Sports

PMO takes down Parris Island RTR, 44-35.

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THE JETSTREAM

Marine Corps Air Station Beaufort, S.C.

"The noise you hear is the sound of freedom"

Vol. 39, No. 3 | https://www.beaufort.usmc.mil | Friday, January 23, 2004

News

'04 brings pay increase across the board.

■ Page 8

News to Use

Kentucky holds special election

On Tuesday, Feb. 17, there will be a special election in the Kentucky 6th Congressional District to fill the seat vacated by Congressman Ernest Lee Fletcher who has been elected governor. The 6th Congressional District consists of Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrad, Jessamine and part of Lincoln, Madison, Mercer, Montgomery, Powell, Scott and Woodford counties. Absentee ballot requests must be received by Feb. 10. Absentee ballots are available through the Station Adjutant Office in Building 601. For more information, call Capt. Shellman at 228-7322.

One stop source for information

MCCS One Source, a free program offered to service members and families, has a wide variety of tools, including budget and retirement information. To read or download articles, log onto the web site at *www.mccsonesource.com*. The user is: marine, and the password is semper fi. For more information call 1-800-869-0278.

Tax Center opens doors

The Tax Center is now open. All Marines need to register for MyPay at *https://mypay.dfas.mil* for online access to their W-2 forms. W-2s will only be available online until Jan. 23. The Tax Center is open to all active duty personnel, their family members and retired service members. The hours of operations for the first two weeks will be 7 a.m. to 7 p.m.

Around Town

Hilton Head Orchestra concert

Internationally-known violinist Jaime Laredo and cellist Sharon Robinson will be the featured guest artists for the Hilton Head Orchestra's Monday concert, Jan. 26. Tickets may be purchased in advice or at the door. For more information or tickets, call the Hilton Head Orchestra Box Office at (843) 842-2055.

South Carolina State Guard

The 3rd Battalion of the South Carolina State Guard, a formal military organization not affiliated with the National Guard, is recruiting individuals who have administrative experience or know training techniques. For more information or an application, call Maj. Robert Korte at (843) 681-5787.

Military recognition night

The Battery Creek Marine Junior Reserve Officer Training Course and the students in the fine arts program are hosting a tribute to military service members and their families, Jan. 27, in the John J. McVey Performing Arts Center. This event is open to all service members, active, reserve and retired.

Around the Corps

Official USMC photo

Commandant of the Marine Corps Gen Michael W. Hagee comments on the importance the Marine Forces Reserve role in fighting the war on terrorism.

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Lance Cpl. Amber Castro

Marines of Marine Fighter Attack Squadron 251 board a jet, Jan. 17, bound for Iwakuni, Japan. The Thunderbolts will be away from Fightertown for six months while they deploy throughout the Western Pacific.

T-Bolts deploy for Western Pacific

CPL. MICAH B. SNEAD
JET STREAM STAFF

After two consecutive combat tours, the Thunderbolts of Marine Fighter Attack Squadron 251 returned to "normal" deployments last week as they rejoined the Unit Deployment Program.

The F/A-18 Hornet squadron departed Marine Corps Air Station Beaufort on Jan. 13 and 16 for MCAS Iwakuni, Japan for a scheduled six-month deployment. The T-Bolts replaced the Fighting Bengals of Marine All-Weather Fighter Attack Squadron 224, who returned to the Air Station Sunday.

A UDP is a regularly scheduled deployment that rotates squadrons and units into and out of the Western Pacific region. MCAS Iwakuni hosts the units while they participate in training exercises and operations in the area.

The deployment marks the first time in three years that the more than 200 Thunderbolts have deployed to a non-combat area. The squadron was heavily involved in Operations Enduring Freedom and Iraqi Freedom the last two summers, but the more relaxed nature of this deployment will not affect the squadron's devotion to hard work, according to Lt. Col. Thomas "T.C." Clark III, commanding officer, VMFA-251.

"The mission doesn't affect our work ethic or motivation," Clark said. "Anytime we deploy, we have a commitment to total professionalism. Our Marines have done a tremendous job preparing the squadron for this deployment."

The squadron traveled to MCAS Miramar, Calif. in October as a warm-up for the UDP. The T-Bolts spent two weeks honing their flight, fight and maintenance skills.

"It was an air-to-ground deployment to work out all the bugs before the WESTPAC,"

(WESTPAC, page 6)

Lance Cpl. Amber Castro

Gunnery Sgt. Gregory Taylor, Quality Assurance Chief with Marine Fighter Attack Squadron 251, kisses his wife Jan. 17, just before departing for a six-month deployment to Iwakuni, Japan.

Lance Cpl. Amber Castro

A long welcome home

Michelle Ortiz and son Alistair Ortiz Jr. watch as her husband, Gunnery Sgt. Alistair Ortiz Sr., Marine All Weather Fighter Attack Squadron 224, returns to Marine Corps Air Station Beaufort, Jan. 19, after a six-month Western Pacific Deployment.

Air Station honors universal equality with celebration

LANCE CPL. JUSTIN V. ECKERSLEY
JET STREAM STAFF

Residents of the Tri-Command gathered at the Air Station chapel January 15 to celebrate the ideals and life of Reverend Dr. Martin Luther King, Jr.

The annual ceremony has been celebrated aboard the Air Station since the year King's birthday was made a national holiday in 1986, according to Gunnery Sgt. James G. Williams, Equal Opportunity advisor, Marine Corps Air Station, Beaufort.

"It's always an exciting event because it starts the year off by celebrating one of our national heroes, and it helps bring people together," Williams said.

The ceremony involved speeches about the meaning of equality by Lt. Col. Troy A. Ward, executive officer, MCAS Beaufort and Col. Michael A. Malachowski, chief of staff, Marine Corps Recruit Depot, Parris Island, songs performed by Beaufort residents, and a speech by Reverend James E. Moore, a former Marine gunnery sergeant.

Moore's speech reflected the slogan of this year's celebration, "Remember! Celebrate! Act! A day on, not a day off!" He urged attendees to do their part in spreading King's ideal of equality.

"I am honored that I would be chosen to speak about such a great man as Dr. King," Moore said. "Even being considered to be in such a position to discuss his ideals is a great feeling."

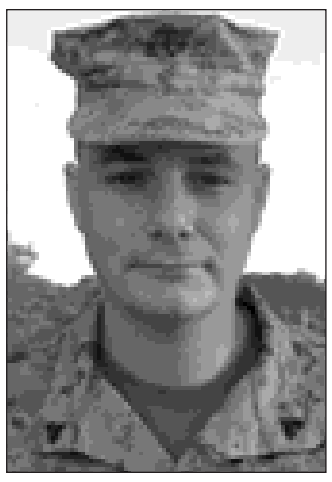
During Moore's speech, he discussed many of King's ideals, including the strength of passive resistance, the power of loving one's enemies, and the equality of all people, not just African American's or Caucasians.

The commemorative service was not isolated to the Air Station, according to Williams. This service was part of the Department of Defense's yearly ethnic observances.

"There should be a service like this going on at every installation around the world," Williams said.

Word on the Street

With the upcoming election, what issues are most important to you?



"What are they going to do about the Middle East crisis."

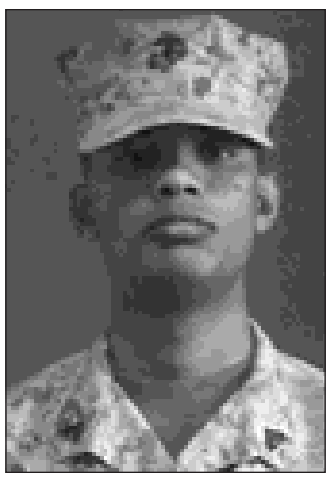
Cpl. Daniel W. Evans
H&HS

"It's important that any presidential candidate do what he says he is going to do."

Cpl. Joseph A. Smith
VMFA-115

"Are they going to keep us fighting in Iraq, or are we going to pull out?"

Lance Cpl. Patsy M. Lee
H&HS



"Is the president going to focus more on domestic affairs, or more on foreign affairs? I feel that domestic affairs are more important."

Cpl. Taaha A. Mussa
H&HS

"How are we going to handle the issues in the Middle East?"

Cpl. Christopher S. Wood
MALS-31

Gate guards: providing local security, not generating pains

LANCE CPL. JUSTIN V. ECKERSLEY
JET STREAM STAFF

For about two weeks, I had the opportunity to experience what life is like for the Marines who stand duty every day at the Air Station gates.

After having gone through night shifts and day shifts, I can say with no reservation that those Marines are over-criticized and under-appreciated.

I can understand Marines who come in late at night disliking being interrogated, when all they want to do is go home and sleep. However, the Marines at the gate are responsible for everyone who passes through the gates.

As far-fetched as it may sound, if a Marine were to come on base drunk and crash his vehicle into the theater, the gate sentry who let him on base would be responsible for that damage.

Remember that while you're driving on base on Sunday, after having relaxed and let off some steam, the guard has been standing there all day, keeping a safe eye out for you and your fellow Marines.

Along those same lines, is the lack of respect I see given to the Military Police guardsmen every day.

Those Marines on duty, while they might be of a junior grade, are still Marines.

There are some people, both civilians and Marines, who will ride up to the gate and not even have the decency to simply look at the guard.

Maybe the people doing this don't realize what they're actions are telling the guards on duty. Perhaps they're so preoccupied with whatever else they have going on that they don't even think about the guard standing out there no matter what time or day it is. I certainly hope that's the case.

The Marines on the gate deserve the utmost respect from their peers, and they don't seem to be getting it. It's time to change that.

The next time you feel like a gate guard is giving you a hard time, just remember that he is performing his duties as instructed, not just messing with you.

Instead of staring blankly at the asphalt in front of your car, identification card pressed against the window tightly, roll down that window, let him know you haven't been drinking and that you'll be alright driving the few hundred meters back to your residence, and smile.

They will appreciate it.

Keeping those New Year's resolutions

CHAPLAIN DWAYNE A. JACKSON
MARINE AIRCRAFT GROUP 31

A few weeks into the New Year and already I realize that old habits are very difficult to change. It is at this time that a real assessment of one's life usually begins. One of the first places a person gauges his or her progress in life is their "New Year's Resolutions." More specifically, the question arises; how am I doing with those New Year's Resolutions that I have so boldly made? Or, have I already only three weeks into the new year failed to do so? Why do I, year after year, go through the pain of making those resolutions only to break them? Well, I submit to you that we do so because we want to make a "fresh start."

Fresh starts are trendy. Fresh starts are exciting. Fresh starts breed expectations. However, fresh starts also present opportunities for failure and setbacks. Many of us have experienced these failures and setbacks, and because of them we sometimes can't enjoy the fruits of success in following through on our resolutions. Can I tell you a secret? Listen Up! True success comes only from God.

In noted author Charles Stanley's book, "Success God's Way," he suggests three important questions that most people ask themselves when evaluating success. "Is it right for me to want to be successful? Can I live a godly life and still be successful? Is God even interested in me being successful?" Stanley asks. "The answer to all three questions is yes! God not only desires your success—He is committed to it."

In the Gospel of Saint John 10:10, Jesus said, "I am come that you might have life and have it more abundantly." Then He goes on to tell us that there is an adversary, called the Devil, that seeks to steal, kill, and destroy that life. The Devil will remind us of our past in order to keep us from enjoying the life that God gave us to live. The Devil does not want you to have a fresh start in life.

The good news is, God says, "I want you to have a fresh start in life, I want you to have a new beginning, I want to do something new in your life."

Here is a little formula that should help you in accomplishing those goals for the new year. Included are important truths that will assist you on making a fresh start.

Because of the military's fondness for the use of acronyms, I would like to share S.T.A.R.T. as a formula for us making a fresh start this New Year.

S—Stop making excuses.

If you want a fresh start in life, you have to stop making excuses for your failures. Stop blaming people or circumstances for you not reaching your New Year Goals.

T—Take an inventory of your life.

You need to take an inventory of your life. That means you need to evaluate all of your experiences. As you take inventory of your life in making a fresh start, you need to ask yourself three questions.

* What have I learned?
* What are my assets?
* Who can help me?

A—Act in faith.

This is the third step in getting a fresh start. Act in faith. You have to launch out into new territory. The Bible says that the key to changing anything is faith. If you want to change your circumstances, it takes faith.

R—Refocus.

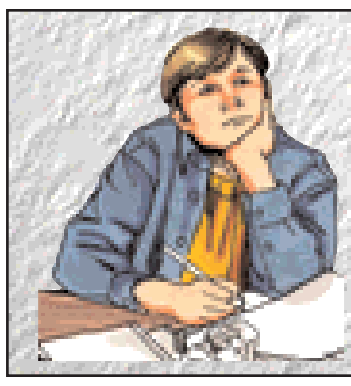
You need to refocus your thoughts if you want to change your life. Refocusing your thoughts means to stop thinking in old patterns, and to start thinking in the "new."

T—Trust.

Finally, trust God to help you succeed. Depend on Him. Stop trying to do it yourself; you have already proven that you can't do it on your own. That's why you have failed.

In applying these "fresh start" principles, you will be able without a doubt to keep all of those important New Year's resolutions.

Anyone wishing to contact Chaplain Jackson may send him an e-mail at JacksonD@2MAWBFT.usmc.mil



Have you ever thought about being a writer for a newspaper?

Become part of the Jet Stream team!

If you want to get involved call the Jet Stream Staff at 228-6030 or send an email to pa@beaufort.usmc.mil.

THE JETSTREAM
Marine Corps Air Station Beaufort, S.C.
"The noise you hear is the sound of freedom"

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All queries concerning news and editorial content should be directed to: Jet Stream, Marine Corps Public Affairs Office, P.O. Box 55001, MCAS Beaufort, S.C., 29904 or (843)228-6028.

All queries concerning business matters or display ads should be directed to the Sav./Carol. Morning News at (843)379-4948.

Any queries concerning free ads should be directed to the MCAS Public Affairs Office at (843)228-7201.

SINGLE MARINE PROGRAM

The Single Marine Program is gearing up for an exciting winter with a variety of events, including parties, trips and much more.

For more information or questions about the Single Marine Program, call Brett Westerfield at 228-6389.

Squadron Happenings

Fighting Bengals

Welcome home to the Fighting Bengals of Marine All-Weather Fighter Attack Squadron 224! The Bengals successfully completed a six-month deployment to Marine Corps Air Station Iwakuni, Japan. Congratulations Bengals!

Sweathogs

Welcome home to the Sweathogs who returned from Djibouti, Africa Monday. 50 Marines from Marine Wing Support Squadron 273 deployed to Djibouti in September to provide security for Joint Task Force – Horn of Africa. Congratulations on a safe and successful deployment Sweathogs.

Stingers

MALS-31 bids a fond farewell to "The Corner Bar." The squadron bar of MALS-31 has created many memories and great times in its incredibly short life span. Created by former MALS-31 Commanding Officer Lt. Col. William Anderson, the bar served as a useful tool to enhance camaraderie amongst many members of the MALS. Noteworthy guests have been former Col. Donald E. Davis and the Lt. Nichols and Hovey Fireball show. See ya' all at the "Santini Bar!"

Thunderbolts

Marine Fighter Attack Squadron 251 would like to congratulate the following Thunderbolts on their recent promotions: Sgt. Alejandro J. Leandrezparade and Cpl. Jamie L. Sherrard.

MCAS Lasseter Theatre

Master and Commander
PG-13
Tonight at 7 p.m.
Sunday at 7 p.m.

Gothika
R
Saturday at 2 p.m.
Saturday at 7 p.m.

Air Station Mess Hall Menu

Saturday January 17	Sunday January 18	Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23
Breakfast & Brunch 8 a.m.-11 a.m.		Breakfast 6 a.m.- 7:30 a.m.				
Creamed beef, oven fried bacon, turkey sausage links, beef sausage links, grilled ham slices, etc. Bacon burgers, cheese burgers, hamburgers, hotdogs, french fries, etc.		Creamed beef, oven fried bacon, turkey and beef sausage links, grilled Canadian bacon, etc.				
		Lunch 11 a.m.-1 p.m.				
		Grilled pork chops, chili mac, grilled cheese, garlic roast potatoes, squash & carrot medley, peas with onions, etc. Potato bar: baked potatoes, chili, sour cream, bacon bits, chives, cheese sauce, etc. Fast food line: chicken nuggets, corn dogs, bacon burgers, cheese Burgers, hamburgers, hotdogs, French fries, etc.	BBQ spareribs, herbed stuffed chicken, au gratin potatoes, long wild rice, mustard greens, wax beans, etc. Deli bar: bologna, ham, turkey, etc. Fast food line: chili dogs, grilled cheese, pizza burgers, cheese burgers, hamburgers, grilled hotdogs, French fries, etc.	Savory baked chicken, baked fish fillet, macaroni & cheese, scalloped potatoes, squash, fried cabbage, etc. Pasta bar: lasagna, spaghetti with meat sauce, toasted garlic bread, etc. Fast food line: Italian sausage, sloppy joe, chicken sandwich, cheese burgers, hamburgers, hotdogs, french fries, etc.	Salisbury steak, savory baked chicken, mashed potatoes, southwestern rice, steamed asparagus, etc. Deli bar: bologna, ham, turkey, etc. Fast food line: BBQ riblet sandwich, grilled tuna & cheese, cheese burgers, hamburgers, hotdogs, french fries, etc.	Baked fish sticks, baked scallops, fried oysters, fried shrimp, roast beef, macaroni & cheese, mashed potatoes, etc. Potato bar: baked potatoes, chili, sour cream, bacon bits, chives, cheese sauce, etc. Fast food line: chili dogs, cannon ball sandwich, bacon burgers, cheese burgers, hamburgers, Hotdogs, French Fries, etc.
Dinner 3 p.m.-5 p.m.		Dinner 4 p.m.-6 p.m.				
Teriyaki beef strips, fried chicken, mashed potatoes, pasta, okra melange, pinto beans with ham hocks, etc.	Grilled steak, turkey Swedish meatballs, steamed rice, baked potatoes, corn on the cob, lima beans, etc.	Savory lamb roast, spaghetti with meat sauce, assorted pizza, Italian roasted potatoes, Italian blend veggies, white beans with ham hocks, etc.	Honey glazed duck, Italian veal parmesan, Chinese egg rolls, orange rice, mashed potatoes, corn combo, eggplant parmesan, etc.	Salisbury steak, baked ham, deviled oven fries, steam cauliflower, candied yams, dinner rolls, okra tomato gumbo, etc.	Roast turkey, lasagna, steamed rice, assorted pizza, creamed corn, steamed green beans with mushrooms, etc.	Pork chops Mexicana, Swiss steak with brown gravy, garlic cheese potatoes, hopping John, cream corn, steamed broccoli, etc.

"Eyes of MAGTF" offer safe passage in convoy exercise

Cpl. Craig A. Sherman
Jet Stream Staff

More than 50 Marines prepared for their upcoming deployment to Iraq by participating in a convoy escort exercise, Jan. 14, aboard Marine Corps Air Station Beaufort.

The Marines from Marine Air Control Squadron 2 and air traffic control, became familiar with protecting, and escorting a convoy in a hostile environment.

"This exercise prepares the Marines for different missions they might face while in a forward deployed area," said Staff Sgt. Boscoe Wilhite, air traffic controller, MACS-2.

Marines practiced loading and unloading troops and escorting several vehicles including two eight-ton trucks while maintaining security around the area.

"This exercise is important to us because it teaches us how to set up proper security," said Lance Cpl. Jason Weir, radar tech, air traffic control. "You always need to practice safety wherever you go."

The operation gives Marines experience, so the unit knows what it is doing and does not itself killed, according to Lance Cpl. Dan Robach, supply, MACS-2.

The convoy began at the MACS-2 detachment and traveled throughout Fightertown. Marines conducted several security patrols in front of the convoy to scope out possible enemy activity that could endanger the group. Marines used M16A2 service rifles and squad assault weapons to defend the convoy during its mission.

The convoy stopped at several checkpoints during the mission to ensure Marines knew how to safely exit the eight-ton trucks, form a parameter and provide security for the vehicles.

"If the Marines are prepared for anything, then there will be a lot less casualties during a real mission," Wilhite said.

Currently, MACS-2 is scheduling additional exercises to prepare Marines for several deployments to the Central Command's area of jurisdiction in 2004.

"Now that our Marines are on the same page, we are a deadlier, more proficient unit," said Cpl. Myra Williams, supply chief, MACS-2.

Church Schedule

Catholic Mass
Tuesday-Thursday: 11:35 a.m.
Saturday: 5 p.m.
Sunday: 9 a.m.
Catholic Confession: Saturday: 4 p.m.

Protestant Services:
Sunday: 11 a.m.

Muslim Service:
Friday: 12 p.m.

PMO out shoots RTR, 44-35

LANCE CPL. ANTHONY M. GUAS
JET STREAM STAFF

The Provost Marshal's Office pulled out an upset as they defeated a top team, Recruit Training Regiment, 44-35, during intramural basketball action Jan. 15.

Facing an 8-2, RTR team, PMO was ready to improve their 5-6 record.

PMO shooting guard Jovan Whiten led his team with 22 points and a three-pointer late in the game. Although RTR lost the battle, guard Jefferey Young was able to score 10 points.

Taking the tipoff and the first lead, RTR seemed to have control early in the game. Young and forward Robert Johnson combined to help take an early 6-0 lead.

Despite a slow start, PMO was unwilling to quit. After a couple of solid defensive stops, Whiten was able to take the ball down-court and penetrate the RTR defense for a bucket.

Both teams played sound defense, but sloppy offense led to turnovers and a low-scoring half. After a few buckets, PMO shortened the gap with a three from guard Gabriel Bolden. PMO was closing in, 19-15.

With the clock running down, RTR forward Markus Caldwell was fouled and sank one-of-two from the line. By the end of the half, RTR was still in the lead, 20-17.

As the second half began, both teams seemed a little shaky as they kept turning over the ball. Whiten was able to end the scoring drought after sinking a well-defended shot. PMO now pulled within one, 20-19

On the next drive, Whiten was able to put back his own miss, which helped PMO take the first lead of the game, 21-20. Once again it was Whiten, who broke the RTR defense by driving down the baseline for a lay-up.

In an effort to keep his team in the game, Caldwell rattled a much-needed jumper. RTR was now trailing, 23-22. Whiten was unrelenting, sinking a jump shot and coming away with a steal on defense. After the steal and a tip in from guard Ariyan Dawson, PMO was widening the gap, 27-22.

Cpl. Micah B. Snead

Provost Marshal's Office guard Gabriel Bolden drives past a defender and sinks a layup, to help his team defeat Recruit Training Regiment 44-35, during intramural basketball action, Jan. 15.

PMO was able to force another turnover after triple teaming forward Howard Moore, leading to another scoring drive. The PMO offense was hitting on all cylinders, taking a 10- point lead after a Whiten swished a jump shot form downtown.

RTR was able to score after passing the ball around and hitting it inside to Young for the easy lay-up. After Moore sank a shot and a free throw, RTR was within five, 38-33.

Answering to RTR's attempt at a comeback, Whiten hit a fade away jumper, keeping his team in front, 40-33. Whiten made 15 of his 22 points in the second half.

Outscoring RTR in the second half, 27-15, PMO was able to defeat an 8-2 team and improve their record to 6-6.

"We had a slow start, but a quick finish," Bolden said. "We'll see them in the playoffs. We going to win more games, because when we play as a team nobody can stop us."

Marine competes against best on All-Marine team

LANCE CPL. ANTHONY M. GUAS
JET STREAM STAFF

Marines are known worldwide for their ability to strike targets down range. One Marine has taken that reputation to the bowling lanes of Las Vegas.

Staff Sgt. Wanda Volpp, staff auditor, Headquarters and Headquarters Squadron, went on Temporary Assigned Duty to play on the All-Marine Bowling Team, Jan. 4.

"This was my first time on an All-Marine team," Volpp said. "It was definitely a different experience."

The bowling tournament was held in Las Vegas where Volpp played with 11 other Marines. On the All-Marine team she faced bowlers form other military services throughout the armed forces.

"It was a real unique experience to be playing against some of the other services," Volpp said. "There are a lot of different conditions that made it really challenging. We had a lot of fun and there was a lot of camaraderie between the services."

Volpp, an Auburn, New Hampshire native, started her bowling career playing "Candletown bowling".

"It's a different type of bowling," Volpp said. "The pins are thinner and the ball is smaller."

Courtesy of Staff Sgt. Wanda Volpp

Staff Sgt. Wanda Volpp (center), staff auditor, Headquarters and Headquarters Squadron, stands with the All-Marine Bowling Team after their final tournament in Las Vegas.

After being stationed in Iwakuni, Japan in 1995, Volpp began to play "normal" bowling.

"The people in Iwakuni bowl a lot," Volpp said. "My husband and children started to play and I did it to spend time with them."

In Japan there are many bowling centers to compete against people of different skill levels, according to Volpp.

After playing for two years, Volpp lost interest in the sport and did not pick up another bowling ball until 2002. Since then, she has been playing in two different leagues in Beaufort.

"I would play against some tough competitors," Volpp said. "I think the extra bowling really helped improve my game."

Volpp had to send in a resume and needed at least a 160 average to qualify for the All-Marine Team.

"I found out about the team from a (Marine Administrative Message) in December," Volpp said. "When I read that I just needed a 160 average, I sent in my resume. At that time I was bowling a 169."

Although the All-Marine female team placed fourth among the competition, Volpp feels it was a great opportunity for her and fellow Marines.

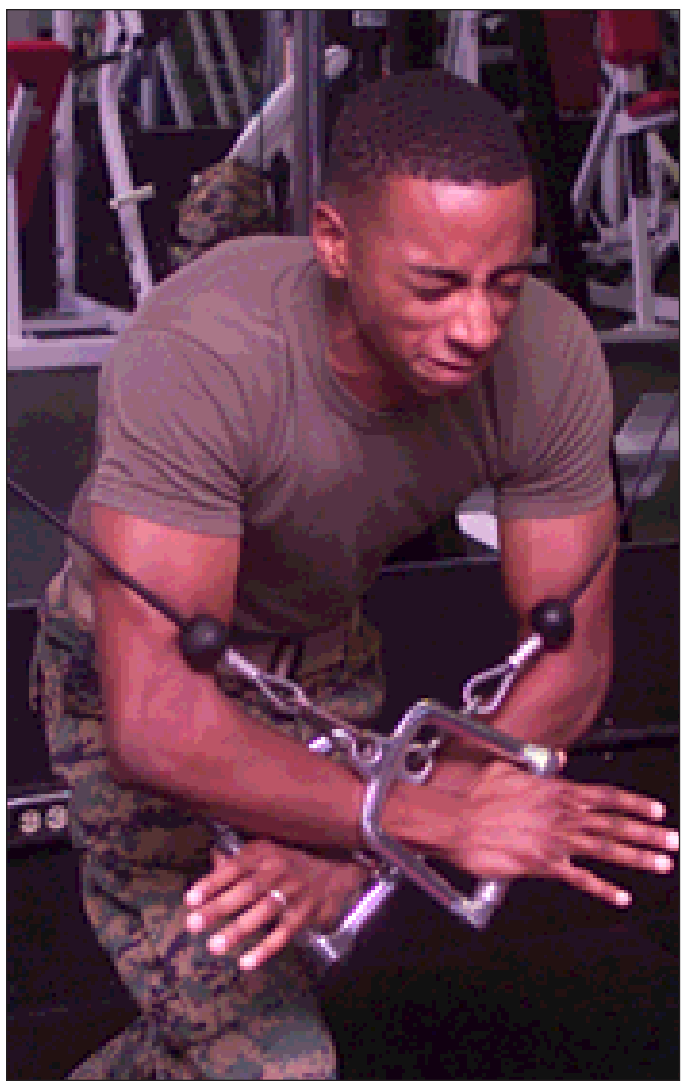
"The competition was tough," Volpp said. "I couldn't believe how many people there were and how great at bowling they are. I learned a lot and improved my bowling average."

Volpp looks forward to improving her average and hopes for another spot on the All-Marine team.

"After coming back from the tournament I was bowling a 170," Volpp said. "Then I bowled a couple of nights after and had a 180. I can't wait to compete for a spot on the team next season.

Marines interested in becoming a member of the All-Marine bowling team can contact the gym or the bowling alley. Next year they might have tryouts or Marines might just have to submit a resume, according to Volpp.

"You just have to go out there and try," Volpp said. "Anything is possible."



Cpl. Craig A. Sherman

Sergeant Toney Brown, nuclear, biological and chemical specialist, Headquarters and Headquarters Squadron, works on his form.

Melt away extra pounds with Semper Fit

CPL. CRAIG A. SHERMAN
JET STREAM STAFF

For those people who ate too much during the holidays, Semper Fit Health Promotions will help fulfill those New Year's resolutions that were made Jan. 1.

"Many people tend to make broad and unrealistic goals for the New Year," said Dorcey Porter, Semper Fit personal trainer, Marine Corps Community Services. "People tend to get so lost in the how and the ways to accomplish their goals that they never get started."

When setting out to lose weight, service members must set obtainable goals so they can stay motivated to reach their objective, according to Porter.

"The first step to losing weight is changing your eating habits," Porter said. "A lot of people look at diets as something bad, but you don't have to sacrifice what you eat, just how often you eat it."

The key to losing weight is to drink plenty of water, according to Porter. "Water keeps the body hydrated during exercise, helps to flush out all unwanted chemicals and makes you less hungry," Porter said.

Another way to help reduce your waistline is eating more frequently. Porter suggests eating at least five to six meals a day to keep your body burning fat.

"When you eat breakfast in the morning, your body replenishes everything that was lost the day before and prepares you for the days events," Porter said. "However, there is a long wait between breakfast and lunch. To keep the body energized and satisfied until lunch they need to eat something in between."

A meal/snack could be anything from an apple to a cup of low-fat yogurt.

"You want to make sure that your not starving right before lunch so you don't eat a lot of food," Porter said.

Another step in the battle of the bulge is to exercise regularly.

"Many service members try to begin a rigorous cardiovascular workout during their first day and burn themselves out," Porter said. "When you begin a new exercise program, you need to be realistic and gradually build up your intensity and frequency until you reach the level you want."

While working out, service members should try a variety of exercises to keep their interest, according to Porter.

"Each time you work out try to do something different," Porter said. "By completing a different exercise you are keeping the body guessing and avoiding the boredom of repetition. If you cross-train a lot, then try just running, and if you run all the time, then cross-train."

Semper Fit Health Promotions is the place for service members looking to get help in losing weight, according to Porter.

"When a service member comes to Semper Fit Health Promotions, they can sign up for a personal trainer to educate them about proper workout techniques and improve their nutritional knowledge," Porter said. "Monday through Thursday, Semper Fit offers hour-long aerobics classes that work on increasing the strength and endurance of anyone."

Semper Fit also offers classes that go beyond physical training.

"Health Promotions offers service members an opportunity to learn about food choices, smoking cessation or any number of medical problems that a person could be suffering from throughout their lives," Porter said.

By following these simple guidelines, service members can begin the road to physical fitness and achieving the body they have always wanted, according to Porter

Waist line warriors who may need extra help in taking off those unwanted pounds can contact Semper Fit at 228-6374 or stop by the Semper Fit office, located in the Air Station's gym annex.

Failure to follow state insurance law may cause headaches for Fightertown drivers

CPL. CRAIG A. SHERMAN
JET STREAM STAFF

The Provost Marshal's office issued citations to more than 350 service members around the Air Station driving with expired insurance or with a state suspension in 2003.

Many of those service members issued a ticket for a state suspension do not know their driving privileges were taken away.

"When a service member cancels their vehicle insurance and switches to another company the state requires the company to report the cancellation within 15 days after the policy ended," said Staff Sgt. Timothy Hoeksema, staff noncommissioned officer in charge of accident investigations, PMO. "However, insurance companies are not required to notify the state when you begin a new policy."

The state of South Carolina will suspend a vehicles registration and then the Department of Motor Vehicles must make an attempt to contact the owner, according to Hoeksema. Many Marines are shocked when they find out they are driving an unregistered vehicle although they have valid insurance.

"When a service member purchases a new insurance policy, they must go to the DMV and show their proof of insurance before the state revokes the vehicle's registration," Hoeksema said. "If a car's registration is suspended, it is a minimum of a $100 but no more than a $200 fine or 30 days in prison. If a service member is found with expired insurance, they will be apprehended and their base driving privileges will be suspended."

During every traffic stop the military police are required to check the vehicles registration and insurance. Military police also run the operator's drivers license, according to Hoeksema.

When the MPs find that the car's registration has been suspended, they seize the car's plates and impound the vehicle.

"The vehicle is towed at the expense of the driver, and a $200 reinstatement fee is required to renew your registration," Hoeksema said. "All registrations will remain suspended until proof of insurance is provided and has been paid."

If a service member already has insurance and failed to call the DMV, they can appeal the fine, but will still have to pay the towing and reinstatement fee, according to Hoeksema.

Cpl. Craig A. Sherman

Lance Cpl. Adam Voth, military policeman with the Air Station Provost Marshal's Office, waves a vehicle onto the Air Station.

"We are trying to educate all service members about the rules and regulations of the road so they don't receive a traffic citation," Hoeksema said. "Marines need to realize that by not paying a traffic citation or failing to appear in court, anywhere in the U.S., their drivers license will be suspended."

The military police receive reports from South Carolina about traffic citations issued to military personnel, and the penalty will be the same aboard the Air Station.

"Ignorance is no excuse," Hoeksema said. "If you don't have insurance or your state registration has been revoked it is your responsibility to fix the problem."

For more information about state revocations and expired insurance, contact PMO at 228-7007.

Car registration made easy on Fightertown

CPL. KAT JOHNSON
JET STREAM STAFF

Marines and family members can ease post-holiday stress by knowing the proper procedures necessary to obtain access on Marine Corps Air Station Beaufort.

Anyone that does not have a military government identification card must be sponsored to receive access to the air station. Any military member, active, reserve, or civilian employee that maintains a proper I.D. card can be a sponsor.

The Air Station has two gates that provide access from Highway 21. The main gate is the only entry point that will issue a pass. Admittance through Gate 3 is available from 6 a.m.-6 p.m. daily, all vehicles must either have a temporary or permanent vehicle decal and proper identification.

"We (main gate) have temporary passes that are valid for up to thirty days," said Cpl. Christopher R. Gray, desk clerk, PMO.

On the weekends and holidays, the main gate will not be able to issue a pass for longer then that weekend or holiday.

"No permanent passes can de issued from Laurel Bay or Gate 3, only the main gate is authorized to issue them," Gray said.

The main gate has a fax machine available that can be used if anyone has forgotten their paperwork. In order to make the registration process faster and less complicated, Gray suggests that every person bring in the proper forms.

The Provost Marshal's Office provides gate entry service year round. Marines who guard the gates of Fightertown use Air Station Order P5110.1E as an outline for the daily procedures performed at each gate.

"Each place (base) has their own manual,' Gray said, " You need a drivers license, registration, proof of insurance and a military identification card to receive a pass."

The previous holidays might increase gate traffic during the next month but knowing the correct procedures can only help in making the process of receiving a pass easier.

For further information, contact PMO (843) 228-6161.

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January 23, 2004 • MCAS Beaufort

FREE Tax Services
Federal and state tax filing service is available until Apr 15. Please bring all W-2 statements and dependents' Social Security Cards. To file a joint return, the spouse must be present. Please call for hours.
MCAS Beaufort
Bldg 1231, 2nd Floor
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7am-7pm
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Marine Corps Reserve: keeping the force ready

CPL. MICAH B. SNEAD
JET STREAM STAFF

Marines carry their training, ethos and pride with them for the rest of their lives, whether they serve four years or 20. But Marines who choose to leave the obligation, stress and structure of the Corps behind can continue to serve at their leisure.

The Select Marine Corps Reserve allows Marines the benefits, duty and opportunity of the Marine Corps one weekend a month and two weeks a year at more than 180 locations in the continental United States.

Enlisted Marines are almost always obligated to eight years of service, active or inactive but the decision on what to do with those years is up to the individual, according to Gunnery Sgt. Bradley B. Rice, transitional recruiter, Transitional Recruiting Office East, Marine Corps Air Station Beaufort.

"Most Marines serve four years active duty and four years inactive, or five and three," Rice said. "Either way, you're going to be obligated beyond your end of active service. You might as well take advantage of the opportunities available."

Rice, who works for the prior-service side of recruiting, looks for Marines who want to continue their affiliation with the Marine Corps, but on a less-demanding schedule.

"The program is totally voluntary, unlike a lot of assignments in the military," Rice said. "It works beautifully for Marines who want the best of the civilian and Marine Corps worlds."

Rice also looks for Marines who have been discharged but are hoping to return to the Corps.

"We have a lot of Marines get out, grow their hair a little longer, but then start to miss the opportunities the Marine Corps offers," Rice said.

Official USMC photo

Marines of Marines Forces Reserve give a motivated bark to Commandant of the Marine Corps, Gen. Michael W. Hagee. Marine Forces Reserve, based in New Orleans, La., is home to the 4th Marine Division and the 4th Marine Aircraft Wing. Active and inactive reservists have played a vital role in sustaining the total Marine Corps force during the global war on terrorism.

Those opportunities include full pay, medical and dental coverage, training, travel, tuition assistance and retirement benefits.

The SMCR is divided into three parts: SMCR units, Individual Mobilization Augmentation Detachments and Active Reserve. Marines of the SMCR normally participate in Inactive Duty Training one weekend a month and 15 days of annual unit training a year.

The IMA detachments help fill time-sensitive active positions in more than 60 stations or bases in and outside of CONUS. When called up, IMA Marines attach to active-duty units and serve full-time billets. Through IMA, Marines can also receive 20-year active-duty retirement benefits, but the program is limited with only room for approximately 3,000 Marines.

Six months prior to separating from the Marine Corps, Marines attend a brief where transitional recruiters explain the opportunities available in the Active Reserves. That is a good time for Marines to start making plans for their future with the Corps, according to Rice.

"The six-month mark is when a Marine wants to put their package together," Rice said. "Selection boards meet only three times a year and late packages are absolutely not accepted. The sooner you prepare, the better your chances are."

Marines looking for a new job in their military after-life also have the opportunity to change their military occupational specialty when they join the reserves.

"The great part about the reserves is that you're never locked into one job, in one location, like active duty," Rice said. "We try to get a Marine the job he wants, where he wants it. We can't reinvent the wheel, but we will do whatever we can to make the Marine happy."

Reserves are playing a very active role in the global war on terrorism but it is not possible to know what units or individuals are going to be sent where, according to Rice.

"Obviously Marine Reservists have a strong presence right now in Iraq, Afghanistan, Japan and other places," Rice said. "But we have no way to predict where or who is going to be called up for those deployments."

Transitional recruiters work to help prior-service Marines get the most out of their obligated time, but many Marines don't educate themselves about the opportunities available in the reserves, according to Rice.

"A lot of Marines don't realize that they need to maintain their uniforms and stay ready for the call of duty, even when they are inactive reserves," Rice said. "When that call comes, you are obligated to answer. The choice to take advantage of the great benefits of active reserves is up to you. I advise Marines to make it wisely."

For more information on the Select Marine Corps Reserve program, contact Rice at 1-800-552-8762.

WESTPAC

continued from page 1

said Capt. Michael Brennan, pilot, VMFA-251. "We used the ranges out there to drop live ordnance and get in some good training hours."

The T-Bolts have been working through holidays and weekends for the last several months to make sure the squadron is in top form for the deployment, according to Chief Warrant Officer 2 Timothy Woodring, ordnance officer, VMFA-251.

"Our Marines have really had to step up and put in a lot of overtime to get our squadron ready," Woodring said. "Without the great work of our Marines, our jets would be going nowhere."

The T-Bolts will be making pit stops all across the Pacific Rim during the deployment. Many of the Marines were looking forward to the mixture of travel, work and fun.

"You always get excited before a deployment, no matter what it is for," said Sgt. Chris Bates, systems administration analyst, VMFA-251. "The older Marines who have been around are just as excited as the young guys. It's going to be a lot of work, but a lot of fun too."

R E C Y C L E

Seminar helps Marines readjust

LANCE CPL. ANTHONY M. GUAS
JET STREAM STAFF

Recruit training is designed to break recruits down and build them into Marines, instilling all the basics of the Marine Corps. For Marines who decide to dedicate their life to the Marine Corps there are programs to help them transition back into civilian life.

A new Retirement/ Transition Assistance Program seminar is held three times a year for Marines who are getting ready to discharge or retire.

"This program is a really important step in separating from the Marine Corps," said Caroyl Berry, career consultant, Career Resource Management Center. "We recommend that Marines attend a seminar two years before they retire."

Available to all service members, the TAP classes began in the 1990's, according to Berry. The classes were started by the Department of Defense in response to base closure and downsizing.

"Many of our military members were getting out and we had to find a way to take care of them," Berry said. "It was our responsibility to ensure that they were ready to live out in the civilian world."

The retirement seminar is a five-day workshop that prepares service members and their families for major life changes, such as a new job. Trained facilitators, subject matter experts and guest speakers are brought in to talk to the Marines.

"These people are their best source of information," Berry said. "Most of the speakers are retired service members that have gone through the same classes and have stayed successful after retiring."

The TAP portion of the seminar covers topics such as skill assessment, writing resumes and cover letters, interviewing techniques, networking, converting military experience into civilian terms and federal employment.

"Before the end of the seminar we ensure that everyone has a resume," Berry said. "We provide them with assessment task, so they can figure out a career choice. We also try to provide them will a list of jobs ."

At first TAP classes were voluntary, but two years ago, the Commandant of the Marine Corps made them mandatory.

"The commandant felt that it was necessary for all Marines to take care of their own, from cradle to grave," Berry said. "That's were we come in and help them get readjusted."

The Marine Corps and the CRMC believe the seminar is a vital key to leading a successful life outside of the military, according to Berry.

"The seminar is important because, not only do we show them how to translate their skills, but also help relieve some stress and connect them with employers that are looking for former Marines," Berry said. "For some people transitioning is stressful. By preparing them, they can be ready for almost anything."

Keeping money safe from scams

CPL. KAT JOHNSON
JET STREAM STAFF

Last year, a telemarketer who claimed to offer life-long insurance for anyone with existing health problem swindled more than $200,000 from senior citizens throughout the country.

During 2003, over 14,000 illegal telemarketing operations acquired more than $40 billion from U.S. Citizens, making telemarketing one of the biggest frauds in the U.S.

What should service members and their families do if they become victims of fraud?

"Report it immediately," Lance Corporal Willis G.Victum, legal clerk, Marine Corps Air Station Beaufort said.

Studies by various agencies, including the Federal Trade Commission, reveal most fraud victims are unaware they have been victimized until attempting to apply for some type of credit.

The FTC specializes in victim assistance and fraud reporting to prevent fraudulent, deceptive, or unfair business practices in the marketplace.

Telephone shopping can be a convenience for holiday shoppers, but the FTC warns consumers to be aware of the companies that offer "to good to be true" deals.

Many scam artists appear to be an ambitious individual trying to make a good sales record for their company, according to Pamela McArthur, claims investigator, Fort Monmouth Claims Office, New Jersey.

A nice young man or woman attempting to pay their way through college by selling magazines is one of the leading scams, according to the McArthur.

Illegal telemarketing is a serious crime, punishable by heavy fines and long prison terms.

Victims of telemarketing frauds may face a long and difficult process of recovering funds, according to the FTC.

Fightertown residents who are victimized from telemarketing scams may contact the base law center located in building 601 for advice on reclaiming their lost funds.

"We will try to help in whatever way we can," Victum said.

Contacting the local authorities with times, dates, and possibly, even telephone numbers of illegal companies is recommended by the FTC. The National Consumer Hotline at 1-(800)-876-7060 is available 24 hours a day, seven days a week for any one concerned about a telemarketing call.

Scams to avoid, facts behind them

Here are some characteristic telemarketing frauds and the facts behind them from Pamela McArthur, claims investigator, Fort Monmouth Claims Office, New Jersey, who is also a telemarketing fraud investigator.

Scam: You get a call or postcard from someone telling you you've won a prize and asking for payment to buy something, for processing or administrative fees, for customs, for taxes, or any other reason.

***Fact*:** Legitimate sweepstakes or prize offers don't ask for payment because it's illegal.

Scam: The person says you have to take the offer immediately or you'll miss the opportunity.

Fact: Legitimate companies don't pressure people to act without time to look into the deal.

Scam: The caller refuses to send you written information before you commit to anything.

Fact: Legitimate companies are always glad to send information about what they're offering.

Scam: The caller claims that you can make huge profits in an investment with no risk.

Fact: All investments are risky and legitimate companies must tell consumers about the possible risks involved.

Scam: The caller claims that you can make huge profits through a franchise or other business opportunity with little or no effort.

Fact: All business ventures require knowledge and effort on the part of buyers, and no legitimate companies would guaranty profits.

Scam: The caller is asking for a donation but won't tell you exactly how the money will be used and how you can verify the charity and what it does.

Fact: Legitimate charities are willing to say what percentage of contributions is used for services and how much goes to overhead and fundraising. They are also willing to tell consumers with whom they can check to confirm that the caller is legitimate.

Scam: The caller insists that you send your payment by a private courier or wire money.

Fact: Legitimate companies don't try to keep people from checking the deal out and changing their minds, or try to evade the postal authorities, by demanding immediate payment by courier or wire.

Scam: The company representative asks for cash.

Fact: Legitimate companies don't ask for cash, but con artists do because they often have trouble getting merchant approval from the credit card companies, and they also want to be hard to trace.

Scam: The caller asks for your social security number.

Fact: Legitimate companies don't ask for that unless you are applying for credit and they need to check your credit report.

Scam: The caller asks for your credit card number, bank account number, or other

financial information when you aren't buying anything or paying with those accounts.

Fact: Legitimate companies only ask for financial information to bill you or debit your account for purchases you've agreed to make.

Scam: The company calls you relentlessly even after you've asked not to be called anymore.

Fact: Legitimate companies will take "no" for an answer and will take you off their calling lists if you ask. Con artists will keep on calling to wear you down or get more money from you.

Scam: The company representative offers to get you a loan, or credit, or a credit card, or to "repair" your bad credit if you pay an up-front fee.

Fact: Legitimate lenders and credit card issuers do not demand payment in advance, and no one can get bad information removed from a credit file if it is accurate.

Scam: The company representative offers to get back money that you have lost to another fraudulent scheme if you pay an up-front fee.

Fact: Law enforcement agencies don't ask for payment to try to help consumers get their money back, and it's illegal for a company to ask for advance payment for such services.

Courtesy of Force Recon Platoon

Staff Sgt. James R. Stivers, a reconnaissance Marine, reenlists during Operation Dynamic Response in Kosovo.

Marine Corps to reach early retention goals

LANCE CPL. ANTHONY M. GUAS
JET STREAM STAFF

Just like the recruiters that try and get people to join the Marine Corps, the retention specialists of Manpower Management Enlisted Assignments are in charge of ensuring that a certain number of Marines reenlist every year.

The First Term Alignment Plan and Subsequent Term Alignment Plan are used by MMEA to help Marines in their decision making process.

"This fiscal year, 75 percent of our quota has already been met in January," said Capt. Alexander Snowden, FTAP officer, MMEA. "The success over these past three years has been higher than average."

When someone joins for four to six years they are considered first term Marines, according to Snowden. The FTAP is aimed at helping those first term Marines reenlist.

"The FTAP helps determine how many boat spaces are needed for a certain military occupational specialty," Snowden said. "Those boat spaces need to be filled every year and sometimes they are filled really quick."

Over the past three years retention goals have been meet earlier each fiscal year, according to Snowden.

"This year we're on track to do just as well," Snowden said. "So far about 4,400 Marines from our goal of 5,958 already reenlisted."

Retention has been a success these past years because of the faltering economy and the Marine Corps has made reenlisting so competitive, according to Snowden.

"The Marine Corps has made it competitive by offering Marines a chance to participate in boards, which allows them an opportunity to be hand picked for reenlistment," Snowden said. "Marines reenlist because when they travel, it has meaning and they love what they do."

Marines also reenlist because FTAP gives them special incentives, such as bonuses, special school selections, or choice of duty stations, according to Snowden.

While the FTAP is focused on first term Marines, the STAP is centered on service members already in their second enlistment.

"Our focus is on career Marines," said Capt. Megan Quinn, STAP officer, MMEA. "We are trying to get those Marines with 8-12 years experience to stay in."

The STAP also offers special incentives that encourage career Marines to sign up for another four years, according to Quinn.

The early success of retention is leaving less boat spaces, which means Marines have to start making decisions earlier, according to Snowden.

"Marines that take too long could miss a bonus or boat space," Snowden said. "It's really hard to tell a motivated Marine he can't reenlist because he waited too long."

It is recommended for Marines that want to reenlist to speak to their career counselors no later than one year from the end of active service, according to Snowden

"There has been a phenomenal rate of Marines reenlisting over the past three years," Snowden said. "Marines are motivated about the Marine Corps and rates are high even though the economy is doing better these days."

For more information about reenlisting contact your squadron career counselor.

Commandant readdresses sexual harassment issues

LANCE CPL. ANTHONY M. GUAS
JET STREAM STAFF

Many people believe the Marine Corps is a male dominated society that holds on to sexually-biased traditions. In an effort to change this, the Commandant released a White Letter addressing sexual harassment in the work environment.

White Letter 6-03 directs the Corps' leadership to address gender related issues with their Marines and critically review command climate.

"This is an issue that requires (senior leadership) personal continuous attention and action," said Gen. Michael W. Hagee, commandant of the Marine Corps in White Letter 6-03. "Ensure (senior leaders) actions, and those of your Marines are consistent with your intentions and the Core Values to which we are all committed."

The findings of the Marine Corps Climate Assessment Task Force, reports of sexual misconduct at the U.S. Air Force Academy and the results of the Armed Forces 2002 Sexual Harassment Survey are the three issues that prompted the Commandant to produce the White Letter.

"Sexual harassment is an ongoing issue in the Marine Corps, that must be properly addressed," said Gunnery Sgt. James G. Williams, equal opportunity advisor, Headquarters and Headquarters Squadron. "Change is a slow process, but it must happen."

Reports from the Armed Forces 2002 Sexual Harassment Survey reveal incidents of sexual harassment have decreased from 57 percent in 1995 to 27 percent in 2002. Sexist behavior and sexual assault rates have also decreased by 13 and 4 percent.

"We must ensure that our Marines are not subject to verbal or physical harassment," Hagee said. "Any Marine who is the subject of insults, slander, threats, or physical abuse is wounded just as surely as if shot."

Senior Marines should not allow any harassment, including sexual misconduct, in the Marine Corps, according to the letter.

Ensuring that Marines receive equal opportunity training once a month and upholding a proper working environment are ways that leaders can prevent sexual harassment issues, according to Williams.

"Where words, actions, and behavior threaten Marines and the Corps spirit, corrective action must be taken immediately," Hagee said. "Those responsible for such negative actions must be held accountable."

If a Marine is a victim of sexual harassment, the situation must be promptly and properly corrected, according to the letter.

"Anyone in Fightertown who is subjected to sexual harassment should run it through their chain-of-command," Williams said. "If it's not a practical case or they feel it hasn't been properly handled can contact the equal opportunity advisor.

2004 brings at least 3.7 percent pay increase

Grade Commissioned Officers	< 2	2	3	4	6	8	10	12	14	16	18	20	22	24	26
O-10	—	—	—	—	—	—	—	—	—	—	—	12,524.70	12,586.20	12,847.80	13,303.80
O-9	—	—	—	—	—	—	—	—	—	—	—	10,954.50	11,112.30	11,340.30	11,738.40
O-8	7,751.10	8,004.90	8,173.20	8,220.60	8,430.30	8,781.90	8,863.50	9,197.10	9,292.80	9,579.90	9,995.70	10,379.10	10,635.30	10,635.30	10,635.30
O-7	6,440.70	6,739.80	6,878.40	6,988.50	7,187.40	7,384.20	7,611.90	7,839.00	8,066.70	8,781.90	9,386.10	9,386.10	9,386.10	9,386.10	9,433.50
O-6	4,773.60	5,244.30	5,588.40	5,588.40	5,609.70	5,850.00	5,882.10	5,882.10	6,216.30	6,807.30	7,154.10	7,500.90	7,698.30	7,897.80	8,285.40
O-5	3,979.50	4,482.90	4,793.40	4,851.60	5,044.80	5,161.20	5,415.90	5,602.80	5,844.00	6,213.60	6,389.70	6,563.40	6,760.80	6,760.80	6,760.80
O-4	3,433.50	3,974.70	4,239.90	4,299.00	4,545.30	4,809.30	5,137.80	5,394.00	5,571.60	5,673.60	5,733.00	5,733.00	5,733.00	5,733.00	5,733.00
O-3	3,018.90	3,422.40	3,693.90	4,027.20	4,220.10	4,431.60	4,568.70	4,794.30	4,911.30	4,911.30	4,911.30	4,911.30	4,911.30	4,911.30	4,911.30
O-2	2,608.20	2,970.60	3,421.50	3,537.00	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90	3,609.90
O-1	2,264.40	2,356.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50	2,848.50
Commissioned officers with more than four years of active duty as enlisted members or warrant officers															
O-3E	—	—	—	4,027.20	4,220.10	4,431.60	4,568.70	4,794.30	4,984.20	5,092.80	5,241.30	5241.30	5241.30	5241.30	5241.30
O-2E	—	—	—	3,537.00	3,609.90	3,724.80	3,918.60	4,068.60	4,180.20	4,180.20	4,180.20	4,180.20	4,180.20	4,180.20	4,180.20
O-1E	—	—	—	2,848.50	3,042.30	3,154.50	3,269.40	3,382.20	3,537.00	3,537.00	3,537.00	3,537.00	3,537.00	3,537.00	3,537.00
Warrant officers (Marine Corps, Army, Navy only)															
W-5	—	—	—	—	—	—	—	—	—	—	—	5,360.70	5,544.30	5,728.80	5,914.20
W-4	3,119.40	3,355.80	3,452.40	3,547.20	3,710.40	3,871.50	4,035.00	4,194.30	4,359.00	4,617.30	4,782.60	4,944.30	5,112.00	5,277.00	5,445.90
W-3	2,848.80	2,967.90	3,089.40	3,129.30	3,257.10	3,403.20	3,595.80	3,786.30	3,988.80	4,140.60	4,291.80	4,356.90	4,424.10	4,570.20	4,716.30
W-2	2,505.90	2,649.00	2,774.10	2,865.30	2,943.30	3,157.80	3,321.60	3,443.40	3,562.20	3,643.80	3,712.50	3,843.00	3,972.60	4,103.70	4,103.70
W-1	2,212.80	2,394.00	2,515.20	2,593.50	2,802.30	2,928.30	3,039.90	3,164.70	3,247.20	3,321.90	3,443.70	3,535.80	3,535.80	3,535.80	3,535.80
Enlisted members															
E-9	—	—	—	—	—	—	3,769.20	3,854.70	3,962.40	4,089.30	4,216.50	4,421.10	4,594.20	4,776.60	5,054.70
E-8	—	—	—	—	—	3,085.50	3,222.00	3,306.30	3,407.70	3,517.50	3,715.50	3,815.70	3,986.40	4,081.20	4,314.30
E-7	2,145.00	2,341.20	2,430.60	2,549.70	2,642.10	2,801.40	2,891.10	2,980.20	3,139.80	3,219.60	3,295.50	3,341.70	3,.498.00	3,599.10	3,855.00
E-6	1,855.50	2,041.20	2,131.20	2,218.80	2,310.00	2,516.10	2,596.20	2,685.30	2,763.30	2,790.90	2,809.80	2,809.80	2,809.80	2,809.80	2,809.80
E-5	1,700.10	1,813.50	1,901.10	1,991.10	2,130.60	2,250.90	2,339.70	2,367.90	2,367.90	2,367.90	2,367.90	2,367.90	2,367.90	2,367.90	2,367.90
E-4	1,558.20	1,638.30	1,726.80	1,814.10	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50	1,891.50
E-3	1,407.00	1,495.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50	1,585.50
E-2	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70	1,337.70
E-1	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40	1,193.40

Defense Department targets military pay increases for '04

SGT. 1ST CLASS DOUG SAMPLE
AMERICAN FORCES PRESS SERVICE

WASHINGTON— Military personnel will see their basic pay more in line with that of civilian counterparts in the private sector in 2004 thanks to an increased pay and benefits compensation package included in the 2004 Defense Authorization Act approved by Congress.

Air Force Col. Virginia S. Penrod, director of military compensation office for the Defense Department, said the 2004 military pay and benefits plan provides for a 3.7 percent across the board pay increase and further targets pay increases for noncommissioned officers and warrant officers, some as high as 6.25 percent for senior-enlisted service members.

In addition, service members will see 2004 increases in housing allowance pay and special incentive pay.

Penrod said the average basic pay raise, which is equal to a little over 4 percent, helps to close the gap between military pay and civilian pay.

Penrod noted that part of the pay incentive is to help in retention of senior noncommissioned officers, pointing out that highest pay raises, 6.25 percent, will go to E-9s with 26 years or more service.

"This (raise) recognizes the contribution of our senior noncommissioned officers and our career enlisted force," Penrod explained. "All NCOs will receive some form of a targeted raise, and the pay increases as the grade increases. So it's an incentive to continue in the military and to pursue higher rank."

Also included in the package is an average increase of almost 8 percent for military basic allowance for housing (BAH)—money given to military personnel to help defray the cost of housing expenses.

Penrod said the almost 8 percent increase for housing allowance continues our effort to reduce out of pocket expenses for military personnel, which the Pentagon is hopeful to do by fiscal year 2005.

"When BAH was enacted, housing allowances amounted to 80 percent of housing costs, this left the service member with 20 percent out-of-pocket cost," she said. "In fiscal year 2000, the Secretary of Defense committed the department to reduce these out of pocket expenses to zero by 2005. And we're on track to do this."

She said that military out of pocket expenses for housing is down to about 3.5 percent for January 2004 and "should be at zero in 2005."

Another area of increase pay will be special and incentive pay, such as imminent danger pay and family separation pay.

Penrod explained those pay increase were made possible in part due to President Bush's supplemental funding request this year. That request authorized funding for increases in imminent danger pay from $150 to $225 per month, as well as increases in the family separation pay and support allowance from $100 to $250 per month.

Other new measures in the 2004 compensation package allow for services to offer incentive pay to get officers to extend overseas tours. "Previously this was only offered to enlisted members," she explained.

Penrod said the compensation policy has two principal thrusts: The first of which is to have an overall level of military compensation that is at least equal to the 70th percentile of the pay of civilians with comparable levels of education. The other is to target special and incentive pays and bonuses to address retention problems that are specific to various occupations and recruitment problems.

In addition, beginning in 2004, the new compensation package will begin phasing in percentage increases each year of amount offset under current law for military retirees with a VA disability of 50 percent or more and eligible to receive both military retirement and Veterans Affairs disability pay. Currently a veteran's retirement pay is reduced by a percentage of the disability pay received from VA.

Penrod said that beginning next year, veterans will receive an increased portion of the "off-set" to their retirement pay. "And by 2014, the member will have the full concurrent receipt," she said.

Another pay benefit for veterans in 2004 will be in combat related special compensation programs for retirees whose disability is directly related to combat or through training for combat. She said now all retirees will be eligible for these payments which essentially provide the equivalent of full concurrent receipt. The retire must have had 20 years of service to qualify.

Basic allowance for subsistence

The 2004 BAS rates are up 4.8 percent compared to last year.

Officers
(commissioned and warrant)
$175.23 a month

Enlisted
(regular BAS)
$254.46 a month

Enlisted
(rations not available)
$262.50 a month

3.70%	
4.60%	
4.80%	
5.00%	
5.25%	
5.50%	
5.75%	
6.00%	
6.25%	

E-1 with less than 4 months.
$1,104.00