

cember 17, 1999

Camp Leieune with display of strenath and faith.

THE GLOBE

our



Serving Expeditionary Forces in Readiness

Vol. 61 No. 49



# Headed to the stumps

PFC Justin Gibson of Mount Laurel, N.J., a gunner with 2d Tank Battalion, 2d Marine Division, tightens chains securing an M1 Abrams Main Battle Tank to the rail car that will take it to Marine Logistics Base Barstow via train next week. The tanks will be off-loaded at Barstow and convoyed to Twentynine Palms, Calif. for Marines of MAGTF-6 to train with during CAX 3/4 '00 starting Jan. 14. Rail transportation, which will take almost three weeks, is being used for the first time in seven years. See story on 6A.

# Avengers keep watchful eye on desert sky

22d MEU stingers ensure defense

Capt Mark Oswell



MEDITERRANEAN-When Marines and Sailors of the 22d Marine Expeditionary Unit (Special Operations Capable) deploy to the field, the Low, Altitude Air Defense (LAAD) Detachment isn't far behind.

The LAAD Det.'s mission is to provide air defense for all elements of the

'We provide low altitude air defense against any air threat that the MEU would said 1stLt Scott Cobb, LAAD Det. face commander. "We have three AN/TWQ-1 Avenge

weapons systems, and two Stinger Man Portable Air Defense (Man PAD) teams to provide this support. With eight stinger missiles and a .50 caliber machine gun each, the

Avengers provide quite a deterrent to incoming enemy aircraft.

These systems enable the MEU to operate in any environment which

may pose an air threat, stated the Charleston, W. Va. native. "We can operate at night and in adverse weather conditions Recently, these 13 Marines had two great opportunities to test their air

defense skills while training in the deserts of Egypt and Israe When asked about training in the desert, Sgt Russell Russ, Team Leader, 22d MEU (SOC) LAAD Det. explained, "You can see the enemy for miles, and he can see you." To cover a Forward Operating Base (FOB), or Combat Operations Center (COC) the Avengers try to use cover

See LAAD, 3A

### **Holiday Publishing** Schedule

observance of the Christmas and New Year's holiday, this week's GLOBE, is the last edition for this year. Be sure to

watch for the first paper of the new

### A 'starry' holiday greeting

commanding generals wish al Marines, Sailors and their families a happy and safe holiday season. See 1C.

## **Artillery gathering**

he 10th Marines Officers' Reception and Ceremony honoring St Barbara, the Patron Saint of the Field Artillery is scheduled for Jan. 7 at the Officers Club. Call 1stLt Winsome A. Nandram at 451-3352 for info.

### Y2K Guidance

M arine Federal Credit Union and Navy Federal Credit Union are preparing for the turn of the millenium and potential dangers by ensuring all servicemembers banking through them get paid for the Jan. 15 pay period. See 6A.

#### Edward's Creek Warning

strawb

All personnel are advised to avoid the Edward's Creek area aboard MCAS New River. See 3A.

# Inside

Commentary News & Features Carolina Living Chapel Schedule 1D **Traders** 

## Sea-bound leathernecks set sail for MEUEX 24th MEU moves toward deployment; Special Operations Capability next Capt Riccoh Player 24th MEU Public Affairs Office

ground, other

CE Marines -

specialists -

unrolled wire.

the computer

Aboard USS WASP — After a cold front delayed ship movement 48-hours, the 24th Marine Expeditionary Unitset sail. USS Wasp,

USS Trenton and USS Oakhill departed the port of Norfolk the morning of Dec. 2 bound for a training evolution Marine Expeditionary Unit Exercise (MEUEX).

During predeployment training each MEU must complete MEUEX, two weeks of troop and equipment embarkation, or ship boarding,

establishment communication networks and ongoing development of the rapid planning response process (R2P2).

Missions evaluated by Special Operations Training

Group (SOTG) and the exercise concludes with a tactical logistics (TACLOG) driven troop debarkation and an amphibious landing.
This exercise is the last exercise prior to

Certification Exercise (CERTEX) where the MEU earns its Special Operations Capable (SOC) designation before deployment.

**ABOARDSHIP** 

After arriving via helicopter or Landing Craft, Air Cushioned (LCAC), Marines

carefully maneuvered their Seabags, ALICE Packs and miscellaneous gear through narrow ship passageways, or up and down ladders to their berthing space

After weapons are stored, all hands have to ensure accountability of personnel and equipment, then transition to the set-up of

work spaces and mission preparation. While some MEU Command Element (CE) Marines unload boxes and crates filled with

the supplies and equipment "This is one of the best training to support the evolutions yet. Marine on the

> **LCpl Raffetto Peter** BLT 2/6, Golf Co. 24th MEU

> > loaded software and safety checked computer power cords to lay the key groundwork for MEU communication while aboard ship.

The ability to communicate is a critical element in combat as indicated by the "shoot, move and communicate" principle. Building a communication network is one of the first tasks the MEU must accomplish.

"I'm satisfied with our configuration of laptops, repairing computers and making sure

operation

under fire.

according to

Maj Terence

ormer

Commanding Officer of the

Trenchard,



A "peaceful demonstration" by roleplaying Marines at the Marine Corps Air Station New River turned ugly by early afternoon during MEUEX.

networks are up and running," said LCpl Christopher Cunningham, of Alexandria, Va., the Command Element webmaster.

Those same LCACs and helicopters that carried the CE aboard later bring the infantry Marines. Similar to the command and support element Marines, infantry arrive, secure berthing spaces and immediately

See 24MEU, 3A

# Warrior 'Bronzed' for heroics

### Gunnery sergeant exemplifies Corps' character during confrontation assure a smooth

Cpl Edward S. Harcher

On the confusing battlefield known as Kosovo, many new chapters were added to the already thick book of Marine Corps history. From the sorties flown by Marine pilots to the quick reaction of the 26th Marine Expeditionary Unit, the stories cross the spectrum of Marine

Lima Battery, 3d Bn., 10th Marine Regiment recognized one of its own Dec. 9 for his contribution to the historical operations in the war-torn

region of Kosovo.

GySgt William G. Post, attached to the 26th Marine Expeditionary Unit (MEU) as Battery Gunnery

about the violence.

That v nearly 20 Sergeant for Lima Battery, Battalion Landing Team 3/8, during Operation Joint Guardian in Zegra, Kosovo, received the Bronze Star in a small ceremony at 3d Bn., 10th Marines' headquarters. His actions during a firefight between Marines and Serb forces exemplified the character and stopping the shooting at my qualities of leadership necessary to Marines," Post said. "After it all



battery "What he did was not only very decisive, it set a tremendous precedent," he added. "That precedent was that we would take immediate action and pursue all attackers. It sent a strong message about the Marines, and dissuaded

That violence came in the form of nearly 20 Serbs attacking a Marine guard post with AK47 automatic rifles. Post heard the exchange of fire and immediately coordinated with the Marines in the post and organized a fire team for support of

the besieged men. "I was just concerned with

went down, I was concerned with getting the Marines who went with me back out of there.

His quick thinking and leadership resulted in speedy resolution of the firefight: three enemy combatants killed and one detained for questioning.

"I do not think it would have turned out as well as it did if he was not there," said Sgt Christopher Strabone, a squad leader from Park Ridge, N.J., who went with Post on the mission. "Gunny put everything at ease, and led us through the mission so we could defuse the situation as quickly and safely as possible."

Strabone received the Navy Commendation Medal for his part in the counterassault, along with Sgt Jorge Sanchez, from Westminster, Calif., and SSgt Daniel Hutsell, from

Though he led the mission, Post gives all the credit for its success to

- See BRONZE, 3A



I want a ...

Nikki Jennifer Schwankl, 4, tells Santa her Christmas wishes as she receives a candy cane. The 26th MEU Command Element celebrated Christmas early with a party. The event featured food, a Karaoke contest and special visit by the legendary Santa Claus himself.

# Seasons Greetings Semper Tooms from Commandant



We have accomplished a great deal for country and Corps during the past year, and we should all be extremely proud of our performance on the global

As we approach the threshold of

During this holiday season, our focus is properly upon our homes and loved ones.

Their care and support nurtures and sustains us in all that we do, and we should celebrate the important role they perform in our lives

Lurge all Marines to join together in observing the spirit of kinship that defines this season by showing our appreciation for the love and encouragement our families so generously provide.

As duty permits, make every effort to devote time to the enjoyment of your family's companionship, and thank them personally for their many contributions.

For those Marines and Sailors whose duties require them to spend the holidays away from home, the especially difficult

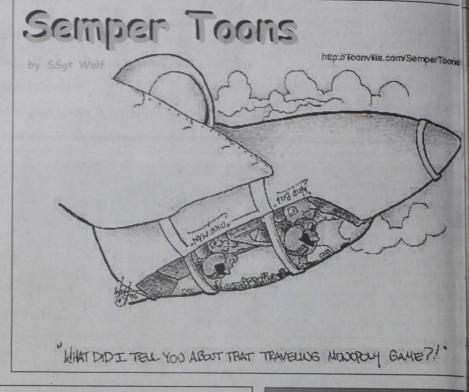
during this season. Take comfort in the support and care your loved ones impart to you wherever you may be.

Remember them in your thoughts, and rest assured that you remain always in their hearts.

Cherish their inspirational courage and strength, for they are among the greatest treasures you will ever have, and certainly the most special.

Diane and I extend our best wishes to all members of the Marine Corps team-uniformed and veteran Marines and Sailors, our family members, and civilian Marines-for a joyous and happy holiday season.

Semper Fidelis, Gen James L. Jones Commandant of the Marine Corps



# Karaka Giving thanks at Christmastime

there's no time like the present to thank some of the Marines (and others) who make THE GLOBE happen:

SSgt Anne Hodges, leaving in January for two months' training at the University of Oklahoma, will soon turn over the Public Affairs Notes editorial reins to Sgt Victoria Gross, just LtCol Keith Oliver back from a successful UNITAS deployment.

LCDR Larry Ferrell

Homemaker Laura Wolanski heads a bevy of volunteer columnists who have brightened our pages in recent months, including MSgt Eric Steinkopff, Col John Gunn, lstLt Matthew Spurlock, Fred Charles, Kirsten Holmstedt and Navy LT Todd Miller

We're grateful, too, for the devotional columns furnished each week by the chaplains assigned here. One of them, LCDR Larry Ferrell, is the closest thing

we Combat Correspondents have to a "Friar Tuck. The gang here has adopted Chaplain Ferrell as part of our mixed-bag unit, and he has graciously provided

Public Affairs, and newspapering, are team sports — and invocations, counsel and other support to our merry band. This, in addition to the visits of CDRS (CHC) Howard

Marshall and Harry Griffith, who drop by regularly to check up on the public affairs troops assigned to Headquarters Battalion MCB and Marine Headquarters Group II MEF, respectively.

Readers have enjoyed the cartoons of Camp Lejeune's own Cpl Alex Garcia as well as Kancohe Bay, Hawaii-based SSgt Charles F. Wolf.

We'd be figuratively out of ammo were in not for the topnotch support of 2d Marine Division's Combat Camera warriors and Marine Corps Base's Training Support Division.

Finally, the bylines and photo credits throughout these pages have introduced readers to our "regulars," from seasoned hands like Sgt Arthur Stone to hit-the-groundrunning PFC Allan Grdovich, who has already copped two front page photographs.

When you see one of our warrior-scribes around the training areas, please thank them for their contributions. Like many Marines, their work is often marked by pop-up requirements, long evening and weekend hours, short-fuze deployments and never-enough supplies and equipment. But they're Marines—and they work hard to make us all look

God bless 'em, everyone.

SAVED ROUNDS: North Carolina's State Commandant of the Marine Corps League, retired Col Morgan Gassman, visited Camp Lejeune last week calling on the Base CG and taking in the ribbon cutting of the new Veterans Affairs Center. Col Gassman, who lives in Charlotte, notes that Tar Heel leaguers comprise some of the most active chapters in the nation.

Check out Col Robert Neller's article on aiming stakes in the December Marine Corps Gazette. The 6th Marines CO offers an alternative approach to a time-worn method.

Speaking of the Gazette, Dec. 31 is the deadline for entries in the MajGen Harold W. Chase Essay Contestthe magazine's annual "Boldness and Daring Awards." With a first prize award of \$750, the contest "invites

articles that challenge conventional wisdom by proposing change to a current Marine Corps directive, policy, custom of practice." Complete rules appear on p. 28 of the current Marine Corps Gazette, available by subscription and in the new Marine Corps Association bookstore located at the Exchange Annex.

# Worthwhile T is back!

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THE GLOBE

Vol. 61 No. 49



Serving Expeditionary Forces in Readiness

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Editorial content is edited, prepared and produced by the Consolidated Public Affairs Office, Camp Lejeune, N.C. Any questions may be directed to: Commanding General, (Attn: Public Affairs Office).

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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



We all want the freedom that having our own car gives us, but entering a contract to lease or buy a car is a serious legal commitment; it generally is difficult to impossible to back out of a contract after the fact.

The wisest thing you can do is understand what you are getting yourself into before signing a contract. Leasing a Car - Beware: When you lease a car,

you own nothing; you are only using someone else's Think of it as renting an apartment. That is what you

are doing, only it is with a car.

period of time, and then you have to return it. Car Lease Plans are attractive because monthly

payments are frequently considerably less than buying a car, but there are definite drawbacks to leasing

Leasing or buying cars — be careful

Consumer Awareness

Expensive Lease Penalties: All car leases provide for "excessive mileage" charges.

You can only drive the car a certain number of miles

If you drive it more, then you must pay an excessive mileage charge, usually 25 cents/mile.

You also pay for excessive "wear and tear" (dings on doors and paint chips/scratches, worn tires and seats, etc.), which the owner (car dealer)

Early Termination - OUCH!: When you sign a lease, you agree to have and to

pay for the car for a set amount of If you turn in the carearly, you

pay the same fees as if you turned it in on time, such as excess mileage, wear and tear, and a "disposition fee" (a fee you pay, usually equal to a monthly lease payment, just because you are not going

More significantly, you will pay early termination fees, which are often severe.

Early termination fees are generally calculated using a mathematical equation: the difference between the 'unpaid adjusted capitalized cost" and the car's fair market wholesale value. What does this mean'

You owe the dealer a lot of money (sometimes thousands of dollars), and you keep nothing in return. Remember: when you lease, you have no ownership or equity in the car; you just get to use it.

Buying a Car: When you buy a new or a used co you get to keep the car — as long as you make monthly payments — and build up equity in it.

Once you pay your bill off, the car is yours. If y are going to buy a used car, know that in North Carol used cars do not automatically come with a warrant a guarantee that it will work once it is driven off of

Used cars are usually sold "as is," meaning you stuck with what you get regardless of how well poorly) it works.

To protect yourself fro buying a "lemon" (a bad ca have someone you trust (ot) than the seller) inspect the 1stLt Matthew A. Spurlock (its engine, tires, alignment, etc. Make sure that you test drive car and that you know that all

its components are in good working condition before you sign anything.

Lastly: Before you sign any contract to buy or lease a car or to get a loan for a car, make sure that y fully understand your contract. You may have military attorney review the unsigned contract for from Call Legal Assistance at 451-1903 to arrange of CADILL appointment; we will give priority to reviewing unsign

Spurlock, a Denver native and Base Leg. Assistance Officer, compiled the above informati-from government and other sources.

# Reason for the season

The birth of Jesus Christ is a very old story; full of meaning and mystery that captivates the whole world every time Christmas is celebrated. His birth is the reason for great joy and happiness of the

Our story begins "Once upon a time, the God of Heaven decided to send a special gift to mankind. This gift was his only begotten Son. To dramatize the birth of the Son of God, St. Luke

the inspired Chaplain's Corner Good News used different kinds of

and props. There was a weary and worried wife heavy with child, traveling a long journey with her husband from Nazareth in Galilee to Judea to King David's city in Bethlehem. She had to go with her husband who was from the lineage of King Davidto register for the census as decreed by Emperor In Bethlehem, there was a noisy crowd

to buy the car!).

Navy LT Romeo Biala

of revelers disturbing the quiet and peaceful night with their drinking and singing while Joseph and Mary were having difficult time finding a place to stay. They were tired and hungry, and no one was willing to welcome them in their The overflow in the city for the census

left no room for them in the inn with the visible "no vacancy sign" flashing. St. Luke described the situation as very critical, especially since Mary's time to deliver had come, and it compounded by a long journey riding on a donkey. The only available place that Joseph found

for them to stay was a cave used as a stable and animal shelter. It was very

cold, damp and dark. There was no one to assist Mary during her labor and delivery except her nervous husband. In the stillness of the night an exceptionally bright star signaled the birth of a child, illuminating the dark cave where the infant child was born. In another place in Bethlehem, an angel of the Lord appeared to shepherds in the field on night watch over their flock, proclaiming the Good News of great joy.

"Today in David's city, a Savior is born to us who is Christ the Lord. You will find an infant wrapped in swaddling clothes, lying in a And suddenly there was a

multitude of angels praising God, saying Glory to God in the highest. The curious but fearful shepherds decided to search for the child and they found exactly as the angels had told them."(Luke 1:8-20).

There were also astrologers from the east who saw the bright star in its rising. They came searching for the meaning of its rising. After a long search the astrologers stopped over at the palace of King Herod. Refreshed, they started their journey again as the star reappeared and led them to the end of their journey - to the infant child. They prostrated themselves in homage

to the newborn king of the Jews, offering him gifts of gold, frankincense, and myrrh. (See Matthew 2). Christmas is a Christian celebration

honoring the birth of Jesus Christ. It is the

fulfillment of God's promise in paradise to send a Savior to fallen mankind. It is

also the fulfillment of the mes the angel Gabriel brought to Mary in Nazareth. "He will be that great

and he will he called the Son of the Most High. The Lord God will give them the throne of David his father. He will rule over the house of Jacob forever, and his kingdom will have no end." (Luke

It takes a great amount of faith to believe the Christmas story and to accept that the child born in Bethlehem is God's own Son — God's gift to mankind. Christmas is also the story of God's infinite love to mankind for sending us his Son as our Savior and

It is the Good News of great joy. Glory to God in the highest and peace on earth to men of good will."

> Merry Christmas Happy Hanukkah Happy Ramadan

Biala, a native of the Phillippines is

### loliday safety

IEU, from 1A=

about mission readiness

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will give

Chevrolet Olds Cadillac

There do I stage my pack? What are the mess deck

?Gotta make sure my weapon is clean! Many of

discoveries were made in October during

3RON/MEU Integration Training (PMINT), when

of the MEU boarded Amphibious Ready Group

all begins with the CAT - (Crisis Action Team).

semble the CAT in the flagpot briefing room!" Is

nunced through the speakers of the ship intercom

MC. Immediately a flurry of Marine Officers fills

ship's passageways and make a beeline to the

running.

mmanding General of 2d FSSG, BGen Robert C. Dickerson gives a safety brief for holiday season. The general stressed safety and suicide awareness not only during bolidays but throughout the year. Savanah, Ga. native, **GySgt Richard Smalls**, sining Equipment and Visual Information Branch Chief for Training and Support Division, arine Corps Base, videotaped the message.

working together.' The timeline for detailed planning of the courses of

mission commander identifies Marines and sailors necessary for detailed course of action planning. Fifteen to 30 minutes later, three courses of action are briefed and evaluated for supportability by key members of the MEU staff. The MEU Commander, Col

action is displayed on the overhead projector, and the

Rick Tryon, makes a final "I'm satisfied with our configuration decision of laptops, repairing computers and articulates specific guidance making sure networks are up and and intent. The MEU Operations Officer, LtCol Stacy Clardy,

LCpl Christopher Cunningham **Command Element webmaster** 24th MEU

Island, S.C., states the Confirmation Brief time before he slaps the table and says, "Ready

MISSIONEXECUTION

From the Confirmation Brief, Small Unit Leaders return to their unit, issue the order, inspect equipment and perform rehearsals.

"This is one of the best training evolutions yet said LCpl Raffetto Peter, of Devin, Pa., BLT 2/6, Golf Co., M249 Squad Automatic Weapon (SAW) gunner "It's better because it's a more real world scenario and we go into an environment that we're unfamiliar with.'

LAAD, from 1A=

and concealment as best as possible, explained "Or, if we have to, we can move quickly to avoid

an enemy, and still be able to cover our sections," explained the Jacksonville, Fla native. "We can also

Riding across the open terrain of the desert in their three Avengers, these Marines had ample opportunity to practice their Standard Operating Procedures (SOPs) and even conduct a bit of live

'We fired the Avenger's .50 cal (machine guns) and our small arms weapons out there," added Russ. Being able to conduct training with the other Major Subordinate Elements to include, Battalion Landing Team 3/6, MEU Service Support Group-22, and the 22d MEU (SOC)'s Command Element, brought to light the full potential of their mission as

"I learned about our brother units, and how we would work together in a 'real world' situation,"

explained Sgt Randy Brady, another Team Leader for the LAAD Det., when asked about his experiences

"Back in the rear we train to work by ourselves, but in war it's a joint effort," continued the Rosenberg,

"This trains us and gets us used to

air defenders for these Marines.

in Israel and Egypt.

"Providing security and doing night patrols in this environment is good training." He said, while providing security for a humanitarian assistance mission, one of many missions the MEU may be called to action for.

Other missions during MEUEX were: deploying the Forward Command Element to an Embassy. noncombatant evacuation, convoy operations. precision raid, mass casualty drill, embassy reinforcement and an amphibious landing.

Cpl CliffT. Dossantos, BLT2/6, Communications Platoon, Training NCO from Miami, Fla., had an almost identical experience during the Mass Casualty Drill.

"As a team leader for the litter bearers we helped the corpsmen by checking casualties for weapons and explosives, then moved them to their areas to receive treatment," he said.

The next training event for the MEU will be Certification Exercise (CERTEX) in January.

Storm and Desert Shield Operations we followed, and everything turned in the Persian Gulf in 1991

"I tried to capture everything in the citation," Trenchard confessed. but he was just the right man for the job. He is the kind of man you like to have close to the friction point, no

# Edward's Creek soil testing



As a precautionary measure, all personnel aboard Marine Corps Base Camp Lejeune and Marine Corps Air Station New River are advised to avoid the area of Edward's Creek behind/north of the enlisted housing area on Marine Corps Air Station New River.

Recent routine soil testing at the Defense Reutilization Management Office (DRMO) storage site aboard Camp Geiger found volatile organic compounds (VOCs) in the ground. VOCs are found in cleaning solvents and degreasers.

It is possible some of these compounds may have migrated through the soil into Edward's Creek immediately south of the DRMO lot.

All drinking water aboard New River and Camp Lejeune is safe to drink. No drinking water is taken from Edward's Creek.

Drinking water comes from source wells aboard New River, none of which are within 2,000 meters of the Camp Geiger DRMO lot. The drinking water here is regularly tested and is in compliance with all State and Federal regulations.

Personnel living in and working on the Air Station New River near Edward's Creek are not at risk.

Edward's Creek has been tested for these compounds, and results of these tests will be released as soon as they are available. Until that time, all personnel should avoid the area.

Signs will be posted in the area to remind all personnel. This is merely a precautionary measure, and is in effect until further notice.

### fingroom. IONZE, from 1A=

three junior Marines I did not know if it was a small ck or a larger, coordinated attack, I just did what I thought had to lone to protect my Marines," the wn Deer Wis., native said. "I 't think I did any more than the er three that went with me.

Sanchez disagrees. "It was scary," he said. "We pretty much just followed the gunny. When I heard the shots, I did not know what was going on. It was my first time being shot at.'

"I was pretty nervous," agreed Hutsell. "He took charge. He ledUnlike his three squad members

from Pawleys

Post is no stranger to combat action. He served in Beirut in 1983, where he experienced the shock of incoming mortar and small arms fire.

He also took part in the Desert

1408 Western Blvd., Jacksonville

NCOA

92's 92 TOYOTA PREUJA 95's	746BT	\$8,495
95 CHEVROLET CORSICA 49,000 MI	LES <sub>XP217BP</sub>	\$6,995
96's	764AP	\$7,995
96 OLD CUTLASS 2DR	884AP	\$8,995
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97 DODGE DAKOTA 4x4	9P493AT	\$14,995
97 HONDA ACCORD EX 4DR 28,000	MILES XP282BP	\$15,995
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97 CADILLAC D'ELGANCE	9P381AP	\$21,995
97 CHEVROLET SUBURBAN 4X4	XT439AT	\$24,995
98's PONTIAC SUNFIRE		\$9,995
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99 CHEVROLET CAVALIER 6,000 MII	LES <sub>XT215AP</sub>	\$12,495
99 PONTIAC GRAND AM'S		\$12,995
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MSgt Dana L. Winslett, Battalion Operations Chief, 2d Battalion 10th Marines, 2d Marine Division, from Orlando, Fla., and SSgt Stanley Staniszewski, Headquarters Battery Gunnery Sergeant, 2d Bn 10th Marines, 2d Marine Division, from Buffalo, N.Y. were two of the four servicemembers who successfully completed their fifth and final smoking cessation class Dec. 12 while in the field

# Field Marines find time for tobacco cessation

Sqt Bobbie J. Bryant

Marines and Sailors in 2d Battalion, 10th Marine Regiment took time out of their normal routine while in the field to attend their final smoking cessation class Dec.

"Smoking Cessation is a program designed to provide personnel the facts and incentives to change a major lifestyle that currently contributes to the leading cause of preventable deaths in the United States," said **Duane C.** Wischnowsky, Tobacco Facilitator and Health Educator for 2d Marine Division from Kankakee, III.

Tobacco related illnesses have caused the deaths of about 430,000 people each year, according to the American Cancer Society.

Not all smokers who die are old. Many die when they are middle-aged and never have the opportunity to see their kids grow up or see their grandchildren.

Cigarettes are loaded with 43 harmful chemicals that can cause cancer. Scientists have now proven that secondhand smoke is just as bad for kids as smoking is for parents, ccording to the American Cancer Society.

Also, children who live with parents who smoke get colds more than other children. They also have more ear infections, allergies, and diseases like bronchitis and pneumonia

"We're finishing a five-week program that started with 27 Marines and Sailors, Today, we're down to nine," said Wischnowsky.

Out of the nine remaining participants, three Marines and one Sailor attended the fifth class in the field.

They started this program knowing that they would have a field exercise the last week of the program," said Winschnowsky.

Being in the field is a way of life for these Marines. They see that as an obstacle, and he said, "I would like to break that myth."

"In order to quit tobacco use you have to be committed to a change in lifestyle," said Winschnowsky.

"The program is ex cellent," said MSgt

Dana L. Winslett, Bn

Operations Chief, 2d

you have to be committed to a educate us," saic you have to be committed to a Bn., 10th Marines 2d Marine Division from change in lifestyle. Orlando, Fla., who was one of the Marines

who made it through

the program. "When we started out we had the majority of the of fice in the class. A couple for whatever reason didn't stick with it, but you have got to be ready to quit.'

"The class has made me aware of the dangers of tobacco and the number of people that are affected by it," said **Sgt Christian D.** Jester, Fire Direction Controlman, 2d Bn., 10th Marines, 2d Marine Division from Pawhuska, Okla.

Smokeless tobacco is a dangerous alternative to smoking tobacco, according to Cen-

ters for Disease Control and Preve Smokeless tobacco use can cause gu ease and cancer of the mouth, pha esophagus, and pancreas. It can also

irreversible gum recession. One major study has shown that s less tobacco use doubles the risk of

from cardiovascular disease 'I would recommend the class to who are trying to quit the use of tobac is informative and gives you the statis all the harmful side effects of tobacco

Jester. "Winschno educate us,'

Stanley Stanisz Headquarters B Duane C. Wischnowsky Gunnery Sergea Tobacco Facilitator and Health Bn., 10th Marin **Educator for 2d Marine Division** Marine Division Buffalo, N.Y.

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"We couldn't be in the classroom, s fit it into their schedule to be in our en ment so we can stay on the program, Staniszewski.

To register for smoking cessation cl Base Aid Stations can assist Marine Sailors. Units can have classes sche with a one-week advance notice by c 451-5669. For Marines and Sailors who like to attend the class, but are in a tight with time, one-on-one counseling can b

# Town meetings making difference

Mary E. Prince

Since the Nov. 18 meeting for persons with special needs, several actions have occurred to improve the quality of life for persons with disabilities and their families on base. Some of the actions to date are: Base Housing has eliminated the need for approval by the Naval Hospital Commander on requests for priority housing by Category IV Exceptional Family Members Program (EFMP).

The Exchange pharmacy has installed seating outside the building to assist persons with disabilities.

Bonnyman Bowling Center is coordinating a bowling league for children and persons with disabilities

make the Area 2 pool totally

handicapped accessible. Items currently under re

· The purchase and installation of a wheelchair lift for the Area 2 pool.

"beach wheelchair" to the list of recreational The addition of a Onslow Beach

· A study is in progress for therapeutic horseback riding at the Base Stables.

A new committee was organized to provide oversight into the implementation of programs for special needs families on base. The committee met for the first time on Dec. 9, when they selected the following official name:

Military Committee for

Persons with Disabilities. · Officers elected to the

committee were President, Kristin Whalen:

Vice-President, SgtMaj Pat Guinn; Secretary, Loy Apriesnig; Assistant Secretary, Diane Presley; Parliamentarian, Craig Reed; and EFMP Coordinator, Mary Prince.

• The committee will meet the second Thursday of each month at 7pm. Location will be Bldg. 84, Marine Corps Family Team Building classroom. The meetings will be open to all who are interested and wish to observe the process

· The Exceptional Family Member Program Coordinator is the designated advocate for all persons with disabilities on Camp Lejeune. This includes

both EFMP families and retired military personnel. The Coordinator is located in Bldg. 14, Main Service Road. The telephone number is 451-3212, extension 109.

The EFMP Parents Support Group, "Lejeune Parents Supporting Parents" will continue to meet the last Monday of each month, starting again on Jan. 31, 2000. The time is from 6-8 pm, location is the Key Volunteer Center, Bldg. H-14.

Some of the topics we will cover include ADD/ADHD, Children and Parent's Rights, TRICARE, and many others.

My sincere thanks to evervone who is working to help make Camp Lejeune a better place to live, work and play for persons with disabilities and their families

# Chosin Few steps back in time

USMC Retired MSgt Max Gribelar

On Nov. 22, local members of the coastal Carolina Chapter of The Chosin Few gave a presentation to the Officers and Enlisted Personnel of Alpha Company, 2d Combat Engineer Battalion, 2d Marine Division

Presentations included events leading up to and surrounding the Epic Battle and the fighting withdrawl from the Chosin Reservoir area in the mountainous region of North Korea, by the First Marine Division during the bitter winter, Nov-Dec of 1950.

Presentation were given by Chapter President **Don Ivers**, who served with Easy Company, 2d Battalion, 7th Marine Regiment, Chapter Secretary Pete Stapleton, who served with Service Battery, 1st Battalion, 11th Marine Regiment and Easy Co., 2d Bn, 5th Marines and Gary Gigg, who served with Charlie Company, 1st Engineer Battalion. All served at Chosin.

Each gave their personal accounts of the battle as they saw it and as it happened to them and the hardships that were endured while fighting in sub-zero temperatures against overwhelming odds, "The Chinese Peoples Armies" which had the Division trapped. Events also included the Breakout and the fighting withdrawal down a twisting, one-lane dirt road. terrain on one side, sheer cliffs to the through 78-miles of bitter cold and enemy blocks, to the Navy Ships in Hungnam H waiting to evacuate them, their equipment, with over 100,000 North Korean men, w and children to safety.



USMC Retired MSqt Max (

The Chosin Few Chapter Secretary, Stapleton, who served with Ser Battery, 1st Battalion, 11th Marine Regii and Easy Company, 2d Battalion, 5th M Regiment, gives presentation on the Battle of the Chosin Reservoir to a g of Marines at Camp Lejeune.

# Camp Lejeune base library offers best of '99

Martha Spencer

As surely as Christmas comes around each year, the best-of-the-year lists begin appearing to praise outstanding books, music, fnovies and the like. This year is no exception and Amazon.com has released its list of its ten favorite books of 1999.

The Base Library has ordered all of the remaining ones that we did not already have. Look for them in the new books area of the library

"A Star Called Henry" by Roddy Doyle, takes the reader deep into Ireland's fanatic heart. Set in the early years of this century, it is the story of an appealing, street-smart hero and an entire gallery of unforgettable

"The Last Life" by Claire Messud, takes us from France to Algeria to London and explores the peculiar burdens of exile. It is also a meditation on family and "the heart-rending fabrications of personal history

'Amy and Isabelle" by Elizabeth Strout is a story of two women, a mother and daughter, who waver between mutual adoration and abhorrence. The author recounts this hot-button relationship with rare and remarkable delicacy.

"For the Relief of Unbearable Urges" by Nathan Englander, presents nine superb slices of Jewish life. "Wickedly intelligent prose and world-class imagination belie his age a tender 28.

'Passage to Juneau" by Jonathan Raban takes him from the caffeinated precincts of Seattle to the Alaskan frontier. Navigating the chaotic Inside Passage in a 35-foot ketch, the author chronicles its history, culture,

and landscape with his customary brilliance - and encounters some personal turbulence along the way.

"Waiting" by Ha Jin, begins with an almost fairy-tale-like premise: a husband returns to his village year after

year to divorce his wife, who refuses him each time. In the end, however, Ha Jin's novel is a painfully realistic portrait of marital gridlock - and an off-the-cuff allegory of totalitarian politics.

"Layover" by Lisa Zeidner, portrays the life of a woman who has held herself together through the loss of a child and a failing marriage. When her husband confesses an infidelity, Claire Newbold begins a selfdiscovery spree, which the author tells in "some of the wittiest and wisest prose in recent memory

Happy reading in the new millen-

# Lejeune prepared for "Millennium Bug"

Cpl Edward S. Harcher

As the next millennium approaches, the fears of millions of people approach with it. When the clock strikes midnight Dec. 31, any number of things are expected to happen — from planes falling out of the sky to global anarchy. Many of these expectations are pure speculation. Others, like the so-called Y2K bug, are based on

Hundreds of web sites are dedicated to the big debate: whether or not the Y2K bug is real. Dozens of programs are available to make sure your computer at home does not succumb to the as yet unproven theory that most of the world's computers will shut down once their internal clocks read 01-01-00.

While some fear the worst, others are dismissing the problem as some type of hoax.

True to its nature, the Marine Corps has taken a proactive approach to the Y2K crisis. The issue whether or not the problem is real will be avoided entirely by making sure vital information systems are pro-

Since most computers in use by the Marines are PC-based, the Marine Corps has instituted a force-wide Y2K compliance program.

Here at Camp Lejeune, the Information Systems Management Division (ISMD) has taken the immense task of upgrading all personal computers and network systems to assure no loss of computer resources due to Y2K.

"We should not have many problems with the system," said LCpl Timothy Norwood, a network technician with ISMD's compliance team. "We have been running the program Headquarters Marine Corps has designated to fix our internal clock problems with, so we should have very few problems."

Over the past year, teams from ISMD have been checking every computer and associated systems for compliance, according to **Sgt Deborah Harcher**, from Detroit, a network administrator with ISMD's Wide Area Network

"The problem is with the computers' clocks, especially on older computers," she explained. "The fix takes about 10 minutes to perform, and will not delete any files or the computer's hard drive. Everything should be up and running fine for New

Year's," Norwood, from Daytona Beach, Fla., added. "We only have a few sections left to fix, and they should be completed before New Year's Eve.'

The teams have also gone through the area network to make sure all servers and switches are compli-

"All the firmware in the network is complaint, according to the manufacturer of each system," Harcher said. "In the event they are wrong, though, there will be a large team standing by here making sure no devices go down. If a problem does come up, they will fix it."

Translated into layman's terms: when the units come back from the New Year's holiday, e-mail will be working.

"This is not something made up," Harcher continued. Computers are designed and programmed to talk in time. There will be problems with personal computers, but the world is not going to end. Nothing is going to happen that cannot be fixed."

The team recommends making copies of any files of special concern. Any problems experienced with government workstations should be directed to unit information Personal computers and workstations are not, however,

See Y2K, 6A

# Christmas in Korea

In 1950, Navy Corpsman Dan Heath of Walnut Cove, N. C. shipped out to the Far East with a gift from the governor — the flag of his home state. Heath, a retired senior chief who later attended seminary and went into the ministry, now lives in Beaufort, S. C. with his wife, Darlene, also a Walnut Cove native.

Civilian Personnel

Don't forget to visit the HRO web site at www.lejeune.usmc.mil/hroeast for Human Resources related infor-

People are always interested in lump sum payment for annual leave on the books when they retire or resign. OPM has developed a fact sheet on this subject. You can read the fact sheet at http://www.opm.gov/ocal/ riod covered by the annual leave

leave/HTML/factsht.htm. A Federal employee is entitled to of accumulated and accrued annual receive a lump-sum payment for any

unused annual leave when he or she separates from Federal service or enters on active duty in the armed forces and elects to receive a lump-sum pay-

Generally, a lump-sum payment will equal the pay the employee would have received had he or she remained employed until expiration of the pe-

A lum-sum payment is calculated by multiplying the number of hours

leave by the employee's plicable hourly rate of p plus other types of pay employee would have ceived while on annual lea

excluding any allowances that paid for the sole purpose of retain a Federal employee in Governm service (e.g., retention allowances; physicians comparability allo

Editor's note: The above int mation was compiled by the Ci ian Personnel Office.

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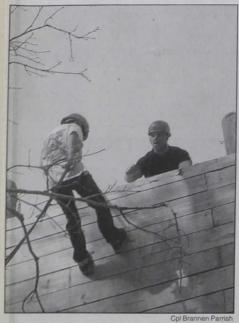


Marine Corps Exchange **Camp Lejeune, NC** 





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Sgt Brian R. Gross, a Collingswood, N.J., native gives Ryan McCausley, 14, Swansboro, encouragement as he makes his way down Rollings Peak

# Youth overcome fearsome heights SOTG Marines teach rappelling techniques

Cpl Brannen Parrish

Fourteen-year old Crystal Wallace, of Jacksonville, N.C. peers over the edge of the forty-foot rappel tower known by the Marines of Special Operations Training Group, as Rolling's Peak. A rope seat fashioned around

her lower body

bunches up her jeans

Trembling, she grips

diaper

Before rappelling:

"I can't do it, I'm another line attached afraid of heights ..." to her rope seat. She Crystal Wallace, 14 turns so that her back is facing the edge, and

begins to inch backward, closer to the edge. Just when her heels feel the emptiness of open air she freezes, "I can't do it, I'm afraid of heights," she says as she inches forward away from the ledge.

Sgt A. J. Ziller, of Special Operations Training Group's Mountain/Arctic section tells her she is safe. "You're not going to fall," the Bloombsberg, Pa. native assures her.

Once again, Crystal moves toward the edge of the tower, turns around and slowly backs her heels over the side. When Ziller tells her to bend at the hips until she forms an "L" shape against the side of the tower she does it. She has passed the most fearsome portion of the rappel

tower, trusting the rope. Once rappel students overcome the initial fear of going over the edge, their courage on the tower increases exponentially. Crystal proves this as she increases her speed coming down.

"I want to do it again," she says, when her feet touch the ground.

Crystal is one of several young women who are participating in the Venturers program, a coed youth program run by the Boy Scouts of America. Venturers is

offered to males and females aged 14-20.
According to Pat Curley, Venturer's District Executive for Onslow County, Venturers is scouting's "Next step."

"What we discovered was that the average age of the Eagle Scout is 14 years and nine months, but Scouting goes until the age of 18," said the retired Marine, who maintained his ties with the Boy Scouts throughout his Marine Corps career. "This is a natural transition for youth

groups and Boy Scouts because it incorporates members of the opposite sex, which is good because boys and girls at this age want to around one again."

After Crystal'sr feet touch the ground:

"I want to do it

The Venturers program is hobby-based. Ventur built around high adventure activities such as rock clim rappelling, scuba diving and sports. The Boy Sco America have been offering Venturers for more that years, but it wasn't open to girls until last April.

SOTG adopted Venturers Crew 197, last July. Since programs inception, SOTG has offered a Discover S and a Discover Mountaineering courses.

Curley says he would like to see more youth group Marine Organizations follow

SOTG's example and adopt Venturers. Both the y people and the Marines benefit, he says. "The kids learn about new, exciting activities and a lot of y Marines can get in and mingle with people their age

The minimum age to be a Venturer advisor, one people who works with the young people, is 21.

For the Marines of SOTG, taking a Saturday to go and teach young people rock climbing and rappelli more like a vacation than a vocation.

"When they asked us if we would come out here teach a Discover Mountaineering course we said would," said SSgt Eric Kuhns, an instructor with Moun Arctic, SOTG, and a native of Lockport, New York "Iti a problem for us because we love what we do. We sharing our knowledge with all the kids."

# All aboard! 2d Tank Battalion rolls down 'Rock Island Line'

Sgt Sharon G. Angell

pending three days loading a train for a long haul is something different for the Marines aboard

Camp Lejeune. They are used to flying, driving, and even boating their equipment for the deployments they go on. However, this year the warriors of Marine Air Ground Task Force-6 are loading a train with all of their heavy equipment and railing it to Twentynine Palms, Calif., for the Combined Arms Exercise 3/4, '00, scheduled

An overhead view of the work being done by Marines of MAGTF-6 in preparation

for the train ride their heavy equipment will be taking to Twentynine Palms for

CAX 3/4 '00. This is the first time in seven years the rail road method has been

The rail method of transport is being used for the first time in several years.

Vehicles that were too heavy or large to fit in a bilevel car, designed for small vehicles like high mobility multi-purpose wheeled vehicles, were placed on a flat bed car for transportation, according to Chief Warrant Officer Lloyd E. Edwards, MAGTF-6 Embarkation O.

All iso containers and quad-cons (boxes for holding gear) were also loaded on the train to be transported. According to those working on the scene, the loading

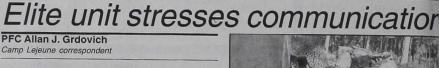
of the train went very smoothly.

"The loading of trains with all the safety features went well. No major incidents so far," said Edwards.

There were two teams designed to ensure all loading went well. One team was at Lot 201 here to watch over the loading of the quad-cons and iso containers and to update Edwards on how everything was going. Another team was at Lot 140 loading the

Even though Marines are not traveling on the train, they are scheduled to fly early January to join the cargo.

carrying 550 pieces of gear is scheduled to leave sometime this week arriving in the Marine Corps Air Ground Combat Center in early January.



The II Marine Expeditionary Force prides itself in being one of America's elite military units. To be effective

in their mission, communication is essential. This is where 8th Communications Battalion steps in. Marines from the 8th Comm Bn. took part in an out door communications setup exercise from Nov. 30

Camouflage nets, concertina wire, large satellite dishes and hundreds of yards of cable scattered the ComEx site after the Thanksgiving holiday.

'The purpose of the exercise was to practice getting communications equipment setup efficiently to supply vital information to the (Marine Expeditionary Force) said Virginia Beach, Va., native, SSgt David A. Edgette, Multi-Channel Chief, 8th Comm Bn.

'Our goal is to practice providing effective services to the MEF. We're accomplishing an important mission and we're having a good time doing it. I'm sure my Marines would rather be out here than inside behind a desk," said Seabrook, S.C., native, Sgt Maj. Carl R. Green, 8th Comm Bn., Sergeant Major.

Approximately 230 Marines from 8th Comm and II MEF took place in the exercise, said Green.

Some of the essential equipment that was needed for the setup was the Tactical Communications Satellite 85 and the Army-Navy Tactical Telephone Center 42. The TCS is a large satellite dish.

During the ComEx, 8th Comm Marines used the TCS-85 to practice transferring information to the 2d Marine Division, 2d Force Service Support Group and Air Combat Element, which also included Marines from Cherry Point Air Station, According to Reston, Va., native, 2ndLt Karen M. Cerino, Network Platoon

Commander, 8th Comm Bn. The ANTTC-42 is used to connect forces with Secure Internet Protocol Router Network service along with Non-secure Internet Protocol Router Network



Sgt Anthony S. White of Salem, Wis., prepare: to serve hot chow to St. Augustine, Fla., native Sgt Sidney M. Dorego during the 8th Communications Battalion NCO COMMEX.

service staff in other units.

"What SPIRNET and NIPRNET systems do is prov secure and unsecured lines for us to relay messages. essential for transferring mail, web browsing and teleph service. The system can hold up to 96 users," said Cer According to Cerino, the exercise was successful

brought upon needed experience. "The entire communications setup took about th

and a half to four days, which is good," said Cerino. Marines from 8th Comm Bn. who spent the last days sleeping outside in an unseasonably wa December did not do so without sacrifices.

'Many of us have had about three to four hour: sleep for the past seven days, but these (Marines) some hard-chargers and that is what helps us get job done," said Edgette

Furthermore, the II MEF combat units in gene continue to be America's fighting forces of choice, with every great unit there is a foundation that m keep them strong and most importantly, informed

Whether informing Marines or helping with suppl in the rear, we can be assured that the foundation, Comm Bn. Marines, have the know-how to be effecti

LtCol Charles G. Reeder

851 Country Road 114 Jack, Alabama 36346

19 November 1999



Cpl Patricia A. Taucher

# Farewell warrior

In a morning colors ceremony Dec. 10, Salem, W. Va., native, Col Ralph E. Pearcy II, receives the National Ensign from the MCB Commanding General MajGen. Ronald G. Richard. Pearcy said farewell after serving more than 31 cumulative years in the Marine Corps. He most recently served as the Assistant Chief of Staff, Staff Judge Advocate, Marine Corps Base. Pearcy and his wife, Mary Jane, have two daughters, Julia and Sarah.

Y2K, from 4A =

the only area of concern expressed by many people

Another major fear is a collapse of the banking system. Many Marines wonder if they will be paid on Jan. 1.

Through each institution's web site, Navy Federal Credit Union at www.navyfcu.org, for example, information is available on what steps have been taken to protect individuals' bank accounts. The Marine Corps' Y2K compliance program has included all personnel records and financial systems.

A less serious concern popular among the media is auto-motive problems, caused by computer chips in newer vehicles' engines.

According to Base Motor Transport, there is nothing to fear. "Cars do not know what year it is," said LCpl Edron

Herbert, Chief Dispatcher. "The fleet is not going to shut down on New Year's Eve, but if we do have any problems, the vehicles are still under warrante

The technician side of Base Motor Transport agrees. "Computer chips in cars and trucks operate in milliseconds, not years," said one mechanic who has amassed almost 40 years of experience. "There may be some problems with [Global Positioning Satellite] equipment and dashboard accessories, but the cars are not going to shut down at midnight."

'Nobody has to worry about their cars breaking down because of Y2K," Herbert, from Dothan, Ala., said. "It's not like they are going to think it is 1900 and disappear because they **COMMANDER** 2d Intel Bn, Topo

Camp Lejeune, NC 28542

Dear Sir,

Thinking that the Army had a corner on all the good young men; that is, until my own son chose the Air Force, I chuckled when Is aw signs proclaiming that ``The Marines' and the Air Force, I chuckled when Is a wigner of the Air Force, I chucklwere still looking for a few good men." Not any more! I am now eating my words.

On Sunday afternoon, Nov. 14, my wife and I were returning home from school I had attended that weekend. On the way, many miles from and literally in the hinterlands of west Florida and South Alabama, we stopped to visit the graves of my grandparents. As soon as we had exited the car, we were both instantly struck with the numbing realization that we had just locked ourselves out of the car. There we were, Sunday afternoon, miles from anywhere, didn't know a soul, emergency phone numbers locked inside the car, we were dumb struck.

Praise God! Your man showed up. He drove by as my wife and I were peering into the car with what was obviously a very bewildered look. He returned, confirmed our dilemma, went for help, and then returning again, stayed another half hour until he had opened our car door with a trusty borrowed coat hanger.

Sir, he would not accept any rewards or gift and only reluctantly agreed to give us his name and address when we promised not to send him anything. He was adamant, claiming that he was glad to do it and that it was what any GOOD MARINE would be glad to do given the opportunity.

My wife and I do not know just how many good men the U.S. Marines have found, but we do know this: You have found at least one, his name is Aaron Charron, and he is a member of your battalion.

Please convey our heart felt thanks and appreciation to him. He was truly a Godsent angel of Mercy to my wife and me on that Sunday afternoon.

Mary a CHALLES U. NECUCI LtCol, Infantry U.S. Army (Retired)

Editor's Note: This letter was sent to the Topographical Platoon Commander, Headquarters Battalion, 2d Intelligence Bn., Capt Matthew Skirmont, after Cpl Aaron Charron, a Baker, Fla. native, helped the Reeders in their moment of need. Charron's actions on this Sunday afternoon are a great example of what separates Marines from all other military services.

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Marine Corps Exchange
Camp Lejeune, NC



# Bulletin Board



To submit your units' events (changes of command, volunteers, openings/closings, training sessions, family days, etc.) phone Candy McDonald at 451-7429 or email McDonaldcr@lejeune.usmc.mil.

#### II MEF

Help make a child smile this Christmas. Place a new, unwrapped toy in the box located in the MEF Headquarters Group Conference room. Drive ends Wednesday.

The next mandatory meeting for each section's embark rep will be Jan. 21 at 1:30 p.m. in the MFG conference room.

The CO approved the II MHG FY00 Annual Training Plan and the II MHG Training SOP. Copies will be distributed to each section. Be safe and train hard. For more information, call 451-2164/2233.

### AFCEA Luncheon

An AFCEA Luncheon will be held Tuesday at 11:30 a.m. at the Staff NCO Club. Admission to all personnel is free but lunch is \$5.80. Guest Speaker is SES4 Monica Shephard.

## The Exceptional Family Member Program

The Exceptional Family Member Support Group has been revised and improved. They are now known as "Lejeune Parents Supporting Parents." It has been expanded to include all learning impairments, mild to severe. The group is open to families of ADD, ADHD, Autism, the visual or hearing impairment, which presents a challenge to the individual or parent.

The Exceptional Family member Program and MCCS invite you to join with them as they work together to improve the quality of life for individuals with special needs and their families. The new group begins Jan. 31 at the Key Volunteer Center, Bldg. H-14, Julian C. Smith Road from 6-8 p.m. For more information, call 451-3212/3219 ext. 109.

#### Closures

Marston Pavilion will be closed for renovations Jan. 1-March 15. For more information, call 451-1799.

#### Volunteers

Volunteers are needed for girl scout leaders or assistant leaders. Volunteer today and help make a difference. For more information, call Amy R. Roberts at 353-3798.

Volunteers are needed to help with women and children of domestic violence. For more information, call 346-1611

#### CREDO

Have you ever considered a weekend getaway? What if it was free? CREDO, Camp 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 program is 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

#### MCB

A Family Day will be held at the Marine Corps Exchange Saturday. There will be special food sampling and demos.
Register to win a \$500 shopping

A Pre-Separation Brief will be held each week from 7:15 a.m.-4 p.m. This is a mandatory class that must be attended 180-90 days prior to EAS. See your unit dates. For more information, call

## 2d MarDiv

The 10th Marines Officers' Reception and Ceremony honoring St Barbara, the Patron Saint of the Field Artillery is scheduled for Jan. 7 at the Paradise Point Officers Club. For additional information contact 1stLt Winsome A. Nandram at

### 2d FSSG

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information, call Sgt Kaynnera T. Capers at

Tuesday — Resource II from 9-11:30 a.m., and

### II MACE

Toys for Tots, Marine Corps Reserve present an Ultimate Wrestling and Alliance show Saturday at Southwest High School, Hwy 53 in Jacksonville. Don't miss a Season's Beatings, an ultimate championship crudge match between Sevor "The Bounty Hunter and Chilly Willy "The Ghetto Superstar" also starring T.O.A.D., Q-Sic, Dewey Cheatum, LeFletcha, Skrubb and Santa Claus. Show begins at 7:30 p.m. doors open at 6:45 p.m. Tickets are \$5 with each toy donation. Children 6 and under are free.

### **Upcoming Events**



If you are the spouse of a servicemember, the USO Spouse Support Group is for you, whether your spouse is deployed or not and regardless of rank. Visit the USO, Station No. 22 on the selfguided tour of Jacksonville. Stop in to pick, up your brochure and enjoy a tour of the oldest USO in the world. A Snack bar is

Coastal Paintball presents the second annual three-player novice Christmas Cash USO Fund-raiser Tournament Saturday at Coastal Paintball, Highway 17 S.

Entry fee is \$75 per team (six-game format). Airfee is \$10 per player (air included for rentals). Paintballs are \$70 case or \$17 per 500 round.

This is a field paint only event. Rental package is available and it includes: gun, mask, air and 500 rounds of paint — \$30 (team entry fee additional)

Cash and prizes will be given. To register, call 347-4199. Registration is accepted no later than 7 p.m., today.

# **Sand Dune Restoration Project Announcement**

n Jan. 22, the Environmental Management Department will sponsor a sail dune restoration project at Onslow Beach using Christmas trees. Member of the Fish and Wildlife Division and area Scouts will help move and position the trees around existing dunes and places were sand accumulation is desired.

The dunes provide a unique habitat for certain plants and animals as well needed protection from strong wind and wave action.

Personnel who live in Base Housing can participate by ensuring that all tinsel removed from the trees when they put the trees out for pick-up. Questions regarding this project should be directed to either Dave Rice or Eric Davis at 451-2148.

# 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 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. office at 451-1299.

Transition Support Services (TSS) presents welcome aboard/newcomer's orientation brief 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 is mandatory and in accordance with MCO 1320. 11E. Spouses are encouraged to attend. For more information, call 451-3212 ext. 135.

## Self-Improvement

YMCA Career Opportunity for transitioning servicemembers, family members and high school seniors. YMCA Senior Director's Degree at Aurora University. \$5,500 locally issued scholarship renewable for five years is available now. For more information, call 451-

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 the 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 Building 65 ssroom. 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,

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

A Family Care Plan assures you that all will be taken care of if you suddenly deploy. If you have a family member with special needs, if you are a single parent or dual military parents this plan is for you. MCO 1740.13A states that a Family Care Plan is to be on file with your command if you are in this category. Stop by the Transition Support Services at building 14, Main Service road and pick up the information needed to develop your very own Family Care Plan. For more information, call 451-3212/3219 ext. 109.

### Upcoming Events

American Girls Mother-Daughter Tea Party will be held March 18 from 1-3 p.m. in the SNCO Club. This event is open to girls in grades 2nd to 6th and their mothers. Limited to 100 Mother-Daughter teams. Parents of girls in this age bracket who are interested in being a part of the committee are asked to contact Jean Sybrant, base library at 451-5724.

Holiday Sale and Customer Appreciation Days will be held at Paradise Point Golf Course

Monday-Thursday. Stop by shop, and enjoy some festive refreshments. For more in-

formation, call 451-5445. New Year's Resolution 5K Run, Walk and Fun Run will be held Dec. 31 at Onslow Beach. Fee is \$15 preregistration, \$20 registration fee day of event. For more information, call 451-

New Year's Eve Party will be held Dec. 31 from 9 p.m.-2 a.m. at Geiger Tiger. Advance tickets are available now at Geiger Tiger or at the Camp Lejeune SNCO Club. Members fee are \$45 per couple at the door or \$22.50 per person. \$40 per couple in advance or \$20 per person. Non-members are \$55 per couple at the door or \$27.50 per person. \$50 per couple in advance or \$25 per person. There will be a disc jockey, food, party favors, free souvenir glass, door prizes and more. Don't miss the party of the century. For more information,

A Holiday Family Affair will be held Satur day at Midway Park Community Center from 2-5 p.m. Featured activities include: face painting, storytellers, balloon sculptures, photos with Santa, Holiday Entertainment and more. Enter to win a variety of great prizes. For more information, call 451-3535.

### **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 opport to work with a fun filled team and or environment. For more information, Rhonda Hancock at 451-5346 ext. 200.

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

Transition Support Services (TSS) i ing for volunteers. If you are interest in ing new skills or enhancing your p skills, volunteering may be for you. teering is also an excellent way to get ence in a new field that may lead to career opportunities. We recruit and volunteers in numerous areas such as ing with computers, public speaking, c duties, working with seniors and child

### Youth

Chicken Soup for Little Souls is a citing new illustrated storybook for dren. The base library at Camp Lejeun help celebrate the importance of child literacy by hosting a combin storytelling and activities session o second Saturday of each month. The session will be held Jan. 8 from 2-3:30 with "The Never-Forgotten Doll" by McCourt. For more information, call

**Dial-A-Story** is available 24 hours by calling 451-3442. Your child may to a different story every day.

Vedidinterope South America Vest African

DIOUS Assai 50 years during

ADM Michael D. d Navy CAPT J



# UNITAS SPECIAL



cember 17, 1999

July 16



December 14

# Marines return from float; nome for holiday season

t Victoria G. Gross

Wivesandchildrenlinedtheparking of Marine Forces Unitas adquarters, eagerly watching the ng of charter buses pull up to the lding carrying precious cargo irlong-awaitedhusbands. The 340 arines walking off buses nouflaged with seabags and field r, only added to the anticipation as arines and their families searched each other.

Unitas XL (40) Marines returned lavaftera five-month deployment South America and Africa. First, unit was attached to the Unitas oloymentto South America which ted about three and a half months. September, the unit detached from nitas and redesignated to the West rican Training Cruise'99.

Wedidinteroperability training th South American Marine Forces d West African military forces

150 years during WATC 99

"I think the Corps has finally recognized the strategic importance of our deployments to South America and in. some phàses to Africa,"

BGen Robert M. Flanagan Deputy CG, II MEF

emphasizing live-fire training and according to Collins. military operations other than war such as humanitarian assistance operations, noncombatante vacuation operations and peace keeping missions," said Capt Kevin G. Collins, Marine Forces Unitas Executive Officer. "The training we conducted were operations we might stand the possibility of conducting

future." saidCollins. Inaddition to field training one of the main objectives throughout the deployment and especially in Africa was community relations projects,

with foreign military forces in the

"These projects gave us an opportunity to get exposure to the localciviliansinseveraldifferentnations both in South America and Africa, and to be good-will ambassadors of the United States," he said.

"This was an exceptional year... the reason I say that is everything in South America went really well. It was a very busy, aggressive schedule and every body has performed well and we brought everybody back safely," said BGen Robert M. Flanagan, Deputy Commanding General, II Marine Expeditionary

Force. "Unitas has taken on a new importance in our Corps. I think the Corps has finally recognized the strategic importance of our deployments to South America and in some phases to Africa," said Flanagan. It was a first time for many of the African countries to meet our Marines, and also a first time formany of our Marinesto beable to work in the African environment," he said.

After a successful deployment Unitas Marines can resteasy, knowing they have done well, and spendsome quality time with their families and friends. "Ifeel really good, and all I can think about is relaxing," said Kingston, Tenn. Native Cpl Robert L. Hamlett III, 2nd Platoon, "It feels awesome to see my girlfriend

Unitas is now preparing to stand down and soon after, next year's Unitaswillbeginthework-upexercises inpreparation for the next deployment.



1stLt Gilbert A. Barrett, hugs his son, Michael T. Barrett, shortly after returning from a five-month deployment aboard Unitas

nphibious Assault Vehicles operate in St. Helena Bay, South Africa for the first time

# Unitas Marines break in St. Helena Bay

## South African community becomes latest amphibious beach landing sight

Sqt Victoria G. Gross

ST HELENA BAY, South Africa

The last time we had Americans here was 50 years ago when I was a small boy," said a native of South Africa and resident of the St. Helena Bay area. "I had never met an American before and I kept thinking that John Wayne was go-

ing to walk up to me any minute."

St. Helena Bay is a small fishing community with a village pub, post office, and hotel. It has a small population and the homes are spread out across the land and up and down the beaches. No street lights are visible in St. Helena at night, it almost appears to be an uninhabited land. But when Marines hit the beach in eleven Amphibious Assault Vehicles, a crowd of people gathered with various media personnel and curious children wide-

eyed and pointing at the "floating tanks." The exercise consisted of a combined disaster relief operation using a flooding ticipants, according to Budd. Especially

scenario. Unitas Marines conducted amphibious landings and provided humanitarian assistance to evacuees. South African helicopters participated in the scenario by transporting troops from the

ship to the shore and transporting evacuees to the

"Planning conferences are conducted, and the training is based on the desires of the local military,' said Mai Will-

iam S. Budd, Marine Forces Unitas Commanding Officer. "Exercise goals and objectives are discussed and decided upon. The execution is the culminating point of months and months of hard work and preparation."

The training was successful for all par-

the local people.

"It was the most incredible thing. No one was really expecting us to have visitors at the exercise site, and we certainly didn't expect to have any media," said

Budd

By the end of a three day exercise, the Unitas Marines and Sailors had met over 1,500 of the local populace.

"They were really happy to see us and our equipment. It was great be-

cause they were really interested in our equipment and what we do. They wanted to bring us souvenirs and invited us to their houses for parties. A lot of friendships were made during the three days and it was a great first impression of what Africa had in store for

# **Arrival in Cape Town leaves lasting impression**



RADM Michael D. Haskins, Deputy Commander in Chief of U.S. Naval Forces, Europe. nd Navy CAPT James W. McGloon, WATC '99 Exercise Commander, present pallets of Project Handclasp supplies to several different organizations in Cape Town, South Africa Nov. 5

Sgt Victoria G. Gross

**CAPE TOWN, South Africa** 

Marines debarked USS Carter Hall Nov. 4 eager to be able to communicate with the locals at a port where the people spoke En-

glish for the first time since leaving Camp Lejeune last July.

The primary purpose for the stop in Cape Town was to conduct a Project Handclasp event and to let the Marines interact with the people of South Africa.

Project Handclasp is a nonprofit Navy organization. People from across the United States give donations for people throughout

The donations include medical

supplies for clinics, school materials, diapers, toys, canned food products and hygiene products.

Here, Marines and Sailors aboard USS Carter Hall gave Handclasp supplies to several different local organizations.

The port visit in Cape Town also allowed many of the Unitas Marines to share their knowledge about the Marine Corps and their weapons with the local people while they toured the ship.

"Ithink it's just great that you are here," said Sarah Martin, Cape Town, native. "The ship and the equipment here are all very impressive. I look forward to seeing the Marines again the next time you come to Cape



Cpl Michael P. Grout, Weapons Platoon, shows a young boy in Cape Town, South Africa, how his.50-caliber machine gun functions.

Cpl Travis Mason, Water Purification Specialist, S-4, helps make bricks

during a Habitat for Humanity community relations project

# U.S. Marines, Sailors reach out with hard work in Namibia, Ghana

OFF THE COAST OF NI-

GERIA — Ever since Unitas Marines left Camp Lejeune, they have visited many countries, but each has found something there to remind them of home.

Although immersed in other cultures, there always seemed to

tracting from the flavor of the their backs while they carried ev-

Upon first arrival in Namibia heads," said Sgt Jaand then Ghana, the customs, son D. Corbett, landscape and heat, let Marines here know they were finally arriving in the Africa they had envi-

"It was surprising to see the

be something Americanized, de- women with babies strapped to Numerous Marines and Sailors erything else on their 2nd Platoon infantryman. "The heat made it feel more like Africa than anywhere else too. It was extremely humid," he added.

Some Unitas Marines were taken even deeper into Namibia and Ghana for community relations projects where they were exposed even more to the culture and traditions of Af-

"It was an educational experience for the Marines who went out to the villages," said Maj William S. Budd, Marine Forces Unitas Commanding Officer. "A lot of them were surprised to see how these people's lives are so restricted to their village. They have to be self-sufficient there, or they begin to have problems which is why we are here to help."

The first community relations project was in Namibia, and it brought Unitas Marines and Sailors to homes and villages to help the people improve their living

Not only did the Marines and Sailors benefit from the projects, the people receiving the help benefited from the experience also.

"It means a lot to these people to get help like this,"said Danika Shaw, Embassy worker in

"It just doesn't happen very often and a lot of these villages are in great need of help,"she said.

The second community-relations project took place in Ghana. journeyed for an hour and a half into the magnificent landscape of

> Ghana to conduct a Habitat for Humanity community relations project in Dominasce.

"Habitat for Humanity is a nonprofit organization designed to not only help an individual family to improve their living conditions but it also helps the entire com-

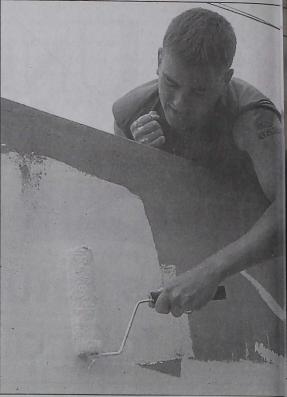
munity," said Scott Hessel, Habitat for Humanity Coordinator for Ghana.

"The way this works is that the supplies for a house are usually supplied by construction companies and the families pretty much build the house on their own with the help of the people in the village. The cost of the home usually ranges from \$800 to \$1,000 and the buyer pays the loan off over a 10-to 15-year period," said Hessel. "Any profit made from these payments is put into a revolving fund for the community, so it helps everyone."

When Unitas Marines arrived in the small village the first sight they saw was the massive landscape. The people of the village watched with curiosity as the Americans piled off the bus and headed for the work site.

"The people here are not used to getting any help with the manual labor," said Hessel. "They usually do a little bit at a time, so today should be very interesting for everyone.

Unitas Marines found them-



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Cpl John D. Conway, 3rd Platoon, rolls primer on a wall surroundir Erongo House of Safety for victims of abuse and destitution in Nar before painting it.



Unitas Marines and USS Carter Hall ship's crew members join fo See COMREL, 8B and spruce up a home for abused women and children.

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The Alliance for the Mentally Ill of North Carolina will sponsor the National Alliance for the Mentally III (NAMI) Family-to-Family Education Program specifically for families of persons diagnosed with serious mental illness. The 12-week series of classes will meet at a church in Jacksonville on Tuesday evenings from January 4 to March 15, 2000. The classes will be from 7:00 to 9:30 p.m.

The course will cover information about schizophrenia, the mood disorders (bipolar disorder, and major depression), panic disorder and obsessive compulsive disorder, coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem solving skills; recovery and rehabilitation; and self-care around worry

The curriculum has been written by an experienced family member mental health professional. NAMI-North Carolina family member volunteers who have taken intensive training as course instructors will teach the course.

The co-teachers for the Jacksonville area will be Jim and Sue Rider.

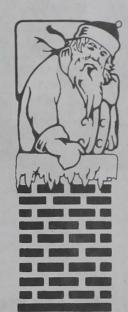
"This course is a wonderful experience" says instructor Jim Rider., "It balances basic psycho education and skill-training with emotional support, self-care and empowerment. We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity."

The course is designed specifically for parents, siblings, spouses, teen-age and adult children and significant others of persons with severe and persistent mental illness. The course is not appropriate for individuals who themselves suffer from one of the major mental illnesses.

The NAMI Family-to-Family Education Course is free. For more information or to register, call Jim or Sue Rider at 910-328-3693 or contact Beth Grebs in the North Carolina NAMI office at 800-451-9682.



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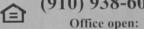
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Marine Corps Exchange Camp Lejeune, NC







Unitas Corpsmen and South African medics await foreign dignitaries during a tour of the medical processing portion of the Evacuation Control Center, in St. Helena Bay, South Africa.



Petty Officer 3rd Class Tammy S. Johnson, left, and Petty Officer 2nd Class Milton R. Labarr, right, medically process a role-playing



Sgt Scott L. Rea, Light Armored Reconnaissance Detachment, plays with some of the local school children in St. Helena Bay, South Africa.

# I MEF Marin



Toward the end of the three day exercise in St. Helena Bay, South Africa, AAV Marines gave foreign dignitaries a quick ride in their vehicles before heading for USS Carter Hall.



Unitas Marines celebrated the Marine Corps Ball in Cape Town, South Africa on Nov. 6. To recognize the birthday on the 10th, they had a cake-cutting ceremony on the flight deck of USS Carter Hall.

MARFOR U Maj Wil Sean C. Pov Comm sfor a wall duri Weapo commu



1stLt Robert B. Rehder, left, Amphibious Assault Vehicle Detachment Commander, explains the functions of the AAVs to foreign military officials in St. Helena Bay, South Africa.



Cpl Kirk A. Headley, Headquarters Platoon, and Cpl Patrick J. Lawrence, Weapons Platoon, demonstrate the capabilities of the M-240G machine gun during a static display aboard USS Carter Hall in Cape Town, South Africa.



When Marines and Sailors arrived at Cape Town, South Africa, the first sight they saw was Table Mountain, one of Cape Town's most visited sites.



onstrate the use of communications equipment during a static display in Cape Town, South Africa during the Ambassadors reception on USS Carter Hall.



Nov. 5-8

Cpl Richard M. Ferguson shows his Shoulder-launched, Multi-purpose Assault Weapon to a local South African family.



Maj William S. Budd, top, MARFOR Commanding Officer, U.S. Nigeria, Ambassador to Ambassador Twaddell, center, and CDR Pam Markeweiz, USS Carter Hall Commanding Officer head for a Project Handclasp ceremony.



Upon arrival to Nigeria Unitas Mainth



Cpl Kelly Patton, Communications and LCpl Michael J. Bate, Weapons Platoon, Marines and Sailors aboard USS Carter Hall received a warm welcome as they pulled into Cape Town, South Africa as the first port visit during West Africa Training Cruise '99.



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tradition them an

During the Ambassador's re Carter Hall in Nigeria, U.S. Am Ambassador Twaddell spea

# storm Africa



Maj Will er, MARFOR Unitas Comma gt Sean C. Powers, Weapon's for a wall during a commur in Namibia.

sp ceremon ral e to receive s in the area

a Unitas Ma I by

and waving



In a small village in Ghana, the head speaker of the village sits back and observes his people receiving Project Handclasp supplies.



Two of the main customs women in Ghana follow are to carry their children wrapped in cloth around their backs, and to carry everything else on top of their heads.



After Unitas Marines handed out Project Handclasp supplies they were rewarded with a singing and dancing recital performed by the children of the village.



nen look on.

LCpl Damon A. Key, Weapons Platoon, digs a foundation at a Habitat for Humanity site in Ghana, while some of

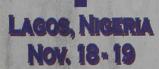
Cpl Anthony Gavito, left in uniform, IV, S-2, Sgt Brian D. Miller, center, Reconnaissance Detachment, and Cpl Kianti A. Johnson, Communications section, enjoy the recital performed by the children at the village site of a Project Handclasp event.



Sgt Dwayne A. Hardwick helps g a foundat at the Habitat for Humanity cor project in Ghana.



nts and children watch Unitas arines as they bring Project Handclasp supplies to a small village in Ghana.



ADIDJAN, NORT COAST Nov. 27-30



Boxes of toys and stuffed animals were just some of the supplies



When Marines from Unitas showed the capabilities of their vehicles and equipment in Mafia, a large group of distinguished visitors came to watch including; ambassadors of many countries, and natives of



Two Ghanaian boys stand proudly in front of their new village site during a Habitat for Humanity project.



Ghana, and the Ivory Coast.



LCpl Luis Lovosrivas, left, Armorer, compares his security techniques with a Ghanaian Soldier during a training exercise in Mafia between Ghana, and the Ivory Coast.



"Manning the rails" became a familiar Navy tradition to Unitas Marines. Here, it gave them an opportunity to see Namibia as next port.



the sun rose and they sailed away to the Unitas Amphibious Assault Vehicle Detachment Marines showed the villagers near the exercise site how their vehicles work and explained why they are here.



GySgt Tommy L. Gay

Until late in the afternoon, villagers lined up to see the U.S. Marines and their equipment, while USS Carter Hall, patiently waits at sea for the return of the Marines.

# Marines participate in joint training operations with Ghanaians, Ivorians

"This has been a very productive

heat seeps into every tiny-crevice of the village, and the people, although used to it, move a little slower

temperatures. Near the coconuts and pineapples training exercise for the Marines. The ocean, Assine is rich with and the children run entire deployment has ended with this around naked and play exercise, like it began - safe, efficient, on the beach at their lei- and successful, from day one. sure. There is no sign of the modern world or the turn of the century here. That is ... until the Marines arrived.

Marine Forces Unitas arrived in the small town of Assine, Cote d'Ivoire, Nov. 24 in Amphibious Assault Vehicles.

the village and to thank him for letting us train in the area," said Maj William S. Budd, Commanding Officer of Marine Forces Unitas, with a smile.

"It was kind of unusual doing humanitarian assis-

tance operations and noncombatant evacuation operations with a village of people right behind us,"

The training included Unitas Marines, Ghanaian soldiers, and Ivorian Sail-Maj William S. Budd Ors

**Commanding Officer** 'We have a very small Marine Forces Unitas Navy," said Ivorian Navy LT Boniface K. Konan, Commanding

Officer of the Ivorian Marine unit.

"The whole experience was a big benefit to us



LCpl Travis L. Thomas, 3rd Platoon infantryman, participates in security training at the Evacuation Co. Center while curious local villagers watch in Assine, Ivory Coast.

because we don't get to conduct a lot of amphibious training. This was great because it gave us experience in humanitarian assistance training and in amphibious training," he added.

The humanitarian assistance training was conducted at the request of the Ivorian military, accord-

We have some experience in conducting the security portion of humanitarian assistance training because of the civil war that has been going on for seven years along the western borders of the Ivory Coast in Liberia," said Konan. "This is the first time we have trained on all aspects of humanitarian assistance because normally the red cross is there to do things like the medical processing. It was very

The Ghanaian Army was also there, but they benefited in different areas of the training, according to Ghanaian Army Lt Selom K. Amenger, Artillery Commander of the Ghanaian Army unit present.

'We benefited mostly from the boarding and searching techniques," said Amenger, about the maritime interdiction operation training. "We do have small boats but don't often do this type of

The opportunity for WATC training with African forces only comes up once every two years, but



Sgt Michael A. Nelsen, S-4, observes as a Ghana soldier conducts a search of an evacuee at

with a village directly behind it. Most of the days Marines could find local children playing in the area eager to meet the strange Marines and to see their vehicles and equipment.

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ernet.
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For more information, visit vw.ureach.com.

# Web Watch

Here are a few web sites you ay want to click on to: The Toys for Tots

Toys for Tots holiday ndraising drive is found online www.eToys.com/toysfortots. Proflowers. com is found at ww.Proflowers.com



boxLot.com auctions are at

ww.boxlot.com.
The Bean Education & Awareess Network is found at www.

mericanbean.org.
Jo-Ann Fabrics and Crafts

ores at www.joann.com. Nancy's Gourmet Appetizers at ww.nancys.com. SmarterKids.com isfound at

ww.smarterkids.com. For holiday planning tips, log

n to www.housenet.com. KickStart.com is found at

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## Mom and Dad adopt MARFOR Unitas

Steve and Glenda Abernathy, of Madison, Miss., sent a huge box full of snacks and food for Marine Forces Unitas to share amongst themselves. Although the Abernathys have a son in the Marine Corps, he is not affiliated with Marine Forces Unitas. The couple sent the box of goodies to the unit to say that they, "appreciate everything you do to defend our freedom," according to the card they sent with the package. Inside the card, they also sent a \$30 phone card with instructions to give it to the youngest Marine. PFC Kyle S. Blocker, 1st Platoon, was the recipient. "This couldn't have come at a better time," said GySgt Thomas J. Lewnes, Unitas Company Gunnery Sergeant (pictured right). "It was just after Thanksgiving and over the holidays, this was a very unselfish thing to do.



# **Marine Forces Unitas celebrates Marine** Corps Birthday in Cape Town, South Africa

Sgt Victoria G. Gross

CAPE TOWN, South Africa— Marine Forces Unitas was far away from home for numerous family gatherings this year: Halloween, Thanksgiving, Veteran's Day, and the Marine

But the unit didn't let the distance from home affect their birthday ball they celebrated in Cape Town, South Africa with the Security Guard Detachment, U.S. Embassy, Cape Town, South Africa.

The ceremony kicked off with the National Anthem and the Marine's Hymn and progressed to the cake ceremony and the reading of the Commandant's Birthday message.

This has been a great privilege for the Marines here at Unitas. It's always an honor to celebrate the Marine Corps Birthday but this has been a particular honor because we are in South Africa, and were able to celebrate with the security guard Marines," said Maj William S. Budd, Commanding Officer, Marine Forces Unitas.



1stLt Mark R. Reid, Rifle Company Executive Officer, Maj Michael B. Dickey, Rifle Company Commander, and GySgt Thomas J. Lewnes, Rifle Company Gunnery Sergeant, pose in front of the colors during the Marine Corps Ball in Cape Town, South Africa, Nov. 6.

# **Unitas Faces**

What was your most memorab experience during the WATC deploymen



Habitat for Humanity project. I like helping underprivileged people.



"The tug-of-war in Brazil because it was the first time during the float that my wife and boys aga



"Knowing there are two weeks before I

LCpl Jose A. Contreras AAV Platoon

Sgt Craig A. Blasingame 3rd Platoon, 1st Squad



"Cape Town. Because the people were as patriotic as we are and were eager to make friendships.

LCpl Brent A. Graham



"The tour of Cape Hope in Cape Town because the scenery was so magnificent.



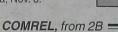
Liberty in Cape Town and place Mitchell's. The people



projects in Namibia because I enjoyed



"Cape Town, because it was Americanized that



selves digging foundations, making bricks, and stuccoing the walls of new homes.

It was a wonderful experience for everyone," said GySgt Darwin E. Corbell Jr. "The great thing about it was that the Marines, Sailors, and villagers all worked side by side to accomplish a common

"I loved doing the Habitat for Humanity project

in Ghana," said LCpl Jose A. Contreras, A. Amphibious Vehicle Detachment. "Ilove to underpriviledged people and I really felt like complished something."

One more community relations project is so uled for the West Africa Training Cruise in the Coast, according to Budd. "What a wonderful to end this deployment. This is what it's all ab

### JOINT, from 6B=

Konan is very interested in future training evolutions between the U.S. Marines and their Navy. "I would love to see this type of training every six months," said Konan.

"Ever since 1992 we have been blessed with combined training with the United States through either the West Africa Training Cruise deployment or special forces training. We greatly efit from it and I hope we are able to conti this training," he added.

'This has been a very productive training cise for the Marines," said Budd. "The entir ployment has ended with this exercise, like it be safe, efficient, and successful, from day on

### LAND, from 1B =

us," GySgt Thomas J. Lewnes, native of Annapolis, Maryland, and Company Gunnery Sergeant for Marine Forces Unitas.

'This training went very well," said Budd. "We were able to relearn skills as far as Humanitarian Assistance and noncombatant evacuation opera-

tions. The best part about this exercise in St. ena was the people.

It was amazing that we had the volume of tors that we did without any kind of advertisem This was a great beginning for the WATC dep ment."

SHIPS AHOY!

by Cpl Tim Pope



Cpl Tim Pope, from Orlando, Fla., is a combat photographer with 2d Marine Division Combat Camera He spent the last five months deployed with Marine Forces Unitas.



### Russian comrades meet in Ghana

LCpl Vladimir V. Golikov, left, Amphibious Assault Vehicle Detachment, and native of Russia, made an unusual friendship in Mafia, near the Ivory Coast, when he met Russian Col Vladimir Sidorin, Military Attache at the Embassy of the Russian Federation in Ghana. "This is my compatriot," said Sidorin excitedly. The two spent some time speaking comfortably in their native language.

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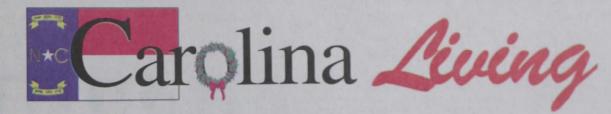
atts, a psycholo rginia Medical !

Fri.: Sunsi High 58 Lo

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Sun.: Part and breezy High 56 Lo







ecember 17, 1999

# **Auscular Missionaries** ower Team brawn, word motivates area residents



drew Mincey, left, holds the microphone so the audience can hear olo Tauaefa break two pairs of handcuffs at the base theatre Friday

Sgt Chris Hale

ore than 1,200 pounds of human muscle took to the stage at the gymhere, Dec. 9 in a show of strength and power. The Power Team, known internationally for both their physical as well as spiritual strength put on a display that not only amazed, but also

challenged the audience to share the Team's "real He told the crowd the cuffs

speaker and power lifter John Jacobs, chains of sin ... the Power Team -

travels the globe, showing off their amazing feats of strength and preaching the message of salvation to audiences of all ages. However, according to Andre Sims, member of the Power Team for the past 11 months, their biggest mission has become the public schools of America. The Team has performed in thousands of high school assemblies, constantly talking about the myriad of problems that challenge today's youth.

The five members of the 40-man team that visited New River and Camp Lejeune astonished the audience with feats such as busting through several layers of cement with their elbows, rolling up a frying pan like a burrito and chopping through cement bricks after they were lit on fire. They even

made a challenge to the audience. A spectator was given a baseball bat and challenged to break as many cement bricks in a stack as he could with one swing. He broke four. One of the Team members then approached an identical stack and broke nine-with his forehead! They blew up a hot-water bottle like a balloon until it burst, and popped soda cans with their bare hands, all the while emphasizing that spiritual strength is

far more important

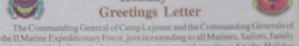
Russ Clear, strength through a person all represented the chains of member of the relationship with sin in our lives and while PowerTeamfor13 Founded more he wasn't sure he could months, said this visit to the New than 20 years ago break the handcuffs, God River/Lejeune area by inspirational has the power to break the was special to him. speaker and power chains of sin Navy and Army bases before," said

> Clear. "But being on a Marine base is great because they show a whole different kind of discipline, and I'm a real big fan of discipline." And the team has to be. One of the Team's requirements is that their strength and bulk be completely natural.

In the final feat of the night, Bill Hall, the newest member of the Team, was handcuffed with a pair of steel police handcuffs. He told the crowd the cuffs represented the chains of sin in our lives and while he wasn't sure he could break the handcuffs, God has the power to break the chains of sin in each and every person's life. But Hall shouldn't have doubted himself. He snapped the cuffs right off. Sims said just like God can change a person's life, "everywhere we go we try to make a difference



#### Camp Lejeune Commanders' Holiday **Greetings Letter**



mbers and civilian employees, warmest personal greetings for the Holiday Nearly one-half century ago, Major General Ray A. Robinson, Commanding General of Camp Lejeune in 1951, joined with his Fleet Marine Force Commander and offered Holiday Greetings. The following is an excerpt from Major General

"It is our fervent hope that the coming year will bring with it the blessing of peace, and that each of you will enjoy the security that attends it."

Those words addressed the Camp Lejeune community during the harsh times of the Korean War, but couldn't be more heartfelt today. We would also like to express our appreciation for the loyalty, dedication and sacrifices made by so many of you during 1999. Again, Happy Holidays and a joyous new Millenni

RONALDG. RICHARD Major General, USMC Commanding General Marine Corps Base Camp Lejeune

Bedne EMILR BEDARD Major General, USMC Commanding General II Marine Expeditionary Force

PORTAL BLACKMAN, JR. Major General, USMC Commanding General 2d Marine Division

RICHARDA. HUCK Brigadier General, USMC Assistant Division Commander

2d Marine Division

Robert C. Dulena ROBERT C. DICKERSON, JR. Brigadier General, USMC Commanding General 2d Force Service Support Group

ROBERT FLANAGAN Brigadier General, USMC Deputy Commanding General II Marine Expeditionary Force

Sw Bugm JACK W. BERGMAN Brigadier General, USMC II MEF Augmentation Command Element







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hen it comes to New Years resolutions to health, diet or exercise, most people sregard them as quickly as used ew Year's party favors. How can ou make a healthy New Years solution and stick to it?

New Year resolutions must be ecific and be realistic to be effective. st because it's Jan. 1, most people ill not be able to miraculously change eir life or the world. Each year we solve to make major changes in our fe in an unrealistic amount of time. oo many times we are disappointed from day of 1d give up those resolutions by ebruary. Here are some tips for aking realistic New Years

1. Think Before You Resolve

Don't make a resolution on the oot and expect to stick to it. Put some lought in to what you'd like to change advertisem WATC depor improve. Start observing your daily outine for a month and note things ike to work on or change

2. Break It Down

Once you come up with an idea of hat you'd like to accomplish, break down in to sub-goals. Dr. Michael stutts, a psychologist with Eastern irginia Medical School and Sentara Vorfolk General says, "Things

become more manageable when they are broken down in to smaller steps."

people on the long-term game longer. 3. Pick a Resolution that Matters

For example, say you want to quit tobacco, don't resolve to quit on Jan. 1. Decide on a smoking cessation technique by Jan. 5. Design a plan that will work best by Jan. 10. Then begin the Smoking Cessation plan by Jan. 15. Stutts adds, "Short term goals will keep

Don't pick a resolution just because

realistic New Years resolutions:

1. Think Before You Resolve

it's "popular." A resolution should be

right about. Before a person can change

a lifestyle behavior one must convince

4. Small Steps
Don't feel as though you must make

amonumental resolution. Small changes

often make the biggest difference in

the long run and can be easier to stick

2. Break It Down

want to do.

build on them if you feel inclined. For an example, try resolving to walk your dog every day and enjoy the added bonus of good exercise.

5. Put It on Paper

Write down your resolution and post it where you'll see it each day. Putting your goals on paper and repeatedly seeing it will help you refocus your energy on the goal.

Post it on the refrigerator, car dashboard; somewhere you'll be

guaranteed to see it daily. 6. Day by Day

Think of your resolution as something that you do everyday like brushing your teeth. Take it day by day and don't assume the worse if you have a "bad resolution" day. If you mess up on your resolution, sleep on it and make the

next day a fresh start.
"Don't use a falter as an excuse to quit working on your resolution your resolution; something you feel completely. Once you get the ball rolling, you won't just be dependent themselves that it is what they really on your willpower, but fulfilling the want to do.

on your willpower, but fulfilling the goal," adds Dr. Stutts.

Once you have chosen a New Years resolution there are numerous resources available onboard Camp Lejeune from the Naval Hospital, Health Promotion Department, Marine Corps Family Team Building, to. Try one or two small changes and

Family Counseling Center, Chaplain Office and MCCS to help you succeed at your resolution.

The resources listed below are free and available to all active duty, family members, civil service and retirees. It's easy, just call today to register for a class, or enroll in a program and get a healthy start on your New Years resolution today!

Tobacco Cessation

Nicotine addiction is a tough habit to break. If it were not, the tobacco companies would not be as successful today. Tobacco products kill approximately 430,000 people each year. The Health Promotion Department offers tobacco cessation classes for smokers and smokeless tobacco users.

For more information or to register for a class, call 451-3712.

Learn To Burn

The Naval Hospital Health Promotion Department presents an opportunity to learn more about healthy eating and management of your weight. Call 451-3712 for more information or to register for a class. All classes are held at Building 4 at 4:30 p.m. The Naval Hospital Health Promotion Department offers commissary tours that focus on general nutrition for all active duty, retirees, beneficiaries, and DoD civilians. Information about proper

diet, the food guide pyramid, weight control, basic exercise for fitness and other nutritional concerns are included in each tour.

To register for a tour call Health

Promotion Department at 451-3712. Pregnancy Exercise Program

Attention all pregnant women! Active duty and beneficiaries! Expectant women need exercise too, and we have developed an exercise program just for you. Every Monday, Wednesday and Friday at 3 p.m. A trained exercise leader will conduct a variety of exercise programs from walking, low impact aerobics, water aerobics, weight training, etc. for expectant mothers. You must have your OB/GYN provider's permission.

For more information, please call

Stress and Anger

Stress & Anger Management Workshop;Stress Management and Anger Management Workshops are offered through the Health & Fitness Division. This workshop is designed to identify stressors and develop healthy stress management techniques.

For more information, please call 451-2865/0022.

Ten days to self-esteem is a personal

growth workshop for the mind, body

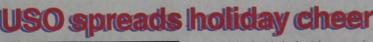
See Resolve, 3C

# Weekend Weather

Fri.: Sunshine and some clouds; High 58 Low 36

Sat.: Cloudy; chance of a shower; High 60 Low 40

Sun.: Partly sunny and breezy; High 56 Low 40



Sgt Arthur Stone

The volunteers of the Jacksonville United Services Organization officially kicked off the holiday season this year with their annual Thanksgiving Day dinner Nov. 25 at the Jacksonville USO. This Christmas season will be one of the busiest times for them.

In addition to the traditional Christmas dinner they will serve, there will be games, visits by Santa and gifts for the children provided by donations from local organizations.

The volunteers under the leadership of the local executive director of the USO. SgtMaj Matt Hardiman, ret., fed several hundred Marines, Sailors and their families during the event.

The Jacksonville USO is the oldest active USO in the world today, according to Hardiman, a Boston native who has worked as the executive director here since March 15, 1982, and as a volunteer for several years prior to that. It has been in continuous service here for nearly 59 years.

They joined with the Jewish community Dec. 3, to celebrate Hanukkah with its annual Hanukkah Day celebration at the facility Lancaster, Pa., native, Navy LT Steven M. Leapman, Marine Corps Base Chaplains Offices, opened the festivities with the lighting of the Chanukah menorah and a Sabbath service. Traditional food was served to all in attendance and there were games for the children

The USO has been support and a friend to the military and their families of all faiths," said Leapman. "I want to thank them for being so helpful."

They have a full compliment of volunteers who have dedicated their time to provide support for the holidays as well as other special events through the year. Some of the volunteers are active duty members, but a great amount of their help comes from retirees in the local community. They all have one thing in common. They want to help Marines and Sailors who cannot go home for the holidays, and give something to their community.

See USO, 3C



Sgt John J. James, Instructor, Logistic Instruction Section, Marine Corps Combi ervice Support School, and a Tampa, Fla. native was named the Marine Corps Bas NCO of the Quarter. James recieved a plaque as well as a gold watch dedicated by Jacksonville Merchant and former Marine. From left to right; SgtMaj Otis Kokensparge Marine Corps Base SgtMaj, Col Leslie Stein, Commanding Officer, MCCSSS, Stev Murphy, merchant, James, and SgtMaj Virgil G. Dwyer, MCCSSS Sergeant Major

# Pole: Dear Sant

Dear Santa Claus, How are you doing I'm doing just find. I want to thank you for all the presents and clothes. You are real lucky because you get to ride on the sleigh. Guess what I've been a good girl this year. I wish you could make it snow because it never snows. I wish I can see you. I wonder what kind of cookies you like. I'm going to put three kinds of cookies on the table the kinds are oreo's chocolate chip, and oatmeal. My favorite cookies is oreo's. I hope you like those kinds. Tell the elves thank you for making toys.

Sincerly your friend, Izenia Richardson

Dear Santa, How does Rudolph's nose work? I would like any surprises you can bring me. For a present, I want the Rescue Hero Command

Love Tatsuya Cristo

Dear Santa, How is Rudolph and how is the elves? I would like t bring me a new game boy, and I would like three bestes war, and wid, widy wast.

Merry Christmas From Josh

Dear Santa, How are your reindeer and Rudolph and Mrs. Claus and your elves. I would like a new Gameboy and a best wares

Dear Santa,

during Christmas.

Mattie Wong

Love Hunter

What I want for Christmas is

a babedoll for Christmas! How are vor reindeer are they fin? How are yor elves are they fin?

Dear Santa

You most be relly magical. How's Rudolph doing. I would like to come up to the noth poll

Merry Christmas Love Shawn Manning

Dear Santa I would like to have a pair of dolphin earrings. How is Rudolph? Love Nocndi

Dear Santa. I will like a game twotowzen, I want cuputer, and I want starpacke, and I have ben veary good. Love Robert

Will you get me a Barbie Doll named Kelsey? and will you get me a shavieing ken? and will you get me a baby doll?

Kelsey Love

Dear Santa, I will like game boy, and King of the Ring, Pokemon Toys and

I will like a football games. How are your reindeer and Rudolph? I will like a starpacke. I will like a surpriese,

Love Alex Lahr

All I want for Christmas is

happenes all over the world and

all wars to an end. For all the kids that don't have a home for

christmas give them a mansion,

mean, make them nice again.

and the people that have been

For the poor people make them

my dad ever go for bussnes trips

Wolanski Review

Laura Wolanski

rich and for my family, don't let

I wunder how the elves are? I would like a sleeping bag, thats not blue or green, Billbord Dad the move and surprises. Love Emily Daugherty

Dear Santa, I would like for you to bring me a star war #1 moplepy game. How is Bixen?

Love Barron Taylor

Dear Santa, I remember last Christmas

were you left me a preasent. And I was the only



surprises. Merry Christmas, Melissa Phillips

leave 3

Dear Santa

Do you no what I whunt for Cristmas a Hot Whills chrack and a new dog named Matt. How is Rudolph doing. Marry Christmas, Matt Thompson

I would like to get a Sega Dreamcast, 3 Pkemon Booster packs, a new bike, the game Blitz for Sega Dreamcast, a laptop, a snowboard, a skateboard, drawing set, and a metal mold. That is all I want from you.

Your Friend, Joey Blashka

Dear Santa Claus,

All I want for Christmas is a puppy, Geo Safari world, an alarm clock and lots of more thing. I also really want to be with my family and have the best christmas ever and to have fun with friends. I hope you leave alot of presants for me and my family.

Sincerly, Brillany Ostermeyer

Dear Santa,

Are you doing good I hope you

a new bike for Christmas. Can I please get a few Beany Babys also. Can I please get 3 sailor moon posters. Also sailor moon pillowcase, a sailor moon border too. That is all, thank

Love Katlyn Higgins

Dear Santa,
I hope you viset me. Merry
Christmas Santa. I hope you
have a Merry Chrismas. How
are your reindeer? I just want two things. I don't want to waste my parent's money. I really love my family. Love Victoria

Dear Santa,

How are you doing? I can' wait until Christmas eve. I am going to stay up extra late. But I don't exactly have anything in particular that I would like. So just give everything good

to the other kids. Love Brittany Roberts

Dear Santa,

How are you doing? I hope you are doing fine. For Christmas I want a bike and a 64 game. I want WWF Auted. I want a puupy. I want him to be

Love Charles Rickerson

Dear Santa,

This year I have been a very good girl this year. This year I want to have some snow and I want to spend my birthday and Christmas with my grandparents. I know you can't make me spend the holiday with my grandparents but mabe instead of sugar plums dancing I can dream of being with them. Thank you for the presants last year, I really enjoyed them. I did live in Okinawa but we moved this summer so my address is:

Ashley Carter Camp Lejeune Love Ashley



Don't let this be you. Please drive safe, be alert, and don't forget to buckle up this holiday season.



A campaign plan has recently been rendered 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 seatbelt and to start issuing warnings to patrons who are in violation. This program will also be enforced among all the commands at Camp

It is imperative that each Marine, Sailor and family member wear their seatbelt, not only on base, but off as well, especially during the upcoming holidays. Be safe

and think about safety first.

# SEASONS GREETIN



# Zen, the art of car neg

treat their cars like nursing infants. When we first have them, we give them all the fluids they need, but eventually we wean them off by giving them less dreams about while it's

idling. Transmission fluid. coolant, water for the radiator they're all rather abstract concepts to me and subsequently, to my car. My philosophy of car maintenance is, the less you

give a car, the less it expects. I call this the 'Male Model of Relationships Approach to Car Maintenance

My van recently broke down again. (And no, I don't make any connection between my reckless lack of preventive maintenance and the fact that my car is always in the shop.) I can't complain about the van breaking down, as it has a lot of miles on it and the wear and tear with four kids is considerable. I got a van with sliding doors on both sides since I am such a stickler for symmetry and I try to always load the children in pairs on either side, boys in one door, girls in the other (though sometimes, I will do them like bookends - the two tall ones flanked by the two small ones, or conversely a pattern of tall, small, tall, small, or

well, at this point the kids usually wail, "Mom, can't we just get in?" Unfortunately, ever since we were broad-sided by an 18 wheeler, the "repaired" door never closes properly and so I have resigned myself to loading all four kids on the one side, which is emotionally rather difficult for me. On those occasions when I do use the "repaired" door, I have to slam my hip into it at a very particular angle to close it properly. So, having improperly

is the natural tendency for women to replaced the door, I will be forced eventually to have my hip replaced, too. Sometimes, however, sacrifices must be made for the sake

Interestingly, the same "repaired" door and less. New oil is something my car only became the surface for my 3-year-old

daughter's fresco. Actually, since a fresco is a painting. What Rebekah

did one sunny afternoon last summer was to chose a pointy little stone from the driveway and use it to etch a very complicated, very expansive and aesthetically very creative design into the door of my van. Of course, I was thrilled when I discovered her, instrument still in her hot little hand, big smile on her face . . . I knelt in the driveway and rhythmically banged my head against the door in silent parental pain. Rebekah patted me gently on the back and smiled with that knowing look in her eyes: "yes, it really is beautiful, isn't it Mommy?"

When I was a child I never did anything that could be categorized on the same scale of vandalism of which my daughter is obviously capable. On one occasion, though, I was cleaning out the Mercedes Benz my father had on loan from his boss. I was doing a good job and had quite a bit of fun pretending to drive, even pressing the button on the funny little handle between the seats. Nothing happened . . . right away . . . but during the night, the car rolled down the sloping driveway and smacked into a tree. When my near hysterical father questioned me the next day, asking if I drove the car, I could honestly

reply, "well, not really The Mercedes Benz was on loan,

presumably because our car was broken. That would have been the Audi, which, interestingly, came complete with my father's legs sticking out from underneath. For about three years, I never actually saw my father's torso or head. We would just kick his foot on our way out to play to make sure he was still that's alive and my mother would slide his meals under the car on a tray with rollers.

The Audi was one car in a long and inglorious history of family cars that came with undisclosed terminal illnesses. The Rambler was a favorite car, which sounded much like a rocket taking off. The front passenger door on the Rambler broke rather unexpectedly one day as my mother was rounding the corner on the way to the A & P doing Mach three. My brother, unsecured by a seat belt (as we all were in those days) flew half way out of the car like the stunt man in a James Bond film, his head a quarter of an inch from the road.

My favorite car was the Falcon. It was a marvelous maroon color with black vinyl interior and the word Falcon in shiny raised letters on the glove compartment. Falcon was the first word I learned to spell. The other wonderful thing about the Falcon was the complete absence of any form of air conditioning, including windows that could be rolled down with any sort of convenience. As a result, I became very attached the Falcon - literally - as I grafted skin off the back of my thighs onto its visciously hot seats many summers in a row. When you hear people talk about the Zen of becoming one with their car well, until they've driven a Falcon in July . . they're really just theorizing.

Wolanski is a single mother of four who is working toward a degree to be a certified teacher.



& the Ultimate Wrestling Alliance

present

# Season's Beatings

Tomorrow at Southwest High School Hwy 53 in Jacksonville

## **Ultimate Championship Grudge Match SEVAR**



The Bounty Hunter

VS.

**CHILLY WILLY** 

The Ghetto Superstar

Also starring: T.O.A.D., Dave Renegade, Lord Everett Devore, Eddie Golden, Carnage, Mr. Skrubb, Dewey Cheatum, The Latin Lover, Flex Phenom, LeFletcha and special guest announcer Mr. Joe Wheele

Door Open 6:45 p.m. 6 years and under are Free

Tickets are \$5 at the door with each toy donation



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Camp Lejeune

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PG13	7 p.m.
Sunday	
PG	2 p.m.
R	7 p.m.
Monday	
PG13	7 p.m.
Tuesday	
R	7 p.m.
Wednesday	
R	7 p.m.
New River	
Friday	
PG	7 p.m.
R	9:30 p.m.
Saturday	
PG	7 p.m.
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Sunday	
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	6 p.m.
	7 p.m.
PG-13	7 p.m.
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and spirit. This course offered to all active duty and their families. High School students are welcome if accompanied by a parent. Please call 450-4070 for

Kids+

A joint effort with Child Development Services this educational playground is for parents and their children 6 months to 6 years of age. Focus is on parent/child bonding, age-appropriate play, and learning the latest in parenting techniques an information. For more information, call 451-2865.

New Parent Support Group Mom's Basic Training Class discusses the challenge of motherhood, balancing work and family, soothing a crying baby, discipline, and safety. NPSG also offers a hands-on educational class that focuses on fatherhood. Also available is free Home Visitation by nurses and social workers

for support and infant/child care questions. For more information, call 451-2865.

of Daddy's Baby Boot Camp. best for your own mind, body those married for two half-day and spirit. This , two, experience is for new or expectant Dads.

It assists parents and primary caregivers in understanding the impact of deployment on children and identify ways in which children react to stress. It assists children to better understand deployments and offer suggestions on creative ways to keep a connection between children and the deployed parent. For more information, please call Military Support Coordinator at 451-3212 ext. 208.

The Volunteer Program

6:45 a.m.

9:30 a.m.

11:30 a.m

1 p.m. 2:30 p.m.

3 p.m.

10 a.m.

The Volunteer Program is an opportunity for individuals to update skills, learn new skills and network. The family Service Center recruits and trains volunteers to assist with computers, public

speaking, clerical duties, working with children and much more! For more information call 451-

The Marine Corps Family Team Building also provides a wide range of services designed to assist individuals and families in succeeding in their New Years resolutions. Among the services

Key Volunteer Training —which provides the required training for all potential Key Volunteers. Classes are held every Tuesday and rotate monthly between days and nights. The Key Volunteer Trainer can be reached at 451-5770. To register for training call 451-0176.

Family Readiness Officer (FRO) Training is conducted to train all new FRO's on the organization of the Family Readiness Program and how to establish a Key Volunteer Network.

Marriage Preparation Workshop This year, let us resolve to make Daddy's Baby Boot Camp specific and realistic New Year workshop offered Program announces the arrival resolutions based on what is planning to marry or years or less. This workshop covers the basic foundation for a

> healthy marriage and fulfills the pre-cana requirement for Catholics. To register call 451-

> Family Readiness Briefs - include a variety of briefs to assist units with pre and postdeployment concerns. Pre-Deployment Brief assists service members and their families in preparing far and coping with the changes and difficulties of deployment. The Family Readiness Coordinator can be reached at 451-7549.

Lifestyle Insights Networking Knowledge Skills (LINKS)—is a mentoring program run by spouses for spouses. Mentors offer tips and information to help other spouses get started in

6:45 a.m.

9:30 a.m.

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

12:15 p.m.

1 p.m. 2:30 p.m.

3 p.m.

the Marine Corps family. To register for a class

Chaplain's Religious Development Operation (CREDO) — The goal of CREDO is to help people grow toward increased functional ability, spiritual maturity, and acceptance of responsibility, and enhance readiness. CREDO offers two and three day retreats with all gost paid by Headquarters Marine Corps. CREDO can be contacted at

Prevention and Relationship Enhancement Program (PREP) - PREP provides an educational experience for couples that will enable them to increase their communication and problem solving skills, skills associated with effective marital functioning and prevention of future marital distress. The PREP Coordinator can be reached at 450-

Spouse's Leadership Seminar is designed specifically for Marine Corps spouses in developing leadership skills. Seminars are hosted by MCFTB and conducted by Headquarters Marine Corps on a semiannual basis. For more information

Family University - Family University's how-to courses for parenting and financial planning, combined with long-distance courses available through e-mail, chat rooms, phone conferences and quarterly kits are ideal for military families. The Tarawa Terrace Chaplain's Office can be contacted at 451-

As we begin the New Year, many of us will make at least one, if not many, New Year's resolutions. Remember, a resolution should be your own resolution; something you feel right. This year, let us resolve to make specific and realistic New Year resolutions based on what is best for your own mind, body and spirit.

Camp Lejeune This Morning

Mangé Lejeune Camp Lejeune This Morning Navy/Marine Corps News

Navy/Marine Corps News

Murder Under the Sun

Lejeune After Hours Music Videos No More Memorials

The Choice Music Video

Clouds of Death

### Camp Lejeune Combat Cable Wednesday

Camp Lejeune This Morning

Mangé Lejeune Camp Lejeune This Morning

Navy/Marine Corps News

Lejeune After Hours Music Videos No More Memorials

Clouds of Death

Lejeune After Hours

Murder Under the Sun

CTV-10 beefs		fe	5:30 p.m.	Clouds of Death	p.m.
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programming

No shows Tuesday or Thursdays/ No admission fee

Camp Lejeune This Morning

Camp Lejeune This Morning

Camp Lejeune After Hours

Navy/Marine Corps News

No More Memorials Power Team

Monday

6:30 a.m

6:45 a.m.

9:30 a.m.

11:30 a.m

10 a.m.

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ejeune correspondent er just five weeks of airing their news show, "Camp mel at LCTV-10, are agricoreate more exciting amming for your viewing

TV-10's monthly news zine, "Carolina Marines," took us to facilitate the production amp Lejeune This Morning, ver, it has returned this month

for a special Christmas episode. "Camp Lejeune This Morning" airs

weekdays at 6:30 a.m. and noon on Channel 10, LCTV-10, and at 9:30 a.m. on your local channel 10 in conjunction with Time

Warner Cable. The last episode of the show this year will air today, to return the first week of the year 2000. "Camp Lejeune After Hours,"

another feature production of the LCTV-10 family, runs at 6:45 a.m. and 5 p.m. Wednesdays and Fridays

# The depths of the web

Sgt Micheal Rogers

Camp Lejeune This Morning Navy/Marine Corps News

Camp Lejeune This Morning

der the Sun

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Music Videos

Power Team

No More Memorials

Lejeune After Hours The Choice

Most people think of using the Internet as checking their Hotmail or Yahoo mail accounts, maybe even checking a Marine Corps Order from www.usmc.mil. Have you ever thought of it as a local reference for base and community services'.

Maybe you should. www.lejeune.usmc.mil, click the Welcome Aboard link and then Base and Community Services on the right side of the page. The list of contents on the left contains 49 services from information about the Marine Corps Exchange to community centers on base and in the housing areas. Information found here usually lists hours of operation to directions and often a phone number for more information.

Little known facts are also plugged in, for instance the Marine Corps Exchange complex at Camp Lejeune is the largest in the Corps, or did you know there is a bookmobile service to outlying housing areas as well as troop areas at Courthouse Bay, Stone Bay, Onslow Beach, French Creek and Camp

We now have some stuff that is 'Hot off the press', Field Medical Service School has a new site at www.Lejeune.usmc.mil/fmsstoinclude a vast amount of check-in information for students. Outstanding job on standing up their site to their Webmaster, Petty Officer 1st Class

# Servicemember of month recognized

Thursday

6:30 a.m.

6:45 a.m.

9:30 a.m.

11:30 a.m.

Noon 12:15 p.m.

2:30 p.m.

5:30 p.m.

3 p.m.

Sgt Sharon G. Angell

Camp Lejeune This Morning Navy/Marine Corps News

Camp Lejeune This Morning

Music Videos No More Memorials

Lejeune After Hours

Murder Under the Sun Lejeune After Hours

Clouds of Death

The Choice

of the month for the Military Affairs Committee and Jacksonville/ Onslow county Chamber of Commerce, was awarded a plaque Monday night in honor of his accomplishments and superior performance of duty as the mechanized allowance listing (MAL) clerk and acting administrative chief for Service Company, in the II Marine Expeditionary Force Headquarters

Group Supply Cpl Joshua E. Zimlinghaus, earned this award after being recognized for his meticulous attention to detail and take charge attitude, according to 1stLt Spencer O. Bodison, Supply Officer, IIMEF.

Zimlinghaus is responsible for ordering and disposing gear, Plains, NY.



keeping track of assets and maintaining a multi-million dollar account on the East Coast, according to Zimlinghaus.

"I enjoy the responsibility of having to manage this account. I've been told it is one of the largest on the East Coast," Zimlinghaus, a native of Dover

started coming down here in when I was at Camp Geiger," 10th Marine Regimental ant Major, SgtMaj Paul W. son, a Staten Island, N.Y.,

's a good feeling when you are here and working on a serving said Siverson. "The looks on larines' faces are worth it. They

have nowhere to go for the holidays. It's worth more than words can say

They have also taken on other traditions around the holidays, one of which is "Operation Christmas Cookie," originally started by retired Navy CAPT Jim Apple, who was a Navy Chaplain.

"Chaplain Jim Apple, used to come up here and we'd bake about

2,000 cookies," said Hardiman. "He'd drive around to all the gates, the Naval Hospital, etc., and give everybody cookies. He didn't tell anyone, because he didn't want public recognition. I'd get home around midnight or one in the morning, Christmas Eve night, but I

didn't care. It was fun.'

Charitable organizations and

businesses in the surrounding community provide support year around, and donations are always

To make donations to the USO or for more information on their holiday programs and how you can help a service member during this special season, contact Matt Hardiman at the USO at 455-3411





# The rest of the story

Evi Cox was featured in an Oct. 29 GLOBE story about her late husband, Sgt Manual A. Cox, killed in Beirut in 1983. As a holiday postscript, we've since learned that Evi and Maj Bob Jordan, USMC retired, have announced their engagement. The couple met and became close friends through their active participation in the Beirut Veterans Association. Jordan was the public affairs officer for the

24th Marine Amphibious Unit during the period including the infamous bombing which took the lives of 241 American servicemen. The wedding is set for Oct. 23, 2001, at the Beirut Memorial. The photos show the couple at this year's Beirut Memorial ceremony, and Jordan at the Camp Lejeune Consolidated Public Affairs Office where he delivered a PME lecture.



# Chapel Schedule



### Marine Corps Base Command Religious Program **Activities**

**Sunday Services** 

Sunday Worship

St. Francis Saturday Confessions	4 p.m
	_ ^
St. Francis Saturday Evening Mass	5 p.m.
St. Francis Xavier Sunday Catholic Mass	8:30-11:30 a.m.
Base Protestant Chapel, Communion	7:30 a.m.
Base Protestant Chapel, Contemporary Wor	ship Service

Base Protestant Chapel, Worship Service	10:30 a.n
Camp Johnson Chapel Protestant Worship Service	9 a.m
Camp Johnson Orthodox Worship Service	10:30 a.m
French Creek Chapel Worship Service	9 a.m
Tarawa Terrace Worship Service	10:30 a.m
Camp Geiger Holy Communion Worship Service	8 a.m
Camp Geiger Chapel Contemporary Worship Service	e 9:30 a.m
Courthouse Bay Catholic Mass	9 a.m
Courthouse Bay Chapel Protestant Worship Service	11 a.m
Midway Park Chapel (Under Renovation)	11 a.m

Brig Chapel Catholic Mass	8 a.m.
Brig Chapel Protestant Worship Service	9 a.m.
Jewish Religious School at Jewish Chapel	10 a.m.
Sunday School at Bldg. 67	9 a.m.
Sunday School at Tarawa Terrace	9:15 a.m.
Catholic CCD at Brewster Middle School	10 a.m.

## **Weekly Services**

St. Francis Catholic Mass (Monday-Friday)	11:45 a.m.
Jewish Sabbath Service (Friday)	7:30 p.m.
Christian Science at Tarawa Terrace (Monday)	7:30 p.m.
Muslim Service at Brig (Friday)	9 a.m.
Muslim Service at Bldg. 16A (Friday)	11:45 a.m.
French Creek Juma Services (Friday)	1 p.m.
French Creek Protestant Service (Wednesday)	11:30 a.m.
French Creek Wednesday Night Alive	5:30 p.m.
Camp Devil Dog Communion (Friday)	7 a.m.
Prayer Breakfast at Camp Geiger Mess Hall (to be held the last Thursday of each Month)	6:30 a.m.

**Special Events** 

10:30 a.m., Adult Christmas Cantata at the Protestant Chapel Dec. 19 1 p.m., Christmas Fellowship Dinner at Tarawa Terrance 6:30 p.m., Christmas Musical Celebration at Tarawa Terrace Dec. 21 11:45 p.m., Holy Communion St. Thomas at Camp Geiger Chapel 7 p.m., Advent Communal Penance Service at St. Francis Xavier Catholic Chapel Dec. 24 5 p.m. Lessons & Carols at Camp Geiger Chapel 5 p.m. Christmas Eve Mass at St. Francis Xavier Catholic Chapel 11 p.m. Carol Service at St. Francis Xavier Catholic Chapel

Midnight Mass at St. Francis Xavier Catholic Chapel 7 p.m. Christmas Eve Candlelight Service at the Protestant Chapel 7 p.m. Christmas Eve Candlelight Service at the Tarawa Terrace Chapel





# Community Brie

A Christmas Carol

This nationally acclaimed company comes to Thalian Hall with its 1999 musical production tour. Thalian Hall; call for times; \$18, \$12.

Catch Dickens' classic tale Sun.-Tues., contact Thalian Hall Box Office Nature's Ho

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New Bern Civic Theatre auditions for Nature's H performance is press StageHANDS to delight t and the hearing impaired. will be Jan. 9 at 2 p.m. and J; 7 p.m. Call 252-634-9057 f

# Man's bes

dog is something very special, similar to the old west cowboy and his horse. There is a significant amount of time spent together outdoors, without the interruption of modern day distractions, and an opportunity for the hunter to appreciate the unconditional affection displayed by this animal.

The native American population very readily understood the unique nature of the dog and its relationship with man. One legend even describes the animals on one side of the spectrum and humans on the other side of the spectrum, with the dog between the two.

Dogs, much as humans, have very definite personalities. Two Labrador Surf n' Turf Retriever

named David and Goliath, are

excellent examples. Goliath, so named because he is the larger of the two dogs, is more of a "home body". He doesn't break out of fences or kennels very often and normally only when following his brother's lead. He would much rather lay down on his back and have his chest scratched. The big guy will retrieve a ball when thrown, but only for about five times, until he gets tired and lays down in the shade to rest. He has an extremely deep bark, is intensely territorial and doesn't appear to be friendly to visitors. Such a canine personality is a potentially lifesaving asset to the hunter, in the case of attack by wildcat or

David, so named because he is the smaller of the two dogs and used to pick fights with his larger

very agile, has a trem amount of energy and wi your arm out when retrievin The little-guy simply wo until he has found the object attention, even if it means will collapse with exhausti will keep the neighborhood throughout the night w barking, if there is a dog toy sight that is inaccessible t During a recent visit to . boarding kennel during his o deployment, he was nick "Houdini", since he could the latch on his gate.

When the caretakers return in the morning, they

m i x e d Eric "the Red" Steinkopff "vis

other neighbors. Such a personality is an obvious a the hunter, whenever retrie game is required. So, as through the holidays, don't to remind Santa about a s present for the hunter's best the dog. If you have any comi questions or advice regar hunting, fishing or ge outdoors activities, please fe to write me via "snail mail"

email me globesurfnturf@yahoo.com, Until next week, may you your bag limit and may yourst

Globe (Attn: Surf and Tu

Steinkopff is a master ser in the Marine Corps and gr hunting and fishing in the Ridge Mountains of Virgin the Eastern shore of Maryle

# f Onslow Record **Onslow County's** Newest Newspaper Don't just hear about it-read it in The Onslow Record

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Earn \$30.00 CASH For Your 2nd Plasma Donation

Upon return within 7 days of initial screening. Not valid with any other offers. Must have coupon and valid ID. Expires 12/31/99

Earn \$25.00 CASH On Your 8th Donation During Same Calendar Month!

# You Know?

APS)—Many folks add ds, such as Imperial, to s for superb snacks.



wers of the Golf Channel articipate in choosing the est golf moment of the cen-Tune in November 21st and Those who vote will autoally enter a national sweep-es and are eligible to win a ial Edition Century 2000 by c, golf trip and other prizes.

# REE THINGS To Send For

IAPS)-For free tips and mation on getting organized, the Post-it Products Web located at www.3M.com/Post-or a free sample of Post-it\* s, call 1-800-610-6942, ext. 6, x 1-651-633-7092.

information on depression Seasonal Affective Disorder, www.LaurusHealth.com or oll-free 1-800-4-LAURUS.

learn more about miniature s, call Bulova at 1-800-A-OVA or the Collector's Socit 718 204-3555

o find out more about holiday wear gifts for children, visit v.kidsfootlocker.com or call 1-613-KIDS for store locations find the Elizabeth Arden Red r salon nearest you, call 1-800-ARDEN or visit the website at wreddoor salons.com.

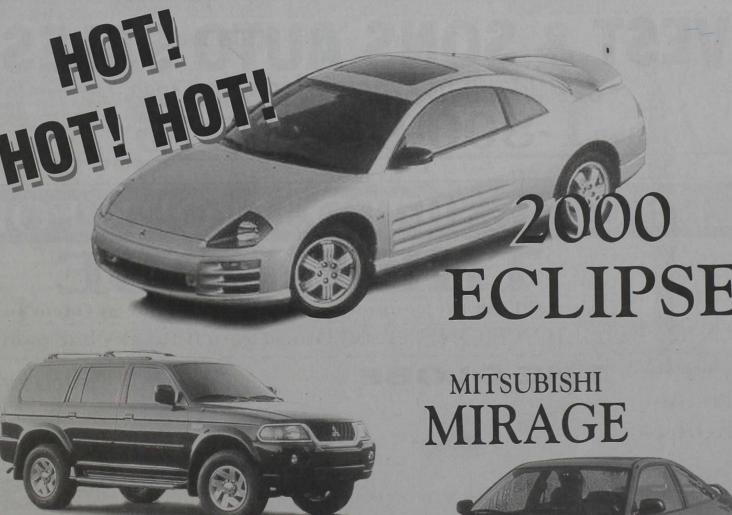
or information on how to pre-your holiday turkey, call the terball Turkey Talkline at 1--323-4848 from November 1 ough December 23, 1999, or t the web site at www.butter



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**MITSUBISHI MONTERO SPORT** 



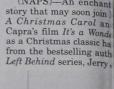
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TODAY (910) 455-1414

NO NEED TO LOOK ANY FURTHER

A Holiday Love (NAPS)-An enchant story that may soon join A Christmas Carol ar Capra's film It's a Wond as a Christmas classic ha from the bestselling auth





A Christmas classic th

His new book, Twas T Before (Penguin, \$10.95) story of Noella, a journal are engaged to be marrieveral failed romance finally believe they have true love. However, as C approaches, they come u a basic difference in the peraments: she always a glass as half-full, and he

medallion she received as is from Santa Claus, he b bugs it. Sadly, they real are too dissimilar to marr

Devastated by the b Tom flies to Germany story on the Kris Kringl his life...and restores h Critics say the novel wi romance, good cheer and the holiday season. Tu Night Before is at bool



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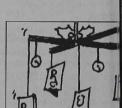
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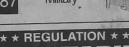
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# 1999 proves to be big year for Lejeune

nce a Marine, lways a Marine IERATION GAP

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lot of attention has been focused / this fall on 27rmations year-old Florida uarterback Chris Weinke. not only led the Seminoles 11-0 record and a shot at tional title, but also won nual Brian Piccolo Award "most courageous player" Atlantic Coast Conference. he recovered from four of spinal surgery as a rea sack in the 1998 Virginia

> se days, not too many colplayers are 27. Weinke, of gave up a baseball career ix seasons in the Blue Jays'

backer Derrick Rodgers e Dolphins didn't join the ni NFL team in 1997 until he almost 26 because of Air e service

et, many GLOBE readers can l an era after World War II even into the Korean War Vietnam when a lot of colles were in their mid-20s be-

Jon Wilke

Camp Lejeune.

was everywhere.

French Creek Fit-

ness center was

unveiled. This

newly renovated

full size gymna-

sium, racquetball

courts and aero-

Near the end

of January, the Tour D'Pain

launched the

bics facility.

petitive spirit, action and excitement

In January, the \$2.6 million

1999 Lejeune Grand Prix series off in

style. This 50K endurance race, along

events, brought competitors from

In February, the Fire and Ice Sum-

mer Biathlon, brought in a record

showing. According to race coordi-

nator, Mike Marion, the biathlon had

the highest participation of any

biathlon in the world with 360 people.

der of the year included the Armed Forces 5K, the Marine Corps Half-

Marathon, and the most popular, the

Corps Rifle and Pistol Matches. Ma-

rines from around the globe came to

determine the most accurate Marine

with the rifle or the pistol.

In July, volleyballers gathered at

the second annual Sand Jam four-man

rines from Marine Corps Air Station

Intramural sports is a year-round program with a dozen different

Marine Corps Engineer School

"B" took the regular season champi-

onship title in intramural golf but later

lost to MCAS New River in the All-

Cherry Point, remained undefeated.

Mud, Sweat and Gears race. Lejeune also hosted the Marine

Other races through the remain-

with several of the other Series'

e of military service.

ackle Al "Moose" Wistert

ackle Al "Noose" Wistert ed at Boston University in Stock 2 6 after serving in the South sferred to Michigan for the tire Sto 7, '48 and '49 seasons, receiv-Stras Plu All-America honors, and later being elected to the lege Hall of Fame.

In the 1946 NFL season, the ston Yanks had 14 rookies 25 lover; the Chicago Cardinals the Lions 17, the Eagles 8 (inding tackle and Navy vet Otis uglas, 34) and the Steelers 23 Hall of Famers Leo Nomellini innesota) and Ernie Stautner oston College), teen-age team-ntes without any high school erience at MCAS Cherry Point 943, broke into pro ball at 26 d 25. Both would play 14 seasons. Other post-WW II pro starts olving former Marines inded: Tackle Harley McCollum lane) at 28, end and former coach John North nderbilt), tackle Alf Bauman orthwestern), center Brad klund (Oregon; NFL assis-), and back Hosea Rodgers bama, North Carolina V-12),

This list also includes Hall of ne guard Weldon Humble ce, SW Louisiana V-12), guard
See SIDE, 3D

Fitness tip of the week

**NUTRITION** Michelle Brown

annex

Endurance exercise creates mands on the body, and what ou drink and eat will greatly iffect your training, performance, and recovery from physical stress.

Adequate intake of liquids, carbohydrates (CHO), proteins, and electrolytes will enhance recovery after endurance activi-

Fluids: After training or competition, your first priority is rehydration. Water makes up ver half of your body's weight vital for temperature regulation, energy production, and vaste elimination.

During endurance exercise, water is lost through perspiraion, from the lungs via condenation, and the urine

A loss of two percent in body water will decrease per-formance; greater loss may lead to heat illness such as heat stress, heat exhaustion, and

See TIP, 3D



Competitors were forced to cross this creek during the 1999 Mud, Sweat and Gears Dualthon which set records.

Championships.

Camp Tournament the following week. Then, Hurricanes Dennis and Floyd swept through the Atlantic and took a toll on the sports community. 1999 brought about several excit-The hurricanes and the weather that ing highlights in the sports world for followed days after the storms blew over caused more than 100 games to Between the youth, intramural and be cancelled and rescheduled due to recreational leagues, the Grand Prix the fields and their unfit playing sur-Series and Varsity sports, the com-

Jim Medley

"Weather problems affected both the All-Marine golf trials and Armed

Forces golf tournament. said Jim Med-"Weather problems (this ley, varsity facility added a year) affected a lot of sports, sports coordiincluding the Armed Forces nator.

"It ham pered the golfers themselves. They had to Camp Lejeune Sports play 36 holes Coordinator one of the and days,

some weren't used to playing that much in a day. After the base and the golf course

dried up, the Armed Forces golf tournament began in late September. The Air Force took the gold in both

the seniors and open division while the Army took first in the women's division The Camp Lejeune Youth Sports

Office (YSO) organized several camps for the children in the summer. Wes Durden coached aspiring football players in his Total Package camp, while the Wilmington Hammerheads

coached during their soccer camp.

The Youth Sports Office also held a cheerleading camp and the newest addition, the sports skills camp

In Youth Baseball and Softball; the Athletics took the Midget Division softball crown, combined 11-15 with Junior Girls while the Giants took top honors in the Mustang Baseball Divivolleyball tournament. Last year's winners, Crispy, comprised of Masion, the first year the players pitch to each other. The Athletics baseball team won the Bronco baseball division and the Braves took the first place title in the High School Federation (13-15) baseball division.

In Youth Basketball, the Knicks took the Minor Co-ed crown, while the Major Co-ed Champion Bulls were named number one. The Minor Girls





A Marine Corps Combat Service Support Schools batter swings during the Spring-Summer Softball League.

Bulls also won their division According to Susan Goodrich, Youth Sports Coordinator, Youth Golf is an individual sport which only has room for 25 children. "That program always fills up fast. This is our only program we have to limit, we can't put 100 children on the golf course every week.

In the season-ending tournament, the team of Marco King, Justin Witt, and Andrew McKenna, shot an 8-over-40. TJ Davis, 15, shot a 45 with one stroke margin and was named as the medalist.

In Youth Soccer action, the regular season Division II champion Hammerheads also won the postseason tournament. In Division III, the Eagles took the regular season crown but lost to the fifth-seeded Stampedes in the tournament championship.

The regular season champion Yellow Jackets met the Typhoons in the Division IV tournament with the Yellow Jackets coming out on top.

The 11- to 14-year-olds of Division I Youth Football's Falcons and Vikings were top for their respective conferences. These two met in the annual Youth Super Bowl, but the Falcons won the game and were crowned number one

In Division II Youth Football action, the ages 8-10 league, the undefeated Panthers and undefeated 49ers met in championship game. One was bound to lose, but the proclaimed See 1999, 2D



Dennis Rennock



Lejeune hosted the Armed Forces Boxing Championships.





(Clockwise from top right) Gary Grant, intramural sports coordinator, calls coaches to reschedule games, (above right) the soccer season was filled with action, (right) youth basketballers play at Stone Street Youth Pavilion, (above) weightlifters take advantage of the newly-renovated French Creek Fitness Center.



#### **ROPES COURSE**

Have you tried the Marine Corps Base Challenge Ropes Course? The Ropes Course takes your group to an outdoor setting to focus on the development of human relationships within a group, gives new meaning to the importance of working together as a team. and challenges you as an individual. The course is available to all authorized patrons over the age of 12, active duty, retirees, MCCS employees, and civilians. The minimum group size is eight, with a maximum size of 15. Open all year, Monday - Friday, and on Saturday - Sunday by appointment only. Group rates are available. When participating with your unit, all active duty military members are free! For more information, call 451-

#### **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 Marine or Sailor either stationed aboard Camp Johnson, Camp Geiger or Camp Lejeune. This team will be sponsored by MCCS and play other base teams and recreational teams in the local community. For more information call 577-7072.

### 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**

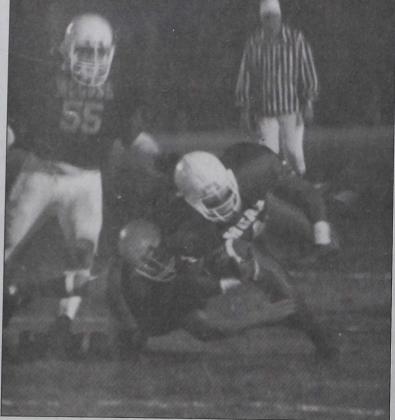
The Semper Fit team has kicked-off a new schedule! If you love the water, you'll love Aqua Fitness. This complete water workout focuses on all muscle groups and involves little or no impact. Excellent for weight loss and recovery from injuries. Body Pump is a full hour of power step, slide, or aerobics mixed with resistance training. A great challenge workout is Combat Cardio using kicks, punches, plyometrics, resistance training, bags and gloves. Step For Beginners is a basic introductory class intended for those who have never taken step classes. If you would like more class information, call 451-5841 or stop by a fitness center.

### LACROSSE

The Camp Lejeune Lacrosse team is currently looking for players. Active duty, reserve, retired or dependents are eligible to play. No experience necessary but a willingness to learn is a must. This league plays in tournaments along the East Coast, against collegiate clubs and other military stations. For more information, contact Capt Jeff Miller at 451-1450 or 326-3640.

# MCCSSS gets shutout by New River in annual Turkey Box 1989 In Only undefeated teams left in league Supply,

Sgt Gregory Funk



(Above) New River shutout Marine Corps Combat Service Support Schools, 14-0, during the championship game Dec. 13 at Liversedge Field. The key to New River's victory was a strong defense that shut down MCCSSS' unstoppable regular season offense. (Right) New River's ground threat helped put points on the board.

Service Support Schools could stop Marine Corps Air Station New River's team from taking the Turkey Bowl in their 14-0 shutout at Liversedge Field Dec. 13. In this clash of the titans, both teams came to win. Both MCCSSS and New River held strong, making sure a price would be paid for any points scored. It became a true test of skill and power. New River and MCCSSS each came to take the championship. New River was successful in damaging MCCSSS with hard hits and aggressive tackling, yet with all their efforts, the first half came to a close with a scoreless tie. Offense, the blocking is good, but your standing up, stay down," said New River Head Coach Joe Rodney, during the half time break. The holes are there...this is our half.

Starting the third quarter, New River forced a MCCSSS turnover. With the rain starting to make conditions less favorable, maintaining possession became more

Rain nor shine, nor Marine Corps Combat

and more of a challenge.
With their slogan, "It doesn't matter," New River scored with six minutes left in the quarter.

MCCSSS was not going down fight. "We're about to turn it up a no Nakia Davis, MCCSSS offensive their money.

MCCSSS definitely gave New River Unfortunately for MCCSSS, every offense began to heat up with aggress

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ing and ball carrying, New River's defe back with harder blocks and tighter co With time running out, New River f

other turnover which put them in a go ing position. New River's offense kept pushing, down their opponents defense, and v four minutes remaining, New River scor

Defense was strong and with just over left New River regained possession to

"New River shut us down and put fense in check," said MCCSSS Hea Michael Tapia. "But there's always ne

"We played a great team," sa Stankowski, New River's Athletic I "This is the first time New River wen way. The last really good team we l back in '90.

Tapia concluded by saying, "We go it up for New River, they did a great job



MCCSSS beat by wingers during annual playo

#### Youth Basketball, Cheerleading season begins with anticipation Jon Wilke only competition they have is who squad exists with 12 cheerleaders.

Young hoopsters and their companion cheerleaders took to the courts Dec. 11 as the Youth Basketball and Cheerleading seasons began Dec. 11 across the area on both Marine Corps

Air Station New River and Camp Le-According to Robin Karratti, youth sports recreational assistant, the basketball season begins just weeks after wrapping up the Youth

Sports Office's most hectic time of the

year, soccer and football season. With more than 500 children registered for either a basketball team or a cheerleading squad, Karratti says

they are still pretty busy. Opening day brought about more than 20 games for the 46 teams, but these young players and cheerleaders will only participate in only one more game Saturday until Jan. 8 in ob-

servance of the holiday season. Karratti explained the breakdown of each Camp Lejeune's Youth Basketball program.

The program is divided into noncompetitive and competitive divi-

The Pee Wee league is for 6- and 7-year-olds and has 10 teams, while the Midget league has 11 teams and is also a non-competitive league for the 8- and 9-year-olds.

"Each team consists of nine players per team, and each team will play nine games in the regular season," she

There are 12 Minor Coed teams Lauren Meier, Magic guard, scrambles for the ball against the Jazz.

which offer the 9- and 10-year-olds their first year of competition," added

The basketball league also consists of six Major Coed teams for teenagers 13-15, and seven Minor Girls teams, for young girls 11-15,

'This year we are down one Pee Wee team, one Midget team, but our Minor Girls league expanded two teams. Although we lost some children in one area, we grew in another."

Youth Sports Coordinator, Susan Goodrich, spoke about the Youth Cheerleading season by saying, "It is strictly for fun. We call it instructional, but the girls do not compete. The can cheer louder at any given game."

Goodrich explained at the end of the season, each cheerleading squad will be given the same trophy.

Youth Sports offers cheerleaders of almost any age the chance to par-

Karratti explained that the cheerleaders are broken down into four different age groups, which mirror the ages of the basketball leagues, with nine children on each squad.

The Pee Wee league consists of five squads, while the Midget league only has three. The Minor Girls have four teams, while only one Major Girl

"One of the number one reasons why these children are out there is to be with their friends," said Goodrich. "They also get to learn of the sport, but its more about having something to fun to do, which gets them involved and prepares them for middle school and high

Camp Lejeune does not have a middle school sports program, which means the Youth Sports program is the feeder program for the high school.

'A lot of the time, we see the same kids participate in sport after sport because it's about being a part of a team, being associated and playing with friends," concluded Goodrich.

The last scheduled game for the season is in late February and the tournament following the season ends the following weekend.



Minor Girls players go for rebound on opening day.



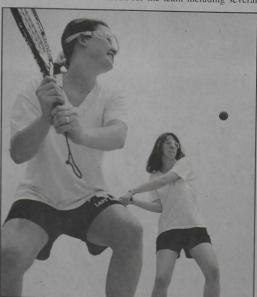
A Minor Co-ed cheerleading squad cheers during opening day.

"best youth football team ever," Panthers won SuperBowl. The YSO also has a track program. This program has two divisions, the competitive 10- to 15-year-olds, and the instructional 5- to 9-year-olds division. The competitive division has

three teams with about 25 runners each.

While all the teams in the instructional division are awarded trophies, the Tarheels were the only team to take top honors in the competitive division.

In October, Lejeune hosted the All-Marine Boxing trials. Twelve members were chosen for the team including several



Racquetball players try out the new courts at the French Creek Fitness Center.

Lejeune Marines. The following month, the Armed Forces Boxing Championships were held at the Goettge Memorial Fieldhouse. Both the heavyweights, including 2d Force Service Support Group's Cpl Tony Scoggins, took the Gold Medal and moved on to the Olympic Boxing Trials. If Scoggins wins, advance to the 2000 Summer Olympics in Sidney, Austrailia.

Throughout the year, the Camp Lejeune Sports Department puts on more than 10 sporting leagues

More than 3,400 Marines were members of 206 teams in these

Marine Corps Base took both the regular season and tournament championships in volleyball, while 2d Radion Battalion was named runner-up

In Over-30 Men's Basketball, the Renegades beat II Marine Expeditionary Force. More than 180 men participated in this recreational" league which doesn't have a post-season.

In the Summer Basketball season, Headquarters, Support Battalion, Marine Corps Base took first in the Spurs division while 2d Maintenance Battalion won the Knicks division. More than 430 Marines participated in this league

The sports department holds two softball seasons. In the Spring-Summer season, 2d Bn., 10th Marines took first led the American League, while 8th Engineer Support Bn. took the National League title. In the pursuing All-Camp tournament, 2d Bn., 10th Marines was defeated by Marine Corps Combat Service Support Schools. This league had a total of 36 teams and

The other softball season, the Summer-Fall season doesn't have a post-season and has half the amount of participants with only 255 players belonging to 17 teams. 2d Bn./8th Marines took first with 2d Supply Bn. running a close second.

The Intramural Golf League has an extended post-season for top performers. After the regular seson, an All-Camp tournament is held to determine players for the East Coast Regionals and eventually the All-Marine team. Marine Corps Community Services, Marine Corps Engineer School B, and II MEF came out on top of their divisions.

The Lejeune golfers couldn't hold a team from Marine Corps
Air Station New River as they took the All-Camp championship.
In soccer action, neither of the division winners, 2d Tank Bn.

or 8th ESB could stop two teams from FSSG. Supply Bn. ca out on top in the All-Camp tournament, with 2d Maint. Bn. as

The soccer league had a total of 13 teams and 260 players Supply also won the Flag Football League after defeating combat engineers. This league, with 120 players and only several combates and only several combates and only several combates. teams recently concluded.

The largest of all sports programs is the 8-man Tackle Fo ball League. More than 720 Marines suited up for their tea This league is divided into three divisions, with the top four to teams from each division competing the annual "Turkey Bow Once again, Supply Bn. also took top honors in their div

sion, along with 2d Marine Aircraft Wing and MCCSSS. The Turkey Bowl concluded Dec. 13, with New River defe

Along with all the seperate programs, Lejeune hosted numerous ous invitation golf tournaments, 3-D archery tournaments, a specialty tournaments and events, such as freestyle wrestlin weightlifting, fishing tournaments and rodeor



A young Packer goes for the takedown in Div. II football.

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# 1999 Intramural Basketball **Standings**

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purs Division HqSptBn A 4-0 Hq,2d Mar Div 3-0 5-0 2/10 MCCSSS 5-1 2d CEB 5-1 4-1 3/10 2d Maint E 2-3 HqSvcBn 1-4 CBIRF 1-3 **Navy Docs** 1-4 1-4 2d LSB 1-4 2/2 HgBn Trk Co 0-3 501

**Knicks Division** 

2d Sup C II MEF B 2d Med Bn 2d Tank 4-2 8th Mar 3-2 8th MT Bn 3-2 HqSptBn B 3-2 2d Sup A 3-3 2d Med A 3-3 10. 2d Sup B 2-3

11. Navy PSD 2-3 1-2 12. 6th Mar 1-4 13. 5/10 14. 2d LAR 15. Ammo Co, Sup 0-5

k Jones (Wake Forest, Franklin & Marshall V-12), all at 26. n later years, back Alvin Hall, a former Marine, joined the Rams in at age 28 for three seasons, while kicker Herb Travenio (San Diego ines) scored 110 points for the Chargers in 1964 and '65 at age 33

All-purpose back Moses Denson (Maryland State) was spotted at a nnice intramural game. He was a 30-year-old rookie with the Redskins 974 and returned in '75 before playing three seasons in the CFL.

Other late starts because of Marine service in World War II include: Pro end Cloyce Box (West Texas, Louisiana Tech V-12), probowler Dove (Notre Dame), end Ralph Heywood (USC), end Lafayette King orgia), end Ray Poole (Mississippi, North Carolina V-12), Hall of he tackle Art Donovan (Boston College; 12 pro seasons), and tackle McCaffray (Santa Clara, Pacific V-12).

College Football

Boston College (8-3), coached by former Marine Tom O'Brien who yed on Quantico's last team in 1972, faces Colorado (6-5) in the ight.com Bowl Dec.31.

Virginia (7-4), coached by former Annapolis star and coach George lsh, goes against Illinois (7-4) Dec.30 in the Micronpc.com Bowl. Ish also was an All-Sea Services back for the Norfolk Tars in 1956. Baseball

The Red Sox acquired superstar and former Marine aviator Ted Wilms, then 19, from the minor-league San Diego Padres for \$35,000 plus players, USA Today recalled.

Gunn is an independent journalist and a retired Reserve Marine

elligence officer. He has written two books on former Marines in



**LCpl Josh Perry**, Battalion Landing Team 3/6 scout sniper, participates in a 5k fun run on the flight deck of USS Bataan during the Bataan Amphibious Ready Group's trip across the

TIP from 1D

Fluids should be consumed before, during, and after exercise to prevent de-

hydration and boost recovery. To prevent dehydration, you should drink approximately 16 oz. (two cups) of fluid every two hours; during exercise, about four to eight ounces (1/2-1 cup) every 15 minutes.

However, the amount of fluids required is dependent on how well you are hydrated initially, your body size, and environmental conditions.

Brown is the Lead Personal Trainer for the Marine Corps Community Services Health and Fitness Division.



## Volleyball **Players** wanted

The Camp Lejeune Varsity Volleyball Team is looking for players to begin practicing for the upcoming East Coast Regional Volleyball Tournament. For more information, contact the Camp Lejeune Sports Office at 451-2710 or GySgt Robert Kellum at 451-2523.

## **New Year's Resolution Run**

Come join this New Year's celebration at Onslow Beach for the This Fun Run begins at midnight and is open to the public. New Year's Resolution 5k Run, Walk, Fun Run Dec. 31. Last year's run had more than 200 participants. Interested participants can preregister at the Enlisted Pavilion on Onslow Beach. The registration fee is \$15 for early registration and \$20 the day of the event.

Awards will be presented to the winners in a variety of age groups and classes. Sweatshirts and medals will be presented to all finishers. This event is sponsored by MCCS' Semper Fit program and The Daily News. For more information, call 451-



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For more information contact Susan Goodrich at 451-2177 or 451-2159





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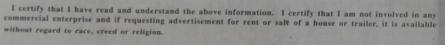
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