Volume 79, No. 43 October 31, 2003 **Your Navy Starts Here**

VCNO to establish NSTC Friday

Naval Service Training Command aligns officer and enlisted accessions training

By JOC RHONDA BURKE **Great Lakes Public Affairs**

The Vice Chief of Naval Operations Adm. Michael G. Mullen visits Naval Station, Great Lakes today, for three key events significant in the Navy's training

The capstone event will be the official

establishment of the Naval Service Training Command, which aligns officer and enlisted accessions training under one command headquartered at Naval Station, Great

The ceremony will begin at 3:30 p.m., Friday at the Recruit Chapel at Recruit Training Command.

Mullen also served as the reviewing offi-

cer for today's recruit graduation ceremony at 9 a.m.

Additionally, the Station Great Lakes Lifelong Learning Center, which provides Sailors and their family members the tools to continue learning throughout their careers, was dedicated at 1 p.m.

Deborah Mullen, wife of the VCNO, will attend the ceremony along with Vice Adm. Alfred Harms, commander, Naval Education and Training Command



Mullen

(NSTC) and Capt. Kathryn Hobbs, commanding officer of Naval Station, Great Lakes. The Naval Service Training

Rondeau, commander, Naval

Service Training Command

Command aligns enlisted and officer accessions training programs under a single command structure.

The command's mission is to transform civilian volunteers

See VCNO page 18

New facility provides a lifetime of learning

Sailors and families benefit from programs

By JUDY R. LAZARUS **Bulletin Associate Editor**

Great Lakes new Lifelong Learning Center is doing its part in achieving Naval Service Training Command's mission of transforming volunteers into naval service professionals.

The facility, located in Bldg. 617, houses the Career Information Center, MWR library, and Starbase Atlantis on the first deck, and the Navy College Office and Shipmates Mentoring Program on the second deck. Estimated cost of the 10-month construction project was \$1.5 million.

The center was dedicated at 1 p.m. today. Deborah Mullen, wife of VCNO Adm. Michael G. Mullen, will attend the ceremony along with Vice Adm. Alfred Harms, Commander, Naval Education and Training Command (NETC), Rear Adm. Ann Rondeau, Commander, Naval Service Training Command and Capt. Kathryn Hobbs, Commanding Officer, Naval Station Great Lakes.

The concept of the center is in line with the Navy's revolution in training, in keeping with Task Force EXCEL's five vectors which include professional development, personal development, leadership, qualifi-

Health fair takes place Nov. 5

Open season for civil service employees to enroll or change health insurance is Nov. 11 through Dec. 8. To help employees get more information, Health Insurance Fair will be held on Nov. 5 from 10 a.m.-3 p.m., at the Human Resources Office, Great Lakes Service Center, Building 27.

Those who wish to attend must obtain supervisory permission before leaving your work area to attend the fair.

cations/certificates, and performance.

"This Center will help Sailors excel in their five-vector models and provide family members and retirees with continued life-

- See LIFELONG page 2

TSC Sailors selected for STA-21 program

By ELIZABETH C. MARTINEZ **TSC GL Public Affairs**

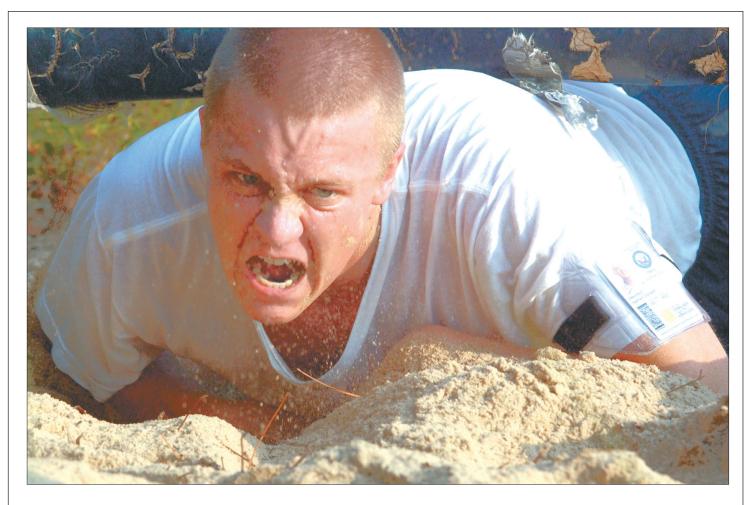
Four Sailors from Training Support Center (TSC), Great Lakes, ETC Jeremiah Johnson, MM1 Tracie Decker, IC1 Nathan Desso and AD2 Eunice Torres-Laguna, were recently selected for the Seaman to Admiral-21 (STA-21) program.

"TSC reached a 60 percent success rate, which is not surprising given the quality of Sailors at TSC," said NCC Terry Kimes, TSC STA-21 program coordinator.

"STA-21 is an enlisted-to-officer commissioning program designed to provide an opportunity for enlisted personnel to receive a top-notch education from a university of their choice to lead them to a career as a Naval officer," said NCC Terry Kimes, TSC STA-21 coordinator.

"Participants in the STA-21 program remain on active duty status, detached from their current command, and continue to receive the pay, allowances, benefits and privileges they currently enjoy," said Kimes. "The Sailors will receive a \$10,000 scholarship each year, which is applied towards tuition, fees and books."

- See **TSC** page 3



Officer Candidate School (OCS) candidate Nathon Atkinson plows through the sand on the beachfront of NAS Pensacola Fla. Candidates use self-discipline, team motivation, courage and commitment to complete the vigorous obstacle course. For more photos, see today's centerspread. Photo by PH1 Michael Worner

Index Chaplain's Corner 8

Now hear this! **Trick or Treat tonight** Trick or Treat will be on Oct. 31 from 4-8 p.m.for

Great Lakes, Fort Sheridan, and Glenview Family Housing locations. Those who wish to pass out treats to the little ghosts and goblins should turn on their porch or garage light. Those who do not wish to participate should leave their lights off during these hours.

CFC campaign forges ahead

Closing in on last year's total pledges

SEE PAGE 2

Find out what's happening at **Great Lakes!**

Visit the Great Lakes official websites at www.nsgreatlakes.navy.mil and www.nstc.navy.mil

LIFELONG

(Continued from page 1)

long learning," said NCCS(SW) Greg Heinz, immediate superior in command of the Career Information Center (CIC).

"We take citizens and make them Sailors," the senior chief said. "And we make them better equipped for when they get out. Every Sailor is going to be a citizen again. We're going to return them better than when we got them."

The CIC provides information about Navy programs, Heinz explained. "We're a resource for the command, creating aware-



Workman remove antenna equipment, formerly used for Fire Control School, from Bldg. 617, now the new Lifelong Learning Center. *Photo courtesy of Toltest.*

CFC week eight - behind, but gaining

Week eight Combined Federal Campaign (CFC) contributions were \$140,694, for a total amount raised of \$1,377,433. Representatives said the campaign contributions are \$138,567 short of last years total campaign production, but are raising an average of \$172,000 a week.

Campaign managers said they are impressed by the generosity of donors at Great Lakes. If the campaign proceeds according to this average, the CFC will surpass last years totals by the end of week nine. The CFC is at 68 percent of goal and 90 percent of last year's totals.

CORRECTION

In the cover photo of last week's edition, the Hospital Corpsman administering influenza vaccinations was misidentified. Her correct name is HM3 Bonnie Archibald.

Also, in photograph "E" in the center

section of the paper, the veteran saluting was incorrectly identified. He is retired Army Lt. Col. G.E. Van Wissink, a Korean War veteran and secretary of the Glenview Hangar One Foundation.

The *Bulletin* regrets the errors.



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Rear Adm. Ann RondeauAsst. Chief of Staff for Public Affairs
Jeffrey P. BrownEditor

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ness of career information programs. We provide a reference."

Sailors can now do research online using a variety of military Web sites, thanks to CIC's new computer library.

The MWR Library, in addition to being 200 square feet larger than its former home, is, for the first time, located in a space with windows.

"We're very happy to be here," said Anny Swanson, library assistant manager.

She noted that, "it will now be easier for all of us in this building to work together to help those who are trying to earn a degree or improve their academic standing. Also, we get a lot of military career questions, and it's a decided advantage having the Career Information Center right here."

Another first-deck occupant of Bldg. 617 is Starbase Atlantis, a DoD educational program which teaches fifth graders math, science, and the physics of flight. Students will come from nearby schools and spend one day a week, for five weeks, when the program begins in 2004.

The second deck's Navy College Office coordinates six civilian on-base college programs and provides one-on-one educational counseling.

College of Lake County and Webster University have their own computer labs at the facility, which also provides two Southern Illinois University (SIU) offices - the College of Applied Science and Arts and the Workforce Education program. SIU offers five on-base bachelor of science degrees.

"All parts of our program are being brought together in one location - classrooms as well as offices," said Anthony Tomei, Navy College Program director. "We're extremely happy about the move."

Commenting on the advantages of the learning center, Tomei noted, "We not only have career information here, but the college program, the tutorial program for children; shipmate mentoring; and the library which can be used by the whole family."

The Navy Learning Center, which is an element of the Navy College Program, offers a number of computer programs, including advanced math, science, social studies, and FASTRACK which provides basic education in mathematics, reading and language arts;

"These are all self-paced," said Tina White, who serves as college learning center facilitator, along with Veronica Overstreet and Konnie Sanders-Smith.

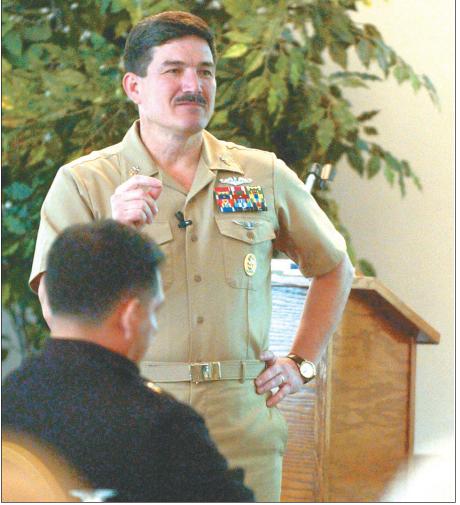
In addition, the center offers a basic skills enhancement class and an ASVAB preparation class.

The Shipmates Mentoring Program, where Sailors tutor first- though twelfth-grade military children, began operation in January 2003.

"Our location is unique," said MMC(SW) Don Madison program manager, who is assisted by SH2 Jonathan Foryoh, OS2 Roger Odom, and SH3 Angela Green.

"If parents are taking a class or working on a computer in the building, they can bring their child to tutoring at the same time and know they are getting help," Madison said.

The Lifelong Learning Center will be a bonus for everybody - active duty, retirees, and family members, said Heinz. "They will have access to all parts of the center; it's one-stop shopping."



MCPON visits Great Lakes

Master Chief Petty Officer of the Navy Terry Scott addressed the MCPON Panel Wednesday during their opening session. The MCPON panel is having its bi-annual meeting at Great Lakes this week. More than 60 master chiefs from around the Fleet are in attendance. *Photo by PH1 Michael Worner*

Ask the NAVSTA XO

Those at Great Lakes who wish to do so are invited to "Ask the Naval Station Executive Officer."

If you have a question that you feel is important to the Great Lakes community, submit questions by going to the Naval Station website at www.nsgreatlakes.navy.mil, and clicking on the "Ask the Naval Station XO" link on the main page. In addition, those who wish to do so may call in their questions by dialing (847) 688-6880. All e-mails and calls must include the sender's or caller's name, and phone number. This is important so that, if it is needed, follow-up information can be gathered.

A variety of questions which are of general interest to the Great Lakes community will be published in the *Great Lakes Bulletin*.



Cmdr. Hank Roux, Jr.

By JO2 JESSICA PEARCE NSTC Public Affairs

Three outstanding military volunteers were honored in a sunset ceremony Oct. 22, at MCPON Hall, at the Recruit Training Command.

The Gallery/Renken award is given annually to three outstanding service members who have not only performed well in their Navy jobs, but who have also excelled in voluntary community service. The award is named for two rear admirals who epitomized Navy leadership and encouraged community service to help enhance the Navy image. The award is sponsored by trustees of the Rear Admiral William O. Gallery Trust and the Lake County Council of the Navy League of the United States.

The three awards are given to a junior officer, senior enlisted and junior enlisted mem-

ber. The junior officer awardee this year was Army Capt. Matthew Burton, who works at the United States Military Entrance Processing Command. (USMEPCOM) Capt. Burton has made a difference in the lives of the students of the North Chicago school district.

He is active with the Green Bay Elementary School Adopt-A-School program and the Saturday Education Program in the Youth Life Learning Center. He also volunteers with the Lake County Community Food Program in Waukegan, Ill. Although he appreciated the award, Burton said it wasn't about the recognition.

"It isn't about the award, it's about tutoring a kid in math and seeing him get it," Burton said.

The senior enlisted awardee was Sgt. 1st Class Derrick Scott, who also works at USMEP-COM. Scott tutored third graders in math, reading and spelling for one hour a day, four days a week. He significantly improved the

overall scores of the students. He also conducted physical fitness classes during recess.

Scott also volunteers for the DADS program, a North Chicago organization that assists different community schools with tutoring, bus monitoring, student mentoring and chaperoning after school events such as parties or proms. Scott dedicated 60 hours to the DADS program during the last school year.

DT2 Sidney A. Sykes was the junior enlisted recipient of the award, and is assigned at Naval Dental Center Great Lakes. Sykes served as the President of the Kenosha Church of God Youth Educational and Sportsmanship Program and as Vice President of the Christian Community Covenant Church. In this capacity, he performed more than 384 hours mentoring 45 children in Christian education and sports programs.

Sykes also volunteered to serve the Waukegan Catholic Charities Meals on Wheels program. He carefully transported hot meals to seven elderly Waukegan citizens.

Capt. Kathryn Hobbs, commanding officer of Naval Station Great Lakes, was proud to acknowledge the effort these Sailors make with their community service.

"Today's awardees exemplify the highest standards of military service," she said. "They are not only military professionals, who perform their duties flawlessly. They go beyond what is expected of them - giving their free time, their skills, and their compassion to many sectors of the civilian community —school children, senior citizens, and members of the community who are in need. In those endeavors, today's awardees help to make America not only great... but also good.

"At a time when our country - and our military - are facing the challenges and dangers of the war on terrorism - our courage and resolution are needed more than ever. Those qualities come from within - and must be lived every day. Our awardees today exemplify that spirit," Hobbs said.

The three service members received a Letter of Commendation from Rear Admiral Ann Rondeau, Commander Navy Region Midwest, as well as a statuette of the "Lone Sailor," presented to each awardee by a representative of the Lake County Navy League.



Roycealee Wood and her husband Kenneth, representing the Lake County Council of the Navy League of the United States chapter, congratulate Sgt. 1st Class Derrick Scott, DT2 Sidney A. Sykes, Army Capt. Matthew Burton, who were selected as recipients of the annual Gallery/Renken. The award is given annually to three outstanding service members who have not only performed well in their Navy jobs, but who have also excelled in voluntary community service. *Photo by JO2 Jessica Pearce*

TSC

 $(Continued\ from\ page\ 1)$

Kimes is responsible for screening every package and works one-on-one with each candidate to provide mentoring and answer any concerns.

He explained that each package is filtered through the TSC chain of command and endorsed by the commanding officer. The package is then reviewed by a three-member officer board and commanding officer from another command. A Naval Education Training Command (NETC) selection board makes the ultimate decision.

"This program is for highly motivated Sailors who exhibit superior leadership performance," said Kimes. "It requires a lot of work and integrity. You may not be accepted the first time, but you can keep trying."

For Laguna-Torres, TSC JOBS military

Trick or Treat hours set

Trick or Treat will be on Oct. 31 from 4-8 p.m.for Great Lakes, Fort Sheridan, and Glenview Family Housing locations. Those who wish to pass out treats to the little ghosts and goblins should turn on their porch or garage light. Those who do not wish to participate should leave their lights off during these hours.

advisor, it took the sixth try to reach her goal in getting selected for STA-21. To her, the STA-21 program is a stepping-stone, which she hopes will lead her to her ultimate goal of one day becoming a U.S. astronaut.

"Education has always been my primary goal, which is the reason I joined the Navy," said Laguna-Torres, who is planning on attending the University of Chicago to obtain her bachelor's degree in physics. "To reach this point, I remained motivated, dedicated myself to the Navy and accomplished things that weren't expected from someone in my rank."

"STA-21 is the perfect program to obtain excellent leadership skills, and I think the experience I will eventually gain from it will allow to better relate to enlisted Sailors I lead in the future," said Laguna-Torres.

"I joined the Navy with the intention of getting a commission," said ETC JOHN-SON, who plans on attending the University of Texas at Austin. "This experience has been overwhelming, but this is just the beginning, there are many more little things along the way that need to be done in order to reach this goal."

Johnson, along with the other selectees, is currently awaiting orders to begin training for the program. Kimes said he has begun working with Sailors who are interested in applying for next year. The upcoming deadline is July 1.

Illinois veterans of Beirut bombing honored at Midway

Midway Airport USO dedicates plaque

By JO2 JESSICA PEARCE NSTC Public Affairs

On Oct. 23, officials from the City of Chicago and Naval Station, Great Lakes, active-duty and retired service members and family members gathered at the Midway International Airport United Service Organization (USO) office to honor six Chicago-area Marines who gave their life in service to their country.

In 1983, the American people were just beginning to feel the effects of terrorism. Troops were sent to Beirut, Lebanon, a little area once called the "Jewel of the Middle East" which was then torn by violence. In the early morning hours of Oct. 25, a truck loaded down with explosives drove into the barracks where the peacekeeping American troops slept. When it blew up, 241 sleeping Marines were killed.

"Being a Marine is not what you do, it's who you are," said Brig. Gen. Andrew Davis. "It's people made of ordinary fabric who hear a calling, a call to service. These Marines whose memory we honor today came in peace to restore peace. They used a part of their service to spark the eternal flame of peace and freedom." Davis was stationed with the Marines during their mission in Beirut.

The six Chicago Marines who names will be forever remembered on the brass plaque at the USO are: Gunnery Sgt. Alvin Belmer, Maj. Paul Hein, Lance Cpl. Melvin Holmes, Sgt. John Phillips, Jr., Lance Cpl. Eric Sturghill and Lance Cpl. Eric Walker.

The Marines from the 24th Marine Amphibious Unit were deployed to Beirut from their home camp in Camp Lejeune, N.C. in May of 1983 to help provide a stabilizing presence to a country that was home to warring Christian and Muslims. The Marines served with a multi-national peacekeeping force, including troops from Italy, France and the United Kingdom.

"When people talk about freedom they forget what it takes to preserve the freedom that we as Americans enjoy," said Chicago Alderman James A. Balcer. "Never forget those who fought and died for our country."

Rear Adm. Ann Rondeau, Commander Naval Service Training Command, said the city of Chicago honored all the service members from Illinois with the dedication of the plaque.

"The people of Chicago have given of those you have loved to the service of the nation. Never forget that these Marines gave the world one more reminder that freedom is not free, and liberty comes at a cost," Rondeau said.

For family members it was poignant moment. Elizabeth Moy, who is the sister of the late Sgt. John Phillips, Jr., said that she remembers when her brother left for Beirut.

"I didn't have any concept of what was going on, but everyone assured me that he was safe," she said. "Since Sept. 11, you've heard a lot of talk about heroism. But my brother was a hero 20 years ago."



On Thursday, Oct. 23, officials from the City of Chicago and Naval Station, Great Lakes, active-duty and retired service members and family members gathered at the Midway International Airport United Service Organization (USO) office to honor six Chicago-area Marines who gave their life in service to their country. Included in the delegation was Rear Adm. Ann E. Rondeau, Commander, Naval Service Training Command. *Photo by JO2 Jessica Pearce*

Headaches - ways to prevent, stop the pain

Almost everyone gets an occasional headache, with its throbbing, pounding or viselike sensation.

The list of things that can cause headaches is long, but most common headaches are caused by simple tension. Other kinds of headaches include: migraines, cluster headaches, and sinus

Here are some ways to treat a tension

Massage neck muscles, rubbing gently and firmly toward the heart. After doing this, massage the temples.

Use heat. Apply a heating pad or take a warm shower.

Apply a cold pack against the forehead

Lie down in a dark room with a cool cloth on your forehead.

Take aspirin, acetaminophen, ibuprofen or naproxen for pain.

eyes and focus on slow, deep breathing or do meditation, progressive muscle relaxation or visualization. These techniques can also help to prevent future headaches.

Here are some tips to prevent tension headaches:

Try to reduce stress in your life.

Make a conscious effort to relax the jaw, neck and shoulder muscles, even when you don't have a headache.

Massage the temples and neck frequently.

Pay attention to neck and shoulder posture while working and make improvements if necessary.

Get some daily exercise.

Reduce the amount of caffeine consumed in coffee, tea and cola drinks.

Avoid foods that seem to cause headaches.

The most common culprits are: hard cheeses, red wine, caffeine, chocolate, monosodium glutamate (MSG), nuts,

Use relaxation techniques. Close your onions, sour cream, bananas, and citrus

Those suffering from headaches should call the doctor if:

They have severe and stabbing pain.

They have eye pain. The pain increases when trying to touch the chest with

They have a stiff

the chin (with the mouth

neck, fever and nausea. There is onesided weakness, numb-

ness, confusion, or disturbance of speech, vision or coordination. If a blow to the

head causes severe pain, enlarged pupils, confusion or vomiting.

If a severe headache is very different from previous headaches.

If headaches begin after age 40.

Headaches persist in spite of home treat-

If there's a fever of 103°F or higher with no other symptoms.

A child has a headache.

Volunteers visit veterans at local medical facility

By ELIZABETH C. MARTINEZ **TSC GL Public Affairs**

October marked the first month of the Public Assistance to Deliver Shelter (PADS) six-month season. PADS is a volunteer program where students and staff members from Training Support Center (TSC) Great Lakes visit with veterans at the Great Lakes Veterans Hospital, as well as assist homeless individuals in the local community.

Earlier this month, TSC volunteers began making five trips a week to the North Chicago Department of Veterans Affairs Medical Center.

TM "A" School student, James Palu, 18, had no doubt in his mind that volunteering with PADS was how he wanted to spend his extra time. He said while in high school, he volunteered with a program similar to

'My motivation for volunteering is seeing the smiles on the faces of the veterans and witnessing their enthusiasm," said Palu. "They tell a lot of interesting Fleet and war

Along with listening to their stories, Palu spent time playing chess, checkers and cards with the veterans.

"The whole experience really gives you perspective," said Palu. "Even though the veterans are at a difficult point in their lives, they did serve the U.S. and they should never feel forgotten or lonely.'

"This is a very valuable experience, which will enrich the lives of both the volunteers and the veterans," said ABEC Joe Bartell, TSC PADS coordinator. "It helps bridge the gap between the young and the old servicemen."

After spending a couple of hours at the hospital, the Sailors and some of the veterans are transported to one of several local churches that assist with PADS.

Here, the volunteers provide food, shelter and clothing to the veterans and anyone other individuals in need. The volunteers stay the night at the shelter in order to help prepare and serve food. They spend most of their time talking to the homeless individuals to provide them with comfort and a lending ear. The volunteers assist in preparing the shelter with cots and spend part of the morning putting them away.

Bartell said that last year; TSC volunteers provided assistance to over 18,000 veterans and homeless individuals throughout Lake County and accumulated a total of 14,832 volunteer hours.

"The people I met at the shelter were very appreciative of our help and our time," said SA Jeremy Evans, GM "A" School student. "I received so many thank-you's, but for me, this was my way of saying thankyou to them."

Office hours changed

Effective Nov. 3, the new hours for the Child Development Program - Resource and Referral Office and the Child Development Home Program Office, both located in Bldg. 155 are as follows: Monday to Friday, 8 a.m.-2:30 p.m. Call (847) 688-3100 or (847) 688-5498 for further information.

MWR customers to realize some fee increases

By PAUL ENGSTROM Bulletin Associate Editor

In response to Navy-wide reduction in was forced to increase some fees and charges beginning Oct. 1. According to Jerry Hieb, MWR director, Great Lakes, the local MWR FY-04 budget is down \$1 mil-

lion in appropriated funding from last year. Service wide, MWR appropriated funding will plummet 30 to 40 percent, from \$270 million to \$170 over the next two fiscal years, he added.

'In order to continue a quality level of service we had to increase fees, however, we tried to not increase fees that impact the typical MWR customer," said Capt. Kathryn Hobbs, commanding officer of Naval Station Great Lakes.

While fees have risen for some MWR services, the most noticable increases are visible where the level of service has expanded or the facility has recently been renovated, such as the Willow Glen golf course. Ross Theater and the Port 'O Call.

Green fees for active-duty military at Willow Glen are up \$3 to \$18 for 18 holes on the weekend or holidays, not including a cart. Weekdays green fees are \$16 for 18 holes. The redesigned golf course is expected to open next summer. after 15 months of work at a cost of \$2 million.

Renovated Ross Theater reopened on Oct. 24. The building now features a fully appropriated funding, Naval Station intregrated presentation system. The Morale, Welfare and Recreation (MWR) upgrade comes at a cost however. Command briefings are no longer free, but now cost \$50 an hour on weekdays and \$80 an hour for a weekend event. There is a minimum of two-hour booking.

Movie admission is up one dollar to \$2 to help defray the cost of new seats, carpet and paint.

Conference fees are also no longer free at the Port O' Call. Command groups will now be charged \$4-\$6 per person, depending on the level of requested service. The cost to civilian organizations is \$10-\$12 per person. Market surveys show that these costs are still below what one would pay in the local community, noted Hieb.

The good news for parents who have children enrolled in MWR child care is that fees have not increased.

"MWR customers are not bearing the full impact of the reduction. Through careful analysis, we have reduced the number of MWR employees by 81 during fiscal year '03," explained Hieb. "While raising fees and eliminating jobs is difficult, the MWR department and staff is still committed to delivering quality programs and service to all our customers.'

Support military families through a gift or with money for college

By BONNIE POWELL

Defense Commissary Agency

FORT LEE, Va. - Halloween will be over before you can say "boo," so plan now to show your support for American service members this holiday season - but do it with a bit more than candy. Try commissary gift certificates or money for college.

"One way friends, family and the public can show their support for military families is to give commissary gift certificates as gifts, or donate them directly to military charities that assist families," said Kaye Kennedy, chief, corporate communications.

"Last year we heard from a number of installation organizations with holiday assistance and food programs that the gift certificate program really worked for them. In addition, the public was generous in donating gift certificates to worldwide organizations that assist the military, such as the USO, Air Force Aid Society and Fisher House Foundation."

The "Gift of Groceries" program is made possible through a business agreement with CertifiChecks Inc. at no cost to DeCA or the federal government. The program allows anyone to purchase commissary gift certificates at http://www.commissaries.com or by calling toll free (877) 770-GIFT. The certificates can be given as gifts or donated, but only authorized commissary shoppers can spend them.

The certificates are not available for sale in commissaries, but they can also be purchased with a mail-in or FAX form found at the gift certificate link at http://www.commissaries.com. A standard charge of \$4.95, paid by the purchaser, covers the costs of handling, printing and mailing. Additional charges may apply for large orders or special delivery, but installation charities can apply for a waiver by checking with their local commissary.

"The program grew out of a desire for DeCA to fulfill customer requests for commissary gift certificates that could be used at any commissary worldwide," said Jean Villerreal of DeCA, gift certificate program manager. "But the program has really

exceeded all our expectations as customers, industry and military charities really embrace the service."

'The commissary benefit offers an average savings of 30 percent or more, and that can really extend the purchasing power of a family using a commissary gift certificate,"

The general public can also help outstanding military children go to college. The Scholarships for Military Children program begins its fourth year Nov. 3 with a new twist - anyone can donate to support the scholarships.

Since 2001 the Scholarships for Military Children Program has awarded nearly \$2.5 million in scholarships to nearly 1,500 military students. The program has been generously supported in the past solely by the vendors and manufacturers selling groceries in the commissary system.

This year, a dedicated Web page has been set up by the program administrator, House Foundation, http://www.militaryscholar.org. The new site has information about the program and a donation page. The site will be "live" year-round, and it is also accessible through a link at http://www.commissaries.com.

This makes it easier for the American public to show their support for military families, and it gives the program an opportunity to grow through additional funding," said Edna Hoogewind, DeCA's liaison for the scholarship program.

"We've learned that individuals, as well as corporations, are interested in supporting the Scholarships for Military Children Program," said Jim Weiskopf, Fisher House Foundation vice president for communications. "We provide a means to donate on the Internet through a secure credit card server, and there are no administrative fees involved. Additionally, all Combined Federal Campaign donations to the Armed Services Foundation are being used for the scholarship program."

The application period for the 2004 scholarship program begins Nov. 3 and ends

Work on steam lines continues

With favorable weather conditions continuing, work on a number of roads, driveways, and parking lots have continued for steam and condensate line repair and replacement.

The parking lot north of Bldg. 713 and south of Bldg. 525, closed in August, is scheduled to be open by the end of November. The driveway south of Bldg. 525, also closed in August, is scheduled to be open by the end of November.

Work on Fullam Avenue, east of John Paul Jones, with the 830 BEQs to the south and the 630 BEOs to the north, will be complete and open by the end of this week.

And work on the Circle behind Bldg. 1 is scheduled to be complete by Oct. 31. Steam and condensate line work is also going on along the railroad between Recruit Training Command and the Veterans Administration Hospital but will not create any road clo-

Honormen, RCPOs at the Recruit Graduation Review



SR Rebekah Kehm, Div. 395 Council Bluffs, Iowa **United Services Organization Shipmate Award**



SR Adam Lawrence, Div. 3398 Onancock, Va. **Military Order of** the World Wars



The following honor recruits for the Oct. 30 and 31 recruit review graduation ceremony will be presented with a statuette of the Lone Sailor by the Fleet Reserve Association: SR Edwin Molina, Div. 393, N.J.; SR Jason Finan, Div. 394, Orange County, Calif.; SR Joseph Santulli, Div. 395, Williamstown, N.J.; SR Shanna Sapp, Div. 396, Paden City, W.V.; SR Allen Dix, Div. 397, Danville, Va.; SR Damien Butler, Div. 398, College Park, Ga.; SR Joel Beam, Div. 399, Grass Valley, Calif.; SR Roberto Piscoya, Div. 400, Miami, Fla.; SR Carey McPherson, Div. 401, Douglas, Mass.; SR Bobby Payne, Div. 402, Copperas Cove, Texas; SR Louis Toy, Div. 403, Pensacola, Fla.; SR William Yeager, Div. 404, Cross plains, Texas; SR Pookphant Torlap, Div. 405, Bay Shore, N.Y.; SR Marshall Goble, Div. 406, Charlotte, N.C.; and SR Jonathan Ringdahl, Div. 948, Anaconda, Mont.

The recruit chief petty officers for the Oct. 30 and 31 recruit review graduations are as follows: SR Scott Rhead, Div. 393, Humboldt, Iowa; SR Nathnyu Grider, Div. 394, Muskegon, Mich.; SR Jane Box, Div. 395, Maryville, Tenn.; SR Amanda Nawrocki, Div. 396, Stockton, Calif.; SR Preston Lyons, Div. 397, Parker, Colo.; SR Robert Kramer, Div. 398, Olney, Md.; SR Thomas McPherson, Div. 399, St. Louis, Mo.; SR Patrick Mcgunn, Div. 400, Chicago, Ill.; SR Krystle Thomas Div. 401, Columbia, Mo.; SR Meafua Nuusila, Div. 402, Pago Pago, America Samoa; SR Christopher Mcvey Div. 403, Boulder, Colo.; SR Timothy Hines, Div. 404, Medical Lake, Wash.; SR Javier Rivera, Div. 405, Hoboken, N.J.; SR Michael Long, Div. 406, Union, Mo.; and SR Michael Carrion, Div. 948, Columbus, Ga.

The award winners for the Oct. 30 and 31 recruit review graduations are as pictured.



SR Sean Moon, Div. 402 Williamsburg, Va. **United Services Organization Shipmate Award**



SR Charles Meeks, Div. 948 River Oaks, Texas Military Order of the World Wars



SR Aaron Riccio, Div. 396 Fort Collins, Colo. **SAR Academic Excellence Award Military Officers Association** of America Award



SR Krystle Thomas, Div. 401 Columbia, Mo. **Military Officers Association** of America Award



SR Adrian Beckett, Div. 399 Dixson, Calif. **SAR Academic Excellence Award**



SR Scott Rhead, Div. 393 Humbolt, Iowa **Navy League Award**



SR Jason Finan, Div. 394 Orange County, Calif. **Military Excellence Award** Navy Club U.S.A.



SR William Swan, Div. 400 Greenville, Ala. **Military Excellence Award** Navy Club U.S.A.



SR Matthew Gregory , Div. 948 Austin, Texas **Navy League Award**

Viewpoint • • • >

Readers Speak Out

This week the *Bulletin* asks its readers, "If you were attending a Halloween costume party this weekend, who would you go as?"



"I'd go as 'Shaft,' the movie character who was a New York City private investigator. He has always been a super-hero of mine."

MS1(SW) Terry Hudson



"I would go as 'Go-Go' from the movie 'Kill Bill.' This is a Japanese character who is an awesome fighter."

IC2(SW) Brian Teneyck



"I think I'd go as a 'cereal killer.'
I'd have a big knife and be holding a box of raisin bran."

MSSN Amanda Eggemeyer



"I usually go as a vampire. I kind of like vampires because of the stories my mom and dad told me as a little kid."

DT1(SW/AW) Patrick Roa



"I think I would go as Cleopatra because she was a beautiful, exotic queen of Egypt who had a lot of power."

Anastasha Walker



"I just went to a Halloween party this past weekend. I was a prison escapee, complete with a black-and-white striped uniform and a ball and chain around my ankle."

GSEC(SW) Miguel Rodriguez

Awardees Wanted

The *Great Lakes Bulletin* will publish a list of award recipients, and those promoted and advanced, by command, each month, usually in the first issue of the month. Submit names on a copy of this form to the Editor, *Great Lakes Bulletin*, Bldg. 1, Room B-25, by the close of business Monday before the first Friday of the month. The name and phone number of a command point of contact **must be included**, or the names will not be published!

Command:

Name	Award	Date Received
		_
nt of contact (print na	me and telephone number)	
nt of contact signature	•	

and certificates. For information, call the Great Lakes Bulletin at 688-4808/2201.

Great Lakes Tyke

Name: Sarah Conroy

Age: 4

I live in: A little bit far away:

My family members are: Mommy, daddy, and sister Kira

My pets are: A cat named Whipper.

I help my parents around the house by: I help my kitty. I help clean up when somebody comes over.

My favorite book is: Teletubbies

Favorite cartoon is: I like Clifford the best.

My favorite food is: Chicken and turkey and potatoes and vegetables.

My best friend is: Jenna and Ezaria

My favorite toy or game is: The unicorn, and I have a special game named

My favorite color is: Purple, blue



Sarah Conroy

and yellow

My favorite sport is: Sometimes I play soccer ball with my sister, and sometimes I play volleyball with my sister.

When I grow up I want to be: A baker.

My picture is of: A dragon and my name.



Information, Tickets & Travel

Building 400, 688-3537

Information, tickets and travel

Information, Tickets and Travel (ITT) provides information concerning local points of interest, public transportation schedules, and discounted tickets for movies, theatres, amusement parks, tours and sporting events.

These services are available to all military and DoD employees.

There is no surcharge on all tickets to DoD employees. On the first day of sale, all sports events tickets may be purchased by active duty military only.

After that, all tickets are available on a first come-first served basis. Note: Prices are subject to change.

Office hours

ITT's hours of operation will be Monday-Friday 10 a.m.-5 p.m. and Saturday 10 a.m.noon. They are closed on Sunday and all federal holidays.

Entertainment Rebate Program

Get 20 percent of your ticket cost refunded through Entertainment Rebate Program (ERP). Experience some of the area's best local (Illinois, Indiana and Wisconsin only) entertainment programs and get 20 percent of your ticket cost refunded.

The Entertainment Rebate Program is designed to help offset the cost when active duty service members attend off-base events in the following areas: sports, concerts, cultural, etc.

The rebate program does not apply to tickets available through MWR's ITT Office or free tickets offered through any other source. Some restrictions apply.

Contact the ITT Office for complete details at 688-3537. Sponsored in part by AT&T. This program is only open to active duty, and active

Chicago City Pass

Visit six attractions at one low price with no ticket lines: The Art Institute of Chicago, The Field Museum, The Museum of Science and Industry, The Adler Planetarium and Astronomy Museum, The Shedd Aquarium and Oceanarium VIP and The Hancock Observatory.

The cost is \$49 per adult (value: \$72.50) and \$38 per child ages 3-17 (value: \$51).

Go to the head of the line

The new Hancock Observatory takes you to the top and one step beyond. The new Hancock Observatory, in the heart of Chicago's Magnificent Mile, gives you a one-stop tour of Chicago. Step out into the wild blue on "Skywalk," Chicago's only open-air viewing deck.

Best of all, experience Chicago's finest views, spanning 80 miles, four states, and 360 degrees. ITT's Hancock Observatory Admission Fees: are \$7.50-adult, and \$5.50-child.

Metra tickets

ITT has METRA commuter train tickets on sale. The cost is \$4.50 for a round trip ticket, or \$2.25 for a one-way ticket from North Chicago to downtown Chicago, a savings of over 50 percent off the regular ticket price. Avoid the stress of driving and high parking fees. Let METRA take you on a one-hour leisurely train ride downtown to experience some of the best restaurants, theatres, museums and entertainment Chicago has to offer. These METRA tickets are available to active duty military, only.

Busch Gardens

The ITT Office is now selling Busch Gardens Amusement Park tickets, located in Tampa, Fla. With over 30 attractions, five world-class

coasters and 2,800 exotic mammals, birds and reptiles on nearly 335 acres - to describe it as "wild" would be an understatement.

Ticket prices are \$48 for adults and \$38 for children. Stop by the ITT Office today to purchase your tickets.

Rinkside Sports

ITT offers Rinkside Sports - located in Gurnee Mills Mall - Fun Passes for only \$12. The Fun Pass includes a \$5 Fun Card to be used for video games, one admission to the Ice Skating Arena, one skate rental, one laser tag game, one free slice of cheese pizza and a small soda (savings of \$13 at ITT). Use the Fun Passes to host your child's next birthday party.

Taking a cruise

Carnival took all the fun things you love to do and put them on a fleet of fabulous cruise ships. Every "Fun Ship," has fantastic places for you to swim, dance, dine on lobster in style or pizza in shorts, even exercise to your heart's content.

Visit exciting destinations, while knowing your children are having their own kind of fun. Book your cruise through ITT, offering discounted rates. Stop by or call ITT at 688-4813 for details.

Tickets

Tickets on sale at ITT include: Medieval Times Dinner and Tournament. Adult-\$41, Child-\$31 Experience a night of jousting, sword fighting and feasting at this extraordinary dinner tournament.

Stay in Chicago

Go to Chicago for the Weekend, and stay at the Best Western-Grant Park Hotel on Michigan Ave., now offering exclusive discount for all base personnel.

The cost is \$89 per night for base or single occupancy-seasonal low rate, or \$105 per night for base or single occupancy-seasonal high rate. If interested in booking a room for a Chicago getaway, call (800) 472-6875 and use "MWR-1" rate code when making the reservation. This offer is based on availability. A government I.D. is required upon check-in. Some restrictions apply.

MSO info

All Great Lakes personnel receive a special 25-percent discount on tickets purchased through Milwaukee Symphony Orchestra.

Plus, eligible base personnel may receive an additional 20-percent rebate on tickets utilizing the Entertainment Rebate Program. Contact the ITT Office for details

For Milwaukee Symphony Orchestra information, call Sarah Martin at (414) 291-6010, Ext. 214.

Armed Forces salute

Ask about Disney's Armed Forces Salute and Universal Orlando's Discounted/Free Ticket Programs. Call the ITT Office at 688-3537 for details.

Traveling by airline?

Let the MWR Travel Desk assist you with your airline reservations. To receive special military discounts and guaranteed lowest fares on airline tickets, simply call the Travel Management Corporation at their toll free number (877)805-9157, serving Chicago O'Hare, Midway and Milwaukee's Mitchell Field area airports.

Win a cruise vacation

The ITT Office is giving away a seven-night Carnival Cruise Package, which includes not only the cruise itself, but airfare as well! This promotion is open to all active duty personnel. One entry is allowed per person through Nov. 14. However, to earn more chances, ITT customers will be offered additional entries for every transaction they make at the ITT Office during the promotion dates. Signup today at the ITT Office in Bldg. 400-Student Store. This promotion is sponsored, in part, by SLF Financial.

Chicago Bears tickets

On Nov. 3, active duty military personnel will have first chance at all the December Chicago Bears' games. On Nov. 4, all other base personnel may purchase tickets, if available. Tickets will be distributed only to base personnel with an ID. No more than two tickets may be purchased, per person, per game. Supplies are limited. The tickets are \$54 each. The Chicago Bears tickets available through the ITT Office are as follows: Dec. 14 vs. Minnesota and Dec. 21 vs. Washington.

Free hockey tickets

MWR and the Chicago Wolves Pro Hockey Team have teamed up to provide a large number of free tickets to base personnel to EVERY home game this season. For those who would like tickets to some of the best and most exciting pro hockey in the Midwest, stop by ITT Bldg. 4000.

Active-duty personnel have first chance at all the October, November and December games. All other base personnel can pick up tickets if available. A base ID is required. There is a limit of two tickets per person, per game. Supplies are limited. All games are played at the Allstate Arena in Rosemont, Ill. Individuals receiving the tickets are responsible for their own transportation.

Games that ITT will have free tickets for are Dec. 10, 20, 26, and 27; Jan. 2, 3, 7, 10, 11, 14, 17, and 18; Feb. 4, 7, 11, 21, 25, 28 and 29; March. 6, 7, 13, 17, 20, 27, and 31; and April. 3, 4, 7, and 10. For those interested in an outing for a command function, contact Patty Kupzak at 688-3537/4813 to discuss ticket availability and details.

Chicago cruises

ITT is now selling Navy Pier - Spirit of Chicago Harbor Cruises. Enjoy either a dinner or a lunch cruise with a grand buffet, dancing, Broadway music and the sights of Chicago. Cruises are as follows until Nov. 29: Lunch, \$35; Dinner, Sun.-Fri., \$61; and Dinner, Sat., \$72

Indoor water park

Experience awesome family wet and wild fun at the Bay of Dreams Indoor Water Park (Wisconsin Dells). Tickets are available for weekends only, and may be purchased at ITT today for only \$19.

Bulls Tickets Available

The ITT Office has Chicago Bulls tickets on sale for \$31 each. On Nov. 3, active duty military personnel will have first chance at all the December Chicago Bulls' games. On Tues., Nov. 4, all other base personnel may purchase tickets, if available. Tickets will be distributed only to base personnel with an ID. No more than two tickets may be purchased, per person, per game.



Movies: \$2 (\$1 children under age 12)
Ross Theater is located in Bldg. 110 and is open to everyone.
Children 17 years of age and under trying to gain access to

a "R-Rated" movie must be accompanied by an adult.

FREE Admission for Anyone in a Halloween Costume!

Fri., Oct. 31 7 p.m.



R~For horror violence and language. (106 Min.)

Fri., Oct. 31 9:30 p.m.



R~For strong violence and gore, sexuality, language and brief drug use. (94 Min.)

Sat., Nov. 1 7 p.m.



PG~For thematic material, language and action violence. (111 Min.)

Sat., Nov. 1 9:30 p.m.



R~For strong violence, and for language. (101 Min.)

Sun., Nov. 2 3:30 p.m.



PG 13~For action violence and some double entendre. (90 Min.)

Checkout the new seats with cup holders and a more comfortable environment - with the same great quality movie presentation!

The movie schedule is subject to change without notice.

For up-to-date information, call the

MWR Scoop Line at 688-2110, ext. 697, 24 hours-a-day
or check the web site at www.mwrgl.com

Ross Theater presents Military Family Appreciation Month in November, and features "Scratch For Snacks." All movie goers receive a free scratch off card and a chance to win something from the concession stand. If you don't win, fill out your scratch card for a second chance drawing, and an opportunity to win a \$500 voucher good for a cruise booking at the ITT Office on base. The program is sponsored by AT&T.

Places to dine - Places to go

Pier 525: Club Liberty, Skyline Food Court

Video Game Room, 21 and Over Lounge Bldg. 525, 688-4641

Pier 525 is the entertainment and dining hot spot for enlisted personnel E1-E6

The Skyline Food Court will serve a free delicious Thanksgiving dinner with turkey, gravy, stuffing, mashed potatoes, cranberry sauce, green beans, rolls and a dessert on Nov. 27. The meal will also include a soft drink. This free Thanksgiving dinner will be available to the first 750 Active Duty Military, only. This program is sponsored by AT&T.

No matter where you are from, or what season, watch your favorite sport's team on our Direct TV Satellite System, sponsored by Liberty Financial Group.

Football Specials take place on Sundays, featuring a free Club Liberty Buffet, beginning at noon-kickoff, with \$1.50

Football Specials take place on Sundays, featuring a free Club Liberty Buffet, beginning at noon-kickoff, with \$1.50 Bud and Bud Lite Bottles. The Monday Night Football special features pizza giveaways after the first, second and third quarters.





Fighting for your marriage - it's worth it

Unfortunately, marriage for some is more a duel than a duet. And the interaction between men and women in these kinds of relationships is characterized by battle rather than blessing. It's been found that the marital deadlock that exists with these troubled couples is due in part to pride and unrealistic expectation. And the result is that the two people "going at it" end up deliberately trying to hurt each other.

Marital conflict also surfaces when couples fail to make each other happy. This sort of problem is not as aggressive but can with as much pain lead to brokenness. Couples are frequently frustrated because their needs are going unmet.

And their marital ignorance contributes to this failure because men and women have great difficulty understanding and appreciating the value of each other's needs. Men tend to try to meet needs in a way that is meaningful to them and women do the same. The problem is that the needs of males and females are often very different and so we miss target with our efforts of

Maybe it's time to learn how to better care for your husband or wife. The Great Lakes Marriage Enrichment Retreat, held Nov. 21-23, will focus on such a goal. Held at the Benedictine Retreat Center in Benet Lake, Wisc. and sponsored by Navy chaplains, this no-cost retreat is utilized by military and DoD personnel, along with their spouses. Chaplain and Mrs. Brent Scott will facilitate the November event, which is not only a great get-a-way, but offers a few days to focus on important aspects of a successful marriage.

Registration closes soon, so if interested please call RPSN Boyd at 688-2174 for details. No boxing gloves allowed.

Forrestal Village Chapel offers a variety of programs

The Forrestal Village Chapel staff is looking for adults willing to work with junior and senior high school youth at Forrestal Village Chapel. Come and be part of a vibrant youth program that includes devotionals, music videos, sports, and food. All prospective volunteers can call the chapel staff at (847) 688-3490/91.

On Thursdays from 6:30 - 8 p.m., Women's Bible Study will host "Is your life out of control?" Do people take advantage of you? Do you have trouble saying no? Are you disappointed with God because of unanswered prayers? Dr. Henry Cloud and Dr. John Townsend will explain why clear boundaries are essential to a healthy balanced lifestyle. A boundary is a personal property line that marks those things for which we are responsible. Boundaries define who we are and who we are not. Childcare will be provided in the chapel

On Thursdays from 4:30 - 6 p.m., Patch the Pirate club meets. Patch the Pirate Club is a unique children's choir program. Each month the club emphasizes a new godly character lesson taught through songs, stories, Bible lessons, music lessons, activity pages, daily devotions, and performances. Patch the Pirate Club provides opportunities for elementary-aged children to grow spiritually while developing musically. It's a great club for character building fun!

On Sundays from 8:45 - 9:45 a.m., Adult and Children's Sunday school takes place. Come on out and study various biblical topics and passages every Sunday Morning. Doughnuts and coffee are provided, and childcare is available to parents in the chapel nursery.

Worship today in the faith of your choice



Have a blessed Reformation

By LT. CHANNING KEARNEY Chaplain Corps, USNR

On Hallows Eve of All Saints Day, October 31, 1517, at twelve o'clock, a lowly Augustinian Monk named Martin Luther went to the Wittenberg Castle Church in Wittenberg, Germany and placed a single piece of paper on the Wittenberg Castle Church door.

His intention was to spur theological debate with the Envoy of Albert of Brandenburg, Archbishop of Mainz over the selling of indulgences, but instead, he started a wild fire that spread from Wittenberg, Germany to England and eventually to the shores of North America.

The Archbishop sponsored the sale of indulgences to pay for the construction of Saint Peter's in Rome. The Pope of the Roman Catholic Church was desperate to raise money to complete St. Peter's in Rome during his tenure thus authorizing the sale of indulgences and pardons.

Indulgences were payments of money to the church for the forgiveness of sins. The price for the indulgence was not an issue, any amount would do. What was at issue was a piece of paper given to the buyer to insure them that their sins were pardoned or forgiven.

Not only were the indulgences sold for the living, they could be purchased by anyone, for those who were deceased. To initiate the debate, Martin Luther, wrote 95 theses challenging the legitimacy of the sale of these indulgences. In his mind, indulgences not only lacked Biblical warrant but also led souls astray from their true "justification by grace through faith and faith alone."

The medieval Roman Church's response to Luther's protests was first to ignore him. Then other well-known theologians and princes began to question the validity of the indulgence sale and other issues of the church. When ignoring Luther failed, the Pope sought to excommunicate Luther while arranging for the Emperor, Charles V, who was the political authority over the church and all of Europe from England to Germany, to sentence Luther to death.

Instead of silencing Luther, the reformation spread. Other protestant Fathers began to take up the banner. These were Ulrich Zwingli (1484-1531) and John Calvin



Lt. Channing Kearney

(1509-1564). Not only did the reformation break the religious control of the church upon its followers, it also broke the political control throughout Europe and spread as far as England with King Henry the 8th seizing the moment to break from the authority of his cousin, Emperor Charles V. and beginning the Anglican Church of England.

For centuries thereafter, Lutherans have celebrated Reformation Day as an important church festival that is celebrated on the last Sunday in October by Christians all over the world. The four major families of the Reformation tradition are Lutheranism, Anglicanism, Reformed, and Free Churches.

But the reformation is not only for those of the traditional four, it is for all protestants throughout the world. Some of the major Protestant Churches in the US are the United Church of Christ, Baptist, Methodist, Episcopal, Presbyterian, Reformed, and Disciples of Christ, just to mention a few. All commemorate that single act of Dr. Martin Luther and his posting of his Ninety-Five Theses on the door of the Castle Church in Wittenberg.

It is that single act that changed the world and triggered the movement in world history, known today, as the Reformation.

May you have a blessed Reformation day.

Command Religious Program Schedule

Catho	olic			
Sun., 6:30 a.m. Catholic RSPO muster				
Sun., 6:45 a.m. Roman Catholic Confession				
Sun., 7 a.m. Catholic Choir Practice and Rosary				
Sun., 7:30 a.m. Sunday Mass				
Sun., 8:45 a.m. Catholic Religious Education				
Sun., 9 a.m. Sunday Mass				
Sun., 10:30 a.m. Roman Catholic P-Day Mass				
Sun., Noon Sunday Mass				
Sun., Noon Sunday Mass				
MonFri., 11:45 a.m. Weekday Mass				
Sun., 10:15-11:30 a.m. CCD				
Sun, 10:15 a.m. Adult Education				
ouil, forto unilificado Laboution filtra de la constantina della c				
Protes	stant			
Thurs., 7 p.m. Protestant Choir Practice				
Sun., 6:30 a.m. Protestant RSPO muster	Recruit Memorial Chapel			
Sun., 9:00 a.m. Traditional/P-Day Service	Recruit Memorial Chapel			
Sun., 9:30 a.m. Traditional/Meditative	Naval Hospital All Faiths Chapel			
Sun., 10:30 a.m. Protestant Worship				
Sun., 10 a.m. Family Worship Service	Forrestal Village Chapel			
Sun., Noon Contemporary Christian				
Sun., Noon Sailors for Christ				
Sun., Noon, Gospel Christian				
Sun., 1:30 p.m. Sailors for Christ				
T # C	10			
Full Gospel Service				
(Pentec	ostal)			
Sun., 10:15 a.m. Sunday School adult & children	Blueiacket Memorial Chapel			
Sun., 11:45 a.m. Morning Worship				
Wed., 7 p.m. Bible Study, adult & children				
Mon., 7 p.m. First Monday of month Bible Study/Fellowship,				
Fri., 7 p.m. First Friday of month Youth Victory Service				
This plant that the ay of month found victory service				
Christian Science				
Sun., 7:30 a.m. Prayer and Study	Recruit Memorial Chapel			
	·			
Church of Christ				
(Non-Instru				
Sun 9 a m	Recruit Memorial Chanel			

Orthodox Christian Islamic Church of Jesus Christ of Latter Day SaintsNaval Hospital All Faiths Chapel Seventh-Day AdventistRecruit Memorial Chapel Lutheran Bahai Sun., 7:30 a.m. Bahai Prayers Recruit Memorial Chapel Buddhist UnitarianRecruit Memorial Chapel

Miscellaneous (Recruit Memorial Chapel)

Thurs., 7 p.m. RSPO Training; Sun., 7:30 a.m., LDS Sunday School Sun., 7:30 a.m., Eastern Orthodox Confessions Sun., 10:30 a.m., Jewish Culture Class

Counseling Hours, Mon.-Fri. - Recruits 7:30-11:30 a.m.; Staff 7:30 a.m.-3 p.m., Bldg. 1127, Room 233; and 1-3 p.m. at Bldg. 1301 chapel.

Chapels

• Bluejacket Memorial Chapel - Bldg. 3, NTC

 Forrestal Village Chapel - Bldg. 2630, Ohio St., Forrestal Village
 Recruit Memorial Chapel - Bldg. 1301, RTC
 Naval Hospital All Faiths Chapel, Wing 2 South • For More Information about any of the services or events listed in this schedule, call 688-5610

Sport Scene

Try this no-impact way to get yourself fit

Water Aerobics is for swimmers and nonswimmers who want to exercise in a fun, therapeutic, or vigorous way. The sessions are held on Mondays, Wednesdays and Fridays from 5-6 p.m. Sessions cost \$15 for 10 or \$25 for 20. All equipment is supplied. Each participant exercises to their own level as the instructor leads and motivates.

New Water Aerobics classes will be held at Bldg. 440-Indoor Pool.

Aerobics will run in one month sessions on Monday, Wednesday, and Friday from 5-6 p.m. The cost is \$20 per month session. Here is the upcoming schedule: Nov. 3-Nov. 21; and Dec. 1 - Dec. 19.

A water aerobics instructor is being sought by the Aquatics Branch to work Monday, Wednesday, Friday 5-6 p.m. The instructor will work for a three week session and get the fourth week off during a six-month contract at \$16 per hour. The instructor will set their own pace, and use their own music, Aquatics will provide minimum equipment. Instructor certification is preferred but Aquatics will accept any teaching experience.

Pool parties

Add a splash of fun to your next event by hosting a Pool Party at the Indoor Pool, Bldg. 440. Chips and soda are included in the price of only \$75 for two hours for up to 15 children, and \$4 more for each additional child. Those who attend may bring additional drinks, food, decorations, and cake. The program is available daily from 5-7 p.m. Call for details.

Lifeguard certification

This class emphasizes preventing accidents, rescue techniques, and caring for the victim after the accident. Upon completion of the class, successful participants will receive certifications in CPR for professional rescuer, lifeguarding and first aid. CPR pocket mask are included in class fee. Participants must go to the Red Cross office on base and purchase the course book.

Pre-requisites for participants are:

- Must be 15 years old prior to the start of this class.
- Must be able to swim 100 yards front crawl; 100 yards breaststroke; 100 yards sidestroke; and 100 yards elementary backstroke.
 - Must tread water 2 minutes legs only.

Indoor pool hours

The Indoor Pool at Bldg. 440 is open Monday, Wednesday and Friday from 6-8 a.m. for lap swim; Monday through Friday from 11 a.m.-1 p.m. for lap swim, and Monday - Friday 6-8 p.m. for open swim, and is closed weekends. The pool in Bldg. 80-H is closed.

Water polo

Looking for some team competition? Try the pool's new water polo open swim. Teams assemble every other Wednesday at 6 p.m. at the Bldg. 440 pool. Participation is free and each team can accommodate up to 10 players each. Caps will be provided for players. For more information or to register, call or stop by Bldg. 440. Competition takes place at the outdoor pool.

Swim clinics

Swim clinics will be held at the indoor pool on Monday, Tuesday, Wednesday and Thursday 5-5:45 p.m. Instructors will focus on one stroke per week for those ages 16 and up. Call for more details.

Swim lessons

Swim lessons are available according to the following schedule:

Youth Swim Lessons for those 4-16 years of age are offered in three week sessions on Tuesday and Thursday from 5-5:45 p.m. The cost is \$40 per child, or \$75 for two children in a family. Here are the dates: Nov. 4–20; and Dec. 2-19. Bring a bathing suit, goggles (if needed) and a towel.

Water Babies, for those 6 months to 4 years of age, is held on Saturdays from 10-10:45 a.m. from Oct. 4-Nov. 22. The price is four classes for \$25, or all 8 classes for \$45. Bring a bathing suit, toys from home, towel, swim diaper.

Adult Stroke Development Classes cost \$12 per class, or \$40 for four classes, and are held Monday, Wednesday, and Friday from 5-6 p.m.; and Saturdays at 10 a.m. make arrangements with the Aquatic Manager.

Private Youth Swim Lessons cost \$12 per class, or \$40 for four classes. These will be arranged for patrons' convenience with the Aquatic Manager.

SCUBA lessons

Open-water SCUBA lessons with PADI/NAUI certification are offered, and the cost is \$175. The gear, equipment, and

books are all included, and the student keeps the books for future reference. The cost does not include an open-water check-out dive. The registration fee is \$85, payable at Bldg. 440, and \$90 is due on the first day of class, payable to the instructor. The classes - limited to eight participants - take place every Monday and Wednesday evening from 7-10 p.m., and last three weeks. For information, call Sam at (847) 731-2089

Frogman competitions

Test your swimming abilities and mental endurance at these exciting competitions. It's a water obstacle course with a little calisthenics thrown in for fun. Competitions are held every Wednesday night at 6 p.m. at the Bldg. 440 Indoor Pool. The entry fee is \$10, and event winners win a T-shirt and a pair of Kiefer swim goggles. Register at Bldg. 440.

Lifeguard, CPR challenge

A Lifeguard and CPR Challenge will be held at the Bldg. 440 pool, on a date to be determined. The cost is \$70, and \$55 additional for CPR certification. The prerequisites are as follows: Participants must be able to swim 500 yards continuously, be able to tread water for 2 minutes without using their hands, and be able to retrieve a 10 pound brick in 11 feet of water.

English Channel swim

The "English Channel Swim" program challenges swimmers to set a distance swimming goal of 21 miles, the equivalent of the shortest distance across the famed "English"

Channel," between Dover, England and Cape Gris Nez, France. Upon completing the 21mile distance, each participant will receive an "English Channel Swimmer" T-shirt. Each participant in the "English Channel" Swim Challenge pays only a \$5 registration fee.

Pools accessible

The swimming pools at Great Lakes are accessible to those with disabilities. The Aquatics Department has a portable extra step with a rail which can be used, and there is a small step on the northeast side of the Bldg. 440 pool.

For more information about any Naval Station Morale, Welfare, and Recreation Aquatics Branch programs or events, call 688-3419.

Registration for all programs will take place at the front desk of Bldg 440. Lockers are provided and patrons can obtain a key from the front desk.

Every patron entering the pool to swim will need to take a shower.

An adult must accompany children under the age of 10. Those over the age of 10 must be able to swim 25 meters (length of the pool) in order to swim unaccompanied.

Unless otherwise noted, all events and classes are open to active duty military, retired, reservists, military family members, and DoD civilians with valid memberships.

Take Yoga, Power Training at Triplex, Wellness Center

Aerobic fees apply for all classes unless otherwise specified. All eligible gym customers are welcome. Classes are subject to change without notice.

A "Warrior Pose" Yoga Class takes place Tuesdays and Thursdays at the Triplex from 6-7 p.m. This class combines marital arts, yoga and fitness training into one fantastic workout. All fitness levels are welcome.

Step Aerobics is held Tuesdays and Thursdays at the Wellness Center from 11:30 a.m.-12:30 p.m.

Power Training takes place Tuesdays and Thursdays at the Wellness Center from 4:45-5:45 p.m. This class uses resistance training to strengthen and sculpt the body.

Spin classes are held Tuesdays and Thursdays at the Triplex from 5:45-6:45 a.m.; Mondays, Wednesdays, and Fridays at the Triplex from 11:45 a.m.-12:30 p.m.; and Mondays and Wednesdays at the Triplex from 4:30-5:15 p.m.

Sniper's Alley

Sniper's Alley is now open by the Fieldhouse.

This new 13,500 square-foot playing arena is perfect for fast-paced paintball.

For just \$10 per day players can rent safety equipment and will receive 100 paintballs. Additional paint can be purchased at very low prices on site.

Have your own equipment? All you need to do is pay a small field fee and purchase the paint on-site.

All paint must be purchased and used on-site. Safety rules are strictly enforced. Those owning their own equipment are required to follow base regulations for storage and registration. No one under age 12 is permitted to play. Parental permission slips are required for all children ages 12-17.

Regular hours of operation are: Thursday 4-9 p.m., Friday 4-10 p.m., Saturday 1-10p.m. and Sunday 1- 9 p.m. For more information call 688-2330.

Courts Plus hours

The hours of operation for Bldg. 4 (Courts Plus) are Mon.-Fri. from 11 a.m.-

6:30 p.m.

Certified instructors sought

MWR is looking for "certified instructors" in the following areas: yoga, step aerobics, cardio-box aerobics, strength and conditioning, etc. Please fax resumes to (847) 688-7858 or contact Barb Roth at (847) 688-2171.

Commander's Cup races

Here is the schedule of remaining Commander's Cup races: Oct. 28, 6 p.m., Fright Night 5k Race, Bldg 4; Nov. 15, 9 a.m., Skylab 5k Race, Bldg 4.

Competition age categories are 19 and under, 20-29, 30-39, 40-49, 50-59, and 60 and over. Awards will be given to the first-and second-place finishers in each category for both genders.

In 5K team competitions, the top five

In 5K team competitions, the top five runners will qualify for time. The team with the best time will be awarded the traveling trophy. Teams members must be attached to the command they represent, and team competition is open to all.

For each race the first 50 runners shall receive a gift for their entry. Call (847) 688-3419 for information.

Massage therapy available

Make an appointment with MWR's own massage therapist today.

Call the Wellness Center at 688-5649 for days/times.

The physical fitness centers are located in the following buildings: Courts Plus - Bldg. 4, Gym 80-H, Fieldhouse - Bldg. 440, Triplex - Bldg. 3, and Wellness Center-Bldg. 2A.

All event/league registrations and manager's meetings take place at the Fitness & Sports Office in Bldg. 440, unless otherwise noted. Turn in registration and forfeiture letters at Bldg. 440. Leagues are open to all active duty and retired military, reservists, family members with an ID and DoD employees with a valid gym membership. For additional information, call 688-3419.

Enjoy fall bowling this November at Rynish

The Rynish Bowling Center offers league play, sanctioned by ABC, WIBC and YABA, on 32 lanes. A variety of adult and youth bowling leagues and other exciting events are offered year round. Also located in Rynish is a fully equipped video arcade, complete with a variety of video games and eight pool tables. Another exciting feature at Rynish is "Planet Bowl," glow-in-the-dark bowling, which consists of special effects, music and lighting while you bowl.

Free lunchtime bowling is offered from 11 a.m.-1 p.m. every Tuesday and Wednesday in November

Check out RBC's Monday Bowling Special - bowling costs just \$1 per game all day

A family bowling special takes place from Sunday-Thursday, which costs \$20 per lane for up to six people, and includes two hours of bowling, one 16-inch, one-topping pizza, and one pitcher of soda; shoes rental is extra.

Call 688-5612, or stop in for more information about any Rynish Bowling Center Leagues.

The Rynish Bowling Center (RBC) is

The Rynish Bowling Center offers located in Bldg. 180. For more information about anything here, call 688-5612.

For information, call Rynish Bowling Center at (847) 688-5612.

Parcheezi's follows the Rynish Bowling Center hours, but closes one hour earlier each day.

The 11th Frame Lounge Hours are Sunday, Tuesday and Wednesday: 4-9:30 p.m., Monday: closed, Thursday: 6-10:30 p.m., and Friday and Saturday: 5-11:30 p.m.

Enjoy bowling fun year-round at Rynish. The center offers league play on 32 lanes, all are sanctioned by ABC, WIBC and YABA. A variety of adult and youth bowling leagues and other exciting events are offered year round.

Also located in Rynish is a fully equipped video arcade, complete with a variety of video games, pool tables and computers with Internet access. Another exciting feature at Rynish is "Planet Bowl," glow-in-the-dark bowling, which consists of special effects, music and lighting while you bowl.

Enjoy sports and other viewing on the "Big Screen" in the 11th Frame Lounge.

Halloween a season of varied, ancient traditions

By JO2 JESSICA PEARCE NTC Public Affairs

Some kids start getting excited as soon as school begins again. Others wait until the last minute to begin to get ready. Some kids argue with their parents over whether or not they're too old to go this year. What am I talking about? Halloween! That magical day when parents loosen their hold and kids can dress up as whatever they want, limited only by their imagination (or their parent's patience.) Most kids don't know the history of the holiday, or, indeed, that many cultures celebrate it as a holiday. But Halloween, in one form or another, has been celebrated for hundreds of years.

Halloween, also known as All Hollow's Eve, Hallowtide, Hallowmass, The Day of the Dead or Samhain, began in the British Isles. For early Europeans, this time of the year marked the beginning of the cold, lean months to come; the flocks were brought in from the fields to live in sheds until spring. Some animals were slaughtered, and the meat preserved to provide food for winter. The last gathering of crops was known as "Harvest Home, " and was celebrated with fairs and festivals. The Gaelic word Samhain (pronounced SOW-en) means "summer's end."

Almost all celtic-based traditions recognize this time as the end of the old year. Some consider the time between Samhain and Yule, or the Winter Solstice, time that does not exist on the earthly plain, both magical and very dangerous. Traditional lore speaks of dead returning to visit their loved ones, and the doors to the Faerie realm being opened. Many traditions lay out a "Feast of the Dead" to welcome visitors and gain favors. Some leave milk and cakes out or set the table for an ancestor.

CPR class to be held here

The American Red Cross will hold a Community CPR, Cardio Pulmonary Resuscitation, class on Saturday, 22 November 2003 at Building 76 from 8 a.m.-5 p.m. Learn to perform rescue breathing, determine unconsciousness, and perform one-rescuer CPR.

This class will cover CPR for Adults, Infants and Children. participants must have Military/DoD or military family member ID card in order to attend the class. Come to building 76 with the ID card to register and to purchase the \$13.50 book that is required for the class. No other fee will be charged.

Class size is limited and reservations will be on a first-come, first-served basis. Call (847) 688-5676 with any questions.

Ancient customs range from placing food out for dead ancestors, to performing rituals for communicating with those who had passed over.

Since Halloween is exactly between the Autumn Solstice (on or about Sept. 21,) and the Winter Solstice (Dec. 22), ancient people thought it was a particularly good time to improve their luck. The tradition of bobbing for apples, baking cakes with good luck tokens in them, and roasting nuts in the fire are all ancient methods of telling fortunes.

Many modern traditions come from the Celts and their ancestors. The Jack-O-Lantern tradition may have come from the Celtic tradition of letting their hearth fire go out on this day. A huge bonfire was lit, which the families considered good luck. The village families brought the good luck to their hearth by lighting their fire from the bonfire. Families hollowed out turnips or pumpkins and placed a candle in it, to light their way to the main fire.

Since candles placed in the hollowed-out pumpkins or turnips would produce flickering flames, especially on cold nights in October, this may have led to the association of spirits with the lanterns; and this in turn may have led to the tradition of carving scary faces on them.

It is an old legend that candle flames which flicker on Samhain night are being touched by the spirits of dead ancestors, or "ghosts." Another possible myth that Jack-O-Lanterns may have sprung from is an Irish folk tale from the 18th century. Jack was an Irishman who had tricked the Devil into climbing an apple tree. After the Devil was in the tree, Jack cut a cross in the tree trunk, trapping the Devil in the branches.

After Jack died, he was unable to get into heaven because he had been so mean. The Devil had a long memory and would not allow him into hell, so Jack was forced to walk the earth endlessly. After a while, the Devil took pity on Jack, and gave him a coal to light his path. Jack put the coal inside a hollowed out turnip that he had been eating, and so the Jack-o-lanterns are said to be old Jack, still wandering the earth, trying to get into either heaven or hell.

Trick or treating is also a mix of old traditions, though it is unique to the United States. The Irish immigrants had a tradition of going door to door asking for donations of money or food for their New Year's feast. Rural Scots celebrated their New Years with a "trick or treat" type custom. Curses would be invoked on those who did not give generously, while those who did were blessed and praised.

Costumes may have come from the ancient practice of villagers dressing up like ghosts to escort the spirits of the dead out of their town once the night's celebrations were over. All these traditions were brought

over as immigrants made their way to this country.

Trick or treating became a way for the 1920's urban poor living in crowded conditions. Innocent vandalism such as soaping windows gave way to violent and cruel acts. Organizations like the Boy Scouts started the practice of encouraging good children to visit shops and homes asking for treats as a way to make the holiday safe and fun.

In order to keep the holiday safe and fun, local cities around the base often sponsor parties to keep children off the street and by themselves as they might be while trick-or-

treating. The Waukegan parks district is sponsoring Halloweenfest on Oct. 27, while trick-or-treating hours in military housing for Great Lakes and Fort Sheridan are Oct. 28, from 2 to 5 p.m. The Forrestal Village Chapel is sponsoring a Harvest Fest, for church members and their friends as an alternative to Halloween.

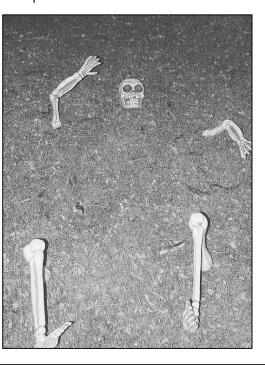
o this year, as you prowl around the neighborhood, searching for candy and pulling harmless pranks, think back to your ancestors and all the many traditions which have morphed into our present day Halloween.



Housing a spooky place

spooky placeTonight as children Trick or Treat throughout the Naval Station family housing area, they are in store for a "spook-tacular" evening. From ghouls and gobblins, to bats and graveyards, family housing residents did a fantastic job preparing their yards for this fun-filled evening. More than 35 nominations were received from Great Lakes, Glenview, and Fort Sheridan family housing areas for this year's Fall/Halloween competion. As the children visit from door

to door filling their bags with delicious treats, expect to see some "boo-tiful" sights as you make your way down the street. Congratulations to these 2003 fall/Halloween yard of the month winners and their families: TM1 Erik Burton, ETCM John Kidwell, MMCS Scott Potter, Cmdr. Steven Myers, Lt.j.g. Timothy Barnes, GSE2 Bruce Walsh, OSC William Hastings, SK2 Jose Ortiz, ADC James Key, Sgt. Phillip Flynn, ABFC Keith King, YNC Danny Schneider, EN1 Dawn Benwell, HM1 Jessie Karstedt, MS2 Dennis Casler, AO1 Joseph Cox, MRC Michael Betts, HTC Ricky Meadows, and Lt. Stacy Barbone. Photos by Marcia Goods, Family Housing Public **Affairs**





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Breakfast Soft & hard eggs Scrambled eggs Griddle-fried eggs Assorted omelets French toast

Hashbrowns Sausage links Oven-fried bacon Assorted cereal

Breakfast

Pancakes

Hashbrowns

Ham steak

Soft & hard eggs

Scrambled eggs

Griddle-fried eggs

Assorted omelets

Oven-fried bacon

Assorted cereal

Assorted yogurt Pastry bar Bread bar Beverage bar

Lunch Oven-fried chicken fillet sandwich Creole macaroni Wedge fries

Assorted yogurt

Grilled bratwurst

Veal parmesan

Glazed carrots

Filipino rice

Pastry bar

Bread bar

Lunch

Beverage bar

Broccoli Corn Beef vegetable soup Salad bar Bread bar Beverage bar Assorted desserts

Steamed rice Broccoli Blackeye peas Beef vegetable soup Salad bar Bread bar

Dinner Baked chicken

Salad bar

Bread bar

Beverage bar

Salisbury steak

Hot dogs

Beverage bar

Assorted desserts

Mashed potatoes

Chicken gravy

Grilled ham

Peas w/ mushrooms

Tomato florentine soup

Club spinach California-blend vegetables Tomato florentine soup

Assorted ice cream cups Salad bar Bread bar Beverage bar Assorted desserts

Breakfast

Soft & hard eggs Scrambled eggs WEDNESDAY Griddle-fried eggs Assorted omelets French toast Hashbrowns Sausage links Ham steak Assorted cereal Assorted yogurt

Pastry bar Bread bar Beverage bar

Lunch Herb-baked fish Spaghetti w/meat sauce Oven-browned potatoes Corn O'Brien Herbed green beans Chicken gumbo soup

Salad bar Bread bar Beverage bar Assorted desserts

Glazed carrots

Dinner Grilled Italian sausage Oven-fried chicken fillet sandwich Steamed rice

Broccoli parmesan Chicken gumbo soup Salad bar Bread bar Beverage bar Assorted desserts

Breakfast

Soft & hard eggs Scrambled eggs **THURSDAY** Griddle-fried eggs Assorted omelets Pancakes

Hashbrowns Oven-fried bacon Sausage patties Oatmeal

Assorted omelets

French toast

Potato sticks

Sausage patties

Assorted cereal

Oven-fried bacon

Assorted cereal Assorted yogurt Pastry bar Bread bar Beverage bar

Lunch Turkey tetrazzini Salisbury steak Franconia potatoes Peas Corn combo Pasta fagioli soup Salad bar Bread bar Beverage bar

> **Dinner** Baked tuna and noodles

Assorted ice cream cups

Roast beef Mashed potatoes Brown gravy Succotash Cauliflower Pasta fagioli soup Salad bar Bread bar Beverage bar Assorted ice cream cups

Assorted yogurt **Breakfast** Soft & hard eggs Pastry bar Scrambled eggs Bread bar Griddle-fried eggs Beverage barr

> Lunch Baked fish Swedish meatballs Buttered pasta

> > Broccoli

Carrots Garden vegetable soup Salad bar Bread bar Beverage bar Assorted desserts

Dinner Corn dogs Meatloaf

Franconia potatoes Brown gravy Corn Green beans

w/ mushrooms Garden vegetable soup Salad bar Bread bar Beverage bar

Assorted desserts

Continental Breakfast

Oatmeal Assorted cereal Assorted vogurt Bread bar

Brunch

Pastry bar

Bread bar

Brunch

Beverage bar

Assorted cereal

Assorted yogurt

Scrambled eggs

Beverage bar

Scrambled eggs

Continental Breakfast

Griddle-fried eggs Assorted omelets French toast Oven-fried bacon Ham steak Oven-fried chicken

fillet sandwich California-blend vegetables

Griddle-fried eggs

Assorted omelets

Franconia potatoes

Peas and carrots

Calico cabbage

Toasted waffles

Ham steak

Pizza puffs

Corn dogs

Roasted pepper potatoes Chicken noodle soup Salad bar Bread bar Beverage bar Assorted desserts

Dinner

Chili macaroni Noodles Jefferson Club spinach Cauliflower Chicken noodle soup Salad bar

Cajun baked fish

Bread bar Beverage bar Assorted desserts

Beef vegetable soup

Salad bar

Bread bar

Beverage bar

Assorted desserts

Oven-browned potatoes Broccoli Corn Beef vegetable soup Salad bar Bread bar

Beverage bar

Brownies

Dinner Veal parmesan Baked tuna and noodles

The food service officer is authorized to make changes to this menu when, due to unusual or unforeseen circumstances, it may be necessary to provide substitutions for food items not in stock or to permit timely use of perishable foods.

Rigors of war take a toll

By GERRY J. GILMORE

American Forces Press Service

WASHINGTON — Fighting the global war on terrorism has been tough on U.S. military equipment, senior service leaders told members of a House Armed Services Committee panel here Oct. 21.

After conducting successive, successful campaigns in Afghanistan and Iraq over the past two years, the U.S. military is now addressing its need to refit or replace equip-

"This near-term objective of repairing or replacing equipment returning from Iraq and Afghanistan will not be easy," Rep. Joel Hefley of Colorado, chairman of the House Armed Services subcommittee on readiness, observed to four senior officers representing each of the military services.

Hefley pointed out that U.S. troops and their equipment were challenged as the result of the high tempo of operations and harsh battlefield conditions experienced in Afghanistan and Iraq. For example, the congressman cited Marine Corps experiences of sand getting into tactical helicopters while deployed. Mechanics working on Marine Super Stallion CH-53-E's, he continued, have found an average of 150 pounds of fine sand distributed "throughout

U.S. success during Operation Iraqi Freedom "was not without costs" to military hardware, acknowledged Gen. William Nyland, the assistant commandant of the Marine Corps.

During the Marines' charge from Kuwait to Tikrit, Iraq, "a good deal of our equipment, while performing admirably, suffered some form of failure or battle damage," the leatherneck four-star general told subcommittee members.

Consequently, the Marine Corps is addressing its need for "additional supplies and maintenance," Nyland noted, "funding for which is included" in the fiscal 2004 budget supplemental request now before Congress.

The Army's deputy chief of staff for operations, Gen. Richard Cody, noted that U.S. military successes against terrorism "have been tremendous."

However, "we must continue to resource our operations with the right equipment to complete the mission in Iraq," Cody pointed out, "and to continue the pursuit of the global war on terrorism.

Soldiers need more sets of ceramicenhanced body armor, the Army general reported, adding that additional armored

Cody said repair or replacement needs for Army equipment used in Operation Iraqi Freedom also include aviation systems, communications and electronics systems, tracked and wheeled vehicles, missile systems "and about 250,000 various other sys-

Besides here-and-now requirements, the Army also is looking to the future, Cody said, as it deploys its new Stryker personnel transport vehicles to Iraq.

Army refitting plans "are not cheap," Cody acknowledged. Yet, "the investment will pay off," he emphasized, "for we will have a force of sustainable, modernized equipment that will allow us to meet our global commitments now and in the future."

Adm. Michael Mullen, vice chief of naval operations, noted that the Navy, too, has addressed increased wear and tear on its ships and aircraft deployed in the global war against terrorism.

In March, the Navy had deployed 70 percent of its ships in simultaneous support of operations in Afghanistan and Iraq, Mullen said. In fact, the admiral continued, the aircraft carriers USS Abraham Lincoln and USS Carl Vinson had been on extended deployments of 10 and eight-and a half months, respectively. Consequently, Mullen told the House panel, "funds were applied to depot maintenance for ships, aircraft, and equipment that were deployed longer than planned and, as such, incurred wear and tear beyond normally projected maintenance levels.'

Additional funds also were used "to expand the scope of many planned activities to bring ships and aircraft to their proper state of current readiness to prosecute" the global war on terrorism, Mullen said.

The Air Force, too, has contributed to "two highly successful campaigns in this war," declared Gen. T. Michael Moseley, the Air Force's vice chief of staff.

Moseley praised congressional efforts over the past few years that "paved the way for the substantive increases" in funding for spare parts, depot maintenance and munitions stockpiles.

Consequently, he continued, the Taliban and Saddam Hussein "met a joint force composed of the best airmen and the best equipment the world had ever seen."

Now, Moseley noted, "we must replenish our stocks, our people, and our ability to project power around the world."

To continue its dominance of the skies, he continued, the Air Force must replace its precision munitions kits, old-tech bombs, and other ordnance.

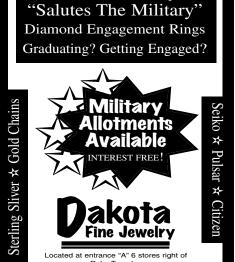
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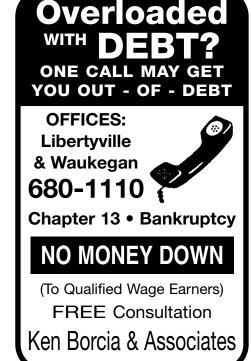


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Myers thanks marines, Sailors for their Iraqi freedom service

By JIM GARAMONE

American Forces Press Service

CAMP PENDLETON, Calif. — Joint Chiefs Chairman Air Force Gen. Richard B. Myers thanked Marines and sailors based here for their contributions to success in Operation Iraqi Freedom Oct. 20.

Myers also told the service members that Marine units might be a part of the next Operation Iraqi Freedom deployment cycle.

Myers told about 4,000 members of the 5th Marines and the 3rd Marine Air Wing, to include assigned Navy hospital corpsmen, that they did a magnificent job in Iraq. He said the world was impressed by their professionalism and also by their compas-

The chairman said the U.S. forces that liberated Iraq brought the values of America with them. The Marines are warriors, he pointed out, but at the same time they had to be Iraq's "best friends."

Myers said the Iraqi people were themselves victims of the terrorism. They are still a fearful people, he said, but they are coming out from under that fear. "There is not a more courageous force on this earth than you and your fellow warriors in the Army, Navy, Air Force and Coast Guard," Myers said. "At the same time there is not a more compassionate force. You take all of America's values with you when you go to the front lines."

Myers said their service ñ whether in Iraq or supporting those in the country ñ is key to confronting terrorism. "We've never lived in a time when it's been more important to serve your country and to protect your country," he said. He said that in his opinion the threat is the greatest America has faced since the Civil War.

"Why so bad?" he asked. Attacks like those on Sept. 11, 2001, create fear and lack of confidence in people. There was not only the loss of life, but the world economy took a substantial hit following the attacks.

"I read the intel every day and my guess is if they could, al Qaeda and other terrorist organizations would love to have another September 11th event," Myers said. "They would love to make it worse with biological weapons or radiological weapons.'

The chairman said the most important aspect today in the global war on terrorism is the battle in Iraq. Myers told the Marines and sailors that the enemy thinks it can beat the United States. He said they have looked at events in the recent past ñ the October 1983 bombing of the Marine Barracks in Beirut and the October 1993 Day of the Rangers in Somalia ñ and decided the United States will leave if the going gets too

He said U.S. resolve first in Afghanistan and then in Iraq should prove to terrorists that the United States is in this conflict for the long haul. "They think their will is stronger than ours," he said. "But it's not."

Myers said Marine units may be needed

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in the next Iraq deployment in February, March and April 2004. He said no decision has been made so far, but U.S. Central Command chief Army Gen. John Abizaid will decide what capabilities he needs and forward that request to the Pentagon.

"As we speak, folks at the Pentagon are working very hard to look at the next rotation for Iraq," Myers said. Some units have already been notified that they will deploy.

Whether Marine units go depends to a great extent on how many Iraqis are involved in security matters and how many international troops are available. Myers told the troops that there are more than 70,000 Iraqi members of the police, the Civil Defense Corps, the Border Guard and the Infrastructure Protection Service. There are also about 23,000 international soldiers in two multinational divisions in the country. He said there is a "good chance" there will be a third multinational division.

He promised the Marines that if they are needed, the Pentagon will get the information out to them soon.

The chairman addressed the situation in North Korea in response to a question. He said the "best hope for the Korean situation is to let the diplomatic process work." The United States, Russia, China, Japan and South Korea are working with North Korea to stop that country from developing nuclear weapons and proliferating nuclear and missile technologies.

He said the situation in North Korea is "sad," adding that the people there are starving. The effect on them is so bad that the military had to lower the height requirement for the North Korean military from 5 feet 2 inches to 4 foot 8 inches, Myers

"There has to be a bargain here somewhere where they give up their nuclear weapons and ballistic missiles and they get on the path to being a normal nation," he

The United States remains committed to the defense of South Korea. "If you are not strong, people will take on weakness," he said. "So we're going to stay very strong in the Asia-Pacific region. We're going to stay very strong on the Korean peninsula."

In answer to another question, the chairman spoke about the role of special operations forces. He said success in Afghanistan came by putting A teams and B teams into the country. "When Kabul fell, there were 2,000 Americans in Afghanistan," he said. "The Soviets had 300,000 soldiers in Afghanistan and they were forced out."

During Operation Desert Storm in 1991, special operators were largely unused. In Operation Iraqi Freedom, they preceded the main force and often controlled conventional military formations.

'No one is saying you don't need all elements of the armed forces," he said. What is really happening is the U.S. military is going to use all elements to fight the global war on terrorism, he noted.



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SEAL Wives Against Terrorism help raise scholarship funds

By K.L. VANTRAN

American Forces Press Service

ANNAPOLIS, Md. — Bumps and bruises, 6-foot waves, chapped lips. Weary from a 140-nautical-mile trek, the SEAL Wives Against Terrorism smiled, cheered and waved as they motor-boated into Ego Alley at City Dock here today.

Patrons of the tour boat Harbor Queen, sitting at the end of City Dock's pier, shouted words of encouragement as the two 24-foot Zodiak HomeGuard Defender Boats passed. Just moments before, the ship's announcer explained the mission of the SWAT Boat Tour — to raise scholarship funds for the children and families of the Navy SEALs community, including those killed during the war on terrorism.

Funds will be distributed through the Naval Special Warfare Foundation.

The two boats accompanied by a support boat had traveled down the Potomac River from Washington Oct. 24. They left Colonial Beach, Va., around 7 a.m. today. They made two stops $\tilde{\mathbf{n}}$ the Coast Guard Station at St. Inigos and Patuxent River Naval Air Station $\tilde{\mathbf{n}}$ before settling in for the evening here. The women will continue their journey against terrorism Oct. 26 when they leave for Atlantic City. The 300-nautical-mile tour comes to a close at New York City on Oct. 28.

"It was a good trip," said Tawny, the wife of an active- duty SEAL. "We got a little wet, but we're all here and happy."

The group requested that their last names not be used.

Tawny said she joined the group of women from Virginia Beach, Va., to show them her support and to raise awareness of the Navy SEALs and the camaraderie of their community.

Marge, the wife of a retired SEAL, said she signed up to help make people aware of what SEALs do to fight terrorism. She said she's also proud to raise eduational funds for the families of SEALs.

But, she added, it's also important to have a good time. "I'm having fun," she added. "It seems time is going too fast." When asked about the bandage on her right hand and the bruises on her left, the Navy wife simply laughed and said she'd probably be black and blue all over by the end of the tour.

Carlin, team leader for SWAT and the wife of an active-duty SEAL, spent two hours at the helm.

Each woman takes a turn and all help with navigation.

"The first day was calm, glassy water," she said. "Today was a little rougher. We had waves 4 to 6 feet. You learn how to hit the waves, when to back off. Everyone is doing extremely well. We're all cowboys, we're all riding and having a good time. It was a really good day."

Retired Marine Rick Scriven, vice president for Zodiak's military division who accompanied the SWAT crew, agreed. "They're doing well," he said. "It got a little rough south of Pax River, but the boats are very user friendly and we did fine."

Scriven said he wanted the woman to learn how to navigate the waters by taking "baby steps." So when he planned the route

from Washington to New York City, he went from smaller, typically calmer waters to larger, rougher waters. The group's journey began on the Potomac River at Washington, progressed to the Chesapeake Bay, and will end up plying the waters of the Atlantic Ocean.

Coast Guardsmen have escorted the SWAT Boat Tour on its journey. Boatswain Mate 2nd Class Brad Barley of the Annapolis Station at Thomas Point will help guide the boats from Annapolis up the Chesapeake Bay to Baltimore Oct. 26. "I think it's really great what they're doing," he said.

A Web site [http://www.bulletproof-tour.com] for the tour contains more information and the ability to track the tour's progress. The SWAT Boat Tour is sponsored by Zodiac of North America and the Zodiac Maritime Training Academy for first responders, Mustang Survival Inc., Raymarine, Inc. and Bombardier Motor Corp.

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WHAT happened WHEN

A look back at historic Great Lakes

40 years ago Chinese officers visit base

Rear Adm. Lin Hung-Ping, chief of Naval Personnel and Capt. Liu Shu-Shang, both of the Chinese Navy, will arrive here at the Center Nov. 1, to begin a four-day fact-finding study of training facilities. Cmdr. Henry O. Belanger, district escort officer, will accompany the two officers on their four-day tour. As guests of Rear Adm. Yeager, Commandant Ninth Naval District, the Chinese officers will be given an extensive tour of NTC facilities.

30 years ago New aerobic program

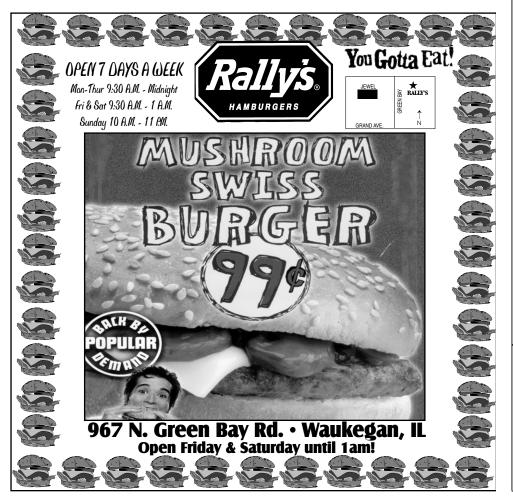
Now progressing at a steadily increasing pace is the Service School Command aerobics program. Originally developed by Air Force Lt. Col. Kenneth Cooper, M.D., the program has recently been initiated Navywide through OPNAVINST1500-21B. Service School Command has stated that "all staff personnel will ... engage in sufficient physical exercise to compile at least 30 aerobic points each week."

20 years ago Ombudsmen gather

Since Tuesday, Great Lakes Naval Training Center has been the scene of the first Navy-wide Ombudsman conference, Approximately 80 Ombudsmen and command master chiefs, and a few representatives from the Coast Guard and the Army, are in the last days of a results-oriented conference. "This is a real results-oriented conference," said Ombudsman Program Action Officer and Family Program Specialist Meg Faulk.

$10~{ m years~ago}$ MWR has new shuttle bus

A new shuttle bus, originating at Recruit Training Command and traveling to mainside, will begin operation Nov. 15 on a trial basis. It will operate between 5:30 and 9 p.m., Monday through Friday. "This will not replace the regular shuttle bus, it will supplement it," said John Prue, community activities director, Morale, Welfare and Recreation Department.



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Combat paratroopers studied in Ruggerio's work

By LT. CMDR. YOUSSEF H. ABOUL-ENEIN

Bulletin Book Reviewer

Combat Jump: The Young Men Who Led the Assault on Europe by Ed Ruggerio, HarperCollins Publishers, New York, 400 pages.

Many Americans today associate the liberation of Europe during World War II with the storming of the beaches in Normandy. However leading every assault is group of paratroopers like the 82nd Airborne Division. Ed Ruggerio is a former Army officer and his latest book is a gripping account of how America, which ranked seventeenth among the world's military powers in 1939, and stood in awe of German Blitzkrieg and paratroop tactics, would reshape itself in the heat of war.

The author talks to Americans who developed paratroop doctrine and those who executed the jumps. As a young Army Captain, Col. Jim Gavin taught at West Point before America's entry in World War II and studied the German parachute assault on Holland and Belgium in 1940 that secured bridges and held down forts before a concentrated tank and air barrage followed.

Gavin studied how combat troops needed to be timed in order to accurately estimate where they landed so they could regroup and concentrate their efforts and firepower behind enemy lines. His ideas were published in the Infantry Journal.

When the Germans completely took over the island of Crete in the



Mediterranean with a parachute force of 25,000 and 530 aircraft, Gavin joined the father of American airborne tactics Col. William C. Lee.

Aside from the innovators, you will also read about the Americans who joined the elite airborne regiments of World War II, all of whom were interviewed by the author, including people like Ed Sayre who secured a beach with 80 paratroopers.

Medic Fred Morgan carried a wounded man for several miles, dodging Italian tanks and having his patient die before reaching the field hospital. The book is personal and offers a ground view of the day-to-day advance of US airborne forces in Italy and Germany.

As they turn the pages, readers will be sucked into worries of paratroop regiment commander; will they be dropped in the right place? Who is going to survive the jump? Is this the right landmark? Are those allied or enemy ships down there?

Combat Jump is an excellent read and this book was made into a "History Channel" documentary that airs Nov. 7. Have the NTC Great Lakes librarians help you get a copy.



RP2 Latanya Welch, foreground, and DC1 Hilda Jacobs try their hand at Goal Ball, a sport for the visually impaired. *Photo by Judy R. Lazarus*

Sailors take part in adaptive sports challenge

$Disability\ Awareness\ Month\ observed$

By JUDY R. LAZARUS

Bulletin Associate Editor

Sports-minded Sailors met the challenge last week when they participated in sporting events from a different perspective.

Great Lakes personnel took part in wheelchair basketball and hockey, goal ball, chair track/field, bocce ball, and shot-put, sponsored by the Great Lakes Adaptive Sports Association (GLASA). The event was presented by the Special Emphasis Program Advisory Council (SEPAC) as part of Naval Station's observance of Disability Awareness Month.

Each Saturday, at Bldg. 4 and at the Recruit Training Command Pool, young people may take part in various athletic activities sponsored by GLASA. At present, the sports program is being held at the pool and at a Lake Bluff School until floor work

is completed at Bldg. 4.

"Just because somebody has a disability doesn't mean they're not as tough as nails," said Glen O'Sullivan, aquatics director for the Saturday Adaptive Sports Program at the pool. "For any sport you can think of there is an adaptation," said O'Sullivan, a Marine veteran and a water-survival instructor.

GLASA, a non-profit agency, was formed in 1999 to provide recreational and competitive sports opportunities for those with physical or visual impairment. Weekly programs and special events are held in northern Illinois and southern Wisconsin.

Volunteers are always welcome to help out, O'Sullivan said.

For further information, call Cindy Housner, director of the Adaptive Sports Association, at (847) 283-0908 or e-mail her at c.housner.glasa@worldnet.att.net.

GLASA's Web site is GLASA.org.

101st uncovers more weapons caches in Iraq

By AMERICAN FORCES PRESS SERVICE

MOSUL — Soldiers from the 101st Airborne Division (Air Assault) discovered four weapons caches Oct. 20.

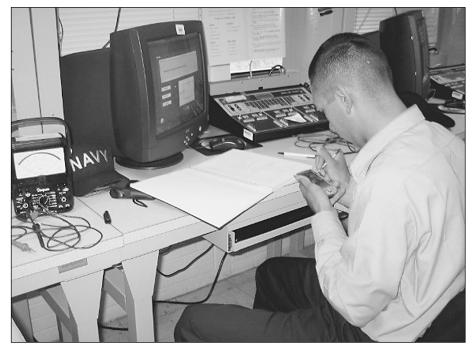
In the first incident, soldiers from the 3rd Brigade Combat Team discovered a cache of 28, 60-mm mortar rounds southeast of Anzalla Pump Station.

Later that afternoon, soldiers from the 2nd Battalion, 44th Air Defense Artillery Regiment discovered 60, 81-mm mortar rounds and 20 detonator fuses at Forward Operating Base Q-West.

Soldiers from 1st Brigade Combat Team discovered two caches about 10 kilometers south of Mosul. The first consisted of 86, 60-mm rounds, and the second contained 50, 60-mm rounds.

Also on Oct. 20, people from the Coalition of Iraqi National Unity turned in five rocket-propelled grenade launchers and two SA-7 surface-to-air missiles.

All of the caches were secured and will be destroyed by explosive ordnance disposal soldiers. The discovery and destruction of weapons caches through out Iraq helps ensure the continued safety of coalition forces and the Iraqi people, 101st officials said.



Training utilizes advanced learning technology

Electricity, Electronics, Communications & Radar (EEC&R) student, Manual A. Gloria, utilizes a personal digital assistant (PDA) to take notes and access learning aids while engaged in his Aviation Apprentice self-paced study course at Training Support Center, Great Lakes (TSC). The PDAs, which are issued to students participating in the EEC&R prototype, have built-in job and study aids, that allow students to transition to their Fleet work centers. Following the completion of the EEC&R course, students keep their PDA's. Photo by Matt Mogle

Join team NMCRS Great Lakes

Everyone at Great Lakes is invited to join the Navy-Marine Corps Relief Society (NMCRS) and be part of their volunteer team. Volunteers can:

- Receive reimbursement for childcare expenses and mileage.
 - Help people with an emergency need.
 - Obtain training for jobs performed.Develop new skills or improve on
- Develop new skills or improve on existing talents.

 Volunteer opportunities available with

Volunteer opportunities available with NMCRS Great Lakes are for the following positions:

- Thrift Shop workers who accept and organize donated items for resale through the NMCRS Great Lakes Thrift Shop.
- Receptionists who provide information, greet clients, and process data.
- Caseworkers who listen to requests, make decisions and disburse funds to meet client needs.

Call the Navy-Marine Corps Relief Society Great Lakes at (847) 688-6830/31 for an application or call for more information

★ Great Lakes ★ Honor Grads Congratulations! We salute you!



HN Julie M. Schmidt is Hospital Corps School, Class 03205, Honor Graduate with an average of 94.6.

The changing face of general military training

DAM NECK, Va. (NNS) — Passing out of General Military Training (GMT) is now just a few clicks away. Through an online or CD-ROM based pre-assessment test, Sailors can now receive credit for what they already know.

The Center for Personal Development, working with Navy Knowledge Online (NKO) and Navy eLearning, developed this program to improve training accountability and to evaluate for the first time how well Sailors comprehend GMT materials. While still at the discretion of commands, this new program is estimated to save the Navy thousands of man-hours.

The Navy requires specific GMT topics to be taught every year to all Sailors in the areas of personal health and wellness, safety, and personal and professional development. Currently, pre-assessment tests for the nine required annual topics are available on the Navy eLearning Web site. By passing these pre-tests with an 80 percent or better, Sailors can print a completion certificate and turn it in to their training officer, exempting them from formal command training.

"This revolutionizes the way training is conducted and the potential benefits are extraordinary," said Center for Personal Development Commander Officer Capt. William Marlowe. "Sailors can finally receive credit for knowledge they already possess, and reduce the time they would spend in training."

These courses also include a post test, which will help course designers assess the training's effectiveness.

Through NKO, users can find the assessment tests on the eLearning Web site. Once there, select 'catalog' to find the General Military Training category. Users then can click on 'FY04 GMT Required Topics' to add it to their learning plan and select 'Launch' to begin tak-

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To learn more about the GMT topics online, visit the Center for Personnel Development's page on NKO at www.nko.navy.mil.

For related news, visit the Naval Personnel Development Command/Task Force EXCEL Navy NewsStand page at www.news.navy.mil/local/tfe.

Lodges reduce phone rates

VIRGINIA BEACH, Va. (NNS) — Navy Lodges' long distance telephone rates will decrease from \$.50 per minute to \$.10 per minute, Nov. 1.

"Our new partnership with Sprint is allowing us to lower the cost of long distance rates in our Navy Lodges world-

wide," said Michael Bockelman, director, Navy Lodge Program. "We are continually looking at ways to put our guests first by providing new services and reducing costs wherever and whenever possible. We want our Navy Lodges to be our guests' first choice for lodging.'

There are 41 Navy Lodges located around the world. Most Navy Lodges have business-class rooms, which offer amenities including queen-sized bed, sofa, a desk with a computer hookup and task lighting. Free local and toll calls, coffee and newspapers as well as convenient on-base parking are also available.

All Navy Lodge rooms are air conditioned, have cable TV with HBO, a video cassette player, direct-dial telephone service and a kitchenette complete with microwave and utensils.

Housekeeping service, machines, video rental service and guest laundry facilities, as well as handicapped accessible and nonsmoking rooms are also available.

To receive a Navy Lodge directory or to make a reservation, call 1-800-NAVY-INN, 24 hours a day, 7 days a week. Reservation and room assignments are accepted on an as-received basis without regard to rank, rate or time of reservation.

Reservations may also be made online at www.navy-lodge.com, which gives a listing of each Navy Lodge location, complete with directions and phone num-

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November is Military Family Appreciation Month

By KEN CRONK Fleet and Family Support Center

November, being Military Family Appreciation Month, one may consider for a moment, "Just who appreciates military families?" Well, lots of groups and individuals do, of course, including other family members, your chain of command, elected representatives, veterans' groups, the list goes on.

There is appreciation from another group that doesn't get much attention down here at the grass-roots level, though, and that is from the highest level of our government. It includes the past presidents, President Bush, our lawmakers and citizens, plus leaders at the highest levels of DoD and the Navy.

Their work over the years has been transformed into what most of us now know as Quality-of-Life programs. Their efforts encompass improvements in health care, child care, housing, pay, and allowances, and have been the driving force behind the creation of every program and service offered through Fleet and Family Support Centers around the world.

But, some of the changes in the way leaders now show military families how much they are appreciated didn't come about out of the goodness of any high-level government hearts. Some of the initial changes, especially pay raises, were put in place mainly to keep enough people in uniform following the end of the draft in 1973

Other improvements, driven by emerging needs of the all-volunteer military, began to pick up steam in the late 70s. There was no choice but to change because, suddenly, the defense department was competing against the private sector for bodies to fill its ranks and pay alone was not enough.

The profile of the majority of those in uniform used to be: 18-25 years old, high school graduate, male, and single. Without the draft, there simply weren't enough of these to go around, so that meant more change was coming.

Part of that change is summed up in Government Accounting Office Report 02-935, Active Duty Benefits. It addresses changes to the active duty force since 1973, noting that, "It has become older and better educated, it has experienced increases in the

representation of minority and female service members, and a greater proportion of its service members are married and have children."

DoD estimates that in 1973, about 40 percent of service members were married. Today, there are nearly 700,000 spouses for the 1.2 million active duty members and they have 1.2 million children.

This was no aha! moment for our leaders. They were aware throughout the 80s and 90s that military demographics were changing and many of them fought for money and other resources to recruit and retain quality forces. Today, the fight for people continues and the competition from business, industry and colleges is fierce.

Today, there seems to be a growing realization that providing benefits and support for the families of military members is more than just a way to attract and keep enough people in the force. There is the realization that showing appreciation for the families by providing programs and services actually improves the quality and performance of that force. In his 2001 Quadrennial Defense Review, Secretary of Defense Rumsfeld stated, "...the Department must forge a new compact with its warfighters and those who support them."

What has emerged most recently from Secretary Rumsfeld's charge, years of studies, experience, money, legislation and new regulations is a thing called, formally, A New Social Compact: A Reciprocal Partnership Between the Department of Defense, Service Members and Families.

You can read it on the web site of the Military Family Resource Center at http://www.mfrc-dodqol.org/socialcompact/.

So what does all this have to do with Military Family Appreciation Month? Well, sometimes we forget (or don't know about) the things other people do to show their appreciation. If you come home and there's a band on the pier or a parade down main street with you in the convertible, the "you are appreciated" message is pretty clear.

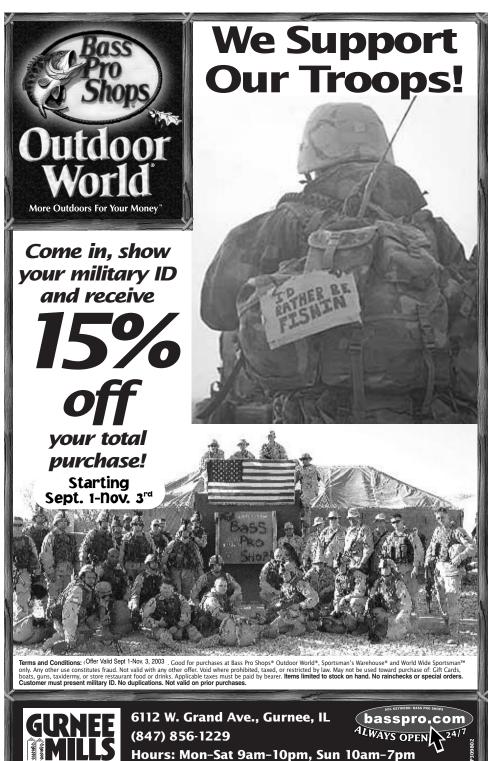
Sometimes, though, it is important to know that there are a lot of people whose names we'll never hear, and whose faces we'll never see, and that they work very hard to make sure military families know they are appreciated. They do it with money, programs, services, legislation, regulations, and their commitment to improve the quality of the lives of military and family members. They have been doing it successfully for the past 30 years and they continue to do it today.

In A New Social Compact, it is clear that DoD appreciates the value of its forces and their families, and acknowledges that the family, properly supported and appreciated, is key. The report states, "The Social Compact recognizes the fundamental reciprocity exchange that exists between the service member, his/her family and the Department of Defense—the performance of each impacts the quality of each."

Appreciation for the military family is important, whether it comes from the veteran or retiree you meet on the street, or from Congress in your new housing allowance.

Both extremes, and everything in between, are ample evidence that today's military family is highly appreciated and valued at every level. Thank you, spouses, children, moms, dads, grandparents and all who have supported our military families





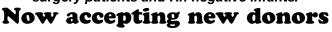


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As part of a comprehensive district-wide land management program, Lake County Forest Preserve staff will be conducting controlled burns to restore woodlands, savannas, prairies, and wetlands throughout Lake County this fall.

Weather permitting, controlled burns will begin in October and continue through December. Burns are prescribed to increase the number of native flowers and trees, recycle nutrients in the soil, reduce thatch, control invasive species, and reduce the risk of wildfires. Last year's controlled burn program helped safely bring the benefits of fire to nearly 1800 acres in Forest Preserves throughout Lake County.

Controlled burns mimic the natural fires that historically occurred in Lake County. They decrease invasive woody plants, remove dead leaves, and expose the soil and seeds to the sun's rays early in the growing season. This encourages native plants to grow more vigorous and to produce more flowers and seed.

Wildlife populations are adapted to survive the burns. Most animals are safe underground or high up in trees; others move out of the way to avoid fires. Controlled burns are conducted outside the breeding season

Natural areas being managed by controlled burns are showing resurgences. Woodland sites, which are generally targeted in the fall for controlled burns, are showing signs of recovery as a result of past controlled burns. In many woodland areas, plants have shown positive responses to controlled burns.

Controlled burns are the most cost efficient management tool available to land managers. Forest Preserve staff and volunteers complete intensive training before conducting controlled burns to ensure that proper safety measures are taken to protect people, facilities, plants and animals in the

Preserves and surrounding properties.

Look in the Preserves section of the Forest Preserves website www.LCFPD.org for daily controlled burns announcements. Here you can find which Preserve is scheduled to receive a controlled burn, and you can learn more about the Forest Preserves entire land management program.

For a free set of brochures on the Forest Preserve controlled burn program and other natural resource management efforts, call the Lake County Forest Preserve General Offices at 847-367-6640, or visit their website at www.LCFPD.org.

LIBERTY HOT SPOTS

FEATURE:

Flanagans, great food, atmosphere, prices

Flanagans, located at 3201 Buckley Rd. in North Chicago, breaks the mold of the usual theme restaurant with a very open, light and airy atmosphere. The Nordic ceiling in the main dining room and an abundance of large picturesque windows bring the outside indoors. They also have a newly renovated patio where guests dine in a beautiful garden setting. Flanagans offers a loft dining room for private parties of up to 45 and a downstairs banquet facility, with a full service bar that caters to as many

A heart-warming breakfast buffet is served every Saturday and brunch on Sunday. They also feature a lunch buffet Monday through Friday. They also serve a dinner buffet, especially prepared for all our graduates at the Great Lakes Naval Training Center.

They also have more than 20 televisions (3 BIG SCREENS) to watch your favorite sporting events. The DJ keeps the tempo going with music for all to hear. The music plays from 8 p.m. until closing on Wednesday,

Favorites on Flanagans' large and tempting menu include sizzling chicken, beef or shrimp fajitas, or a combina-

tion of all three. They also offer delicious pastas, like steaming shrimp or chicken Alfredo, homemade lasagna, and much more.

Flanagans' luncheon menu is filled with a wide variety of crisp salads and delectable sandwiches, all at reasonable prices.

Flanagans invites you to visit its sister restaurants, The Full Moon in North Chicago and Cafe Oceana in Gurnee.

Flanagans is open Monday through Friday from 10 a.m. to 1 a.m.; Saturday from 7 a.m. to 2 a.m. and Sunday from 7 a.m. to 1 a.m. For more information, call (847) 689-9062.



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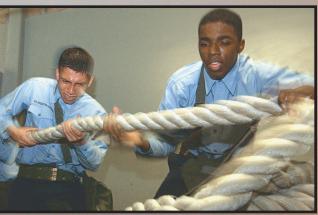
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TRAINING WAR

By JOC Rhonda Burke Great Lakes Public Affairs

Photos by PH1 Michael Worner



RTC Great Lakes Recruits SR Velasquez and SR Hamilton help coil the mooring line during the "stores onload" scenario of battle stations. Battle Stations is an all-night evolution which tests recruits' leadership and teamwork skills. It and is the last hurdle in basic training prior to the recruit graduation ceremony.

NSTC

(Continued from page 1)

and train them to be the future enlisted and officer professionals of the U.S. Navy.

Rondeau will serve as Commander, Naval Service Training Command (NSTC). Vice Adm. Alfred Harms, Commander, Naval Education and Training Command (NETC) will be the presiding officer at the ceremony. NSTC will report directly to NETC.

Under the new structure all Navy enlisted and officer training accessions programs, consisting of more than 50,000 trainees annually, will report to NSTC. The Naval Academy is the only accession program that will not report to the new command.

"Today marks a revolution in the structure, methods and administration of how we train and mold American civilians into officers and enlisted personnel for the fleet and teach young volunteers the values of citizenship and scholarship in high schools," said Rondeau. "We will continue to provide the most professional highest quality training and education as we have in the past. The consolidation of all officer and enlisted training and education under one command will give us the unique opportunity to proceed to the next level to ensure our future Navy is manned by warfighters ready and able to answer any challenge, any threat, anywhere."

Also participating in the establishment ceremony will be the Zion-Benton High School NJROTC Color Guard and NROTC midshipmen from both Marquette and Northwestern universities as well as representatives from Officer Training Command, Newport and Officer Training Command, Pensacola.

Under the new command structure the following training commands report to NSTC: Recruit Training Command (RTC) "boot camp" as well as the Veterans Training Division and the Naval Reserve Accession Course (NRAC) which report to RTC.

Also reporting to NSTC is Officer Training Command, Pensacola, Fla., with the following training programs: Officer Candidate School (OCS), Limited Duty Officer and Warrant Officer School and Direct Commission Officer School and Officer Training Command, Newport, Rhode Island, which includes the following training programs: Officer Indoctrination School (OIS), Chaplain's School, Broadened Opportunity for Officer Selection and Training (BOOST), Naval Science Institute and the Seaman to Admiral-21 commissioning program

Additionally, all Naval Junior Reserve Officer Training Corps (NJROTC) programs at 623 high schools throughout the nation and at DoD Schools overseas as well as all Reserve Officer Training Corps programs (ROTC) at universities and colleges throughout the nation will report to NSTC. Currently, there are 59 Navy ROTC Units and five Department of Naval Science units nationwide.

Each year, nearly 50,000 Sailors will complete initial accession training under the NSTC command programs. Additionally, annually there are more than 6,000 college students enrolled in Navy ROTC Programs throughout the nation and nearly 80,000 high school students participating in Navy Junior ROTC programs, designed to develop good citizenship and scholarship.

Master Chief Damage Controlman John Hoopaugh, (blue coveralls), instructor at the Officer Candidate school (OCS), Pensacola Fl., motivates candidates to forge ahead into a "flooded compartment." This drill helps the future Naval Officers to understand water integrity and how to get a flooded space onboard a ship under control. OCS is



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Naval Junior Reserve Officer Training Corps (NJROTC) student Naomi Taft, of Chicago, IL., performs drill maneuvers during a drill competition at Recruit Training Command (RTC) Great Lakes. Taft participated in a recent week-long training camp held onboard RTC Great Lakes, which introduced the students to the real life boot camp daily routine.



CDR Bruce Herman inspects the LDO/CWO class in front of the Officer Training Command Pensacola (OTCP) bldg on board NAS Pensacola Fl.

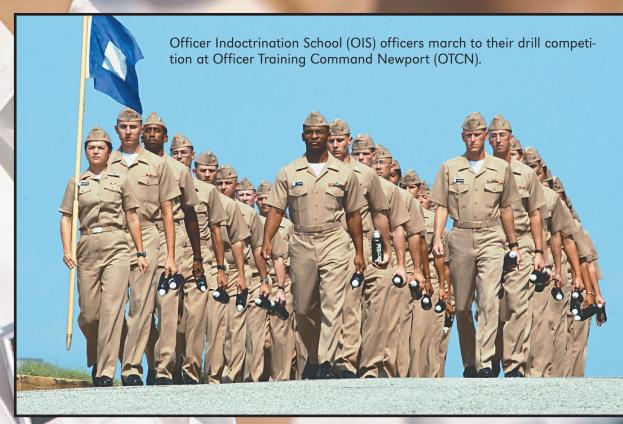
> Officer Indoctrination School (OIS) officers perform their PFA during their training at Officer Training Command Newport (OTCN). OIS students are newly commissioned officers who have fellow Officers and RDC's from RTC Great Lakes help mentor and teach these young officers Navy traditions, operating procedures, Damage Control, and Navy life prior to heading out to the fleet. Many will serve as Navy Doctors, Nurses, and



nt) Officer didate Ferguson, de-On Bearer for Officer Candidate ool (OCS) graduatclass 24-03, pracmaneuvers minbefore graduatduring ceremonies oard NAS sacola Fla.

nt) Recruit sion Commander C) Chief Mitchell ects the Direct nmissioning cers (DCOs) durtheir two-week se held at Officer ning Command sacola (OTCP). DCO course is direct commising program for al reservists.





Fall clean up at Great Lakes



With the Naval Hospital as a backdrop, HA Daniel Marin and HMCS Randy Shane, participate in a basewide cleanup on Friday, Oct. 24. The hospital corps-





Sailors from the Transient Personnel Unit (TPU) help pick up trash along the lake front near the Great Lakes marina as part of a base-wide cleanup on. TPU also policed the area surrounding Pettibone Creek. Photo by Paul Engstrom



Clean-up time

Training Support Center Sailors collected trash during last Friday's base clean-up. Photo by Judy R. Lazarus

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Horoscope 2000

ARIES – March 21/April 20

Finally! All of your efforts to go above and beyond the call of duty this week will finally pay off. Go on, celebrate. You've certainly earned it. Brag, if you want.

TAURUS – April 21/May 21

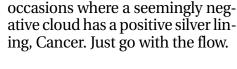
Upheavals at home and work may seem unfair, Taurus, but you'll benefit in unexpected ways. Work hard this week, then reward yourself with a well-deserved rest.

GEMINI – May 22/June 21

You've got something to do this week, Gemini, even though you'd rather avoid it altogether. Quit procrastinating! Take a deep breath, get over it and move on.

CANCER – June 22/July 22

You often have a hard time adjusting to sudden change, but don't worry. This could be one of those rare



LEO 23/August 23

Leo, you have the strength and power this week to make those you live and work with cater to your every whim. Will you take advantage of this situation?

VIRGO – Aug 24/Sept 22

There will be times this week when it feels like unseen forces are trying to block your efforts. Be patient and your true enemies will reveal themselves. The rest is up to you.

LIBRA - Sept 23/Oct 23

You have to take get a handle on that relationship one way or another, Libra. This is the start of a more easygoing phase in our personal life. Don't hesitate!

SCORPIO – Oct 24/Nov 22

You're ambition may get the better of you. Thought you're at your best this week, but that doesn't mean you'll be on your best behavior. You'll be tempted to take what you want.

SAGITTARIUS – Nov 23/Dec 21

Stand up for what you believe in and do whatever you feel is necessary to make the world better, even if you clash with powerful people. Just don't be too heroic or you could get into trouble.

CAPRICORN - Dec 22/Jan 20

Think carefully, the road you

choose will set the course of things to come for the next several years. You must decide whether to stick with what you know or throw caution to the wind.



AQUARIUS – Jan 21/Feb 18

Be bold and brave this week, and you'll be the last one standing. There will be more opposition than you expected but, don't back down and you'll find success.



PISCES — Feb 19/Mar20

It may seem like co-workers are getting on your case, but it's just business, right? They may even have an idea that may benefit you. Keep open to new ideas.

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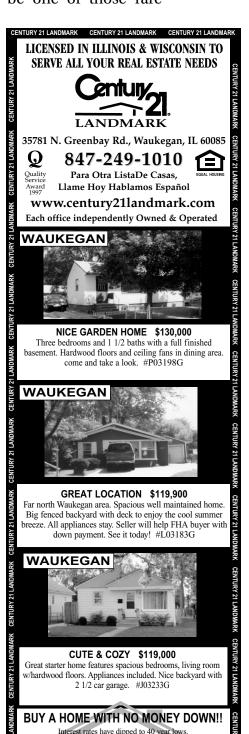
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21 LANDMARK CENTURY 21 LANDMARK CENTURY 21 LAND

Great Lakes, Kid's World-Glenview and Sheridan Youth and Family Activities (YFA) serves the housing communities of Great Lakes, Sheridan and Glenview. The Great Lakes Youth Center and Gym (GLYC) is located in Forrestal Village, Bldg. 2600, 688-5573. The Sheridan Youth Center (SYC) is located in Bldg. 369, 688-7169. Kid's World (KW)-Glenview is located in Bldg. 2101, 832-9580. The following activities are open to military/DoD families and their guests. Center membership is free for military family members. Guests may be admitted with a sponsor for an additional fee. Call for details.

Ongoing programs

The Great Lakes Youth Center will provide a variety of programs for toddlers and their parents beginning in September: Wee Talk N' Sing (signing for communication), Music In The Box, Mark Miller's Munchkin Sports and Coach Willie's Sports Center. These classes provide toddlers with comprehensive musical, visual, physical and social development. Best of all, these classes provide quality family time and positive interaction between toddlers and their parents

Arts and crafts workshops.

Get creative every Wednesday at 5 p.m. with free Arts and Crafts Workshops, open to youth of all ages. The workshop size is limited to 15 participants, so arrive early to reserve your spot.

Tae kwon do classes

Tae kwon do classes are offered on a monthly basis every Tuesday and Thursday evening. The classes are offered to all ages 5 and older. The costs of the classes are \$16 for four classes and \$32 for eight. Roller-skating

Enjoy an evening of roller-skating with your friends at the Great Lakes Youth Center. Roller skating is held every Friday and Saturday night from 6:30-9:30 p.m.

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The cost to roller-skate is \$3 per child. Roller-skates are available for rent for an additional \$2 fee. All skaters must present a military I.D., and sponsored guest must have a picture ID.

Balloon deliveries

Surprise your friends, co-workers, or loved ones by sending them balloons. We have them for all the special occasions, birthday, or holiday. Basic Balloon deliveries includes one 18" Mylar helium balloon with personal message card attached to a bag of colorful candy. Deliveries are made Monday-Friday from 10 a.m. to 3 p.m. to NTC, RTC, and Great Lakes housing. Order in person at the Youth and Family Center, Bldg. 2600 on Pennsylvania Ave., Forrestal Housing. 24-hour advance notice is required for delivery.

Playgroup

Looking to meet new people and have your child make new friends? The Great Lakes Youth Center has a playgroup that meets on Monday and Wednesday mornings from 10-12 in the Fun Zone area. Ages infant to 5 years old. Cost is \$2 per child.

Birthday parties

Looking for a great place to have a birthday party? Call the Great Lakes Youth Center 688-5573 for more information.

Hungry?

Did you know the Youth Center sells tasty snacks? Burritos, hot-pockets and more are available.

Computer room

The computer room is now open, providing youth the opportunity to write papers, work on homework, surf the net, email friends and/or play video games. All games are suitable for children of all ages. For those youth age 17 and under who would like to surf the net, a parent or guardian must fill out a permission slip.



We're in your neighborhood Morale, Welfare & Recreation

The computer room is open from Monday through Saturday.

Monday night at the movies

Tired of paying \$8-10 to see a movie? Then stop by the Youth Center on Mondays to enjoy current movies at no charge, and free popcorn. Movies are played on our state-of-the-art 8-mm projection screen. All movies begin at 4:30 p.m. and end around 6 p.m.

Classes

Openings for Dance, Tumbling and

Ballet Class are still available.

Preschool Dance and Tumbling 1 is available for children ages 3-4 on Monday from 5:10 – 6 p.m., and costs \$32. Dance and Tumbling II is available for ages 5-6 on Monday from 6-6:50 p.m. at a cost of \$32. Ballet and Tap Combo is available for children ages 6 and up on Monday from 6:50-7:40 p.m. at a cost of \$32.

There must be a minimum of seven participants per class or the classes could be combined. Maximum of 15 participants per class.

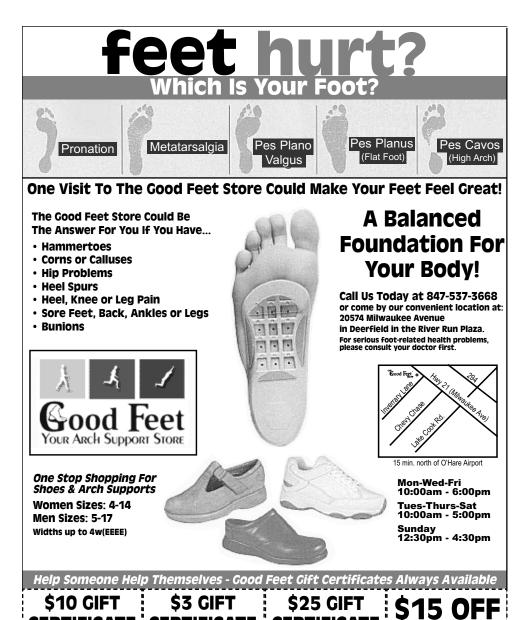
Lake County Forest Preserves looking for ranger cadets

Learn how you can train and work alongside the Lake County Forest Preserve Rangers at a Ranger Cadet Open House on Nov. 6 from 7 to 9 p.m., at the Lakewood Forest Preserve Ranger Station near

The Ranger Cadet program is a great service and learning opportunity for those interested in law enforcement, conservation or just making new friends. Ranger Police professionals receive the same rigorous training as police officers throughout

Illinois. The Ranger Cadet Open House is free and open to ages 14 through 21. Meet at the Ranger Station at Lakewood Forest Preserve. Enter Lakewood Forest Preserve on Route 176, just west of Fairfield Road.

For more information on becoming a Ranger Cadet or the Open House, call Ranger Ino Saldivar at (847) 968-3301, Ext. 4507. For information about the Lake County Forest Preserves, call 847-367-6640 and request a free copy of Horizons or visit www.LCFPD.org.



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Selecting 'best person' key to Pentagon renovation successes

By K.L. VANTRAN

American Forces Press Service

WASHINGTON — One of the keys to the success of the Pentagon Renovation Program is putting the best person in the job, program manager Michael Sullivan said at the Federal Buildings Expo here

Sullivan began his presentation at the Washington Convention Center with an overview of his organization, noting that about 80 percent of his core staff is contrac-

When considering contractor firms, Sullivan said he looks for "superior past performance, a sound technical solution and a good organization to implement it." The lowest bid is not necessarily the determining factor, he added.

Innovative acquisition and execution was next on Sullivan's list. This includes looking at situations from different angles. "If you look at regulations as being the bible, then you're probably lost. If you look at them as guidance, you can do a lot of innovative things," he said.

Sullivan said the Pentagon renovation team polled local, state and federal entities across the United States and asked what they were doing to motivate contractors. The staff also asked contractors what would motivate them.

"We tried to embrace that type of philosophy, to ask the people who are going to be motivated," he added.

This led into Sullivan's next point fostering a team environment. "All stakeholders need to be involved," he stressed.

Measuring performance also is crucial to success, Sullivan said. "If you're not measuring, not keeping score, then you're only practicing," he said, emphasizing that an organization must track performance to "be in the game.'

Knowing what the customer wants and delivering on those expectations matters as well, he said. "We're a service organization. We're here to execute projects. If we're not successful, then they don't need us."

Each project, noted the manager, presents challenges, and the renovation of the Pentagon is no exception. Among the challenges the renovation team faces are moving employees to temporary spaces so areas can be renovated and coordinating contractor work schedules.

A \$2.1 billion renovation of the 60-year old Pentagon began in 1993 and Wedge 1 was nearly completed when American Airlines Flight 77 crashed into the building Sept. 11, 2001.

The Pentagon, dedicated in 1943, is laid out in five concentric pentagonal "rings," the "E" being the outermost and the "A" the innermost. The plane hit the renovated wedge as well as an adjoining section before stopping at "B" ring.

Renovations that included structural improvements such as blast-resistant windows and steel framing saved many lives, noted Sullivan. The renovated area had a new sprinkler system that Sullivan also credits with saving lives. The fire in Wedge 1 burned out in hours, while Wedge 2, with

no sprinklers, burned for more than two days, he added.

What just days before had been a routine renovation became known as the Phoenix Project. Construction crews worked tirelessly to rebuild Wedge 1 by Sept. 11, 2002. In February, the last group of employees returned to work in this area. In July, part of Wedge 2 was finished, and employees have returned to offices there as well.

Because of that fateful day, Sullivan said the remaining renovation has been accelerated. "Putting in steel cages and flashresistant windows sooner will protect people sooner," he added. The projected completion date moved from 2014 to 2010. "It's aggressive, but we're doing it," he said.

'We're on track. We have to look out all the way to 2010," he added. "We have to pulse ourselves every day. We have to do crisis management every day to get through today's jobs, but we're focused on 2010.'

Another project with unique challenges is the Pentagon Memorial, said Sullivan.

The memorial will be 184 lighted benches, each containing the name of a person who perished in the terrorist attack. The memorial is funded through private contributions. Sullivan said the team had hoped the \$1.5 million would be raised by mid-November, but so far the fund has only \$50,000. The challenge, he added, is working with the contractor to see what may be done in the interim.

Ultimately, the key is to "be flexible and do what you think is right," Sullivan

One center to combine wellness and fitness

By JUDY R. LAZARUS **Bulletin Associate Editor**

Great Lakes personnel interested in wellness and fitness will be able to spend their spare time in a newly expanded and renovated MWR Wellness Center early in

The present center - approximately 11.500 square feet - will be increased to almost 20,000 square feet, which will take up the entire second floor of Bldg. 2A.

"The idea is to combine wellness and fitness into one entity," said Barb Roth, fitness manager. "And we will still share the area with health promotion. It will all be under

Building three's Triplex equipment will be moved into the new wellness center.

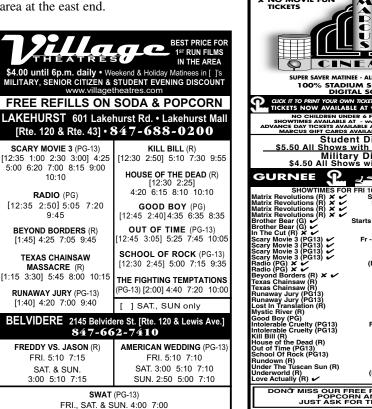
Locker rooms will be enlarged and a

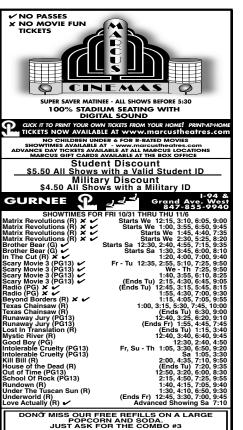
sauna will be added to the men's and women's locker rooms. The freeweight and weight machine areas will be expanded.

"MWR is trying to consolidate wellness and fitness together to provide an outstanding place for the Sailor to work out," noted Jerry Rodberg, MWR facilities maintenance manager.

Demolition of the second deck of the building is currently underway by the contractor, Pacific Construction Company of Chicago. Total cost of the project is \$560,000.

The contractor's work includes furnishing all labor, transportation, supervision, material, and equipment, and performing all operations in connection with the design and construction necessary to modify the existing wellness center at the west end of the second floor and renovating the vacant area at the east end.











Many activities planned for Loft patrons this month

The Loft is located on the third floor of Bldg. 2A. The Loft is always alcohol and smoke free. It is open Sunday - Thursday and holidays from 9 a.m. - 10 p.m. and Friday and Saturday from 9 a.m. - midnight. Admission is free unless otherwise noted for age 17 and up. Dependents and DoD employees are eligible, if space permits, on the day of the event. Register for Loft trips during operating hours. For additional information, call 688 - 2219/2214.

Mondays - NFL Action. Calling all

football fans. Cheer on your favorite football team on the Loft's "Big Screen" television every Monday night. Plus, free catered food and fun giveaways are all apart of NFL Action at the Loft.

Tuesdays - Gamers League. Each week, battle it out in the Loft's video game room on the 120-inch big screen, beginning at 6:15 p.m. Free video game tournaments will be played on one of the following game systems: PS1, PS2, Game Cube, X-Box and Dreamcast.

Tuesdays - Self Defense Classes. Learn

techniques to defend yourself - based on martial arts practices. Class times and locations will be posted at the Loft.

Wednesdays – 8-Ball Tourneys or 9-Ball Pool Tourneys. The Tournaments rotate every other Wednesday. It's free to enter, but limited to the first 50 players. Sign-ups start at 5 p.m. The Tourney kicks off at 6:15 p.m. Prizes are awarded to first and second place winners.

Thursdays - Thursday Night Trivia Game Show. Get involved in the Thursday Night Game Show madness. Win great prizes by playing in this exciting three contestant game show. Trivia categories include movies, television, sports and music. The Game Show may travel to other base locations, so check with Loft staff to find the exact week's location. Sponsored by American Capital.

Oct. 31 - Chicago Bulls Vs. Atlanta Hawks Basketball Game Trip. See Chicago's own take on the Hawks – all for \$20, which includes admission and transportation. Sign up at the Loft today.



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The Great Lakes Fleet and Family **Support Center**

Bring your ID card

Users of all programs, classes and services in the Fleet and Family Support Center will be required to show their military identification card at the front desk each time they enter the building. Non-military personnel who may be visiting or conducting business in the FFSC will be required to show a picture ID. If you need special accommodations to participate in any FFSC program, please notify the listed point of contact.

10 steps to a federal job mini-course

This class is designed for service members who are more than six months away from separation or retirement and want an introduction to the federal job application process. It will introduce the Ten Steps Plan, basic writing for federal resumes/KSAs, and touch briefly on the electronic application. Call Ext. 129 or 100 to sign up. Classes are from 1-4 p.m. on Nov. 3 and 19 and Dec. 17.

Informed investing

Take advantage of this Informed Investing class from 4:30-6:30 p.m., Dec. 10 in the FFSC. This class will be conducted by Karen Chan, a certified financial planner from the University of Illinois Extension Service. The class focuses on the language and fundamentals of investing, terminology, and basic theories of investing. No sales pitch. Call 688-3603 Ext. 100 or 208 to sign up.

Command financial specialist

The only remaining CFS class for 2003 is Dec. 8-12. Graduates of the CFS course become their command's liaison in Letters of Indebtedness cases, and they provide financial counseling to command members. CFS is a collateral duty position that requires 40 hours of financial education, provided by the CFS class. Candidates should be E-6 or above and financially stable. Call 688-3603, Ext. 147 to request a

Resume essentials

Essentials of Resumes and Interviewing will be offered on Nov. 5 from 3:30-5 p.m. and on Nov. 12 from 11:30-1 p.m. at the FFSC. Call Ext.129 or 100 to sign up for this informational workshop that will boost resume writing knowledge and strengthen interviewing skills. Call Ext. 129 or 100.

Applying for a federal job

"Ten Steps to A Federal Job" will be offered according to the following schedule: For family members on Nov. 14; for military members on Nov. 10. Classes are from 8:30 a.m.-4 p.m. in the FFSC. Call Ext. 129 or 100.

Boot camp for dads

The FFSC's New Parent Support Program is offering this education program for soon-to-be first time fathers on Nov. 13 from 6-9 p.m. in Bldg. 42. Taught for fathers by fathers, Boot Camp enables new dads to step up to the tremendous challenge of being a dad and feeling confident bringing the new baby home. Call Ext. 201 for info and sign-up.

Parent Seminar

Maybe you grew up in a home where there was a lot of fighting; maybe you live in one now. Did you know that the effects of domestic violence on children can last a lifetime, whether they are witnesses or victims? You can learn more about how violence affects children now and into their adult life at the FFSC's Parents Seminar.

The seminars will be on the third Wednesday of every month in Bldg. 42. Call 688-3603 ext. 134 for more information or to sign up.

Parent Seminar Schedule for 2003: Nov. 19 4-6 p.m., Dec. 17 10-noon.

Prenatal Indoctrination

Having a child is, among other things, a long learning process (just ask anyone who's been pregnant) and the earlier the process is started, the better the experience will be for the entire family.

The Fleet and Family Support Center (FFSC) has a special program for women who plan to have a child or have recently learned that they are pregnant.

Prenatal Indoctrination provides information about what will happen during the first few weeks, what to plan for during and after delivery, and what support is available for the family throughout the process.

You'll learn about special considerations for transferring with an infant, making a Family Care Plan (if mother is active duty), choosing the right kind of car seat, signing up for WIC benefits, and much more. Prenatal Indoctrination is a great way to get an early start on building a network of friends for yourself and future playmates for your child.

For more information or to sign up, call

BLDG. 42 688-3603, Ext. 100, 101

Add an FFSC class to your list of things to do

Lvnn at 688-3603 ext. 207. Classes are on the first and third Wednesday of every

Consumer classes

Collection Agencies, Procedures-Bankruptcy - Nov. 4 - How to deal with collectors if it ever comes to that, the real scoop on bankruptcy, and how it affects your life and career.

Car Buying Strategies - Nov. 18 - Learn how and when to get the best deal, things to watch out for, and how to get the most out of your car buying dollar.

Building A Better Credit Record - Dec. 2 - Learn how to get on and stay on the right track with your credit. Learn how credit bureaus and scoring work, and about the effect a negative credit rating has on your buying ability.

Consumer classes are held from 9-11:30 a.m. in Forrestal Village Chapel. Call Ext. 208 to register for classes

Financial education

Financial education services, including Command Financial Specialist (CFS) training, command briefs, and individual financial counseling, are available in the FFSC. Call 688-3603 Ext. 147 for CFS information. For individual financial counseling or to request a financial briefing for your command, call Fred Davis at 688-3603 Ext. 208.

Healthy pregnancy, healthy baby

The focus is on the childbirth process and breathing techniques used during labor. Attend this class during the seventh month of your pregnancy. POC is Colleen at Ext. 201.

Spouse morning out

The FFSC's Spouse Morning Out group meets every Wednesday from 9-11 a.m. in the Forrestal Village Chapel Nursery. This is a great opportunity for socializing, education, and making new friends.

Activities include guest speakers on health issues, medical and dental benefit programs, and finances. There are also seasonal and holiday-theme classes, and ideas to keep the kids entertained. Contact Julie at 688-3603, Ext. 132 to learn new things, and meet and socialize with other military spouses.

New parent support

New Parent Support is available locally from the Healthy Families Division in the FFSC, Bldg. 42. They offer in-home visits and office consults to meet the needs of new and expecting parents. A prenatal class and a healthy pregnancy/healthy baby program focus on experiences during the pregnancy, the childbirth process and breathing techniques used during labor. There are also a variety of weekly playgroups to promote bonding and parent/child interaction. For information about any of the FFSC's New Parent Support programs, call 688-3603, Ext. 201.

TAP Program

Service members and spouses who will be leaving the military are encouraged to attend a TAP class within six to twelve months before separation or retirement. This five-day seminar covers topics such as benefits, entitlements, job search preparation, resume writing, and interview techniques. Contact your command career counselor to make a reservation and to complete DD-Form 2648 (Pre-separation Checklist) and a registration form. Call RayJena Fanning at Ext. 147 for more information. Both forms are available at https://www.ntcgl.navy.mil/fsc on the Transition Relocation page.

Active parenting

Four sessions in this class - Nov. 13 and 20, and Dec. 4 and 11 from noon to 2 p.m. on the second deck, FFSC. Active Parenting is a basic parenting class that will help improve, validate or change parenting behaviors. Teaching is through discussion, video and the experiences of the participants. Skills needed for children from birth through adolescence are included. Call Colleen at 688-3603 Ext.201 to register or for more information.

Anger, impulse control

Four sessions in this class - Nov. 18 and 25, and Dec. 2 and 9 from noon to 2 p.m., second deck, FFSC. This class helps examine the sources of anger and its triggers, and explores ways to bring about behavior changes. Participants will learn new skills to address their concerns. Call Colleen at 688- 3603 Ext.201 to register or to get more information.







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Assistance available from hospital to new mothers

Women who are breast-feeding for the first time should be seen at the breast-feeding clinic within one to two days after discharge from the hospital.

Moms having any difficulties with breast-feeding should call TRICARE at (800) 941-4501, and ask for an appointment with a health care provider on the gold team., or call (847) 688-5424, Ext. 3129. Getting help right away can make all the

Breast-feeding classes will be held at the Great Lakes Naval Hospital the second Tuesday evening of the month at 7 p.m. Call (847) 688-2255, Ext. 3129. Dads are wel-

Going back to work mothers should call (847) 699-5424, Ext. 3129 for information

about working and breast-feeding.

Breast-feeding classes are currently being offered as part of the prenatal classes at the Family Service Center. Also offered are home visits for breast-feeding mothers. Call Nancy at 847-688-3603, Ext. 206 for information

Pregnant or breast-feeding women who want a personal breast-feeding consultation should call TRICARE at (800) 941-4501 and ask for an appointment with Louise Ryssmann PNP (Tell them it is a well baby appointment.)

A breast-feeding support group will be held the second Wednesday of the month at 7 p.m. in the Naval Hospital One East conference room. The group will also meet once a month on the last Thursday of the

month at 11:30 a.m., at the same location. These groups are designed to provide a network for breast-feeding Navy mothers, and to give information on breast-feeding. Call (847) 688-2255, Ext. 3129 if interested in attending. This is also a breast-feeding 'warm line," where people can call and get answers to their breast-feeding questions 24 hours a day, seven days a week.

Leave a message for a lactation specialist, and the call will be answered as soon as possible, either before or during the next working day (Monday through Friday). If the concern is urgent, call TRI-CARE at (800) 941-4501, Ext. 3.

Breastfeeding mothers can get help with food supplements. Also, mothers who breast-feed and stay home can get a small breast pump, that they can use to occasionally pump their breasts.

Mothers who work full-time, and need to pump at work to maintain their milk supply, can get an electric breast pump with double pumping capabili-

Those who have a premature infant who cannot nurse can get an electric breast pump to maintain the milk supply until the infant is able to nurse. Call (847) 688-5879 for more information.

The Navy and Marine Corps Relief Society also has a visiting nurse program, and a registered nurse will make home visits to breast-feeeding mothers. They also give out free layette sets. Call Sheryl at (847) 688-6830 for information.

Education center conducting Save a Lid to Save a Life'

In 2003, approximately 211,300 women will be diagnosed with invasive breast cancer and 39,800 women will die from this disease. The Breast Education Center (BEC) at the Naval Hospital would like to help bring awareness to this health problem in October for National Breast Cancer Awareness Month, and have scheduled a number of events throughout the month.

Everyone is encouraged to participate. For more information, call the BEC at 688-2554, Ext. 3164.

Throughout the month: Most breast

herself. Stop by or call the Breast Education Center to sign up for one of our two breast self-exam classes in October. Times and dates announced.

Also throughout the month, "Save a Lid to Save a Life." The Breast Education Center will be collecting all clean, pink lids off of Yoplait yogurt cartons until December 12th. For every lid collected Yoplait will donate 10 cents to the Susan G. Komen Breast Cancer Foundation. Lids can be dropped off in any of our pink cans



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4

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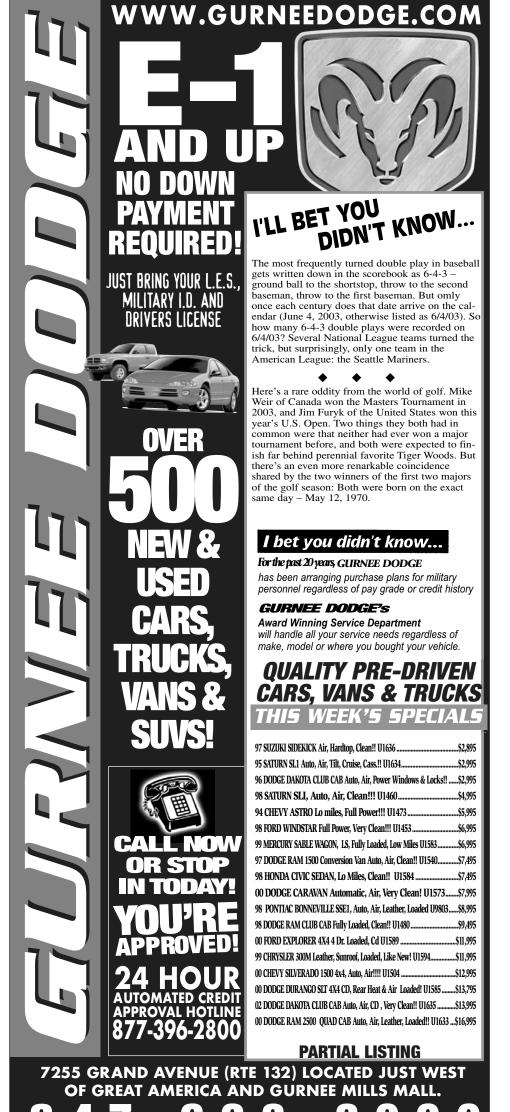
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CPSC votes to expand rulemaking for furniture

WASHINGTON, D.C. - The U.S. to pass the tests. Consumer Product Safety Commission (CPSC) voted unanimously to expand its regulatory proceeding to develop a possible federal standard for upholstered furniture flammability performance.

The action would address the risk of residential fires ignited by cigarettes and/or by small open flame sources (such as candles, lighters, and matches).

"Reducing residential fires is a major goal at the Consumer Product Safety Commission," said CPSC Chairman Hal Stratton. "New fire reducing technologies and better cooperation from industry are making the development of a new national standard viable.

I believe a standard for upholstered furniture will reduce home fires while remaining cost effective and flexible for consumers." manufacturers and Commissioner Mary Sheila Gall explained her vote by saying, "Because the hazards of small open flame ignition and cigarette ignition of upholstered furniture are related and should be dealt with in the same rulemaking, I am voting to issue the advance notice of proposed rulemaking."

Commissioner Thomas Moore said, "I hope this will help reduce the still large proportion of fire losses resulting from cigarette ignition of furniture and expedite the overall process of adopting a uniform national mandatory standard for furniture flammability." Statements by the Commissioners are available at www.cpsc.gov The Commission's vote to address both ignition sources (cigarettes and small open flame) follows a 1994 decision to start a standard- setting process to address small open flame

CPSC staff developed a draft performance standard and assessed a number of different ways for upholstered furniture

Recently, the National Association of State Fire Marshals (the petitioner) and some industry groups agreed upon the desirability of a federal standard to address both fire hazard scenarios.

The notice will be published in the Federal Register for comment from inter-

The Commission will consider these comments and other information before deciding whether to go to the next step, which would be a notice of proposed rulemaking. Ignitions of upholstered furniture account for more fire deaths than any other category of products under CPSC's jurisdiction.

In 1998, furniture fire losses that could be addressed by a standard included 420 deaths, 1080 injuries, and \$120 million in property damage. Total estimated societal costs were about \$2.5 bil-

Most furniture fire losses (including 340 deaths in 1998) involve ignitions by smoldering cigarettes.

A significant number involve ignitions by small open flame sources like lighters, matches and candles.

These small open flame fires, which are typically started by young children playing with lighters or matches, killed 80 people in 1998. There already is an industry voluntary standard for cigarette ignition resistance.

Most upholstered furniture meets that voluntary standard.

However, there is no nationwide standard or other industry program addressing open flame ignition.

At a September 24, 2003, CPSC public meeting, upholstered furniture and related industry groups recommended that the Commission promulgate a mandatory rule addressing both cigarette and small open flame ignition.

A federal mandatory standard would apply to imports as well as domestic products.

Mowers to be repaired

The CPSC, in cooperation with the manufacturers named below, today announced voluntary recalls of the following consumer products. Consumers should stop using recalled products immediately unless otherwise instructed. (To access color photos of the following recalled products, see CPSC's Web site at www.cpsc.gov.)

Name of product: Husqvarna Royal 53S or ROY53INTEK Walk-Behind Lawn Mowers with serial numbers between 24600001 to 31000205

9,900 Manufacturer: Units: Husqvarna Forest and Garden Company, of Charlotte, N.C.

Hazard: A loose blade bolt could cause the blade to come loose or the blade adapter to crack, resulting in the blade falling off. Should this condition occur, the operator or a bystander could

Incidents/injuries: Husqvarna has received 15 reports of blades coming off, 41 reports of loose blades and one report of a consumer being struck in the toe by a blade. Description: The walk-behind lawn mowers are gas-powered and have an orange body with a black push-handle. They are capable of being operated with or without a bag attachment. The model number and serial number can be found on a decal mounted above the left rear wheel axle.

Sold at: The mowers were distributed by Husqvarna dealerships and Lowe's Home Improvement Centers from December 2002 through August 2003 for about \$500.

Manufactured in: U.K. Remedy: Contact Husqvarna technical support representatives to receive a free service kit including a new blade adapter, blade bolt, and associated hardware with a complimentary blade to be installed by a Husqvarna dealer. Consumer Contact: Husqvarna technical support representatives between 9 a.m. and 5 p.m. ET Monday through Friday at (800) 448-

To see a picture of the recalled item or to link to this press release, use the following link:

http://www.cpsc.gov/cpscpub/prerel/prht ml04/04013.html.

Candleholders recalled

In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Pier 1 Imports of Fort Worth, Texas, is voluntarily recalling about 65,800 glass candleholders. The base of the Footed Glass Floater Bowl candleholder can unexpectedly fall off and cause the glass bowl or base to break, and the broken glass can cause cuts.

Pier 1 has received nine reports of the

glass base separating from the bowl, resulting in seven cuts to consumers.

The recalled Footed Glass Floater Bowl candleholder is intended for use with floating candles. It is about 5 1/4 inch in height, with a 9 inch diameter bowl and a 2 1/2 inch diameter base. The candleholders were made in China. The price sticker on the bottom of the candleholder reads "SKU 1920833." Pier 1 Imports sold the candleholders through its retail stores and on-line nationwide from March 2002 through the beginning of October 2003 for about \$12.

Consumers should stop using the candleholder immediately and return it to the store where purchased for a refund or a merchandise credit. For more information, call Pier 1 Imports at (800) 245-4595 (Prompt #5) between 8:30 a.m. and 11 p.m. CT Monday through Friday, between 9 a.m. and 11 p.m. CT Saturday, and between 10 a.m. and 8 p.m. CT Sunday. Consumers can also visit the firm's Web site at www.pier1.com.

To report a dangerous product or a product-related injury, call CPSC's hotline at (800) 638-2772 or CPSC's teletypewriter at (800) 638-8270 or visit Web site www.cpsc.gov/talk.html. Consumers can obtain this release and recall information at CPSC's Web site at www.cpsc.gov.

Clippers recalledIn cooperation with the CPSC, Wahl Clipper Corp. of Sterling, Ill., announces the recall of 6,000 "Duet 2 in 1 Hair Styler with 1 1/2 inch barrel" curling

The electrical insulation in the curling irons may break down, resulting in a possible electric shock and injury to the

Wahl Clipper Corp. has not received any reports of electric shock or injury related to this product or defect.

The recalled curling iron package reads "Duet 2 in 1 Hair Styler with 1 1/2 inch barrel." Two model numbers are involved: 5266-500 (sold in a plastic package) and 5266-500B (sold in a box). The curling irons have a gold and silver handle with gold barrel and silver clamp. The words "Wahl" and "Duet" are on the handle of the curling iron. The product was made in China.

Wahl Clipper Corp. sold the curling iron for about \$20 to \$22 in discount stores, drug stores, and online, from May 2003 until September 2003.

Consumers should stop using these curling irons immediately return them to the place of purchase for an exchange or refund. Consumers may contact Wahl Clipper Corp. toll-free at (800) 334-4627 between 7:30 am and 4:30 pm CT Monday through Friday to get details on how to return the product for a free replacement. Consumers can visit the company's Web site at www.wahlclip-



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225

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101

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110 Notices

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Notices

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huge crowds, approx. \$18,000 of advertising & promotional value to ensure GREAT attendance, after hour mixer for exhibitors and LLV Chamber Members,

\$5,000 of Chamber Bucks to be redeemed at the exhibitor's business (Ask Chamber for details). Sign-up now! This is the one event you can't afford to miss!

Call Connie Meadie **Executive Director** at (847) 356-8446. 100 booths available

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120

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ARE YOU SPRING CLEAN-ING?? GET RID OF THE CLUTTER AND RUN A FREE or GIVEAWAY Ad in the Lakeland Classifieds Free and Giveaways are run at NO CHARGE! (We discourage any pet ads). Dead-lines: 10am Wednesdays. (847) 223-8161, ext.191.

120 Free

ATTENTION PET OWNERS We Do Not Knowingly Accept Ads For Free/Giveaway **Animals**

If you must give up your beloved pet, please consider these suggestions.

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to these free animal ads are imposters and are only con cerned about making a profit and not the animal's welfare. *Charging a fee to a potentia pet owner confirms the responsibility of pet ownership for an entire lifetime of that pet. For more information, please contact the Human ociety

125

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304

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330

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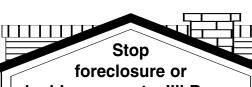
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By Appoint. Only (847)973-1546-Home (847)344-3583-Cell.

TWIN LAKES 1,370SQ.FT. Ranch, 3bdr/1ba. Remodeled inside & out. New appli's, furnace & A/C. Fenced-in corner lot. Close to lakes & parks. 22x28 heated garage w/220. Must see, inside bigger than it

forsalebyowner.com #20006855 **VERY NEGOTIABLE!** \$143,500. (847)603-7602

UNIQUE PROPERTY KENO-SHA COUNTY property ideal for future building site, income or for residence in existing dwelling. Triangular 423 (frontage) by 528 by 363 with many mature trees. Has newer metal pole buildings 30x32 and 25x30 plus small two story wooden barn in need of some work and small pond. Also has 12x70 nicely remodeled mobile home with septic and new well. Surrounded by open land and trees. Current income \$1550/mo. Taxes \$1600/yr. Close to state line and 6 mins. from I-94. \$139,900. Not eligible for conventional financing due to mobile home. (262)857-2190.

WAUKEGAN HOME COZY 3-BD., 1-ba., frpl., eat-in kit., det. gar, fenced-in yd., appls. negotiable. Quiet neighbor-hood, mature trees, walk to shopping. Move on in. Little TLC needed. Appraised @ \$125,000, asking \$113,000. (847)548-4453.

5000 Homes For Sale

WADSWORTH LARGE, SPA-CIOUS 4,630sq.ft. custombuilt ranch, on 1 acre w/full finished bsmt. 2yrs. new! Master suite plus 5-bds, 3-Indry, 2-kits... 2 hrdwd/ceramic floors, 2-fireplaces, cathedral crown molding. Walk-out bsmt. 3-car gar. heated. Beautifully done! Asking Wadsworth Rd. Call \$499,000. for apt. (847)336-1209.

WATERFRONT LAKE FAIRFIELD ESTATES 5,400sq.ft., 5bd Ranch on 2 acres, all new granite kitchen w/Viking appli's, full walk-out bsmnt, 4.5 car garage \$649,000. **(847)526-8701.**

WE BUY HOUSES Any price, any condition. <u>Call</u> for No <u>Obligation information</u>.

(800)767-0617.

WILDWOOD ALL BRICK RANCH

3bd/2ba, 2 kits., hrdwd floors throughout, all appli's stay. Full fnshd bsmnt! 5 Years New, C/A, hot water heater gas forced air furnace w/April Air. 2-car gar. Fenced in beautiful lg lot! Definitely not a drive-by! Must see this quality home, you will want to stay & make it your home. \$209,900.

(847)223-3064.

WILDWOOD COMPLETELY REMODELED 2-bd., 1-ba., fenced yd., beautiful lake community, low taxes. 33130 Sears Blvd. Linda Murphy, Koenig & Strey GMAC (847) 360-9700.

OPEN HOUSE SUNDAY 12-3PM WILD WOOD LAKE

VIEW RANCH Hurry won't last long! This Beautiful 3 bd., with fireplace, has a fenced yard and is across from the lake. Beautiful scenery and great locations. LYNN JULIAN

CENTURY 21 UNITED 847-293-7190

WILL LEASE YOUR HOME WITH OPTION TO **BUY FOR UP TO 5** YEARS. ANY PRICE. ANY CONDITION. ANY AREA. (847) 587-0839

ZION HOUSE-FSBO 3BD/1BA, 1 car gar., all remodeled, new elec, ceramic flrs & new carpet. No dn payment req'd. \$96,900. (847)338-4145.

504

Homes For Rent

Home in Gurnee(near Hunt Club Rd.) Beautiful setting w/15acs approx. 1400sq.ft. Mstr Bd + 2sm bdr/2ba, office, LR, Lg Kit., 1 car det. gar. Great for animal lovers! \$1550/mo.

A SINGLE FAMILY

ADORABLE PISTAKEE Lakefront 2BR, w/fin bsmt, enjoy all the chain has to offer incl. pier & sunsets. Walk to train. All Waterfront R.E. + 847-395-2300

(847)347-5573.

ANTIOCH WATERFRONT 2-3BDR/2BA home on 1 acre on Chain. \$1595/mo. (847)587-8200 ext. 137.

ANTIOCH--BEAUTIFUL **CUSTOM BUILT Home** only 9vrs old. 5,000sq.ft., 4bd/2.5ba., 2.5 gar, FP, 6 skylights, open fl plan, 10 glass doors from ceiling to floor open to 75' deck, 2 kitchens, 30'bar, 1.5 ac., 2 marinas within 3 minutes. Perfect in-law arrangement or roommate. \$2995/mo. Possible lease-option. (847)587-0839.

AVAILABLE 11/1 ZION 3BR, 1BA, Huge Garage, Great Area. 1924 Bethesda, Military Discount \$1100/mo 847-840-5826

GURNEE RENT TO OWN 3bd., 1-1/2 bas., heated gar., Woodland School Dist. \$1,400/mo. (773)637-7531.

504. Homes For Rent

BEACH PARK RENT OR **RENT TO OWN-No Bank** Qualifying. Any Credit OK. 2-3bd/1bsa., bsmnt. Huge yard, storage bldg., great Neighborhook. \$2500 dn. \$1150/mo. **(847)587-0839.**

BUCKLEY HILLS/WAUKE-GAN, SALE/LEASE/LEASE-OPTION. No Bank Qualify ing. Any Credit OK. 3bd/2ba., new roof, appli's, cabinets, flooring, FP, fnshd bsmt., perfect neighborhood. Perfect home. \$6000 Dn, \$1500/mo

(847)587-0839.

DIVORCING? RELO-CATING? TIRED of Landlordng? We'll pay market value for your home if you can sell on flexible terms. Any price any condition, any area. (847)587-0839.

DRUCE LAKE/THIRD LAKE 3-bd., 1-ba., 2-story house, Woodland/Warren Schools avail. now. NO PETS! SUB-JECT TO CREDIT CHECK, \$950/mo. + utilities. Russ Real Gwaltney Estate (847)223-4800.

GINSBERG & ASSOCIATES PRIVATE REAL ESTATE **INVESTORS**

Salem, Wisc. \$880/mo. Pets O.K. 2-bd., 1-ba. 31605 71st. St. Just rent or rent w/option to buy.

Lease purchase or land contract. Vacant available immediately

Antioch 26623 W. Maple Immaculate, lake rights, 3-bd., 3-car gar., fenced yd. \$1.350/mo. for rent or buy on a lease purchase. We will accept 5-10% down. No need for new loan owner will carry financing. Scott Ginsberg (847)293-2000.

GRAYSLAKE 3 BEDROOM, 2 bath duplex, single attached garage, air, energy efficient, \$1,200/mo. \$1,500 security deposit plus utilities. NO PETS. Available immediately. (847)587-6503.

GRAYSLAKE 3 BEDROOM, 2 bath duplex, single attached garage, air, energy efficient, \$1,200/mo. \$1,500 security deposit plus utilities. NO PETS. Available immediately. (847)587-6503.

GURNEE-2BDR, NEWLY RE-MODELED. Gurnee Schools, near 294 & Rt 41, min's away. 1 month sec. req'd., \$30 nonrefundable application fee. (847)249-7017.

HOUSE FOR RENT 3bd/2 full ba, 2-car gar, FR, LR, FP, porch, lg kitchen, bsmt, C/A, & heating. 300 hundred acre horse farm fitting \$1900.mo. (847)571-3914

HOUSE FOR RENT 3bd/2 full ba, 2-car gar, FR, LR, FP, porch, lg kitchen, bsmt, C/A, & heating. 300 hundred acre horse farm fitting \$1900.mo. (847)571-3914.

MUNDELEIN 19713 W. Cambridge 3-bd., 2-ba. ranch, lg. fenced yd., \$1,195/mo. (847) 223-3502 leave message

MUNDELEIN 3-BD. SPLIT level, pvy. beach. Avail 11/1. \$1,375/mo. (847)566-5453. MUNDELEIN 3-BEDROOM

2-car

garage,

HOUSE,

NO BANK QUALIFYING Homes in Lake/McHenry Counties. Any Credit Considered. (847)587-0839.

\$1,150/mo. (847)360-8399.

ROUND LAKE BEACH 2-bd., 1-ba., 2-fmlyrms., Cape Cod, w/appls., \$975/mo. + \$975 sec. & \$30 credit ck. Incls. garbage p/u. Avail. late Sep. Section 8 OK. (847)740-8945.

ROUND LAKE MADRONA VILLAGE DUPLEX Less than 1yr. old, grt. cond., 2-bd., 1-1/2 ba., 2-car tandem att. gar., C/A, new appls., including washer/dryer. Quiet, overlooks lg. open field in back, Grayslake Schools. \$60 discount given for one time payment. \$1,150/mo. (before discount), credit check, deposit. No Section 8. Nice!!! (847)566-1053.

ROUND LAKE PARK 4-BD., 2-ba., pre-approved, Sec. 8. Avail. Dec. 1. \$1,145/mo. (847)497-9444.

504

Homes For Rent

ROUNDLAKE 3BD/1.5BA HOUSE, \$1100/mo + sec 5bdr/1ba house, \$1200/mo +

Avail. Now. (847)293-3139.

THIRD LAKE VILLAGE Lakefront home, 5-bd., 2-ba., stone frpl., lakeside deck, new kit., all appls., 2-1/2 car att. Grayslake schools, \$1850/mo. (847)342-3619.

TWIN LAKES WI., 3bd House \$1095/mo.: 3bd Duplex \$995/mo.; 2bd House \$895/mo. All w/garages. (262)210-2773.

WADSWORTH 3-BD., 1-BA., farm house. Credit check & sec. dep. required. \$850/mo. Call Cathy, Mon-Fri, 8am-5pm. (847)244-5330.

WADSWORTH LOVELY OLDER HOME 3-bd., 2.5 ba., diningroom, familyroom, den, 2-frpls., bsmt., gar., credit check & ref. required. \$1,600/mo. Cathy, 8am-5pm, Mon-Fri. (847)244-5330.

WAUCONDA/ISLAND LAKE 3BD House, 2.5 car gar. Wauconda Schools. 0504Completely remodeled. Immed. occup., \$1200/mo. Call Bob Olsen (847)651-7092.

WAUKEGAN-2BD/1BA. APPLI'S. Totally rehabbed, full bsmt, deck, bkyd, off street pkng. Great location. \$850/mo + sec. Military Welcome. (847)564-5345.

WILL LEASE YOUR HOME WITH OPTION TO **BUY FOR UP TO 5** YEARS. ANY PRICE. ANY CONDITION. ANY AREA. (847) 587-0839

ZION-OWNER ANY CREDIT. BEAUTIFUL 4-BD., 2.5 ba., fpl., 2-car, gazebo. 3600 Harbor Ridge. \$12,000 down, \$1805/mo.. Globeshop.com (847)219-0113.

508 Homes Wanted

DIVORCING? RELO-CATING? Tired of Landlording? We'll pay market value for your home if you can sell on flexible terms Any price, any condition, (847)587-0839.

514

Townhomes

Condos

\$96K FSBO CONDO Round Lake Beach, 1BR, 1BA, Garage, 3yrs new, excellent condition, all appliances w/washer, dryer, dish washer & disposal, fresh paint, motivated seller, call for showing. **847-840-5220**

BRAND NEW 2BDR/1.5BA TownHouse in Round Lake, w/2 car garage. Ingleside Schools. \$119,900. (847)223-8739

> **BRAND NEW BEACH** PARK Cambridge TH-For Sale or Rent

> W/2bd/2.5ba, w/loft, kit, dining area connecting to FR. Slider to front vd. Front ent. porch area. Unique Corner end unit w/Private drive & 2 car att. gar. All new appli's, W/D & neutral blinds window treatments Exc. Schools. \$169,900/OBO or \$1050/mo + 1st mo & sec. No pets. Non-smoking unit. (847)347-5573.

Excellent Opportunity MUST Sell. *Beautiful* Grayslake Townhouse. Secluded bkyd, quiet neighborhood. Woodland Grade/Grayslake High. 2bd+Loft/2.5ba, appli's, blinds, FP, 2 ceiling Fans, unfnshd walk-out bsmnt, 2 car att. gar., 8x10 deck. \$207,000/obo. Let's Talk. (847)682-1506.

FOX LAKE Desirable Reva Bay coach home on Cinnamon Lane. Located on Grass Lake w/water rights. 2-bd., 2ba., 2-car gar. Great waterviews, private community yacht club. \$179,900. Ask for Madelyn Anderson, Capital Associates. (847) 651-8349.

TWO BEDROOM, 2-ba. condo for rent, near Navy Base. Call for info (630)279-6482.

HIDDEN Glen II. 5+ rms, 2bd/1.5ba, 1-car gai + 2 stalls, extra lg remdld kit.. rights. \$112,000. Call for app. (847)561-4822-Jim (847)587-4516-Madeline.

FSBO 2BD/2BA TOWNHOME in *Lindenhurst*. End Unit w/Lg backyard. \$148.000 (847)356-5508.

GRAYSLAKE 3-BD., 2-ba., 1,760sq.ft., familyroom, 2-car gar., in Cherry Creek Sub. All appls. One mo. FREE rent. \$1,400/mo. + utilities. (847)223-6269.

> **GURNEE** 2BD/2BA TOWNHOME. New appli's, FP, gar. granite fl & new carpet. \$139,900. (847)652-3068

SCHOOLS-SPA-GURNEE CIOUS TOWNHOME!! Mint condition! 2 lg. bedrooms, 2 1/2 ba., att. gar!! Tree lined private patio area. Upgrades galore! Wood parquet entry & kit., built-in cabinets, appliances, neutral carpet, fireplace, A/C. Super clean! Motivated seller. A MUST SEE!! Call ASAP! SHOWCASE (847) 596-6109. ONLY \$159,900!

GURNEE TOWNHOME 2BD +loft/1.5ba. Immaculate, w/FP.,1 car gar. No pets, non-smoking ADT Security, (847)855-1038.

ISLAND LAKE TOWN HOME Backs to pond and views of wooded area. 3 bdrms.. 1-1/2 ba.. famrm. all appls., freshly painted C/A, att. gar., deck & more! \$156,900. Century 21 Care, call Carol (815) 344-4240.

LAKE VILLA TOWNHOME-2BD + Ig Loft, 2.5ba, 2 car gar., all appli's stay. \$169,900. Call for appt. (847)736-9547 For more info: gonehome.com/048702.

LAKEMOOR TOWNHOUSE BRAND new spacious luxury 3bd, 2-1/2 ba., loft, A/C, all appli's, W/D, 2-c gar, window treatments. Exc location. \$1295/mo. (847)977-3552.

LIBERTYVILLE

RIVA RIDGE SUB DIV w/att 2.5 car gar. Euro style kit., all appli's stay. IMMACULATE! Come see; don't miss! \$275,000. Koenig & Strey (847)557-1680.

LIBERTYVILLE-2BD/2BA CONDO. RARE availability Across from park, 2-blks from train. EXTRA NICE! \$159,900/best. (847)363-1612.

MCHENRY CONDO 1-BD., full ba., large livingroom w/vaulted ceiling, gally kit w/bk bar, all appls., extra storage, sliding door to balcony Will go FHAL\$79.500 Cent ry 21 Care call Carol (815) 344-4240.

OPEN HOUSE SAT. 11/ SUN. 11/2, 1-4PM., 1273 RED OAK CIRCLE, UNIT . CONDO/ROUND LAKE BEACH, 1 yr old. 2bd/2ba berber carpet, all appli's W/D, gar. w/opener. Lov Association Fee. \$119,900. (847)201-8929.

ROUND LAKE BEACH F.S.B.O. TOWNHOUSE Fairfield Villages Sub. 2-bd., 2-1/2 ba., den, 1-car gar., A/C, all appls stay, exc. location. \$129,900. (847)740-2027.

> ROUND LAKE-END **UNIT, 3 LEVEL**

TownHouse w/2bd &loft/1.5ba., w/Berber Carpeting & att. 2 car gar Built 2002. Must see! \$162,900. (847)691-3703.

ROUND LAKE-NEW SPA CIOUS luxury 3bdr Townhouse. 2.5ba, 2 car gar., loft A/C, all appli's, W/D, window treatments, \$1395/mo.

Condos 514 Townhomes

NEW DUPLEX 3bd/3ba, Oak cabinets, doors, appli's, FP. \$169,900 per unit.

イイイイイイイイイイイイ TOWNHOUSE FOR RENT Grayslake-3BR, 1.5 Bath, Full Basement, Garage, Swimming Pool. \$1150/Month or for Sale. Call **847-220-0920**

TOWNHOUSE-2BD/1.5BA. ALL APPLI'S, C/A, newly re-

VACATION VILLAGE-2BD/1BA. UP/DN. Channel Condo-connecting to Chain 'O Lakes. Completely remodeled. In Front of Pool office & laundry rm. Must see! Best located Condo here.

www.highenergydesign. com/condo.

FOR RENT 2-bd., master w/walk-in closet, 1-ba., diningroom, 1-car gar. w/door open er, neutral colors throughout kitchen/dining area, entry 8 all new appls. washer/dryer, dishwasher. \$975/mo. Available immediately.(847) 548-8553.

518

104TH ST., 1817 LOT 113 3BD/2Ba, Double wide, shed & driveway. \$43,000.

BY OWNER manufactured home in Rainbow Lake Manor Senior

Park, 55 & over. 2bd/2ba, Mstr Bdr 16x16 w/2 lg closets, custom window treatments. 2nd bdr 11x12 w/lg closet. Mstr bath 10x10 w/lg Garden tub & shower stall Living Rm 16x18, all new carpet/C/W/T stone FP. Kitchen beautiful Oak cabnts(lots of upgrades),

wood laminate Fl. Dishwasher, range w/built-in microwave, refrigerator(dble dr w/water & ice dispenser),

utility area w/dble drs. Yr fan. Skylights in Mstr bd & Kitchen. Ceiling fans in bdrms & LR. All beautifully landscaped. On a corner lot 75x120 10x12 deck on back w/40' carport, 10x12 shed. Very well-kept home, need to see

Call for appointment (262)857-7730 (if no answr Ive msg) Asking price \$77,500

"Move right in Condition". **CHAIN O'LAKES** MOBILE HOME PARK

> 2002 16x64, 2-bd., 2-ba. \$48,900.

> 1986 14x80, 3-bd., 2-ba. \$33,500. 1993 14x55, 2-bd., 1-ba.

\$23,000. 1985 14x60, 2-bd., 1-ba.

\$20,000. Well maintained & quiet (847)740-9230.

Beautiful, must see to appreciate! 2bd mobile home #80. 2 full ba, approx 1,000 sqft., 3-Season rm, att gar., C/A, natural gas furnace, kitchen appli's & center island, access to lake. 5 miles west on Hwy 70 west of Minocqua. Negotiable. (479)855-1830.

HOME DOOR MOBILE COUNTY Affordable year round living, 16x80, custom built ArtCraft with 10x30 deck. (920)743-6588.

MOBILE HOME-BEACH PARK IL-Kingsway Estate. 38455 Sheridan Rd, Beach Park, Lot 712. 1987, 2.5 BR, 1.5 BA, cent. air, appliances. \$10,500 (What a Deal!) * * * * 847-883-4214 * * *

MOBILE MOVE. Bristol. \$2500/best. (847)302-8242.

Mobile Homes

REDUCED! PREMIER,

520

Apartments

1 & 2-BD, MODERN w/1yr. lease.Cats allowed. 1BD-\$645/mo 2BD-\$745/mo. (847)838-6074.

BEACH PARK 1-BD. apt. New carpet, paint & flooring. Utilities included, \$550/mo ref. & sec. dep. req. (847) 812-3933.

COZY, WARM 1BDR apt \$800/mo: heat incld'd. You pay electric. No smoking, no pets. (773)777-0672.

FOR RENT-2BDR APT. 9047 16th Ave-Kenosha, Wi. \$575/mo. Stove, refrig, off street pkg.

FOX LAKE APT., 2-bd., 1-ba.,

parking. No pets. \$850/mo incl heat. Immediate occupanc.(847)362-7009.



Intercom System

 Microwave •Tennis Courts •Air Conditioning •Blinds

 Balconies/Patios Military Clause



HINKSTON POND **APARTMENTS** (847)336-0005

Call today for great savings on a spacious one bedroom apt. Rents from \$600-\$660 per month for a limited time only! With a 1yr. lease, get one month FREE rent, and FREE application processing. We also offer short term leases. Apply today,

Apartments For Rent **520**

KENOSHA, WISC. NICE 2bd. upper, w/balcony, diningroom, lg. storage room, washer/dryer, \$600/mo. + sec. dep. 4610 17th Ave. (262)658-

LIBERTYVILLE DOWNTOWN IN Historic Distric above store. 1,000sq.ft., 1bd w/den. Hrdwd. floors, many extras, including all appls. \$900/mo + util's.

(847)223-6269 SSAVES Studios...\$520

FREE heat, water, parking, carpeting. Military Clause, Air-conditioned clean, laundry facility, cable ready, short term lease available.

1 Bedroom...\$585

LITTLE FORT **APTS** 囼

(847) 336-2233 Mon. - Fri. 9am to 5pm Sat. 9am to 1pm

SPECIAL! \$300 MOVE-IN Spacious \$595/month. 2-bedroom \$695/month, plus security deposit. Waukegan, w/lakeview. New bath, private parking, laundry, heat and water included. Cable ready. minutes from base. 951-7100 or (847)

MUNDELEIN 2-BD., 1-BA., totally renovated. New Kitchen! Quiet and clean unit. Utilities included. \$925/mo. Avail 9/21. (847) 530-6866.

(847) 263-9820.

N.E. WAUKEGAN 1-BD. apt., furnished, carpeted, drapes, blinds, heat included, also includes 1 stall insulated gar. complete, \$725/mo. + sec. dep., 1yr. lease. (847)244-

NEAR BASE CLEAN, furnished 1bdrm apt. No pets. \$585/mo. + sec. ALL UTILITIES INCLUDED.

NEWLY REMODELED SPA-CIOUS 2-bd., quiet neighborhood, off street parking, all appls. included. S.W. side of Chicago, near Navy Base. (708)807-0520.

> NORTH CHICAGO *2-br., remodeled, NO PETS. NO SECTION 8 (847) 336-6682

WALKING DISTANCE FROM NAVAL BASE

Furnished studios and 1 bedroom apartments, From \$120 per week. \$200 security deposit.

CINNAMON LAKE TOWERS

• \$2,000,000 Renovation

• Studio • 1 Bedroom • 2 Bedroom

1 BR-\$589 • 2 BR-\$699

Rent by October 31st

2805 Glen Flora Ave. • Waukegan

Apartments For Rent **520**

> **NORTH CHICAGO-**& 2 & 3 bedroom Apts avail. Close to Naval Base. (847)336-3970 (847)417-3460.

ROUND LAKE 2-BD., C/A/C w/2-car att. gar., also included washer/dryer, dishwasher, refrigerator/freezer and gas stove. Property part of small rental bldg. Avail. 11/1/03. \$900/mo. (847)546-0818.

Sheridan Apartments

1.5 MILES FROM BASE Special short-term rentals on studios and 1 & 2 bedroom apartments.

MILITARY CLAUSE 847-707-1520



THE BLUFF Lake Bluff's best kept secret. Lease special month FREE one w/1yr. lease. Charming 1-bd., 1-ba., spacious living area, A/C, new carpeting throughout. 2-bd. 2-ba., deck, frpl., A/C, all appls. + washer/dryer, new carpeting throughout. considered. Quiet area. Ample parking. A must see. Call (847)360-3042 ask for Jenni-

WAUKEGAN 3-BD., 2-FULL ba., on first floor, huge apt, deluxe appls., laundromat private park near Sheridan Rd., 5 min. from base, yard, quiet & safe. Avail immed \$945/mo. Bill (847) 951-7100.

WAUKEGAN MILITARY WELCOME Large furnished refrigerator/freezer, 1-bd., mini blinds, carpeting, off street parking, free utilities. Available immediately. (847) 263-0023, (773) 878-5963.

WAUKEGAN-3 ROOM APT. For Rent. NAVY WELCOME! (847)662-5410.

WAUKEGAN-A DETAILED 1BD in well maintained brick refinished Mahogny. Solid plaster, 3 closets, dining, A/C, laundry & prkng. \$595/mo. (847)912-3772.

ZION 2-BD., 1-BA. APT., in 8 unit bldg., 2nd floor, quiet area, large rooms, avail. now. \$700/mo. ZION 2-bd., 1-ba., electric heat, 5-unit, 1 story bldg., \$675/mo. NO PETS! SUBJECT TO CREDIT CHECK. Nancy Barker Barker (847)223-4800 Russ Gwalt-

ZION 3-UNIT ON Elizabeth. New paint & carpet. Bright 1garden, \$495/mo. 2-bd. on 2nd floor, \$595/mo. Rent + sec. dep. & utilities. (847)263-0035, (847) 508-8765.

ZION EAST SIDE STUDIO Nice value in lg. 2 room studio. Heat paid. Section 8 not avail. No pets. \$455/mo. + electric. (847)831-5388.

ZION- 2 STORY TOWN-HOUSE 3BDRM/2 BTH, Family rm, bsmt, appl's, W/D. \$875/mo. (847)414-5765 746-8687, 746-8687.

ZION-BEAUTIFUL 1 & 2 bdr apt. Newly remodeled, laun-560/mo + den(847)872-2436.

ZION-EAST SIDE. BEAUTI-FUL 2 bd Apt., in Great location. Storage. \$695/mo. Will consider pet. (847)234-3208.

Apt./Homes To Share 528 WAUKEGAN SLEEPING

ROOM and sharing of roomy house. 10 minutes easy drive from Navy Base. A roomy fully furnished, sunlit, first floor bedroom. Enjoy a high level of privacy in a quiet, scenic home which backs up to forest preserves along Sheridan Road, on Waukegan's north side. Boarder has full access to large home, in a safe neighborhood. very You'll have pretty much to yourself a full bathroom next to the bedroom. Enjoy wellequipped kitchen, modern fridge, your own kitchen cupboard, great cable TV, safe off street parking, bus stop 100 yards away. Room has own phone line(optional), full closets + some basement storage, large basement laundry. Must be stable, very responsible and considerate

Apt./Homes To Share 528 adult, with steady job. No

smoking. \$130 per week. Sorry, cannot accept new pets to home

Denys50@Hotmail.com. Non English speakers okay. (847) 623-9064; or work at or work (847)223-8161 xt.130. Cell is best (847) 207-8337.

530 Rooms For Rent

ANTIOCH SLEEPING RM on Petite Lake. W/beach, pier, cable TV. \$85/wk + \$85 dep. (847)872-2436.

533 **Buildings**

INDUSTRIAL BLDG. 10,000SQ.FT. loading docks., offices HVY, power. Burling

ton, WI. (262)763-2922 534

Business Property

SMOOTHIE & ICE CREAM CAFE

Outdoor patio, All new. Downtown Grayslake \$14.500/best & Rent \$850.00

224-577-9043

Business Property 538

COMMERCIAL

OFFICE/warehouse, head door, 1,679 sq.ft., Rt. 120, Grayslake. Heavy traffic. \$1,175/mo. (847)651-3805.

GRAYSLAKE 270 SQ. ft. office all util's incld. \$375/mo. CALL Chris (847)548-3320 x

GRAYSLAKE DOWNTOWN 1600SQ FT TO 4,000SQ.FT. store front retail, negotiable could divide. Call Chris (847) 548-3320 ext. 14.

GRAYSLAKE SHOP OR Offor Rent. 1200 sq ft. \$995/mo. (847)548-3320 x 14 Ask for Chris. **GURNEE OFFICE SPACES**

w/Waiting Rm: in Professional Bldng. \$400 & \$300/mo incld's util's (847)263-5872 x 2-Gloria.

NORTH CHICAGO BUILDING-36,000 sq ft. Will divide to any size. 2421 N. Greenbay Rd. (773)736-4573.

NORTH CHICAGO (2) Industrial bldgs. for lease (3,888 & 5,000sq.ft.). Grt. storage or light industrial. Htd., dry & secure. Adjacent to Navy Base. \$1.000/\$1.300/mo. Call owner (630) 640-5764.

ROUND LAKE FOR RENT 2 commercial 300sq.ft. offices, Washington St. immediately E of Cedar Lake Rd. Gary (847) 546-0818.

TWIN LAKES 144 F Main St STORE FRONT

Retail or office space avail Dec. 1. Approx. 700 sq.ft. \$495/mo. Will consider rent which incld's rental apt.).

(847)612-6393.

548 **Farms**

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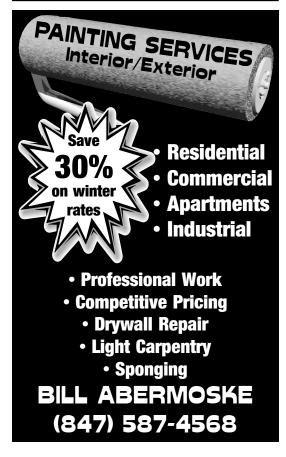
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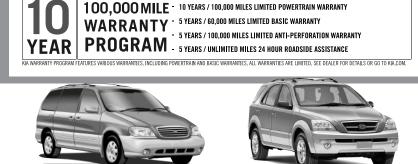




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