



Hunt awarded bronze star | 1C



Intramural football playoffs | 1B

January 27, 2005 / Vol. 67 No. 4

Inside this week

McNABB, BRADY FACE OFF IN SUPER BOWL

Quarterback Tom Brady of the New England Patriots will lead the team against the Pittsburgh Steelers in the Super Bowl on Feb. 6 in Jacksonvill, Fla. Our experts are already weighing in on the game. Turn to 1B for more on the championship.

DEFENSE ANNOUNCES 2005 OBJECTIVES

The 2005 objectives include executing the Global War on Terrorism, as well as force realignments and closures. Objectives like these will impact not only the DoD, but the entire Department of Defense. For a full story, turn to 1C.

THE GARDEN OF ROSES

A stern gaze is legendary and her's is coming into its own. Former drill instructor Chuck Talliano and Jennifer Bailey, whose photos grace the male and female versions of the famous "Rose Garden" posters, are slated to be at the Marine Corps Association Bookstore today. For more information, turn to 1D.

News Watch

HAPPY ANNIVERSARY 2D MARINE DIVISION

The 2d Marine Division celebrates its 64th Anniversary Monday. Originally activated as 2d Marine Brigade July 11, 1936 it was later re-designated Feb. 1, 1941, as the 2d Marine Division. During World War II, more than 160,000 Marines saw action with 2d Marine Division.

HELICOPTER CRASH

Thirty-one Marines were killed in a helicopter crash near Iraq's border with Jordan. The cause of the helicopter crash was not immediately known and is being investigated. Go to www.usmc.mil for updates.

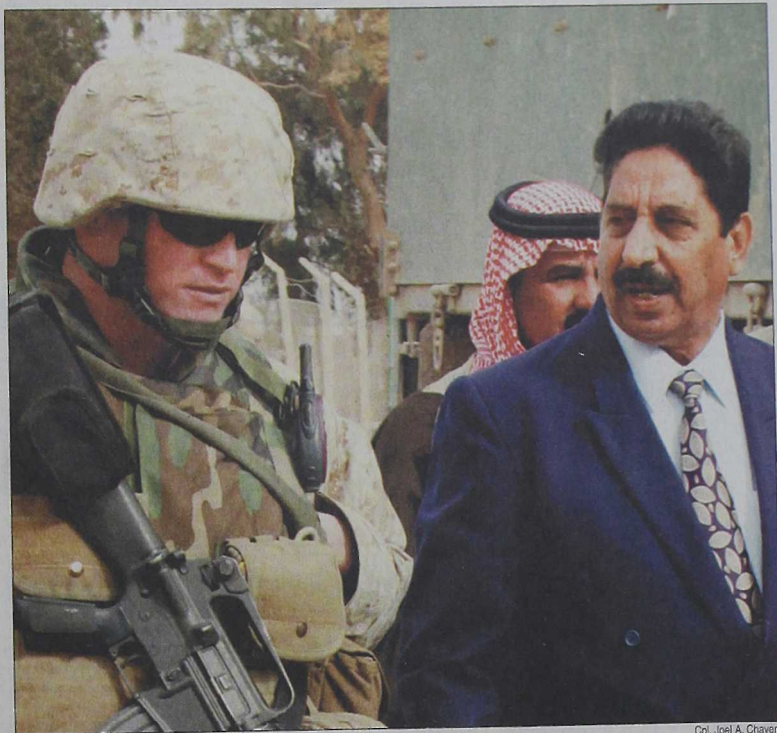
LOCALS HELP SECURE TOMORROW

Two Iraqi men informed the 24th Marine Expeditionary Unit of suspected insurgents and of hidden weapons Jan. 25. One man informed Marines of a resident threatening violence against local Iraqis and Multi-National Forces. This information led to the capture of the man at his house where he kept a sniper rifle and a large ammunition supply. The other Iraqi informed Marines to a location containing 75 high-explosive projectiles, four anti-personnel mines, nine recoilless rifles and a rocket-propelled grenade.

BUSH'S REQUEST

The Bush administration requested an estimated \$80 billion budget supplement Tuesday. The supplement will help to maintain two pledges: to provide U.S. troops "whatever they need to protect themselves and complete their mission," and to stand with the Iraqi people and against their terrorist oppressors. The request's details are currently being negotiated; White House officials stated that \$75 billion of the request will go towards supporting the ongoing operations.

Upcoming elections | Iraq



The officer-in-charge (left) of Civil Affairs Team 1, Detachment 4-2, 4th Civil Affairs Group, 31st Marine Expeditionary Unit walks alongside the Mayor of Al Qaim, an Iraqi town located along the border of Iraq and Syria Jan. 15, 2005. The Marine Corps is working hand-in-hand with the local governments and Iraqi National Guard to provide a safe environment for the upcoming elections.

Supply dissuades Marines from purchasing deployment gear

CPL. ADAM C. SCHNELL
2d Marine Division

When Marines hear they will be deploying to Iraq, some begin preparing for their upcoming deployment months in advance by purchasing what they view as gear needed to effectively complete the mission.

Marines can spend hundreds of dollars buying equipment such as three-point rifle slings and ballistic goggles because it has not been issued to them yet.

Little do they know, the money they spend on this gear is wasted.

"We just need to get the word out to the Marines to not go out and waste their money," said Capt. Chris Rabassi, the supply officer for Headquarters Battalion, 2d Marine Division.

According to supply officials, all II Marine Expeditionary Force Marines deploying to Iraq in 2005 will receive from supply the gear needed to accomplish the mission while supporting the Global War on Terrorism. This gear includes body armor with Small Arms Protection Inserts plates and a new, individual first aid kit.

In addition to the this equipment, each Marine will receive two sets of desert-digital camouflage utilities, a "boonie" cover and a set of boots from the Contingency Training Equipment Pool. This pool, known as CTEP, supplies gear issued to deploying Marines. The Marines must turn the gear in when they return.

"All units pretty much get the same stuff from CTEP," said Gunnery Sgt. Donald Allegretto, the staff noncommissioned officer for CTEP. "It is just a unit's preference if they need different things like gloves or balaclavas."

With so many units and so many different jobs within II MEF, some units will get more issued gear and others will get less. It is up to the command to decide what their Marines need to accomplish the mission.

This is not the first time Marines from II MEF have been equipped for combat. According to Rabassi, they supplied Marines previously deploying to Operation Iraqi Freedom and will be continuing their efforts for the upcoming deployments.

For Marines within the division, they will be receiving three-point rifle slings (for M-16A2 service rifle and M-4 Carbine Assault Rifle), ballistic goggles, ballistic sunglasses, rifle butt-stock magazine holders, Under Armour T-Shirts and boxers, and elbow and kneepads.

On the other hand, because of their mission while in Iraq, Marines with 2d Force Service Support Group will be receiving Camel-Bak water hydration systems, names tapes for the CTEP utilities and ballistic goggles.

"The Marines just need to have faith in the system," Rabassi said. "We're working everyday to get them exactly what they need for mission accomplishment."

Information about the specific equipment required and dates for gear issue will be passed to deploying Marines through their chain of command.

New order governing off-road vehicles protects Onslow Beach

THE GLOBE
Staff Reports

Camp Lejeune's Onslow Beach is the single most valuable piece of training real estate in the Marine Corps. Yet the sustained military use of the beach has been threatened by a number of factors, including off-road recreational vehicles.

"In a nut shell, Onslow Beach has eroded significantly over the last 10 to 15 years, while use of four-wheel drive vehicles has increased dramatically, it has not improved the situation," said John R. Townson, Environmental Conservation Branch head.

"Over time, the use of the beach has shifted from accessing fishing areas to off-road driving without a specific destination," he added.

The U.S. Fish and Wildlife Service as well as state of North Carolina informed ECON that continued use of ORRVs can have a significant impact to sensitive beach resources and have asked the base to reduce those impacts, Townson added.

"Onslow Beach presently is home to several endangered species, including sea turtles and sea beach amaranth. Restricting unnecessary recreational traffic will help conserve these species and prevent training restrictions resulting from ORRV impacts," Townson said.

As it stands, non-registered ORRVs are not authorized for use aboard the installation, except when used for official government actions to include military training, forestry, wildlife enforcement or wildlife management.

Registered ORRVs may be used to travel to authorized hunting and fishing sites as designated by the Conservation Law Enforcement Office, as long as regulations under Base Order 11017.1E are adhered to.

"Even then, vehicles without a valid DoD decal, current inspection decal, and more significantly a beach permit, are not authorized to drive on Onslow Beach," Townson said.

Operators must also be in possession of a valid driver's license.

A violation to the order is punishable under the Uniform Code of Military Justice for military personnel

MCCS adjusts services, feels financial strain

THE GLOBE
Staff Reports

Camp Lejeune Marine Corps Community Services began implementing a reduction in manpower and services earlier this month in response to a continuing economic downturn, which has severely limited their financial capabilities.

MCCS announced this reduction Dec. 8, 2004, and has completed a majority of the personnel and services downsizing.

"It's going well. These are difficult times inside and out of MCCS, but we have faced the realities of the situation and are proceeding according to plan," said Jay Sollis, assistant chief of staff for MCCS Camp Lejeune.

To date, out of the 95 full-time and part-time positions eliminated, 26 of those employees have been accommodated with other jobs. The possibility for further employment still exists within MCCS, said Sollis.

"At the same time we are eliminating positions, we still have vacancies in other areas," said Sollis. "We are trying to accommodate employees with other vacancies. For instance, we have sales associate positions available at the [Marine Corps Exchange]. We are always going to need associates to help customers locate items and answer questions."

According to Sollis, other alternatives to reduction in services are currently being negotiated. The base stables is still fully operational; however, MCCS is accepting contract proposals until Feb. 11 from outside parties to take over responsibility of the stables. A number of people have expressed an interest in submitting proposals, and MCCS is confident that by the cutoff date for submissions there will be a contract bid beneficial for all parties. A bid evaluation committee will review the proposals once all submissions are compiled and then negotiations will begin.

MCCS is also hoping for the same response for the Ceramic Hobby Shop. According to Sollis, MCCS is eager to accept contract proposals in order to keep this service available.

According to Sollis, people are trying their best to keep facilities and programs alive, and one way concerned community members can voice their ideas, concerns and questions will be at a town hall meeting Feb. 8 at 6 p.m. at Marston Pavilion, hosted by Lt. Gen. James F. Amos,

See MCCS | 8A

Female cammies now available

SHAKINTA M. JOHNSTON
Marine Corps Systems Command

MARINE CORPS BASE QUANTICO, Va. — Female Marines will now have the option to procure specific female sized combat utility uniforms designed to improve fit and function for them if they are dissatisfied with the fit of the current uniform. Beginning this week, all clothing sales stores will begin stocking six new cammie blouse and seven new trouser sizes that specifically accommodate most female Marines in areas where fit and function issues are most frequently found.

The female cammie sizes should be found in the clothing sales stores where other female clothing items are located, space permitting. Female Marines who are satisfied with the fit of their cammies have nothing to fear. The female sizes are additional sizes and will not change the availability or design of current unisex sizes.

Fit and wear testing with female Marines found the new cammie sizing eliminated the common fit problems.

See CAMMIES | 3A



A sign warns of the regulation changes at Onslow Beach.

and is the basis for appropriate disciplinary procedures for civilian employees. Furthermore, anyone who violates any of the requirements contained in the order is subject

See ONSLOW | 8A

WEATHER



Friday
HI 42 F°
Low 25 F°



Saturday
HI 55 F°
Low 40 F°



Sunday
HI 54 F°
Low 40 F°

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Man on the street

What is the best way to avoid being scammed?



"Always do your home work and know what you want."

Gunnery Sgt. Keith Enoch, II Marine Expeditionary Force Command Element Greensboro, N.C.

"Take someone with you that knows what they are doing."



Cpl. Cassandra Evans, 8th Communications Bn. Chicago



"Double check the deals and prices through other companies that sell the same product."

Master Gunnery Sgt. Nathaniel Page, II Marine Expeditionary Force Atlanta

"Ask people with similar items what they paid and compare."



(Navy) Capt. Mike Moeller, 2d Force Service Support Group (Forward) Los Gatos, Calif.



"Only deal with organizations that you know and trust."

Staff Sgt. Earl Collins, 10th Marine Regiment Smyrna, Tenn.

Military personnel target of con artist

Guest Commentary
LANCE CPL. RHYAN N. LITTLE

On Jan. 20, I went to the Jacksonville Mall to pay a bill, and while I was there, I stumbled upon the most high-tech fabulous computer. The kiosk that featured the computer had many other appealing machines to dazzle the eye. Being a girl and somewhat attracted to shiny things by nature, I inquired on how I could possibly have one of these computers. Of course, out of all the computers, I had picked the most expensive one to admire. I spoke with a young, attractive female about the components of the computer, you know, the hard drive stuff and "mega computer nerd" talk.

I asked her, "How do I get this computer?" She asked, "Are you active-duty?" I said, "Yes ma'am!" I thought that a benefit would actually come of this, but I was soon to find out, I would be wrong. She said, "Great then, it's no down payment for active-duty military. This will also improve your credit score and the computer is \$4,500. We will automatically deduct from your account every paycheck only \$89.99."

Then she asked, "How long have you been in?" I said that I would be getting out in May 2005, so I have less than six months left in the Marines. She said, "All you have to do is bring in your reenlistment papers."

I replied, "That's not happening; can I just put a down payment and get it anyways?" She answered, "No, sorry, we only sell to active-duty with a year left." Does this mean that a civilian could not buy one? I said, "Okay then, can I have all the information on this computer and I will look for it somewhere else?" She then walked over to her computer and went

to a Web site. She started to write down the exact information for me, and I noticed the price of the computer on the screen she was looking at. The same computer she had just told me was more than \$4,500 was \$1,949.98 on the Web site she looked at. I asked if it was the same computer. She said yes, with a scared, "busted" expression on her face. I said, "Why are you selling it for more than double the price here? She actually said, "Because the military is buying it."

This told me that Marines weren't thinking before they were investing so much money. I then smirked and realized she had just played me for a fool. I then asked her to write down the Web site she was looking at for me. She did, and I left that kiosk just a little smarter. I just wanted others to learn from my almost huge mistake. I'm used to people being courteous, being that I'm from the South; however, I took the information and found this out:

I logged on to www.somystyle.com, and found that the computer sells for \$1,949.98. It was the same model.

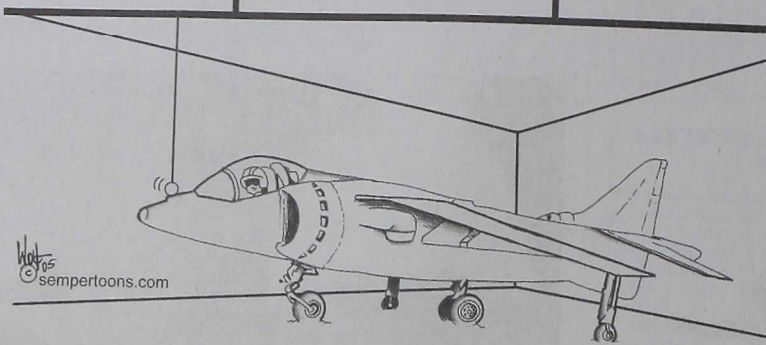
I called a local computer store, and a representative laughed when I told him the price that she quoted to me, same model! He thought some high-tech printer might come with it. Nope, just the computer. He quoted me the same price that I researched - \$1,949.98.

I only ask that that Marines are made aware of this. I'm tired of having one of the most honorable jobs but receiving no respect from companies like this one.

Lance Cpl. Little is assigned to the 2d Force Service Support Group.

Sempertoons

by Staff Sgt. Wolf



How pilots park their planes

Marines needed at home

Guest Commentary
MASTER GUNNERY SGT. BILLY D. STEWART

In 1990, I found myself glued to the television as many of my peers were dodging chemical alarms and scud missiles initiated by Sadaam Hussain during Operation Desert Shield and Desert Storm. I was a staff sergeant with a large ego that just plain felt left out.

A year earlier, I had left the drill field and was on leave en route to my next duty station. A nasty hunting accident dealt me a broken back and two Harrington stabilizing rods implanted in my back. Following a year of light duty, I felt ready to resume full activities and deploy as Operation Desert Shield began its build up.

Due to my injury, my superior officers felt that it was best to allow my back to heal for a little while longer. This decision squashed any opportunity I might have had at deploying to Southwest Asia. Later that week, my wife was recalled to active-duty and deployed to Camp Lejeune to support the war effort.

I was left watching my wife, my peers and my Marines doing just what they had been trained to do - defend our county against the "bad guys." I was disheartened and I felt my duties in the rear would be insignificant. I was very mistaken that day, just as many Marines are now.

The chatter throughout the Marine Corps as well as the other armed services is the word "deployment." Marines spend every waking moment of their careers preparing for the day they will be called to defend this great nation. Marines will jump at the chance to get a spot on a deployment roster that renders them on the "tip of the spear." The fact remains there will usually be more Marines volunteering than there are vacancies to deploy. Marines are competitive by nature and desire to be on the "first string" in all aspects of their lives, including real-world deployments. I always had a waiting list of Marines in my department that wanted to deploy. I very rarely had to ask twice for a Marine to volunteer.

However, just as it was during the Gulf War, many Marines will second guess their significance if they remain in the Continental United States during a real-world deployment. As I stated earlier, do not be mistaken about your role. The remainder of this week's column will discuss a few basic sporting concepts relating to how you can best serve your country and Corps if you find yourself not deploying forward. The first rule we will discuss is your attitude.

A deployment is conceptually no different than a basketball game. Both have rules, regulations and a number of allowed players. Every player has a significant role, whether it be as a starter, a reserve or as some type of a support element. A team-fostering attitude is paramount. A deployable unit usually finds itself in the same situation. Good Marines will start, some will remain on the bench, and others will serve in a support capacity. The important aspect is to realize that you may not start the game, but not because you are not good enough, but for reasons out of your control. There may be personnel restrictions, medical issues, or maybe you are just not in

a deployable unit. The important aspect is to understand your role in the game and support the team in whichever way you are called upon. Ensure you have attitude - serve to the best of your ability in any role and you will be on your way to supporting the fight. Now that you "have your mind right," it's time to understand the importance of the "remain behind" role.

The starting players of any basketball team very rarely play the whole game alone and come out on top. The Marine Corps comes out on top because we have great depth from our bench. A winning team always has an outstanding bench that it can pull resources from. The Marine Corps has proven this repeatedly because of our work ethic. Whether the Marine is on standby to relieve a forward-deployed leatherneck, fixing aircraft parts, or inputting unit diary entries, his/her actions has a direct positive effect on the success of the Marines forward deployed. When the Marines are supported properly by the bench, they will execute their role successfully and without distraction. This can never be underestimated. Just because you're not on the court, don't think you're not important to the organization. A great example would be that of the basketball manager.

The manager doesn't set foot on the court, but because he/she ensures that players have the required serviceable uniforms and gear, their role is irreplaceable. Never underestimate your role to the forces deployed or to the institution as a whole. Remember, there may be more than one game that needs your hard work and dedication. While you are working hard, there is one final role that we all must play, the role of the fan.

The final, and one of the most important concepts is moral support. It is no secret that fans have a direct effect on the outcome of a game. A cheering section at a high school basketball game can turn an average player into a scoring machine. If players feel no one is out there supporting them, performance will not be at its peak. Marines deployed are players on both ends of the spectrum and should be supporting each other every chance they get. Marines are known for their ability to motivate each other and make the best of any situation. This can be accomplished through letters, e-mails, encouraging words when they call, or just listening. Make every Marine feel that what they are doing is significant, because it is.

If you find yourself not on the "tip of the spear," rest assured that you're not alone. You are in very proficient company. You may never know how important you were to a Marine or unit that was forward deployed. You may never know that the Marine you successfully mentored while you remained behind will someday be a senior staff noncommissioned officer, or the part you repaired for an aircraft enabled a squadron to accomplish a mission. Serving your country and Corps is all-inclusive. Whether you're serving its present or future endeavors, you can rest assured that they both are intertwined and priceless. Never sell yourself short. The Marine Corps will not. Just serve! Do it with vigor, pride, and with a purpose. As I continually state, our country and Corps deserve nothing less.

Master Gunnery Sgt. Billy D. Stewart is the aviations supply chief at the Pentagon.

www.militarynews.com/globe

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No cell phones in POVs unless the operator has a hands free device on the phone.



Extreme field exercise dentists for real? asked a Marine appointment during exercise at French Creek here. The exercise, also known as the sailors of 2d Division Support Group, will be most of the participating patients in a field environment and they expressed their upcoming participation.

Female cammie bene... They will also have three smaller camps and remain... Marine Expeditionary Force... A lot of the [Marines]

Serving MC and surround... MCB (910) 910-45

Lejeune | Deployed

Extreme doctor's office

Field exercise prepares Navy dentists for conditions in Iraq

CPL. SHARON E. FOX
2d Force Service Support Group

"Is this for real?" asked a Marine checking in for a dental appointment during the 2d Dental Battalion's Authorized Dental Allowance List exercise at French Creek here Jan. 10 through 12. The exercise, also known as ADALEX, was conducted so the sailors of 2d Dental Bn., 2d Force Service Support Group, will be able to practice treating patients in a field environment. This will be most of the sailors' first time deploying and they expressed much excitement for their upcoming participation in Operation Iraqi Freedom. The exercise familiarizes them with field equipment and gives them the ability to identify any equipment problems they may encounter while in Iraq. The 2d Dental Battalion will have six dental teams in Iraq, providing dental services at each of the major camps. They will also have three mobile teams to get to smaller camps and remote areas, according to Lt. William R. Davidson, senior dental officer, Marine Expeditionary Force (Forward) and a Clefield, Texas, native. "A lot of the [Marines and sailors] who've had

appointments were pretty surprised that they were going to get their dental work done in a tent," said Petty Officer 1st Class Luis O. Ancheta, assistant leading petty officer for the detachment. "All of them have said the treatment they received was not much different from appointments they have had in our dental offices."

Each team consists of one dental officer and two dental technicians.

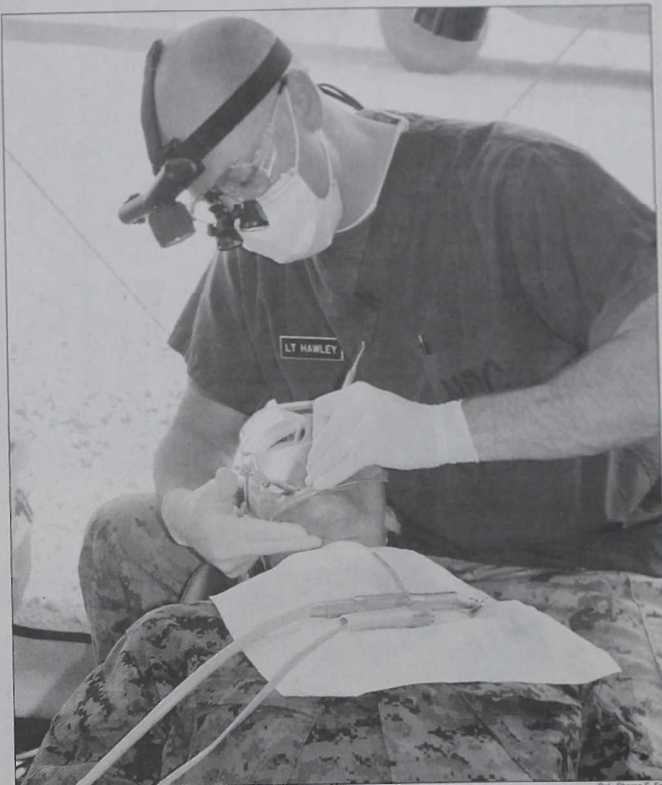
The dental officer usually performs the major dental work such as anesthesia, drilling teeth, and a few other major procedures.

According to Lt. Michael J. Hawley, dental officer, 2d Dental Bn., many of the dental technicians are more than capable of performing many of the procedures themselves.

"This will help our three-man teams treat as many Marines and sailors as possible when we are overseas," said Hawley.

"We just want to make sure we're just as skilled with our field gear as we are with the everyday gear used in garrison," said Davidson.

"Our dental detachment will be providing care for not only the FSSG," he explained, "but for all the MEF Marines in theatre during this upcoming deployment. We want to make sure we are able to efficiently and expeditiously treat those Marines who need dental services."



Lieutenant Michael J. Hawley, dental officer, 2d Dental Battalion, 2d Force Service Support Group, presses in cavity fillings for a patient.

CAMMIES

CONTINUED FROM 1A

Female cammie benefits are achieved by adjusting the proportions to female proportions that basically remove extra material where it is not needed in the current sizes and adding it where needed. Gunnery Sgt. Angeliqe Owens, Marine Corps Base Quantico, appreciates the impact that sizing adjustments have on uniform performance.

"The changes in sizes and eliminating the excess material seemed to result in more effective field, PT, and everyday work performance," says Downs. "There was no getting around" the extra fabric in the crotch and back. The focus was on the job performance and not simply dealing with bulky excess."

Downs is not the only Marine who welcomed improvements brought by the female cammies. Corporal Mary Simmons, Marine Corps Base Quantico, was one of several female Marines who participated in a fit and wear test. Before trying the female cammies, Simmons found her unisex cammies were "too large for her" and sizing was very difficult. With the female cammies, she reported utilities that made her "look like a Marine and not a kid playing dress up."

"I would definitely buy a set of female sized cammies if

New Female Cammie--Size Conversion Guide

BLOUSE		TROUSER	
Old	New	Old	New
XS-XS	= 32 XS	XS-XS	= 24 XS
XS-S	= 32 S	XS-S	= 24 S
XS-R	= Not offered	XS-R	= Not offered
S-XS	= 35 XS	S-XS	= 28 XS
S-S	= 35 S	S-S	= 28 S
S-R	= 35 R	S-R	= 28 R
M-XS	= Not offered	M-XS	= 32 XS
M-S	= 39 S	M-S	= 32 S

made available," says Simmons. "They are great!"

Simmons is one of ninety percent (90%) of the test females who preferred the improved comfort, ease of movement, and more professional appearance afforded by the female sized cammies while providing identical uniform features. To avoid confusion between the female sized cammies and the current unisex sizes, females will need to get used to the new size designation.

FEMALE VS. UNISEX SIZING

Different size labeling was adopted for the female cammies and will always begin with a number followed by length abbreviation. New sizes for female cammie blouses are 32 XS, 32 S, 35 XS, 35 S, 35 R and 39 S. New

sizes for female cammie trousers are 24 XS, 24 S, 28 XS, 28 S, 28 R, 32 XS, and 32 S.

In the new female uniform sizing, the number replaces the current Xsmall (XS), Small (S), and Medium (M) size label where the number represents the midpoint of the range of body measurements that the garment size will fit for chest or waist circumference. The letter that follows the number is the same length designation of Xshort (-XS), Short (-S), and Regular (-R) found in the current sizing.

To help female Marines get started with identifying the new size female item, a uniform size conversion table was developed to provide guidance. Female Marines should look at the table below to see where there is an alter-

native female size next to the current unisex size.

If females know their body measurements, they can also look at the top of the care label inside the garment to select a size where their measurements fall within the dimension range printed for size prediction.

The old adage of "If the shoe fits..." applies perfectly here. Female Marines must try the cammies on to determine the best fitting new size alternative and then choose their preference for the new female size garments or stay with the current size in whole or part. It is okay to mix and match garment sizes.

During testing, the best fit for some females consisted of a mix of female size and current size among the two cammie garments, such as female size blouse and current unisex trouser or vice versa. The purpose of the new cammie sizes is to achieve better fit for improved comfort and ease of movement for females that is comparable to the fit males experience with the current cammies.

Female cammies aren't the only impending improvements. Female sized boots will be added in Spring 2005. Approximately 28 sizes (4-11) are being added in the Hot Weather, Infantry Combat, and Steel Toe boots. More information about female boots will be reported as availability of items at store approaches.

If you have questions on the female sized items, contact one of the following:

E-mail cammie inquiries to Deirdre.Townes@us.army.mil. E-mail female boot inquiries to marlee.foster@usmc.mil.

Female Marines are finally being given the opportunity to be issued and buy combat uniforms and footwear that better accommodate female proportions after years of having to fit into men's clothing.

This issue is not new but an implementation of successful development that was initiated after the September 2002 female uniform symposium, which directed improved fit of critical items for our female Marines to be fit to fight.

Marines won't leave you hanging

Stay Marine!

Contact your unit career planner for more information.

Campbell University

Serving MCB Camp Lejeune, MCAS New River, Onslow County, and surrounding communities. Military, Civilians, Dependents, and Retired welcome. Don't delay. Get started today.

SPRING I & II 2005

- Military (Active Duty Only) Online Registration: Feb. 7th - 12th
 - Open Online Registration: Feb. 13th - 18th
 - Military (Active Duty Only) Registration: Feb. 24th - 25th
 - Open Registration: Feb. 28th, March 1st, 9th, 10th, and 16th
- (Registration times: Mon. - Thurs. 9:30 - 5:00 Fri. 9:30 - 12:30)

MCB Camp Lejeune
Bldg. 202
(910) 451-3097 / 2836

MCAS New River
Bldg. AS 212
(910) 449-6600

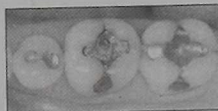
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Around the Corps

JOY:

THAILAND ORPHANS spark tears, fun with visitors



Photos by Gunnery Sgt. Lawrence Torres III
Graphic Design by Ena Bravo



GUNNERY SGT. LAWRENCE TORRES III
Marine Corps Base Smedley D. Butler, Okinawa

PATTAYA, Thailand — Approximately 40 service members and Department of Defense personnel with Combined Support Force 536 in support of Operation Unified Assistance held and played with children at the Pattaya Orphanage here Jan. 19, the first of many planned community outreach events being coordinated.

The CSF-536 support personnel are here to support the tsunami victims of Thailand, Sri Lanka and Indonesia, yet a lot of them are working in areas away from the tsunami victims, said Air Force Capt. Dominic J. Vitaliano, the chaplain with 374th Fighter Squadron based in Okinawa, Japan.

"We all came down here to help [those in need]," Vitaliano said. "[These volunteers] are holding babies and playing with the children... let's face it, you miss your kids or members of your family when you're here."

About 100 of the nearly 700 children at this historic 30-year-old school played games and received hundreds of gifts including tennis shoes, toothbrushes, instant noodles, soap and clothes.

The school currently has 15 volunteers who come here at their own expense from the United Kingdom, the United States, Denmark and Australia to help take care of the babies, teach English to the disabled students, take the blind, deaf and mute children to the beach and visit the eld-

erly each day, according to P. G. A. Langin, a volunteer here. "We need [volunteers] to teach English," said Langin, who has been here for three of her planned six months. "We [encourage] volunteers to come for at least a month... it is hard for them to come for a few weeks because the children become attached and lose them so quickly."

That emotional attachment happened in a few hours. Lance Cpl. Roshan E. Burnham, an administrative clerk with Marine Expeditionary Force based in Okinawa.

"I kinda hold back here," said Burnham, who visited orphans at a teenager with the YMCA in San Diego. "I just want to jump around and hold them," added Burnham before running off to play with three children.

This visit hit Burnham close to home.

"One of the deaf children was talking to me using hand signals, even though I tried to show him that [I did not understand]," Burnham said. "This will be good practice for me as I just found out my sister was born deaf."

As the four-hour visit came to a close on the orphanage's soccer field, Vitaliano felt the visit was fantastic.

"These children are bringing joy to our hearts," said Vitaliano, referred to as father by the orphanage volunteers and workers here. "Look at [the children]... they are smiling," he added with tears falling from his eyes.

For more information about Operation Unified Assistance visit the Web site at www.marines.mil/csf536.

Health & Safety

Fight the frost

ENVIRONMENTAL PROTECTION AGENCY
Press Release

Improve your home's comfort and save energy and money while doing the right thing for the environment. By using energy efficiently in your home, you can make a difference by preventing air pollution from power plants. Follow these recommendations from the Environmental Protection Agency:

1. Know the facts - The average family spends \$1,400 a year on energy bills, with nearly half of that spent on heating and cooling. Energy-efficient heating and cooling equipment, sized and installed correctly, with properly sealed ducts, can save homeowners as much as 20 percent on energy costs.

2. Keep it clean - A dirty air filter can increase your energy costs and lead to early equipment failure. Clean or change the air filter in your heating and cooling system monthly. Some filters only need to be changed every 3 months. Also, have your equipment checked seasonally to make sure it's operating efficiently and safely - check-ups can identify problems early.

3. Bundle up your home - Hidden gaps and cracks in a home can add up to as much airflow as an open window. Home sealing can improve your home "envelope" - the outer walls, ceiling, windows and floors - and can save up to 10 percent in energy costs. Start by sealing air leaks and adding insulation - pay attention to your attic and basement, where the biggest gaps and cracks are often found.

4. Tighten your ducts - If you have a forced air furnace or heat pump, then a duct system is responsible for circulating warm air throughout your home. Sealing your ducts can save up to \$140 on energy bills and help you consistently heat every room.

5. Don't oversize - If you're replacing old equipment, make sure your new equipment is properly sized for your home - bigger isn't always better. An oversized system will cost more to buy and operate and will cycle on and off too frequently, reducing your comfort and leading to early system failures and repair costs. Correct size and proper airflow will ensure that your equipment works efficiently, saves you money, and helps protect the environment.

6. Put your home to the test - Doing a home improvement project this fall or winter? For tips and information, visit www.energystar.gov.

7. Consult a professional - Find an experienced, licensed contractor before embarking on any heating and cooling overhaul. Visit www.natex.org to find a contractor whose technicians are certified by North American Technician Excellence, the leading industry-supported testing and certification program.

8. Cash in on special offers - Concerned about the cost of new heating equipment? Check with your local utility or visit www.energystar.gov to see if there are any special deals on high efficiency heat-

Health & Safety Briefs

SPECIAL NEEDS WORKSHOP

The Exceptional Family Member Program, the Downs Support Group of Onslow County, the ADD/ADHD Support Group of Onslow County and the Onslow County Chapter of the Autism Society presents a free workshop for parents with special needs children and professionals. Learn for to prepare for IEP meetings, your child's rights and more, Saturday, from 10 a.m. to noon at the Onslow County Health Department. For more information, call Wendy Boyd, 910-577-3969.

MAN-TO-MAN PROSTATE GROUP

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

ing equipment. Manufacturer rebates are usually offered in fall and early spring.

9. Shop Smart - If your heating equipment has been poorly maintained and is 15 years or older, it's probably time for a more efficient replacement. Ask for an Energy Star when buying the following equipment:

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Career & Education

Distance learning provides new education opportunities

EDWARD FRITTS
Education Guidance and Testing Office

During the last 10 years, the popularity of distance education has increased steadily. According to the statistics derived from the Navy Computer Management Information System, during fiscal year 2002, 3,493 students enrolled in 10,010 classes offered by 92 different educational institutions of higher learning. However, far too many Marines and sailors are circumventing the established enrollment procedures and soon find themselves in a quagmire of academic and financial pitfalls that could have been prevented.

Distance Education

According to Dr. Charles Wedemeyer, in addition to a communication medium, there are four essential elements required before any distance education situation can take place; an institution, teacher, curriculum, and student (as cited in Simonson, Smaldino, Albright, & Zvacek, 2000). Additionally, distance education is also influenced by the variables of time and location. Once separation of any of the four essential elements within the variables of time and location has taken place, distance education has occurred.

Today's distance education blends together modern, advanced information systems technology with a global student body that serves to enrich an individual's learning experience. However, although the number of educational institutions that offer distance education programs continues to increase, the traditional brick and mortar institutions of higher learning will still be around for decades to come. Distance education has increased its popularity due to the numerous programs available, the accessibility and ease of enrollment, and the autonomy a student has over his learning.

Distance Education Enrollment Pitfalls

Service members can participate and receive tuition assistance for distance education programs for either academic or professional developmental goals. However, enrollment procedures are not necessarily the same for each program. Additionally, there are some distance education institutions that are very reputable and there are some institutions whose accreditation, reputation and ethical recruiting practices are questionable. Three of the reoccurring enrollment pitfalls involve admission counselors, the absence of a requirement for prior assessment, and the partici-

pation demands required by distance education.

Admission Counselors

As the popularity of distance education increases, the recruiting efforts of some distance education institutions go beyond ethical practices in an attempt to meet enrollment quotas. Understandably, admission counselors are trained to focus on an individual's educational goals and provide information on how that particular educational institution can best satisfy the individual's particular needs. However, individuals should not permit fast-talking admission counselors to trap them in a commitment before the individual has completed all the required procedures for requesting tuition assistance. The dialog utilized by admission counselors was developed with salesmanship in mind and not necessarily for the benefit of the individual. Although the individual may assume that the admission counselors have all the necessary answers, further research by the potential enrollee may prove otherwise. Admission counselors are trained on how an individual can best combine tuition assistance, Montgomery GI Bill benefits, and various other financial aid incentives in order to present a cost-free education plan. However, an admission counselor's mission is to fill an enrollment quota and not to provide sound, long-term financial advice. Finally, individuals should not permit an admission counselor to entice an individual into enrolling into any distance education program based on any perceived urgency to meet discount incentives. Without a doubt, since the popularity of distance education will continue to increase, the numerous discount incentives will always be available.

No Prior Assessment Necessary

One of the most popular advertisement slogan is the "no prior assessment necessary for enrollment." The basic academic rigors of postsecondary education, especially distance education programs, are to say the least, very intense and academically demanding. Individuals attempting to participate in distance education programs without prior knowledge of their proficiency in mathematics and the dominant language are creating a potential pitfall for failure. Since scores achieved on academic assessments are an indication of whether or not the individual is academically prepared, then the importance of assessments cannot be over emphasized. However, assessments not only identify an individual's weakness in the basic academic skills

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Fallen warrior's memory kept alive by comrades

CPL. SHAWN C. RHODES
2d Marine Division

The death of Lance Cpl. Nicholas B. Morrison Aug. 13 last year was a hard blow for Combined Anti-Armor Team Blue. The team deployed to Iraq with 2d Battalion, 2d Marine Regiment and was used to death, but not for one of its own. Morrison's comrades became used to operating without the 23-year-old and his constant smile after he was killed, but the hardest part of his loss wasn't felt in Iraq. It was when they returned stateside in October they felt the loss of not just a Marine, but also their friend.

"Me and Morrison were best friends back here at Lejeune. We'd always hang out in each other's rooms watching TV when everyone else was gone," said Lance Cpl. Stan J. Leger, a 20-year-old machine gunner. The Lake Charles, La. native added, "I wish we could all be like he was, always smiling ... the last thing I said to him before he went out that day was to be safe and get back to us." His teammates were all there when an improvised explosive device took his life in the town of Mahmudiyah, but it isn't what they choose to recall about Morrison.

"He never let the little stuff affect him. I try to follow his example and not let the little things bother me," Leger said. "That's how I keep his memory alive."

His other comrades share similar stories about their stocky friend from Carlisle, Pa.

"One time the only vehicle we had to drive was a mini-van Morrison had borrowed, so we



Lance Cpl. Nicholas B. Morrison was manning a missile system when he was killed Aug. 13 last year in Iraq. His comrades carry his memory with them today, keeping him alive in their hearts.

went cruising in Wilmington," said Lance Cpl. William J. Runyan, also a machine gunner. The 19-year-old from New Castle, Pa. added, "It could have been embarrassing, but no matter what we were doing it was fun if Nick was there."

Runyan added the morale Morrison brought to the unit was

what he remembers most about him. His unwavering good nature is woven throughout every story his teammates have of him.

"Before we left for Iraq our clothes were packed up and we went to the mall to get something to wear. Nick bought a pink shirt and a straw hat to wear to the clubs,"

Runyan said. "Everybody loved it. You couldn't not have a good time when you were with him."

Morrison's fellow Marines agree that it hurts not having him around to enjoy the simple pleasures they share.

"I think about what we'd be doing if he was here. We were

always together and it's difficult with him gone," Leger said. "There's not a day that goes by where I don't think about him and remember he'd want me to have fun no matter what I'm doing."

A Marine who shares Morrison's job as a gunner for the team, Lance Cpl. Terrance J. Kilpatrick, launched, optically tracked, and guided missile, had this to say about Morrison:

"He kept us all smiling out there. One time we had to fill 5,000 sandbags and he made it fun."

Lance Cpl. Terrance J. Kilpatrick, 21-year-old from Cleveland, Ohio, added, "One of our plans was to go together with his family when we got back and party with them, but the unthinkable happened."

One Marine from Morrison's hometown remembers his last conversation with him.

"The last time we talked he was telling me how much he missed his girl, and how much he missed home," said Lance Cpl. Vito Strimaitis, a 20-year-old armorer from Carlisle, Pa. "Even though he was having problems with his relationship, he'd just smile and with the flow. It made (Iraq) easy for all of us."

After listening to the stories about Morrison, it's clear that his fellow Marines keep his memory alive by remembering how he lived.

"There's a type of person that always lift your spirits. That's the type of person Morrison was," Runyan said. "Even when bad things happened he'd stay happy and keep living his life. That's what he would want to do."

Iraqi National Guard prepares to take helm

LANCE CPL. ZACHARY R. FRANK
24th Marine Expeditionary Unit

FORWARD OPERATING BASE ISKANDARIYAH, Iraq — Looking to the future of their nation, soldiers of the Iraqi National Guard are preparing themselves to take over as the predominant military force in Iraq by putting into practice the training provided by coalition forces.

The training is key to the ING's ability to eventually take over the responsibilities of defending Iraq.

Nine Marines from Battalion Landing Team, 1st Battalion, 2d Marine Regiment, dubbed "Team Sabertooth," took on the task of training the ING. They've noted vast improvements during the past seven months.

The Marines, who are part of the 24th Marine Expeditionary Unit, began shaping the ING when they arrived in Iraq in July. They started by teaching the soldiers basic infantry skills and weapons familiarization. The Marines also began escorting ING soldiers on missions throughout the area south of Baghdad, offering up constructive criticism and a few pointers along the way.

"It's great when the teacher works with you," said Maj. Mohammed Salman Abbas, a company commander in the 507th Iraqi National Guard Battalion.

As part of their multifaceted training schedule, the ING soldiers are also learning specialized infantry skills including how to conduct insertions and extractions by helicopter and boats.

"It's just like a big school of infantry," said Sgt. Justin T. Walsh, an instructor at the ING compound at FOB Iskandariyah. "We handle it the same as Marine Corps training."

Working hand in hand over the last seven months, the ING has formed a tight battlefield bond with their Marine instructors.



A soldier from the 507th Iraqi National Guard Battalion escorts to detainees to a processing center at Forward Operating Base Iskandariyah, Iraq.

"We worked with two Army units before the Marines came, and there was no trust in us to go out and do our missions," said Mohammed. "But we work as a family now."

Because they feel such respect for one another, they are not looking forward to severing the bonds they have forged, as a new unit prepares to take over the role of training the ING.

"I'm sure the Army will have no problem in this environment," said Sgt. Jeremy D. McAbee. "The ING knows what we [the U.S.] are doing here."

Looking back on the last few months, Mohammad voiced some reservations. When the Army was last here, the ING were simply given orders that were to be accomplished by themselves. By contrast, the Marines have accompanied the Iraqis on their missions offering guidance.

"At the time, the Army wouldn't even allow the [ING] to set up traffic checkpoints," said Mohammad. "I almost got fired for insisting my soldiers leave [FOB Iskandariyah] to do their job. The Marines were all for us doing it."

The Iraqi troops have come a long way in their training since the arrival of "Team Sabertooth" and are hopeful that their months of action will help to make the change between units easier.

Over the last seven months, ING-led missions conducted with the Marines in support have led to the capture of many anti-Iraqi insurgents and bolstered the ING's confidence.

"Through our experiences, the ING soldiers are more comfortable with Marines, but we are looking forward to working with the Army again, to show them how far we've come," said Mohammad.



Major Gen. Stephen T. Johnson, commanding general, II Marine Expeditionary Force Forward, shakes the hand of then-Maj. Patrick J. Carroll, middle east foreign affairs officer, II MEF forward, after awarding Carroll the Bronze Star Medal during a ceremony in the Littoral Warfare Training Center Auditorium.

Johnson awards II MEF Marines with Bronze Star

LANCE CPL. EDWARD L. MENNENGA
II Marine Expeditionary Force

Newly promoted Lt. Col. Patrick J. Carroll, middle east foreign area officer, II Marine Expeditionary Force, was awarded the Bronze Star Medal Jan. 21 for meritorious service while deployed in support of Operation Iraqi Freedom.

Carroll, who grew up in Shrewsbury, Mass. and now lives in Springfield, Va., received the medal during the ceremony for his promotion to lieutenant colonel. His citation said he was awarded the medal for meritorious achievement in connection with operations against the enemy while serving during Operation Iraqi Freedom, from Sept. 11, 2003 to June 30, 2004.

"It was a tremendous honor to work for, and be of service to, the Head of the Coalition Provisional Authority and Chief Administrator of Iraq, Ambassador. L. Paul Bremer, but I personally give a lot more credit to the Marines who have been fighting in places like Fallujah, Ramadi, Mahmudiya, et cetera, on a regular basis," said Carroll. "In fact, I know Ambassador Bremer was very impressed by their overall performance while we were there in country."

Carroll also contributed ideas in the defense and security realm based on discussions with a variety of Iraqis. He provided daily political and military updates to the Administrator and also provided liaison duties for many of the 25 Iraqi Governing Council members.

As the military liaison, he personally coordinated security arrangements for several IGC members who were facing threats to their lives.

"My job was definitely on the strategic level, whereas the majority of Marines in Iraq are working on a far more dangerous, tactical level," said Carroll. "I hope to be able to contribute just as much to II MEF forward as I did to CPA when we head back to Iraq in the next couple of months."

Carroll also served as the military spokesman for the Coalition Provisional Authority, delivering daily background press briefings on the security situation in Iraq to Iraqi and Pan-Arab journalists. He did dozens of interviews and television sound bites for multiple Arabic-language satellite stations, radio stations, and newspapers. His actions contributed greatly to CPA's Information Operation campaign and served as an effective counterweight to derogatory coverage in many Arab media outlets.

"It was a very busy 10 months, but it was an outstanding professional experience, and I am glad that I was given the opportunity to serve," said Carroll. "I wish Iraq success, and I wish all of my own fellow service men and women safe and successful deployments for Operation Iraqi Freedom. Everyone should be proud of their service."

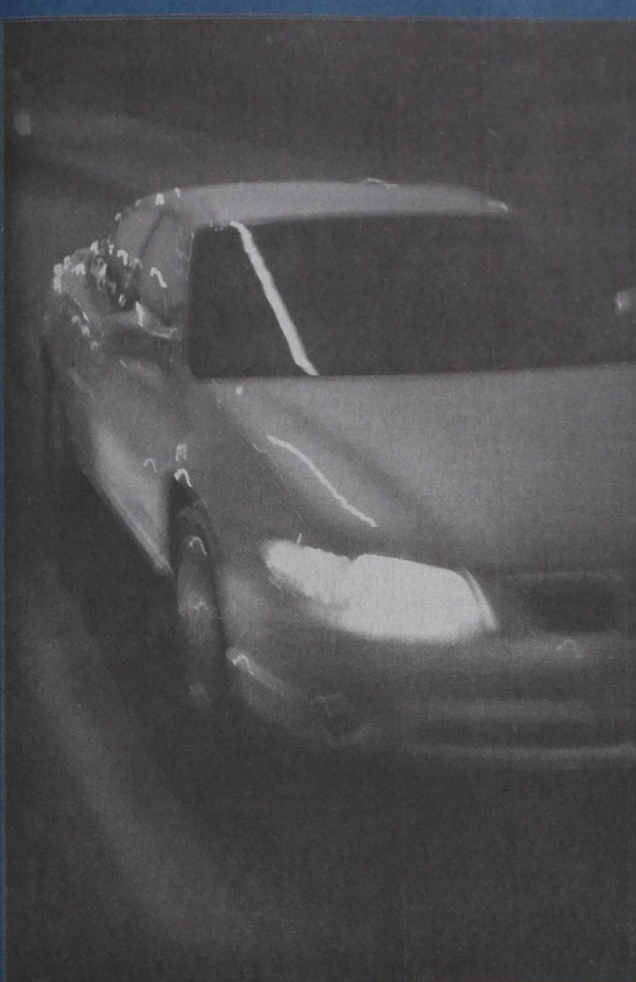
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EDUCATION
CONTINUED FROM 4A

of English, reading, and mathematics, but can also be utilized to develop an academic plan to raise previous low proficiency levels. The various assessment scores derived from the American College Test, Scholastic Aptitude Test, or the Test of Adult Basic Education are designed to measure an individual's proficiency grade level in English, reading, and mathematics.

Although each academic or professional learning institution has its own criteria for acceptance, the level of proficiency demanded by the various institutions are based upon scientific research and the knowledge of what is necessary for success.

Unfortunately, the distance education programs that do not require an assessment of the basic academic skills create the potential situation for failure. Tragically, the individual may discover too late that they have placed themselves in an academic quagmire and as a consequence, may have jeopardized future authorization of tuition assistance funds.

Participation in Distance Education

"Any time, any place" is another popular advertisement slogan designed to entice inexperienced service members into enrollment. This advertisement slogan is all too often misleading by the educational institution and misinterpreted by the individual. Let's face facts, as a Marine or sailor, you do not have regular, nine-to-five working hours nor are personal computers set-up in the field to permit you access to your school 24 hours, seven days a week.

Additionally, the reading assignments, the long hours of research required to answer discussion, directed, or guided questions, as well as the requirement to participate substantially with

your fellow distance learners equates to many hours of study that may conflict with work, family, or personal responsibilities and obligations. As a result, the distance learner may not remain motivated to perform at his or her highest level, or worst, perceive failure as the only alternative. Consequently, the receipt of a low grade or failure could result in academic probation as well as affect future authorization of tuition assistance funds.

Recommendations for Avoiding Enrollment Pitfalls

The correct methodology for avoiding enrollment pitfalls is to first visit the base Consolidated Education Center for guidance and direction. Understandably, the processing procedures for applying for tuition assistance for first time enrollees can be perceived as a potential barrier; however, the procedures are designed to facilitate a service member's introduction to volunteer education. Based upon the foundations of educational democracy, each qualified individual can pursue an educational goal of their choice. However, the key word is qualified, and the established procedures are designed to ensure individuals are aligned with the right attitudes and tools for success.

The best recommendation on how to neutralize the admission counselor's urgency is to say no and then seek assistance from the base Consolidated Education Center. The staff at the Camp Lejeune Consolidated Base Education Center can track an individual's progress through the application for tuition assistance and provide an evaluation of the steps completed so far, provide guidance and direction on what actions are necessary to complete the process, and provide information on any additional options open to the individual.

It is far better for the individual to slow down and seek assistance than to forge ahead and risk

the consequences of ignoring the established procedures.

Although some distance education institutions or programs do not demand any prior assessment, enrollment into any educational program without possessing the academic ability is very risky. Again, assessing the grade levels achieved in the basic academic skills of English, reading, and mathematics constitute a commitment to higher achievement. Assessments are not utilized as a disqualification for college enrollment. However, the failure of any actions to increase low scores of the basic academic skills can result in denying tuition assistance.

Like any large corporation, the Marine Corps will expect to receive returns on its investments. Prior to investing funds for college tuition, the Marine Corps demands individuals demonstrate that they are academically prepared and have a reasonable chance for success.

Since these assessment scores serve as an indication that the individual should seek assistance in raising his or her low scores, then these assessments should not be construed as a negative barrier, but as an element of positive motivational influence. Once the weaknesses have been identified, the individual has various options that can provide assistance, refresher, or retraining in the required basic academic skills.

Finally, circumventing the system's established procedures has the potential for creating frustration and financial hardship. Marines and sailors processing their tuition assistance requests through MCB Camp Lejeune must adhere to the established policies and procedures as set forth by Headquarters Marine Corps, the Naval Education and Training Professional Development and Technology, Defense Activities for Non-traditional Educational Support, and

the policies and procedures established by the Consolidated Education Center. Although the process may be perceived as an obstacle to first-time volunteer education participants, the policies and procedures are in fact designed to protect, support and facilitate an individual's pursuit of his or her educational goals.

College 101 class was designed as an informative brief that covers a plethora of information beneficial to all prospective applicants. The emphasis is on assisting the novice enrollee by presenting options, benefits, and requirements prior to participating in any educational endeavor requiring the authorization of tuition assistance funds. The goal is to reduce the amount of misinformation that is produced by uncertainty and increase an individual's knowledge.

Distance education is fast becoming very popular among service members. As adult learners, individuals will assume full responsibilities for their learning as well as their commitments. Completion of the established prerequisites prior to enrolling into any educational program is not only in compliance to Marine Corps orders but will also reduce the potential for enrollment pitfalls. Since the possibility of an individual jeopardizing future educational benefits is too high of a price to pay, following the established procedures produces the correct path to assisting individuals in their pursuit of their educational goals.

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MCCS
CONTINUED FROM 1A

commanding general, II Marine Expeditionary Force, and Maj. Gen. Robert C. Dickerson, commanding general, Marine Corps Base Camp Lejeune.

Marine Corps Community Services understands these changes affect morale and hopes

to continue to offer alternative employees and customers.

"In spite of these paybacks, we will continue to provide as many programs as possible to those we exist to support operating forces and the families," said Sollis.

For a complete list of MCCS changes, visit www.usmc.mil.

ONSLOW
CONTINUED FROM 1A

to prosecution as well as administrative action.

SIGNIFICANT CHANGES TO ORRV USE ON ONSLOW BEACH:

According to Townson the south end of Onslow Beach is a haven for many protected species and is also a very popular fishing spot. And the central part of the beach, the "E" training area, is a busy amphibious training area.

"We needed to get the recreational traffic out of the way when military training was going on and we needed to protect the wildlife so that regulatory agencies don't impose their own restrictions that could affect the mission," Townson said.

He explained, "We really don't have a problem with the fishing; it's the vehicle driving on the narrow beach strand that is the problem. Vehicles can impact sea turtles, sea beach amaranth, piping plover and many other nesting shorebirds. Plus, we have a real safety issue. Folks come down the beach at low tide and find they are stranded at high tide with no way to get back in the event of an emergency."

The recently approved restrictions apply to ORRV access to Onslow Beach:

1) All ORRV users of Onslow Beach must check in and check out daily at check

station located near Riskey Pier.

2) Access south of Riskey Pier will only be permitted if no training is scheduled for the "E" training area.

3) Between Riskey Pier South Tower; access is authorized during daylight only: April 1 to Oct. 31, between Nov. 1 and March 31, access is authorized during both day and night time.

4) Southwest of Tower: Access is prohibited from April 1 - Aug. 31, from Sept. 1 - Oct. 31, access is authorized during daylight only if conditions permit. Nov. 1 - March 31 access is authorized during daylight if conditions permit.

"If the beach gets too row in the south end, ORRV drivers might get stranded high tide or they may be forced to run over some protected species. If that happens, we may have to close the beach to ORRV drivers until conditions change," Townson also explained.

"It is imperative that we work together to sustain and enhance the training use of Onslow Beach and recognize that ORRV use on the beach is a tremendous privilege that must not be abused," Townson said.

To access the latest version of this base order and find what is and what is not authorized log on www.lejeune.usmc.mil

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Be flexible; goals can ch...
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Would you like your net worth to increase in 10 years from now?

People who have built wealth do so overnight. They got wealthy by goals and striving to reach them. They set two short-term goals: (1) to save enough in four years to have for a down payment on a house, and pay off his \$3,000 credit card debt in two years. Bob also set two long-term goals: (1) to save and invest enough to 25,000 in 15 years for his children's education, and (2) to have \$5,000 a month to live on when he retires in 30 years.

Personal wealth-creation strategy is to set specific goals. In preparing your budget, you should:

- Be realistic.
- Establish time frames.
- Be flexible; goals can change.
- You, like Bob, can choose how to budget. This is where budgeting comes into play.

Op a budget and live by it
When it comes to finances, people generally fall into the following groups. Where do you fit in?

Managers control their financial affairs. They budget to save.

Strugglers have trouble keeping their heads above rough financial waters. They find it difficult to budget to save.

Deniers refuse to see that they're in financial trouble. So they don't see a need to budget to save.

Impulsives seek immediate gratification. They spend today and let tomorrow care of itself. They couldn't care less about budgeting to save.

Knowing what kind of financial manager you are will help determine what you need to make. To maximize your wealth-creating ability, you want to be a manager, like Betty.

Betty is a single parent with one child. She has to budget in order to live on my

modest income. I have a little notebook I use to track where every dime goes. Saving is very important to me. When my son was born, I started investing every month in a mutual fund for his college education. I am proud to say that I control my future. I have bought my own home and provided for my son, and I've never bounced a check. You must have common sense regarding money!"

Lynne, by contrast, is a struggler. Lynne has a good job, makes good money and lives a pretty comfortable life, but her bankbook tells a different story. She has no savings or investments, owns no property and has no plans for retirement. Plus, she's got a lot of credit card debt, lives from paycheck to paycheck and doesn't budget.

You can choose to be like Lynne, or you can follow Betty's road to wealth creation by learning to budget and save.

- A budget allows you to:
- Understand where your money goes.
 - Ensure you don't spend more than you make.
 - Find uses for your money that will increase your wealth.

To develop a budget, you need to:

- Calculate your monthly income.
- Track your daily expenses.
- Determine how much you spend on monthly bills.

Track Day-to-Day Spending

One day Lynne, the struggler, realized that to create wealth she had to become more like Betty and plan her financial future.

To start, Lynne analyzed her finances to see how much money she made and how she was spending it. She set a goal to save \$125 a month to put toward her wealth-creation goals. First, she calculated her income. Then she added up her monthly bills. She also carried a little notebook in her purse for jotting down her daily spending, whether by cash, check or credit card. Here is a page from her notebook.

You can study your own spending habits by using this sheet to track daily expenses. Be sure to include items purchased with credit cards, as well as those purchased with cash or check.

Get a Handle on Income and Expenses

Lynne used the information from tracking her day-to-day expenses to develop a monthly budget. When Lynne reviewed her budget, she realized she was spending more than she earned.

Lynne knew if she were ever going to save \$125 a month, she had to cut her expenses, earn more money, or both. She worked overtime at her company, which increased her take-home pay. She bought fewer clothes, discontinued premium cable TV channels, carpooled to work to cut gas consumption and reduced her spending on eating out and entertainment. Tracking her expenses paid off. Lynne successfully developed a budget that enables her to save \$125 each month.

Here is her budget. If Lynne sticks to it, she will have \$125 a month that she can:

- Put in a savings account.
- Invest in a 401(k) retirement plan at work.
- Invest in an individual retirement account (IRA).
- Invest in stocks, bonds or mutual funds.
- Use to pay off debt.

These are just some of the choices available when you budget to save.

Using Lynne's budget as an example, track your income and expenses. Identify changes you can make to increase your income or decrease your expenses, and develop a new budget that includes more savings.

Be sure to make reasonable budget changes that you can live with month to month.

To help you maintain the discipline to save:

- Save every month.
- Have savings automatically deducted from your paycheck or checking account.
- Base your budget on what's left.

In other words, get on automatic pilot and stay there.

How much do you currently save each month?

How much are you going to save each month? You have now successfully budgeted to save. The next step is saving and investing.

This article was reprinted with the permission of the Dallas Reserve.

Lynne's Day-to-Day Expenses

Date	Expense	Cash/check	Charge
1/2	Breakfast, Get-N-Go	\$ 3.56	
1/2	Coffee (two cups)	.90	
1/2	Lunch		\$ 6.75
1/2	Soft drink and candy bar	1.25	
1/2	Gas for car		22.00
1/2	Drinks with friends	10.00	
1/2	Groceries		50.00
1/2	Dinner	10.00	
1/2	Newspaper	.50	
1/3	Bacon and eggs, Moonlight Diner	4.95	
1/3	Newspaper	.50	
1/3	Coffee (two cups)	.90	
1/3	Lunch with coworkers		5.72
1/3	Dinner		15.00
1/3	Dress		45.00
1/3	Soft drink and candy bar	1.25	
1/3	Trip to the movies	15.00	
1/4	Breakfast	3.50	
1/4	Coffee (two cups)	.90	
1/4	Lunch	5.75	
1/4	Soft drink and candy bar	1.25	
1/4	Newspaper	.50	
1/4	Birthday present	15.00	
1/4	Dinner		6.77
1/5	Breakfast	3.25	
1/5	Coffee (two cups)	.90	
1/5	Soft drink and candy bar	1.25	
1/5	Newspaper	.90	
1/5	Magazine	3.95	
1/6	Breakfast	3.25	
1/6	Coffee (two cups)	.90	
1/6	Newspaper	.50	
1/6	Lunch	4.50	
1/6	Soft drink and candy bar	1.25	
1/6	Jacket		50.00
1/6	Video rental	3.50	

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Dodgeball craze hits Corps | 5B

McNabb, Eagles headed to Jacksonville

BARRY WILNER
Associated Press

PHILADELPHIA (AP) — Somebody check the Liberty Bell. It might not be cracked any longer. If the Eagles can make the Super Bowl, which they did Sunday for the first time in 24 years, then just about anything can happen in Philadelphia.

"We're over that hump," said defensive end Derrick Burgess, one of many stars in a 27-10 NFC championship game victory over Atlanta. "That hump is done." Indeed, the mountain that was three straight conference title game losses has been scaled thanks to a defense that silenced the arm and feet of Michael Vick. And an offense led by Donovan McNabb's two touchdown passes to Chad Lewis.

By the time the fireworks soared and the confetti flowed in the arctic breeze, and McNabb held the George Halas Trophy aloft, the celebrants were acting as if their team had won the Super Bowl. Not quite, especially with the defending champion New England Patriots on the agenda for Feb. 6 in Jacksonville.

But, for now, this win was more than enough for fans in the City of Brotherly Love — and loathing.

"This is football city," defensive end Hugh Douglas

said. "I mean diehard fans. We heard people would maybe jump in the river if we lost this game. Keep the bridges open."

The last three years, it was the Eagles who fell off the bridge, twice at home. This season was different from the outset, however, something McNabb noticed.

"I think what you've seen is a team that just continued to stay loose and stayed focused on the task at hand — to put ourselves in position to go to the Super Bowl and possibly win it," McNabb said. "So maybe people will be happy about the Philadelphia Eagles again, maybe not. But, as you can see, we're not worried about it."

Worry is a birthright for the Philly fans, who haven't witnessed a championship since the 76ers swept the Los Angeles Lakers in the 1983 NBA Finals. But the way the Eagles (15-3) performed all season proved they are, by far, the class of the NFC. To emphasize that point, they man-

handled Vick and the Falcons (12-6).

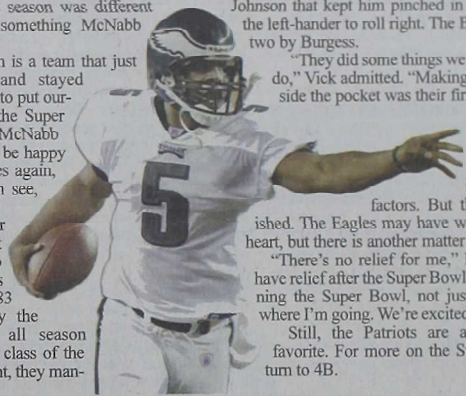
Philadelphia gained 326 yards, Atlanta managed 202. The mercurial Vick rushed for only 26 yards against a brilliant scheme devised by defensive coordinator Jim Johnson that kept him pinched in the pocket or forced the left-hander to roll right. The Eagles had four sacks, two by Burgess.

"They did some things we didn't expect them to do," Vick admitted. "Making sure I didn't get outside the pocket was their first priority. They did a good job."

A good job? Vick and the NFL's top-ranked rushing attack barely were factors. But the job hardly is finished. The Eagles may have warmed a frozen city's heart, but there is another matter to deal with.

"There's no relief for me," McNabb said. "We'll have relief after the Super Bowl. We set a goal of winning the Super Bowl, not just the NFC. So that's where I'm going. We're excited, but we're not done."

Still, the Patriots are an early seven-point favorite. For more on the Super Bowl match up, turn to 4B.



Sport shorts

SOFTBALL

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

MARINE WRESTLING

Marine wrestling trials will take place at the Corps Base Quantico, Va., from Feb. 30. Applications are to Rickey Clark, varsity sports coordinator, Feb. 16. For more information, call 451-2177.

YOUTH SPORTS REGISTRATION

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

MEN'S VARSITY SOCCER

The men's varsity soccer team will conduct tryouts every Saturday at 9 a.m. at Camp Johnson. For more information, call 451-8689 or 381-8993.

FUTURE STARS CAMPS

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

3-D ARCHERY TOURNAMENT

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

SWIM LESSONS

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

GOLF 2-FOR-1 SPECIAL

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

SPECIAL OLYMPICS

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

VARSITY TRACK AND FIELD

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



Cherry Point, Triple S win, advance in base playoffs

Story and Photos by
BRIAN BERGER
Assistant Sports Editor

In the first game of the Camp Lejeune intramural tackle football playoffs, Monday at Liversedge Field, Marine Corps Combat Support Services School, or "Triple S," defeated Headquarters and Support Bn., 22-0. Headquarters Support Bn., which earned the final playoff seed with a victory over 6th Marine Regiment in the final game of the regular season, had some success containing Triple S's talented backfield duo of Maurice Cork and Shannon Holman for much of the game, but in the end Triple S's impenetrable defense and offensive weaponry proved too much.

"When Triple S plays the way we know we're capable of playing," Cork said, "nobody can touch us. Today our defense was key."

That sentiment was echoed by Triple S head coach Jeremy Griffy, who said, "Our defense was huge for us. They were tired, but kept their heads up. Polson set the tempo early with some hard hits."

In game two, returning league champions 8th Engineer Support Bn. took on Marine Corps Air Station Cherry Point, which was fired up by a late season loss to Headquarters and Service Bn.

8th Engineers got the first big break of the game when a punt on their opening drive was muffed and they recovered the ball at the Cherry Point 20-yard line, but Cherry Point's defense forced a 4-and-out.

Going to work on offense, Cherry Point tailback Carlos Pineda picked up four yards on a draw, then took a pitch wide right for 21 yards. In a display of dangerous mobility, Cherry Point quarterback Jason Snider ran the ball in for a touchdown from 55-yards out, cutting across the field and outrunning the 8th ESB defense to give Cherry Point a 6-0 lead.

After forcing a punt and getting a short field at the 8th ESB 40-yard line, Cherry Point looked poised to score again, but 8th ESB picked off a pass at the 20-yard line. Cherry Point's defense held its ground again, but 8th ESB made another interception on the ensuing drive, giving their offense the ball at their own 28-yard line.

8th ESB picked up two consecutive first downs on runs, setting up a long run by 8th ESB quarterback Frank Chinoski who was ankle-tackled at the five-yard line preventing a touchdown. The diving tackle proved important, since a fumble a few plays later was recovered by Cherry Point's Fike at the five yard line.

Operating from deep in



Above: Cherry Point defenders take down an 8th ESB running back during Monday's face-off.

Left: Marine Corps Service Support Schools and Headquarters and Support Battalion took the field in Monday's first game.



Marine Corps Service Support Schools lines up for one of the team's many possessions during Monday night's semifinal game.

their own territory, Cherry Point's Pineda ran for 12 yards to the 17-yard line, then broke two tackles at the line of scrimmage and raced 83 yards for a touchdown moments later.

Trailing 12-0, 8th ESB got another spark on a well-executed reverse on the kickoff return, setting up their offense at the 35-yard line. Again, Cherry Point's defense prevented a score, forcing a fake punt on 4th down and inter-

cepting the pass in the end zone.

"The key to our defensive success was changing from the 3-2 to the 4-2 in order to take away the run game," coach Daniel Buchino said. "Also, defensive coordinator Vincent Hess called a few blitzes at the right times."

A big pass from Snider advanced the ball to the 8th ESB 28 yard line with just

Sports reflect mood of nation

THE VIEW FROM THE CHEAP SEATS

BRIAN BERGER



Several weeks ago my colleague Chris Preston wrote a column contending that Americans take sports too seriously ("Americans Taking Sports Too Seriously," THE GLOBE, Jan. 13). He cited the death of Reggie White, steroid scandals and rioting fans as evidence that sports have taken on excessive importance.

Much of Mr. Preston's evidence on the alleged over emphasis on athletics lies in the behavior of athletes and the lengths they'll go to stay on top. However to say that a professional athlete takes his sport too seriously is somewhat akin to saying a lawyer takes a case too seriously or an executive chef takes his recipes too seriously. When one's livelihood is at stake, blind ambition can make it easy to lose perspective, become greedy or forsake more important priorities like family and health. In an office, this might be manifested in back-stabbing a colleague or flirting with the boss to get ahead. On the playing field, it might take the form of using performance enhancing drugs or engaging in less-than-sportsmanlike behavior at the bottom of a pile of football players fighting for a fumble.

Granted, it is hard to find a "real life" example that jeopardizes the health of a person the same way steroid use does, but "real life" examples of ambition trumping all else are just as common. And those bankers on Wall Street working 120 hour weeks can't be doing much good for their overall health either. You don't read many articles on truckers popping pills so they can log enough miles to support their families.

The majority of professional athletes have a much shorter window to profit from the focal point of their life's training than virtually any other line of work. Any predisposition to cheat is going to be magnified under the intense time-pressure they face. For those lucky enough to make it to the NFL, the average career lasts 3.5 years. For a running back, the average career lasts 2.5 years.

Despite this pressure, there are numerous exemplary players who do not resort to cheating or dishonorable conduct. However it is so much more fun, so much more juicy as a journalist to overlook these types of stories when there is scandal, or even the scent of it, about. We love to focus on the negative, to weigh in on the uproar du jour, but that is a better reflection of the American Media than evidence that Americans are taking their sports too seriously.

After all, most sports fans abhor the use of steroids precisely because they do not take athletic domination in sports too seriously. The average fan would rather see an athlete perform at a lesser level but be "clean." Recent polls indicate at least nine out of 10 sports fans believe steroid use is a problem and eight out of ten support putting asterisks next to the name of any record-setter who tests positive

Hurdle obstacles for fitness success

Fitness Column
TANYA HEWITT

It's that time of year again. With the start of the New Year, those inevitable resolutions are made: eat healthy, spend more time with family, save money, and of course, start an exercise program. It's the season that health clubs live for. People flock to the health club of their choice, sign a contract, pay their dues and promptly stop coming about six weeks after joining.

Health clubs call this the 80/20 rule. Basically 80 percent of the members pay for the 20 percent who actually utilize the facility. So what happens to the 80 percent of us who don't make it past six weeks? There are many contributing factors or barriers. They key is recognizing the possible barriers and developing a plan of action to minimize or eliminate them. Though barriers will be different from person to person, there are a few common to most of us.

One of the biggest barriers is time. In our busy lives, time is an asset we never have enough of. We look for ways everyday to save time. Things that we view to be expendable are the first to be eliminated from our schedule. Unfortunately, time for exercise usually falls into the expendable category. The key here is to make it indispensable.

Just as you schedule work and family commitments, you also need to schedule time to exercise. Literally, put it in your schedule, planner, calendar - whatever you use to organize your life. You need to make an appointment to exercise and treat it just like a doctor's appointment. Your health is important, and in order to be around to keep future appointments, you need to keep your exercise appointments today. *Quick Tip: Keep your gym bag and running shoes in your car or by the door. If you have to go home before exercising, chances are that you will not make it. Pack the night before and grab it on your way out the door.*

Another common barrier is failure. These are the times in which we are our own worst enemy. This is where proper goal setting is invaluable. When you set unrealistic goals - you are setting yourself up for failure. Change and success are possible and your long-term goals are achievable - you just need the right plan to get there. For example, let's take a 30-year-old man who is 25 pounds overweight. His job mandates that he spend much of his time at a desk. He goes directly home after work, eats dinner and spends the rest of the evening watching TV. His initial goal is, of course, to lose 25 pounds. While this is a good long-term goal, it doesn't work well for the short term. Safe weight loss is 1-2 pounds per week, so he is looking at 12 weeks minimum. This is well past that six-week mark.

Success is an intricate part of maintaining an

activity. Weight loss and exercise is really about behavior modification. You have to make changes to your lifestyle behaviors in order to get where you want to go. They key is to set achievable, short-term goals that carry you towards your long-term goal. In this example, a short-term goal would be to exercise four times per week. This is an achievable goal, definitely on par with his long-term goal. As this goal is achieved, another short-term goal can be set. This is continued until your long-term goal is met.

Goals are not written in stone and can be re-defined as needed. One more thing needs to be noted here. Relapse is not failure. Just because you miss a few days due to illness (or any other reason), does not mean you have to start over. Just pick-up where you left off. The first few days may be shaky, but the human body is the most amazing organism on Earth and your muscles remember what they have been taught. You will soon find yourself back in the swing of things.

Below are a few tips to address some additional barriers to successful exercise:

Get a workout buddy. Accountability greatly increases the likelihood of success.

Involve your family. Run while your kids ride their bikes, take a family walk, train for and enter a 1-mile or 5K fun run. This is great for your entire family. You get your workout while teaching your kids the value of physical activity. Everyone wins!

Don't keep it a secret. We all need social support. Ensure that those closest to you (work, friends, family) understand what you are doing. In most cases, they will respect your hard work and do their best to enable you to continue. At they very least, they will understand why you decided to go to the gym and not out to lunch.

Utilize your resources. Aboard Camp Lejeune, we have seven fitness centers, numerous running trails, a track, an indoor pool, basketball courts, racquetball courts, group exercise classes - all can be utilized at no cost to authorized patrons (active duty, family members, retirees and DoD employees). The fitness centers open at the crack of dawn - most before - and close late in the evening. There are shower facilities at all the fitness centers, pools and gymnasiums. Active-duty personnel are eligible for free personal training and there is a certified and knowledgeable personal training staff available to anyone with questions or concerns. For more information, call 451-0471.

Barriers are inevitable. There are barriers involved in everything we do and achieve. The good news is that with a little planning, those barriers to exercise can be managed. Whether you are just starting an exercise program or are a fitness veteran - your goals can be realized with a little planning and hard work. Good luck!

Ms. Hewitt is the fitness columnist for THE GLOBE.

roundup

national sports news

Professional Golf Association

SAN DIEGO (AP) — Tiger Woods won't get any style points for winning the Buick Invitational. Usually an intimidating presence on the back nine, he was the guy having to scramble to make pars just to keep pace with Tom Lehman. Woods had two chances to remove all the suspense at Torrey Pines, and he responded by missing a 6-foot birdie putt at No. 17, and whiffing on a 2-iron approach to the 18th.

All that mattered in the fading sunlight Sunday was putting his hands on the trophy.

"A great win," Woods said after a 4-under 68 on the South course at Torrey Pines, giving him a three-shot victory over Lehman, Luke Donald and hard-luck Charles Howell III. "It was a battle out there."

The only thing that looked vaguely familiar was Woods smiling wide on the 18th green, hugging his caddie and posing with an oversized check - \$864,000 that put him atop the PGA Tour money list.

Everything else was as bizarre as the fog that seeped quickly across Torrey Pines and reduced visibility so much that the Buick Invitational nearly had its first Monday finish in the 53-year history.

How strange was it? Woods figured he would need a 32 on the back nine to win. He shot 35 and won by three.

He hit a shot so badly that it actually turned out to be good. With a one-shot lead on the par-5 18th and Lehman already having laid up, Woods tried to hit a 2-iron from 240 yards over the pond to the right side of the green.

"I absolutely whiffed it," Woods said. Lucky him.

He fanned it so much to the right that it found a narrow strip of fairway just right of the pond. Lehman needed a birdie to have any chance of a playoff, but instead hit his sand wedge short. He was lucky it hung up on the hill instead of going into the water.

Woods then played a pitch above the hole, hopeful it would spin back down toward the cup. It didn't, leaving him a slippery 18-footer. He wanted to die the ball into the cup, but rapped it too hard. But the putt was on the right line, and it dove into the cup for a birdie that ended an odd tournament.

Lehman summed it up best. "He whipped the field playing lousy," Lehman said. "I give him a lot of credit."

- by Paul Alexander, Associated Press

Tennis

MELBOURNE, Australia (AP) — Matching power with power, Australia's Alicia Molik extended Venus Williams' Grand Slam drought, advancing to the Australian Open quarterfinals with a 7-5, 7-6 (3) victory Monday.

Tenth-seeded Molik took the court right after Lleyton Hewitt overcame a painful hip to rally for a 7-5, 3-6, 1-6, 7-6 (3), 6-2 victory over unseeded Rafael Nadal, giving the ecstatic crowd a double present two days before Australia Day.

Second-seeded Andy Roddick also advanced to the quarterfinals, firing 15 aces in beating Germany's Philipp Kohlschreiber, ranked 102nd, 6-3, 7-6 (8), 6-1.

Showing that Hewitt isn't the only "Aussie batter," Molik broke the eighth-seeded Williams at love to finish off the first set, then fought off five break points in the second and did a layout dive, futilely, for a shot as Williams served at 4-5.

Both players held to force a tiebreaker. Molik jumped to a 4-0 lead, and Williams weakly hit a forehand into the net on match point. Molik next faces top-ranked Lindsay Davenport, who needed just an hour to beat No. 13 Karolina Sprem 6-2, 6-2. Williams said she was slightly off but didn't know how to correct it.

"I couldn't quite get a handle on what was going wrong," she said. "Normally if I'm playing 5 percent better, I'd win."

Williams, who lost to Molik for the first time in four meetings, was seeking her fifth Grand Slam title and first since winning the 2001 U.S. Open. She reached five finals after that, but hasn't made it past the quarterfinals of a major since injuring an abdominal muscle in mid-2003.

Only two Russians - Wimbledon champion Maria Sharapova and U.S. Open winner Svetlana Kuznetsova - survived to the quarterfinals. They face each other on Tuesday, when top-ranked Roger Federer tries to keep his 25-match winning streak alive against four-time Australian Open

winner Andre Agassi, seeded eighth.

Hewitt, the hottest player on the men's tour after world No. 1 Roger Federer, needed two points for his right hip after losing the third set in deep trouble.

"Even if my leg fell off I would have kept going," he said later. "I'd never forfeit."

Hewitt had one more drama. While serving the match at 5-2, he had a double fault and unforced errors to give Nadal a pair of points. He fought back to deuce, double-faulted his first match point and squandered a second. Nadal that sailed just long to end a lengthy season.

- by Paul Alexander, Associated Press

NCAA Men's Basketball

CHARLOTTE, N.C. (AP) — Wake point guard Chris Paul has been consulting former Demon Deacon star Josh Howard on life in the NBA as Paul considers whether to turn pro.

"He's called me and talked to me about already," said Howard, in Charlotte Friday as his Dallas Mavericks played the Bobcats.

"I just told him to take his time. Think his decisions through carefully."

Paul, a sophomore and preseason American, has been doing his homework on NBA most of this season. He's been spotted at Charlotte Bobcats games and has a vast network of contacts he can talk to.

Among them is Howard, who led Wake Forest to its first outright Atlantic Coast Conference in 41 years two seasons ago and was the conference player of the year.

Paul was a senior in high school Howard's season, but both are from the Winston-Salem area and know each other well.

So it's no surprise that Paul would turn to Howard for advice.

"He's really wanted to know about the speed of the game and how different the league is in general," Howard said.

Howard said the biggest adjustments are length of the season, and how much free time a professional player has.

"It's kind of weird not having to go to class," Howard said. "All of a sudden you have all that time and nothing to do."

So what does Howard think Paul will do? "To each his own, he'll go when he thinks he's ready," Howard said. "I just told me he needs to make sure he's going to be in a place where he can be able to grow."

- Associated Press reports

COLLEGE PARK, Md. (AP)

North Carolina State played a marvelous first half, limiting Maryland to five field goals and going 10 for-18 from 3-point range to take a seemingly insurmountable lead.

That was the easy part. The challenge was making the 26-point margin stand up.

Led by Julius Hodge and Engin Atsur, the Wolfpack withstood a spirited comeback by the Terrapins and pulled away to an 85-69 victory Sunday.

Hodge had 20 points and 11 rebounds, and Atsur scored 17 for N.C. State (12-6, 2-3 Atlantic Coast Conference). Ilian Evtimov added 16 points for the Wolfpack, who came in losing five of six.

In each of its league losses this season, N.C. State blew a double-digit lead. Against Maryland in the ACC tournament last season, the Wolfpack led by 21 before losing.

So after they took a 53-27 lead at halftime, the Wolfpack turned their attention toward avoiding another come-from-ahead defeat.

The Terrapins (11-5, 2-3) got within 10, but could get no closer.

- Associated Press reports

Major League Baseball

NEW YORK (AP) — The Texas Rangers withdrew their offer to Carlos Delgado, and the free-agent first baseman failed to respond to the New York Mets by their deadline, perhaps leaving Florida and Baltimore as the remaining contenders to sign him.

Texas announced its withdrawal from the Delgado chase in a statement Sunday night. His agent, David Sloane, said in a telephone interview that the Mets pulled out during a telephone call he had with chief operating officer Jeff Wilpon and general manager Omar Minaya. The Mets said they were unsure where they stood with Delgado.

Rangers owner Tom Hicks met with Delgado in Puerto Rico and offered a \$48 million, four-year contract.

"Over the last few days, Tom Hicks and the organization reached out and made a very strong offer to Carlos Delgado," Texas general manager John Hart said. "We had a great meeting with Carlos on Friday where we exceeded the limits of our initial proposal. As of this evening, however, we could not get a commitment from him, so we are withdrawing from discussions with him."

- by Ronald Blum, Associated Press

Marine vet to coach U.S. Wrestling

ONCE A MARINE

JOHN GUNN



USA Wrestling has made its choice for the World Team Coaches in Greco-Roman who will participate in the World Championships in Budapest, Hungary, from Sept. 27 - Oct. 2.

Selected to join USA Wrestling National Greco-Roman coach Steve Fraser of Colorado Springs, Colo., as World Team coaches in Greco-Roman wrestling are Maj. Jay Antonelli of Dumfries, Va., Rich Estrella of Colorado Springs and Dale Oliver of Stanley, N.Y.

These selections, as well as coaching assignments in Greco-Roman for the year, were by the Greco-Roman Coach Selection Committee and approved by the USA Wrestling's Executive Committee.

Antonelli served as assistant coach of the 2003 U.S. Greco-Roman World Team that competed in Cretiel, France. The U.S. team placed 13th in the standings, led by three athletes in the top 10 of their divisions.

He was a member of the 2000 and 2004 U.S. Olympic Team coaching staffs. Antonelli has also been a member of three U.S. World Team coaching staffs. Antonelli was the head coach for four CISM World Military Championship teams. He was named USA Wrestling Greco-Roman Coach of the Year in 1998.

He was the head coach of the 2002 U.S. World Cup team. Antonelli has coached a number of other U.S. teams on international

tours. He has been active in coaching youth Greco-Roman teams in the past, including working with the New Jersey Junior National team.

Antonelli served as head coach of the Marine Corps team through the end of the 2004 season. Numerous members of the U.S. Marines team have made U.S. World Team, or qualified for Greco-Roman Team USA during Antonelli's tenure.

The Marine Corps was the overall champion at the 2001 Armed Forces Championships and claimed the Greco-Roman team title in 1998. Antonelli has coached dozens of individual Armed Forces champions in both styles.

Currently, Antonelli is deployed to Baghdad, Iraq, where he serves as the media chief for Multinational Forces in Iraq, working daily to coordinate press coverage. He will return this winter to the United States when his assignment in Iraq is completed. While in Iraq, Antonelli has provided wrestling clinics to top Iraqi wrestling hopefuls.

As an athlete, Antonelli was a nationally ranked Greco-Roman wrestler for the Marines team.

He placed eighth in the 1995 U.S. Nationals and fifth in 1994 World Team Trials. He competed in college for the Naval Academy and received a master's degree in exercise and health fitness promotion from George Mason. He competed for the Pingry School in New Jersey in high school.

Estrella coached the 1996 U.S. World Cup team, which won a record five individual gold medals.

Mr. Gunn is an independent journalist and retired intelligence officer who has written two books about Marines and football.

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NBA: Boston at Chicago	Bulls	Bulls	Bulls	Bulls	Bulls	Celtics
New Jersey at Utah	Nets	Jazz	Jazz	Nets	Nets	Nets
NCAA: Kentucky at Arkansas	Wild Cats	Wild Cats	Wild Cats	Wild Cats	Wild Cats	Wild Cats
Syracuse at Pittsburgh	Orange	Orange	Panthers	Orange	Orange	Panthers
Texas at Kansas	Jayhawks	Jayhawks	Jayhawks	Jayhawks	Jayhawks	Jayhawk
Washington at Arizona State	Sun Devils	Huskies	Sun Devils	Sun Devils	Sun Devils	Sun Devils
Georgia Tech at Maryland	Terps	Yellow Jackets	Terps	Terps	Yellow Jackets	Yellow Jackets



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Don't let stress fractures 'break' you

LANCE CPL. CATHRYN D. LINDSAY
Marine Corps Base Camp Foster, Okinawa, Japan

CAMP FOSTER, OKINAWA, Japan - Service members are generally held to a higher physical standard than their civilian counterparts. Whether it's through a semiannual physical fitness test or a conditioning hike with a pack, service members are constantly evaluated on their strength and endurance. Because of the constant physical training, service members are more susceptible to sports-related injuries.

One of the most common injuries affecting service members are stress fractures. Stress fractures are small cracks that develop in the bones from sustained, repetitive impact activity. One theory is that stress fractures occur when the muscles surrounding the bone become fatigued and are no longer able to absorb shock. The fatigued muscle transfers the overload to the bone, causing a small crack, or stress fracture, according to Lt. j.g. John J. Fraser, the division officer for physical therapy at U.S. Naval Hospital, Okinawa.

Stress fractures are most often the result of increasing physical activity too quickly, improper running style, changing running surfaces or improper equipment, like old, worn running shoes.

"Marines who come through the clinic with shin pain oftentimes do not run correctly," Fraser said. "They run on their toes and spring off with each step. This type of running style is learned when Marines sprint short distances but can be detrimental when running longer distances. Proper running mechanics are important, especially utilizing a heel-toe transition during weight acceptance. Marines who run a lot [in boots] often suffer from stress fractures because heel weight acceptance is more difficult in boots while running."

Most stress fractures occur in the lower, weight-bearing bones of the lower leg and foot. More than 50 percent of all stress fractures occur in the lower leg, according to

www.orthoinfo.org. Symptoms of a stress fracture include tenderness around the area and pain, mostly occurring during and after physical activity. Swelling also may be a symptom. Even though a stress fracture is a crack in the bone, it may not be visible through a standard X-ray. A bone scan, which measures bone activity using nuclear medicine, is more accurate in locating stress fractures.

Stress fractures can be prevented by gradually increasing physical activity, about 10 percent a week, Fraser explained. Proper warm-up time and a lot of stretching will also help. Footwear is very important in preventing stress fractures. Running shoes should be replaced about every 350 miles. A diet rich in calcium will help keep bones strong.

If a stress fracture has already been diagnosed, the best treatment is rest because stress fractures often take more than eight weeks to heal. Pain relievers and anti-inflammatory medicines may be prescribed to treat symptoms. Physical activity should be resumed gradually. Ice can be used to alleviate swelling and to reduce pain. Physical therapy can help by decreasing inflammation, increasing flexibility and strengthening the muscles surrounding the injured bone through analysis and training in proper running technique. A cast or crutches are rarely needed. If a service member does not allow the injury to heal completely, the fracture could become larger.

Education is the best way to prevent a stress fracture. And as the old saying goes, "If you take care of your body, it will take care of you."



Lance Cpl. Cathryn D. Lindsay

Senior 1st Class Benjamin P. Carrido examines a patient's leg X-ray at Evans Branch clinic in Okinawa, Japan, recently.

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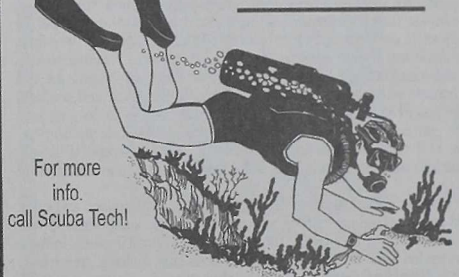
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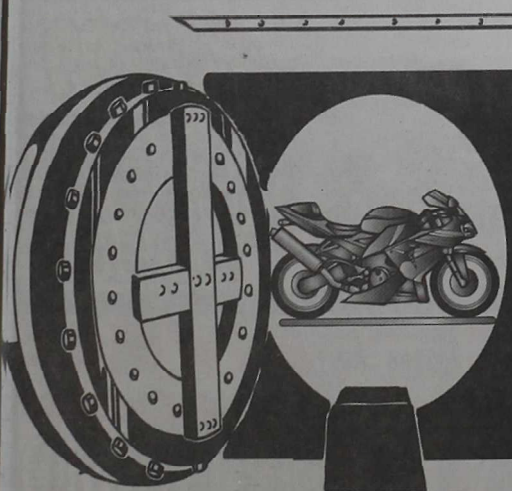


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Pats to extend dynasty



New England quarterback Tom Brady looks to repeat as Super Bowl Champion Feb. 6 in Jacksonville, Fla.

You say things will be different this time. You're convinced, having just observed their 27-10 dismantling of the previously elusive Michael Vick and his Atlanta Falcons, that this is, at last, the Philadelphia Eagles' year. You tell yourself that Donovan McNabb is clearly on a mission to make full amends for the past three years of NFC Championship game futility by not only getting to the Super Bowl, but winning it. You think that two weeks is ample time for that right ankle of Terrell Owens — the league's premier receiver — to fully heal so that he can be cleared to play in Super Bowl XXXIX. You believe that the Eagles, and their "long-suffering" fans who have now seen 22 years pass since the city's last world championship (76ers in '83), are destined to bring Philadelphia a sorely needed Super Bowl trophy.

February 6 in Jacksonville, Fla., none of that talk matters. That's because the Eagles' opponents — the defending Super Bowl champion New England Patriots — are undeniably the superior team. Perhaps it may not appear that way on paper, where McNabb's regular season quarterback rating (104.7) was decidedly higher than that of Patriots quarterback Tom Brady (92.6), or where the Eagles have more than double as many Pro Bowlers (nine) as do the Patriots (four). But the Colts and Steelers were also supposedly the more talented outfits, yet both were all but out of their playoff games with the Pats by the second quarter.

These days, the New England Patriots are the surest thing in sports. Winners of two out of the last three Super Bowls in an age in which the NFL's most glaring flaw is that there is too much parity due to the salary cap, lopsided scheduling and frequent player turnover,

the Patriots are the immovable rock in the midst of a sea of change. All around them other teams ride waves that rise and fall as rapidly as William Hung's career, riding as high as Super Bowl contenders one year to as low as out of the playoffs the next (see: Tampa Bay Buccaneers, Oakland Raiders, Carolina Panthers, etc.). New England, however, remains unchanged.

Sure they've added and subtracted a few key players during their four-year run of excellence, acquiring the likes of All-Pro running back Corey Dillon and cutting former Pro Bowl cornerback Lawyer Milloy. But the most important names remain the same: Brady, Bruschi, Brown, McGinest, Patten, Vinatieri and Vrabel. And the most resounding name of all — Belichick. The defensive mastermind and Bill Parcells' apprentice has become the most dominating entity in football, devising defensive schemes that give record-setting quarterbacks like Peyton Manning fits, and orchestrating (along with offensive coordinator and current Notre Dame head coach Charlie Weis) quick-strike aerial assaults that bury

defensive-minded teams Pittsburgh Steelers. He is mate X-factor and has a reputation as being the greatest coach after embarrassments with the Jets left many wondering whether he was the right man for the New England job fit ago. Now, in a matter of 11 weeks, he will be a three-time Super Bowl winning head coach.

Brady is an extension of coach, playing smart, flawless ball when it really counts. He may not possess the arm strength of McNabb or the accuracy of Manning, he almost never makes mistakes and has that Joe M. like ability to put together come-from-behind drive when pressure is highest. Just last year, he led the Patriots to Super Bowl XXXI, the Panthers of last year, which were first-hand witness to Brady earning his first and Super Bowl MVP trophies, tively. You can bank on Brady to take home the piece of hardware again.

See DYNASTY | 7B

NATION CONTINUED FROM 1A

for steroids.

There was a time, not long ago, when sports clearly reflected the baseless racism that permeated society. Black athletes were barred from competing in white professional sports leagues, prohibited from competing for titles in boxing, and systemically stymied from achieving success. Today, sports are leading the way in providing a model for society as an environment where ability and character trump prejudice.

In America, rioting associated with sports is rare. Whether its college kids celebrating a Final Four victory or a city celebrating the win of a hometown team, the impetus for flipping over a car and setting it on fire has everything to do with alcohol and nothing to do with love for the game. And while scenes of rampaging college kids are horrible, in the U.S. they are few and far between. Each example is simply burned into our mind through the relentless assault of our omnipresent media.

In Europe, soccer riots are decidedly more commonplace and often reflect ancient religious hatreds, xenophobia, racism and politics. These riots are so cravenly violent, they make the Detroit Pistons-Indiana Pacers melee look like a Barney and Friends sing-along. At a recent match in Frankfurt, German soccer hooligans used cell phones to track down and beat English fans in town for a game. Beating opposing fans with chains, clubs, pipes, and homemade explosives is fairly common.

In Africa, soccer matches can leave behind many dead and many more wounded. Deaths in Asia and South America have also been reported. And we take sports too seriously?

Sports reflect who we are as people and who we are as a nation. They magnify our virtues, and our vices. Are there negative aspects to sports? Absolutely. But what athletics offer us as individuals and our society as a whole is positively invaluable, and definitely worthy of being taken seriously. Sports instill certain values that are necessary for building a strong character: hard work, commitment, teamwork, the ability to take on challenges and push oneself beyond previously conceived limits, and the confidence to compete. These virtues, once obtained, provide the foundation for becoming good citizens and leaders on the playing fields of life.

No textbook can match the educational value that a group of kids can achieve when given a football or soccer ball and left to their own devices. At a time when America faces, or so we are told, an "obesity epidemic," I can think of no better medicine than sports. Seriously.

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RINE CORPS AIR STATION IWAKUNI. — "If you're going to learn to be true dodgeball, you've got to learn the five D's of dodgeball: duck, dip, dive and... dodge." Dodgeball words were spoken by Patches O'Hoolihan, the American Dodgeball Association's all-star, and a central character in the movie *A True Underdog Story*.

The first station dodgeball tournament was held at the new gym here to introduce the popular sport to station residents. The Cleveland Steamers defeated the G-Midgets in the championship round. The teams could have up to six players and as "ball-shaggers" (members of the team who chase balls for the players on the court) as they play. Each game consisted of three matches, and the team that won two out of three was declared the winner.

"I've seen better arms on rocking chairs," said Allbright of Jordan's Guatemalan Circus Midgets (G-Midgets) team. Allbright and the rest of the Midgets taunted the opposing teams mercilessly during the biggest upset of the day, the Air Wing Ninjas

defeated the G-Midgets, who many favored to win the tournament, in two straight matches, bringing the crowd to their feet.

"We knew we were going to beat them," said Air Wing Ninjas team captain, Ken J. Mirlitsch. "We just came out quiet and won."

As the teams dwindled down to four, the competition heated up.

The Cleveland Steamers, who dodged their way through the competition to the quarterfinals, dominated the Air Wing Ninjas in the winners' bracket to lock in a seat in the finals.

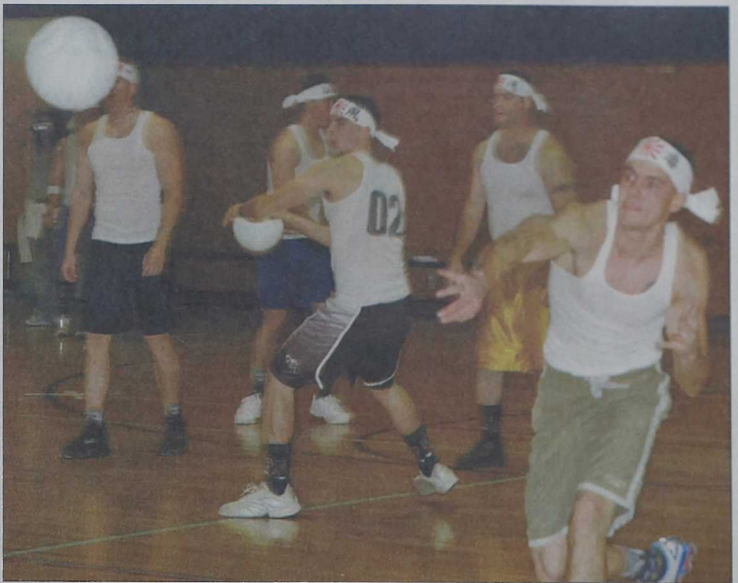
The G-Midgets fought their way back from the losers' bracket to play against the Recovery team in the semifinals. Overpowering Recovery, the G-Midgets secured their spot in the finals in their own "true underdog story."

The G-midgets went into the finals knowing that they had their work cut out for them. They had already been defeated once, and the Cleveland Steamers were undefeated up to this point. In the nature of a double elimination tournament, the G-Midgets knew they would have to win a total of four matches to be crowned the champs, but the Steamers only needed two.

It all came down to one man for the G-Midgets; Damon Wilson was the last man standing as he faced four Steamers. Wilson eliminated two of the Steamers before he got nailed by a speeding Steamers' dodgeball.

"A dodgeball league is the ultimate goal," said Keith Carr, Semper Fit sports coordinator, who had been planning the tournament since April.

"The competition was great, a lot of teams showed up and everyone had a fun time," said Carr.



Jeremiah C. McCulley eliminates one of his opponents while the rest of the Cleveland Steamers, who had one of the most unique uniforms in the tournament, size up Jordan's Guatemalan Circus Midgets in the championship round.

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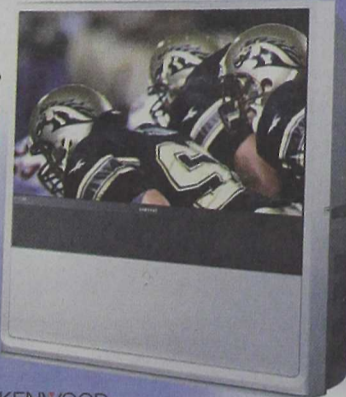
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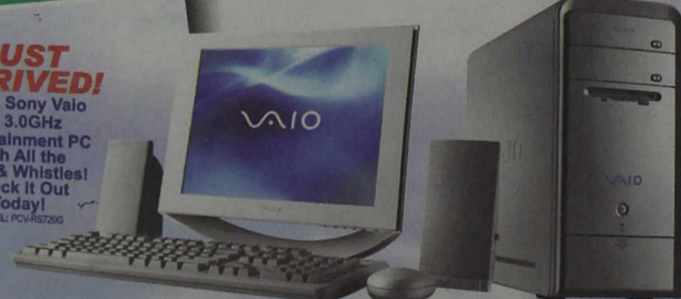
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ED FROM 4B

Patriots the greatest? I doubt it. The of the early 1990s had yers and an equally coach in Jimmy And who's to say he Pats could compete Lombardi's Packers, 's 'Steel Curtain,' or 's 49ers? Comparing nd teams across gener- difficult, if not impos- do in football. All I the Patriots are, by a rgin than in any other ort at the professional ate level, the best team FL right now. I realize already are favored to adelphia, but over the w days you'll hear 'experts' from ESPN to rts (host of this year's owl) try and convince it the Eagles have a But trust me - they have ar. aing and his "Greatest n Turf" Colts were sup- lay waste to the Pats d - secondary. They

couldn't even manage one touchdown. The Steelers defense was supposed to be too physical for New England. The Pats racked up 41 points - in sub-zero temperature and on Pittsburgh's home field, no less. As for McNabb, Owens, Jeremiah Trotter and the rest of this formidable version of the Philadelphia Eagles? Be happy you got finally over the NFC Championship hump. Your ship is about to sink faster than the Titanic once it hits New England's iceberg-like foundation - one that may not melt away for a very long time.

Chris Preston is a contributing writer for THE GLOBE.

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ADVANCE CONTINUED FROM 1B

In the first game of the Camp Lejeune intramural tackle football playoffs, Monday at Liversedge Field, Marine Corps Combat Support Services School, or "Triple S," defeated Headquarters and Support Bn., 22-0. Headquarters Support Bn., which earned the final playoff seed with a victory over 6th Marine Regiment in the final game of the regular season, had some success containing Triple S's talented backfield duo of Maurice Cork and Shannon Holman for much of the game, but in the end Triple S's impenetrable defense and offensive weaponry proved too much.

"When Triple S plays the way we know we're capable of playing," Cork said, "nobody can touch us. Today our defense was key."

That sentiment was echoed by Triple S head coach Jeremy Gruffy, who said, "Our defense was huge for us. They were tired, but kept their heads up. Poison set the tempo early with some hard hits."

In game two, returning league champions 8th Engineer Support Bn. took on Marine Corps Air Station Cherry Point, which was fired up by a late season loss to Headquarters and Service Bn.

8th Engineers got the first big

break of the game when a punt on their opening drive was muffed and they recovered the ball at the Cherry Point 20-yard line, but Cherry Point's defense forced a 4-and-out.

Going to work on offense, Cherry Point tailback Carlos Pineda picked up four yards on a draw, then took a pitch wide right for 21 yards. In a display of dangerous mobility, Cherry Point quarterback Jason Snider ran the ball in for a touchdown from 55-yards out, cutting across the field and outrunning the 8th ESB defense to give Cherry Point a 6-point lead.

After forcing a punt and getting a short field at the 8th ESB 40-yard line, Cherry Point looked poised to score again, but 8th ESB picked off a pass at the 20-yard line. Cherry Point's defense held its ground again, but 8th ESB made another interception on the ensuing drive, giving their offense the ball at their own 28-yard line.

8th ESB picked up two consecutive first downs on runs, setting up a long run by 8th ESB quarterback Frank Chinoski who was ankle-tackled at the five-yard line preventing a touchdown. The diving tackle proved important, since a fumble a few plays later was recovered by Cherry Point's Fike at the five yard line.

Operating from deep in their own territory, Cherry Point's

Pineda ran for 12 yards to the 17-yard line, then broke two tackles at the line of scrimmage and raced 83 yards for a touchdown moments later.

Trailing 12-0, 8th ESB got another spark on a well-executed reverse on the kickoff return, setting up their offense at the 35-yard line. Again, Cherry Point's defense prevented a score, forcing a fake punt on 4th down and intercepting the pass in the end zone.

"The key to our defensive success was changing from the 3-2 to the 4-2 in order to take away the run game," coach Daniel Buchino said. "Also, defensive coordinator Vincent Hess called a few blitzes at the right times."

A pass interference call and run by Snider moved the ball to the six-yard line, setting up a bootleg by Snider who outran the defense to the right pylon, giving Cherry Point an 18-0 lead at half-time.

8th ESB's defense seemed to hold and Cherry Point faced a fourth-and-13 from the 27-yard line. Snider handed off to Pineda who ran wide right, then stopped, turned, and lofted a pass across the field to Snider, who was racing down the left sideline and caught the ball in stride, ending the game at 32-0.

"Pineda played exactly how I thought he would and that is outstanding," Buchino said.

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Main Side

The Globe | Thursday, January 27, 2005 | www.militarynews.com/globe

Marines learn new martial arts skills | 2C



Quick shots

FOR MAIN REPLACEMENT

Activation for the placement of the sewer that runs parallel to Greenway Trail will begin next week and will continue through the end of the month. This \$940,000 construction project is one of the pieces of a larger initiative to upgrade the sewer collection system throughout Marine Corps Base Camp Lejeune and Marine Corps Air Station New River. Walkers and runners along the trail should exercise caution around areas where construction is ongoing and be aware of the presence of construction vehicles near the trail. For more information, contact Lt. J.G. Heather Hanson at 451-2581 extension 231.

TOWN HALL MEETING

Marine Expeditionary Force and Marine Corps Base will host a Town Hall Meeting Feb. 8, at 6 p.m. in the Marston Pavilion. This is your opportunity to hear about what is happening from the commanding generals. For more information, call your unit's Family Readiness Office. Childcare will be available at Brewster Hall. Call 451-2672 to make reservations.

LEADERSHIP AWARDS

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

VEHICLE STORAGE

Marines with orders to deploy for short amounts of time, or if they have been given short notice about an upcoming deployment, can have their vehicles stored by the Provost Marshal's Office for free. PMO wants to remind Marines with orders for extended deployment to call 451-3583.

NEW ENTRANCE

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

AIRPORT USO PICK UP

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

VEHICLE REGULATIONS

Base Order 5560.2L, Motor Vehicle and Traffic Regulations Chapter 3, states that vehicle suspensions may not be altered more than six inches higher or lower than the original manufacturer's design specifications. For more information on the regulations and the consequences, go to www.lejeune.usmc.mil and access the Base Adjutant link.



Staff Sgt. Nathan T. Hunt, a platoon sergeant with 2d Battalion, 2d Marine Regiment, 2d Marine Division stands by after receiving a Bronze Star with a combat distinguishing device Jan. 10 for his heroic actions while serving in Iraq.

Corps honors Hunt's valor on battlefield

CPL. ADAM C. SCHNELL
2d Marine Division

The first deployment to Iraq for Staff Sgt. Nathan T. Hunt of North Benton, Ohio, was hard, as he left his pregnant wife and young daughter to fight for freedom halfway around the world.

With thoughts of his family driving his success, the platoon sergeant for Scout Sniper Platoon, Headquarters and Service Company, 2d Battalion, 2d Marine Regiment, settled into his role that led to the success of the scout sniper operations and ultimately earned one of the nation's most distinguished medals, the Bronze Star.

He was also awarded the combat distinguishing device, which is a gold letter "V" displayed on the medal for combat valor he displayed in Iraq.

Though Hunt's hard work and great leadership earned him the medal recently, he believes that the award belongs to the entire battalion of hard-working Marines.

"I'm fortunate enough that I am the one who gets to wear it, but without them I wouldn't have been able to receive the award," Hunt said modestly. "I guess I'd say it is just as much mine as it is theirs."

According to the citation, Hunt was awarded the Bronze Star for a series of actions spanning from March 4 through June 4, 2004. In Fallujah, Iraq, he caused numerous enemy casualties, some from more than 1,000 yards away.

"I worked with Staff Sgt. Hunt when [the sniper platoon] was in Fallujah," said

Sgt. Joshua Clark, chief scout for the sniper platoon. "Having him around and his experience as an instructor, we all gained a lot of knowledge from him."

In Zaidon, Iraq, he ran 400 meters through a barrage of enemy mortar fire to take control of sniper teams who were under heavy fire and facilitated the actions that ceased the enemy fire on their position, according to the citation.

According to Hunt, being able to stay calm while in the heat of battle is due to all of the training he received before deploying.

"Whenever under pressure out there, you just revert back to your training," the former sniper school instructor said. "It is just second nature, almost like breathing; sometimes you don't even realize you're doing it."

The training Hunt received in his more than eight years in the Marine Corps comes from the battalion he is currently a part of. He first came to 2d Battalion, 2d Marines back in February 1997 and has been in a sniper billet ever since he first started his career as part of a sniper platoon.

He spent his first four years with 2d Marines and later went on to become a sniper school instructor. Then in January 2004, he returned to his first unit.

"There is a reason I requested back to this unit," Hunt said. "To me, there isn't any other battalion I would want to be part of."

The family he has made while with

See VALOR | 2C

War on Terrorism, base closings top Navy's 2005 goals

LANCE CPL. MATTHEW K. HACKER
Marine Corps Base

The Department of the Navy recently released its priority objectives for 2005, in Marine Administrative message 002/05.

The objectives are not intended to be a comprehensive list of all the needs to be accomplished this year. They do, however, reflect joint consensus on areas the DoN intends to manage and track to assure that the objectives are met.

The 2005 objectives include several from 2004 that continue to require constant attention and high energy, such as prosecuting the Global War on Terrorism. There are new objectives this year, such as the quadrennial defense review and base realignment and closure. Objectives like these will impact not only the DON, but also the entire Department of Defense, according to the message.

The message states, the department plans to continue fighting the Global War on Terrorism by taking care of wounded Marines and sailors and their families. They also plan to incorporate financial and program processes to rapidly respond to operational needs and to provide for the reconstitution of Operations Enduring Freedom and Iraqi Freedom assets.

Homeland security will also continue and improve, per the message. The DON plans to use the memorandum of agreement negotiated with the Coast Guard in

2004 as the foundation for broadened relationships with international navies to develop an integrated intelligence and command and control system to assist in the Global War on Terrorism.

The QDR plans to maximize joint war-fighting operations, while emphasizing unique maritime capabilities and DON operational considerations. The QDR will be used to analyze, better understand and reconcile capability-based force posture requirements.

Aligning organizations and processes aim to ensure service collaboration on key joint concepts and capabilities as well. They plan to develop Navy architectural plans for mission-capable ships. Developing an integrated fire control, air and missile defense capabilities across the services is also scheduled to begin production.

They also aim to continue transformation of the Naval Combat and Weapon Systems through the aggressive implementation of open architecture precepts across the enterprise.

Safety is also a huge factor that is scheduled to progress across the Department of the Navy. They plan to improve safety results to meet the Secretary of Defense challenge to reduce mishaps by 50 percent from 2004 to 2005.

"Your support of these objectives for 2005 is necessary and appreciated," said Secretary of the Navy Gordon England. "Thanks for what you do every day to preserve our nation's liberties and freedoms."



Marines from Legal Services Support Section welcomed Coast Guard Lt. Cdr. Patricia J. Hill to their office Jan. 10. Hill, trial counsel, will be working alongside Marines like Maj. Stephen F. Keane, chief prosecutor, at LSSS for the next three months.

Coast Guardsman aids Marines

CPL. G. LANE MILEY
2d Force Service Support Group

For Camp Lejeune-based Marines, relying on their reservist counterparts to complete the mission while they answer the call to arms overseas is nothing new. However, being replaced by Coast Guardsmen is.

Marines from the Military Justice Office, Legal Services Support Section, Headquarters and Service Battalion, 2d Force Service Support Group, welcomed Coast Guard Lt. Cdr. Patricia J. Hill here Jan. 10, while they prepare to deploy to support Operation Iraqi Freedom this spring.

While serving with the Marines, Hill will represent the U.S. government in courts-martial, preferring and drafting charges, conducting arraignments and Article 32 hearings and ultimately prosecuting the cases in court.

"She will be a big help to us," said Maj. Stephen F. Keane, 34, chief prosecutor, Military Justice Office, LSSS. "We have attorneys deploying to OIF and she'll be able to help us keep providing efficient military justice support to commanders."

In the short time Hill has been onboard, she has already impressed her fellow trial counsel members.

"She's very enthusiastic and began seeking responsibility right away," said Keane. "I think she will really be an asset to [the Military Justice Office]."

Hill came to the unit from the Military Justice Branch, U.S. Coast Guard Pacific Judge Advocate General's Office, Alameda, Calif., and is set to work at LSSS for the next three months. Hill said the experience gained here will be invaluable because though she has

See COAST | 2C

Hunters congratulate big buck winner

LANCE CPL. CHRISTOPHER S. VEGA
Marine Corps Base

It's a ritual for many Marines - wake up before dawn, cammie up from head to toe, grab a weapon and hit the woods. But going to the field is fun, not training, for the members of the Camp Lejeune Rod and Gun Club, an organized sporting group open to the public.

The club started more than 50 years ago in order to provide Marines the opportunity to hunt and fish and give them a chance to be in the wilderness without being in a field exercise.

"The club has different kinds of activities," said Bob Huemme, club president. "We hold a hunter's safety course for free to anyone who is interested. Civilian, active duty, reserves, it doesn't matter."

The hunter's safety course is a two-day course in which the first is centered on a full day of classroom instruction and safety tips. The second day of the course is more hands-on, and the students go to Stone Bay to test what they learned the previous day.

"The student's get to test their skills in the bow, pistol, twenty-two caliber

rifle, a fifty-caliber black powder rifle and they take their pick to shoot a twelve or twenty gauge shotgun," said the Pittsburgh, Pa. native.

In December 2003, the club received an Award of Merit from the NC Wildlife Resources Commission for their hunter's education program and has been the only club to receive the award for a hunter safety program.

"This club is probably the premier safety course in North Carolina," said Myron Cross, the area director of the Friends of the National Rifle Association. "My organization has been

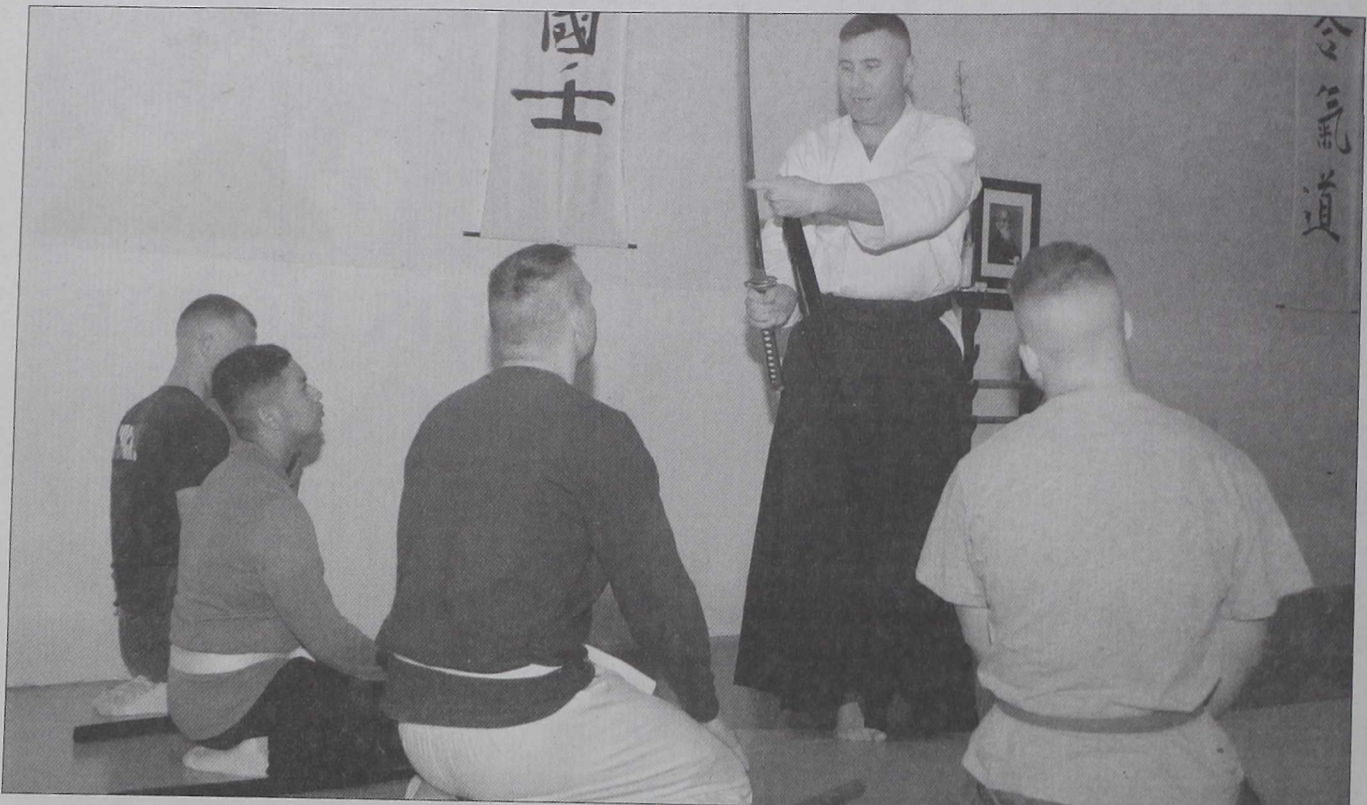
providing grants to the club for years because we know it goes to a great cause, and we like to help out our Marines."

In the past four years the Friends of the NRA has donated close to \$6,000 to the club to go toward the hunter's safety program.

Along side the hunter's safety program, the club holds a safety instructor's course.

"In the instructor's program, the students go over even the more basic safety

See WINNER | 2C



Lance Cpl. Christopher S. Vega

Art of peace rediscovered

Aikido, lai-Jutso teach control, self improvement, protection to practitioners

LANCE CPL. CHRISTOPHER S. VEGA
Marine Corps Base

Individuals interested in expanding their martial arts expertise are now able to learn the fighting arts of Aikido and lai-Jutsu in Bldg. 1742.

Major Roger Meade, executive officer, Marine Medium Helicopter Squadron - 266, Marine Aircraft Group - 29, Marine Corps Air Station New River, leads classes every Monday and Wednesday from 7 to 7:45 p.m. for lai-Jutsu classes and 7:45 to 9 p.m. for Aikido classes.

lai-Jutsu is the ancient Japanese art of Samurai swordsmanship, while as Aikido is an unarmed martial art where students learn to control an opponent by blending with their attacker in order to neutralize the attack. Aikido also teaches students how to redirect an attack by using a variety of throws, strikes, pins and joint locks in an effort to control an aggressor.

"For the first 45 minutes of the class we learn new parts of lai-Jutsu," said Meade. "Then we train for an hour in Aikido."

Aikido provides an effective way to resolve a conflict with minimal harm to an opponent and is appropriate for a variety of situations. It is useful as a means of self-improvement as well as self-defense.

lai-Jutsu's main emphasis is on cutting with the blade while drawing and re-sheathing the sword, all in a series of smooth controlled movements. Students are also taught Japanese sword specifications, etiquette, sword history and traditions.

"Aikido is more of a defensive style of martial art," said Staff Sgt. Robert Lee, a lead student in the Aikido class. "It focuses on using the energy of your opponent rather than wasting your own energy. It's a whole different type of martial art, because it is not used to finish off an opponent."

Meade started the classes in February 2003, after getting stationed at MCAS New River.

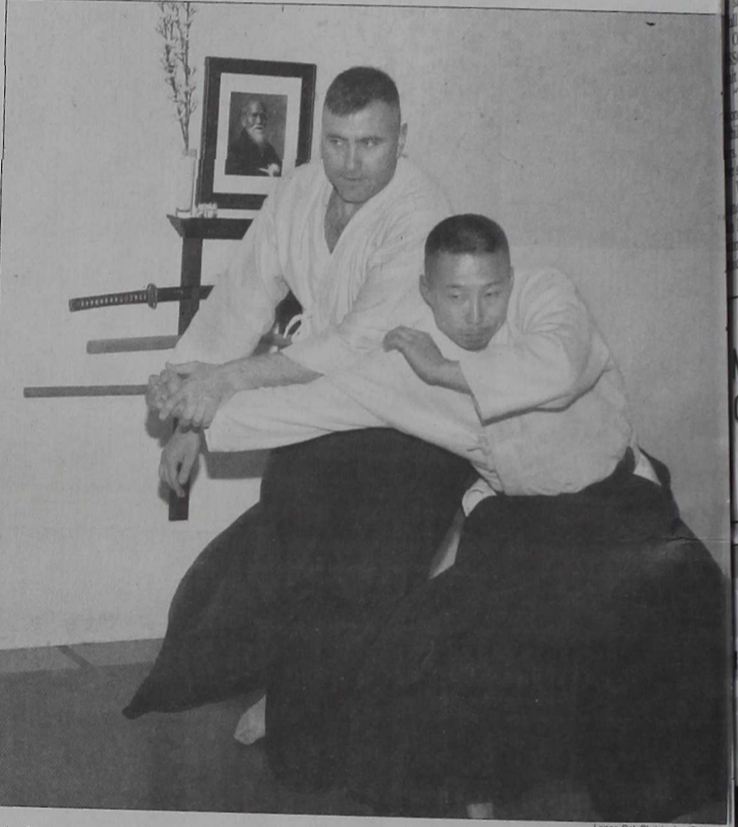
"I had been studying Aikido for a few years and I didn't want to lose all my training, so I talked to my [teacher] about opening up my own [Aikido center] here," said the Sykesville, Md., native. "Aikido improves the minds and bodies of its students, and that's why I think this is a great thing for Marines."

Aikido combines a variety of martial arts, including Ju-Jutsu, Aiki-Jutsu, Jo-Jutsu, Ken-Jutsu and others.

The classes are free and all equipment is provided at the center. No prior martial art training is required and individuals are able to join at any time.

"There is no certain time a person has to start classes," said Meade. "I've never been big on beginner and advance classes. I think it's better for both types of students to learn together, no matter if they have already learned a technique or not."

Aikido and lai-Jutsu are not suitable for children under the age of 12. For more information call 353-6063, visit the center on McHugh Blvd. in Bldg. 1742 (in front of the Geotge Memorial Field House) or visit the Web site at www.lejeuneaikido.com



Major Roger Meade (left), instructor of the Camp Lejeune Aikido and lai-Jutsu classes, performs a balance-breaking move on Staff Sgt. Robert Lee, an instructor at the Marine Corps Engineering School.

Main Side Briefs

SERVICE MEMBER CIVIL RELIEF

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

COAST

CONTINUED FROM 1C

served in the Coast Guard for 15 years, she has little courtroom experience.

"This is a unique opportunity for me. I've never done an Article 32 hearing. [but] I am ready to get my feet wet and my hands dirty with some hardcore military justice," said Hill.

Hill expects the experience she gains here to be increased exponentially since the workload of the two offices is like

night and day.

Last year, Hill's office processed approximately 15 courts-martial, nearly a tenth of Camp Lejeune's regular workload, according to Keane, who said at any given time his office has approximately 200 ongoing courts-martial, but normally not less than 100. Keane, a Spring Lake Heights, N.J., native, said not only does LSSS offer an increased caseload, the variety of those cases is also greater than what Hill is used to.

She is enjoying the experi-

ence though this is Hill's first time working with Marines.

"I hope to learn a lot, get a lot of trial experience and take these new-learned skills back to the Coast Guard," said Hill, 38, a Santa Rosa, Calif., native.

She does not expect to encounter any problems transitioning from her home office to here and feels that the inter-service similarities will actually make her experience easier. She and Keane noted that there are a lot of similarities between the Coast Guard and the Marine

Corps.

"It won't be that big of a change. They are both small [services that] share a lot of esprit de corps and institutional pride," said Hill.

"It is a privilege and honor [working with the Marines]. They are a professional group of people," said Hill.

Hill is set to work at the Legal Services Support Section's Military Justice Office for the next 90 days. After that another Coast Guardsman is set to replace her for 90 more days.

WINNER

CONTINUED FROM 1C

procedures, making it easy for someone who has never taken a class to be an instructor," said Huenne. "And the great thing about this is, there is no cost for these classes. All the instructors volunteer; everything we do is voluntary, because this is what we like to do."

Volunteer work and organized hunts are partially what makes the club so special. Every year the club holds a Big Buck contest where hunters compete for the biggest buck according to the Boone and Crockett scale, which calculates the score according to antler size.

This year's winner is Bill Kreiling with an eight-point buck that scored 107 1/8 size rack.

"I've been a member of the club for thirty years," said Kreiling. "I think this is a great place to spend your time. I really think more young Marines should come and join. I don't know what's holding them back."

For taking first place in the Big Buck contest, Kreiling was presented with a Connecticut Valley Arms .50 caliber black powder muzzle-loading rifle and Bushnell scope.

Also competing was female member Malinda Corley who finished fourth in the contest with an eight-point buck scoring a 97 1/8 on the B&C scale.

"I've been a member since 1989," said the Mindanao, Philippines native. "I never thought I would like to hunt, but now, I would rather hunt than shop. I would love to see more females join our hunting group. I have plenty of guns they can use if they need one."

According to James Smith, hunting master for the club, one of the things the club is striving for is "young blood."

"We want to see more young Marines out here," said Smith. "When I talk to Marines they seem like they are afraid to join because we are located in officer's housing or because we are older. They don't want to worry about some salty officer or [staff noncommissioned officer] giving them a hard time."

The club welcomes anyone willing to join regardless of age, rank, creed, sex or color. Also, attendance at all meetings is not required.

"There is no rank out here," said Smith, a Mobile, Ala., native. We are more than willing to help out anyone and everyone who wants to come out here. If they need a ride, we can get them. If they need a gun, we have plenty to loan them for a hunt."

For more information about joining the Camp Lejeune Rod & Gun Club, contact Bob Lachapelle at 451-9657 or by e-mail at rlachapelle@ec.rr.com.

VALOR

CONTINUED FROM 1C

the battalion is much like his own family, who he spends all of his time with when not working.

Both hold a spot in this family man's heart, but the biggest share is reserved for his wife, Vanessa and two daughters, Skylar and Brezlin.

During the middle of his deployment, his second

daughter, Brezlin was born. Ironically, his wife gave birth 10 days late so he was able to call home the day she gave birth.

"Calling home the day my daughter was born was the best thing that happened when I was out there," he said. "When I got home and surprised my wife and daughters, my oldest daughter ran up to me and hugged me for around 15 minutes; it was great."

Courts-Martial

- Navy Lt. George C. Woodrick, 2d Dental Battalion, 2d Force Service Support Group, was convicted at a general court-martial of two counts of wrongfully possessing marijuana and two counts of wrongful use of marijuana. He was sentenced to be dismissed from the service, confinement for six months, and forfeiture of all pay and allowances.

- Master Sgt. Maximo Fresquez, Headquarters Battalion, 2d Marine Division, was convicted at a special court-martial of wrongful use of cocaine. He was sentenced to confinement for 30 days and forfeiture of \$5,632.

- Corporal Daniel N. Engle, 8th Marine Regiment, 2d Marine Division, was convicted at a general court-martial of false official statement, disposing of military property and selling military property. He was sentenced to a bad-conduct discharge, confinement for nine months, forfeiture of \$1,500, and reduction to private.

- Lance Cpl. Isaac B. Holloway, 6th Marine Regiment, 2d Marine Division, was convicted at a spe-

cial court-martial of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 75 days, forfeiture of \$1,646, and reduction to private.

- Lance Cpl. Chad A. Alvarez, 8th Engineer Support Battalion, 2d Force Service Support Group, was convicted at a special court-martial of wrongful possession of hashish and wrongful possession of Diazepam. He was sentenced to a bad-conduct discharge, confinement for six months, forfeiture of \$4,938, and reduction to private.

- Seaman Samuel J. LaBranche, 6th Marine Regiment, 2d Marine Division, was convicted at a special court-martial of unauthorized absence and wrongful use of cocaine. He was sentenced to a bad-conduct discharge and confinement for 60 days.

- Private first class David C. Dudzic, Headquarters and Support Battalion, School of Infantry, Training Command, was convicted at a special court-martial of unauthorized absence. He was sentenced to a bad-conduct discharge, confinement for 75 days, and reduction to private.

Wiley Helm
CPL. JOHN E. LAWSON
2d Force Service Support
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Villey confident at helm of 2d FSSG

CPL. JOHN E. LAWSON JR.
2d Force Service Support Group

The sword of the 2d Force Service Support Group changed hands in a ceremony Dec. 17, Sgt. Maj. Douglas L. Willey relinquished his post as the new sergeant major for SG.

The ceremony began the Cambridge, Md., sergeant's return to the Fleet Marine Force's operational units after a tour as sergeant major, or Candidates School, Quantico, Va. His return to the operational Marine Corps is a slight detour, but according to the sergeant major, it is nothing he can't handle. "Wherever you go, no matter what you do, no matter what your title is, you are a leader," he said. "Wherever you go, no matter what you do, no matter what your title is, you are a leader."



Willey returns to Camp Lejeune as sergeant major of 2d FSSG.

"Our commanding general and our commanders need our support up and down the chain of command. Subordinate leadership has to embrace the commander's intent and every leader has to go out and make sure it is being carried out," he said. "I cannot execute the duties of this office without the support of my subordinate commands' sergeants major, first sergeants, staff NCOs and NCOs."

One important aspect of leadership at the small unit level is the promotion of a safety mindset throughout the ranks of the Marine Corps. "We, as an institution, have already lost far too many of our brothers and sisters from foolish acts and avoidable mishaps," he said. "We can't take ourselves out of the fight unnecessarily."

"I have a passion about living right," he said. "A good, solid-set moral compass points you in the direction of doing the right thing in any situation. It's difficult to make the tough call, but our small unit leaders are making the tough calls. I hope that, on a personal and a professional level, I can have an influence on all Marines and give them the moral courage to stand up for what is right."

Willey said the move to Camp Lejeune was made much easier thanks to the kindness of his fellow Marines and members of the local community. "I am honored and humbled to serve with such fine people," he said. "These Marines truly are the greatest young men and women the nation has to offer."

As the Marines and sailors of 2d FSSG prepare for deployment, Willey said he hopes all the troops remember "this nation, the American public, has the utmost and sincerest respect and admiration for what we are about to do. The country has expectations for the Marine Corps. The troops are going out and meeting and exceeding those expectations. The public sees the sacrifices we make and the sacrifices our families make, and those sacrifices don't go unnoticed."



Lieutenant Col. James G. Kyser, commanding officer for 2d Battalion, 2d Marine Regiment (Left), stands in front of Lance Cpl. Robert Johnson, a Dunn, N.C. native and mortarman for the battalion, before Johnson was recently awarded the Navy and Marine Corps Achievement medal with a combat distinguishing device.

2/2 Warlords receive combat valor awards

CPL. ADAM C. SCHNELL
2d Marine Division Public Affairs

"People sleep peacefully in their beds at night only because rough men stand ready to do violence on their behalf." - George Orwell.

Rough men from 2d Battalion, 2d Marine Regiment received awards here Jan. 10 for actions in Al Anbar Province, Iraq while deployed from March until October 2004.

Awards for 15 Marines and one sailor included the Bronze Star, Navy and Marine Corps Commendation Medal and the Navy and Marine Corps Achievement Medal. All of the medals received included a gold "V" device indicating their awards were given for actions while in combat.

The Marines and sailor participated in contingency operations in Iraq where they engaged the enemy countless times and showed in one way or another why they are worthy of a combat award.

Some people risked their lives to save the lives of fellow battalion members, while others showed exemplary leadership skills under heavy fire in order to ensure the safety of their Marines and sailors. Besides saving the lives of fellow service members, the battalion corpsmen even stopped to treat two Iraqi citizens.

"Today is a great day for the battalion," Lt. Col. James G. Kyser, commanding officer for the battalion said at the ceremony. "It's great because the whole battalion stands here and watches as these warriors are recognized for their actions."

Many of them credit the training they received before deploying to Iraq as one of the reasons they received the award. They spent many weeks performing training evolutions prior to deployment.

With all of the time and training spent together, the battalion became very proficient with one

another when in combat, said Staff Sgt. Nathan T. Hunt, the Bronze Star award recipient. And even though the awards are given for individual achievements, some think of them a little differently.

Many feel fortunate enough they received the award and are the ones who wear it, but without the rest of the battalion they wouldn't have been able to receive it anyway, Hunt explained.

"I guess I'd say [the award] is just as much mine as it is theirs," Hunt added modestly.

The Marines who received the awards were:

- Bronze Star***
 - Staff Sgt. Nathan Hunt
- Navy and Marine Corps Commendation Medal***
 - Capt. William Martin
 - 1st Lt. James Martin
 - Sgt. Robert Breneman
 - Sgt. Larry Coon
 - Lance Cpl. Patrick Putt
- Navy and Marine Corps Achievement Medal***
 - Seaman Travis Reither
 - Staff Sgt. Ronald Crutcher
 - Sgt. Philip McCotter
 - Sgt. Howard Cates
 - Sgt. Mitchell Birdsong
 - Cpl. Kendrick Ballard
 - Cpl. Albert Camahan
 - Cpl. Mandwell Hearn
 - Cpl. Thomas Ramsey
 - Cpl. Thomas Karlick
 - Lance Cpl. Robert Johnson
 - Lance Cpl. Christopher Hamilton
 - Lance Cpl. Markese Morales
 - Lance Cpl. Egrain Nieves
 - Lance Cpl. Peter Duffy

* Indicates medal includes gold "V" device for awards given for actions in combat.

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EMERALD ISLE-2BR, 2BA condos, all appliances furnished, gated community, close to shopping, movie theater, restaurants, available February 1st. \$850/mo.

EMERALD ISLE-2BR, 1BA, 3rd floor home, ocean and sound views, fully furnished unit. No pets. \$750/mo.

EMERALD ISLE-Downtown's apartments, 2 BR, 1 BA, all appliances furnished, washer/dryer access, newly renovated, no smoking, no pets. \$900/mo.

EMERALD ISLE-Emerald Plantation homes, gated community w/ pool and tennis courts, smoking and pets negotiable. \$1100/mo.

EMERALD ISLE-3BR, 2BA, wood burning fireplace, hardwood floors, all appliances furnished, screen porch, lawn maint. included in rent. \$1200/mo.

EMERALD ISLE-single family home, 3BR, 2BA, all appliances furnished, community pool, tennis and pier, no smoking, no pets. \$1400/mo. Available May 1st.

EMERALD ISLE-Completely furnished condo 2BR, 2BA great oceanview, gated community, close to it all, no smoking, no pets. \$1100/mo.

EMERALD ISLE-2BR, 1BA shower only, partially furnished ground level apt, water view of inlet, water and electric included in rent with \$50 cap. \$825/mo.

Emerald Isle Realty
7501 Emerald Drive, Emerald Isle, NC 28594
Rentals: 252-354-3315/800-949-3315
www.EmeraldIsleRealty.com

2BR/2BA-No pets \$450/mo + dep unfurnished, Very Clean Available Feb 1st. 327-5451.

3BR 1 1/2 BA-enclosed in yr w/grge & fire place nice sides kitchen in Deer Field nice family area w/good school district. \$700/mo \$700/dep 389-4581.

2 SINGLE ROOMS-\$350/ea in new home, incl house privileges, util, 250 channel dish TV. 910-279-0853.

Real Estate For rent

3BDR/2BA-Mobile home \$375/mo, 3 mi from the Airstation, \$350/dep, \$350/mo 910-382-4482.

3BR/2BA-2 lg rooms, fireplace, dishwasher, side-by-side frig, stove, microwave, 1700 sqft, near MCAS & Camp Lejeune. Call 382-6347.

BEACH HOUSE 3BR/2BA, N. Topsail, Clean, App+ W/D. Partially Furnished. Lg Yrd, 2 Decks, Cvd Parking. \$875. +Util. No Short-Term Leases. 703-680-1676.

FOR RENT-2BDR, near MCAS, avail. March 1, quiet area, trash & lawn incl. \$575/mo, 324-2952.



ABA RENTAL PROPERTIES, INC.
Property BR/BA Rent
416 Maple St 3/1.5 \$650
1825 Blue Creek #2 2/1.5 \$495
2032 Blue Creek 3/2 \$500
476 Foy Lockamy 3/2 \$450
115 N. Onsville PL 2/1.5 \$550
2380 Dawson Cabin Rd 3/1 \$550
210 Glenwood 3/2 \$750
5 Cherokee Dr 3/2 \$795
6 Bozco Drive 3/1.5 \$675
134 #7 Morningside Dr. 2/1 \$375
1169 Pueblo Dr. 2/2.5 \$575
819 Jim Blake Rd. 2/1 \$375

Other 1, 2, 3 or 4 bedrooms available
347-4049
Email: aba@bizccr.com
Website: www.abarentals.com

FOR RENT-Mobile homes, 4 mi from main gate. Call 358-0751.

HAMPSTEAD apt 2BR, W/D, \$600/mo, 910-617-1960 or 910-270-9018.

HOUSE FOR RENT-2BR brick house, front porch, crprt, strg shed, storm drs & windows, fireplace, lighting rods, cont H/A, carpet, lg yard, in cntry, no pets, \$475/mo avail 1-16, near MCAS. 324-3696.

HUBERT AREA-Riggs Road, 3BR, 2BA on culdesac. \$700/mo 760-368-1971.

MH FOR RENT-near MCAS, 2BR, 2 full BA, W/D, Deck & Shed, near Shopping Center. 455-2218

MH-3 Mil from Piney Grn Gate. 327-5451.

Real Estate For rent

N TOPSAIL-3BR oceanfront townhouse Shipwreck, furn, min-base, rest. & shopping, \$1000 mo incl cable, wtr, trsh 919-621-5846.

NO MONEY NEEDED! Land/Home Packages Available With Monthly Payments Starting at Only \$357.00. Seller Pays Down Payment & All Closing Costs. 1-888-691-1648.

Address	BR/BA	Price
210 Corey	2/1	\$500
122 Corey	2/1	\$500
139 Village	2/1	\$500
1180 Blue Creek	3/2	\$450
110 Tinwood	2/1	\$515
1305 Timberlake	2/2.5	\$675
206 Fairwood	2/2.5	\$675
50 Princes Cove	2/2.5	\$675
11 Pringles Cove	2/2.5	\$675
5 Princeton	3/1	\$575
504 Oa Drive	3/1	\$595
204 Glenwood	3/2	\$750
40 Dole Trail	3/2	\$775
142 Ash Ct	3/1.5	\$725
501 Moize	3/2	\$800
213 Joey	3/2	\$700
116 Foxair	3/2	\$765
137 Daphne	3/2	\$800
138 Daphne	3/2	\$795
213 Winterbury	3/2	\$850
214 Winterbury	3/2	\$770
216 Winterbury	3/2	\$775
201 Winterbury	3/2	\$825
401 Pebble	3/2	\$1050
1007 Pine Valley	3/2	\$1050
118 Falcon Crest	5/2	\$1000
136 Wigdon	3/2	\$810
723 Mallard	3/2	\$1200
101 Shirley	3/2	\$780
101 Ellen	3/2	\$850
110 Ellen	3/2	\$750
220 Hemlock	3/2	\$795
1305 Kevin Ct	3/2	\$775
314 Gosco Creek	3/2	\$700
1041 Springvilia	2/2	\$535
10 Westminster	2/1	\$565
107 Meadowbrook	2/2.5	\$675
166 Wyl Old 30	3/1.5	\$650
100 Littleleaf	3/2	\$825
203 Gray Fox	3/2	\$775
307 Tassel Ct	3/2	\$700

829-A Gam Branch Rd, Jacksonville, NC 28540
Office: 910-455-2860
Toll Free: 888-819-7653
Fax: 910-455-0557

Prices Subject to Change Without Notice

SPEND SEPTEMBER ON THE BEACH THIS YEAR AT BARGAIN RATES! All sizes from efficiencies to 7 bedrooms! Rates begin at \$550 and go up to \$3,800 per month, includes utilities. Bluewater GMAC monthly rentals, Emerald Isle, North Carolina. Call Wendell or Ellie for details 1-877-872-6432/252-354-6136.

Real Estate For rent

TOWNHOUSE-2BR/2BA, porch & deck, storage area, Sneads Ferry gate. Quiet neighborhood, nice pool. 202 Lakeside Dr. \$590/Mo 327-3600.

WATERFRONT HOME-for rent or sale Sneads Ferry, 3 bdr, 2 1/2 bath, deep water pier and boatlift, lots of extras. Call 910-285-3222 or 910-271-0661 for full details.

01 HOME-3BR, 2.5BA, priv fence, 2 car gar, located in Commons subdivision. Monthly Payments Starting at Only \$357.00. Seller Pays Down Payment & All Closing Costs. 1-888-691-1648.

24 ACRES-5 miles from Richlands on Old Comfort Rd, Parked, 5 Acres cleared, 400 ft road frontage, Great House, horses, or hunting. \$66,000 937-0688.

3BR/2BA HOME-on 1.68 acres, MBA w/ garden tub, open floor plan, 5x15 shed, great location, all app incl, 1493sqft, asking \$93,000, 546-6185/382-4359.

DISTRESS SALE-Bank Foreclosures, FREE List of Bank-owned properties. Receive a FREE Computerized printout visit: www.christianmiller.com or call 545-7582 EIT Homeplace Realty.

HOUSE FOR SALE-3BR, 1.5BA, fenced yard, 1500 sqft, DW, cent air & heat. \$87,000 717-422-7644.

MH-99 Location, 3BR, 2BA, fireplace in clean park. Decks on front & back. Payoff \$51,000. 353-2444/554-1331.

PEPPERTREE ATLANTIC-Beach, 1BR, 1BA, sleeps 4, year round beach/pool priv \$1500 831-622-9172

SALE BY OWNER-2300sqft .73 acre, 3/2.5/2 great rm, dining rm eat-in kit kit FRIG/4th BR \$195,000 324-6895.

Appliances ASSORTED-frig 21.5cuft, w/lce Maker 2yrs \$300, Knmre wstr \$70 455-7548.

GEN ELEC-19.7cuft chest frz. Feat incl adjustable temp, int light, 2 baskets & safety lock. \$225. 554-1616 after 5.

GROCERY STORE EQUIP-540-1477.

KENMORE W/D 7mo, 3yr warranty \$600. 353-0851

KENMORE washer, HD \$75 353-7337.

Electronics

2 COMPUTERS-both w/ keyboard, mouse, monitor; 1 w/ 2.4Ghz HD, Win 98, 1.3Ghz proc, \$175 other w/ 1-3Ghz HD, Win 95, \$50 546-6185.

COMPAQ PRESARIO-S5100CL-8 Desktop PC Bundle, 512 MB DDRSD Ram, 80 GB hard drive, much more. \$48-1258.

Does Your Computer Need A Little TLC? Don't worry, we can help! Contact Juvio 24 hours/day 7 days a week for live technical support.

COMPUTER-complete Compaq, like new reconditioned w/printer \$250 also have PlayStation 1, \$40 389-5719/324-6673

GAME SYSTEMS-Nintendo 64 super w/4 games & controllers, VG cond, \$100, also PlayStation 1, \$40 324-6673.

GE 19" color TV. Great color & sound. \$45. TV stand available. 353-4696.

KENWOOD-891 5 pc home stereo sys w/minihi 12" tower speakers. Must see. Asking \$400 080-347-2720.

PANASONIC-52" Tv 2yr, \$1000. 324-6695.

CHURCH NURSERY WORKERS-8-10 hrs/wk, Thurs & Sun a.m. First Baptist Church, 1985 Gum Branch Rd, Jacksonville, NC 455-2700.

MEDICAL QTC Management, Inc., a nat'l provider of integrated medical services in CAMP LEJEUNE, is seeking a:

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Duties include working with physicians in the quality review of medical reports, med report review exp. req'd BA/BS pref'd. Foreign Med. Grads welcome.

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PART TIME POSITION AVAILABLE-work own hrs be your own boss. In the MCAS area, Call Boyd or Paul at 382-2396 or 350-2446.

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

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910.347.5006

WORK WANTED-roofing painting fence, Electrical, plumbing repairs on Mobile Homes, carpentry, cleaning gutters. 910-382-5205

Furniture 7 PC QUEEN BED SET-new, \$750 Call 910-367-6013.

A BRAND NEW QUEEN-orthopedic mattress set, in original factory plastic, sacrifice \$120, 910-352-3851. Can deliver.

A NEW KING-pillow top mattress set still in original factory plastic, must sell \$200 910-352-3851. Can deliver.

A NEW QUEEN PILLLOW TOP-mattress set, in plastic, \$135 910-352-3851. Can deliver.

ASSORTED-2 dressers \$30/ea, couch loveeat set broyhl \$400, double bed set w/comforter set \$200 326-6410.

ASSORTED-3 comp desks, chair, chifferobe & ent center. 938-1502 after 6pm.

ASSORTED-3 Pc sect sofa w/recliner & pull out bed, \$125; comp desk \$50, both in good cond 743-0351.

ASSORTED-blue glider rocker w/ ottoman \$30, 2 lamps \$5.00/ea 353-1184.

ASSORTED-Couch & chair, taupe, \$100, coffee & end tables, pine, \$25. 2 metal lamps w/shades, \$10. 346-8096.

ASSORTED-Couch Chair Ottoman, great cond sw patt \$600/all, 2 swivel rocker recliners, 1thr, burgundy/brown in color both \$400, \$250/ea. 219-4865

ASSORTED-DR tbl w/leaf & 6 chrs \$200, childrens chair BR w/sleigh bed, chest of drawers, & nightstand matt incl \$300 firm. 326-4796.

Furniture

ASSORTED-sofa \$100, Dinette table & five chairs \$75, end table \$25 324-6904.



CEDAR POINT- 4BDR, 2 Bath new construction, 2 car garage, gas FP, fenced back yard, W/D. No pets \$1200

CAPE CARTERET- 3BDR, 2 Bath home in a golf course community, 2 car garage, storeroom, back deck. No pets. \$1075

EMERALD ISLE- 3BDR, 3 Bath two story beach house. All appliances, furnished, waterview. Pets neg. \$1000

EMERALD ISLE- 3BDR, 2BTH waterfront duplex with great views. All appliances furnished, shared dock. Includes water & trash. Available Feb. 1st. \$900

CAPE CARTERET- 4BDR, 2 Bath home with a large fenced in back yard, hardwood floors in LR, and 2BDR, jacuzzi tub, car port. No pets. \$900

CAPE CARTERET- 3BDR, 2 Bath doublewide on a foundation. Just remodeled, FP, sun porch, new carpet, new windows. No pets. \$675

HUBERT- 3BDR, 2 Bath HOME near Camp Lejeune with fenced back yard, back deck, 1 car garage, all kitchen appliances. Pets negotiable. \$650

Apartments for Rent

EMERALD ISLE- 3BDR, 2BTH 1200 sq. ft. townhouse. All appliances, patio and storage area. Water & trash included. Avail Feb. 1st. \$750.

EMERALD ISLE- 2BDR, 1 Bath duplex one block from the ocean. All appliances, deck, W/D + shared storage, water & lawn maint included. No pets. \$650.

EMERALD ISLE- 2BDR, 1 Bath duplex on the ocean side of the island. kitchen appliances + W/D. No pets. \$650

SILVER CREEK- 2BDR, 2BTH All kitchen appliances, w/d, on golf course. No pets. \$650

SWANSBORO- 2BDR, 2 Bath Townhouse, back patio, outside storage, all appliances. Available Feb. 1. \$575

SWANSBORO- 1BDR, 1 Bath Townhouse, back & side patio, outside storage, all kitchen appliances + W/D. No pets. \$475

Call 252-354-5921
or log on to
www.bluewatergmac.com
Open 7 days a week
200 Mangrove, Emerald Isle

BASSETT-3pc contemporary sectional couch. Exc cond, Asking \$400, will negotiate price. 539-9526.

BR SUIT-Solid wood Q bed frame, dresser w/mirror, chest of drawers & night stand. all dark maple. Very sturdy, \$600 938-2386.

BRAND NEW FULL-Mattress set, still in original factory plastic, sacrifice \$102, 910-352-3851. Can deliver.

Auto Miscellaneous

Furniture

COMPUTER DESK-great cond, \$50 330-1195.

COUCH-Wrap around 3 pc incl 2 love seats w/recliners, massagers & overszd chair. Dk gm cloth, that has been sctch-grd & oak. Currently in storage in Hubert. Exc shape, paid \$2000 only asking \$500 843-252-1189.

CRAFTMATIC-Queen Bed & matt, orig \$3,889 Mechanisms never used. \$1,500 or \$2,200 w/ 3pc BR set of 1st-cut solid quality pine 325-1109.

CRIB MATTRESS-\$20 326-7078

CROSSBOW-exercise machine, ex-condition, less than year old used few times. Lat bar, video instruction, poster included. Assembled, will deliver. \$400 080. 910-545-4066 or 910-545-9085.

DINING RM SET-great cond, \$1,000 OBO 989-2600.

DINING RM TABLE-asking \$50. Incl 4 matching chairs. Dark wood top w/ blk legs. Call 347-2657.

DINING RM TABLE-w/leaf & 6 chairs. \$125. 353-7380.

ENTERTAINMENT CENTER-holds up to 36" TV. 353-0851.

FORMAL DINING RM TABLE-w/6 chairs & 2 extra leaves, new, 2mo old, has tags & plastic on chairs, glass protector, \$1500 346-3807

FULL MATTRESS SET-new, \$125. Call 910-367-6013.

FUTON FRAME-\$30 wood in great cond mat not incl Ask 355-0381/526-1624.

FURNITURE-black lacquer finish, gold trim accents, excellent condition. Headboard, Dresser, Mirror, & Armoire only \$375.00. 5 shelf Bookcase for \$30. Small TV/Stereo center for \$50.00. call 910-355-3554 between 8am & 9pm.

KING SIZE-2 pillow top matt & box springs w/bedding \$1000 355-2279.

KING SLEIGH BED-w/mattress, new \$975. Call 910-367-6013.

LEATHER COUCH & LOVE SEAT-taupe, 4yrs, minor wear on love seat \$400, 382-9973.

LOFT BED-Twin size, silver metal, new \$50 353 2494.

LOVESEAT-Tan textured slip cover. Search pier1.com for Elaine Sleeper Loveseat for size/dimensions. \$30. 376-1261 lv msg.

LTHR COUCH-7ft. Matching Recliner. Very good cond. black. Approx 3 yrs old, \$500 /Pair 455-6966.

NASA MEMORY FOAM-new, \$675. Call 910-367-6013.

OAK COFFEE TABLE-3 panel smoke glass top w/bottom shelves, exc cond \$45 325-1109.

OAK ENT CENTER-6' X 5', lighted display shelves, CD racks, Fits up to 51" TV. Plenty of comp space, \$200. 265-4741.

OVERSIZED RECLINER-3 yrs old & in VG cond. Hunter grn, micro fiber mat. Prof. Stain guarded \$125 938-0466

PRIMO STOCKHOLM FUTON-w/pad, 1yr old, silver frame, pad blk w/silver design. \$75 353-5753.

RICE POSTER BED-w/highboy, new \$1,500. Call 910-367-6013.

SOFA SET-4 piece, sleeper sofa, 2 loveseats, and an ottoman. Sturdy, good condition. \$500 577-1288 before 9 pm.

SLEEPER SOFA-sm Good cond \$50 353-7380.

SWIVEL CHAIR-w/footrest \$15 330-1195.

TODDLER BED-white, barely used w/matt \$20 & pottyseat that sits on toilet w/step used once \$5 347-1272.

WATERBED-Brand new, 80% waveless heated, queen, still in pkg, good cond wood bed frame. \$250 539-4227.

Auto Miscellaneous

Miscellaneous

1939 FERGUSON TRACTOR-fullsize rebuilt eng, 5 atchmnts, box blade, drum plow, disk, shovel & crane \$4,000 firm 327-3908.

2 TOY HORSES-ride on & some horse decorations. 325-0009.

89 HD SPORTSTER-Blk, no scratches, belt driven, straight bars & pipes, some chrome, exc cond, professionally lowered. \$5000 376-0021.

ASSORTED-14" Rims 5 lugs \$500. Handmade wood doghouse w/ shingles, waterproofed Asking \$100. all neg. 326-7479.

ASSORTED-Diaper bag, Eddie Bauer, \$5; Tiger playmate, \$7; Doorway jumper, \$10. 478-0310.

ASSORTED-32" JVC TV \$175, Queen bed w/matt \$150, Q sheets & comforters, Comp desk w/hutch \$45. 526-9799.

ASSORTED-Doors, \$15/ea. Inside French Doors set each \$50, 1 Grey center top bathroom sink, great cond \$35. Sauder comp desk w/ hutch \$45 938-3890.

ASSORTED-hunter grn 1 pc chaise-lounge \$200, stand up gas scooter \$150, silver mini chopper motorcycle \$250, mens navy cpo peacoat 40r \$40 455-8498.

ASSORTED-Power Wheels Red silverado, Exc,cond, 2 spds \$100 PS2 plus 20 games \$200 Red flyer wagon \$10 Sony rovr 5pc, surr \$150 650-3467070

ASSORTED-Queen Sleeper Sofa \$75, Wood/Metal Frame Futon \$80, Giant "little tykes" activity desk w/ 2 working lights \$25 All in Exc cond! 934-3440.

ABEKA BOOKS-Grades 5 & 6 teacher guides also, exc cond \$5/ea 455-9769.

ACOUSTIC GUITAR-hardcase, like new \$120 265-0633.

ARMSTRONG FLUTE-w/case \$150 326-3070.

Miscellaneous

ASSORTED-Trampoline \$100, toy box \$15, car seat \$25, eureka bagless vacu- um \$35, artificial plants 1 in basket 1 in stand \$25 both. 526-5948.

BARBIE JEEP-Motorized w/charger. In exc cond, \$100. 376-0021

CANOPY-10x10 new in sealed box, easy no-tool setup, fire res, att top, pull pin ad/legs & more. \$150. 325-1109.

CAR SEAT-like new infant \$25 3535689.

CARSEAT/BOOSTER-Century, new cond. \$20. 346-8096.

CCOC BOOKS-Cheap West Civ I/\$20; Fin Accounting 120/\$80; Math 80; Int Algebra/\$40; Comp course CIS 110/\$50 384-2909.

CERAMIC MOLES-23 total planters, christmas trees, Santa clause, dolls, clowns, w/Disney all for \$100 389-4581

CHILDRENS CLOTHES-Girls szs 3T-4T & Boy szs 6-12 mo. \$50-\$5. 353-1410.

CHINA-10 place settings, Mikasa Fine China, Charisma Blk, Serving bowl, platter, cream & sugar, \$90, crystal goblets as well 347-6900.

CLOTHES-0-18 mo girl, bottles, blankets, toys, etc 938-1862.

CRAFTSMAN-Lvn Trctr \$800 989-2600.

CRAFTSMAN-3/8 HP electric weedwacker/string trimmer HD, model 257-795200. Works great! Exc cond, \$15. 938-0227.

CRAFTSMAN-overarm saw, dig readout \$175. 938-2571.

CRIB SET-Boy 5 pc incl bumpers, fitted sheet, bed skirt & quilt. Colors are red, white, yellow, grn & blue, baseball teddy-bear print \$20 353-1858.

Miscellaneous

DEHUMIDIFIER-GoldStar Lg. Call Star Rated, very quiet, 1yr old. \$150 cost \$189. Call 577-1650.

DISHES-60 pc comp apple dish e been used \$60, 325-0009.

DISHES-82 Pc Dinnerware Set, for 8. Never used. \$35 508-3311

DRESS-Silver prom/ball gown, h-train, sz 3/4, looks brand new, o- once, \$100 353-1946

DRUM SET-Slingerland 5pc Silver Set, Sabian BB Cymbals. Exc for 1 drummer. Incl Books w/CD's, S. pair of Sticks. \$400 757-209-80.

FREE FREEZER-w/purchase of Fe your choice, Black Angus 1 Seafood, Gourmet Chicken & Military Discount 30-40%, EBT & cards. Call Phil the Meat Man. 389-1198.

GAS HEATER-large cabinet gas has electric fan controlled by a 11 stat, chimney required \$250 OBO. 934-3422.

GENERATOR-4000 watt coleman mate, looks like new, w/wheel kit, great, 5G tank. \$325 455-3764

GRACO STROLLER & CAR SEAT-2 \$85. 539-2505.

GRACO-highchair, animal print, like cond \$10; wicker baby Moses ba needs cushion, great cond \$15.00. Graco Walker. 326-2928.

GRACO-stroller & carseat w/2 lb everything in mint cond super clean \$250 sell \$80 539-2505.

GUITAR-Red Ovation Celebrity Acc w/hard case. Like new, \$400 526-8

Miscellaneous

ASSORTED-14" Rims 5 lugs \$500. Handmade wood doghouse w/ shingles, waterproofed Asking \$100. all neg. 326-7479.

ASSORTED-Diaper bag, Eddie Bauer, \$5; Tiger playmate, \$7; Doorway jumper, \$10. 478-0310.

ASSORTED-32" JVC TV \$175, Queen bed w/matt \$150, Q sheets & comforters, Comp desk w/hutch \$45. 526-9799.

ASSORTED-Doors, \$15/ea. Inside French Doors set each \$50, 1 Grey center top bathroom sink, great cond \$35. Sauder comp desk w/ hutch \$45 938-3890.

ASSORTED-Power Wheels Red silverado, Exc,cond, 2 spds \$100 PS2 plus 20 games \$200 Red flyer wagon \$10 Sony rovr 5pc, surr \$150 650-3467070

ASSORTED-Queen Sleeper Sofa \$75, Wood/Metal Frame Futon \$80, Giant "little tykes" activity desk w/ 2 working lights \$25 All in Exc cond! 934-3440.

ABEKA BOOKS-Grades 5 & 6 teacher guides also, exc cond \$5/ea 455-9769.

ACOUSTIC GUITAR-hardcase, like new \$120 265-0633.

ARMSTRONG FLUTE-w/case \$150 326-3070.

Miscellaneous

ASSORTED-Trampoline \$100, toy box \$15, car seat \$25, eureka bagless vacu- um \$35, artificial plants 1 in basket 1 in stand \$25 both. 526-5948.



Automobiles

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Have a household project? Too Busy? Look for the Globe and RotoVue

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This reader friendly feature will contain advertisements from area craftsman and service providers

To advertise in this feature call Karrah 910-347-9624

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Our Valentine's Day Special

Tell that special someone how much you care!

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Oil Changes & Tire Rotation \$29.95	Brake Pads starting at \$49.95	Transmission Tuneup starting at \$59.95	Clutches starting at \$299.95
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Did you know that we can do your new car services? 30K, 60K etc. for alot less than Dealer and not void your warranty.

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Are you in a hurry? Come see us for **Money Back Fast!**
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Just outside back gate (beside Jingle Bells)

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LAWN MOWER \$145 HP \$85 and needs batt. \$150 OBO

LAWN MOWER New Bl \$85. 900. 414975-4742.

14K yellow Gold ladies Set weighing in total 7.00oz & 18 Baguette. 455-8305/545-4623.

solitaire. FVS2. 70 carat paperwork, valued at \$3500 only \$3500 353-4696

DIVING GEAR-Lg. Ze \$20. US Divers Reg set w/ w/pe Camp Console. Like new. \$100. Acconci \$1,200. 265-4741.

WATERMOTOR cold water heater unit - \$40. CD-90K stand alone OMEGA 1000 \$20. Call 353-1545.

\$200. not military 935689

TRICYCLES-2 red tricycles. plastic. Both hardly used. \$20 ea. 539-9526.

MANITY Sink, Cham shee \$30 455-7548.

VITO CLARINET-\$100 w/case

WEDDING GOWN-Gorgeous w/ gown, veil, corsie jewelry available. 353-4696

WEDDING GOWN-White, Casen Fine 1" Straps. De on top & bottom. \$375 55

Pets & Supplies

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3 BALL PYTHON-very old & have great pattern. \$7

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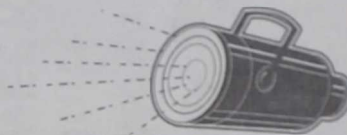
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P2768 '02 FORD TAURUS SES 31K	\$9,995	P2767 '04 MITSUBISHI LANCER ES 2BK	\$10,995	P2768 '04 DODGE DURANGO	\$22,500
P2741 '02 MERCURY SABLE GS 30K	\$9,995	P2763 '04 VW JETTA GLS 2BK	\$16,998	P2775 '03 FORD ESCAPE XLT 2BK	\$16,295
T9168B '03 CHEVY CAVALIER LS 31K	\$8,995	P2761 '03 MAZDA PROTEGE DX	\$9,995	P2708A '02 FORD WINDSTAR LX	\$10,600
P2751 '03 OLDSMOBILE ALERO GL 2BK	\$11,500	T9168C '03 NISSAN SENTRA 21K	\$24,997	T9340B '02 FORD RANGER REG CAB	\$6,995
T9955A '03 FORD ZXC 33K	\$8,995	T9934B '01 MITSUBISHI DIAMANTE LS	\$10,995	N9788B '03 FORD WINDSTAR LX 25K	\$12,995
N8808A '05 FORD FOCUS ZX3 9K	\$13,300	N10221 '03 HONDA ACCORD LX 4K	\$16,500	P2799 '04 FORD F150 XLT CREW CAB	\$26,900
P2774 '03 FORD FOCUS SE 33K	\$10,300	P2790 '03 VW PASSAT GLX	\$20,800	P2715 '03 FORD EXPEDITION EB 21K	\$27,500
P2762 '00 PONTIAC FIREBIRD TRANS AM	\$15,500	P2796 '04 MITSUBISHI GALANT ES 1BK	\$14,952	T912A '03 MERCURY MOUNTAINEER 2BK	\$18,995
P2763 '04 CHEVY CAVALIER	\$9,500	P2814 '04 KIA OPTIMA 21K	\$11,500	P2804 '03 MITSUBISHI MONTERO SPT 30K	\$15,997
P2766 '03 DODGE INTREPID SE 33K	\$11,339	P2815 '04 NISSAN SENTRA 21K	\$11,975	P2823 '04 DODGE RAM 1500 QUAD CAB	\$18,995
P2791 '05 FORD TAURUS SE	\$15,800	P2795 '04 MITSUBISHI GALANT ES	\$14,952	T9172A '04 FORD EXPLORER XLS 9K	\$16,995
P2805 '04 FORD MUSTANG GT CONV 5K	\$28,875	P2829 '04 MITSUBISHI LANCER 1BK	\$10,995	P2827 '04 DODGE DAKOTA CLUB CAB	\$16,500
P2794 '05 MERCURY SABLE GS	\$15,800	P2693B '01 HONDA S2000 LOADED 3BK	\$20,500	T10249A '03 CHRYSLER TOWN & COUNTRY LX	\$13,500

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CHARITY FUNDS
The Officers' Wives Club is scheduled to conduct its annual distribution of raising proceeds to support and charitable organizations. To be considered, organizations must submit their request to the Camp Lejeune Officers' Wives Club, Attn: Charitable Contributions, P.O. Box 107, Camp Lejeune, NC 28547. Include the dollar amount requested, reason for the request, and information about the organization including taxable status. All requests must be submitted by March 1. For more information, call 278-782 or 326-6554.

SWANSBORO FERRY THEATER
The Swansboro Community Theater is scheduled to conduct its annual auditions for the Family by Virginia, Feb. 9 and 10. These open auditions will be held at 7 p.m. at the Swansboro Community Center. Needed are two men, one woman, one boy, and one girl. For more information, call 327-3271.

WOMEN'S VOICES SPEAKERS
The Women's Voices Speakers Bureau presents the Love Wouldn't Hurt Last Show, Feb. 19 at 7 p.m. to 10 p.m. at the Swansboro Community Center. Advance tickets are suggested. Seating is limited. Tickets are \$5. Reigning Miss North Carolina Kristin Eiro is scheduled to join the performance. Models and speakers are still needed. For more information, contact Linda Winstead at 327-3271 or e-mail angie.speakeup@yahoo.com.

DISCO CABARET AUDITION
The USO of the Camp Lejeune/Jacksonville has auditions scheduled for the Disco Cabaret Discos Nights. The auditions will be held on Feb. 5 at 11 p.m. at the USO, 9 Tallman in downtown Jacksonville. All potential performers must be at least 18 years old. For more information, call 455-3411.

STORY IDEAS?
Do you know anything about going on in the Camp Lejeune/Jacksonville community that are worthy? Do you know someone whose involvement with the community or personal achievement should be recognized? Carolina Living staff would like to know about it. Suggest a story to Suzi Drake with your contact information at sdrake@military.com.

OWC SCHOLARSHIP
The Officers' Wives Club is offering scholarships to qualified high school seniors and qualified Applicants must be members of the enlisted service. Seniors must be in May or June. Qualified spouses working toward graduate degree. Applications must be marked by March 1. For more information, call 393-1833.

YOGA CLASS AT
New sessions of Flow, a yoga class designed for all experience from advanced to Tarawa Terrace Center. For more information, call 450-11

CarolinaLiving

The Globe | Thursday, January 27, 2005 | www.militarynews.com/globe

Meet Pets of the Week Security and Bouncer! 3D



No rose garden...

No

problem!



Design and photo illustrations by Suzi Drake

SUZI DRAKE
Carolina Living Editor

collector's item and has been reproduced and offered for sale by the Marine Corps Association. Even though the face of the now-retired Taliano has long-since faded from the Marine Corps recruiting repertoire, the message he touted still resonates and continues to inspire Marines and remind them of their days at Parris Island, S.C., as young devil dogs.

Attending to the poster's continued popularity are the droves of Marines, most too young to remember the original run of posters, who line up to have their copy adorned with Taliano's John Hancock façade, the Marine Corps cow-boyed up and adopted the Spartan sell heralding, "We don't promise you a rose garden."

Now tending a different kind of Marine Corps post, Taliano manages the Parris Island Historical and Museum Society gift shop, maintaining a close tie to the Corps. It was here that he and a fellow former DI, retired Staff Sgt. Jennifer Bailey, met and concocted what is well on its way to becoming a celebrated piece of Marine Corps memorabilia.

Bailey, who was a DI at Parris Island in 1999, too was the subject of a striking photo similar to Taliano's famous shot. Photographers from the 4th Marine Corps Recruiting District's quarterly magazine, *The Fourth Forum*, came to Parris Island to shoot for a story about females in training.

"We were right in the middle of training," Bailey remembered. "I didn't even know there was a photographer there."

In fact, she didn't even know a photo of her had ever made it off the cutting room floor until a friend plastered an issue of *The Fourth Forum*, with her face emblazoned on the front cover, to her car. Her husband, also a former DI, called the magazine to get the negative.

Now owner of a successful graphics and screen-printing business in Beaufort, S.C.,

The Vietnam War may have ceased, but in the early 1970s, the United States Marine Corps wasn't resting on its laurels in the shadows of the many battles now behind it. It was busy preparing for the next time war reared its head. The draft was coming to an end and each branch of the armed services realized that recruiting was going to become a high priority. While the Air Force, Army and Navy promoted what could be construed as a "kinder, gentler" façade, the Marine Corps cow-boyed up and adopted the Spartan sell heralding, "We don't promise you a rose garden."

Chosen to be the literal poster boy for this now-legendary campaign was then-drill instructor Sgt. Charles "Chuck" A. Taliano. His image made its way into Marine Corps history more than three years after he had graduated his last platoon from boot camp. Taliano's icy stare, fixated so hard on the eyes of a young recruit it makes one shiver, was captured on film one day in 1968, less than one month before this leather-neck's tour of duty was up. The shot was not staged. The photographers were not directed to shoot for a recruiting poster and, truth be told, Taliano hardly realized the camera was there.

Neither hide nor hair of this photo was seen for several years - until somehow Taliano's steel gaze found its way onto a recruiting poster, speaking louder than words. His image, along with the Marine Corps promise, made its way onto matchbook covers, television commercials and magazine ads. The "Rose Garden" campaign lasted well into the '80s, and its message of challenge and discipline accounted for scores of enlistments in both the officer and enlisted ranks during that time.

Since then, the poster depicting a drill instructor and his recruit has since become a



Lejeune happenings

CHARITY FUNDS

Officer's Wives' Club scheduled to conduct annual distribution of raising proceeds to profit and charitable organizations. To be considered, organizations must submit their requests writing to the Camp Lejeune Officer's Wives' Club, Attn: Charitable Contributions, P.O. Box 17, Camp Lejeune, N.C. 28547. Include: the dollar amount requested, reason for the request, and information about the organization, including taxable status. All requests must be marked by March 15. For more information, call 7-8762 or 326-6554.

SEAS FERRY THEATER

The Sneads Ferry Community Theater is set to hold auditions for *Angst the Family* by Virginia Davis, Feb. 9 and 10. These open auditions will be held at 7 p.m. at the Sneads Ferry Community Center. Needed are two men, four women, one boy and two girls. For more information, call 327-0223.

ANGEL'S VOICES SPEAK UP

Angel's Voices Speak Up presents the Love Wouldn't Hurt fashion show, Feb. 19 at the USO from 1 to 3 p.m. to benefit the Onslow Women's Center. Advance ticket purchase is suggested due to limited seating. Tickets are \$5. Reigning Miss North Carolina Kristin Elrod is scheduled to join the performance. Models and volunteers are still needed. For more information, call Cindy Winstead at 455-057 or e-mail angelsvoicespeakup@yahoo.com.

USO CABARET AUDITIONS

The USO of the Carolinas in Jacksonville has auditions scheduled for their May Cabaret Disco Nights. The auditions are set for Feb. 5 at 11 a.m. at the USO, 9 Tallman Street in downtown Jacksonville. All potential performers must be at least 18 years old. For more information, call 455-3411.

STORY IDEAS?

Do you know about events going on in the Camp Lejeune / Jacksonville community that are newsworthy? Do you know anyone whose involvement with the community or personal achievement needs to be recognized? The *Carolina Living* staff wants to know about it. E-mail Suzi Drake with your ideas at sdrake@militarynews.com.

OWC SCHOLARSHIPS

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

YOGA CLASS AT TT

New sessions of Yoga Flow, a yoga class designed for all levels of experience from beginner to advanced, has begun at Tarawa Terrace Community Center. For more information, call 450-1687.

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Garrison's prowess on the gridiron, in the rodeo ring, lead him to the Circle of Honor

LCTV-10

CPL. PATRICK MCHUGH



Welcome to another week of informative programming on Lejeune Cable Television-10. This week, we are proud to present an assortment of shows ranging from the Outdoor Channel to a special program from the Navy Marine Corps Relief Society. Join us every Monday, Wednesday and Friday morning for new and improved episodes of *The Morning Report*, now hosted by anchors Gunnery Sgt. Joseph Riggs and Chief Warrant Officer David Stephens. LCTV-10 also offers selections from the Pentagon Channel as part of our regular schedule, including *Pacific Report*, keeping the entire Corps up-to-date on the military's largest command, U.S. Pacific Command.

As an amphibious force with close air support, the United States Marine Corps has a unique operational relationship with the environment. The sea, sky and shore have special meaning to the Marine Corps. As environmental awareness and understanding have grown, our relationship with the environment has taken on an even deeper meaning. While we continue to prepare for performance in excellence in any environment, we are also working hard to ensure an environment of excellence for all. This unique bond is detailed in *Marines...At One With the Environment*.

Circle of Honor returns this week to LCTV-10 with a new season of motivating stories about the lives and careers of men and women who have dedicated themselves to the outdoor sporting tradition. Some have made their mark through writing and teaching, while others are remembered for the level of skill they demonstrate in various areas of outdoor sports. This

episode is for all the rodeo and football lovers as *Circle of Honor* heads to the Lone Star state to talk with Walt Garrison about his life as a cowboy. Garrison, who grew up in Lewisville, Texas, spent much of his younger years riding in the rodeo. After high school, he attended Oklahoma State University on a football scholarship. In 1966, we saw Garrison drafted by the Dallas Cowboys. But when he wasn't on the football field, Garrison could be found riding the rodeo circuit, still winning competitions. Join host Tracy Bird as he finds out what Garrison is up to these days.

Now, more than ever, the nation is grateful to the men and women who serve their country in the armed forces - grateful for their sacrifice, grateful for their time spent away from family and for how they risk their own lives to protect the freedom that so many Americans enjoy. While we are looking out for the nation, the Navy Marine Corps Relief Society is looking out for us. *Taking Care of Their Own* focuses on the N.M.C.R.S.'s mission to reach out with emergency financial and educational support when Marines and sailors need it most. When a Marine or sailor reaches out to a society member, they vow to be there to lend a helping hand. Anywhere, anytime, N.M.C.R.S. is here to help the Navy and Marine Corps take care of their own.

LCTV-10 also offers a great line-up of military news. In addition to Camp Lejeune's own news program, *The Morning Report*, which airs live every Monday, Wednesday and Friday at 8 a.m., stay up-to-date on what's happening with our military forces on *Your Corps*, *Navy-Marine Corps News*, and *Army Newswatch*.

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

Corporal McHugh is a combat correspondent with LCTV-10.

LCTV-10 | Guide

7:30 a.m.	Circle of Honor - Walt Garrison
8 a.m.	The Morning Report
8:30 a.m.	Air Force News
9 a.m.	Your Corps
9:30 p.m.	Army Newswatch
10 a.m.	Taking Care of Their Own
10:30 a.m.	Sound Off: Vietnam Today
11 a.m.	Marines...At One With the Environment
11:30 a.m.	New York University
12 p.m.	The Morning Report
12:30 p.m.	Pacific Report
1 p.m.	Navy-Marine Corps News
2 p.m.	Pentagon Channel On Assignment
2:30 p.m.	Pentagon Channel Studio 5
3 p.m.	No Memorials
3:30 p.m.	Circle of Honor - Walt Garrison
4 p.m.	The Morning Report
4:30 p.m.	Air Force News
5 p.m.	Your Corps
5:30 p.m.	Army Newswatch
6 p.m.	Taking Care of Their Own
6:30 p.m.	Sound Off: Vietnam Today
7 p.m.	Marines...At One With the Environment
8 p.m.	The Morning Report
8:30 p.m.	Pacific Report
9 p.m.	Navy-Marine Corps News
9:30 p.m.	New York University
10 p.m.	Pentagon Ch. On Assignment

CATCH LCTV-10 DAILY ON TIME WARNER CABLE



Courtesy photo Photo Illustration by Suzi Drake

Ocean's 12 one-ups original

FROM THE FRONT ROW

REINHILD MOLDENHAUER HONEYCUTT



Art Thou? returns as Danny Ocean, the smooth criminal and heist master, who is now remarried to art expert Tess, played by Julia Roberts (*Pretty Woman*).

Rounding out the cast is the tag-team of thieves from the first film, who sign on to pull off this oh-so-ambitious heist. Ocean's crew includes the star power of Brad Pitt (*Troy*) as Rusty Ryan, the number-two man; and Matt Damon (*The Bourne Supremacy*) as Linus Caldwell, the handy pickpocket. Together they boosted \$160 million from the vault of the Bellagio in *Ocean's Eleven*.

Three years later, they have spent most of the cash and are too hot to work in America, so they plan a series of jobs in Europe.

As they swindle their way across Europe, they are trailed by the gorgeous

Isabel Lahiri, played by Catherine Zeta-Jones (*Chicago*), a Europol agent specializing in hunting down master thieves who also has a romantic past with Rusty.

Meanwhile, casino owner Terry Benedict, played by Andy Garcia (*Confidence*), is also hot on their tail, looking for revenge. After losing a fortune and his girl Tess to Ocean in the first film, he is looking for payback. He plots to take back the team's Las Vegas booty with the help of his new henchman, a French master thief played by Vincent Cassell (*The Reckoning*).

Don Cheadle (*After the Sunset*) is reprising his role as demolitions expert Basher Tarr.

Costarring are Bernie Mac, Elliott Gould, Carl Reiner, Shaobo Qin, Eddie Jemison and Casey Affleck.

You may also spot Bruce Willis,

Albert Finney, Robbie Coltrane and Eddie Izzard among the fabulous cast.

The infinitely talented Steven Soderbergh (*Confession of a Dangerous Mind*, *Solaris*, *Erin Brockovich*, *Traffic*, *Out of Sight*) directs this film and takes us on exciting and funny journey through Europe.

COACH CARTER (PG-13)

Coach Carter, now playing in Jacksonville, is inspired by the true-life story of a controversial high school basketball coach who received both high praise and staunch criticism when he made national news in 1999 for benching his entire undefeated basketball team for poor academic performance.

The movie is set in Richmond, Calif., and is a rousing, heartfelt portrayal of human courage and conviction. It is about overcoming the obsta-

cles of your environment and showing young men a future that stretches beyond gangs, drugs, prison and basketball.

The Richmond High Oilers face upcoming basketball championships. Tension is high and the town is in a state of excitement over their undefeated team and the bleachers are filled with cheering fans for every game. No one could imagine that on Jan. 4, 1999, the community would erupt in dissent and so many lives would change forever when Carter padlocked the gym, refusing the players access for failing to keep up their grades.

Samuel L. Jackson (*S.W.A.T.*, *Changing Lanes*, *Rules of Engagement*, *Shaft*) stars as coach Ken Carter whose philosophy is that playing high school basketball takes more than skill, perseverance, discipline and teamwork. To step on his court, it takes a signed contract that assures him each player will be performing at his best on the court and in the classroom. On Carter's watch, it is not just about winning a basketball game - it is also about the team future.

Rob Brown (*Finding Forrester*) plays team member Kenyon Stone who finds himself in a big dilemma when it comes face to face with his girlfriend's pregnancy.

Singing sensation Ashanti makes her movie debut as the pregnant Kyra, who tries to pressure her boyfriend into fatherhood and possibly matrimony.

Rick Gonzalez (*Biker Boyz*, *The Rookie*) portrays Timo Cruz, a troubled young man who struggles to make the right choices.

Robert Ri'chard (*In His Father's Shoes*) plays the coach's son, Damien Carter; Debbie Morgan (*Love & Basketball*) is Tonya Carter, and Denise Dowse appears as Principal Garrison.

Director Thomas Carter (*Save the Last Dance*, *Hill Street Blues*) not only gives us an inspirational account of this important event, but also presents a great coming-of-age story with a message for the audience. He deals with issues beyond education and touches upon how the negative influence of peer pressure and drugs, coupled with the lack of parental guidance, can allow a young person to veer off course.

Coach Carter's soundtrack, featuring some of R&B and rap's hottest stars, is as energetic as the hard-driving basketball sequences in the film.

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

Local Movie Listings

Camp Lejeune

Thursday	Ocean's 12 (2:05)	PG-13	6:30 p.m.
Friday	Meet the Fockers (1:55)	PG-13	6:30 p.m.
	Spanglish (2:11)	PG-13	9:15 p.m.
Saturday	Fat Albert (1:33)	PG	3:30 p.m.
	Meet the Fockers (1:55)	PG-13	6:30 p.m.
	Ocean's 12 (2:05)	PG-13	9:15 p.m.
Sunday	Fat Albert (1:33)	PG	3:30 p.m.
	Meet the Fockers (1:55)	PG-13	6:30 p.m.
Monday	CLOSED		
Tuesday	Spanglish (2:11)	PG-13	6:30 p.m.
Wednesday	Series of Unfortunate Events (1:53)	PG	6:30 p.m.

Midway Park

Saturday	Series of Unfortunate Events (1:53)	PG	2 p.m.
	Blade Trinity (1:54)	R	5 p.m.
Sunday	Series of Unfortunate Events (1:53)	PG	2 p.m.



Kenan Thompson brings Bill Cosby's classic cartoon character to life in *Fat Albert*.

Having a hard time deciding which movie to see?

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

Lemony Snicket's: A Series of Unfortunate Events: Jim Carey & Meryl Streep. This is the tale of three young orphans who happen upon a series of odd relatives and situations, including the cunning and dastardly Count Olaf who hopes to snatch the youngsters' inheritance. Though young, the children are sly and bright, as they wander their way through some very peculiar happenings. Rated: PG-13.

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<p>SIDEWAYS R 1:30 4:15 7:00 9:40</p> <p>MEET THE FOCKERS PG13 1:05 3:45 7:00 9:40</p> <p>WHITE NOISE PG13 2:10 4:20 7:20 9:30</p> <p>ARE WE THERE YET? PG13 1:10 2:15 3:20 4:30 5:30 7:40 9:50 <small>No Discount Tickets Accepted until Feb. 2</small></p> <p>NATIONAL TREASURE PG 4:20 7:00 9:50</p> <p>MILLION DOLLAR BABY PG13 1:00 4:00 7:00 9:55</p> <p>A SERIES UNFORTUNATE EVENTS PG 7:15 9:50</p> <p>BLADE 3 TRINITY R 4:15 9:15</p> <p>HIDE AND SEEK R 1:45 4:15 7:10 9:30</p>	<p>ASSAULT ON PRECINCT 13 R 1:10 3:35 7:05 9:30</p> <p>ELEKTRA PG13 2:00 4:10 7:40 9:55</p> <p>RACING STRIPES PG 2:05 4:20 7:10 9:25</p> <p>ALONE IN THE DARK R 1:00 3:15 5:30 7:45 10:00</p> <p>PHANTOM OF THE OPERA PG13 1:30 4:45 8:00</p> <p>IN GOOD COMPANY PG13 1:40 4:00 7:05 9:25</p> <p>COACH CARTER PG13 1:00 3:50 7:00 9:50</p> <p>AVIATOR PG-13 FAT ALBERT PG 1:00 2:00 7:00</p>
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1-10 | Guide

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Morning Report
Force News
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Courtesy of The Blue Angels

's highly skilled jet performance team, The Blue Angels, are slated to return to Marine Corps Air Station Cherry Point as part of the 2005 Air Show, scheduled for May 6 through 8.

Marine Corps' role in U.S. freedom deemed focus of 2005 Air Show

MARINE CORPS AIR STATION CHERRY POINT
Press Release

time to "gear up" and "n" as the 2005 Marine Air Station Cherry Point announces its plans to feature the most diverse and varied show in the history of the 2005 Air Show. The show will feature a variety of military and civilian aerobatic demonstrations, in addition to dozens of historic and modern static displays, allowing the public to get up close and personal with the equipment that has helped keep our skies safe. Military acts are set to include a Marine Air Ground Task Force demonstration highlighting the Corps' finest capabilities, an AV-8B Harrier demonstration and a unique first-hand look at the new V-22 Osprey. Always a crowd favorite, the Navy's jet performance team, The Blue

Angels, is once again slated to provide jaw-dropping entertainment during each day's grand finale. Just as much fun on the ground as in the air, the air show is certainly family-friendly with children's activities, an outdoor recreational show plus carnival rides and simulators. Admission and parking are free. For more information about the 2005 MCAS Cherry Point Air Show, logon to the official Air Show Web site at www.cherrypointairshow.com or call 866-WINGS-NC.

Angels, is once again slated to provide jaw-dropping entertainment during each day's grand finale. Just as much fun on the ground as in the air, the air show is certainly family-friendly with children's activities, an outdoor recreational show plus carnival rides and simulators. Admission and parking are free. For more information about the 2005 MCAS Cherry Point Air Show, logon to the official Air Show Web site at www.cherrypointairshow.com or call 866-WINGS-NC.

Double Trouble | Meet Pets of the Week Security and Bouncer



Photo illustration by Suzi Drake

The two little dolls were dropped off at the shelter when their owner was told he wasn't allowed to have dogs. They are brother and sister and make a the perfect pair. At just about 8 weeks old, the two Lab mixes have a lot of growing and learning to do. But right now, they will both fit perfectly in your lap. What a good feeling. Security and Bouncer are currently residing at the Onslow County Animal Shelter under the aliases 93887 and 93888. For more information about the twins or any of their canine and feline friends, call the Onslow County Animal Shelter at 455-0182.

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"Carolina TakeOver"
Over 12 Hip Hop Artist LIVE!!
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Fri: Latin & Hip Hop weekend
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Coming February 12th
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GARDEN from ID
works closely with
Island's museum, and
especially, Taliano.
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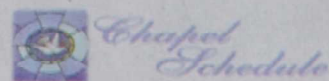
works closely with Island's museum, and dentally, Taliano, had the photo up in my Chuck saw it and said need to make that into a "..." she said. "He got per- through the recruiting and got the ball... first run of the female on the classic "Rose Garden" poster came off the last year. It shows y as a DI, pointing ly at a recruit. The mes- reads, "We don't prom- u a rose garden either," owerful photo it is d, and a landmark for le Marine memorabilia. ie poster is printed by useum and the proceeds out right back into dis- and exhibits. Though



Former drill instructor Charles A. Taliano is scheduled to appear for a signing of the famous "Rose Garden" recruiting poster that bares his image today at the Marine Corps Association Bookstore. Joining him for the first time is former Staff Sgt. Jennifer Bailey, the face of the female version of the "Rose Garden" poster.

not an official Marine Corps recruiting tool, the poster is already becoming quite a collector's item. "I am really happy that all of the money the poster makes goes right back to the museum," Bailey said. "And I hope that more people get to know about it. If it sells more, Chuck can do more and the museum can do more."

And in a milestone event, both Taliano and Bailey are scheduled to be at the Marine Corps Association Book Store in the Exchange Annex, today from 11 a.m. to 2 p.m., signing their respective posters. This will be the first time Bailey's poster has been available anywhere besides the museum at Parris Island. For more information, call the bookstore at 451-7421.



ROMAN CATHOLIC

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

Weekday Masses
New River Chapel 11:45 a.m.
(Monday, Tuesday, Thursday, Friday)
St. Francis Xavier (Mon. - Fri.) 11:45 a.m.

Saturday Masses
St. Francis Xavier Chapel 5 p.m.

Confessions
St. Francis Xavier Chapel (Saturday) 4 to 5 p.m. or by appointment, call 451-3210

Adult Instruction in the Catholic Faith
Catholic Chapel Annex, Wednesday 6 p.m.

PROTESTANT
Sunday Worship/Religious Education
Sunday School 8:45 a.m.
Worship Service, Protestant Chapel 10 a.m.
Children's Worship (Chapel Annex) 10:15 a.m.
Sunday Night Live Youth Group 6 p.m.
Brig 9 a.m.
Contemporary Worship, Camp Geiger 6:30 p.m.
Camp Johnson Chapel 9 a.m.
Courthouse Bay Chapel 11 a.m.
Midway Park Chapel 11 a.m.

Contemporary Praise and Worship Tarawa Terrace Chapel 10:30 a.m.
TT Sunday School 9:30 a.m.
New River Chapel 11 a.m.
Wednesday Worship/Religious Education
Bible Study, Tarawa Terrace 7 p.m.
French Creek, Evangelical Gospel Service 11:30 a.m.

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

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

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

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

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Life's joy magnifies when shared with others

5 WINGS
CAPTAIN RON



Are you happy? When was the last time you think you were happy? As adults, we tend to think of happiness as complicated. One dictionary defines the word happy as "fortunate," but it has been said that happiness is not always the result of fortune; it comes of the grace to accept life fully and make the most of the best of what it has to offer. You and I can have the joy and happiness that God meant each of us to have if we are willing to seek the path that leads us to it. I think that finding that path in our life requires us to humbly submit to His plan and willingly follow it. When He blesses us with the happiness we desire...

However, the joys we experience can be magnified if we are willing to rejoice and share it with another. Not only can we enhance our joys or happiness when we choose to share it with others, we can actually help create it for others. It is then that our joy or happiness can be complete. Collecting these joys and times of happiness creates greater feelings of hope and optimism in our lives.

So what is it that makes you happy? Have you seen the answer on the bumper of a car? I'd rather be skiing... shopping... golfing... fishing...etc. We can best find contentment in this area when we prize the more simple things we are given of lasting value. We will learn, as Henry David Thoreau said was his greatest skill, "to want but little," if we will look for those things that are actually timeless which will bring us true happiness.

The scriptures have a few clues on how to achieve greater happiness. In *Proverbs*, it says that, "happy is the man who finds wisdom." In *Romans*, it says that appropriate self-esteem is essential. Happy is he that condemneth not himself. Also, in *James* it says, "We count them happy which endure."

“

You and I can have the joy, peace and happiness that God meant each of us to have if we are willing to seek the path that leads us to it. I think that finding that happiness in our life requires us to humbly submit to God's plan and willingly follow it.

”

Finally, I would like to share with you *Five Rules For A Happy Life*.

1. Capable of standing on one's own feet,

taking full responsibility for one's own actions.

2. Careful to maintain a regard for other people regardless of their race or religion.

3. Able to start work under one's own power and not be driven to do a task.

4. Mindful of the fact that happiness comes only to those who have a purpose in life.

5. Able to take good fortune with gracious smile and meet misfortune with faith in his ability to overcome it.

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

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

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

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

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 and support
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Harry,
 We have been married for almost 40 years. In good times and bad, you have showered me with love affection & support
 For that I Thank you
 Happy Valentine's Day
 I Love You,
 Sylvia

1x3 \$49.47


 Hey Molly!
 Remember that day in the park?
 How about doing it again this Valentine's Day? Meet me at noon in the gazebo
 I will bring the picnic basket and the champagne-all you need to bring is your beautiful self.
 Sam

The Globe and RotoVue
1122 Henderson Dr 28543

Deadlines 11:00 a.m.,
Thursday, February 2nd.

Entries will be published
on Thursday, February 10th.

Life gets so busy sometimes that we forget to tell the special people in our life how much they mean to us. This Valentine's Day, drop those special ones a Love Line and remind them how much you care.

To place a Love Line, just select one of the sizes below, fill out the entry form and mail it, along with your payment, to:
The Globe
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Entry Form

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 Phone: _____
 Size of Love Line: _____
 Message: _____

The Globe, 1122 Henderson Dr, Jacksonville NC 28540
Deadline is 11:00 a.m., Thursday, February 3.
Entries will be published on Thursday, February 10

Ads do not reflect actual size.

 It's so easy you'll want to send one to everyone!

inside
 this week
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 ... Contenders descend
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