Happy Birthday 2d Marine Division/4B

Camp Lejeune, N.C.

THE GLOBE

Serving Expeditionary Forces in Readiness



Vol. 62 No. 5

years and ing strong

See today's top musical acts. like Mariah Carey, per-

forming in their latest videos LCTV-10. Check the Entertainment page for

ur Stone

farines and Sailors of 2d Marine Division celebrated 59

years of dedicated service remembrance the bloody battles of the island hopping campaign during World War II, the frigid battlefields of Korea, and savage jungle warfare in Vietnam. More recently, the conflicts in Grenada, Panama, the Persian Gulf, Somalia, and Bosnia, have served to test the fighting metal of many of these Marines, leaving an indelible mark upon yet another generation of

Initially formed Feb. 1. 1941, in San Diego, from the 2d, 6th, and 10th Marine Regiments, 2d Marine Division units began deploying with the U.S. Sixth Fleet as landing

leathernecks.

ring regular Mediterranean Sea deployments. Marines



DIVISION MARINES TO THE RESCUE! Leathernecks of 2d Marine Division like these warriors from 2d Assault Amphibian Bn have answered their nation's call in every clime and place -- even close to home. MSgt (ret) John Althouse caught the action as Task Force Gator searched for stranded civilians in the aftermath of Hurricane Floyd right here in North Carolina. To see more of Althouse's stellar photography, check out next week's GLOBE.

uick Shots

Range Firing Schedule

dLAR Bn will be at the SR-7 Sunday from 8 a.m. to 9 p.m. lesday through Feb. 29 from

News Watch

to date with news affecting ry installations and serviceers around the world.

Census

10 years the U.S. Census is ted to count every person in y. Census forms will be uted locally March 6-15. The acy of the census affects unities funding for schools. and other county construction.

alentine's Day Party

will be held Saturday for Iren of 2d Marine Division es and Sailors who are ed. The party is at the wille Commons Recreation from 2 - 5 p.m.



HMM-261 (Rein) tune up during stand-down

Capt Mark Oswell

SOUDA BAY, Crete - During the 22d Marine Expeditionary Unit (Special Operations Capable)'s recent maintenance stand-down and wash-down here, the Marines and Sailors of Marine Medium Helicopter Squadron-261 (Reinforced) (HMM-261 (Rein)) were busy fixing discrepancies, trouble-shooting, replacing parts and conducting necessary preventive maintenance on their 27 aircraft

With 12 CH-46E Sea Knights, four CH-53E Super Stallions,

four AH-1W Super Cobras, two UH-1N Hueys and five AV-8B II Harrier jump-jets embarked aboard USS Bataan, the maintenance, avionics and supply Marines of the squadron

stay very busy. 'We usually work while out at sea, 12 on and 12 off," explained MSgt Mark Goldwasser, Maintenance Chief for the Raging Bulls.

While inport at Souda Bay, the Air Combat Element maintenance Marines usually spent nine to 10 hours a day conducting various aspects of maintenance to correct

side (flight-deck)," explained the Trotwood, Ohio native

Throughout the week-long maintenance stand-down. pilots, flight crews, avionics and maintenance crews braved the wet weather tearing down, repairing, checking, and function testing numerous aircraft and vehicles.

"We had a couple of days in the end when it was rainy and a couple of days it was overcast, but that didn't really affect us," stated Goldwasser. "The Marines just put on their wet-

New commander to take charge of SOTG

Col Mills

Cpl Brannen Parrish

Colonel Michael "Iron Mike"

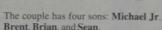
Force to Col Richard Mills in a change of command ceremony in the Stone Bay Gymnasium at 4 p.m. today.

Williams, a Philadelphia native, will retire at the end of March, after 31 years of

"It is with a heavy heart that I leave," said Williams. "The Marine Corps has been my family for 31 years, even though I'll never really leave, it still won't be

"To come out here every day and smell the cordite in the morning. surrounded by the finest Marines and Sailors, has been an honor and a privilege. Every single day, whereverIgo,Iwill not be able to replace that experience."

Williams is married to the former Debra Jo Bradley of Arlington, Va.



Mills, who is from Huntington, N.Y. returns to the Jacksonville area from Williams will relinquish command of Special Operations Training Group, II London where he studied at the Royal College of Defense Studies. His stint with

> fourth tour at Camp "The exciting part about working for SOTG

is that we are the guys who sharpen the spear," he said. According to Mills,

Williams' work with SOTG has contributed immensely to the success of the Marine within II MEF.

replace 'Iron Mike.' His contribution to the Marine Corps has been tremendous, Mills. "Every MEU that has deployed from here, and has had any success can attribute that to him and the work he has done to SOTG "

Mills is married to Col Williams Jacobson of New York. They have six children: Ensign Tamara

Mills, Robert, Peter, Patrick, Andrew



2D Force Recon jumps into hi

Check out the newly-renovated Camp Johnson website at www.lejeune.usmc.mil/mccsss

Best wishes from CMC to 2d Marine Division Association

nor to send greetings all Marines and Marine Division Association as you gather to remember ision's 59 years of service to this

The history of the 2d Marine Division serves as an inspiration to today's Marines and is a lasting part of our Corps' legacy of valor.

great nation

Since its official designation on Feb. 1, 1941, the 2d Marine Division's comrades, has been nothing

less than extra- Guest Commentary From Guadal- Gen James L. Jones

canal to Okinawa,

from Desert Storm

strate its combat prowess The 2d Marine Division
Association serves a vital mission perpetuating the history and traditions

Sempertoons by ssgt Wolf

By honoring your fallen Feb. I, 1941, the 2d Marine Division's comrades, you ensure their service to our country and Corps sacrifices will be forever anchored

history and endure the passage of time.

As you gather

Kosovo, the Division and its friendships, reminisce shared Marines have proven them-selves time and again, neverfailing to demonstrate them and again, never failing to demonstrate them and the selves are the selves and most importantly remember fallen and missing comremember fallen and missing comrades, know that all Marines are with you in spirit. Please accept my best wishes for a most memorable

Semper Fidelis.

THE FIRST TIME HAIRCUT!

THEY STRIKE WITHOUT FEAR, HAVE THE STRENGTH OF 100 MEN AND THE ABILITY TO BREAK YOUR EAR DRUMS BEWARE MY FRIEND ... THIS IS

"Follow Me" Division sil second to none after 59 year active and the second to none after 59 year active soft and the second to none active soft active

2d Marine Division.

Congratulations and best wishes to the Marines and Sailors of Guest Commentary this great Division as we MajGen Robert R. Blackman Jr. celebrate the legacy of those who have carried

the torch for more than half a century. Professionalism, bravery, and loyalty to fellow Marines and Sailors are the character traits which

sustain our glorious history.

As we join ranks with the 2d Marine Division Association to celebrate this grand occasion and begin our 60th year, I want each of you to reflect on the legacies of our fine Division

Within a year of activation, the Division began deploying to the Pacific and fought a series of epic battles in a series of island-hopping

The valor and spirit of everyone in this division were tested and proven at Guadalcanal, Tarawa, Saipan, Tinian, and



MajGen Blackman

February 2000 marks the 59th anniversary of the Marine Division.

This heroic performance during Work remains the cornerstone on which this Division. built its reput

Since World /arll Division has pa icipa in numerous that cover the

In Lebanon in 1958, 1982-1984; the Cub o Mis Crisis in 1962; Dominican Republic in 196. Gren 1983: Panama in 1989, Southwest Asi in 1989 Haiti in 1994, Liberia in 1996, Kosovo ir 999 WWO-1 countless contin-gencies around the wo

The 2d Marine Division has dem-or traces and one high ability to meet the fast-breaking chall-eites of the we uncertain world sustains its long reputation of being "secon to

responding to our nation's call.

I am proud of all the Marines ad Sai diaw what we of our Division, past and present and stillwayne forward to our



THE GLOBE

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Serving Expeditionary Forces in Readiness

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"... for the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.'

> Rudyard Kipling, as cited in the 32nd Commandant's Guidance

Diversity programs: good piece of ge

Is anybody else annoyed that certain words have been rendered so inflammatory as to be ineffective or inappropriate for general use? Both liberals and conservatives

(now, there's a

pair of loaded

terms!) have

Public Affairs Notes LtCol Keith Oliver

been guilty of shackling parts of our language to the chains of political correctness, party agenda or contemporary slang

Lately yet another, perfectly good word has been targeted for demonization: diversity

I'm referring to the almost-palpable, traditionalist backlash against not only programs and policies that concern themselves with racial and gender equality (and harmony), but the increasingly pervasive attitude which would censure even education and awareness campaigns,

e.g., African-American History Month. Some people – including Marines and Sailors – have forcefully put forth the notion that we no longer need command-sponsored cultural observances, nor do we need pay special attention to minority and female assessions or promotion rates. The stated logic usually runs along the line that we are "there' incredibly, that there's never been a problem, because

teamwork and unity have been our hallmark for more than

Are you kidding me? Using our own organization as a benchmark, it might be noted that the Green Machine, today a model of progress and potential vis-à-vis diversity issues, was not always thus.

Taking just the Marines' African-American population as an example, I wonder how would-be revisionists reconcile Corps policy in 1798, when Commandant Major William Ward Burrows specifically told recruiters that they could "make use of Blacks and Mulattoes ... but you cannot enlist

Or fast-forward to 1942, when CMC (General Thomas Holcomb) testified before the General Board of the Navy that "there would be a definite loss of efficiency in the Marine Corps if we have to

Or jump ahead to 1969 when, in addition to documented racial problems in Vietnam itself, violence erupted between large groups of black and white leathernecks in Japan, Spain, North Carolina and Hawaii.

To be sure, those were the old days. That vast

improvements in race relations have ben mfebruar undeniable. Certainly the presence of American Marine major generals (three a one USMCR) on our rolls is but one of ss testaments to strides made. And overt disp are now grounds for swift and sure But what of more insidious for

and discrimination? A leader has to look dig, to find out where re valid - perceived injus may exist. Just because smoke, that doesn't me a smoldering fire.

Paul Barrett, a white a book chronicling a forme roommate's job discriminal described his own lack of aware: Washington Post article

"One thing I learned during my research and writing was that I hadn't km very well at all. We had spoken exhaustiv seemed to me) over the years about race largely on a general level. I took pleasure in on many issues: Look at me, a white guy

Coast

Living in the Melting Pot called Amer

New York is one of America's "majority-minority" cities, where Whites are less than half the population Here's how: and people of other races are the majority. That's the way the future will look in most of the country in only

Chaplain's Corner

50 years, when the United States as a whole will be the majority-minority. Now is the time for African-Americans to start thinking about what that means for us and for our community

Different groups of people of color already share the same communities. For example, South Asians and Latinos live next to one another in parts of Queens, New York and Blacks, Latinos and Asians share a neighborhood in Oakland, Calif., But even the Blacks, Latinos, Asians and Native Americans may have common issues like substandard schools and poverty (which is actually rising among Latinos while dropping slightly among Blacks) - we rarely come together to define common interests and act on them.

Many White Americans are afraid of increasing diversity because they don't want to give up or share power. And many of us African-Americans are afraid for the very same reasons. As the largest "minority group in the country, we have our own power base-culturally, economically and politically. We don't want to share what little power we have and end up on the bottom of a new racial pecking order.

But our best chance of moving on up is to join forces with the enlightened Americans of all races. That means we have to start new dialogues and make new plans of

action with people we haven't worked with before.

Don't be afraid to speak up to your home folks. The hardest thing I've

faced is challenging my own friends or family when I think they are being racist. It's a lot CMDR Howard Lee Marshall harder to challenge biases of people you love than some

distant racist you hear on the radio or see on TV. But in this new millennium, we have to challenge the racism in our own communities. When some of my own black friends talk disparagingly about

"Jews" or "Koreans," I remind them that you can't judge an entire group of people by the actions of a few. The only way we African-Americans will escape the taint of racism is if people do treat us as people, not stereotypes. And that's the least we ca do for others.

Listen and learn when people define their own

Some Latinos hate the term Hispanic, which they see as outdated and conservative; some Mexican-Americans hate the term Chicano, which they see as outdated and liberal. Some individuals of Black and White percentage call themselves Black, or and yet others refuse to label themselves at we discuss race will become more and mo The first step in racial dialogue is learning how people define their own identities.

Stop whining, start doing.

frican-Americans have always had itt White Americans and we probably always we're really going to have it tough if w forces with other ethnic communities.

If you live in a mixed community, m leaders of Black churches and civic orga talking with leaders of other communities

country, groups s National Con Community an communities racial dialogui

In addition Black History learn how other

country through Ronald Takaki's "A Different li Finally, one of the things mos groups have in common is that we don't as White Americans. Keep in mind that the

in America will be whoever hustles on over Let's be sure all of our voices are her Marshall is the Marine Corps Base

U from 1A =

carand kept going. We were ion si the last four days in port." Marines accomplished the by getting the birds up, and out of there looking a lot included Goldwasser.

59 yet w of the maintenance production of the maintenance producti sistant Logistics Officer for ne on which this Di dron and CH-46E pilot, built its reput excellence.

Since World ctional testing requires r. Division has parting the helicopter to that cover the g more maintenance," said 1982-1984; the Cuh ingham, Wash., Marine.

Can Republic in 1965 1899, Southwest A. Introl Group (MACG) ent also got into the action three AN/TWQ-1 Avengers systems, two MRC-138 whicles, and one high-back Vrolled out of the well-deck

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fid maintenance, checked the vility and saw what we needed said 1stLt Dwayne Parker,

Air Support Control Officer for the detachment. "We also did an accountability check and found that everything was pretty serviceable. We only had a few low-cost items to order.

"Since we are the ground side of the ACE, we have the only vehicles in the ACE," continued the Pensacola, Fla., Marine. "Therefore it's important for us to have the vehicles come off the boat to do our serviceability checks and make sure that they're

Since the squadron is broken up into many different work sections and shops, this stand-down also enabled the leadership of the squadron to conduct some of the required annual 'Marine Corps" training while in

"We had classes on DoD/USMC policy on sexual harassment, equal opportunity and hazing; substance abuse; the UCMJ; public affairs; a medical brief on sight preservation and STDs; and operational risk management," said LtCol Joseph Smith, Director of Safety and Standardization for the squadron and CH-46E pilot

"Several shops submitted ideas



Aviation Combat Element, Marine Medium Helicopter Squadron-261, works on a helicopter during the MEU's maintenance stand-down.

on classes that they wanted to present," explained the Severna Park,

Md., native on his task of organizing

"I had to prioritize the classes so that the unit received the maxim training during that single day," he

The stand-down proved to be of HMM-261 (Rein) as Cpl Douglas Kuhn, an AV-8B avionics technician,

During our stand-down we had a chance to step back from our daily tasks and focus solely on different safety issues," he added.

"I was refreshed by the safety programs that are given during all stand-downs and introduced to a new program that the Marine Corps has put into effect," explained Kuhn, the Saint Peters, Mo., native

The stand-down let the Marines step back from their daily tasks and gave them something new to focus on. "The ACE definitely benefited from this stand-down," concluded Smith. "The Marines received important information, and went back to work the next day with a fresh perspective on their job."

DIVISION from 1A -

and Sailors from 2d Marine Division have served in multinational peacekeeping forces around the globe.

the Division to thank the Marines The name was Tarawa." have -

helped build the reputation "The Division birthday is an from 2d Marine of this Division opportunity to recognize the Division were with their honor, courage and com-mitment killed sacrifice, com-mitment and of Marines who have served ing fighting in dedication." before us."

MajGen Robert R. Blackman Jr. Commanding General 2d Marine Division

C. Wallace. However, the greatest testament to the dedication and sacrifice of the Marines of 2d Marine Division comes not from those within its ranks, but from the Americans whose freedom they fought to preserve. In its Dec. 6, 1943, issue, Time praised Camp Lejeune's finest for their valor during some of the bloodiest fighting of WWII on a small atoll in the south Pacific.

SgtMaj Henry

The Time article read: "Last week some 2,000 to 3,000 United States Marines, most of them now dead or

wounded, gave the nation a name to stand beside those of Concord Bridge. the Ben Homme Richard, the Alama The birthday to me is a chance for Little Big Horn and Belleus Wood

MajGen Robert R. Blackman Jr. Commanding General, 2d Marine Division. "Ithink one of the strengths of the Marine Corps is how we honor The Division birthday is an opportunity to recognize the honor. who have served before us. It is an opportunity to draw strength from their accomplishments and to look

TES from 2A =

ter, when Barrett learned of specific acts of racial ation committed against his friend, he was shocked "Why hadn't he told me about these and there were many over the years-when we getting to know each other? 'You didn't ask,'

brief discussion of the Post story with an African Navy commander classmate revealed his strong

hat of our national Do we not recruit ional Defense professor Alan calls, "a divided Was the horror or did it scratch at

s. Ihadn't asked,

civil-military ap" has been all

gin our country's

it we hoped had

ctual rage during the last two years, beginning me Tom Ricks' best-seller, Making the Corps,

deed, easy to become insular, especially among

the more conservative officer corps, a seemingly harmless tradition that dates back at least two generations. Admiral William Lederer joked of having been, as a junior officer in the 1930s, "the ship's radical - that is, a New Deal Democrat"

But the insulation is not very funny if it helps to create massive, cultural blind spots: Remember the O.J. Simpson trial? Polls showed a vast majority of black citizens

thought Simpson innocent while an overwhelming number of whites judged him guilty. This article isn't about O.J. Simpson - but we ignore at our peril the wide, discernible gap that flashed on the national screen as a result of that trial.

Hugh McColl, a proud former Marine and architect of the biggest bank merger in our country's history, has reached the conclusion that we've still got a long way to go toward achieving understanding among and

Convention in Baltimore.

Clyburn chairs the Congressional Black Caucus and is wary "of the social climate in our country today (which) leads me to the uncomfortable conclusion that we are

beginning to repeat some patterns of a century ago that condemned many of our forebears to three generations of disenfranchisement and exclusion."

One of the best tools we have to avoid repeating those patterns is a robust continuation of observances such as African American History Month. Absent the occasion to

focus on how we got here, we tend to muddle along with less clarity and purpose than we otherwise might.

"When you search history for its lessons, you have to that - and, even today, those great-grandchildren still feel search all of the history," said 31st Commandant, Gen Charles C. Krulak. "You must look for things done

At least, that's what I'm hear wrong, as well as things done right." As a service chief. Gen Krulak openly acknowledged that:

"Up until just twenty five years before the Vietnam War, we as an institution had deliberately chosen to ignore the vast pool of talents and contributions that an entire

egment our population was capable, and willing, to offer. We had decided to judge a person's ability by the color of his skin, instead of the nature of his character

Some are offended by such candid peeks at the past

They tell me that they weren't around then, just like they weren't around during slavery's heyday. I wasn't around, either. And at the time. But when greatgrandfather Michael Mahoney got off the boat in Boston, he wasn't in chains. He grew up able to enjoy the rights of American citizenship, no questions

Some of my African American friends' greatgrandfathers could not say

At least, that's what I'm hearing. And that's what I'm reading. And I'd likely be doing little of either had

not somebody put cultural awareness on my scope. Let's not jettison our diversity programs. We're not

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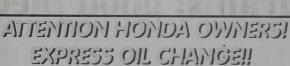
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McColl, the white chairman and chief executive officer

of then Nations Bank, was praised for his insights by

Rep. James Clyburn (D-SC), at last year's NAACP

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> (F)06:00-08:50 (S)08:00-10:50 Classes that have no prerequisite for Associate in Arts/Science students

Meekend classes start on Friday, March 3 Holidays: 19, 20, 21 April (Easter)

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MENU

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Appetizer: Blue Cheese Stuffed Portabella,

Garden Salad, Roasted Potato Slaw, & Grilled Vegetables

> Dessert: Chocolate Lovin Cake



Paradise Point Officers' Club

Proper addresses prevent delays

LCpl Melissa R. Watts

Due to the growing number of deploying Marines, there is an increase in misdirected and delayed mail

The Camp Lejeune Consolidated Post Office has a simple request for base residents and deploying units planning to receive mail. To limit misdirected letters and packages, follow a simple format which speeds up the

"Every day we receive about 2,200 pieces of misdirected mail. If the correct format isn't used, the mail will be delayed a few days and Postal Chief, GySgt Ronald C. Williams.

When units prepare to deploy they receive mail-handling instructions from the postal

Carefully following these instructions is imperative to prevent mail intended for the deployed Marine being sent to his or her old address at Camp Lejeune

We are having a big problem with units not following the mail handling instructions and not receiving their mail. If they leave the base on a deployment lasting more than 90 days they need to change their fleet post mail. The same goes for when they return to Lejeune, the address needs to be changed in so mail won't be sent abroad," said MSgt John Mackrell, postal operations chief.

Common problems associated with not changing the unit's address when returning to Lejeune are misdirected Marine Corps Institute courses (MCI) and publications.

address and deploys, it must also establish a liaison with its serving postal officer if the it's visiting for training

'We cannot fix their problems if we don't know where the unit is. If they are moving their Marines to a different part of the country for another aspect of their training they need to let the serving post office know where they will be," said Mackrell. For Marines, Sailors and their families on

base, the postal service center (PSC) box and the five-digit box number are very important. Punctuation is allowed in the address but is not preferred, and the organizations should

Mail that has been misdirected is sent to a special section of the post office. There, postal clerks attempt to locate the person's correct address in a postal directory

Mail addressed to people unable to be located is labeled undeliverable and returned

Williams says 30,000 pieces of mail pass through the post office every day, and it would get to addresses quicker with proper address "hygiene

Residents can obtain their correct address format from any military post or unit mailroom. According to Mackrell, deployed Marines not receiving mail can talk to their mail clerk who is responsible for investigating the

The correct format for personal mail should

-First line: Grade, Full name Second line: Battalion, Company, Platoon,

and work section Third line: Postal Service Center Box

-Fourth line: Base, State, and Zip Code



LCpl Wendy Elliot, postal clerk, Headquarters and Support Bn, Marine notifies magazine publishers that subscribers to their publications are no mailing address and no forwarding address is available.

II MEF keeps trucks rolling at tire facility

New services maximize tactical vehicle tire life

Cpl Edward S. Harcher

When a tactical vehicle needs new tires, whether they are flat or worn out, the down time before the vehicle is on the road again can stretch into more than a week if the unit is in need of repair parts.

Once the tire is replaced, however, the unit's problems continue, since the tire must be disposed of properly

II Marine Expeditionary Force has come up with a solution to both problems: the II MEF Tire Changing Facility (TCF)

According to a memo from Maj

Management and Motor Transport Officer, the facility will maximize tire life cycle and minimize resource expenditure and environmental damage through re-use of unserviceable tires.

Though the retread project has been in effect for two years, with 69 percent of II MEF's tire replacements last year coming in the form of retreads, the services offered by the tire facility are new

"The units still have the option to get rid of their tires themselves said SSgt Michael Krazinski, TCF Staff NCO in Charge. "Instead turning the tires in to DRMO (Defense Reutilization Management Office), they can drop the tires off here. We will have them retread and put them into our stock to be

The facility also offers a "one-



LCpl Arnold Houck Jr., from Bay City, Mich., rolls a tire into a storage rack in the II MEF Tire Changing Facility. The facility's stockpile of retread tires is issued to units on a one-for-one exchange basis.

for-one" exchange program. When a vehicle needs new tires, a unit may bring the tire to the TCF after filling out the proper paperwork at the fiscal section in bldg 1119 for exchange. Technicians at the TCF will inspect the old wheel assembly for serviceability, add the tire to their system and send the requesting Marine to the other side of the warehouse to pick up a "new" assembled tire

"Everything is itemized," added Krazinski, an Elmira, N.Y., native. 'If their rims are unserviceable, the unit will be billed for one. If they are still usable, we will clean them up and reutilize them

Tires dropped off by units are removed from the wheel assemblies and sent off to be retread. The wheel assemblies are cleaned, reassembled, mounted with retread tires and put into the stockpile, ready to be sent out to the units.

The technicians in charge of separating worn out tires from the wheel assemblies have an added advantage over their motor pool counterparts: automatic tire removal

Instead of the faithful "tire spoon" used the world over in home garages, the TCF Marines put old wheel assemblies on the machines and use mechanical pressure to peel

Mounting retreads onto clean assemblies is accomplished in the same manner, greatly reducing the manpower and time required to come

"The machines are also safer than manual removal, since there will not be four or five Marines prying at the tire from different angles," Krazinski said. "This way, the Marines have much better control over the tire and the force being applied to it

Speed and safety are not the only benefits associated with the facility. Last year alone, the retread program saved the Marine Corps more than \$200,000 on 1,062 tires. According to Shusko, the cost of retreads is less than 50 percent that of factory new tires.

Five-ton tires, usually \$491 each, can be retread for \$240. "Humvee" tires offer even more savings: \$222 for new and only \$90 for retreads.

"The program saves money and the environment," Shusko added, "but the rubber is also harder, giving the retreads a two- to three-times greater life than new tires." That translates into reduced need for replacement tires, and more savings

It also means II MEF's tactical vehicles will be spending less time waiting for tires and more time on the road where they benefit Marines.



Most

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Sincere Appreciation

MGySgt Bob Jones (ret) accepts an award from LtC Brant Bailey III, Commanding Officer, 2d Tank Bn. was accepted on behalf of Freedom Television and Item Jacksonville for their contributions to the Battalion's hris Food Basket and Angel Tree Program. INT

New Internet pa change capabiling announced for civilian personn

Kay Thigpen

The Defense Finance and Accounting Service (DFAS) is of initiating some payroll changes that show promise of provide with quicker access to their payroll information and the ability pay-related changes without the paperwork normally incurr

DFAS is developing a user-friendly application for DFAS pa specifically military personnel, retired service personnel, civilian employees. The new service, called Employee/Memb (E/MSS), allows customers to access their current pay in submit authorized changes to personal pay information via the Web or Interactive Voice Response technology. Use of It

In Phase I, customers will be able to change their ow withholding status and exemptions, start/stop/change/ th change their correspondence/home address, and update institution Electronic Fund Transfer (EFT) address. These are which customers initiate today by filling out and submitting correspondence. In future Phases, more types of cust transactions, like savings bonds, will be available via E/MS

To ensure strict security measures are met, customers Personal Identification Number (PIN) that will be validate customer signs on to perform a transaction. Encryption measu to protect the confidentiality of pay information transmitted or

These capabilities will be available for customers of

1. Defense Retiree & Annuitant Pay System (DRAS) Retire

Annuity Pay Components

2. Defense Joint Military Pay System (DJMS)

3. Marine Corps Total Force System (MCTFS) 4. Defense Civilian Pay System (DCPS)

When fully implemented, E/MSS will offer nearly round-th This system will eliminate the need for completing and submi will provide reliable and accurate information. More importar be a secure way for customers to update payroll related trans own convenience. This process will take minimal effort. implementation is scheduled for late fall.

For more information please see DFAS web site at www.

Don't forget to visit the HRO web site at www.lejeune.us for Human Resources related information.



From left, LCpls Francisco Gimenez, from Tampa, Fla., James Welch, from Wayne, W. Va., and Joey Kendall, from Black Diamond, Wash., maneuver a tire onto one of the II MEF TCF's tire machines.

JUMP from 1A

receptive to all our comments." Although meetings and technical

debriefs after a series of test flights were a major portion of the trip, Walsh said the actual jumps were the highlight.

There is a lot involved in planning any parachute operation," Walsh said "It's a lot more than just throwing a parachute on your back and jumping

Although current designs in the V-22 were not conducive to static line parachuting, the test jumpers braved temperatures of approximately degrees below zero at jump altitude to complete their free fall mission. Walsh and St. Louis native GySgt Greg Gillispie, Ground Weapons, Raids and Recon Section, MARCOR-SYSCOM, were the first jumpers to exit the aircraft due to their jump

"It was more than just a jump. We were actually evaluating how other jumpers would be affected by the relative air coming from the aircraft as well as the proposed airspeed and altitude," said Walsh.

Since no one in the world ever jumped from a tilt-rotor aircraft, Gillispie and Walsh's recommendations would determine how follow-on jumps would go.

Gillispie was the first to exit the ircraft, leaping backwards in what HALO jumpers call a "poise" position and Walsh followed in a standard

dive. A closely tailing chase plane equipped with video and still photography documented their every move

"It was a great jump. said Walsh. He said that after leaving the aircraft's ramp, both jumpers transitioned from a steep angled departure position into a face-toearth position very gently. Other aircraft, due to their engines, propel the jumpers through the air with tremendous

After exiting the aircraft and transitioning into their free fall positions, Walsh and Gillispie linked up in the falling approximately 120 mph. According to Walsh

they were all smiles until they broke apart and deployed their parachutes. They landed with pinpoint accuracy on target, next to each other and right into the pages of

"This was a real team effort," said LtCol Marc Manella, Government Flight Test Director, V-22 Integrated Test Team. "Many thanks go out to the jumpers from 2d Force Recon and MARCORSYSCOM for their can-do



Marines link up during a HALO jump during recent training operations.

spirit and flexibility. Many of their current taskings were rescheduled to accommodate our test schedule and the entire Osprey Test Team is very ppreciative. Together we were able to pull this off quickly and safely

According to Manella, a total of 24 jumps, both administrative as well as in combat equipment profile, were recorded at 10,000 feet to qualify the V-22 for free fall parachute service.

The HALO qualified Marines the V-22A ITT and in the process got to feel the rush of jumping from a new and unusual jump platform.

"All of us involved in the test jump were extremely pleased," said Walsh.
"To be asked to test jump from any new aircraft, and especially the V-22 was a huge honor and we are all glad we could help out.'



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P185/75R14	\$42.00	\$33.00	P175/70R13	\$39.00	\$31.00		
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P205/75R15	\$47.00	\$38.00	P195/70R14	\$44.00	\$36.00		
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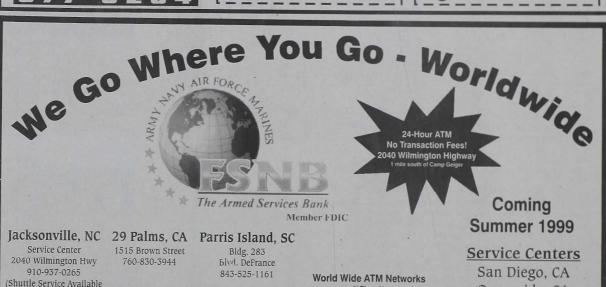
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e the Pooh, A Valentine



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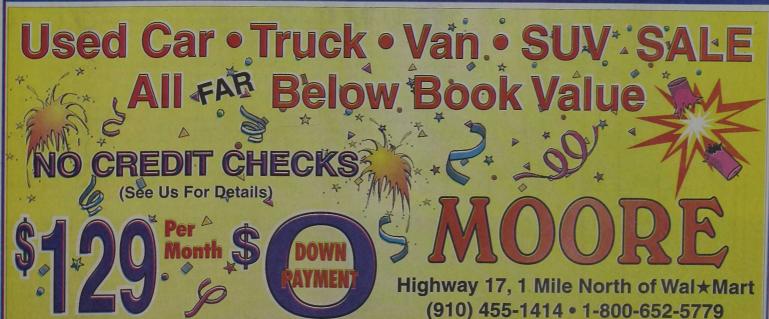
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George S. Patton

a little rebellion, n, is a good thing, sary in the politi-storms in the phys-

Thomas Jefferson

PAID ANNOUNCEMENTS



LAR battles on desert floor

"We are unmatched in our

capabilities with our speed and the

amount of firepower that we bring

on the battlefield. Nobody can touch

SSgt Lloyd F. Carter

Platoon Sergeant

Story and photos by LCpl Thomas M. Corcoran

CAMPWILSON-Vehicles reminiscent of a futuristic 'Mad Max' film scream across the rough desert floor that resembles a garden of ordnance, complete with budding artillery projectiles and 500-pound bomb blossoms. This is not a scene for an upcoming action-adventure movie— it's 2d Light Armored Reconnaissance Bn

performing a screening exercise in conjunction with Combined Arms

The units involved in the exercise have been building up to this operation which includes Light Armored US."

Second and 4th LAR Bns performed the defensive screening exercise, which lasted approximately two hours, with air support from Marine Fighter Attack Squadron-

LCpl Levi Melendez, LAV driver, 2d LAR Bn, of Roseburg, Ore., described the exercise as multi-element combat training designed to slow an enemy's advance,

and hand over the engagement to the main defense unit.

However, the whole unit is usually forward of the main body. "We provide a forward reconnaissance to a BLT (Battalion Landing Team) or a MAGTF (Marine Air/Ground Task Force) commander," said SSgt Lloyd F. Carter, 2d LAR Bn Platoon Sergeant. "We are unmatched in our capabilities with our speed and the amount of firepower that we bring on the battlefield. Nobody can touch us.'

The native of Hampstead, N.C., also explained that two other strengths of the unit are their maneuverability and the versatility of the terrain in which they are able

The amount of firepower and the versatile weaponry these vehicles bring to a battle is truly outstanding. The different LAVs carry everything from 25mm guns to anti-aircraft Stinger missiles, and can be modified to perform a variety of tasks from electronic warfare to battlefield vehicle recovery and assistance. The unit

reasons why Carter describes the unit as self-contained.

The capabilities of these war machines, affectionately called 'pigs' by their drivers and crews, are not hindered by the open terrain of the desert.

Carter explained the terrain provides the unit with a larger area for maneuvering and battle formations, and some great training in an area that most of the Marines do not know. He described another advantage of training

with the use of live ammo. something that is rare in these types of exercises at Camp

'We fire real bullets, there's no replacement for training with real bullets. You have to fire real bullets to realize what the capabilities of your weapons systems are and what your capabilities are too," said Carter.

Simulation is not a common 2d LAR Bn word for these battle-tested

vehicles; they have per-formed missions in every clime and place since Operation Desert Shield/Desert Storm including most recently Kosovo, according to SSgt Dennis L. Sherrill, 2d LAR Bn Platoon Sergeant, and Hickory,

Some of the vehicles participating in the Combined Arms Exercise still have the Kosovo Forces identification mark.

"This is as close as it gets to the real thing," said Urbana, Ind., native, Pvt John T. Breaton, gunner, 2d

He added that at CAX they get more time to train with weapons and have the opportunity to complete missions with combined units.

'Sending rounds down range, that's what I like to do the best," said Breaton.

The exercise was very successful, according to 1stSgt Grant VanOostrom, Company First Sergeant, Charlie Co, 2d LAR Bn. The Jackson, Tenn., native said it was a chance to learn what his Marines were capable of in a proficient and safe manner.

This actually gave my Marines the opportunity to do what they train for all the time," said VanOostrom. He said he can get an idea of what his Marines can

months may seem like a grand

Imagine then, what an odyssey

the past two years have been for Maj Pedro E. Galardi, Assistant



Second and 4th LAR Bns make their way through Cleghorn Pass enroute to the position hold during a screening exercise at CAX 3-4.

do day to day, but exercises like this give him the chance to see the training gel together

He went on to say they'd pull some 'lessons learned' from this so next time they can minimize their mistakes.

"Down to the most junior private, we she how important they are," said VanOostron is not going to workout unless each of ther



The command and control LAV is stationed at a position in the exercise where commanders Training Exercise Control Group Marines can oversee the operation

Twentynine Palms, Calif.

Sun sets on officer's final CA

Sgt Houston F. White Jr.

CAMP WILSON—For quite a few Marines, leaving behind the Camp Lejeune area and flying roughly 2,500



experience in the infantry field, Galardi has spent the majority of his two-year stay with 6th Marines in

unit's training officer. The first to join the military in his family, Galardi originally attended the naval academy in his country with

intentions of joining the Navy.
While at the academy, he realized from watching the Marines there that

In 1998, Galardi was chosen by a election board to serve abroad with United States Marines in the distinguished Officer Exchange

When I first received notice I was coming to the U.S., I didn't know too much about their Marine Corps. I knew about the history and prestige world, but I didn't really have a feel for what they were currently doing at the time," he confessed.

Despite his uncertainty, the former mortar section platoon leader still viewed the assignment as a great opportunity to interact with and learn from his new counterparts.

'My goal when I arrived was to do my best, be a part of the team, and to assume as many responsibilities as possible," stated Galardi.

He accomplished this goal by

"I was involved with all of the training evolutions and exercises the unit has done in the past two years,' Besides participating in CAX 8-9

during the summer of 1998, Galardi has been a vital cog in operations ranging from Type Commander's Amphibious Training (which begins in Norfolk, Va., and concludes in the Camp Leieune area), to cold weather exercise Battle Griffin '99 in Norway

"Training in Norway was completely different and interesting

Operating within the NATO (North Atlantic Treaty Organization) environment and working together with other NATO nations for the first time, was a very important experience

Of equal importance was the successful transition and assimilation

The husband and father of two girls (ages 6 and 11) said the variety and friendly attitudes shown by people toward his family helped ease

You can find a very interesting spectrum of American society in the Marines," said Galardi. "Everyone was

"My daughters love enjoy going to school though we may som cultural differences, we admire your way of life

had a wonderful time very proud of our ex

Overall, Galardi's inte U.S. Marines have been him both from a prof personal perspective.
"I've learned many

I've been here. I've learn fire support coordination the Marine Corps works combat and air assets,

Participating in his before returning home, G spent training at the l Air-Ground Comb Twentynine Palms, Cali

"Ilike the whole CAX I enjoyed CAX in 19 currently enjoying my f

"I think CAX is the opportunity the Marine offer its personnel bec the ground combat combat elements, and c support elements toget one MAGTF (Marine

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ndan High Si dintrack fo ary 4, 2000



GySgt Loretta Thompson,a maintenance chief with 2d FSSG shares reasons of a successful career.

gon Hopes to Evict Vieques Protesters: According folk Virginia-Pilot Associated Press story, the Pentagon offid Tuesday that they hope to move quickly to evict demonstrama controversial Navy bombing range on Vieques Island. It was whether the range will open in time for training this spring by olk-based carrier George Washington and its battle group. The House and Puerto Rico Governor Pedro Rossello announced a sion plan to open the range. The plan calls for \$40 million in aid ues after the range is reopened for the use of dummy bombs this an additional \$50 million if Vieques voters agree in a referen-

News Watch

m Asks 3.7 Percent Federal Employee Pay Increase: shington Post stated that President Bill Clinton's budget would jeral employees a 3.7 percent pay raise in 2001 and, for the first ould allow government workers to use pretax dollars to pay their surance premiums, officials said Wednesday. The fiscal 2001 scheduled for release Monday, also would roll back a 1997 eduction measure that required federal employees to contribute ward their retirement. The pay raise and improved benefits ut an extra \$2,658 annually into the pocket of the average federal ee according to the Office of Personnel Management.

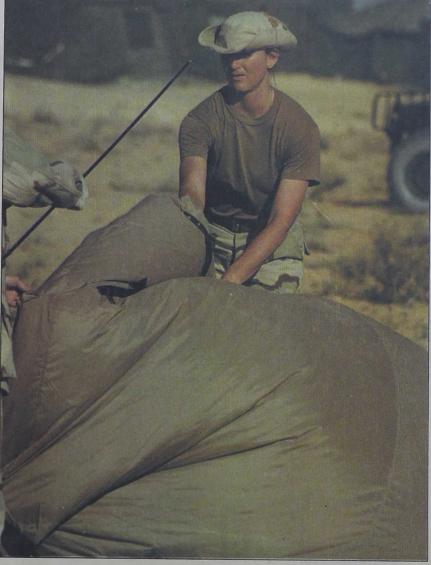
pected sometime this year to the use of live ordnance.

hers Recover Jet's Voice Recorder: An underwater bot, operating by remote control 700 feet beneath the surface of fic Ocean, retrieved a cockpit voice recorder late Wednesday ald contain clues to the crash of an Alaska Airlines jet off the County California coast, reported the Los Angeles Times. Eareday, the Coast Guard called off its search for survivors, saying s no chance any of the 88 people aboard Flight 261 could have he voice recorder, one of the two so-called black boxes aboard e, was found by the submersible Scorpio, deployed by the San sed Navy vessel Kellie Chouest. The plane was enroute from allarta, Mexico, to San Francisco, Calif., and Seattle, Wash.

ead Warns of Taiwan 'Flare-Up': CIA Director George told Congress Tuesday that growing tensions between China an could lead to a regional military "flare-up" in the coming ne Washington Times stated. "Although Beijing today still ir-and sea-lift capability to invade Taiwan, China has been the size and sophistication of its forces arrayed along the notably by deploying short-range ballistic missiles," Tenet ony before the Senate Select Committee on Intelligence. use elections in Taiwan scheduled for March 18 as a "cata-

will probe lax security: Virginia Senator John Warner, of the Senate Armed Services Committee, revealed in an A Today that he was unaware people with criminal ther serious problems have been given security clear-Defense Department. Major problems in two Pentagon been documented: the Defense Security Service and the of Hearings and Appeals known as DOHA. Warner has act a broad investigation into the matter.

s Pragmatism of Putin: Acting Russian President lled the United States "our main partner" in many oport for pro-market economic reforms in a meeting The United States is trying to push Russia and of the brutal five-month-old conflict, but



Capt Mark Oswell

Columbia, Ky., native **Cpl Paula Deutsch**, communicator, 22d Marine Expeditionary Unit, helps assemble a tent while in Egypt during Exercise Bright Star in October 1999.

ime to Sweat

People join the Marine Corps for many different reasons for example: service to country, family tradition, challenge, travel the world, discipline, great uniforms, college money, etc.

Rarely does a Marine say they joined to gain credibility

But for former fitness instructor Paula Lynnette Deutsch, credibility was one of the main reasons that she decided to enlist.

"Credibility is very important," stated Cpl Deutsch, communicator, 22d MEU. "In order to get my (fitness) clients to believe and trust in me they have to see that I practice what I preach.'

Born in Columbia, Ky., Deutsch attended six different high schools before graduating from Fort

high school days, Deutsch lettered in track and basketball for four years, and was even selected as one the top five girls-basketball players in Brooklyn.

After graduating from high school in May 1988, she enrolled at Hunter College in New York City where she played small forward for the Hawks. After one of her games, she met Danny Errico, owner of Equinox Fitness in New York. Errico was impressed with her play and was looking for new trainers for his

Following her father's death in 1992, she put college on hold and began pursuing a career in personal training. "Mister Errico helped me receive my American Council on Exercise (ACE) certification, and offered me an opportunity to work, train and

See TRAIN/6B

Gangs

Camp Lejeune Schools help take first steps toward prevention

Sgt Micheal D. Rogers

lthough gangs do not thrive in schools aboard Camp Lejeune, Gang Resistance, Education and Training (GREAT), is definitely a new force to be reckoned with throughout Lejeune school systems.

While providing children with an increased knowledge of criminal activity and ways to identify unwanted situations. The program also focuses on teaching children various methods of setting goals.

"We're helping kids become better citizens in the community," said SSgt Scott Behrend,

GREAT instructor and a Dallas na-

"We're showing tive. kids that we, the tion of two new police, are not the GREAT instrucbad guys."

tors, and an abun-SSgt Scott Behrend dance of new GREAT instructor training aids, children are noticing a slight addition

to their curriculum.

Although some students have already started the new course in gang and criminal awareness, a much larger group will be targeted next year.

"Currently, we are giving a 45-minute period of instruction to the 8th graders as a pilot program so we can work the bugs out, then we will be well-prepared to do a larger group

While the target audience of recruiting gang members is ages 12 to 21, the GREAT program is targeting children of all ages.

"GREAT does not cover just gang-related concepts either," said Behrend. "We teach cultural sensitivity and diversity, conflict resolution and almost anything they would be faced with in or out of a school environment."

The training will involve nine lessons, guided discussions, practical application, games, and homework to include a study book. Completing the study book is required for

graduation of the course. While many kids and people in general think something bad has happened when police officers show up. A secondary objective of the GREAT instructors, is to help present themselves as normal people just as if they

worked without a police uniform. Visiting the children face to face help the police accomplish this mission. "We have normal lives, jobs, and families.

just like them," said Behrend. "We're showing kids that we, the police,

are not the bad guys."

ing shipmates sail overseas side by side

Oswell blic Affairs Officer

arine Corps of roughly 173,000 s not uncommon to run into from a previous school, station ce corporals and privates first

les run into fellow Marines that deployed with, and officers tend omeone they knew at The Basic th Marines he never thought that

their drill instructors in the fleet,

shipmates during a routine to the Mediterranean Sea would

we graduated from the Naval went to different services. when asked about serving with avy LT Clint Moxey. "I never ould be possible to be together on bloyment. It's amazing."

up in Sheridan, Wyo., at the foot orn Mountains, Ty and Clint cipated in athletics during their Sheridan High School.

ipated in track for two years and all for a year, while Ty played of soccer for the Brones

ers participated in gymnastics and lettered in the sport.

"I transitioned from wrestling to gymnastics, because gymnastics looked more exciting and fun," said Ty.

Clint knew after graduating in 1989 that he wanted to fly. He attended Sheridan Junior College for a year after high school, due to a pole vaulting injury that delayed his entrance to the U.S. Naval Academy

In 1990, he was accepted to the Academy,

departed later, Ty graduated from high school, and when you are out on the boat." accepted appointment to the

Academy as well. Clint continued

with gymnastics at the Academy, and also joined the Trap and Skeet Team.

Ty continued with gymnastics for a year and then gave intramural boxing a try.

Boxing was fun because the competition was one on one, explained Ty

Graduating in 1994, with a BS in Systems Engineering, Clint received orders to NAS Pensacola to start flight school.

In 1998 he deployed aboard USS Wasp for a six-month Mediterranean deployment. He also deployed for two months in the winter of 1998 aboard USS Supply.

Ty, on the other hand, graduated with a BS

in Political Science in 1995, and reported to The Basic School (TBS) in Quantico, Va.

Upon completion of TBS, Ty went to Infantry Officers' Course

Following graduation from IOC, Ty reported to First Battalion, Second Marines where he served as a platoon commander, and deployed with the 22nd MEU (SOC) in 1997. 'Upon return from float, I took over as the

H & S Company Wyoming for Commander, until I Annapolis, Md., Ayear "There's nothing like family moved over to Recon. Commander, until I Battalion," explained

> Assigned as the LT Clint Moxey Reconnaissance SAR pilot Platoon Commander for HC-8 Battalion Landing Team (BLT) 3/6, Ty phoned his brother to

let him know of his upcoming deployment. When he did, he found out that Clint has be given new orders and would be on the same

Clint, a Search-And-Rescue (SAR) pilot with HC-8, was given orders to Detachment-6 that was deploying as the SAR Det. for USS

Although these two brothers don't work directly with one another while aboard USS Bataan, they do see each other quite a bit in the wardroom, in the gym and on liberty.

When asked about serving aboard USS



Sheridan, Wyo., natives Navy LT Clint Moxey and Capt Ty Moxey are brothers who have the rare opportunity to deploy together aboard USS Bataan in the Mediterranean.

Bataan with his brother, Clint summed it up by stating, "There's nothing like family when you are out on the boat.

Nolan the youngest of the three brothers, has followed in his brothers' footsteps and graduated from the Naval Academy in 1999,

and is currently a 2nd Lieutenant at The Basic

In March, the deployment will end and Clint and Ty will return to the United States, and their separate units, and probably will never serve together again.



Marines hover above the forests of the Stone Bay Rifle Ranges during the Helicopter Rope Suspension Training Masters Course.

Marines 'SPIE' snow while completing HRST course

Cpl Brannen Parrish

The day after three inches of snowfall postponed the final portion of Special Operation Training Group's Helicopter Rope. Suspension Training (HRST) Masters Course, the Marines and Sailors who enrolled complete the practical application portion of their

They take turns prepping each other for Special Purpose Insertion Extraction (SPIE) Rigging at the SOTG compound within the Stone Bay Rifle Ranges facility

SPIE rigging is a method of externally transporting troops by helicopter. A rope dangles from the "hell hole" of the CH-46E Sea Knight helicopter and Marines are attached to

Sgt Brandon Holliday, of Zanesville, Ohio is one of the Marines going through the course. Holliday, a squad leader with 2d Bn, 2d Marine Regiment is preparing for an upcoming deployment with the 26th Marine Expeditionary Unit. The tour will mark his fifth "pump" with

a Marine Expeditionary Unit.
"It's cold up there," he says nodding his chin upward. "It's okay though, everything works. The cold doesn't affect the gear only the Marines

SSgt Antonio Zavala, platoon sergeant, 2d Force Reconnaissance Co, 2d Force Recon Bn. 2d Marine Division, checks the gear of Marines who are preparing to SPIE rig. The ground is white except for the landing zone, where downwash from the helicopters has forced the powdery snow outward, revealing brown grass and dirt.

Zavala, a native of Los Angeles, carefully inspects the rigging systems. The ropes are good. Carabiners are in good working condition. An elaborate harness system that resembles a gunner's belt is wrapped around the Marine's midsection and upper body. The harness is on right. The Marine's carabiner is attached to a steel ring manufactured into the

Thumbs are pointed upward to give the helicopter pilot and crew chief the "I'm ready! Good to go!" signal.



Students hold their thumbs up to signal that they are ready to go for the ride of their lives during the Helicopter Rope Suspension Training Masters Course.

Marines begin a slow walk toward the "bird." One after another the Marines are lifted into

For a brief moment the mind thinks, "Looks like I'm going up." And there is an immediate urge to grab the rope. The urge is overcome by the knowledge that bringing the arms toward the center of the body results in a dizzying

rotation to the person below.
"Right before you go up you get a rush,"
says Cpl Sammy Fernandez, of 2d Bn, 2d Marines. "Then you think 'I'm flying' and then, just for a moment that thought crosses your mind and you say to yourself 'I hope this rope doesn't break

The harness, fastened tightly around the body, slightly hinders circulation to the legs as the Marines hover above the trees.

Cold air combined with the wind created from the speed of the helicopter tortures exposed body parts. The helicopters only travel around 50 knots, but it reminds the Marines they forgot to completely cover parts

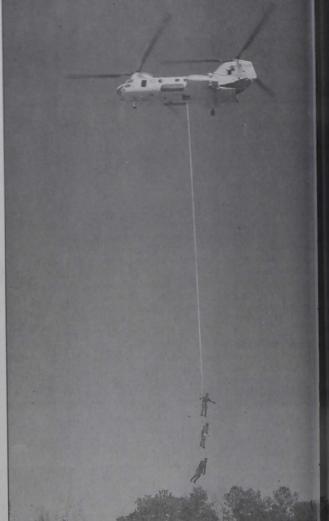
Looking down is the only option. Curiosity prevents even those who are fearful of heights from closing their eyes for very long.

Hartford, Conn. "But that is gone

now. This course is good for getting you over a fear of heights." Once the helo has completed its course, it slowly nears the LZ and the students touch the ground ever so softly. They disconnect themselves from the rope and another group steps forward.

The course has not been easy. They have mastered every knot required for SPIE rigging, fast roping and rappelling. They look forward to the next day, which will see them graduate and officially certify them as HRST masters.

"It has been a pretty challenging course," says Holliday. "But it has been a blast.'



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Students dangle from a CH-46E Sea Knight while SPIE rigging over the SO



"I came into the course with a fear of heights," says Fernandez, who is from passengers as they make their way over the New River while SPIE rigg 9.



SSgt Antonio Zavalas, of Los Angeles, checks the gear of Sgt Robert J. Bowen, of Port Jefferson, N.Y., before the sergeant goes SPIE rigging. Bowen is from 2d Marine Surveillance Target Acquisition Platoon, 2d Battalion.



Marines walk forward after SPIE rigging, as a CH-46E prepares to land. Safety is Marines maneuver around a helo for maximum safety.

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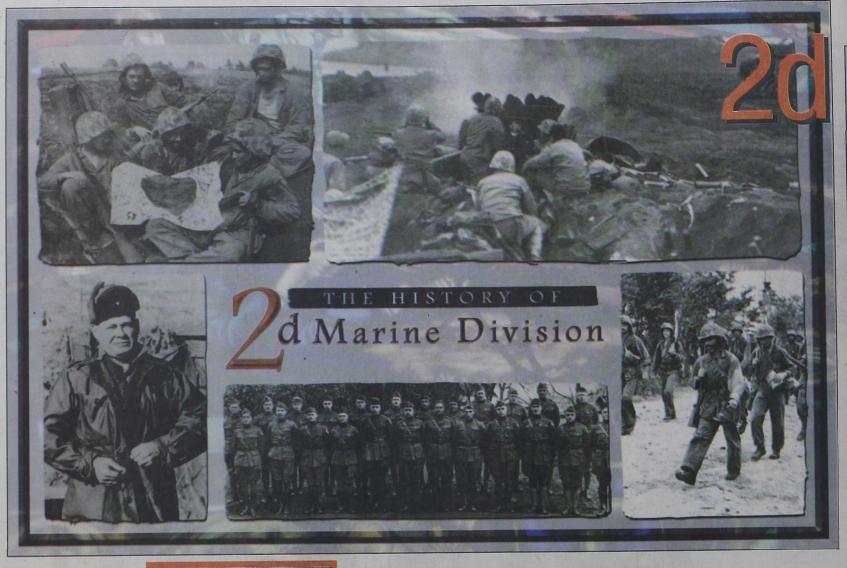


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2d Marine Division battles through history

Compiled by LCpl Melissa R. Watts

Over the hundreds of years the Marine Corps has been in existence, the 2d Marine Division has been by its side leading and assisting in some of the bloodiest, and most historic battles in U.S. history



The history of **Headquarters Bn** began July 1, 1936 when activated as Headquarters Co, 2d Marine Brigade, Fleet Marine Force (FMF) in San Diego, Calif. From September 1937 to February 1938, Headquarters Co deployed to Shanghai, China. Feb. 1 1941, the unit was redesignated as Headquarters Co, 2d Marine Division FMF. The

Battalion was again redesignated on Aug. 1, 1942 as Headquarters Bn, Division Special Troops, 2d Marine Division FMF, and again on March 1, 1944 as Headquarters Bn, 2d Marine Division, FMF.

During World War II, Headquarters Bn participated in the campaigns for Guadalcanal, Tarawa, Saipan, Tinian, and Okinawa.

On Sept. 23, 1945, the Battalion deployed to Nagasaki, Japan where until June 13, 1946 it performed occupation duties

In July 1946, Headquarters Bn relocated to its present location, Camp Lejeune, and has continued



The 2d Marine Regiment has been serving the Corps and Country since 1899. Initially established as a provisional unit, the regiment was formally established in the Marine Corps on June 19, 1913. Marines in the newly created Regiment fought the Moros for three years throughout the Philippines. On Nov. 20, 1943, the 2d Marines were the first wave to land on the island of Betio in the Tarawa atoll. They suffered heavy losses but managed to hold the beach until the next morning when follow-on waves began their attacks to join them on the bloody shore. 2d Marines

attacked across the waist of the island that morning, reaching the south shore by nightfall. The island was secured after 76 hours of some of the bloodiest fighting of World War II.



The 6th Marine Regiment was first organized at Quantico, Va. On July 11, 1917. Several months later they deployed to France to join the American Expeditionary Forces. In June 1918, the 6th Marines, together with the 5th Marines and 6th Machine Gun Bn launched the infamous attack against the German Forces entrenched in Belleau Wood. In recognition of the "brilliant courage, vigor, spirit, and tenacity of the Marines," the French Government awarded them a citation of the Croix de Guerre with Palms. Later, for heroic action in the Soisson and Champagne Sectors, the Marines were twice cited for their valor in battle. As a result of these actions, the 6th Marine Regiment was awarded the Fourragere by the French government.



The 8th Marine Regiment was formed on Oct. 9, 1917, at Quantico, Va. during WWI. In 1940 the Regiment was formed once again, in San Diego, Calif. It was a well-trained unit by the time of the attack on Pearl Harbor and became the first Marine Regiment to deploy into the Pacific waters to Samoa. After ten months of jungle training, while defending the Samoan Islands, the Regiment sailed to reinforce the engaged 1st Marine Division on Guadalcanal. While there, the 8th Marines won its first Presidential Unit Citation



The 10th Marine Regiment originated with the activation of the Artillery Bn, 1st Advanced base Brigade on April 25, 1914 at Veracruz, Mexico and later deployed to Haiti and Santo Domingo. During 1945, the 10th Marines relocated to Nagasaki during the occupation of Japan and then reached its new home at Camp Lejeune in 1946.





Second Tank

San Diego, Calif.

the 4th Tank Co

Company A, 2d

Iceland as a parto

Bn continued its placed into service

and the first Antitt

Tank Bn reestabl

Tank Platoons or

The 2d Assault Amphibian Bn has an interesting and illustrious history. In 1942, the Battalion sailed from San Diego with the 1st Marine Division to the Southwest Pacific to meet the Japanese tide sweeping southward. During the Guadalcanal campaign of Aug. 1942, elements of Alpha Colanded 1st Marine Division units on Gavutu and Tulagi. These were the first Landing Vehicle Tracked (Alligator) of the Battalion to be utilized against the enemy. For 47 years the Battalion has helped provide the mobility and amphibious capability for the Air-Ground Team. The assault amphibians and their crewmen are serving from Norway to Okinawa, from South America to West Africa and in the Mediterranean and Caribbean in support of every operation conducted by the 2d Marine Division. The Battalion will continue to be a vital part of the 2d Marine Division and the U.S. Marine Corps.



Second Combat Engineer Bn was activate on Nov. 1, 1940 to support 2d Marine Brigade. In the 1970s and early 1980s the Battalion furnished combat engineer support to the Battalion Landing Teams in the Mediterranean, the Caribbean, Twentynine Palms, Norway, and Guantanamo Bay, Cuba. From Aug, 1982 to Feb. 1984 Marines from 2d Combat Engineer Bn were part of the multinational peacekeeping force Beirut, Lebanon.



Four candidate Light Armored Vehicles were tested at Marine Corps Base Twentynine Palms, Calif. during Nov. 1981- May 1982. Following a source selection evaluation, General Motors of Canada began production on the LAV-25 in October of 1982. The 2d Light Armored Reconnaissance Bn was formally activated April 4, 1984. The initial stages of activation and development kept the Battalion occupied with crew training. Some of the Battalions deployments have included Exercises Ocean Venture, Alpine Warrior '88 in Wis., Cold Winter '88 in Norway and Combined Arms Operation '89.



The history on he 20 activation of 2d Stat Co on March 15, 194, The War in 1950 saw Pendleton for ii Amphibious Sco Far East with the several raids on th the west coast of were destroyed v



Division



Cpl Smith of 2d Reconnaissance Bn from Prince Frederick, Md., posts security while other members of the team hide their boats during their mock infiltration exercise around the Fort Walton beach area Dec. 7, 1998. The 2d Reconnaissance Marines have recently deployed to Hurlburt Field, Fla. for a two-week long dive/land maneuvers training exercise.



PFC Arazon Perez, Echo Co, 2d Bn, 8th Marine Regiment suits up for riot control training. Echo Co, is part of the United States Security Detachment Panama, Marine Forces South. These Marines provided security during the turn over of the Panama Canal and U.S. bases to the Panamanian government.



SSgt Craig J. Shell

la of the streets of Gnjililani, Kosovo. 9 3 26th Marine Expeditionary Unit of the military technical agreement

Co Marines, 2d Light Armored ay across a frigid river using the skills Itain Warfare Training Course at

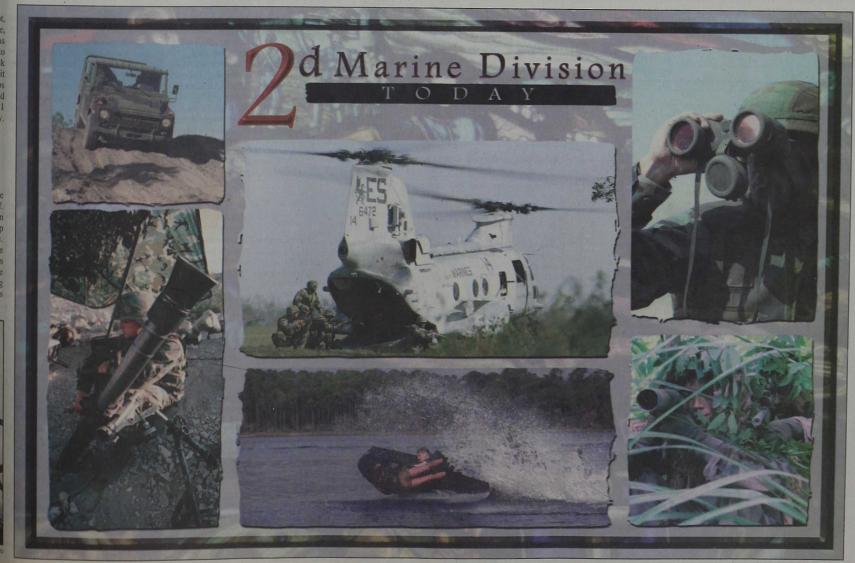


SSgt Craig J. Shell

Petty Officer 1st Class Marty Satterfield, Ardmore , Ala., entertains local Serbian youths with balloon animals. Satterfield is a professional clown in his off time.



An Amphibious Assault Vehicle rolls out of the surf onto Onslow Beach during Type Commander's Amphibious Training (TCAT), conducted by 1st Battalion, 6th Marines in February 1999.





Aurora, Colo., native GySgt Loretta 2d Force Service Support Group.

Thompson cranks it up at Maintenance 1

What makes Marines special? Sure, there are sharp uniforms and a strong - to say the least - organizational culture, but there is something much more basic about the people who join and succeed in the Corps: they have a need to challenge themselves and, in so

"What drew me in was the professionalism of my recruiter," says GySgt Loretta Service Support Group's 2d Maintenance Battalion. "I'd been to visit another service's recruiting office, but decided against joining because I was less than impressed by the people I met there.

She goes on to explain that as she walked down the hall to exit the building, a Marine recruiter called her into his office and sat her down to explain what the Marine Corps could

my recruiter and seeing how enthusiastic and professional outlook."

Thompson is from Aurora, Colo. With 14 years in the Corps, she has a lot of insight on how things work, both in her specialty and more broadly.

"Maintenance battalion provides third and fourth echelon direct maintenance support to II MEF units," she says. "The stuff that comes to us to be fixed is pretty much deadline."

The unit's shop is located near French Creek. It is massive, resembling an airplane hangar filled with tractors, ground vehicles and all manner of serious-looking tools and

"I didn't even know what Marines were "The maintenance effort is much n back then," she says. "But after talking with complex than anyone would imagine,"

Thompson has

lot of players and articulate he was, 1 "Challenges help keep you moving parts realized this was an even articulate are never involved even realized this was an going...opportunities prevent organization with a going...opportunities prevent before a mechanic you from becoming stagnant." can get on a unit and

GySgt Loretta Thompson turn a wrench. Maintenance Chief been stationed on 2d Maintenance Bn Camp Pendleton,

Calif., and Okinawa, Japan, in addition to Camp Lejeune.

Currently, she works in maintenance data analysis, which provides commanders with data to help them make decisions and identify trends in maintenance efforts.

I have no regrets about being in the motor transport field as a female," she says. "If you know your limits and ask for help only when you need it, you're accepted as a mechanic on

the lot. I've seen problems develop nance specialists, male and fe either never ask for help because they can handle everything alone for help with things they can accor

Thompson offers that she's alway eye for challenges and that the I provided her the opportunity and d

She attributes her success spec two things: accepting and working structure of the military, and the levels of responsibility she's been the people she's worked with and

Challenges help keep you go ortunities prevent you from I

stagnant," she says.

This outlook is both what Thompson to the Marines and wha has helped to develop even furth And that is what makes sharp uni the culture of the Marines possibl

Bronze Stat

Marine Expe

LaCol Daniel I

Sgt Walter

Col Frederi

Good Cond

Sgt Erik

Sgt Cader

Col Willia

Cpl Amin'

Cpl Matthe

Cpl Aaron

LCpl Micha

TRAIN from 1B=

learn from some of the most knowledgeable and experienced personal trainers in the field," said the Kentucky

As her base of clients grew, Deutsch met Daniel Glass, President of EMI Records

I started putting together exercise programs for him and his wife," said Deutsch. "He "Employers know that Marines have the Deutsch decided that she then gave me the opportunity least to work with as far as personnel wanted to try another chalto train some of his clients Some of those clients included and equipment, but we're always called a Marine rock stars Billy Idol and Pat on to get the job done. Employers know

her talents were more and more getting a disciplined leader." in demand, and she was even requested to write articles on fitness and health for magazines such as Bridal Guide. Mademoiselle, and Parents.

With such exposure, Deutsch's services were in demand on both coasts, including members of the U.S.

Women's Yacht Team in San Diego.

Between 1990 and 1997, she trained numerous actors. singers, and business personalities including Madonna, actress Isabella Rosellini, and designer Vera Wang.

Deutsch put her career on hold in 1997 after her mom suffered a stroke. After her mom fully recovered from the mild stroke. Deutsch realized that the people of Liberty, Ky., didn't have the same access to personal trainers that those in New York City and Los Angeles had. Later that year she rented a building, bought equipment and opened Basic Fitness' to offer affordable fitness training to those in the small Kentucky town.

Within a year, she had 250 clients in a town of 2,000 females chosen to be on a MEU. people, but she then started to get restless with her job and decided that she needed to gain more credibility and set greater goals for herself.

While driving past the Marine Corps recruiter's office in Danville, Ky., lenge - she wanted to be

"I felt like it was the natar.
As her credibility increased. that with hiring a Marine he/she is said. "To me, as a civilian, Marines were strong, smart

Cpl Paula Deutsch and respected. At boot camp, Deutsch communicator served as a squad leader 22MEU in her platoon, and graduated on July 31, 1998. Being several years older than most of the recruits, and in

outstanding physical shape, Deutsch excelled throughout boot camp. "I found out that the biggest difference at boot camp

was that it wasn't a growing up experience for me," ex-plained the thirty-year-old Marine. "I was already mature and use to being away from home.

Communications School at Twenty-nine Palms, Calif., followed. Then in November 1998, she was assigned to 8th Communications Bn at Camp Lejeune, N.C. After four months with 8th Comm. Bn., Deutsch was assigned to the 22d Marine Expeditionary Unit (MEU) as a communicator. Upon being told of her next assignment, she was excited and honored. "I realized that I was one of the few

Assigned as a Battery NCO, she is responsible for millions of dollars worth of radio batteries, on of her collateral duties is to serve as a communicator for the Forward Command Element (FCE).

As a FCE member, her responsibility is to provide clear communications for an FCE operating in a remote area, or at an American Embassy.

Her biggest accomplishment in the Marine Corps, however, was completing the Reconnaissance and Surveillance Communication School prior to deploying with the

Although the lanky, 5-foot-11-inch Deutsch is limited to the small gym aboard USS Bataan and the flight-deck for running, she says that she's enjoying visiting different countries and experiencing new cultures during her deployment with the 22d MEU (SOC).

Deutsch will deploy with the 22d MEU again at the end of the year, and get out after fulfilling her enlistment in 2002. After that, she says she plans on using her new Marine Corps experiences to benefit the fitness field, once again.

Employers know that Marines have the least to work with as far as personnel andequipment, but we're always called on to get the job done. Employers know that with hiring a Marine he/she is getting a disciplined leader," she said.



Cpl Paula Deutsch is pictured here with rock music star

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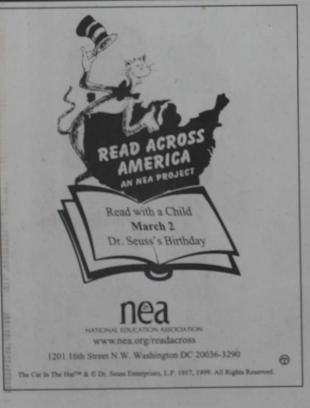
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Fashion is architecture: it is a matter of proportions

Health Hints For Seniors

Commonly Asked Questions On Prescription Drugs 💮

By Mary Jane Yarrington (NAPS)—Mary Jane Yarringt is a recognized expert in the field of Social Security and Medicare policy. She has been involved in Social Security issues for more than 40 years as a congressional caseworker and as a senior policy analyst for the National Committee to Preserve Social Security an Medicare, the nation's secondlargest seniors group.

Q. What is this

viding prescription drug coverage for Medicare beneficia-

A. Medicare was Yarrington provide seniors with

the same access to quality medicine that was available to people enrolled in private health plans. Over the last thirty-four years, the ceutical research have led to the development of prescription drugs for heart disease, diabetes, hypertension and other conditions common among beneficiaries. In some cases, prescription drugs can be a substitute for surgery, in others, it can postpone institutionalization. Prescription drug coverage needs to be part of Medicare if the program is to keep up with recent developments in American medicine. Q. What does Medicare cover

A. Medicare Part B, the supple monthly premium, provides access to a limited number of prescrip-tion drugs (those drugs that can-not be self-administered, bloodclotting factors for hemophilia certain oral anti-cancer drugs and used in the first year after an organ transplant). The wide array of new cardiac drugs, diuretics psychotherapeutic drugs and gas intestinal preparations so com monly taken by seniors are not covered by Medicare. Beneficiaries must pay for these drugs, which

Q. What can I do if I think that drug coverage for seniors is important? A. Let members of Congress

know that prescription drug cover-age is a serious concern for you. Contact your two Senators and your House Representative to include prescription drug coverage for seniors that is universal, fair and affordable. Members of Con-

and affordable. Members of Congress can be reached by calling the Capitol operator at (202) 224-3121 and asking for them by name.

If you need more information issues, call the National Committee to Preserve Social Security and Medicare at (800) 966-1935.

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Bruce Smith, defensive end of the Buffalo Bills, is one players who lined up with United Way to help commu

(NAPS)-NFL teams and the gridiron in a national day of hands-on community service pro-jects during the inaugural "NFL United Way Hometown Huddle" recently. Working with United Way agencies in each NFL community, more than 250 players, coaches and team executives participated in various pro-jects. These ranged from building a new playground in Cleveland, to refurbishing a football field in Arizona, to serving food to the homeless in Philadelphia.

The event marked the first cities teamed up on one designated day to participate in hands-on volunteer projects with United Way-funded agencies. Hometown Huddle is the latest Hometown Huddle is the latest element in the 26-year partner-ship of the NFL and United Way. Nearly 1,000 NFL players, coaches and owners have volun-teered since 1973 to appear in a television public service advertis-ing series—the longest running and most recognized public ser-vice advertising campaign and vice advertising campaign and

sports/charity partner. kind.

"Our team is for the support of fans on said AFC United Way spokesperson and Denvi wide receiver Ed McC was happy to show my a these fans and those p make a difference for s less fortunate.

Tampa Bay's Derric NFC national spokes; It's the same off the exciting to know the make good things hap we care and take the tin

out to others."
"The NFL and Un have worked together than 25 years to build healthier communit Betty Beene, presider Way of America. "By pa in the Hometown Hude NFL players reached of than 3,000 individuals by local United Way age

Way call 1-800-411-UW.

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AFC United



Dedicated to the recognition of the hard work and achievements of the Marines, Sailors, and "Civilian Marines" based at Camp Lejeune. To submit the names of special honorees, contact your unit information officer.

Awards

Bronze Star Medal 26th Marine Expeditionary Unit LtCol Daniel E. Cushing

Meritorious Service Medal School of Infantry MGySgt Terry M. Smith

avyMarine Corps Commendation Medal ne Corps Combat Service Support Schools Capt John W. Bradway Jr.

Army Commendation Medal Tank Battalion. 2d Marine Division GySgt Walter Dangerfield

ary Outstanding Volunteer Service Medal MEF Augmentation Command Element LtCol Frederick J. Ott Jr.

Good Conduct Medal A Tank Battalion, 2d Marine Division Sgt Erik Snyder Sgt Caderis Heath Cpl William Reid Cpl Amin Thrasher Cpl Matthew Clark Cpl Aaron Poulin LCpl Michael Nichols

LCpl Shaun Dwyer

LCpl Glyde Elmore

Meritorious Mast

School of Infantry PFC Steven J. Bisordi PFC Jacqueline M. Cuevas PFC Dennis C. Ford PFC Antonio D. Johnson PFC Crystal Lind PFC Demetrius Lofton PFC William J. Mellor PFC Nathan R. Ratliff PFC Thomas G. Simerly PFC Matthew E. Small PFC Richard L. Turner PFC Jason R. Galipeau PFC Michael B. Gaumer Pvt Matthew R. Hallowell Pvt Patrick H. Hammer

Pvt Matthew D. Picard Pvt Joseph T. Vickerman Pvt Joan Guillen 2d Tank Battalion, 2d Marine Division LCpl David Smith LCpl Brian K. Brown

> Certificate of Commendation School of Infantry PFC Paul B. Hongbarco

Promotions

II MEF Augmentation Command Element Lieutenant Colonel Michael J. Raimondo

Daniel F. Duggan

2d Radio Battalion, II MEF Warrant Officer GySgtCraig G. Hartburg Master Gunnery Sergeant Melvin L. Bedford Sergeant Robert D. Vincelette Corporal

> Ralia R. Bouska Jay V. Brown Brian G. Foote Matthew C. France Seth T. Johnson Justin A. Jones Timothy O. Peyton Jason B. Rolan Brian N. Stevenson Lance Corporal Jimmy A. Reid Jr.

Private First Class Carlos A. Morrison School of Infantry

Meritorious Lance Corporal Robert J. Drabicki David L. Heller Paul B. Hongbarco Jason C. Reitzel

Meritorious Private First Class Ricardo M. Antonetty Terrance J. Capitol Regina U. Charfauros

Clarence T. Clemons Brian T. Davis Frank A. Depietro, Jr. Joshua D. Gaskins Matthew F. Jacobs Danny M. Jerez Mitchell P. Major Michael J. Noy Randolph C. Powell David C. Rowe Jason R. Rymanowski Lewis T. Story III Ramon J. Wells

Graduations

School of Infantry Honor Graduates PFC David L. Heller PFC Paul B. Hongbarco Pvt Brian T. Davis

Campbell University Associate of Arts LCpl Corey J. Seiber, Special Operations Training Group, II MEF

Births

Alexus Anne Holloway born to Cpl Jerome and Carrie Holloway

Academic Achievements

President's List

Camp Lejeune

LCpl Gabriel C. Atchinson

Kellie Knight

Dean's List

Nathan Kokensparger

Midway Park

Rachel Gutierrez

Tarawa Terrace Susie Roughan

Special Recognition

Dental Battalion Ival Dental Center Camp Lejeune of the Year for 1999

rine Force Senior Sailor of the Year ty Officer 1st Class Silverio A. Biteng

enior Sailor of the Year ty Officer 1st Class tichard E. Shamp

rine Force Junior Sailor of the Year ty Officer 3rd Class lobert R. Salamat



LCpl Brian R. Sheppard
Headquarters Support Battalion
Marine Corps Base
Port Charlotte, Fla., native
Fired a 62 on Bravo Range Jan. 19-28

Reenlistments



Sgt William T. Ward III, a Sanford, Fla., native and personnel chief assigned to the 26th Marine Expeditionary Unit's (MEU) Command Element, takes the oath of enlistment Jan. 20 from Col Kenneth J. Glueck, MEU Commander. Ward will transfer to the Military Entrance Processing Station in Atlanta after attending the Sergeants Course in February.



Bulletin Board



To submit your units' events (changes of command, volunteers, openings/closings, training sessions, family days, etc. contact your unit information officer.



II MEF

Group Aid Station provides medical support to more than 800 Marines and Sailors in the Marine Headquarters Group. We also provide support to 8th Communication, the Marine Expeditionary Units and 2d Radio Battalion when their doctors are gone. Sickcall hours are from 8-11 a.m., check-in/out time is from 1-3 p.m. and wart clinic is on Tuesdays from 9:30-11 a.m.

Crafters

Crafters are wanted for the Spring craft Fair March 25-26 on Camp Lejeune. The event is open to the public. For more information or for an application to be a participant in the event, please contact Hidden Talents at 451-2658.

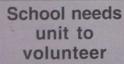
MCB

Alpha Company is hosting an Open House for the officers and SNCOs of Alpha Company Wednesday from 2 - 6 p.m. at the BEQ Bldg HP-55. In addition, MCCS Single Marine Program has organized a move-in celebration which will include basketball and which will include basketball and volleyball tournaments, entertainment and food. Interested team captains may register their teams at the

There will be a welcome aboard brief hosted by the Family Service Center Tuesday at the Base Theater. SgtMaj Otis Kokensparger, Marine Corps Base Sergeant Major will speak at the brief. For more information call Sally Norsen at 451-3212 ext. 134.



2d Landing Support B will celebrate its 6 Anniversary Feb. at Soifet Field, Gonzalez Rd in French Creek. All 2d LS Marines are invited attend. For mor information call SSgt Brunson at 451-5710 or 451-3610.



Tarawa Terrace 1 Primary School needs a few good men and women to adopt our school. We are in need of volunteers to assist with projects, special events, and to help promote our school literacy focus by reading with children. For more information call Tarawa Terrace Primary School 451-2480/2489.

Lejeune High School

The Lejeune High School Children's Theater will perform "Tarheel Tales" Saturday at 11 a.m. Admission is \$2 per

'Young Marines'

Young Marines basic training will begin Feb. 16. Registration will be held at bldg. 309, MCB from 4-7:30 p.m. Thursday and Feb. 16, and 10 a.m. - 2 p.m. Feb. 11. The cost of registration is \$10. For more information call **GySgt** Robert Griffin at 451-3329.

CREDO

Have you ever considered a weekend getaway? What if it CREDO, Camp was free? Lejeune offers three types of retreats which are sponsored by the Marine Corps. We offer the Personal Growth Retreat (72 Hours), Marriage Enrichment Retreat (48 Hours), and the Spiritual Growth Retreat (eight Hours). These programs are available to active duty, reserves, dependents with appropriate ID cards, DoD civilian employees. Participants must be 18 years or older. For more information or to sign up for a retreat, please call us at 451-2900/2967.

Happy 59th anniversary 2d Marine Division

2d Marine Division will rededicate the battle colors to at 10:30 a.m. at the Goettge Memorial Field House. 2d Marine Division awards will also be presented at ceremony. For more information call MSgt Walsh at

A Valentine's Day party for the families of Marines and S ors who are deployed will be held Saturday. Call your Key Volunteer Coordinator for more information. The CG's Cup five on five tournament kicks off Feb. 25. 451-8719 for additional information.

Camp Johnson

Camp Johnson Black History Month

Poem/Essay Contest and Art Day -(Feb 11) Students will submit either an essay or poem and will be judged on their originality and creativity. Prizes will be awarded to students with the best poem or essay. A slide show will also be presented showing the significant role Montford Point has played in the Marine Corps. Col Leslie Stein, Commanding Officer, MCCSSS

will be the keynote speaker. **Luncheon** – (Feb 16) A luncheon celebrating the Black History Month will offer foods ranging from collards to chicken and catfish. The gathering will be held at the Camp Johnson Recreation Center between 11:30 a.m. – 1 p.m. All Marines and their families are welcome. Price to be determined.

Movies – Camp Johnson will feature three movies highlighting contributions made by African American servicemembers in three different time periods. The movies are: Glory, Feb. 10; Montford Point Marines, Feb. 17; Tuskegee Airman, Feb. 24.

Closing Ceremony – (Feb. 29), The closing ceremony for Black History Month will be held at the Camp Johnson Chow Hall at 11:30 a.m. Menu and price to be determined.

The Camp Johnson website has recent undergone a major renovation which has opened up a wealth of information to we browsers to include: information on sta sections, reporting instructions, school information, Montford Point history, Beir Memorial information and much mor Point of contact for the Camp Johnson website is Jim Coker at 450-0747. Th site address is www.lejeune.usmc.m

Upcoming Events 455-3411



servicemember, the USO Spouse Support Group is for you, whether your spouse is deployed or not and regardless of rank

Stop in to pick up your brochure and enjoy a tour of the oldest USO in the world. A Snack bar is available

Seatbelt Awareness campaign

A campaign plan has recently been implemented to encourage the use of seatbelts. After a period of sensitizing, it will enforce the use of seatbelts and provide for substantial penalty for those found driving/riding without seatbelts (such

as loss of liberty). The fact is that the Military Police on base are on the lookout for patrons not wearing their seatbelts and will start issuing warnings to patrons who are in violation. This program will also be enforced among all commands at Camp Lejeune. It is imperative that each Marine, Sailor and family member wear their seatbelt, not only on base, but off as well. Be aware and think about safety



Off-limits establishmen

Oakwood Hole Inc., 912 N. Mar Blvd., Jackson N.C. 28540, recently been place ara Camp Leje establisments lis updated list will printed in the Fell edition of THE GI

For Your Information

Support Groups

Marine Corps Family Team Building/ L.I.N.K.S. (Life-style, Insights, Networking, Knowledge, and Skills) "links" spouses with real-life tips, positive attitudes, Marine Corps culture, benefits associated with the ID Card. and available resources that they can use to help themselves become more self-sufficient members of the Marine Corps Family. Whether their Marine/Sailor is in for three years or 30, sessions are offered monthly Make new friends and enjoy being part of the Marine Corps Family at Camp Lejeune For more information, call the L.I.N.K.S. of-

Transition Support Services (TSS) prebrief every Tuesday from 8 a.m.-noon at the Camp Lejeune Base Theater. Representatives from the following agencies participate: Human Services, Transportation Management Office Provost Marshal Office, Family Housing, Naval hospital, Financial Management, Base Education, Legal Assistance and MCCS. This brief s mandatory and in accordance with MCO 1320. 11E. Spouses are encouraged to attend. more information, call 451-3212 ext. 135.

Self-Improvement

Armed Services YMCA and Vision Services Plan have teamed together to provide eye exams and if needed glasses, at no cost to the families of children in need. If your health insurance doesn't cover the cost of eye exams and glasses for your child; your school nurse

has informed you of your child possibly having vision problems; your child is under 18, a student, a U.S. citizen or registered alien; and your family size/income levels are within the program scope, your child will be taken care of. For more information, call 451-9569.

"Triumph Over Tobacco" Support Group continues for those who have successfully quit tobacco use, those currently trying to quit and for those who are "thinking" quitting. Meetings fall on the last Wednesday of each month at 4:30 p.m. at bldg. 65 classroom. For more information, contact Kim Hugeback at the Naval Hospital, Camp Leje Health Promotion Program at 451-3712.

Well Baby Clinic sponsored by the Navy-Marine Corps Relief Society Visiting Nurses will be held the first Tuesday of each month at the Tarawa Terrace Community Center from 10 a.m.-1 p.m. and the second Tuesday of each month at the Midway Park Family Service Center from 10 a.m.-1 p.m. Get your child weighed and measured. Learn more about your child's nutritional needs, growth and development, medication, immunization require ments and childhood diseases. Meet and talk with other mothers. Get free items at the clothing exchange (we accept donations of children's clothing). For more information, call 451-5644/5584

Budget for Baby Class will be held the first and second Monday of each month from 12:15-3 p.m. at Camp Lejeune and the second Tuesday of each month from 9-11:30 a.m. at New River. This class is offered by the Navy-Marine Corps Relief Society. You will learn budgeting techniques and the impact a baby

has on a family's finances. A free layette is available to all Marine/Navy families who attend the class. For more information, call 451-5346/5584 or 450-6642/44

Tap Classes are held each week from 8 .m.-4 p.m. at bldg. 8 across from Area 2 Gym Bldg. 201, Camp Lejeune. For more information or to register call 451-3212/3219 ext. 100/

CREDO Camp Lejeune offers three types of retreats: Personal Growth, Marriage Enrich ment, and Spiritual Growth at no cost to you To register for a retreat or for more information please call us at 451-2900/2967 or stop by bldg. TT2461 between the hours of 7:30 p.m. and 4:30 p.m. We are located in Tarawa Terrace between the post office and the vet-erinarian office. Available retreats: Feb. 24-27, Personal Growth Retreat; March 23-26, Personal Growth Retreat; April 13-16, Personal Growth Retreat; April 28, Marriage Enrich-

Upcoming Events

American Girls Mother-Daughter Tea Party March 18 from 1-3 p.m. in the SNCO Club. The event is for girls in grades 2-6 and their mothers. Parents of girls in this age bracket, who are interested in being a part of the committee contact Jean Sybrant, base library at 451-5724.

The Annual Travel Expo will be held at Camp Lejeune Feb. 26 from 10 a.m. - 2 p.m. at the Goettge Memorial Field House. The Expo is presented by the Information, Tickets Tours Office and All Points Travel of Camp

Lejeune. Register to win a Bahamas vacation for two, round trip airfare for two, a gift certificate for Japan Travel, and much more! More than 75 vendors will be on-site to provide you with valuable travel information. This evens is free and open to the public. Fore more information call 451-3535. This event is sponsored by the Daily News, KOOL 98.7 Cheerwine, and Comfort Suites. Sponsorship does not imply Federal or USMC endorsment.

The Retired Military Breakfast will be held Feb. 26 at 8 a.m. at the SNCO Club. The social hour will kick off at 7 a.m. All retirees and active duty are invited to attend the breakfast and to share in some fascinating stories. For more information call SgtMaj Meyer (ret) at 938-1610.

Volunteers

Navy/Marine Corps Relief Society has terrific training opportunities to enhance your professional skills. Individuals are needed to help in reception, administration, casework layettes, bookkeeping, public relations and loan management. Childcare and car mileage are reimbursed. This is a great opportunity to work with a fun filled team and oriented environment. For more information, contact Rhonda Hancock at 451-5346 ext. 200.

Onslow MENTORS Friends of 4-H are looking for adult volunteers. This is a mentoring program set up to provide one-onone relationships with a young boy or girl. The youth are between ages 7 and 17. For more information call 455-5873.

Transition Support Services (TSS) is looking for volunteers. If you are interest in learning new skills or enhancing skills, volunteering may be fo teering is also an excellent way ence in a new field that may career opportunities. We rec volunteers in numerous areas ing with computers, public spe

duties, and working with senior Armed Services YMCA vol for weekly Family-tYme acti events upcoming "Healthy Kill 8; promotions; advertising an have talents you want to put to hours a week, we can use you duty, family members, retired, a If you have ideas and are willing necessary to make those a rea 9569 if you wish to help.

Youth

Chicken Soup for Little S citing new illustrated storyt dren. The base library at C will help celebrate the in children's literacy by hosting tion storytelling and activiti the second Saturday of each more information, call 451-57

Armed Services YMCA American Red Cross Babysil course. The course is availab 11 and older. The course is he Park, bldg. 4014, from 8 a.m. day. The course fee of \$15 n advance for registration. Ple 9569 for more information.

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Latest movie reviews



Reinhild Moldenhauer Huneycutt gives latest update on what's playing at the theater.

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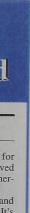
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Public Library

g room. Registration is d for this event. For more ation, call 455-7350.



you want better schools for ildren? How about improved More police, fire and emerrescue services?

can have that and more, and ld the key on how to get it. It's the Census, which will be dis-March 6-15, and is due back overnment by April 1.

ry 10 years, the Census is held every person in the United The reasons why may not be ous, and there's a great deal of ct information out there.

mpleting the Census is really a of life issue," explained Col B. mbar, Chief of Staff, Marine Base. "There is a direct relation much Census participation we at the amount of tax dollars com-Onslow county as a result.

mpleting the Census ally a quality of life

> Col B. A. Gombar Chief of Staff **Marine Corps Base**

Census figures are used by the government to allocate tax dol-he more people counted in an ie better the chance that area eive more funding. This fund-1 pays for improvements in the ommunity, such as better and roads. It also goes to orions like the Veteran's Adminn, and helps pay for increased time of natural disasters like me Floyd. The more people d by the Census in Onslow means better services for the ommunity, especially military. nployers, better jobs, and new es can be attracted to Onslow based upon information de-

om census data. missed an opportunity in added Gombar. "The county ensus return rate then of just of the county wasn't counted ensus. The military participahere at Camp Lejeune was less "What's good for Onslow and Jacksonville is good for ejeune," said Gombar. "Most

See COUNTED/3C

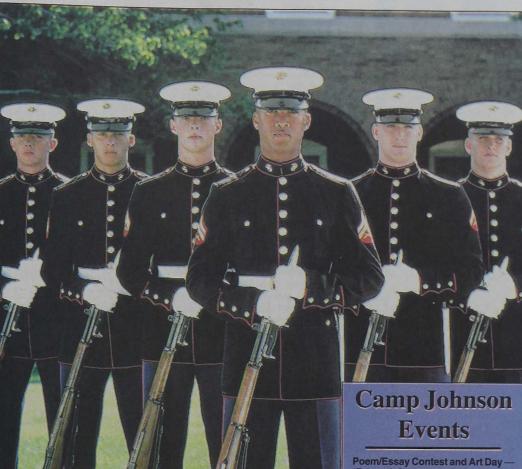
arolina appenings

son Office Opens to air a grievance? Looking irine support for your next

Jacksonville-Onslow Der of Commerce and MCB Lejeune are proud to nce that the Marine Corps unity Liaison Office will Monday at the Chamber 19 at 1099 Gumbranch Rd. I James Jarvis of the olidated Public Affairs will man the office ays, Wednesdays and s from 2 - 5 p.m. For more ation call Lt Jarvis at 451-

or at the Chamber at 347-

dlelight Storytime will be it the Main Library in nville Tuesday at 7 p.m. rary will present African can Tales, featuring ller O.J. Mozon Jr. in the



Celebrating African-**American History**

For the month of February, The GLOBE will join the nation in observing African-American history. Look for stories and illustrations recognizing the achievments of black Marines and Sailors and featuring events taking place around Camp Lejeune and Onslow County. Camp Johnson, the first military facility to be named after a black American, will host events throughout the month

an essay or poem and will be judged on their originality and creativity.

Luncheon — (Feb. 16) A luncheon celebrating the African-American History will offer foods ranging from collards to chicken and cattish. The gathering will be held at the Camp Johnson Recreation Center between 11:30 a.m.-1 p.m. All Marines and their

Closing Ceremony — (Feb. 29) The closing ceremony for African-American History Month will be held at the Camp Johnson Chow Hall at 11:30 a.m.

Honesty is best policy

Children are like honesty calibrators. If you deviate even slightly from the stan-dards that you have set, they sound the alarm. Of course, this is what you want. You want your child to apply the rules you have set, independently . . . until, that is, they apply those rules to you. I can't tell you how many times I have been caught sneaking chocolate from my private stash in the closet before dinner. Of course, this situation can be weaseled out of by explaining that an adult's metabolism is such that I can eat chocolate before dinner and still finish my dinner, whereas children simply lack that biological ability. If they persist in putting me on the spot, I tell them to look up the word "metabolism" in the dictionary and write it's definition a hundred times. This usually ends the discussion and gets me

off the hook. Children excel at put- Wolanski Review ting their parents on the Laura Wolanski spot. It's actu-

ally their job and they take pride in it. They like to display their skills for grandparents, teachers at school, people at church, total strangers . . . in fact, just about anybody. In the military, toddlers go through a peculiar stage where anyone wearing camouflage utilities and a cover is their Dad. I know I can't be the only one who has found themselves saying in a low voice as everyone turns to see the seven foot black man my two-year-old has just pointed at and called, "Daddy" — "Well, sweetie, I'll admit I was a little drunk at the time, but I'm pretty sure,

that's not your Dad. We all know it's important to set a good example for our children. And some of us less than perfect parents know just how hard that can be. When I was stopped once for speeding, I came up with any number of really good, plausible stories to try to talk my way out of a ticket. As the officer approached and the children focused in on my personal moment of truth, I decided to offer no excuse for breaking a traffic law which was devised to ensure public safety.

- See POLICY/2C

Public library holds African-American cultural celebration

Leonor Eggers

ond annual event.

Together, dad, Joseph, mom, Gail and daughter, Sonji, make up "The Healing Force," a group from Winston-Salem who bring the African culture to others through the arts of storytelling,

music, visual art and dance The motto for this family act is "Serving the Community Through the Arts." "The Healing Force" did just that this past weekend during the start of the Onslow County Public Library's African-American History and Cul-

tural Celebration. Founded in 1975 by Joseph and Gail Anderson, who acted with the National Black Theater of New York, "The Healing Force"

began full-time professional work in 1990. They had performed for the Onslow County Public Library's first African-American celebration last year, and the library was pleased to ask them back for this year's sec-

"The Healing Force" presented two separate workshops Jan. 29 at the library. Both workshops, as well as the remaining programs

the library's celebration of African American History Month, are free and open to the



istration is required due to limited space Beginning each workshop with African-American cultural songs being played on African instruments, the group introduced the workshop attendees to the rich African culture. The audience, both young and old, listened attentively with great interest in learning about either their own, or a different cul-

The first workshop to be given was one on African instrument-making. By the end of the work-shop, the attendees got to make an African rattle instrument of their own out of a

- See LIBRARY/2C



From left to right: Dante Jones, Daniel Augmon, David Augmon and Orin Mozon, clean off their guords that they later used to make their very own African Rattles at the Onslow County Public Library.

Set aside place for history

The appeal of a Marine Corps mu-seum in Onslow County is enduring. After all, the Marine Corps has now endured- and successfully so- for 225

Camp Lejeune has been around nearly six decades itself. Add to this the historical significance of the new millennium and the appeal is down right

A forward-thinking group in Onslow County has found the appeal both irresistible and feasible. Their plans could give the Marine Corps a museum in

and a place in history down Marines Mean Business help but specu- Fred Charles late where the in-

late where the inspiration for a museum might have come from. You don't have to look farless than a 50 miles radius from Holcombe Boulevard.

Inside this radius MCB Camp Lejeune and MCAS New River support 43,000 active duty Marines and sailors, about 24,000 retirees, and more than 71,000 family members of active duty and retired personnel. Add to this 5,000 appropriated and non-appropriated funded employees and the museum concept has about 143,000 points of inspiration.

However, in the realm of visibility, two likely places pop to mind. The United Services Organization in Jacksonville. It provides a taste of both nostalgia and a safe harbour for young Marines and/or their families. Championed by the open heart and arms of retired Marine, Matt Hardiman. By itself, the USO in Jacksonville is a significant part of American history. It is the oldest active USO in continuous operation in the country.

Though if readers were the betting type, odds on favorite would be a nondescript building on Henderson Boulevard. Swanyks Scarlet & Gold, a night

type, odds on favorite would be a non-descript building on Henderson Boule-vard. Swanyks Scarlet & Gold, a night value. Swanyas Scariet & Gold, a light club, does not look outwardly much like the embrio of a Marine Corps museum. That is until you step inside. It is the Marine Corps personifed by another regrand room of Swanyks and you step into a room filled with more uinte guideons than a division change of command. Marine memorabilia are immediately conspicuous to the occasional visitor -

conspicuous to the occasional visitor and a reason for repeated visits.

For every Marine it is like walking into their past, personal history in the Marine Corps. History, meanwhile, of the Marine Corps in Onslow County is compartively new. As the world teetered on war in the late 1930s, the area around New River was selected as the location

ing appeal.

Former Marine Fred Charles owns

Pet of the week



Take me home

This loving female cat, approximately one year old, is waiting for someone to give her a good home. There are many other cats and dogs at the Base Animal Shelter on Camp Lejeune. For more information on how you can adopt, call 451-2695.

Taxes: what you need to kno

Compiled by

· Am I eligible to claim the EITC?

To claim the EITC on your 1999 tax return, you must meet the following requirements: You must have earned income from employment or from self-employment; your earned income and modified adjusted gross income must be less than \$30,580 if you have two or more qualifying children, \$26,928 if you have one qualifying child, \$10,200 if you have no qualifying children; your investment income (such as interest) must be \$2,350 or less; your filing status cannot be married filing separately; you can-not be a qualifying child of another person; If you do not have a qualifying child you must be age 25 but under 65 at the end of the year, live in the United States for more than half the year and not qualify as a dependent of another person. U.S. military personnel on extended active duty outside the United States are considered to live in the United States while on active duty; you must be a U.S. citizen or resident, alien all year, or nonresident alien married to a U.S. citizen or resident alien and filing a joint return.

· Who is a qualifying child?

A qualifying child is a child who is your son or daughter, adopted, grandchild, step-child or eligible foster child. At the end of the year the child is: under age 19, under age 24 and a full-time student or any age if permanently and totally disabled at any time during the year; the child lived with you in the U for more than half of the year)if a foster child, for the entire year).

· What is earned income?

Earned income is income you get from employment or self-employment — even if it is not taxable. Taxable earned income includes: wages, salaries, tips, net earnings from self-employment and gross income received as a statutory employee. Nontaxable earned income includes items such as: salary deferrals (such Taxes as a 401k or federal thrift savings plan), salary reductions (such as under a cafeteria plan), mandatory contributions to a state or local retirement plan, basic housing and subsistence allowances, value of inking housing and subsistence, combat zone compensation for the military, meals and lodging provided for the convenience of the employer, housing allowance or rental value of a

provided benefits (such as dependent care, adoption and educational assistance benefits). · Do I need a Social Security number

parsonage for the clergy, excludable employer-

You, your spouse (if filing jointly) and any qualifying child must have a valid SSN issued by the Social Security Administration. If a SSN was obtained solely to receive federally funded benefits, such as food stamps, this SSN is not valid for EITC purposes. The Social Security card will state not valid for employment. If you or your spouse (if filing jointly) have an individual taxpayer identification number (ITIN), you cannot get any

EITC. If a qualifying child has a adoption taxpayer identification (ATIN), you cannot get the EIT(sis of that child

· How do I figure my EITC?

If you qualify for this credit, y tions. In most cases, all you will n plete your tax return is your instructions: 1040, 1040,

However, if you a ployed or filing s C-EZ as a sta ployee, you may publication 596, ear credit. If you have a qualifyin

must complete and attach schedule) return. If your EITC for 1997 or 1 nied or reduced by the IRS, to clai for 1999 you may need to attach information to claim earned incor ter disallowance, to your return, structions in your tax booklet. I like the IRS to figure your EITC

low the instructions in your tax to How do I get advance EITC?

To receive advance payments. our employer. If you expect to qu EITC in the year 2000 and want to the credit during 2000, complete earned income credit. Advance p tificate and give it to your emple then start to receive advance EITC your pay. To be eligible for advance ments, you must receive wages a have at least one qualifying child.

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Historical memories that last life time

MSqt Max Cribelar

he Coastal Carolina Chapter of "The Chosin Few," prised of former members of units that participated in the Chosin Reservoir Campaign in North Korea. The campaign took place during the bitter winter of November through December 1950 and the on-set of the Korean War, which lasted from June 25, 1950 to July 27, 1954.

Members of The Chosin Few are accordingly concerned that the legacy of that Historic Battle is lost.

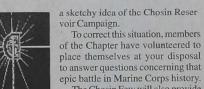
The bloody battle was worsened by the extremely low temperature and the numerical strength of the enemy. "The Chinese Armies"

trapped and the only way out was single-lane winding dirt road with steep terrain to one side, sheer cliffs to the other and ahead was Chinese roadblocks and blown bridges

It was a fighting withdrawal, day and night. The trip was a nonstop trek 78-miles to the Port City of Hungnam.

The Navy Ships were waiting to evacuate them, their equipment and more than 100,000 North Korean men, women and children to safety.

It has been a general experience that most of the young Marines today have little or no knowledge of the Korean War in general, and



The Chosin Few will also provide a speaker to any unit that requests Times and dates would have to be coordinated to ensure the speak-

For further information, contact The Chosin Few Historian/PIO, MSgt (ret) Max Cribelar, who served with H&S, Baker & Chalie Co., 1st Bn., 5th Marine Regiment in a Tactical Air Control Team, which provided the vital Close Air Support at 455-0114



A plaque was presented to the Chosin Few Chapter by Capt M.G. Tr Commanding Officer, Weapons Co. and 1stLt A.R. Christian, Platoon the Mortar Plt. Also the Chapter President, Raymond Dopf presented and Christian each with a Chosin Few logo pin and Chosin campaign

LIBRARY from 1C =

gourd. "The Healing Force" explained to the audience that many African instruments are made from gourds.

The second workshop brought a look at the African art of jewelry-making. These workshop attendees got the opportunity to make their own African necklace made out of a cowrie shell, various colorful beads, and a series of braiding techniques on wax string. "The Healing Force" explained and had a display of the three types of beaded African jewelry that is made: ceremonial beads, used mainly for ceremonies; trade beads, used in place of money to trade for other needed items; and natural beads, made from various things found in na-

At the beginning of both workshops, Gail Anderson told the workshop attendees that "The Healing Force" was there at the library to pass on the traditions and customs of Africa to others. As was depicted by the opening song the group sang, the African culture is rich in history. The group began singing "Jolly Ai," a West African song that discusses the

in the African culture. It is through the word-of-mouth that many African stories are passed down from generation to generation, and are therefore, still around to entertain and even teach all of us a lesson or two about life.

Anderson stressed at the beginning of each workshop the importance of creativity in the African culture. She reminded everyone attending the workshop that we all are creative in our own spe-

"We all have the gift of creativity," said Anderson. "This gift was given to each of us when we were born. If we do not use it, it is a slap in the face to our Creator.'

What is most enjoyable and enticing about workshops given by "The Healing Force" is their belief that it is most effective to make people learn something by doing it themselves. The hands on activities of the attendees making their very own African instruments or African jewelry make the whole experience of the workshop that much more interesting and memorable on a personal level.

an excitement to learn about the African culture. Hearing the excitement in the voices of "The Healing Force" and seeing the excitement in their movements about the African culture, the workshop attendees enjoy spending the hour learning some-

The Onslow County Library's Second Annual African-Ameri-

can Cultural Celebration continues with various other programs throughout the month of February. Call the library at 455-7350 for more information or to register for any of the remaining "Black History Month" pro-

Leonor Eggers is the editor for the Onslow Record, and employee at ENC printing.



Each member of "The Healing Anthony Powell shows off his creative talent by making his joy and goodness of storytelling Force" brings to their workshops own African necklace out of various colorful beads.

Chosin Few presents away

MSgt Max Cribelar

The Chosin Few Chapter Historian

Local members of the Coastal Carolina Chapter, of "The Chosin Few" gave a presentation recently to the officers and enlisted personnel of 81 and 60mm Mortars, Weapons Co, 1stBn, 8thMarine Regiment at the Staff Noncommissioned Officers' Club, Camp Lejeune, N.C.

Presentations included events which surrounded the Epic Battle; and fighting withdrawal from the "Chosin Reservoir" area in the mountainous region of North Korea, by the "First Marine Division" during the bitter winter, Nov-Dec 1950. Presentations were given by former Chapter Secretary, **Pete Stapleton**, who served with "Service Battery, 1stBn, 11th Marine Regiment & Easy Co, 2dBn, 5thMarine Regiment," and form ter President, Gary Gigg, wh with "Charlie Co, 1stEngineer

Each gave their personal a the battle as they saw it and pened to them.

Recollection of hardships dured included subzero temp overwhelming odds and "The Peoples Armies" which had the trapped.

They battled those odds fighting withdrawal down a twi lane dirt road, steep terrain to sheer cliffs to the other, through of enemy roadblocks.

The officers and enlisted of the mortar platoons treated t Few members to supper at the to the presentations.

POLICY from 1C =

I knew the speed limit, I deliberately exceeded it, I got caught and I needed to take responsibility for my actions. I took a deep breath and signed on the line the officer indicated. When I later paid the one hundred and eleven dollar fine, I reflected that I should have gone with the "singlemother-of-four-in-a-hurry-to-get-baby-formula-with-food-stamps-for-my-screamingsick-child-before-the-store-closed" excuse

Kids hold us accountable. If it weren't for the fact that it would expose children to all sorts of immoral acts, we could devise a public policy of simply attaching a fiveyear-old to any civil servant who needs to be monitored. There could be a five-year-

old in charge of the Oval Office after hours:
"But Mr. President, you said you thought the new intern was a hottie and you really wanted to . . . " Or, "When the man wearing the long black robe and banging the hammer in the courtroom took the big envelope full of hundred dollar bills from the man in his chambers, he said it would put his kids through college." Having little honesty-monitors in place would save millions of dollars in congressional in-

When I was a kid, anyone could get any piece of classified information out of me for a quarter. A typical interrogation session went like this:

'So, Laura, what did Mommy get Daddy

for Christmas?" "I can't tell."

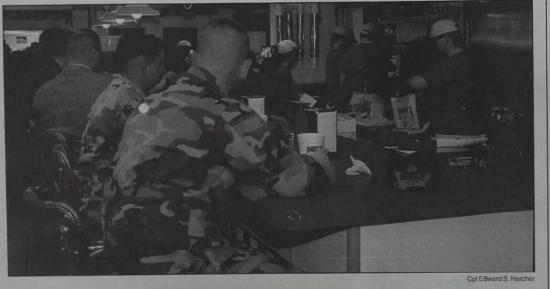
quarter." "A wallet." Taking inflation into accou rate for information would privideo game or maybe a CD. No ever stoop to bribing my childt thought is alien to me. Well church. Church is long, it's har to get through . . . giving the and agreeing to rent fifty hours movies if they behave during not a bribe . . . it's an "incenti

Also, shopping trips at the require the use of certain "inco my kids, a good reward is to be behave in the commissary, choose your own lunchable. ally well behaved, I'll let yo course, this sort of situation when you are going through t yells out in front of an appal people including thirty fami workers

"But Mom, you said if we ally well you would let us eat! though, as long as I have ch me, they will be putting me in or I'll be putting myself the a newspaper column about it!

Laura Wolanski is a sing

four who is working toward become a certified teacher.



Opened for business

Customers eagerly await their orders at the newly opened Andy's restaurant in the central area recreation center, bldg. 62. Andy's, which opened Jan. 20 replaced "Pastabilities" and offers cooked to order burgers and cheesesteaks in a 50's-style burger grill. Customers may enjoy full table service or sit at the counter and watch as their food is prepared.



I figure my EITC?

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Chapel Schedule



ROMAN CATHOLIC

se Bay Chapel ew River Chapel: tation provided from Chapel)

8:45 a.m. 8:30 and 11:30 a.m. Masses (Monday-Friday)

spital Chapel (Thursday only) River Chapel Xavier Chapel

to claim earned iron ance, to your return hristmas/ New Years) your tax booklet it to figure your EITC

Xavier Chapel

at St. Francis Chapel unit chaplain

JEWISH

ve Service Building 67

(Fridays)

LATTER DAY SAINTS

ust receive wages one qualifying child study Tuesdays

ervices olain Vance op Maloney

451-3210

10:30 a.m.

11:45 a.m.

11:45 a.m. and 7 p.m.

PROTESTANT

Sunday Worship/Religious Education Base Chapel, Contemporary Service (Sunday School Protestant Chapel Annex) Base Chapel, Worship Service Camp Geiger Chapel: Holy Communion (Episcopal/Lutheran Liturgy)

Camp Geiger Chapel: Praise and Worship Camp Johnson Chapel Courthouse Bay Chapel French Creek Chapel, Holy Communion Midway Park Chapel Naval Hospital Chapel (Sunday School, Religious Ed. Building.)

7:30 a.m. 9 a.m. 9 a.m. 9:30 a.m. 9 a.m. 9 a.m.

11 a.m. 10:30 a.m. 11 a.m.

ISLAM (MUSLIM JUMAH)

Base Chapel Annex Building 16 Brig Chapel French Creek Chapel

11:45 a.m 1 p.m.

EASTERN ORTHODOX Camp Johnson Chapel, Divine Liturgy

10:30 a.m

CHRISTIAN SCIENCE

If interested call Everett Sharp Tarawa Terrace Chapel 1st and 3rd Mondays

COUNTED from 1C =

Camp Lejeune," said Gombar. "Most of us live off base, our children go to public schools in the county, and we all use the roads and public facilities of this area. It's in everyone's best interests, including Marines, Sailors, "Civilian Marines" and family members, to complete the Census forms this year."

Active duty servicemembers will see two census forms: one received at work and one at home. It is imperative that all personnel fill out both of them.

One form, the Military Census Report (MCR), is used to give credit to the local government in your area for providing you with many of the social services that many of us often take for granted. Among these are spending projects such as highway improvements, the Women, Infants, and Children (WIC) program, and supplies for emergency response agencies in your area. The second form, sent to your home, assists lawmakers in identifying population densities, assigning congressional districts, appropriating funding, and justifying spending for state, county, and city public works

And finally, by filling out both forms, the Census Bureau will be able to understand what percentage of the population is on active military duty.

Some people are concerned about the confidentiality of their census information. Today, more than ever, electronic information and the speed with which it can be transmitted raise new fears as to who can access personal information. Rest assured that this does not apply to Census data. The 53-question survey is completely protected.

The U.S. Census Bureau is forbidden by law from sharing personal information with anyone to include welfare agencies, the Immigration & Naturalization Service, IRS, federal and district courts, police or military officials. Everyone's vital, personal information will be protected.

The Base's goal this year for Census 2000 is 100 percent participation by servicemembers and their families. More information about the Census, how to get forms and fill them out will be in THE GLOBE, on Lejeune Cable Channel 10, and all local media outlets. You can also call the following numbers for more information: English, 800-471-9424, Spanish 800-471-8642, and hearing impaired

The Secret Scroll

cret Scroll will be presented by the tory Theater of Silver Spring, Md. 1:30 p.m. at Southwest High School m. This lively story is inspired by ese legend about a man known as hen God." A picture of this man, on a wall, is said to bring peace and to the home. In this presentation, ror of China travels across the land for the secret that will bring peace ice. Along the way, he meets many acters, until he finally finds his an-

swer in the home of a simple man who understands the power of kindness. This up-lifting story is performed by two actors, and can be enjoyed by the entire family. This performance is the third in the Theater Time Series that introduces children to the joys of live theater. Tickets are \$3 and are available at the Council for the Arts. For more information, call 455-9840.

Annual Travel Expo The Information, Tickets and Tours Office

(ITT) and All Points Travel Camp Lejeune present the annual Travel Expo Feb. 26 from 10 a.m.-2 p.m. at the Goettge Memorial Field House. Register to win a Bahamas vacation for two, round trip airfare for two and much more. There will be more than 75 vendors on site to provide you with valuable travel infor-This event is free and open to the public. For more information, call 451-3535.

> Gospel Extravaganza A Gospel Extravaganza will be held Sat

urday at 7 p.m. at the base theater. Featured are the Georgia Mass Choir, the McDonald Sisters and the Inner City Worship Team. Tickets are \$10. For more information, call 451-3535.

Family CPR Class.

A Family CPR and First Aid class will be held Feb. 12 at the Armed Services YMCA. Course fee (includes book and fee) is \$30 for first adult in family and \$5 per person thereafter. For more information, call 451-9569.

Staff NCO Wives' Club

The Staff NCO Wives' Club, Camp Leje-

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BURGERS & DOGS Reg.

BACON CHEESEBURGER Fresh, lean ground chuck served with slices of bacon, mustard, onions, slaw, chili, and American cheese. 1.95 2.85 SHRIMP BURGER Lightly battered shrimp, deep fried until golden brown and served on a steamed bun with ketchup and slaw.

SANDWICHES Reg. 240 440 Sauteed mushrooms, onions, and green peppers with lean steak

thinly sliced and melted cheese throughout. Served on a steamed, split-top hoagie roll. 2.40 4.40 CHICKEN CHEESESTEAK Same as above except made with boneless, skinless chicken breast

2.40 4.40 Roasted with six different spices, thinly sliced and served with lettuce, tomato, and salad dressing on a steamed, split-top hoagie roll.

CHICKEN SANDWICH A 4 oz. boneless breast of chicken, your choice of fried or grilled, served with lettuce, tomato, and salad dressing.

OUR DINNER PLATES

A ground chuck steak, grilled to perfection, topped with grilled onions and green peppers with a side of homemade slaw, french fries, and bread. Lightly battered and deep fried to a golden brown, served with a side of slaw, french fries, and bread. GRILLED CHICKEN PLATE Eight strips of grilled chicken, grilled to perfection with grilled onions, and

grilled peppers, served with a side of french fries and cole slaw, and your choice of corn bread sticks or garlic bread. FRIED CHICKEN PLATE

Eight strips of chicken deep fried to golden brown served with a side of slaw, french fires, and your choice of corn bread sticks or garlic bread.

SOURDOUGH SANDWICHES

HAM & CHEESE Grilled sliced ham and melted American cheese served with lettuce tomato, and salad dressing on toasted Sourdough bread. 1.80 Bacon, lettuce, and tomato served with salad dressing on toasted Sourdough bread. GRILLED CHEESE .95 Toasted Sourdough bread served with slices of American cheese.

CHICKEN NUGGETS Reg.

3 09 3 89 12 PIECE NUGGETS Combos include Regular French Fries - Drink Not Included

FOR KIDS 12 & UNDER

CLASSIC CAR KID MEALS Your choice of Hot Dog, Hamburger, Cheeseburger, Chicken Nuggets, or Grilled Cheese, with a Kid Size French Fries, and a Kid Size Drink - Plus you get a Classic Car to keep!

une is planning to publish a cookbook to commemorate their 50th birthday in April. We are looking for your favorite recipes. You can contact Mary Pratt at 353-4824 or Vickie Debrito at 353-0661 or you can call the Thrift Shop at: 451-5591. You can also e-mail your recipes to: _pratt@gibralter.net. The Thrift Shop on Camp Lejeune is looking for volunteers. If you would like to volunteer, please contact Tracy Sherrell at 451-5591 or 355-9248.

4.60

4.85

2.45

Entertainment

From the Front Row:



Reinhild Moldenhauer Huneycutt

THE END OF THE AFFAIR (R)

In this romantic drama, which is set in World War II London, a novelist having an affair with the wife of a friend, hires a private detective to learn why his lover leaves

Director Neil Jordan (The Crying Game) adapted this ill-fated love story about a sexually unfulfilled married woman who falls in love with a single writer from the 1951 novel by Graham Greene.

Ralph Fiennes (Schindler's List, The En-

with Reinhild Moldenhauer Huneycutt

glish Patient) plays the novelist Maurice Bendrix, whose obsession with ex-lover Sarah, played by Julianne Moore (Boogie Nights, A Perfect Husband), is rekindled after a chance encounter with her husband who is played by Stephen Rea (The Crying Game). Driven by jealousy, the writer proceeds to have her followed and unwittingly finds out the reason for the termination of their affair two years ago. Sarah has promised God to end the affair if her lover survives their London bedroom bombing - a moral dilemma in the making when he walks out of the rubble.

In the supporting role, Ian Hart plays Parkis, the private detective retained by Bendrix to tail Sarah and who eventually becomes Bendrix's confessor.

The End of the Affair is beautifully and discreetly filmed against the backdrop of a war ravished London. The movie tries to show us the potent parable of sexual infidelity and religious faith. Great performances, especially by Julianne Moore, and a treat for lovers of old-fashioned romantic

PLAY IT TO THE BONE (R)

This new comedy is another invigorat ing, hilarious and extremely raunchy sports movie from the writer and director Ron Shelton (Bull Durham, White Men Can't Jump, Tin Cup).

Starring Woody Harrelson (The Cowboy Way) as Vince Boudreau, and Antonio Banderas (The Mask of Zorro) as Caesar Dominguez, a couple of washed-up middleweight boxers who try to resurrect their careers with a glitzy Vegas bout against each other, this cockeyed tale of a pair of overthe-hill boxers is funny and wonderful en-

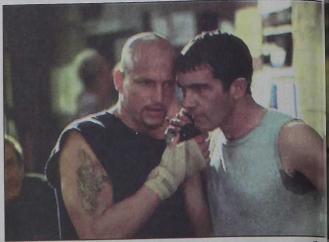
Asked to be emergency replacements when the undercard of a **Mike Tyson** bout falls through, these out of work boxing rivals and longtime friends hit the road to Las Vegas for their last big fight accompanied by their good friend **Grace Pasic**, played by **Lolita Davidovich** (Blaze). Grace, an inventor with a temper and an iron will is not above using her looks to get what she wants. She chauffeurs her two buddies across the Nevada desert for a fight that is not good for either one of them.

The road movie ends with an exciting fight-footage climax.

Davidovich is superb in this strong and wacky role. The movie also features Tom Sizemore as the amoral fight promoter Joe Domino, and Lucy Liu (from TV's Ally McBeal) as the gold-digging party girl they pick up at a diner.

Kevin Costner, Wesley Snipes, and Rod Stewart are just a few of the celebrity fillers at this fictitious Tyson fight.

Play It To The Bone's crowd scenes were filmed at a real Oscar De La Hoya bout.



Antonio Banderas and Woody Harrelson are featured in the box office cor

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The Christian Family Living Center is located at 2005 Wicker St. North Topsail Beach, N.C. For more information, contact the Director, Joseph DiCostanzo at 328-1584.

Now playing at the ba Saturday

The World Is Not Enough Sleepy Hollow

No Movies (Gospel Extravaganza at 7 p.m.) Sunday Tarzan Sleepy Hollow Monday The World Is Not Enough PG-13 Tuesday End of Days Wednesday Sleepy Hollow

*New River

theater near you!

Camp Lejeune

Friday Tarzan End of Days Saturday Tarzan End of Days R Sunday Tarzan End of Days Monday The World Is Not Enough PG-13 Wednesday R

*No shows Tuesday or Thursday and No admission



LCpl Wilhelm of the Training Support Division assists in the making of "Camp Lejeune After Hours," starring, from left to right, Regina Delgado

Local celebrities shine on 'Lejeune After Hours'

Cpl Matthew Bates

Camp Lejeune Today - Catch this new and exciting show brought to you by the Television Section of the Consolidated Public Affairs Office at Lejeune.

Running every Monday, Wednesday and Friday at noon and 5:30 p.m., this show highlights news affecting the Marines, Sailors and their family members on base. Watch this week for highlights of the 2d Marine Division's birthday celebration taking place today. Also, we'll bring you an in-depth look at Sgt Matthew "Mighty Mouse" Winters, one of the Marines on the boxing team who is going to the Olympic Trials. Camp Lejeune Today is your source for news on Lejeune!

Semper Fit USMC Workout - As Marines, keeping fit is an important part of who we are. To help us with this, Terry Hort, the Semper Fit Coordinator aboard Lejeune, combines with her fitness team to bring us aerobic-style exercises every Monday

Camp Lejeune After Hours - This is a show that goes behind the scenes of Camp Lejeune meant to inform and entertain. Tune in this week as the show's hosts, Yolanda Mayo and Regina Delgado, share an with the Sergeant Major of the Marine Corps, SgtMaj Alford L. McMichael. They also talk with Marines of the Montford Point Marines Association and bring us the Semper Fit tip of the week from French Creek. This week's musical guest is **Mitchel Johnson**. The show airs Monday and Wednesday at 5 p.m. and Tuesday, Thursday and Friday at 12:30.

LCTV-10 offers celebrities heroes, pride

Cpl Brandon Rizzo

When you think of Lejeune Cable

Television-10, you might think of the informational bulletin board, the exciting news program, "Camp Lejeune Today," or the entertainment of "Camp Lejeune After Hours." But LCTV-10 goes way beyond Camp Lejeune

Tune in next week to catch music videos featuring Chris Isaak, Alice in Chains, Mariah Carey and more Other programming includes hand-tohand combat training, Navy S.E.A.L.s Workout, even an interview with the Sergeant Major of the Marine Corps.

Another highlight of next week's programming is a documentary on one Marine Corps hero, MajGen Charles



LCTV-10 music videos feature stars like Mariah Carey.

F. Bolden. When the Commanding Gen eral of Marine Forces Japan leaves the planet in a space shuttle, it makes for an interesting story, to say the least.

The program on Bolden covers highlights of his career in the Marine Corps, his four space shuttle missions and some insight to the man himself.

In this documentary, Bolden speaks out about segregation in the service, and on the challenges it presents.

"Life is not always fair," Bolden says, "Life is not always good, but life is good to you, if you're willing to do something for yourself." Take it from a man who has met and conquered these challenges. So if you're looking for something to do one day, or just hang-ing around channel surfing on your television, check out Lejeune Cable Television-10 — You just might be surprised at what you find. This issue of THE GLOBE has program listings so that you don't miss the good stuff.



Top 10 videos now playing

Sleepy Hollow

Mickey Blue Eyes (PG-13) The Wood (R) Detroit Rock City (R) Bowfinger (PG-13) Lake Placid (R)

Available, Tuesday

The Astronaut's Wife (R) The Witness (R) Blue Streak (PG-13)

The following information was compiled by the MCCS affiliated Movie Mart, Marine Corps Air Station, New River.

13th Warrior (R) Universal Soldier - The Reti Run Away Bride (PG) General Daughter (R) American Pie (R)

Available Feb. 15

Grey Owl (PG-13) Total Recall 2070 (PG-13) Joe the Icing (PG-13) Breakfast of Champions (R) The Story of Us (R)
Desert Thunder (R) In Too Deep (R) Stealth Fighter (R)

Camp Lejeune Combat Cable

Friday	
9:30 a.m.	Music Videos
10 a.m.	The Crucible
11 a.m.	Semper Fit
Noon	Camp Lejeune Too
. 12:30 p.m.	Camp Lejeune Aft
1:30 p.m.	Interviews
2:30 p.m.	Music Videos
3 p.m.	Portraits of Leader
5 p.m.	Navy/Marine Corp

Camp Lejeune Today

Monday 9:30 a.m 10 a.m.

5 p.m. 5:30 p.m

er Hours

12:30 p.m 1:30 p.m. 2:30 p.m. 3 p.m.

Music Videos Fierce Pride Semper Fit

Portraits of Leadership Camp Lejeune After Hours Camp Lejeune Today

Tuesday 10 a.m.

The Crucible Semper Fit
Mange' Lejeune
Camp Lejeune After Hours
Razor Sharp
Portraits of Leadership
Navy/Marine Corps News

Wednesday

9:30 a.m Forged w/Spirit and Pride 10 a.m. Fierce Pride 11 a.m. Semper Fit Lejeune Today Marine Corps News Noon 12:30 p.m 1:30 p.m. 2:30 p.m. Music Videos rtraits of Leadership amp Lejeune After Hours 30 p.m. Camp Lejeune Today

Thursday

Consumer Health 9:30 a.m. The Crucible 10 a.m. Semper Fit 11 a.m. Pendleton Journ Noon Camp Lejeune A 12:30 p.m. Razor Sharp Portraits of Lead Navy/Marine Co 2:30 p.m. 5:30 p.m.

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istration M-Thursday 0900-1300 • 1400-1700 & 207 Lifelong Learning Center Bldg 202 Camp Lejeune

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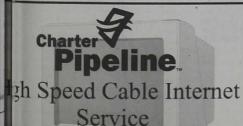
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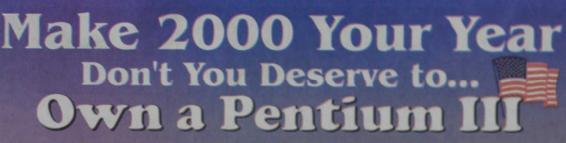
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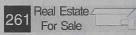
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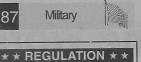
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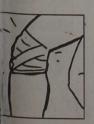
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One of the best versation is, never which any of the reasonably wish unsaid.



The right lung left lung.

ht expect, more farines went into a pro basketball. eks were heard hardwoods. Marines - Paul a), Joe Fulks

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4, 2000

Marines

the ball

y State), player-director Ed e(Notre Dame), linois) and Bobby te, Seton Hall) to the Basketball veral others have agues and other

cluding six who np Lejeune: Paul ons with Philats, three with (L) Wes Bennett -American at kron Goodyear ab Brindley (Allwith N.Y. Bob Brown

Marine, s a Marine Gunn dence Steamrollgets Bill Tom

ican at Rice), six

nderson Duffy ns Neil Dooley out Celtics Bob fanapolis Olymans (Iowa), three ith Sheboygan

mond Ciesar All cago Bruins, Chi-Flyers Warren iley (Manhattan). with Boston in Joe" Fulks with Philadel orham Getchell

en John Green at Michigan VP; number one seasons with ckers, Baltimore iego Rockets rs, Cincinnati regular-season

bounds, 12,281 average). Al Yale), three pro-Sheboygan ies Blackhawks la Hawks; twice o; eight as a pro

> s), four pro sea-son Duffy Packlackhawks, Fort Dick Harter, lotte; assistant thiding 1998-99, istant with Portrk, Detroit Pat

orfein (Long Is-S John "Shot-

SE GUNN/2D

§ Needed

ng baseball, and track



Col John Gunn

Many of the faithful aren't even

aware that Camp Lejeune once had

a Top 20 basketball team. The

leathernecks placed 14th in the

1945-46 Converse-Dunkel Ratings

- third among U.S. service teams. Coached by Capt Ken

Croswell (St. Mary's-Texas).

who was recalled for Korea Lejeune won 34, lost four, beat

East Carolina twice and com-

peted in the AAU Tourney

Frank Carswell (Rice

1939-41, pro base-

er), Garvin.

Tommy King (Michi

SSgt Letonya Davis

Devilpups meant busi-

ness. The Bulldogs began

to come alive during the second quarter. By the half,

the score was 29-22, in fa-

first quarter deficit. The

ending score was 54-45. The Devilpups were led by freshman John

Harris Jr (freshman) with 12 points

and two rebounds. Sophomore

Terrance McDowell assisted with 10

Williams 10 points and seven re-

came their first quarter deficite. Th

Ladypups won 51-37. Angela McKay led with 15 points. She was followed

by her sister, Kourtney McKay, with

Varsity Boys
The Varsity Boys were last game

of the evening. This would be a very

colorful game. The game stayed some what close during the first half, and

After halftime, the Pups turned up

the heat. The Devilpups' Derek Reg-

ister, a senior, proved to be almost

cluding four 3-point baskets. Cecil

Hicks (Junior) added 11 points and

the half ended with the Pups in

unstoppable, scoring 23 points,

eight rebounds

The Bulldogs'

nts and five rebounds and Tonnie

vor of the Devilpups

Girls' Varsity

13 points.

gan 1944, All-Star

ame, one pro season),

Rube Lieske (Gustavus

ball), Pollock, Jack Russell, Rob-

olphus), Meyer, Fred "Curly"

John Kelly

Lejeune a Top 20 team? Yes

Check out all the latest standings.

Muhlenburg 1944), Staebner and

were Oklahoma A&M (State), Ken-

tucky, Philadelphia Naval Base,

DePaul, Indiana, Little Creek

NAB, North Carolina, Ohio

State, Notre Dame, Illinois.

Purdue, Rhode Island State and Bowling

But finishing

behind Lejeune

were Dartmouth,

Temple, Cornell,

West Virginia.

Yale, Syracuse and NYU in the

East; Michigan

State and North-

western in the

See TOP20/2D

Midwest; LSU and

Duke in the South; and Wyo-ming, California, Colorado,

Utah and Oregon State in the

The Miramar (Cal.) Marines, led

by Hall of Famer Bobby Wanzer, were the fifth-ranked U.S. service

e Marines on the ball

ry 4, 2000

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CLASSICS

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in the NBA, its three leagues and other including six who Camp Lejeune: Paul seasons with Philaarriorts, three with EBL) Wes Bennett All-American at), Akron Goodyear (NBL) (Lejeune Aub Brindley (Allat Dartmouth), one ckers Bob Brown

a Marine, avs a Marine hn Gunn

Ohio), two pro sea-

ovidence Steamroll-Nuggets Bill Tom merican at Rice), six with Indianapolis Anderson Duffy iladelphia Warriors. Pistons Neil Dooley tryout Celtics Bob ana, Butler), one pro Indianapolis Olym-Evans (Iowa), three s with Sheboygan ammond Ciesar All-Chicago Bruins, Chioaker Flyers Warren Fenley (Manhattan). ason with Boston impin Joe" Fulks, asons with Philadels Gorham Getchell ne pro season with onmen John Green ican at Michigan en MVP; number one 14 pro seasons with r-bockers, Baltimore in Diego Rockets, a 76ers, Cincinnati 057 regular-season 3 rebounds, 12,281 .6 average). Al YU, Yale), three pro with Sheboygan ri-Cities Blackhawks erin (Iona), 13 pro player with N.Y. ckers, St. Louis anta Hawks; twice electronic relation electr ll-Pro; eight as a pro John "Shotgis (3rd team.All-Texas), four pro sea derson Duffy Packes Blackhawks, Fort ons Dick Harter, Charlotte; assistant 2, including 1998-99, assistant with Port-York, Detroit Pat

es Needed

See GUNN/2D





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Neller all defense Devilpup holds off offensive players' scores

Basketball players love to read stats. Lejeune High School sophomore Brett Neller is no different. Well, maybe a little different.

Neller doesn't read his own stats in the local paper. He likes to see who is scoring all the points for the other teams. Then, he likes to go out and try and stop them from scoring those

"Brett's the kind of kid that every team really needs to have around," said Lejeune coach Doug Erny before practice earlier this week. "He's just willing to do whatever it takes for this team. He's our leading assist guy and leads us in assists. And he's by far our best defensive player.

"He just enjoys defense. It takes hard work and he knows it. It's just something that comes naturally to Brett and he takes a lot of pride in what he does.'

What he really does is just get in the way of people who want to get into that scorer's book.

"Guys don't like it when you are right in their face all the time, right in their way," said Erny, a 6-footer who is still growing. "You have to con-centrate right in the center of the other player, and understand where he's going and what's he's doing. You have to be aggressive and control him. You can't let an offensive player control what you are doing. That's what

"Defense is my thing. I will take the open shot if somebody gives it to me. But that's not my job. My job is to get the ball to someone who is open, and somebody is always open if the

"Defense is my thing.

team is running its offense. And my job is to play defense.'

It earned him a starting job his first season on the varsity.

"It took me a while to prove myself," said Neller. "I had to earn my way. I knew a lot of the guys on this year's team because we played junior varsity ball together last season. But I still had to get my starting position.

"I know that I have this certain role to play and I try to do it the best I can. But that's how I approach ev-

erything." Which probably defines Brett Neller about as well as anything. The son of Ma-rine Col Robert Regiment, 2d Marine Division, is about as competitive as it gets.

sports and I love competing in them," said Neller. "I want to win. I want to win every time out, in every game. I want to get everything and I just play hard.

Erny says it a trademark with his sophomore

"He just goes at it as hard as he can all the time," said Erny. "He's really the kind of kid who will never

The same thing is the truth is his other sport, baseball, where

Neller is the odd combination of a pitcher and catcher for the Devilpups. "I like to pitch, but I really love

for the Devilpups.

being the catcher," he said. "Baseball is really the sport that I think can get me to college. I really want to get to college and play baseball. I believe "The think about

Brett Neller that you are expected to be the leader. You Lejeune Devilpups are the guy who starts everything by calling the game and working with the

being the catcher is

pitcher. I love being on the mound, but there's something about being behind the plate that just appeals to

Same thing with playing the point in basketball.

"Yeah, I like being kind of the guy who gets to run things on the floor,' he said. "I'm not a real rah-rah type of guy, but I like to lead by my example. I really think if I play hard, then everybody else will play hard."

about this season is the tendency of the Devilpups to lose close games

But it won't stop Neller from doing his thing.

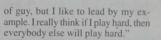
"Then we will worry about the rest

Lejeune High School's Brett Neller plays defense

The only thing that disturbs Neller

"We just seem to fold late and I don't know why," he said. "We have proved we can play with any of these teams. We can beat most of the teams in our league. But we are in danger of not making the playoffs. That

"All I can do is go out and play hard all the time," he said. "We've got some really good players on this team and we can make the playoffs if we do it right. That's our goal right now. Win the rest of our games and get into the playoffs.



shouldn't be.



The Bulldogs fought a galliant fight, but they were team in the game on Feb. 1. unable to recover from their

Marine ref 'makes all the calls'

Most sports fans would think anyone who ever saw ber it, but that's not the case for part-time NCAA bas-cetball referee LtCol Dennis Arinello II.

In fact, as a high school referee while stationed at amp Lejeune, N.C., in the early 1980s, there is very little Laney High School in nearby

Quite frankly, not too many of us new who he was at the time," said rinello, now with U.S. Marine Corps orces Atlantic, Norfolk, Va.

While serving as Assistant Chief taff for Logistics, Arinello still nds time to pursue a hobby that alnjoys. He travels around the coun-y on weekends for the NCAA, and

etball, and then some, since begin-ng his officiating career in 1976 as junior at Lyndon State College in

After joining the Marine Corps and ng a tour in Okinawa, Arinello was e to fine-tune his raw officiating past Conference. By the time ichael Jordan was playing for the niversity of North Carolina-Chapel

After all, the ref has spent years running up and down court with hundreds of the nation's finest high school

and college basketball players.

"(Allen) Iverson comes to mind," he said, of the NBA's leading scorer. Arinello also remembers watching a native Virginian named Joey Beard, who played with Duke and Boston College before fading from the limelight. Through his experiences as a ref, Arinello knows

pan out.

Arinello has his share of memories about college coaches as well. He remembers calling a matchup pitting Georgetown against Cal State-Irvine. Georgetown was coached by the imposing, who stands 6-feet-10-inches tall. "Getting in his face is like arguing with a tree trunk," said Arinello.

There was also the time Arinello parked his car in Tarbeel coaching legend Dean Smith's space before

LtCol Dennis Arinello II referees

Lejeune's basketball fortunes have been mixed On Jan. 21, the Lejeune High School Devilpups hosted Dixon High School. The evening began with the junior varsity boys. In the first quarter, it was al-ready clear that the

Lejeune has mixed

Greg Griffin dribbles past the opposing

Varsity Girls

It was another good night for the Lejeune girls as they knocked off vis-iting North Brunswick, 54-48, to continue their improvement. The win evened their conference record at 3-It was almost a wire-to-wire victory for the Ladypups, who led 13-6 at the end of the first period and extended The Ladypups were up next. From the very beginning, they let their commanding presence be known. At the half, the score was 28-23.

Even though the Lady Bulldogs struggled admirably they, too, overthat to 32-21 at halftime

Kimmarie Parker led Lejeune with a great game, getting season-highs of 23 points and 14 rebounds to dominate inside. Angela Bargeron

I was not as good a night for the ity boys, who played as hard as ual but simply came up short tainst a more talented North Devilpups dug themselves an early hole, falling behind 15-4 as they hit ly seven of 28 shots in the first half. then valiantly tried to rally could never makeup for the bad

Greg Griffin led Lejeune with 14 ints and six rebounds, while Derek Register had 12 points. Cecil Hicks hit the boards hard for 10 rebounds.

Lejeune will have a rematch at Dixon tonight.



Angela McKay, right, slaps the ball from a Bulldog

HARLEM ROCKETS MCAS NEW RIVER **ALL STARS**

Today 7:30 p.m.

New River Fitness Center. Autograph session at 6 p.m. Tickets are \$5 adults and \$3 for children. Tickets on sale at ITTs located at Camp Lejeune and New River, MCAS Movie Mart, and the Jacksonville-





INTRAMURAL VOLLEYBALL **ORGANIZATIONAL** MEETING

For men and women, will be held Monday at 10 a.m. Goettge Memorial Field 2061/2710 or contact your MCCS program

WOMEN'S SOCCER

The Camp Lejeune women's soccer team is currently looking for players for a possible fall season. No experience necessary. Must be active duty military either stationed aboard Camp Johnson, Camp Geiger or Camp Lejeune. This team will be sponsored by MCCS and will play other base teams and recreational teams. For more information call 577-

SOCCER

The Camp Lejeune Varsity Sports Office is looking for varsity soccer players for a men's team. The teams will contend with other bases as well as various universities. The league is sponsored by MCCS. For more information on the men's soccer team, contact SSgt Edward Herrera at 451-2950.

GROUP EXERCISE

The Semper Fit team has kicked-off a new schedule! If you love the water, you'll love Aqua Fitness. This complete water workout focuses on all muscle groups and involves little or no impact. Excellent for weight loss and recovery from injuries. Body Pump is a fuli hour of power step, slide, or aerobics mixed with resistance training. A great challenge workout is Combat Cardio using kicks, punches, plyometrics, resistance training, bags and gloves. Step For Beginners is an introductory class. For information, call 451-5841 or stop by a fitness center.

LACROSSE

The Camp Lejeune Lacrosse team will practice on Wednesdays at 5 p.m. at W.P.T. Hill Field. This league the East Coast, against collegiate clubs and other military stations. For more in rmation, contact Maj Jeff Miller at 451-1450 or 326-

Reducing injuries during Physical Fitness Training

Michelle Brown

The following article was reprinted from the spring 1997 issue of the Fit and Well News, a newsletter published quarterly by the MCCS fit-

At Marine Corps Recruit Depot (MCRD), San Diego, a study was produced by the Naval Health Reseach Center's Sports Medicine and Research Team. The study investigated the incidence of training related musculoskeletal injuries affiliated with boot camp training. The objective of the study was to assess the current physical training schedule and to make modifications that would decrease the number of musculoskeletal injuries without compromising the quality, or the mission, of recruit training. Data was collected and reviewed by two expert panels, which included personnel from the USMC and Sports Medicine, to evaluate the current physical training schedule. The results suggested that a modified physical training program incorporate a compre hensive conditioning regimen including cardiovascular endurance, muscular strength and endurance, and flexibility. At the conclusion, a needspecific physical conditioning program, based on scientific principles and research data, can be developed to reduce exercise-related injuries to recruits without negatively affecting

Since 1992, the Naval Health and Research Center (NHRC) has worked with the USMC to reduce the incidence of trainingrelated musculoskeletal injuries in recruits which has enabled NHRC to compile the following data:

the mission, the fitness goal,

or recruit training.

greater than 30 percent of all recruits were in poor physical condition, 30 percent to 40 percent of re-

TOP20 from 1D =

PRO FOOTBALL

Jan.23 devoted its prominent

"Back Page" to former Marine

Jack Lummus (Baylor,

N.Y.Giants), one of two NFL

To check out the page on the Internet, hit Search,

then Dallas Morning News,

then ITS Web site, then

Sports, then Back Page for Jan.23. (The NFL has declined

to name any Championship

Game or Super Bowl

awards for Lummus and

Maury Britt (Arkan-

sas), the other NFL holder

of the MOH. The Medal of

Honor Society says they are the only pro athletes so honored.)

The Rams' administrator/ pro

personnel, Jack Faulkner, a

neighbor in Costa Mesa, Cal., now

in his 45th NFL season, was coach

of the Broncos from 1962-64 and an assistant, GM or official with

the Chargers, Vikings and Saints.
The W II teen Marine is con-

sidered one of the sharper minds

players to win the Medal

of Honor. The nation's

highest award was pre-

sented posthumously

for heroism on Iwo

The Dallas Morning News on

muscularskeletal injury during the 12week training cycle.

80 percent of the reported injuries were overuse injuries to the lower extremities. Injury rates were high during the

first three weeks of training when recruits were unaccustomed to tine vigorous exercise. The NHRC also found that the annual fiscal and operational ing-related injuries at MCRD San Diego were

approximately \$16.5 million and 53,000 lost training days

All physical activity during the 12week training cycle was qualified to pinpoint factors which may have contributed to the high injury rates. Some recommendations by the two expert panels included modifications in aerobic training, such as developing a program that begins with a mod-

erate-intensity exercise with builds cardiovascular endurance, muscular strength, and muscular endurance. Also, it was suggested, to reduce the number of formation runs due to recruits required to change their natural stride length, thus leading to injury. Another recommendation was to schedule runs on nonconsecutive days to allow for recovery of the

muscles and to use alternate forms of aerobic conditioning such as swimming or circuit courses. Concerning the reduction of injury during hikes, it was suggested to increase hike mileage more slowly and to increase one conditioning variable at a time such as distance, load, in-

A Jan.26 USA Today feature notes

ponent. Working in virtual

darkness (in a Santa Ana,

Cal., office) Faulkner

COLLEGE

FOOTBALL

Adm.Stansfield Turner.

who survived a plane

crash in Costa Rica that

ball letterman guard at Annapolis in 1944 and '45 nick-

Former Marine Sam

Ted Karras Jr. was named as-

sistant head coach of St. Xavier (III.). His father Ted was a tackle at Purdue

and Indiana. San Diego Marines in

Rutigliano (Tulsa) retired as coach at Liberty (Va.),

where had had been

since 1989. He was the

Browns coach from

named "Bulldog."

Former CIA director

grades the team and

rushes his reports

the next day" to

St.Louis. "I make a-

report on every player," Faulkner

that "each Monday morning, Faulkner

receives tapes of the Rams' next op-

cruits reported at least one cline, and pace. The last recommendation was to educate drill instructors on proper exercise protocols, and therefore, maximizing training effectiveness and minimizing injury risks. NHRC's Sports Medicine and Re

search Team and MCRD San Diego Recruit Training Regiment developed a modified physical

training schedule which targets the average recruits with low to fair fitness lev els upon arrival at MCRD, but which can be altered to accommodate varying fitness levels. The modifications are: a running program which MCCS Photo progresses in dis-

tance, frequency, and intensity; fewer formation runs and more individual runs; decreasing total running milage and increasing the training total muscle strength and endurance for a more balanced conditioning program; utilization of a comprehensive flexibility program; inclusion of warm-up and cool-down routines; more progressive increases the load-bearing conditioning hikes; changes in the Daily 7 and the circuit course exercises to target all major muscle groups while enhancing strength training and decreasing risk of injury; alterations in scheduling various physical training events and maximize training benefits mini mizing the risks of over-training and overuse injuries.

Again, the overall purpose of the study was to make recommendations for modifications of the existing training schedule for recruits at MCRD San Diego that would reduce musculoskeletal injuries without compromising the quality of mission of the training

Michelle Brown is the Lead Personal Trainer for the MCCS Semper Fit Division. She can be reached at

1956 and '57 and the Steelers, Bears, Lions and Rams, nine sea-

PROBASKETBALL

The Pacers recently ended the Lakers' 16-game winning streak. Larry Bird has announced this Possibly the final season, too, for assistant coach Dick Harter (Penn '53), a former Marine who coached Charlotte's first pro team and was a college coach 18 seasons at Rider, Penn, Oregon and

COLLEGE BASKETBALL

Players Alpha Bowser (Navy), Sam Jaskilka (Connecticut: assistant commandant), Bob Galer (Washington; WW II ace), Donn Robertson (North Dakota), Alan Shapley (Navy), George R.E. "Buddy" Shell (VMI) and Fred Wieseman (Navy) were future Marine generals. And, of course, Commandant James L. Jones (Georgetown).

2000 Intramural Baskett **Standings**

12-0

7-3

7-6

2-8



1. HqSptBn A

3. 2/10

4. 3/10

5. 2d LSB

7. 2d CEB

8. MCCSSS

9. HqSvcBn

11. SOI

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14. CBIRF

10. Navy Docs

13. HqBn Trk Co

6. 2d Maint E

2. Hq,2dMarDiv 10-2

Knicks Divsi

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Over 30 Bash

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Match Play

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1. 2d Sup C 2. II MEF B

3. 2d Med B 4. 8th Mt Bn

5. HqSptBn B 6. 8th Mar 7. 2d Tank

8. 2d Sup B 9. 2d Med A 10. 2d Sup A

11. Navy PSD 12. 5/10 13. Ammo Co. 14. 6th Mar

15. 2d LAR

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Feb 13

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Lejeune Blaze

Roller Hockey Schedule



COMPETITOR

DATE TIME Feb. 6 Wilmington Hurr 7 p.m. **Grand Sharks** Feb. 13 6 p.m. Wilmington Reds Feb. 20 7 p.m. Port City Feb. 27 7 p.m. March 5 6 p.m. March 12 7 p.m.

7 p.m.

TBA

TBA

PLAYOFFS

Walden's Gym Wilmington Hurra **Grand Sharks** CHAMPIONSHIP

GUNN from 1D:

in the game.

Hintz (Toledo), two pro seasons with Toledo Jim White Chevrolets Jim Hoverder (Central Missouri), tryout, Minneapolis Lakers Tommy King (Michigan), one pro season with De troit Falcons (Camp Lejeune 1946) Bob Kinney (two-time Rice All-American), five pro seasons with Ft. Wayne Pis-Boston Celtics Dan Kraus (Georgetown), one pro season with Baltimore Bullets (Camp Lejeune 1944, (45) Ed Leede (Dartmouth), two pro seasons with Boston Celtics Freddie Lewis (Long Island, Eastern Kentucky), four pro seasons with Sheboygan Redskins, Indianapolis Kautskys Bob MacLeod (Dartmouth). one pro season with Chicago Bruins Jack Maddox (West Texas, Southwestern of Texas), three pro seasons with Oshkosh All-Stars, Hammond Calumet Buccaneers, Indianapolis Jets (Camp Lejeune 1945) Harry "Moose" Miller (Seton Hall, North Carolina), o season with Toronto Huskies Nick Mooney (Villanova), one pro sea-son with Baltimore Bullets, Philadelphia Warriors George Nelmark (Santa Barbara State, Kirksville Tch.), three pro seasons with Toledo Jim White Chevrolets, Syracuse Nationals Jack

Nichols (All-American at Washington, honorable mention A-A at USC) nine pro seasons with Washington Capitols, Tri-Cities Blackhawks, Milaukee Hawks (Camp Lejeune 1952) Dick O'Keefe (Santa Clara), four seasons with Washington Capitols Ester "Easy" Parham (Texas Wesleyan, North Texas Agriculture), three pro seasons with St. Louis Bombers, Philadelphia Warriors Doyle Parrack (Oklahoma A&M), one pro season with Chicago Stags Jim Phelan (La Salle), one season with Philadelphia Warriors; also Pottstown (EL) Andy Phillip (three-time All-American at Il-linois; leader of "Whiz Kids"), 11 pro seasons with Chicago Stags, Philadelphia Warriors, Fort Wayne Pistons; Boston Celtics; briefly an NBA coach Richie "The Cat" Regan (Seton Hall; number one draft pick), three pro seasons with Rochester Royals, incinnati Royals Goebel "Tex" Ritter (Eastern Kentucky), three pro seasons with N.Y. Knickerbockers Gene Rock (2nd team All-American at USC), one pro season with Chicago Stags **Kenny Sailors** (All-American at Wyoming, MVP in 1943 NCAA Tourney; Chuck Taylor Award as

Player of Year 1943; Helms Player of Year 1946), five pro seasons with Cleveland Rebels, Chicago Stags. Philadelphia Warriors, Providence Steamrollers; 2nd team All-Pro Don Savage (Le Moyne), two pro seasons Syracuse Nationals (five years apart) Jim Seminoff (USC), four pro seasons with Chicago Stags, Boston Celtics John Simmons

(NYU), one pro season with Boston Celtics Dave Strack (Michigan), one pro season with Indianapolis Kautskys Wally "Buck" Sydnor (Western Kentucky), one pro season with Chicago Stags Bob Trocolor (Alabama, Long Island), Rhode Island and New Britain (ABL) Rill "Butch" van

Breda Kolff Princeton), four pro seasons as a player with N.Y. Knickerbockers, 10

ABA coach

with Lakers, Pistons, Suns, Memphis Tams and Jazz; also coached a woman's pro team in New Orleans (Cherry Point 1944, '45) Tony Vlastelica (Oregon State), Italian National League Floyd Volker (Wyoming), three pro seasons with Oshkosh All-Stars, Den-

March 19

March 26

April 2

dianapolis Olympians Danny Wagner (Texas, Schreiner Institute), three pro seasons with Flint Dow A.C.'s, Sheboygan Redskins Walsh (Stanford), one pro season with Philadelphia Warriors; 1956 Olym-Team Bobby Wanzer (eight pro seasons as player with Rochester

Royals, Cincin-

nati Royals; 10

ver Nuggets, In-

owner, Miami Floridi at age 40) George Gun man, co-owner, Clev (games played at G McLean, Cleveland Jerald Sachs, vice c ington Bullets; genera timore Bullets C.A. "S (East Carolina), GM Jim Tampa Bay/Rapid City Bob Vanatta, sco Bucks; executive dire

phis (ABA). Gunn is an indep ist and a retired Ma telligence officer. He

books on former Mar

is a lot better long) chance of seasons as an NBA "Skippy" Whitaker gambling. Hispro season with Bost sound approach Lejeune 1953, '54) Jo wish to begin sas), 12 pro season lodest amount Golden State, Kansas 14,399 points; 3,345 i assists, 17.2 ppg.; Oly ow cost stock such as that of iation of Inves-NAIC), a non-sociation. "Mike" Burke. pres (Navy Cross) Bill Co tors need a litership group of New J a 1958 Quantico trair

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anting to learn C has helped individuals rograms, most as of \$20 to \$50 eaches four inciples: earnings and

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arly to participate in Camp Lejeune's Intramural Sports Program 2000. For information, call 451-2061

Over 30 Basketball League .m. on Feb. 14 in the Goettge Memorial Field House

Match Play Golf League Noon on April 3 at Paradise Point Golf Course

Soccer

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a.m. on May 1 in the Goettge Memorial Field House

Basketball

.m. on June 12 in the Goettge Memorial Field House

creational Adult Women's Summer Softball League

on on June 19 in the Goettge Memorial Field House

& Women's Summer Softball League .m. on July 10 in the Goettge Memorial Field House

Flag Football

m. on July 10 in the Goettge Memorial Field House name

> 8-Man Tackle Football .m. on July 10 in the Goettge Memorial Field House

Skeet

Noon on July 21 at McIntyre Skeet Range

Bowling

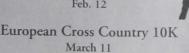
Noon on Sept. 6 at Bonnyman Bowling Center



Basketball m. on Sept. 11 in the Goettge Memorial Field House

Grand Prix Series Events for 2000

Fire & Ice Biathlon Feb. 12



Lejeune Marathon April 8

Armed Forces Day 5K May 13

Semper Fi Triathlon June 3

Davy Jones 2-Mile Open Ocean Swim July 8

Wet & Wild Biathlon July 8

Mud, Sweat & Gears Duathlon Sept. 9

Marine Corps Half Marathon



Beirut Memorial 10K Oct. 21

> Awards Banquet Nov. 18

For more information, contact the event coordinator, Mike Marion at 451-1799

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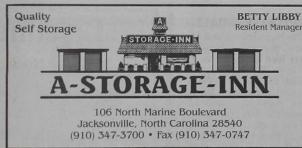
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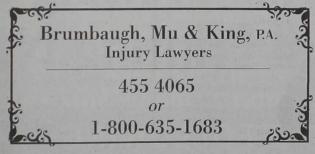
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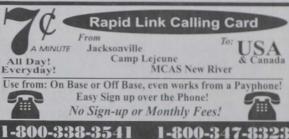
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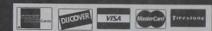


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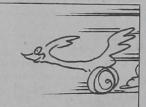
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LUNCHTIME COLLEGE (MONDAY-FRIDAY)

Law Enforcement Oper 11:00-12:00 Literature-Based Research Western Civilization II **ENG** 113 11:00-12:00 M-F ☐ Intro to Political Science M-F 11:00-12:00 ☐ Intro to Old Testament **REL 211** M-F 11:00-12:00 SOC 210 ☐ Introduction to Sociology 11:00-12:00 Elementary Spanish II 11:00-12:00

ENG	111	Expository Writing	M-F	12:10-01:10	3
ENG	232	American Literature II	M-F	12:10-01:10	3
HIS	131	American History I	M-F	12:10-01:10	3
POL	130	State & Local Government	M-F	12:10-01:10	3
PSY	150	☐ General Psychology	M-F	12:10-01:10	3
SPA	111	☐ Elementary Spanish I	M-F	12:10-01:10	3
LEX	240	Family Law	MWF	11:40-12:47	2
					Collin
		EVENING COLLEGE (MONDAY & WEDNI	ESDAY)	
CIS	110	☐ Introduction to Computers	MW	05:10-09:00	3
ENG	111	Expository Writing	MW	05:30-08:20	3
HUM	211	Humanities I	MW	05:30-08:20	3
PSY	150	☐ General Psychology	M-F	12:10-01:10	3
SOC	220	☐ Social Problems	MW	05:30-08:20	3
CJC	221	Investigative Principals	MW	05:30-10:20	4
		EVENUE COLUMN			
010	440	EVENING COLLEGE			
CIS	110	Intro to Computers	TTh	05:00-08:50	3
CJC	111	Intro to Criminal Justice	TTh	05:30-08:20	3
COM	120	Interpersonal Communication	TTh	05:30-08:20	3
ENG	113	Literature-Based Research	TTh	05:30-08:20	3
HIS	121	Western Civilization I	TTh	05:30-08:20	3
PSY	281	Abnormal Psychology	TTh	05:30-08:20	3
SPA	112	Elementary Spanish II	ΤŢħ	05:30-08:20	3
		WEEKEND COLLEGE	PODAV P CATUE	DAVI	
CIS 1	10	☐ Introduction to Computers			1911 18
COM		Public Speaking	%(F)05:10-09:00	(S)08:00-11:50	3
DRA 1		Theatre Appreciation	≥ (F)06:00-08:50	(S)08:00-10:50	3
ENG		Literature-Based Research	≥ (F)06:00-08:50	(S)08:00-10:50	3
HIS 12		Western Civilization II	%(F)06:00-08:50	(S)08:00-10:50	3
SOC 2			> (F)06:00-08:50	(S)08:00-10:50	3
000 2	-10	☐ Introduction to Sociology	≥ (F)06:00-08:50	(S)08:00-10:50	3

SPRING II 8-WEEK TERM MARCH 3 - MAY 3 MCAS NEW RIVER, BUILDING AS212

CIS	110	EVENING COLLEGE Introduction to Computers	MW		
100000000000000000000000000000000000000				05:10-09:00	3
ECO		Principles of Macroeconomics	MW	05:15-08:05	3
ENG		American Literature II	MW	05:15-08:05	3
SPA		Elementary Spanish II	MW	05:15-08:05	3
CJC	113	Criminal Justice	MW	05:30-08:30	2
		EVENING COLLEGE	(TUESDAY & THUR	SDAY)	
CIS	110	☐ Introduction to Computers	TTh	05:10-09:00	3
ENG	113	Literature-Based Research	TTh	05:15-08:05	3
HIS	132	American History II	TTh	05:15-08:05	3
POL	220	☐ International Relations	TTh	05:15-08:05	3
CJC	132	Community Policing	TTh	05:30-08:20	3
		WEEKEND COLLEG	E (FRIDAY & SATUR	RDAY)	
PSY :	150	General Psychology	a(F)05:15-08:05	(S)09:00-11:50	3
REL 2	212	☐ Intro to New Testament	≥ (F)05:15-08:05	(S)08:15-11:05	3

🗷 Weekend classes start Friday, March 3, all other classes start Monday, March 6

Holidays: 19, 20, 21 April (Easter)

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fenced yard, 1-car garage,

1073. Iv detailed msg

2314.

OBO. Call 252-393-8574.

\$5,000. 252-393-8574

nelp w/ closing costs. Medical or Professional of-

455-2952 for details.

2385

89 Honda Civic, power everything, excellent condition, good body, need's radiator, perfect 2nd vehicle, must sell, \$700 OBO. Please call, 326-5224.

88 Chevy 3/4 ton work van, fresh paint, run's good, very dependable, tool shelf included, \$2,400 OBO. Must sell, call 326-5224.

1999 Honda Shadow 600 CC, 1,300 miles, red cruising bike. \$4,500 - helment included. Excellent condition. Call 355-2944

Jeep Cherokee, 1996, Good Condition, must sell. \$11,500. OBO. 355-9663. 1991 Isuzu Trooper XS. Luggage rack, AC, 4x4, 31' Daytons Trany Newly, Re-

built, strong running, sharp looking, \$5,500 or best. 97' Ford Expedition "Eddie Bauer" white beige trim, fully loaded, towing package, 5.4 V-8, 45,500 miles. \$25,500 firm. Orders overseas.

Must sell. Call 451-3504/ 355-7261 91 Chrysler New Yorker Salon, V6, power everything, CD player, good Heat/AC, 128K, must see, \$3,000.

Call 219-0116. 1989 Lincoln Town Car, runs & looks good, stored winters, 87,700 miles. \$3,300.355-2385

1996 Toyota Camry LE, 4 door, green with tan interior. Loaded. Must see. Call 355-9493

94' Cavalier, standard, CD player, runs like a pipe dream. \$2,500 or OBO. 453-9411

1996 Honda Accord EXL, 4 door, dark green, tan leather, V-Tech, auto, CD/ cass, loaded, new tires, clean car, 59K, \$15,700 OBO

92 Nissian Sentry, 5 sp. AC, 80,000 miles, \$3,300

BOATS/REC.

97' Alumcraft 14' boat with 25HP Johnson, gawanized trailer, 12' tires with 2 spaces, fishing decks, seats, boat cover, Transon saver, trailer jack plus more. Ready to fish. \$3,500. Call 355-0981.

Safe boating course presented by U.S. Coast Guard Auxiliary. Classes begin Feb. 22 in Jacksonville. Details A.J. Mitchell, 346-3318, Tom Mattison, 353-3352, Fred Ballek, 270-2560.

ELECTRONICS

Computer: 486 Sx25, SVGA monitor, keyboard, much more. \$299. Call 346-2379. Kenwood Spectrum-center 54 includes: surround system, 5 CD player, receiver, dual cassette, display cabinet, 5 speakers, tool big, sacrifice at \$500. Leave message at 910-938-7098.

FURN./APPLI.

Phantom 5 Kirby vaccum cleaner w/ accessories. \$1600. Call 577-3362

3 piece crib set \$10, aerosaucer \$25 obo, infant gym \$5, hamper \$3, teddy bear mobile \$15. Phone -355-3009.

Kenwood Stereo components. Wood cased, solid state. Cassette player; CD player; record player; AM/ FM receiver. Any reasonable offer. 353-7049 AWH. 3 pc. livingroom set \$150. For rent: Large 2 bdrm

Entertainment center, \$150. End tables & cocktail table. \$150. All for \$400. Call 577-1541

For sale: twin size bed with pull-out drawer bed. Solid wood, maple finish. \$200. Men's 26-inch 10 speed bike. \$50. Call 346-5184. 3 pc. sectional. Very com-

fortable. Dark blue with pullout sofa, 2 recliners, storage, and middle seat. Make offer. 353-9228

MISC.

Mauve recliner, \$50; Queen headboard, \$20; vaccume, \$10; cammie blouse L/R and pants L/L, \$15 each, dry cleaned once. OBO on all. Call 577-8116.

Go Cart, 2 yr. old, off road Manco, sacrifice, \$450. Call 346-2379

Weight Lifting Weights, Rubber Weights - the total pounds of weights is 204lbs. Asking \$60 or best offer. Please call, 451-3600 (ask for Sgt. Baril) or 577-6439. Wood burning stove. Good condition. \$100. Call 326-

Aluminum camper shell, Leonard, black fits 6' bed. Good condition, \$100; .36 hrust Minnkota Foot Controller Trolling Motor, 1 year old, \$200 or OBO. Call 355-

Attention Lowriders!! 5 solid chrome 72 spoke knock off Zaytons One rim slightly damanged. Only 2 years old with receipt. Originally \$2,300, only asking \$1,200 firm. Please call, 453-9319. Creighton shirts, almost orand new. 4 long-sleeve 16x31, 2 short-sleeve XL, very serviceble, no chevrons, not marked \$20 each. eave message at 456-7945

ull or area rugs in blue or purple or hunter. Also curtains to fit TT 2 windows. Also color TV, VCR or stereo. Call 353-5762.

All nighter wood stove, \$250; VO/GT 400 Gravity Rider, \$75; Epson 5000 printer w/ XTER ribbons, \$50, 205 Sheffield Rd. 353-4502/340-5005.

PETS

13 month old Blue/Gold Macaw. Large blue cage, toys & accessories. Friendly must sell. \$2000.577-3362. Free to good home - adorable kitten / 8 weeks old. Green eyes you'll fall in love with. Litter box, food, and dish included. Hurry! 455-0573.

Show Horse, 4 yr old liver chestnut hunter saddlebred mare. Pretty, friendly, great dressage & jump prospect. For intermediate or advanced rider. \$2900. 455-7110.

Pure white 3 1/2 month old kittens. Vet checked and all shots. One male and one female. \$25 each. Call 324-

2 cockatiels w/ cage. \$125. Western saddle 15" \$100. AKC Rotti \$500 - female, 9 mo. Female Persian \$100. 219-0660 lv msg

REAL ESTATE

97 Redman, 2 bedroom, 2 bath located in KMHP. Very clean, all appliances, storage shed outside. Must sell! 355-0981

front porch & back porch. Large yard in country, near bases, avail. Feb 15th. No pets. \$290 mo. Call 324-3 br/2 ba 1998 Redman home. Great shape. Selling

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OF HEALTH

Generalized Anxiety Disorder: What Everyone Should Know

(NAPS)-Life is busybusy-and often stressful. However, it is more than the hustle and bustle that can trigger anxiety. In fact, approximately five percent of the population, mostly women, suffer from a potentially serious medical disorder called generalized anxiety disorder (GAD).

GAD is one of the most commonly underdiagnosed anxiety disorders. Unfortunately, many people who suffer from GAD don't recognize the signs and symptoms or even realize that treatment for GAD is available.

Here's a quick guide to help you tell the difference between typical stress and what may be GAD:

What is GAD?

What are the symptoms? GAD is defined as excessive and uncontrollable anxiety and worry that has occurred on more days than not for at least six months and is associated with physical symptoms. GAD can inhibit normal functioning. It can make con-centrating on the simplest tasks difficult. For some sufferers, sleeping becomes very difficult. This disorder can have a tremendous impact on daily living, causing or exacerbating unrealistic worries about job responsibilities, finances and the health and well-being of family members. It also can trigger exaggerated concerns about common issues, such as car repairs, household chores or tardiness.

The physical symptoms of GAD include trembling, twitching, muscular aches or soreness. ating and abdominal upsets. GAD also can cause one to feel restless, edgy or easily fatigued. It is a chronic disorder, with symptoms fluctuating and often worsening during stressful events. The symptoms of GAD often start appearing gradually during childhood and adoles-



Generalized Anxiety Disorder is not just being nervous. It can be a serious, yet treatable, medical disorder, and should be discussed with a doctor to determine the cause. cence. It is less common for initial

GAD symptoms to appear in adulthood. GAD may be accompanied by symptoms of depression

What does having

GAD feel like?

Imagine the feelings you expewhen you've lost your wallet or have to give a presentation senior manager that could make or break your job. Most of us would experience normal stress in both of these scenarios. People with GAD live with similar apprehension. But their worry and iety are excessive and have lasted for six months or longer.

How do you know if you have GAD?

• Are you plagued by excessive corry or constant anxiety? Have these feelings persisted for periods of six months or longer?

• Does your life consist of one use moment after another? Do you often:

- feel restless, keyed up, or
- on edge? - have trouble concentrating?
- get easily fatigued?
 have difficulty sleeping?

feel exhausted, even after sufficient rest? feel irritable?

- have muscle aches and pains or muscle tension?

If you answered "yes" to experiencing three or more of the above symptoms, and they cannot be explained by another psychiatric or medical condition, you may have GAD. Talk to your doctor, because medications, such as Effexor® XR (venlafaxine HCl), the only uct indicated to treat GAD and depression, are available to treat GAD. To learn more about GAD and to obtain free educational materials, such as the "Worrying" brochure, which provides details about GAD and depression, call 1-888-222-1213.

Patients taking Effexor XR should be sure to tell all their health care providers about all medications they including over-the-counter drugs, vitamins and herbal supplements. Patients taking MAO inhibitors, another kind of antidepressant, should not take Effexor XR. Side effects associated with Effexor XR in depression trials including nausea, dizziness, sleepiness, abnormal ejaculation, sweating, dry mouth, and nervousness; and in GAD trials include nausea, dry mouth, insomnia, abnormal ejaculation, anorexia, constipation, nervous-ness, and sweating. Effexor XR may raise blood pressure in some patients; therefore, blood presure should be monitored regularly by the doctor.

Effexor XR may impair judgment, thinking, or motor skills; patients should exercise caution until they have adapted to therapy. Pregnant or nursing women should not take any antidepressant with-

out consulting their doctor.

Ask your doctor for additional information about Effexor XR.

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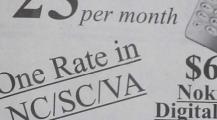
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-Aristotle

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· How and when do I give it, and for how long?
• What foods, liquids, other

medicines, or activities should my pet avoid while taking this med-

• Are there side effects? What signs should I watch for? What do I do if they occur?
• Will this new prescription work safely with other prescriptions and medicines my pet is taking?
• Is there written information.

taking?
• Is there written information
available about the medicine?
It's smart to write down the
answers to these questions immediately to make sure you'll
remember all the details.
When actually reading labels



and handling medicine containers, try to practice the following:

• Carefully read medicine labels for a description of the

drug, its indications, dosing and administration, contraindications and precautions, warnings and information on adverse reactions.

Always give all of the medication prescribed for your pet, unless otherwise directed by your

· Discard outdated medicine.

Discard outdated medicine.
 Store medicine in its original container, where the label identifies it and gives directions.
 Storing medicine properly not only protects curious children and pets, but prevents container mix-ups. Avoid exposure to children and other pets.
 Keeping more than one med-

 Keeping more than one medication in the same bottle also creates confusion and may alter the chemical composition of certain

 Always use child-proof caps on medication bottles.
 Never use medicine for pur-poses not mentioned on the label, unless directed to do so by the

Read the label about the product's tamper-evident features.
 Look at the package for tampering signs such as broken seals, puncture holes, or open or dam-

gunder aged wrappings.

Understanding label lingo is sometimes half the battle. Have you ever read a prescription written "T.1 cap. p.o. q.d.?" Unless you're a Latin scholar you are unlikely to know that this is pherently the programmer of the programmer of the programmer. unlikely to know that this is phar-macist talk for "take one capsule

tions related to prescribed medica-tions. It's a good idea to check the prescription before you leave the veterinarian's office. If there's anything you don't understand, ask about it.

Here are some of the abbreviations commonly used in prescriptions

s.i.d. once a day p.o. by mouth twice a day q.o.d. every other day e with s without t.i.d. three times a day every hour every day p.r.n. as required U or u unit o.s. left eye ut. dict. use as directed cubic centimeter o.d. right eye right ear

a.u. each ear

by mouth every day."

Finally, make sure you consult your veterinarian with any ques-

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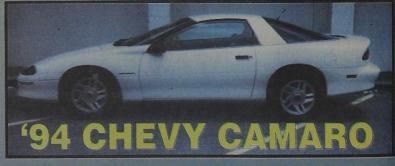
















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