponsor by completing a TDP enrollment form. Forms are available by calling United Concordia at 888-622-2256, by accessing the Web site at www.ucci.com or by visiting any of the base dental clinics. To verify enrollment, call customer service for United Concordia at 800-866-8499, 24-hours-a-day, Monday - Friday.

TRAFFIC ACCIDENT TESTIMONIALS SOUGHT

The Navy is seeking testimonials from 18 - 25-year-old sailors and Marines who have been in car or motorcycle wrecks and who have been saved by seatbelts or helmets. We also want to hear from those who were injured because they weren't wearing proper safety equipment, and who have learned a lesson about the importance of protective gear. We would like them to share their experiences so others can learn the consequences of their actions when it comes to vehicle safety. Those interested should contact Fred Klinkenberger at fred.klinkenberger@navy.mil or 757-444-3520, ext. 7314 (DSN 564).

TOBACCO CESSATION CLASSES

Tobacco cessation classes are offered to all active-duty service members, family members, retirees and Department of Defense civilian personnel. For more information or class enrollment, call 451-3712.

Off-limits establishment

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

- | | |
|----------------------------------|---|
| Doll House | Highway 258 West, Jacksonville |
| Easy Money Catalog Sales | 233-F Western Blvd., Jacksonville |
| Fantasies | 4951 Richlands Highway, Jacksonville |
| Illusions | Richlands Highway, Jacksonville |
| Jacksonville Speedway Auto Parts | 401 Blue Creek Elementary School Road |
| Playhouse | 6568 Richlands Highway, Jacksonville |
| Pleasure Palace | Highway 17, Jacksonville |
| Private Pleasures | 5527 Highway 258, Jacksonville |
| Reflection Photo | 353 Western Blvd, Jacksonville |
| Smitty's R&R | Highway 17, Jacksonville |
| Talk of the Town II | 114 Texie Lane, Jacksonville |
| Tender Touch | Highway 258, Jacksonville |
| Veterans Affairs Services | La Miranada, Calif. |
| Club Classics | New Bern |
| Club Liquid | 240 US 70 West, Havelock |
| Five Points Variety Center | 508 Kilmarnick St., New Bern |
| Botta Booms | 3054 Wilmington Highway, Jacksonville |
| Carland | George Washington Highway, Tabb, Va. |
| Centennial Enterprises, Inc. | Thousand Oaks, Calif. |
| Joshua Experience/Club Access | 200 Golden Oak Ct., Virginia Beach, Va. |
| Student Assistance Co. | 244 S. Randal Rd., Elgin, Ill. |

Hotline numbers to report fraud, waste, abuse and corruption

- | | |
|---------------------------------|---------------------|
| Department of Defense | (800) 424-9098 |
| Inspector General, Marine Corps | (703) 614-1348/1346 |
| Camp Lejeune (Recorded line) | 451-3928 |
| Hearing impaired | 451-2999 |
| To report business fraud | 451-3928 |

WATCH

CONTINUED FROM 1C

committee. Committee members attend monthly meetings and inform community leaders and law enforcement of current happenings in order to maintain good communication and teamwork, according to the official Community Watch Program brochure.

"It's really quite simple," said Jadwin. "If you take an active role in your community, spend some time to get to know

your neighbors and keep an eye on suspicious activity, the program is great."

The Provost Marshal's Office will have meetings for Tarawa Terrace at 7 p.m. July 11 at the Midway Park Theater and for Jadwin.

"We hope to set up watch programs in neighborhoods on base," said Harris. "The beginning of what could be a base-wide program."

SHUTTLE

CONTINUED FROM 1C

"We're all about trying to help our patients because they're in the forefront and we're doing this to make the experience better for them," said Mabry.

The hospital currently has 12 shuttle drivers transporting patients, but the hospital is still looking for more volunteers to help out.

Volunteer drivers must be at least 21 years of age and sustain a valid driver's license. The hospital also asks the volunteers to attend the proper training to become a Red

Cross volunteer. Each volunteer is asked to commit four hours a week to their hours of operation from 14:00 p.m. Monday through Friday, at Camp Mabry.

If anyone is interested in becoming a shuttle driver for the new shuttle program, more information, they may call the Cross office at the hospital at 451-4511.

"Something so simple as a shuttle from the parking lot can make a difference to those who have difficulty getting to patients how important they are."

Crime Stoppers

Missing person: Charles Griffon Gramby, a 25-year-old, 6-foot-11 black man has been missing since March 5, when he was seen in the Piney Green area. He weighs about 180 pounds, has black hair, blue eyes and a "CG" tattoo on his right arm.

Hit and run: A vehicle described as a 2003 white Chevrolet Monte Carlo Impala was involved in a hit and run at 102 Cole Drive on May 11. The vehicle has extensive front-end damage.

If you have any information please call Crime Stoppers 24 Hour Hotline at 451-3928.

Marine Corps Association Retiree/Professional Luncheon

Wednesday from 11 a.m. - 1 p.m.
with Guest Speaker
Sergeant Maj. John L. Estrada
sergeant major of the Marine Corps
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Cost is \$13.00 per person

Reservations and payments can be made at the MCA Base Store 451-7500, Exchange Annex, or by calling Alvin at 451-0487 or cell 340-2221.

Reservations and payment can also be made by going to www.mca-marines.org.

Graduations | Dickerson



Gen. Robert C. Dickerson, commanding general, Marine Base, congratulates Gunner Sgt. Jeffrey O'Brien, a Bell University graduate who earned a bachelors of science degree, during the 10th annual Commanding General's Graduation Ceremony. One hundred fifty-seven students attend and 677 students total graduated from various colleges during various degrees offered through base education. For information on classes, call Base Education at 451-2341.

TRAINING CONTINUED FROM 1C

"Confidence is huge and it's not subject to size or gender," said Grano. "We teach our students they can survive anything and to never give up. When things don't work we give them the confidence and skills to adapt and win."

Beginning with the basic of movement and working with your hands, the program looks to build warriors from the "hands up." The program stresses anyone can hurt someone, but not everyone is

capable of moving someone. If you stand toe-to-toe with an aggressor, you are more likely than not going to get hit, if you continue to move, even though your technique may not be perfect, you have a better chance to minimizing the initial attack, said Smith.

"There are no complicated technique names or manipulations that are too intricate to get into. Once you place your hands on the subject, all techniques are done without even letting go of the person."

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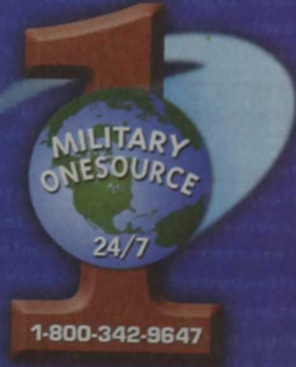
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QUEEN ANNE double pedestal cherry dining table w/6 chairs, \$500. white wicker chaise lounge, white wicker rocker, \$40ea. 539-2810.

QUEEN SZ MATTRESS set, new in plastic, \$90. 546-0846.

QUEEN SZ plush mattress set, new in plastic, \$80. 546-0846.

RECLINER burgundy, \$45. 324-7886.

ROCKING CHAIR white wood & denim blue padding, used only a couple times, \$50. 353-0124.

SECTIONAL COUCH \$800/obo, brn, fold out bed, 2 recliners, brn in radio & phone. 304-299-0130.

SOLID GOLDEN OAK ENT/COMPUTER DESK 3 drawers & 2 desk chairs, \$149. Chairs sold sep. \$35ea. 389-5406.

SOLID OAK DINETTE table will seat 4 but we only have 3 chairs, table & chair legs are hunter green, chairs are solid oak, \$50. 326-4409.

TODDLER BED \$70. 324-3020.

CHAIN LINK FENCE 161ft, incl 4ft single & 10ft double gates & all posts, pd \$750. \$350/obo. 455-2628.

CRAFTSMAN RIDING MOWER 6sp, 15hp, 42in deck, great working cond, new blades, belts, tires, & battery, \$350. 325-6000.

10x10 GAZEBO 2 tier \$100, picnic table \$25, 2 sewing machines \$30. 358-2378.

Lawn & Garden

Miscellaneous

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BABY BOUNCER Fischer Price Jungle theme, plays music, vibrates, hanging toy bar, 3-in-1 step "grows w/me", great/clean cond, 20. 455-2116.

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| <p>Automobiles</p> <p>1969 VOLKSWAGEN BUG-red with white interior, ragtop sunroof, good condition, runs well, lots of extras, \$4500/obo. 545-3632/353-4780.</p> <p>1976 PONTIAC FIREBIRD-new high performance eng & trans, some body damage, interior needs some work, new tires. \$6900/obo. 539-4392.</p> <p>1980 PONTIAC TRANS AM-350cid, Holy 750 DP chokeless, new 4.10 post rear, new 2.5in flowmaster, runs high 14's in quarter mile, \$5500. 455-0020.</p> <p>1984 TOYOTA PICKUP- 4cyl, 5sp, PS, AC, new paint, runs great, good tires. \$2800. 577-3797.</p> <p>1987 OLDSMOBILE CUTLASS SIERRA-72,820 mi & still running, best offer. 539-4042.</p> <p>1988 PONTIAC SUNBIRD-4dr, 4cyl, 78K, runs but needs tune up, body in good shape. \$600/ohn. 292-223-9862.</p> <p>1989 TOYOTA CAMRY-runs great, air works really good, new clutch & tires, this car will run forever. \$900. 459-6830.</p> | <p>Automobiles</p> <p>90 CHEVY BERETTA-2.2 engine, 5sp, AC, heat, pst, \$600 csh. 577-8683 b/1 9PM</p> <p>90 CORVETTE CONVERTIBLE-AT, new top, wthr stripping, exhaust, paint plugs, wires & plugs, 67K, \$14500. 545-4007.</p> <p>1983 CHEVY CAVALIER-2.0 engine, 4sp, fair cond, needs battery, \$300 cash. 577-8683 before 9PM.</p> <p>1990 TOYOTA CAROLLA-\$1200/obo, 265-3115.</p> <p>1991 ISUZU RODEO-runs great, makes good work truck, 4x4, \$1700. 376-2178.</p> <p>1992 FORD CROWN VICTORIA LX-fully loaded, 84K, exc cond, \$2500. 346-9626.</p> <p>1992 HONDA ACCORD LX-Loaded, nice, \$2900. 381-0554.</p> <p>1992 MITSUBISHI-Expo wagon 4 dr w/rear hatch, 3rd row seating holds 7</p> | <p>Automobiles</p> <p>burgundy, 130K, AT, sunrf, cassette, original owner, new tires. 346-7284, after 7PM 546-1235.</p> <p>1993 TOYOTA 4x4-ext cab, SWB, V6, 5sp, cold AC, new paint 212K, \$5000. 327-2563.</p> <p>1997 JEEP WRANGLER-4cyl/5sp, AC, new top, good cond, must sell due to PCS, \$6500/obo. 327-2563.</p> <p>1994 CHEVY LUMINA VAN-\$1800/obo, seats 6. 324-3020.</p> <p>1995 TOYOTA 4 RUNNER-SR5 limited 3.0 V6, \$6000/obo, 315 Hubert Blvd, 803-537-1124/607-283-9559 l/m.</p> <p>1996 CHEVY CAVALIER-Best Offer, White, 4dr, Auto, Air, 910-381-8388.</p> <p>1996 CHEVY CORSICA-auto, PW, well kept, good running condition, \$2100, 324-6911.</p> | <p>Automobiles</p> <p>1996 HONDA CIVIC HX-2dr, black, 5sp, PW, PL, CD, B-18C1 DOHC vtec motor swap, plus many extras, \$4800. 389-6374.</p> <p>1996 PONTIAC GRAND AM-royal blue, body is in good shape & motor needs work, Pioneer detachable face stereo & speakers, \$350. 346-9198.</p> <p>1997 ISUZU-Original owner, 87K, AT, AC, PW, PL, low package, well maintained, \$6800. 545-4007.</p> <p>1997 PONTIAC TRANS AM-LT1, blk, 6spd, lthr, hard top, new tires, distributor, flowmaster, 110K, rebuilt motor w/30K, runs exlnt, \$10,000 neg. 389-9430.</p> <p>1998 CHEVY LUMINA-with 335K, this car may run forever, under kbb, \$500/obo. 455-4663.</p> <p>1998 CHRYSLER CONCORDE-leather interior, 4dr, all electric, cd/tape, cruise, infinity stereo setup w/4 new speakers, \$5500/obo. 265-1608.</p> <p>1998 DODGE STRATUS-4cyl, auto, cold AC, PS, PW, good cond, must sell due to PCS, \$2500/obo. 327-2563.</p> | <p>Automobiles</p> <p>1999 F-350 CC-4x4, pwr stroke,ariat, many options, custom work, skyjacker lift w/38's, hardshell top w/bedliner. 546-6148.</p> <p>1999 MITSUBISHI MONTERO-fully loaded exc cond, low package, 4x4, white w/gny int, 2nd owner, \$6800. 326-5296.</p> <p>2000 HONDA CIVIC DX-4 dr, 5sp, gold color, great gas mileage, \$5900. 703-347-2292/451-0553.</p> <p>2000 HONDA CIVIC EX-64K, 5sp, t/o loan of \$9500m, if bought soon will give \$350 cash. 382-4830.</p> <p>2000 OLDS ALERO GLS-black, V6 4DR, LTH, loaded, spoiler, keyless entry, CD/CAS, 86K, \$6500/obo. 353-3199/389-5281.</p> <p>2001 FORD F150 XLT-exc cond, 60K, \$14,975 by KBB. 265-1553.</p> <p>2001 JEEP GRAND CHEROKEE-Laredo, 2WD, exc cond inside & out, all power, 6disc CD, sun roof, 50K, \$11,800. 253-223-2008.</p> <p>2001 VW PASSAT-Black, low mi, great car, assume loan. 353-3501.</p> |
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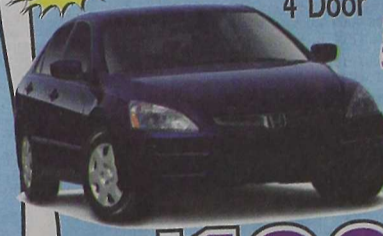
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| P301 | 02 FORD EXPLORER ES 4.4K MILES | \$22,989 |
| T3510A | 04 FORD FREESTAR SE 1.8K MILES | \$15,995 |
| T3652A | 03 FORD EXPEDITION ALT 2.0K MILES | \$21,794 |
| P304 | 04 DODGE DURANGO SLT | \$22,995 |
| P305 | 03 FORD EXPLORER ALT | \$18,995 |
| P306 | 04 DODGE RAM 1500 | \$18,995 |
| P307 | 04 DODGE RAM 1500 SLT 4.4K QUAD CAB | \$21,995 |
| P307A | 04 DODGE RAM 1500 SLT 4.4K QUAD CAB | \$22,439 |
| P307B | 04 FORD F-150 ALT 4.2K MILES | \$17,329 |
| P3081A | 02 FORD EXPLORER ALT 4.4K MILES | \$22,770 |
| P3131 | 05 GMC ENVY SE | \$16,995 |
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DOMESTICS

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| P285 | 04 PONTIAC BONNEVILLE SE 2.0K MILES | \$13,995 |
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| P305A | 04 FORD FOCUS ZX4 2.0K MILES | \$11,500 |
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| T374K | 04 CHEVY MONTE CARLO SS 2.0K MILES | \$17,995 |
| W1002A | 04 PONTIAC GRAND AM SE | \$11,995 |
| P307Z | 05 LINCOLN LS 1.8K MILES | \$22,995 |
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Lejeune High School
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vers at 451-2451.

SCHOOL ELECTIONS
Camp Lejeune Schoo
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Sept. 15 to fill upo
vacancies on the Cam
Lejeune Dependent
School board.
Candidates may obtain
a ballot to seek electio
from any of the
schools or the super
intendent's office until clo
business Aug. 29.
Candidates must be acti
vly a spouse residing
Camp Lejeune or
Marine Corps Air Station
Beaufort. All candidates
must be nominated by
three voters. For more
information, contact
Cynthia Rogers at 347-
1100 or Rebecca
McIntyre at 451-2461.

AND A SHOW
Ant Charles Singers
present An Evening in
June 17 in the
Carolina Room.
Dinner will be
7:30 p.m., followe
show. Tickets are
available in advance
through Friday 5
p.m. at the O'Clu
est \$30 per person.

WATCHING
Lookout National
is hosting a
watching walk on
Ford Banks.
Reservations are require
for information, ca
Lookout National
at (252) 728-

WALL NIGHT OUT
Annual National
Out will be Aug. 2
on New Bridge
Jacksonville. Th
hosted by the
Camp Lejeune
Marine Corps Air Station
over.

CANOE FESTIVAL
Cape Fear
River
ground will host
Cape Fear Kayak
Festival June 18
daysville camp
for information
Michael Banks at 7

PARTY
Terrace chapel
community
host a pool part
from 7:30-10:
\$1 entry fee
a hot dog, ch
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and under are fr

WINE
Thursday, the
B. Smith Bac
enjoys presch
e, crafts and
at 9:30 a.m.
olds and 10:
4-6 year olds
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Carolina Living

TB Globe | Thursday, June 9, 2005 | www.militarynews.com/globe

Summer Safety



Design by Ena Bravo
Features & Layout Editor

Heed summer safety tips for outdoor fun

HEATHER CARUSO
Carolina Living Staff Writer

Summer officially begins June 21, but the sunny weather and breezy winds are already beckoning children and adults outdoors after being cooped up for months due to cold, wet weather. Summer cookouts, beach parties, boating adventures and scenic hikes will be an exciting time for many families this season and will create many lasting memories. Make sure those memories are positive by remembering that summer safety comes first.

One common summer ailment is sunburn. Most people have been told to use sunscreen and have experienced the consequences of not heeding that advice, but still many refuse or forget to use sunscreen. The American Academy of Pediatrics warns young people that chronic sun exposure eventually causes signs of premature aging, such as wrinkles, sagging cheeks and skin discoloration. In addition, the most common form of skin cancer is caused by unprotected sun exposure. It's our choice - a safe, gradual tan with the use of sunscreen or a wrinkly body with skin cancer scars.

As you head outdoors, dab on some sunscreen and enjoy the fun days of summer through these safety tips in mind.

Aquatic Life

Jellyfish: Remove the tentacle fragments with a blunt edged object such as a credit card. Rinse the area with saline solution, if available, or seawater. Avoid using fresh water or rubbing the area since it will worsen the pain. Apply a cold compress until pain subsides. Note: Dead jellyfish and detached tentacles can still sting.

Sharks: Most dangerous sharks live in deep waters far from shore, near their food supply. Most shark sightings are actually dolphins. Dolphins can easily be distinguished from sharks by their more curved dorsal fins and up and down swimming motion. Sharks have triangular dorsal fins and swim side to side.

Stingrays: Stingrays live in shallow waters where they hide from predators in the sand and feed on crustaceans and shellfish. When stepped on, stingray automatically react by flipping up their barbed tail in defense. Do the stingray shuffle - shuffle your feet along the sand to scare the stingray away and avoid being wounded by these non-aggressive creatures.

Beach Safety

Swimming in the ocean is very different from swimming in a pool. Look for warning flags before entering the water or ask a lifeguard about the water conditions. The best precautions while near water are to learn how to swim and never swim alone.

Parents should stay within arm's length from children and never swim within 500 feet of piers that may extend into the surf zone, affecting the waves and currents.

If caught in a current, do not try to swim against it. Instead, gradually swim across the current until you are out of its pull and can swim safely to shore. Never swim out so deep that you won't have enough energy to make it back to shore.

Bicycling

Buying your child a bike as a special occasion surprise is exciting for both the parent and the child, but it is not always the safest route. Children should be present at the time of purchase, so the parents can make sure the bike is the right size for the child and see if the child is more comfortable with hand brakes or foot brakes. Oversized bikes are especially dangerous.

When purchasing a helmet, make sure it meets Consumer Product Safety standard by having a CPS sticker. Many biking accidents occur in driveways and sidewalks near the street. Make sure your child wears a helmet at all times to develop the helmet habit, and parents should set the example. When the straps are fastened, the helmet should be stationary and not tipped forward or backward.

Boating

Just like drinking and driving, alcohol and boating doesn't mix. Over 50 percent of drowning incidents result from drinking while boating. Make sure everyone on board wears a Coast Guard approved life jacket, and let someone know where and how long you will be boating before departure, so they can notify authorities if necessary. It is wise to participate in a boating course before manning a boat and be well informed on weather conditions. Return to shore immediately if a storm is brewing.

Food-borne Illness

A few useful tips to avoid food illness are: wash hands well while handling food and eating, wash surfaces when cooking, keep raw foods separate from cooked foods, marinate food in the refrigerator, cook foods thoroughly and refrigerate foods promptly. It is suggested by the Food and Drug Association, to never leave food out for more than one hour if the temperature is above 90 degrees, or at other times, don't leave food out for more than two hours. If you suspect food-borne illness, stay well hydrated and eat light colored foods, such as bananas, rice, soup, applesauce and toast.

Heat Illness

Before prolonged physical activity, children and adults alike should be well hydrated and should continue to drink hydrating

liquids. If heat illness occurs, lie down in a cool place and lower the victim's body temperature with wet towels, fanning and drinks of water. Place any cold packs available on the wrists, ankles, armpits and neck to cool large blood vessels.

A heat stroke is life threatening and local emergency medical services are needed immediately. Signs of heat stroke are lack of sweating; red, hot dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing.

Pesky Bugs

When spending time in tall grass or wooded areas, wear insect repellent with the ingredient DEET to ward off ticks and mosquitoes. However, insect repellent containing DEET should not be used on babies, and children should use repellents with only 10 percent DEET. Pesky bugs are attracted to scented soaps, perfumes and hairspray. Avoid using these products when outdoors.

Tick Bites: Lyme disease is the biggest threat related to tick bites. Generally, a tick has to be attached for 36 hours or more to transmit Lyme disease, so early detection is important. After spending time in possible tick infested areas, check yourself and your children for ticks before bedtime. Remove ticks with fine-pointed tweezers by grasping close to the skin and pulling straight up. Place the tick in a plastic bag and throw it away. Wash your hands, and disinfect the bitten area and tweezers.

Ticks are usually harmless, but to be safe, stay on the lookout for a large bull's-eye rash, stiff joints and achy muscles. Do not try to remove the tick by pricking, crushing or burning it, as it may cause the tick to release infected fluids or tissue, and do not suffocate it with petroleum jelly or nail polish because the tick has enough oxygen to complete its feeding.

Mosquito Bites: Avoid stagnant pools of water where mosquitoes breed, and use insect repellent.

Bee Stings: Only the honeybee leaves her stinger behind, and it should be removed promptly to reduce the amount of venom released into the victim. To properly remove the stinger without releasing more venom, scrape it away in a side-to-side motion with a credit card or long fingernail. Wash the area with soap and water, and use a cold compress and pain relieving creams or oral medications to relieve pain.

Poison Ivy

The best way to protect yourself against poison ivy is to know what it looks like and avoid it. The American Academy of Dermatology says "leaves of three, beware of me" is a good saying, but "leaflets of three, beware of me" is even better since each leaf of the poison ivy plant has three

smaller leaflets. If you must work near poison ivy, wear long pants, long sleeves and gloves and wash any clothes or tools that come in contact with it when finished. Urushiol, a substance in the plant's sap, is what causes the itchy rash, so if contact with the plant occurs, wash your skin immediately to remove this substance.

The common belief that poison ivy can spread from one person to another is untrue if the urushiol has already been washed away. Calamine lotion and oatmeal baths can dry up blisters and bring itch relief, and over the counter corticosteroids and antihistamines may help as well.

Pool Safety

The best tool for water safety is to know how to swim. The Onslow County American Red Cross offers swimming lessons through the Tarawa Terrace Community Center, Area 2 and Paradise Point Officers' Club swimming pools to teach people of all ages to swim. Inflatable swimming aids such as "floaties" provide a false sense of security and should not be used as a substitute for approved life vests, just as approved life vests should not be substituted for adult supervision.

Keep a phone near the pool in case of an emergency, as well as CPR instructions. Remember to check the depth of the water before diving in and to never swim during a thunderstorm.

Sunburn Prevention

Parents and children alike enjoy fun outdoor activities, but it is important to guard yourself and your children against cancer causing ultraviolet rays by using sunscreen. Avoid sun exposure for children less than 6 months in age by keeping them in shaded areas and cool clothes that cover the skin. Minimal amounts of sunscreen can be applied to small areas, such as the face and hands. Sunscreen with a sun protection factor of 15 or greater should be applied 30 minutes before going outdoors, even on cloudy days. Reapply every two hours, and don't forget to wear sunglasses that protect sensitive skin around the eyes.

Drink plenty of water, relieve sunburn pain with over the counter pain relievers and use a cold compress on the skin such as a bag of frozen vegetables when sunburned.

Sources: www.redcross.org, www.aap.org, www.fda.gov, www.usoceansafety.com and www.lyme.org

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Lejeune Openings

WALK FESTIVAL

Riverview Festival
hits the shores
of Jacksonville's downtown
on June 19. The fun filled
event will entertain all
ages, tours and many
activities. For more
information, visit [www.jack-
sonvilleverwalk.com](http://www.jack-
sonvilleverwalk.com).

LEJUNE HIGH SCHOOL

Lejeune High School
reunion will be July
15-17. Classes from
1964-1974. The reunion
will be every five
years. To register, call Lisa
at 451-2451.

ELECTIONS

Lejeune School
will conduct elec-
tions to fill upcom-
ing positions on the Camp
Lejeune Independent
School board.
Candidates may obtain an
application from any of the
schools or the super-
intendent's office until close
of business Aug. 29.
Candidates must be active
residents of the house-
hold residing in Lejeune or
at the Air Station.
All candidates
nominated by one
person. For more
information, contact
Linda Rogers at 347-
2466 or
Lisa at 451-2461.

DINNER SHOW

Charles Singers
present "An Evening in
the South" on June 17 in the
Carolina Room.
The dinner will be
from 7:15 p.m., followed
by a show. Tickets are
available in advance
through Friday 9
a.m. at the O'Club
for \$30 per person.

WALKING

Lejeune National
hosting a
walking walk on
June 18.
Registration is required.
For more information, call
Lejeune National
at (252) 728-

WALKING

Annual National
will be Aug. 2 at
New Bridge
in Jacksonville. The
event will be led by the city,
Lejeune and
the Air Station.

WALKING

River
will host its
River Kayak &
Canoe Festival June 18
at the camp-
ground. For
information,
call Banks at 743-

WALKING

chapel's
community cen-
ter will host a pool party
on June 17 from 7:30-10:30
p.m. Entry fee
is \$5. Hot dog, chips
and drinks are free.

WALKING

Jay, the
Smith Base
will host a preschool
rafts and
swimming from 9:30 a.m. to
11:30 a.m. and 10:30
a.m. to 12:30 p.m. for
3-5 year olds.
Registration is required.



Lucky leatherneck

Hot button contest favors Grant

HEATHER CARUSO
Carolina Living Staff Writer

Luck tends to follow some people. They win raffles, contests and manage to be "caller number 9" on such and such radio station. Others are caught off guard when big wins sneak up and take them by surprise, as was the case May 19 when Cpl. Kerry Grant pushed the General Motors hot button at Marine Chevrolet.

He entered the dealership to look at a few used trucks that his sales consultant, Jerry Massie, told him about. Massie and Grant worked together in the fire control shop with 2d Maintenance Battalion, until recently when Massie joined the civilian world once again. After looking at some used trucks, Massie told his friend to take a chance and push the hot button — the OnStar button in a designated hot button vehicle. Grant didn't have to be convinced, but his wife had to be coaxed into the idea.

"Usually it only takes a few seconds to find out they lost," said Massie. After pushing the

button this time, it took longer — about 10 seconds longer — and, for the first time since Massie has been at the dealership, the OnStar operator put them on hold. They listened to elevator music as they waited.

When Grant was put on hold and the elevator music started, Massie informed his friend and softball teammate that this scenario was not the norm. As they waited those few long seconds for the OnStar operator to return, his wife stayed rational and said, "Don't get your hopes up."

"Sir, I have some good news," came through the speakers and excitement filled the whole dealership. "I was pretty excited. My wife took all my excitement; she was jumping and dancing. I just sat there smiling," said Grant. He won a 2006 DTS Cadillac with a minimum value of \$46,000. At first, he thought they were messing with him; he didn't believe them. Now

See LUCKY | 5D

Medieval festival

Kick off Summer Reading Program

CREW W. BARKER
Marine Corps Base

Marriot B. Smith Base is gearing up for a medieval festival from 11 a.m. to 5 p.m. Saturday at the Marine Corps Base. The festival will kick off the annual Summer Reading Program.

The festival is going to be a day to start the eight-week program. We're planning games, arts and crafts, music and live entertainment. Jackie Howell is the program coordinator for the festival. The base has been running the Summer Reading Program for over 20 years now, and it's a great way to end our year.

The program, which is going to be a medieval "Dragons, Knights & Daring Deeds" program, is a free eight-week program designed for children from two through eighth grade. The program is to run for 30 minutes a week, in 10-minute increments, to maintain or improve reading skills throughout the month, according to Howell.

"It's a really constructive and fun way for kids to learn," said Howell. "We really depend on parents to bring their children down to the library and let them get involved. It's also an opportunity for parents to spend some quality time with their kids. It's just a great time and we hope a lot of people will participate."

fall when they return to school. They have better vocabularies and comprehension, according to the American Library Association's official Web site, www.ala.org.

"The kids will register with the library, then they record how many minutes they spend reading every day, and at the end of each week, they can come in with their reading logs and collect a prize if they've met the goal," said Howell. "It gets them excited to read and encourages them to continue reading outside of school."

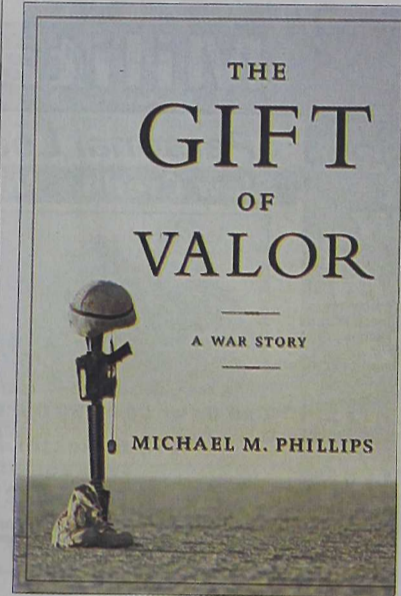
The program, which is organized by library staff, also offers weekly meetings Tuesdays from 1:30 - 2:30 p.m. where there will be guest speakers presenting informative lessons on medieval history and culture, and arts and crafts workshops, which will include building model castles, designing shields and making Robin Hood hats, according to Howell.

"It's a really constructive and fun way for kids to learn," said Howell. "We really depend on parents to bring their children down to the library and let them get involved. It's also an opportunity for parents to spend some quality time with their kids. It's just a great time and we hope a lot of people will participate."

Marine Corps Association Bookstore | Book signing

Michael M. Phillips

Monday
11 a.m. - 2 p.m.
Hadnot Point Exchange



Every day ordinary young Americans are fighting in Iraq, with the same bravery, honor and sense of duty that have distinguished American troops throughout history. One of these is Jason Dunham, a 22-year-old corporal from the one-stoplight town of Soc, New York, whose stunning story was discovered by reporter Michael M. Phillips discovered while he was embedded with a Marine infantry battalion in the Iraqi desert. Dunham was on patrol near the Syrian border on April 14, 2004, when a black-clad Iraqi leaped out of a car and grabbed him around his neck. Fighting hand-to-hand in the dirt, Dunham saw his attacker drop a grenade and made the instantaneous decision to place his own helmet over the explosive in the hope of containing the blast and protecting his men. When the smoke cleared, Dunham's helmet was in shreds, and the corporal lay face down in his own blood. The Marines beside him were seriously wounded. Dunham was subsequently nominated for the Medal of Honor, the nation's highest award for military valor.

Phillips' minute-by-minute chronicle of the chaotic fighting that raged throughout the area and culminated in Dunham's injury provides a "grunt's-eye view" of war as it's being fought today—fear, confusion, bravery and suffering set against a brotherhood forged in combat. His account of Dunham's eight-day journey home and of his parents' heartrending reunion with their son powerfully illustrates the cold brutality of war and the fragile humanity of those who fight it. Dunham leaves an indelible mark upon all who know his story, from the doctors and nurses who treat him, to the readers of the original *Wall Street Journal* article that told of his singular act of valor.

— Courtesy of www.giftofvalor.com

USO, Cingular offer free communication to fathers

HEATHER CARUSO
Carolina Living Staff Writer

The United Services Organization in Jacksonville is always looking for ways to help service members in any capacity possible. When contacted by Cingular Wireless to aid service members and their families with communication for the Father's Day holiday, the Jacksonville branch happily agreed to be a part of the endeavor to provide service members with free phone calls.

"It's fantastic," said Monique Allshouse, director of operations at the Jacksonville USO center, as she spoke about the USO-Cingular cooperation. "We've gotten the word out and have had a good response. We hope to bring people into the USO who don't know much about it, so they can find out what we have to offer."

Military members are often stationed far away from family members causing frequent communication and visits to get expensive. All active-duty cardholders will be able to call their father, father figure or any close family member in the continental United States at no cost to them June 18 and June 19 from noon - 3 p.m. using one of 25 Cingular cell phones provided by the company.

"It is important to give back to the com-

munity," said Dawn Benton, regional public relations manager for Cingular. "So many of our customers are in the military. This is something we can do to show that we appreciate them."

Cingular provided the same service Mother's Day at Hartsfield Atlanta airport to 400 military families. "They were very appreciative and were able to make connections they hadn't been able to in a while," said Benton.

The USO has a location in the Raleigh-Durham airport that allows traveling military members to hang out during long layovers. Cingular will be present there over the Father's Day weekend to provide the same service.

Benton is happy to announce that visitors will also be able to e-mail pictures to a loved one's cell phone or e-mail account using Cingular's picture phones. All service members need to know is the cell phone number or e-mail address. "We are happy we can provide this on those special days," she added.

The USO is open seven days a week, 365 days a year to provide entertainment to service members and help meet requests from

commands. The USO works with the area's bases to provide care packages to deploying service members, "goody bags" to wounded warriors and "rack packs" to returning service members, so they don't have to run to the store the day they return from deployment for toiletry items.

"We work with the bases a lot; it's whatever we can do for the service members and their families," said Allshouse.

In addition, the USO has created an atmosphere where many service members enjoy spending downtime. The USO has a recreation area filled with pool and ping-pong tables, computers with Internet, televisions, meeting rooms and a library with hundreds of books relevant to military history. During this past year's Super Bowl, the USO fed 1,600 service members and gave away eight Xbox video game systems at four locations near Jacksonville.

The USO, located in Jacksonville's downtown region at 9 Tallman Street, is open Monday through Wednesday 10:30 a.m. - 9 p.m., Thursday 10:30 a.m. - 5 p.m., Friday 10:30 a.m. - 10 p.m., and Saturday and Sunday 10 a.m. - 10 p.m.



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ON EAGLE'S WINGS

**CHAPLAIN
RON RINGO**



Many people feel that having a great job, a lot of money in the bank and all the possessions one could want is the way to happiness and peace. Although there is nothing really wrong with these things, most of us know that they will never give us the lasting peace and happiness we ultimately long for.

Even amidst the conflict of war, terrorism and financial upheaval we see broadcast daily, it is still possible for us to find personal peace. Peace is much more than the lack of conflict or war. Real peace exists in our hearts.

I once read the famous Prayer for Peace by Saint Francis of Assisi, in which he suggested a way to find true

inner peace, even while living in difficult times. He wrote, "O Divine Master, grant that I may not so much seek to be consoled, as to console." Centuries later, the poet Rod McKuen penned a similar sentiment, "There is no misery in not being loved, only in not loving."

Here we learn the real lesson of inner peace. It is when we freely give of ourselves and assistance to others that we will often find our own inner peace. When we choose to forget our own difficulties, and instead, seek to lessen the suffering of another, we can feel the peace that comes from a very loving God. Real, ultimate inner peace comes from remembering how much God loves us all. He loves us perfectly, despite our individual failings and imperfections.

What he wants us to do is to assist others, and in turn, he will assist us. The following is a great poem by an

unknown author that articulates the power that comes as a consequence of taking positive actions to assist others. It states:

I prayed for strength when life pulsed low, until God answered me:

"Go lift the load from weary ones, then I will strengthen thee."

I asked for courage when hope despaired, then came the voice benign:

"Go lift the load from weary ones, then I will strengthen thee."

I longed for light when darkness made me stumble through the night:

"Thy lamp held high for others' feet will make thy pathway bright."

I prayed that wisdom, talent, skill increase their meager store:

"First, share the portions that you have and I will give thee more."

At length, I learned that blessings sought, and help for

which I pray are only mine when shed abroad and given first away.

Throughout the world we see many lost souls looking for answers, searching for inner peace. I've heard it likened to being a boat in a storm. Looking for mooring, these wanderers will often dock and tie their ships at any port. Sadly, not every mooring is secure, and boats break loose, only to be tossed by the wind and waves once again. However, we can find a secure mooring.

The Lord's invitation to us is a promise of peace. He said, "Peace I leave with you, and my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." His peace, the peace that carries us through difficult times, comes only as we draw near to him.

It has been taught that he came to bring peace, not in a political way as many expect-

ed, but in a much greater, more lasting way ... in peace of mind, body and spirit. I often see people who basically mock this special gift by filling their lives up with so much stress, confusion and anger, that they can't even begin to embrace this great feeling of peace that God intended for all of us.

Unfortunately, I know from personal experience that self-pity, criticism of others and losing our self-control in anger are adversaries of peace. Let us tie securely to our Lord, who invited us when he said, "Come unto me." Especially at this time, when many are in far-away places with their loved ones left behind to miss them, it is important to try to do what we have discussed - to anchor ourselves to the Lord. Our God stands many faithful watches over those who are in need and sometimes allows you or I to assist him.

In closing, Mother Teresa

expressed it this way, "who love each other truly are the happiest in the world. They are little, they may have but they are happy. Everything depends on how we love one another. My prayer is: may we find peace and happiness long for this week."

As always, it is that this message to you this week to, "as an eagle's wing renew a little of your prayer to keep moving forward to find joy. [Isaiah 40:31]"

Until next week, I bless you and may I continue to bless our great Semper Fi.

Chaplain Ringo is at the Naval Air Station Hospital, holds a doctorate in philosophy in counseling, is a certified trauma specialist, and a member of the International Board of Directors of the Association of Trauma Specialists.



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Register at the Youth Sports Office (across from Berkeley Manor 7-Day Store on Stone Street)

INFO: 451-2177/2159.

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JUNE 17 @ 6:00 p.m.

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at CAMP LEJEUNE MAIN EXCHANGE MAIN ENTRANCE

INFO: 449-0105/451-

SEMPER FIT DIVISION HEALTH PROMOTION CLASS SCHEDULE

JUNE 2005


| | | |
|--------|--------------------|---------------------------------|
| JUN 10 | 8:30 a.m-4:00 p.m. | Anger Management I & II |
| JUN 16 | 12:30-4:30 p.m. | Urinalysis Coordinator's Course |
| JUN 22 | 1:00-4:30 p.m. | Investment Basics |
| JUN 23 | 12:30-4:30 p.m. | Urinalysis Coordinator's Course |
| JUN 30 | 12:30-4:30 p.m. | Urinalysis Coordinator's Course |

INFO: 451-2865

MEAN GENE'S BURGERS

COMING SOON TO THE

MCCS FOOD COURT



doors now, says "There's the winner" and shakes my hand," said Grant.

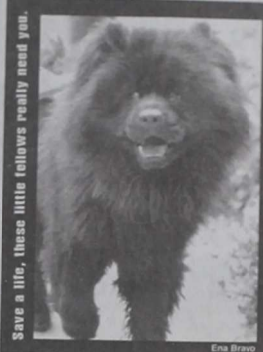
It's not his personality to go around telling everyone about his big win, and he really didn't need to - word of mouth spreads like wildfire. He did, however, purchase himself a shirt that says, "I got it for cheap." It just seemed fitting.

The 2006 Cadillacs haven't made it to dealerships yet, but Massie is betting they are rolling off the assembly line right now. In the meantime, the big hot button winner will have to wait up to 180 days for his luxury ride to arrive in the midst of filling out a lot of

paperwork. "I'm just waiting to get it," said Grant.

To suffice any curiosity, the odds of winning at the GM hot button contest are approximately 1 in 3,000, and only 1 percent of the winners receive Cadillacs. The nationwide contest ended May 31, and Massie anticipates General Motors will have the contest again.

"There are a lot of GM dealerships out there. The odds of it happening in the same dealership again are probably not good," said Massie. But as Grant found out, it couldn't hurt to push it and it's always worth the try - even if luck doesn't tend to fall your way.



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Make a Model with Dad

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Kids ages 5-12 are invited to come & go between 10am & Noon. *2 includes supplies. Registration is limited.

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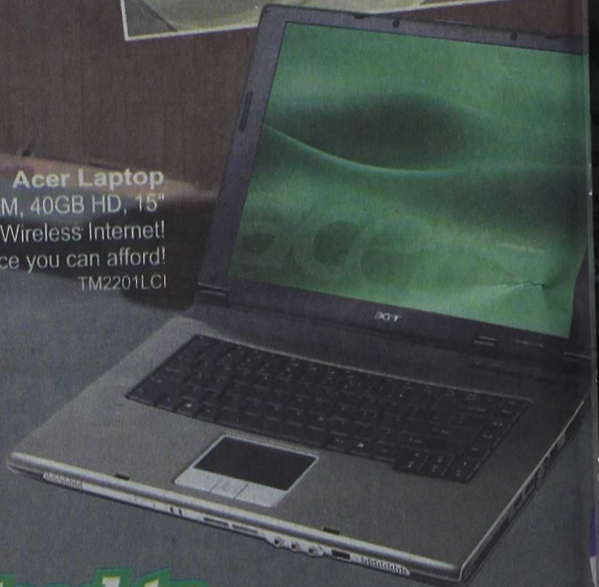
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