

NEWS FROM THE ARMED FORCES

Navy Fireman Curtis Brown

...whose wife, Ellana, is the daughter of Barbara A. and Earnest L. Fields Sr. of Eagle Lake, recently returned from a six-month deployment to the Arabian Sea aboard the destroyer USS Thorn.

Brown is one of more than 300 sailors aboard the ship which departed its homeport of Norfolk, Va., in April.

As a member of the maritime interception forces patrolling in the Persian Gulf, Brown's ship had the opportunity to conduct more than 30 boardings and four seizures of vessels containing illegal cargo.

While in the gulf, Brown's ship participated in Exercise Neon Spark 97, with British and Bahraini war-

ships. The exercise was designed to test interoperability between the naval forces of the three countries.

During the deployment, Brown's ship steamed more than 30,000 miles and visited Bahrain, Israel, Oman and the United Arab Emirates.

Destroyers, like the USS Thorn, have traditionally been the workhorses of the U.S. Navy, defending battle groups against threats from land, above and below the sea and air. Equipped with Tomahawk cruise missiles, Harpoon anti-ship missiles and Sea Sparrow Missiles, the USS Thorn is capable of hitting enemy targets hundreds of miles away. In addition, Brown's ship also carries two helicopters with sonar and torpedo capabilities, expanding the ship's reach.

The 1993 graduate of Willowridge High School of Sugar Land joined the Navy in May 1995.

Navy Seaman Apprentice Michael J. Hudman

...son of Bret and Phyllis Hudman of Lissie, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Hudman completed a variety of training which included classroom study and practical instruction on naval customs, first aid, fire fighting, water safety and survival, and shipboard and aircraft safety. An emphasis is also placed on physical fitness.

Hudman and other recruits also received instruction on the Navy's core values - honor, courage and commitment - and how to apply them in their military performance and personal conduct. Hudman joins 55,000 men and women who will enter the Navy this year.

Men and women train together from their first day in the Navy just as

they do aboard ships and at shore commands around the world. To reinforce the team concept, Hudman and other recruits also were trained in preventing sexual harassment and ensuring equal opportunity.

Even as the naval service gets smaller over the next few years, highly motivated young people like Hudman

are still finding an opportunity to improve their knowledge and education as they become part of the most highly technical naval force in history. This year alone, the Navy will have more than 57,000 job openings and opportunities including guaranteed training.

Hudman is a 1997 graduate of East Bernard High School.

Marine 1st Lt. Keith C. Korenek

...son of Virginia M. and John L. Korenek Sr. of Garwood, recently departed on a six-month deployment to the Mediterranean Sea with the 24th Marine Expeditionary Unit (MEU), embarked aboard the ships of the USS

Guam Amphibious Ready Group (ARG).

Korenek is one of more than 2,000 Marines and Sailors who departed Norfolk and Camp Lejeune aboard the (See Military, Page 10)

OBITUARY

Ella Mae Hartmann Dunstan

September 24, 1919 - November 24, 1997

Mrs. Dunstan entered the kingdom of God on Monday, November 24, 1997, at her residence with her family at her side.

Mrs. Dunstan was born September 24, 1919, in Mason and was brought to the Lord in baptism October 26, 1919. She was confirmed at St. Paul's Lutheran Church, Mason.

She was a graduate of Mason High School and Brady School of Nursing receiving her R.N. license in 1940.

She attended Baylor University and Hardin Simmons University furthering her education in psychological and geriatric nursing.

She married Rudolph Alfonso Balas May 1, 1942, at St. Paul's Lutheran Church.

After retiring from a 40-year nursing career, she moved to Odessa from Fredericksburg and was employed for nine years at the West Texas Adult Literacy Council in Odessa.

Mrs. Dunstan was a member of Redeemer Lutheran Church where she was active in the evangelism program and Careciples.

Preceding her in death were her parents, Conrad and Rosa Hartmann; her husband, Rudy Balas; her brother, Rev. Kurt Hartmann; a sister, Estella Orrison; and a great-grandson, Shane Warren.

Survivors include her three children, Aurelia Ann Balas Warren and husband Don of Odessa, Louis Paul Balas and wife Loyce of Sonora, and Felicia Louise Balas Mulder and husband Jim of Odessa; six grandchildren, Kevin Warren of Odessa, Alan Warren of Midland, Stacey Warren of Kodiak, Alaska, Lori Biancalana of Raeford, North Carolina, Tonni Balas of College Station and Stephen Mulder of Odessa; five great-grandchildren; three brothers, Clarence and William Hartmann of San Angelo and Clinton Hartmann of El Paso; three sisters, Pearl Stockum of Pasadena, Martha McCauley of Cedar Park and Simmie Smith of San Antonio; 23 nieces and nephews and many great-nieces and great-nephews.

Services at Redeemer Lutheran Church were scheduled for Wednesday, November 26, at 10 a.m.

The service was to be conducted by Revs. A. Dean Kelm and Paul L. Willweber.

Burial was to follow at Lawnhaven Memorial Gardens in San Angelo at 3 p.m. Wednesday with the Rev. Charles E. Huffman of Hope Lutheran of Sonora officiating.

Arrangements are under the direction of Frank W. Wilson Funeral Directors.

Pallbearers scheduled were grandsons, Kevin, Stacey and Alan Warren, and Stephen Mulder and nephews, Kenneth McCauley and Tony Balas.

Sympathy is extended to the family in their loss.

Sheridan sailor deploys overseas

Story and Photo by Marcus T. Myers

In the game of checkers, the object is for a player to put game pieces on his opponent's side of the board. This heightens his chances of winning the game. A similar principle is used by the U.S. Navy when it deploys ships and aircraft overseas. Putting a powerful battle group closer to "hot spots" around the globe increases the Navy's chances of diffusing potential crises should they occur.

Navy Petty Officer 2nd Class Coby D. Cosper, the 26 year old son of Penny Cosper of Sheridan, and the rest of his shipmates aboard the amphibious assault ship USS Juneau embarked on a six-month deployment to the Western Pacific and Arabian Gulf on Aug. 28.

He feels it's essential for the Navy to maintain a powerful and visible presence around the world.

"We deploy to maintain a visible show of force throughout the world. This is a sign of our superior sea pow-

er," Cosper said.

Cosper is a gunner's mate on the 17,000-ton Juneau where he operates and maintains the ship's weapons systems. He enjoys his assignment aboard ship.

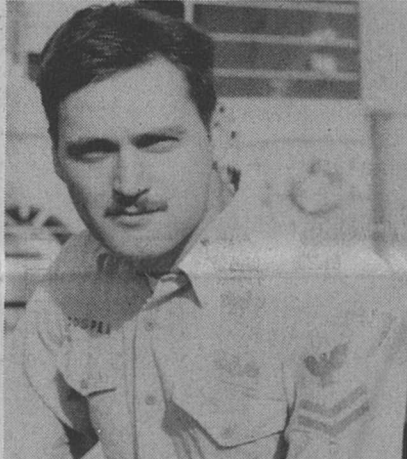
"I like helping people get over their fear of using fire arms, helping to increase their accuracy and teaching them safety procedures," Cosper said.

The Juneau, a floating platform nearly twice the size of a football field, is uniquely designed to conduct amphibious assault missions in support of crisis or humanitarian operations. The ship is capable of carrying hundreds of Marines, and tons of cargo and tanks - not to mention assault helicopters. Once the San Diego-based warship is in the Gulf, it will enforce U.N. sanctions against Iraq as part of Operation Southern Watch.

A deployment like this is obviously challenging and demanding. In order to prepare for their voyage overseas, Cosper and the crew of the Juneau conducted several months of intense training that culminated with a massive "Joint Task Force Exercise" (JTFEX) off the coast of S. California.

"I received more training on boarding other vessels and searching them properly and safely," Cosper said.

"The sailors and marines who participated in the exercise did a magnificent job preparing for deployment," said Adm. Herb Browne, commander of the Navy's Third Fleet who was in charge of the exercise. "They approached each tactical situation with a (See Cosper, Page 10)



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Views On Dental Health

SUGAR DOESN'T HELP

Is sugar the sweet-coated culprit it's reputed to be? The evidence suggests that too much sugar results only in bad news. Sugar is associated with acne, heart disease, diabetes, obesity and tooth decay. Acid - one of the by-products of mouth bacteria - is the real villain. These bacteria thrive on carbohydrates. Sugar, like starch, is a carbohydrate.

You don't have to cut out sugar entirely to break the cavity-causing cycle. Brushing or rinsing with water within 20 minutes of eating is the best defense... and floss if you can. Also, avoid sticky, sugary goods that leave hard-to-remove particles.

Moderation is the key. Keep sugar to less than 10% of a normal day's calories. Watch how often you expose your teeth to sugar. It's better to eat one candy bar all at once than to sip sugary soda all day. Substitute cheese or fruit for sweet desserts, eat unsweetened cereal, and drink natural fruit juices or plain water instead of soft drinks. Oh yes - don't forget to brush often.

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Pharmacists Can Help with Health Problems

Pharmacists are one of several health care providers that can help you with all types of health problems. Since pharmacists are trusted and are more accessible than most other health professionals, they are often asked questions about diseases and symptoms about which people have concerns. Recent graduates from some colleges of pharmacy have been trained to take histories and perform limited physical assessments that can be useful in determining whether or not someone should be referred to a physician or hospital emergency room for care.

Some health problems tend to be self limiting, and/or they can be managed appropriately with over-the-counter (OTC) medicines. Pharmacists are considered OTC product experts and can assist family members in selecting cost effective products for such problems as headache, fever, allergic reactions, sunburn, skin rash, and gastrointestinal problems such as heartburn, constipation, and diarrhea.

Pharmacists also are knowledgeable about prescription drugs and can provide information about medication dose, length of therapy, potential drug interactions, and side effects. In order to receive useful information from pharmacists, they occasionally may ask you to provide information about yourself and members of your family.

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