

THE GLOBE

Serving Expeditionary Forces in Readiness

Weekend Forecast

Fri.: Breezy and warm
with clouds and sun
High 71 Low 55

Sat.: Cloudy, windy;
showers and t-storm
High 74 Low 48

Sun.: Early rain possible
then windy and sunny
High 64 Low 38

Vol. 61 No. 2



Father and son
reunite.
9A

January 22, 1999

Marines lend a helping hand in Guatemalan relief effort

Master Sgt. Jack Lee
3rd Mobile Public Affairs Detachment

SAN JOSE, Guatemala—A joint Army-Marine detachment has landed here providing much needed Hurricane Mitch humanitarian relief.

Many of the Marines and Sailors of Combat Service Support Detachment 69 are camped at the Paracaidista Base, a Guatemalan para-cooper training area, near the town

of San Jose.

Formed at Camp Lejeune, N.C., many Navy and Marine units contributed Sailors and Marines to CSSD-69. GySgt. Fredrick B. Coburn, Operations Chief and acting First Sergeant, explained "that such ad-hoc units are not unusual."

"We are typically task organized when we deploy," said Maj. Michael E. Weaver, Commander of CSSD-69 forces in Guatemala.

"We bring people and equipment in from many different units to form one CSSD and it's worked exceptionally well this time."

The only difference, Coburn explained, is that this time they brought a much larger Naval contingent than usual. The Navy is not only providing medical services to the deployed Soldiers, Sailors, Airmen and Marines, but to the community as well.

They recently traveled to the vil-

lage of Texcuaco and treated human and animal patients.

Meanwhile, the Marines are busy-ing themselves with various projects. One such project involves rebuilding a seven-mile section of road near the town of La Barrita.

By filling potholes and washed out areas, the Marines are rebuilding an important link to the La Barrita Bridge.

"We'll pitch in and help wherever help is needed," Coburn said.

Coburn also noted that two U.S. Air Force Rapid Engineering Deployable Heavy Operational Repair Squadron Engineers (RED HORSE) units are the primary engineers at the bridge. "Everyone of my Marines is doing their best to get the job done and help the people of Guatemala."

"The Marine and Air Force cooperation in the construction is the hallmark of this joint deployment,"

said Joint Task Force-Guatemala Commander LtCol. Richard Parker. "The two services act as a force multiplier when they come together to make the construction happen."

The American troops have even tackled some non-scheduled projects. Coburn explained one such project.

"The Paracaidista Base School was in need of repair. We looked at it, and knew that we could upgrade the

See RELIEF/6A

QuickShots

Tax Center kicks off tax season

The Consolidated Tax Center, Bldg. 1209 (the old chow hall) on the corner of Birch Street and Louis Street, offers assistance to active duty military (and family members), U.S. military retirees (and family members), and reserve U.S. military on active duty more than 29 consecutive days during calendar year 1998. For hours and requirements call 451-3030.

TRICARE briefings continue

Naval Hospital Camp Lejeune in partnership with TRICARE Service Center will present a briefing on TRICARE to eligible military family members, military retirees, and retiree family members and other eligible beneficiaries on Tuesday at 7 p.m. The briefing will take place at the Naval Hospital, classrooms A and B. TRICARE Prime enrollment packages will be available. For more information, call the Naval Hospital Public Affairs/Marketing Office at 450-4153.

Navy-Marine Relief Society celebrates birthday

Saturday will mark the 95th birthday of the Navy-Marine Corps Relief Society. The Camp Lejeune Auxiliary along with the New River Branch will celebrate the event this afternoon at the SNCO Club's Huff Room, beginning at 2 p.m. Invited guests include NMCRS advisory board and MajGen. Ray L. Smith, Commanding General, Marine Corps Base. For any further information, please contact Shelli Decker or Rhonda Hancock at 451-5346.

Mexican-American Dance

A dance sponsored by the Association of Mexican-Americans will be held Jan. 30 at the Tarawa Terrace Community Center from 9:30 - 1:30 a.m. A \$5 donation is requested and all proceeds go toward the college fund and future events. Come and dance to Tejano, Cumbia, Ranchera, Banda, Norteno, Country, Salsa, and R & B. For more information call, Marta Rodriguez-Eckendorf at 326-7649.

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Cold weather training

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8A

New superservice for Marines

MWR, Human Services and Base Education merge.
16A



Cpl. Brandon L. Rizzo

26th MEU Marines take charge

Marines from the 26th MEU exit a building after taking their objective. Selected personnel from the 26th MEU conducted numerous Situational Training Exercises (STXs) during their recent Training in Urban Environment (TRUE) exercise which concluded Jan. 19 in Jacksonville, Fla.

New commander takes 22d MEU helm

22nd MEU
Public Affairs

Col. Samuel T. Helland will relinquish command of the 22d Marine Expeditionary Unit to Col. Walter Gaskin Sr. in a ceremony in front of Building H-1 at 3 p.m. today. Helland assumed command of the MEU in August 1996, and during his two-and-a-half year tour of command, the 22d MEU participated in several real-world operations while deployed to the Mediterranean as Landing Force Sixth Fleet.

During the first deployment the 22d MEU participated in several operations including Guardian Retrieval in the Congo, Noble Obelisk in Sierra Leone and Silver Wake in Albania. Noble Obelisk was the largest single-ship non-combatant evacuation operation in Marine Corps history. During the second deployment the MEU supported Operation Balkan Calm, the UN observer mission in

Kosovo. MEU Marines and Sailors also provided long-term security to the U.S. Embassy in Albania and the MEU staff oversaw planning for Operation Silver Knight, the contingency plan for evacuation of American citizens from Albania in 1998. The MEU also executed support for Operation Autumn Shelter, though the order to evacuate civilians from the Congo in August of 1998 was never given.

For Helland, the evacuation of 2,509 civilians from Sierra Leone during Operation Noble Obelisk, where he was the Joint Task Force Commander was a highlight. He said what he learned about Marines, however, really stands out. "Marines are incredible, resilient and disciplined. They are capable of using restraint when necessary while still being able to deliver effective combat power," he said. "This MEU is a well-trained, organized and equipped Marine Air-Ground Task Force that has exceeded expectations." Helland will

be reporting to II Marine Expeditionary Force Operations after he leaves the MEU, but he will always remember the satisfaction of commanding the 22d MEU.

"The challenges have been many and the rewards have been great," Helland said. "But the tour is up and it is time to move on and allow someone else to assume the mantle of command."

Gaskin, whose most recent assignment was as the colonel's monitor at Headquarters, U.S. Marine Corps, will make history as the first African American to take command of a MEU. He previously deployed with the 22d MEU in 1996 as the commanding officer of BLT 2/2. During that deployment, his Marines provided security for the American Embassies in Liberia and the Central African Republic as part of Operations Assured Response and Quick Response. The 22d MEU stands up and begins its work ups March 8 and is scheduled to deploy again in October of this year.

Adoption helping Brewster students succeed

Cpl. Melissa R. Watts
Camp Lejeune correspondent

On Nov. 23, 1998, a ceremony was held by Brewster Middle School to mark its adoption into the United States Marine Corps Adopt-A-School Program aboard Camp Lejeune by 2d Tank Battalion, 2d Marine Division.

Much effort was put into the ceremony to make it a memorable one. Brewster Middle School's principal, Camp Lejeune Schools' Superintendent, the battalion's commanding officer, executive officer, sergeant major, chaplain, and the School Home Partnership representative were in attendance at the ceremony along with approximately 850 people.

"Second Tanks put a lot into making the ceremony special for the students. They brought a color guard, a framed photograph of a tank and an Iron Horse coin. The commanding officer told the children that whenever the principal needed anything, to rub the coin and they would be there to help. We made them a banner that says Brewster plus 2d Tanks equals a winning team and it hangs in our common area to remind the students everyday of the adoption," said Chris Phelps, Teacher at Brewster and the SHPR.

Before the school was adopted, it was established that Brewster's focus was not maintenance or school rehabilitation.

They made it clear that its priority is to help the students because they were the reason for

the adoption.

Dec. 10, 1998, Brewster held an orientation and training session for the Marines to familiarize them with the needs and wants of the school. The program that the Marines started is the after school study program Monday, Wednesday, and Friday from 2:30-3:30 p.m. The program is designed to help students with their homework and study skills.

"There are about 125 students that attend the after school program. The Marines begin to establish relationships with the students when they return after just one visit," said Phelps.

Other Marines from 2d Tanks also volunteer in classrooms and the school library. They help the librarian with clerical duties such as shelving books, helping students find books and reading to small groups.

"Many of the children's parents are deployed and positive adult role models are important. Brewster is the largest school with the greatest number of students and staff, so we definitely needed the adult assistance and guidance, especially at the middle school age," said Phelps.

Beginning Jan. 11, a group of 125 6th grade students were invited to visit the battalion to see where the Marines work. The students were welcomed by the commanding officer, divided into small groups, and were sent to a station that included a large piece of equipment and a few Marines to talk to them about the



Cpl. Melissa R. Watts

2d Tank's after school study program draws almost 125 students, three times a week.

machinery. After two hours of climbing on tanks and practicing in the simulators, the students enjoyed refreshments and returned to school. Visits by other groups of Brewster students will follow later in the school year.

"The students were very excited to be surrounded with Marines and all of the heavy equipment. It's surprising that many of the students from military families, living in base housing, and attending base schools have never seen tanks. Second Tanks put a great deal of effort into setting up the displays. I think being adopted by them and visiting their work place gives the students some career awareness. One of my students told me he wanted to be a pilot but now he's thinking that he might like to drive some of the tanks he saw," said Phelps.

See ADOPT/6A

New year brings new missions in Honduras

Cpl. Chet Decker
JTF Honduras correspondent

SOTOCANO AIRBASE, Honduras—It's 1999, and Marine Forces Honduras is still going strong. In actuality, it's even stronger than it has ever been.

A recent move by Army Col. Charles Jacoby, Joint Task Force-Bravo commander, has attached approximately 150 soldiers with the U.S. Army's 68th Engineer Company, from Fort Hood, Texas, to Marine Forces Honduras. This brings Combat Service Support Detachment 68's total manpower to approximately 366 servicemembers.

The soldiers will provide the bulk of heavy equipment support as Marine engineers from 8th Engineer Support Battalion, Camp Lejeune, N.C., continue to rebuild bridges destroyed by Hurricane Mitch.

"We're heading up the northern area of operations in Honduras," said Marine Forces Honduras Executive Officer Maj. Kenneth Lasure. "This is all just a great training operation for CSSD-68, because it's something we normally wouldn't get the chance to do, plus it enables us to help out the Soldiers. Our success is tied to them, so we want to make sure they're well taken care of."

The Marines and Soldiers will combine to work on three bridge sites throughout Honduras at Ilama, Armenia Bonita and the Honduran capital of Tegucigalpa.

More than half the Marines and Sailors of Marine Forces Honduras will be redeployed up north at one time until retrograde begins to Camp Lejeune, N.C., later this month.

"I'm starting to like this deployment more and more," said the newly-promoted Sgt. Travis Knieriemann, of 8th Motor Transport Bn. "I'm getting to see more of the world and help people out that need our help. It's more exciting than staying at Camp Lejeune if you ask me, so I'm glad we're here."

Marine Forces Honduras will take control of the forward operating base in San Pedro Sula, which was formerly occupied by U.S. Naval Mobile Construction Battalion SEVEN, Seabees from Gulf Port, Miss., who recently retrograded to the U.S. Marine Forces

See HONDURAS/6A

Marines serve as mentors for students

MSgt. Tim Shearer
Globe Press Chief

On Feb. 2, Marine units involved in the Adopt-A-School Program will be taking a big step to further the DoD goal of improving education through the active participation of active duty "mentors."

The "Groundhog Job Shadow Day" is a service-wide effort to get Marines, Sailors, Soldiers and Airmen into schools to help educate and provide role models for young Americans. The event itself reaches past the gates of military bases as organizations such as Junior Achievement are contributing. Units on Camp Lejeune that have adopted schools are currently making plans to visit their schools to put on programs and stress the value of education.

In a message to the Joint Chiefs of Staff, Secretary of Defense William Cohen stated "As one of the nation's largest employers, the DoD can have a huge impact on this event." The concept of using military people as school mentors was elevated in 1995 as the Commandant and other service chiefs began pushing the program at the command level.

To date, eight Camp Lejeune area units have adopted schools. They are: Motor Transport Maintenance Company, 8th Engineer Support Battalion, Marine Corps Service Support Schools, 2d Tank Battalion, Installation Security and Safety Department, Headquarters and Service Battalion, 2d FSSG, Marine Aviation Logistics Squadron 26, Marine Helicopter Training Squadron 302.

More information on this program available on the Internet at www.jobshadow.org.

Travel Tips

School allowance expands choices overseas

Army Staff Sgt. Alicia K. Borlik
American Forces Press Service

WASHINGTON — Military families stationed where there are no Defense Department schools now receive an allowance to send their children to a private or boarding school of their choice.

Most of the military personnel affected serve at U.S. embassies, said Jerald Bloom, chief of policy and legislation at the DoD Education Activity, the school system's administrative headquarters. The largest population is in Europe, followed by South America, Australia and the Pacific.

The new allowance was included in the 1999 Defense Authorization Act and mirrors the allowance offered State Department

employees. The Department of State Standardized Regulations, Sections 031.1 and 277.2, outline how the educational allowance will be given to military members. This information can be found on the Web at www.state.gov/www/perdiems/dssr/regs299.html#Grant.

Previously, the government only paid for military family members to attend schools certified by DoDEA, which means they'd been inspected and approved as offering education comparable to that of DoD schools. The education activity must approve the curriculum and the quality of the faculty, ensure instruction is in English and resolve a number of other issues.

Military members paid out of pocket to send children to noncertified schools.

Education activity officials said DoD military and civilian personnel requested the change because they wanted choice and more flexibility. Some, for instance, served in areas with no certified local schools. The certification program will end once the new program is in full effect, they said.

Educational allowances cover tuition costs and are paid directly to schools, not to members. The allowance doesn't cover personal expenses such as uniforms, laundry and meals, unless dormitory enrollment is required and authorized.

Also not covered are duplicate registration and tuition fees and other fees deemed excessive by the dependent schools system comptroller.

Parents with questions should contact the

superintendent of the area in which they are or will be stationed. Following are phone numbers and addresses of those offices:

Europe Area Superintendent, Wiesbaden, Germany CMR 443 Box 7000 APO AE 09096 Phone: 49-0611-0380-7615 Fax: 049-0611-0380-7576

Pacific Area Superintendent, Okinawa, Japan Unit 35007 FPO AP 96373-5007 Phone: 011-81-611-745-2241 Fax: 4011-81-98-876-4363

Panama/Cuba Area Superintendent, until May 31: District Superintendent, Panama DoD Dependents School Unit 0925 APO AA 34002 Phone: 011-507-285-4035 Fax: 011-507-285-6652

After June 1: Panama/Cuba Area Superintendent 4040 N. Fairfax Dr. Arlington, VA 22203-1635 Phone: 703-696-8986 Fax: 703-696-8920.



Chesty Top 10

Test your Marine Corps knowledge! Every week *The Globe* runs 10 questions guaranteed to stump the smartest leatherneck. Give it a try, it's good PT for the brain!

- S.M.E.A.C. is the five paragraph order; what do the letters stand for?
- What is the maximum speed of the CH-46E Sea Knight helicopter?
- Which vitamin deficiency causes night blindness?
- Where is Marine Camp Elmore located?
- Which command is given to form a Marine platoon?
- How often must the Marine Corps physical fitness test be administered?
- Which part of the body is most vulnerable to mustard gas?
- Explain the procedures for challenging individuals on your post.
- In squad drill, which command is given to double time in place?
- What is the maximum speed of the UH-1N Huey helicopter?

Answers

1. Situation, mission, execution, administration/logistics; 2. 166 MPH; 3. 166 MPH; 4. 166 MPH; 5. 166 MPH; 6. 166 MPH; 7. 166 MPH; 8. 166 MPH; 9. 166 MPH; 10. 166 MPH.

Uniform board considers changes to policies on wear and procurement of individual clothing items

Headquarters Marine Corps

Washington DC—The uniform board meets to consider changes to Marine Corps uniform policies. The make recommendations that are given to the Commandant for final decisions.

Agenda items:

Placement of the Marine gunner insignia on extended cold weather clothing system (ECWCS) Parka. Current regulations are not clear enough on this issue.

The uniform board recommended that a subparagraph be added to paragraph 4006 of MCO 1020.34F clarifying that the collar grade insignia shall be worn vertically aligned with the miniature service insignia placed 1/8 of

an inch above it. The rank insignia and the miniature service insignia together will be centered on the zipper flap. CMC concurred the decision.

Clarification of regulations pertaining to extended cold weather clothing system parka. The uniform board recommended that the issue remain at status quo. Marines who purchase a parka at their own expense may wear it with civilian clothing. ECWCS parkas issued as part of an organizational issue may not be worn with civilian attire. CMC concurred the decision.

The uniform board recommended that the placement of the presidential service badge on female Marine uniform be tabled for further evaluation.

Increase the initial issue of the black sock liners by two pairs to match the initial issue of the cushion sole socks, and that the initial issue of sock liners be increased by two pairs to match the six pairs of boot socks currently issued to recruits. CMC concurred the decision.

The uniform board recommended that one gray sweatshirt and one pair of gray sweatpants be added to the initial issue. The recommendation was approved to add one sweatshirt and one pair of sweatpants as a one time issue to the seabag, since this is a one time issue there will be no change to the current policy regarding the sweatshirt.

The uniform board considered the proposal to add anodized finished brass to the

initial issue replacing currently issued brass items such as the web belt buckle and the tie clasp. CMC disapproved the proposal to add finished brass to the initial issue.

Recruits are currently paying retail prices for running shoes that are available through the supply system. The uniform board recommended that the request to add one pair of running shoes to the initial issue be denied, but that the recruit depots explore the possibility of issuing the shoes to recruits at cost. CMC approved the decision.

The uniform board recommended disapproval to add one more pair of general purpose trunks to the initial issue. CMC disapproved the request to add one pair of general purpose trunks to the initial issue.

Navy-Marine Corps Relief Society recognized for dedicated service

LtGen. Peter Pace

Commanding General Marine Forces, Atlantic

On behalf of the Marines and Sailors of the U. S. Marine Corps Forces, Atlantic, I want to congratulate the Navy-Marine Corps

relief Society for 95 years of dedicated service. The dedication and compassion shown by the men and women of the Navy-Marine Corps Relief Society has, and continues to bring, hope to Marines, Sailors, and their families during times of personal hardship.

Forward deployed Marines and Sailors are better able to focus on their missions knowing the Navy-Marine Corps Relief Society is there to help them and their families if a crisis develops. The many examples of your stepping forward to offer a helping hand and mea-

sure of relief during times of need are heart warming. Again, on behalf of all the Marines and Sailors of U. S. Marine Corps Forces, Atlantic, I extend our sincere appreciation and admiration for your giving spirit and all that you do. May your efforts meet with success.

Off-limits establishments

- Name: Brandy's Adult Relaxation (A.K.A. Amy's Playhouse II) Address: 7530 Hwy. 17 N., Maysville, NC
- Name: Centennial Enterprises, Inc. Address: 1489 E. Thousand Oaks Blvd., Suite 2, Thousand Oaks, CA (HQ's Office)
- Name: Easy Money Address: 233-F Western Blvd., Jacksonville, NC
- Name: Esquire Massage Address: Hwy. 258 W, Richlands, NC
- Name: Jacksonville Speedway Auto Parts (A.K.A.

- Raceway Auto Parts & Raceway Used Auto Parts) Address: 401 Blue Creek Elementary School Rd., Jacksonville, NC
- Name: North Carolina Catalog Sales Address: 1943 Lejeune Blvd., Jacksonville, NC
- Name: Playmates II/Kelly's Playmates Address: Corner of Hwy. 24 & Piney Green Rd., Jacksonville, NC
- Name: Pleasure Palace (Formerly known as Playmates) Address: 830 Wilmington Hwy., Jacksonville, NC

- Name: Pleasure Palace Address: Hwy 24 East, Jacksonville, NC
- Name: Private Dancer II Address: 420 Wilmington Hwy., Jacksonville, NC
- Name: Private Pleasures (formerly Carriage House) Address: 3054 Wilmington Hwy, Jacksonville, NC
- Name: Private Pleasures (A.K.A. Carriage House) Address: 5527 Hwy. 258, Jacksonville
- Name: Reflections Photo Finishing Address: 353 Western Blvd., Jacksonville, NC

- Name: Tender touch (A.K.A. Baby Dolls) Address: 5227 Hwy. 258, Jacksonville, NC
- Name: The Doll House Address: Hwy. 258 West, Jacksonville, NC
- Name: The Joshua Experience/Club Access Address: 200 Golden Oak Ct., Suite 425, Va. Beach, Va.
- Name: Touch of Magic Address: 104 Canady Rd., Jacksonville, NC 28540
- Name: Student Assistance Company Address: 244 South Randal Rd., Suite III, Elgin, IL

It was
45
years
ago
when...

Some military bills ready for congress, others sidetracked

The Pentagon's 1954 legislative program is ready for congress, but certain bills considered "most important to individuals" are held up in the Bureau of the Budget for further study according to the "Navy Times." These include: A proposed pay increase worth more than 500 million to the combined services. Proposals designed to make the services more attractive to potential career personnel, including increased enlistment bonuses and certain hazardous duty pay. Extension of the Wherry Housing Act which allows the services to permit private contractors to build dependent housing on government land.

The "equalization of benefits" bill. Extension of the enlisted man's deposit bill. Expected to meet Budget Bureau, opposition is a bill to increase active duty survivors' benefits.

Up for extension is the Missing Persons Act which benefits to families of missing persons. Other bills include a Navy request for authority to confirm certain temporary appointments under 1941 legislation rather than the 1947 Officer Personnel Act.

The Globe Jan. 14

Immediate housing now available for Lejeune personnel

Proof that the housing situation has eased markedly here came this week when the housing office released a long list of housing available

immediately for military personnel. According to the list, officers can obtain immediate lodging in one and two bedroom units and in three bedroom units after only eight weeks.

Staff NCOs have one and two bedroom units in one and two bedroom units and in three bedroom units. Approximately 130 trailers are listed available for temporary occupancy by officers and staff NCOs awaiting assignments to permanent housing. The four lower pay grades can get immediate lodging in single or double trailers or in one, two and three bedroom units.

The Globe Jan.14

24 Supply School graduates get bars at Montford Point

Twenty-four officer candidates, graduates of

the Marine Corps' first Special Supply Officer Class, were commissioned second lieutenants at Montford Point. The newly commissioned officers graduated in dress blues, a Marine Corps custom halted in 1941 due to wartime restrictions.

The ceremonies began with review in which the graduates, officer candidates from other supply courses and representatives from each Montford Point school. The graduates were then presented to the general and they in turn formed next to the reviewing party and also reviewed the parade. The presentation of diplomas and commissioning of the men was held at the Montford Point Theater.

The graduating class, which held 36 candidates, is one of the four special supply officer courses being offered at Camp Lejeune. The course also entails indoctrination and screening which ordinarily would be taught at the Marine Corps school in Quantico, Va.

The Globe Jan. 21

The Globe

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MajGen. Ray L. Smith
Commanding General Marine Corps Base
Maj. Scott B. Jack
Director, Consolidated Public Affairs Office
Phone Number 451-5655

Globe Officer1stLt. Nicholas J. Ritzcovan
Press ChiefMSgt. Tim Shearer
Managing EditorSgt. Christina C. Delai
EditorCpl. Victoria Gross
Asst. EditorPFC Ariel Linares, Candy McDonald
Sports EditorDennis H. Rennock

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Anthrax vaccine called Effective Force Protection

Glenn J. Gillert
 American Forces Press Service

WASHINGTON — Despite a few well-publicized attacks against DoD's mandatory anthrax vaccination program, a senior defense official said the vaccines are safe, effective and necessary. "We're pleased with the progress of the vaccination program. We're following it very closely to make sure we do it right," said Rear Admiral Michael Cowan, Medical Readiness Director on the Joint Staff. Cowan said the anthrax program received full backing and approval of the federal Food and Drug Administration, and that both DoD and the FDA test and approve all batches of the vaccine at the manufacturing facility in Michigan. He said adverse reactions by people

receiving the vaccine have been extremely low. "The side effect percentage is something like .0002 percent, which makes it many times safer, for example, than the diphtheria shots we give our children," Cowan said. There's been just one reported reaction by a service member who experienced Guillain-Barre Syndrome, a type of temporary paralysis associated with other vaccines, surgery and insect stings. The affected servicemember fully recovered, Cowan said, and the Pentagon is on the lookout for any additional cases of side effects. Critics of the vaccine program question the safety and quality of the manufacturer, Biopart Corp. of Lansing, Mich. They cite a February FDA inspection that found deviations from FDA standards in record-keeping and testing

procedures. The report suggested that some servicemembers have received inoculations from a 1993 batch that didn't get a required FDA revalidation before it was put to use. "That batch was properly revalidated," Cowan said. "There has never been a batch that's gone out that has not been current and fully FDA-approved." The FDA and DoD work closely with Biopart anytime inspections find fault with production or record-keeping processes at the plant, the admiral said. The FDA and a DoD contractor test all vaccine produced by Biopart for sterility, stability, purity and potency. Cowan compared the tests to the way NASA checks and rechecks the space shuttle and launch vehicles. "NASA is famous for having redundant procedures to make sure

that, if anything goes wrong, there's another procedure in place to catch it, and another procedure in place to catch that," he said. "You can't have a flat tire in space and pull over to fix it." The FDA is the same way. They have very tight controls and many checks to make sure nothing slips through the cracks. We're very comfortable with them and we think they've done their job to make sure no problems occur [with the anthrax vaccine]. Biopart also has shown a very strong intent to do their job right." Cowan attributes some of the fear and paranoia over the anthrax program to irresponsible distribution of information, mostly over the Internet. "There's a lot of misinformation out there, and it's the responsibility of each individual to not only

get information about things that affect him, but test the quality of that information," he said. He recommended servicemembers and their families visit the DoD anthrax web site, currently located on the DoD home page at www.defenselink.mil. "We're updating the anthrax website, trying to target our audience and speak to them in terms that are easy to understand," he said. "Folks who visit the [revamped] web site are going to find more information in a format they're comfortable with." Anthrax inoculations fall under the much broader category of force medical protection, which includes surveillance of areas where biological weapons may be a threat; early detection of chemical attacks; the use of antibiotics and other medicines to treat symptoms of biological contamination; and a host of other measures.

Marine NCO prevents casualty

Sgt. Arthur Stone
 Camp Lejeune correspondent

All Marines receive training in first aid and life-saving techniques when they go through boot camp. Many units even give their Marines refresher training annually in first aid to keep their skills sharp. However, not every Marine gets the chance to use those skills in a real emergency. Sgt. Tommy L. Brown, Marine Corps Community Services, Marine Corps Base Camp Lejeune, had his life-saving skills put to the test during such an emergency. Brown was finishing his work at the Hidden Talents Craft Fair at Marston Pavilion, when he stepped out onto the back patio of the pavilion and noticed an elderly woman looking disoriented and walking erratically across the back patio. He realized the situation was critical when the woman collapsed. After alerting the employees in the building to call 911, he quickly began rendering aid to the victim. Cynthia R. Flowers, a member of the craft fair staff, followed Brown to see if she could render aid to the woman lying on the concrete patio. Brown checked for a pulse and found that she was not breathing and that her jaw was latched shut. He realized she was having a seizure. Brown attempted to open the woman's mouth and clear the airway, but was unable to do so because her body was locked rigid from the seizure. He checked the carotid artery on the victim's neck and determined she had a pulse. By applying pressure to the sides of her head, he was able to force her head to the side and get her mouth open. The woman gasped for breath and began



Sgt. Arthur Stone

seizing violently. Brown held the woman to keep her from injuring herself further and began reassuring her that help was on the way. "Sgt. Brown stayed with the woman on the concrete patio even as the fire department and EMT's (emergency medical technicians) performed their jobs," said Flowers. "I truly believe that this woman would have died if it wasn't for the quick thinking of Sgt. Brown that evening. He personifies the 'honor, courage and commitment' of all good Marines by doing the right thing, taking responsibility and being semper (always) helpful." The EMT's proceeded to work on her while Brown comforted her. She was transferred to Naval Hospital Camp Lejeune then transported to a civilian hospital in the area. "He told me afterwards, 'everything I learned in boot camp just flashed in front of me and I knew exactly what to do,'" said Debbie Hoffman, Facility Manager of Marston Pavilion. Hoffman described Brown as an outstanding "people person" who always went above and beyond what was asked of him. Brown was honored for his actions by the Officers Wives Club, the sponsor of the craft fair, during a ceremony at Marston Pavilion Dec. 18. He has followed the tradition of the Marines that went before him and furnished an excellent example for future Marines to follow by his selfless, timely dedication to those around him. Semper Fidelis.

CHANGE OF COMMAND



Maj. Joseph G. Dennison

A change of command ceremony was held Jan. 19, as Marine Forces UNITAS, II Marine Expeditionary Force Commanding Officer Maj. Joseph G. Dennison relinquished command to Maj. William S. Budd.



Maj. William S. Budd

Budd takes over as commanding officer of UNITAS after a tour with 1st Battalion, 6th Marines as the Headquarters and Service Company Commander. Dennison commanded Marine Forces UNITAS for one year.



LtCol Charles M. Herndon Jr.

A change of command ceremony was held Jan. 19, as MEU Service Support Group-22 Commanding Officer, LtCol. Charles M. Herndon Jr. relinquished



LtCol Joseph D. Cassel Jr.

command to LtCol. Joseph D. Cassel Jr. Cassel is coming from G-3 Operations, 2d FSSG, where Herndon will be taking over.

Did You Know?

(NAPS)—Since 1933, the Federal Housing Administration has been a stabilizing economic influence as a result of its mortgage insurance program. Soon, using provisions in President Clinton's 1999 Federal Budget proposal, this public/private partnership may do even more in many communities.



Doctors can now surgically implant a lens for cataracts patients that is similar to the eye's natural lens. Called the A.M.O. ARRAY Intraocular Lens, it may make glasses unnecessary. More economic opportunity for hundreds of thousands of Americans may come from a plan to simplify and improve the operation of the Federal Housing Administration. The Rowenta Steambrush easily and quickly removes wrinkles, even without the use of an ironing board. Using the Vehicle Identification Number (VIN) found on every dashboard and title document, Carfax can produce a detailed vehicle history report for used cars. BLIMPIE Subs & Salads offers catering for big or small groups for any occasion.



The grunt is a fish named for the grunting sounds it makes when removed from the water.

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Bulletin Board



II MEF

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2d MarDiv

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Key Volunteers:

Improving communications for increased readiness at home and around the globe.

Today L.I.N.K.S. Mentor training at Tarawa Terrace CREDO office. All 2d Marine division units are strongly encouraged to enroll representatives from their Key Volunteers in this training. To register call 451-1299.

During the non-presidential election, voter participation across the United States, was extremely low. America in not governed by the majority, it is governed by the majority of those who choose to register, vote, and participate in the political process. Those that chose, for whatever reason, not to vote, forfeited their chance to be heard. If you are not a registered voter in Onslow County, your Voting Assistance Officer can provide a Federal Post Card Application and assist in its completion. The Absentee Voting Process is a valuable program by which you can be heard. I urge every Marine, Sailor, and family member to exercise their right. You are prepared to give your life for that right. MajGen. E. R. Bedard Commanding General.



2d FSSG

Stay informed ...

The Bulletin Board is an easy and effective way to keep your troops and their families informed. To announce upcoming events of II MEF, 2d MarDiv, 2 FSSG, or Marine Corps Base events, meetings or other important information, call the Public Affairs Office at 451-5655 or visit at Bldg. 67, Virginia Dare Dr.



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5. MCB Camp Lejeune Schools Information
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6. Current Fire Conditions
* TSD/Range Control

Children

Youth Pavilion Join us at the Bonnyman Bowling Center Friday from 5 p.m.-7 p.m. for a game of bowling and fun. Register before Jan. 28. This event is for members only, ages 6-12. The Stone Street Youth Pavilion will host the 2nd annual teen Super Bowl party, Jan. 31, from 6 p.m.-10 p.m. Cost per member is \$5 and for nonmembers \$7. Enjoy this special event on the big screen TV. There will be a pool tournament at half time. Free T-shirts for the first 20 teens. Register for free passes to the base stables, bowling center, and the base theater. For more information, call 355-9000.

Recreation Centers All the recreation centers will be hosting Super Bowl parties Jan. 31. Here is a listing of the kick off times at each center: Central Area Recreation Center-pre-game festivities begin at 12 p.m. and continues until the game is over; French Creek Recreation Center is from 4 p.m.-11 p.m.; Camp Geiger Recreation Center-pre-game festivities begin at 1 p.m. and continue until the game is over; and the Courthouse Bay Recreation Center begins at 12 p.m. and continues until game is over.

Library The Base Library, The Pediatric Clinic, and Naval Hospital present "Getting to know your parents and getting to know your teenager." This seminar will be held Wednesday from 6 p.m.-8 p.m. in the conference room of the Base Library. This seminar is free. For more information, call 451-5724.

Don't forget "Story Time" every Thursday at the Base Library. This event is designed for preschool children. Times vary based on their ages: 9:30-10 a.m. for those 2 to 3 years of age and 10:30-11 p.m. for those 4 to 6 years of age. For more information, call 451-3178.

"Y-Tales, Story Time" Armed Services YMCA Volunteers to tell "Y-Tales, Story Time" every Wednesday from 10-11 a.m. at the U.S.O. on Tallman Street. Kids enjoy several short stories, then an age appropriate movie.

Bring your preschool age children ages 3 through 5, meet other moms and have a good time. Lollipops for the kids, donuts for moms. Its a great

time for kids to enjoy a good story, for moms to get out and just do something different. Call 451-9569 for answers to any questions. "Y-Tales" will not be held on holidays and Wednesday.

Education

Earn graduate credit with the AWS/AMU Nonresident Program Amphibious Warfare School (AWS) Non-Resident students who are enrolled in, or have completed one or more of the 8500-8600 series courses, can now apply those studies to an American Military University (AMU) Master's degree. Participating Marines may earn up to 18 of the required 36 semester hours toward a Master's Degree in Military Studies in one of seven majors. Without the program, Marines receive no graduate credit for their AWS efforts.

Amphibious Warfare School to enroll, Marines should contact their regional coordinator or the Marine Corps Institute at 1-800-MCI-USMC. To receive more information about the AMU portion of study, contact AMU at 703-330-5398 ext. 111, fax 703-330-5109.

The Marine Corps Command and Staff College will offer a two-week course during the summer covering the Marine Corps planning process (MCI course 8805). The course will be conducted at Quantico June 21-July 2. There are openings for sixty active duty Officers on a first come, first served basis. For additional information and details on how to apply, call your Regional Coordinator at 451-9309.

The Marine Corps College of Continuing Education will sponsor a local weekly seminar program which will convene in January and sequentially cover the 8804-8809 Command and Staff College subcourses. For further information, contact the regional coordinator at 451-9309.

Navy-Marine Corps Relief Society Education Program The Society offers an education Scholarship/Loan program for dependant sons or daughters (unmarried), and spouses of Active Duty Navy/Marine Corps. Also, dependant sons or daughters (unmarried) of retirees Navy/Marine Corps may be eligible. The applications can be picked up from Navy-



Sgt. Jason M. Webb

A day to remember

Petty Officer 2nd Class Chantil Wright, Petty Officer 2nd Class Shella Velez, Petty Officer 2nd Class Lisa McKinley of Dental BN. 2nd FSSG and LCpl Julia Cobb of 8th ESB H & S Co., sing in harmony during ceremonies honoring Martin Luther King Jr. on Jan. 14 at the Base Theater. The celebration was a remembrance of the late Nobel Prize laureate.

Marine Corps Relief Society Bldg. 14, or may be mailed per request by calling 451-5346.

Service Groups

L.I.N.K.S. Marine Corps Family Team Building/L.I.N.K.S. (Lifestyle, Insights, Networking, Knowledge, and Skills). This fun program "links" spouses with real life tips, positive attitudes, Marine Corps culture, benefits associated with the ID Card, and available resources that they can use to help themselves become more self-sufficient members of the Marine Corps Family whether their Marine/Sailor is in for three years or 30. Sessions offered monthly. Make new friends and enjoy being part of the Marine Corps Family here at Camp Lejeune. For more information, call the L.I.N.K.S. Office at 451-1299.

Cerebral Palsy Support Group A support group is forming for parents, caregivers, or anyone who works with children who have cerebral palsy. If you would be interested contact Chris Kupchik at 347-6527 after 5 p.m.

Exceptional Family Member Program (EFMP) for Adults The EFMP is not just a service for children. If you have an adult in the family, residing with the military sponsor, and they possess a physical, intellectual or emotional special need you may qualify. For more information call 451-3219/5340 ext. 100/101.

Services

Y-Mail Don't need the expenses of Internet E-mail right now? Armed Services YMCA has "Y-Mail" available from 6-9 p.m. at the FSC, Bldg. 14. For more information call 451-3212/3219 ext. 100/101.

Y-Mail is free Internet/e-mail service for sergeants, petty officers and junior service members (and their dependent family members) to use to contact friends and relatives. Bring the addresses where you want your message sent, write your letter and launch it. Internet service is also available for research, relocating, and transitioning when not in demand for "Y-Mail". This is a free service. Go and check it out, Call 451-9569.

The Family Service Center has opened an office in Tarawa Terrace targeted specifically to assisting family members who are seeking employment. Office hours are Monday, Wednesday, and Friday, 7:30 a.m. to noon and 1-4 p.m. Services include assistance with resume writing, interviewing techniques, networking, job search, career counseling, job announcements and computer workshops. For more information, about these programs, call 451-1504.

Preseparation Brief What are your benefits after you leave service and how do you find out more about them? The Preseparation Brief sponsored weekly by the Career Resource Management Center (CRMC) will answer these questions and many more. For more information call 451-5340 ext. 119.

The Navy-Marine Corps' Well Baby Clinics are held at the Tarawa Terrace Community Center and the Midway Park Community Center. The next clinic is on Feb. 2, from 10 a.m.-1 p.m.

Recruiter Assistants Needed Bay area-native Marines are needed for recruiter's assistance duty. Recruiting Station San Francisco covers the area from Salinas to Eureka along Northern California's coast. Recruiter Assistants will serve on permissive temporary additional duty orders. Lance corporals and corporals will receive 20 points toward their next promotion for each assisted enlistment. For more information, contact GySgt. Andre Wiggins at (510)865-

7967, or 1-800-967-USMC, ext. 1701.

Command Recruiting Program Recruiters are needed in the following areas: Connecticut, Rhode Island, Western Massachusetts, Western New Hampshire and Eastern Vermont. Earn promotions and or bonus points for your cutting score, contact SgtMaj. Howard at 1-800-537-USMC.

Artist Directory The Council for the Arts is gathering information for an Artist directory to include Onslow County artists working in the following areas: dance, music, visual arts, design art, crafts, photography, literature, folk arts and arts related organizations. The information will be included in the Council's web page and in other links including the NC Arts Council. The listing will also be accessible by calling the Council office at 455-9840.

Self-Improvement

Pastoral Care Services is conducting a five week course in advanced coping skills; handling stress; changing self-defeating beliefs; breaking out of a bad mood; overcoming addictive behaviors; building self-esteem; and energizing one's spirituality to create hope & joy. These classes are held at Camp Lejeune Naval Hospital classroom A. The next course will be Jan. 28-Feb. 25. For more information, call 450-4070.

Self Defense Awareness A course in self-defense awareness will be taught in Swansboro. This course will address ways you can prevent dangerous situations and give you safety tips that can keep you from being targeted. Practical applications will also be presented. The class will be taught on Mondays from 7 p.m.-9 p.m. at AGB, 921 W. Corbett Ave. in Swansboro. The fee is \$20, and free for senior citizens 65 or older. For more information, call 938-6294.

Pathways to success Explore a personal enrichment through identification of goals, the development of coping with change techniques and the enhancement of self-esteem. This class is free, and will begin Monday from 9 a.m.-12 p.m. For more information, call 938-6189.

Get ready for the job market Learn what it takes to get a job in today's market. This free class will put you on the road to success and toward a good paying job. The class will cover updating your job search skills, interview techniques, and exploring career options. Class begins

Monday from 9 a.m.-12 p.m. Contact Coastal Carolina Community College at 938-6189 for more information.

Parenting Class Feb. 17 from 1-3 p.m. at MCB Chaplain Bldg. 67. We will focus on self-awareness, discipline alternatives, age-appropriate expectations and attachment. For more information, call 451-2876/2865.

Upcoming Events

Food & Hospitality If you need some guidance planning a Super Bowl party this year. Try the catering department at the SNCO Club or the Officers' Club. For more information, call 451-1534 or 451-2465.

The Armed Forces, Communications, Electronics Association is conducting a Coastal North Carolina chapter 194 meeting Wednesday at Camp Lejeune's Staff Non-Commissioned Officers Club Huff Room. All members, guests and friends are highly encouraged to attend. The guest speaker will be Col. Jimmy Church (Ret.).

The National Naval Officer's Association Remember, all chapter meetings are held at the Camp Lejeune Officer's Club the first Thursday of every month at 6 p.m.

An evening of gospel at Camp Lejeune Base Theater. Jan. 30, at 7 p.m. Come join Donnie Bryant & The Faithful Few. This event is free and open to the public. For more information, call 451-3535.

Scavenger Hunt The Onslow County Parks and Recreation Department is sponsoring a Scavenger Hunt Jan. 30 at the Hubert By-Pass Park. The hunt will start at 11 a.m. The event is open to children ages 6-14. Participants will be divided into two age groups to hunt for the "mysterious treasures" Prizes will be awarded to the 1st, 2nd, and 3rd place winners. Participants should bring a small bag for collecting items. For more information, call 347-5332.

Military retirement benefits seminar will be conducted today at the Marston Pavilion from 8 a.m.-4 p.m. Dress in civilian attire. For seats or more information call 451-3212.

Onslow Beach is offering a weekend special during January and February at the SNCO and Officers' lodging. Only \$15 each night. Enlisted special is get one free night with two paid nights. This offer excludes 96's. For more information, call 450-7473.

Filipino-American Association of Jacksonville/Camp Lejeune is sponsoring a local charity fund drive. This

consist of a Valentines party, dinner and entertainment Feb. 6 from 6 p.m.-2 a.m. at the Marston Pavilion. Attire: semiformal. Ticket cost is \$10 for members, \$15 for nonmembers, and \$6 for children under 11. For more information, contact Remy Austr at 347-2218 daytime or Evelyn Mitchell at 577-3413 evening.

Cape Fear Model Railroad Club and the Wilmington Railroad Museum is pleased to announce its 2nd annual Model Railroad Show and Sale Saturday from 10 a.m.-5 p.m. and Sunday from 10 a.m.-4 p.m. at the American Legion Post 10 Hall located in Wilmington. The show will feature model railroad dealers as well as scale and HO scale modular layouts. There will also be free modeling clinics on both days. Admission will be \$3 for adults and \$1 for children. Children under 5 are free. For more information, call 910-270-2696.

Volunteers

Volunteer Training at Onslow Home Health and Hospice, 2001 Lejeune Boulevard. Sessions held Tuesdays, and Thursdays from 8 a.m.-12:30 p.m. For more information call Arnold Johnson or Judy Mitchell at 577-6660.

Volunteers are needed The Family Service Center is recruiting volunteers. If you are interested in learning new skills, maintaining current skills, helping others, then you may want to volunteer. The FSC recruits and trains volunteers to assist with computer, public speaking, clerical duties, and assisting with activities for children. For further information, call 451-3212/3219 ext. 204.

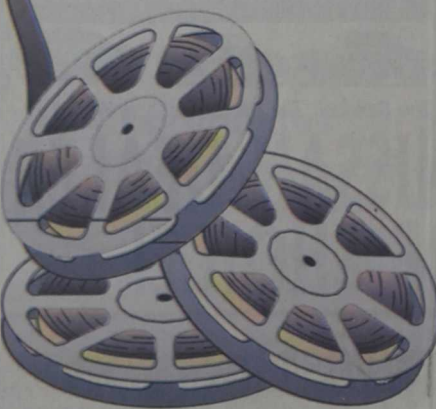
NMCRS Wants You The Navy-Marine Corps Relief Society is seeking individuals (spouses, retirees and active duty personnel) who would like to volunteer in casework, reception, layettes, bookkeeping, public relations and loan management. With just a few extra hours a week you can make a difference. Child care and mileage are reimbursed. Call 451-5340 for more information.

Key Volunteer Training Schedule for Jan. is as follows:
Tuesday, Coordinator 9 a.m.-11 a.m.
Tuesday, Communication 6-8 p.m.
FSC, B14
For more information, call 451-3212/3219 ext. 100/101.

Volunteers are needed to give blood. For more information, call the American Red Cross 450/0755/0833.

Now Playing at the Movies:

Saturday			
Rugrats	G	2 p.m.	
The Mighty	PG-13	7 p.m.	
I still know what you did last summer	R	9:45 p.m.	
Sunday			
Rugrats	G	2 p.m.	
The Mighty	PG-13	7 p.m.	
Monday			
Babe: Pig in the City	PG-13	7 p.m.	
Tuesday			
Home Fries	PG-13	7 p.m.	
Wednesday			
Enemy of the State	R	7 p.m.	
Thursday			
I still know what you did last summer	R	7 p.m.	
Friday			
Jack Frost	PG	7 p.m.	
Star Trek: Insurrection	PG-13	7 p.m.	



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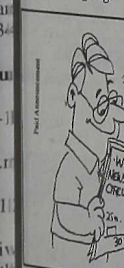
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- *89 Honda CBR 600 Hurricane \$3495.⁰⁰ or \$94.⁰⁰ mo.
- *96 Suzuki RF600 RT \$3995.⁰⁰ or \$107.⁰⁰ mo.
- *92 Kawasaki Ninja 600 \$2995.⁰⁰ or \$81.⁰⁰ mo.
- *92 Suzuki Katana 750 \$3995.⁰⁰ or \$107.⁰⁰ mo.
- *96 Yamaha SECA II 600 \$3995.⁰⁰ or \$132.⁰⁰ mo.

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Did You Know?

(NAPS)—The Sewing Fashion Council offers two brochures on home decorating, *Home Styling* and *Sewing Country For the Home*. To order, send the name of the brochure you are requesting and a \$2 check for each brochure (payable to the Sewing Fashion Council): The Sewing Fashion Council, c/o Home Sewing Association, 1350 Broadway, Suite 1601, New York, NY 10018. Or you can visit the Home Sewing Association's Web site at www.sewing.org.



A plan to test the elimination of coupons in several New York markets evoked public outcry. Not only did the test end, but consumers will be reimbursed through a settlement coupon worth \$2.50. Good toward any grocery purchase, the coupon will be distributed through Sunday inserts in 22 newspapers.

It is possible to become famous and appear in advertisements. Consider Pat Mayo, a 51-year-old "regular mom" discovered after she called the makers of VANISH toilet cleaner and told them she loved the product.



The nickname of The Poets has been bestowed on the varsity teams at Whittier College, in Whittier, California. The college is named for American poet John Greenleaf Whittier.

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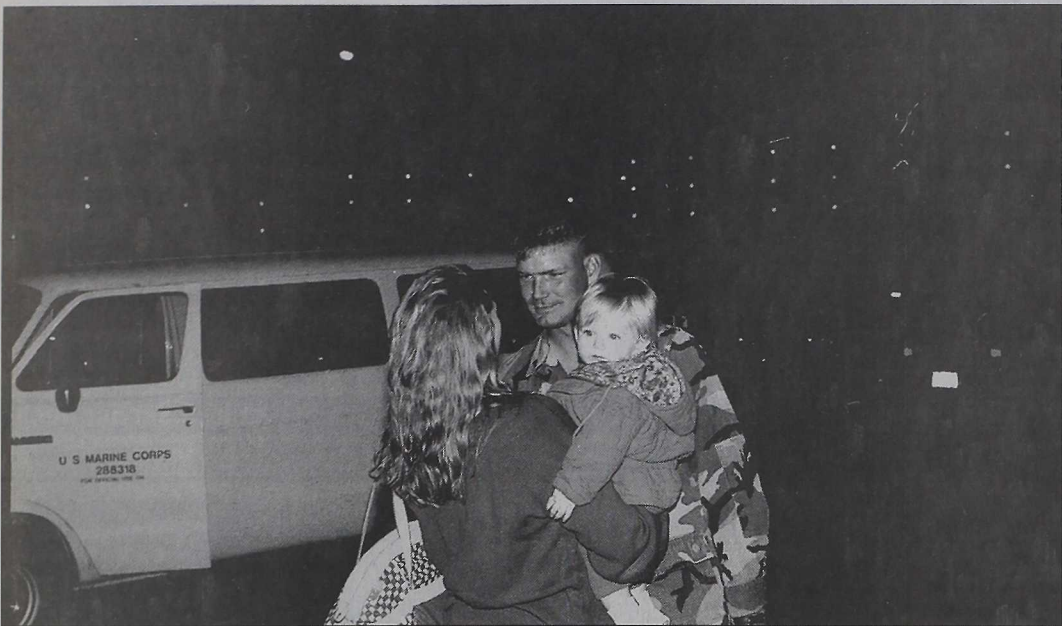
Babies, babies and more babies

CDR Joseph F. Murray
Obstetrics/Gynecology Department Head, Naval Hospital

According to DoD statistics, military families stationed in the Camp Lejeune area have one of the highest birth rates in the United States. The Naval hospital delivers 100 - 115 babies per month. Of interest, the hospital can boast the lowest cesarean rate in the military at 12-percent.

This is an important statistic because it signifies that patients are not rushed through the birthing process. A concern of the obstetrics staff at the Naval Hospital is that some patients wait until they are 15 to 16 weeks pregnant to seek prenatal care. This is troublesome as the care is free, and early prenatal care is key to the well being of the mother and the infant. In order to help expectant mothers, the clinic offers routine obstetrical appointments

as well as gynecology clinics until 8:00 p.m. every Tuesday. Barbara Rowlett, the nurse educator, is offering prenatal classes at times that are convenient to the future mom and dad's schedule, such as Saturday evenings. To learn more about the services offered, call 450-4561/4562. Please remember to contact the clinic before initiating maternity care by a civilian provider. To schedule an appointment, call the TRICARE service center, 1-800-931-9501.



Sgt. Micheal D. Rogers

Welcome home Daddy!

Sherry S. Cripps, and her daughter Tiffaney, welcome home LCpl. William D. Cripps, Kilo Co., 3d Battalion 2d Marine Regiment, from Joint Task Force New Horizons in Haiti. Cripps came back to Camp Lejeune on the advance party with 29 other Marines. One hundred and thirty-three more Marines are still in Haiti awaiting their return to Lejeune.

RELIEF from 1A

facility. We have the resources and technical expertise," he said. "We're adding a new roof, painting and cleaning," he said. "The three-room school is closed at the moment, but will reopen soon with a new look." Coburn is proud of the fact that all the work being done is permanent, not a temporary fix. When we leave, there is no reason that the building and repair projects won't last for 30-

40 years," he said. Although the Marines are hammering and nailing, measuring and sawing, their main mission here is water purification. They have two sites up and running, both using Reverse Osmosis Water Purification Units. Coburn explained the solids and bacteria are removed from the raw water by a series of filters and elements. "The result is the water molecule is forced through the final element bacteria free," he said.

At the Guatemalan Naval Base port, raw seawater is turned into potable water -- "Water that can be consumed," Coburn explained. "the unit purifies 8,000 gallons a day." The second site is at the town of Guisocoyol. That water purification unit is supplying the 4,000 inhabitants with clean water. "We purify about 4,000 gallons a day," Coburn said. The local people just have to show up and ask for water. "We'll give it to them," Coburn said.

Civilian Personnel

Notice to employees in exclusive bargaining unit (Weingarten Rights):

This is to inform you that pursuant to Section 7114 (a)(2) of Title 5, U.S. Code, the exclusive representative of the bargaining unit must be given the opportunity to be represented at any examination of an employee in the bargaining unit by a management representative if:

- 1.The employee reasonably believes that the examination may result in disciplinary action against the employee; **and**
- 2.The employee requests representation.

Leave Recipient: Wayne Wilson, employed by Base Telephone, has exhausted all of his available paid leave while undergoing treatments for a back injury from an automobile accident. He now has to have surgery on his back and will be unable to work for approximately 90 days. Anyone wishing to donate annual leave to him, may do so by completing applications to become a leave donor. He greatly appreciates any leave donated.

Leave Recipient: Sherry Rocquemore, employed by Management Support Division, has exhausted all of her available paid leave due to complications with her pregnancy. Rocquemore was placed on complete bed rest for two weeks prior to the early delivery of her child. Anyone wishing to donate annual leave to her, may do so by completing applications to become a leave donor. She greatly appreciates any leave donated.

TSP Open Season: The Thrift Investment Board has issued TSP Bulletin 98-37 regarding the TSP open season. The bulletin states that since Jan. 31, is a Sunday, the TSP open season will be extended through Feb. 1. This extension is pursuant to 5 CFR 1600.2(b).

ADOPT from 1A

All of the schools aboard Camp Lejeune have been adopted except for Lejeune High School. The commanding general encourages all units to get involved in the Adopt-A-School Program. All inquiries can be submitted to the Superintendent of Schools or the individual school principals.

"The program is a great way to foster good

community relations and bring the school and community together. Even in the beginning, efforts it's been one of the best things that has happened to Brewster. It helps the children to excel with their schoolwork which makes them and their parents happy said Phelps. "We plan to continue the program through all of the command turnovers and make our school home partnership stronger."

HONDURAS from 1A

Honduras Commander Lt Col. Dennis Ray will command the FOB, while Lasure will head up the main command post here. The two Marines will interchange at times, said Lasure. Humanitarian relief convoys will continue to be run by Marines from 8th Motor Transport Battalion, and the Marine Forces Honduras medical team will still help out with local orphanages. Marines are also in Tegucigalpa providing support for helicopter resupply missions to

remote villages throughout Honduras. "Overall, things are going well with other services, and we've been supported well by JTF-Bravo," said Lasure. "We've had a few challenges with bridge materials and mother nature, but things are running pretty smoothly. "We're all doing a professional job and helping the Hondurans," added Lasure. "We're going to stay here until the mission is accomplished. So far all of the Marines are performing above our expectations."



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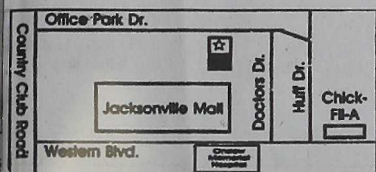
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(NAPS)—Here's news to write about: A delightful book can help you put together your own, informational newsletter.

Many individuals and businesses are using newsletters as a way to keep in touch with the public, build loyalty and even make money.

"You can do it better with a newsletter," says Howard Penn Hudson, author of the book, *Publishing Newsletters* (H&M Publishers, 3rd edition, \$39.95).

Newsletters can help businesses—including banks, insurance companies, restaurants, book stores, printers, hotels, and bed and breakfasts—draw customers. Doctors, lawyers, accountants and other professionals use newsletters to attract clients and keep in touch with them.

Membership organizations such as churches, synagogues, and service clubs can use newsletters to keep members informed of upcoming events. If you're a community activist, newsletters can help you get the attention of concerned citizens and governmental officials.

Publishing Newsletters describes in detail how to publish a newsletter. A brand new chapter, "The Many Faces of Newsletters," features these helpful tips:

- Avoid the most misused words and phrases in American journalism.
- See the 26 design decisions you must make, as explained and illustrated by the contributing editors of *Newsletter Design*.
- Read about the latest ways to produce your newsletters.
- Keep at your fingertips a



If you run a business, service club or you're a community activist, you may be interested in starting your own newsletter.

checklist of the key elements of successful subscription promotion.

• Examine the *Gallery of Newsletters*, a 16-page presentation of 58 full-color newsletters.

Other chapters target every detail of publishing newsletters—from simple giveaways to investment advisories, business-to-business subscription letters, as well as organization, association, non-profit, education, and health publications.

Hudson founded the New York Newsletter Publishers Group, now the New York Chapter of the Newsletter Publishers Association. He also conducts workshops on newsletters.

Publishing Newsletters can be ordered by sending a check for \$39.95 plus postage (U.S. \$4, outside U.S. \$8) to: The Newsletter Clearinghouse, P.O. Box 311, Rhinebeck, NY 12572. Credit card orders can be placed by calling 1-800-572-3451.

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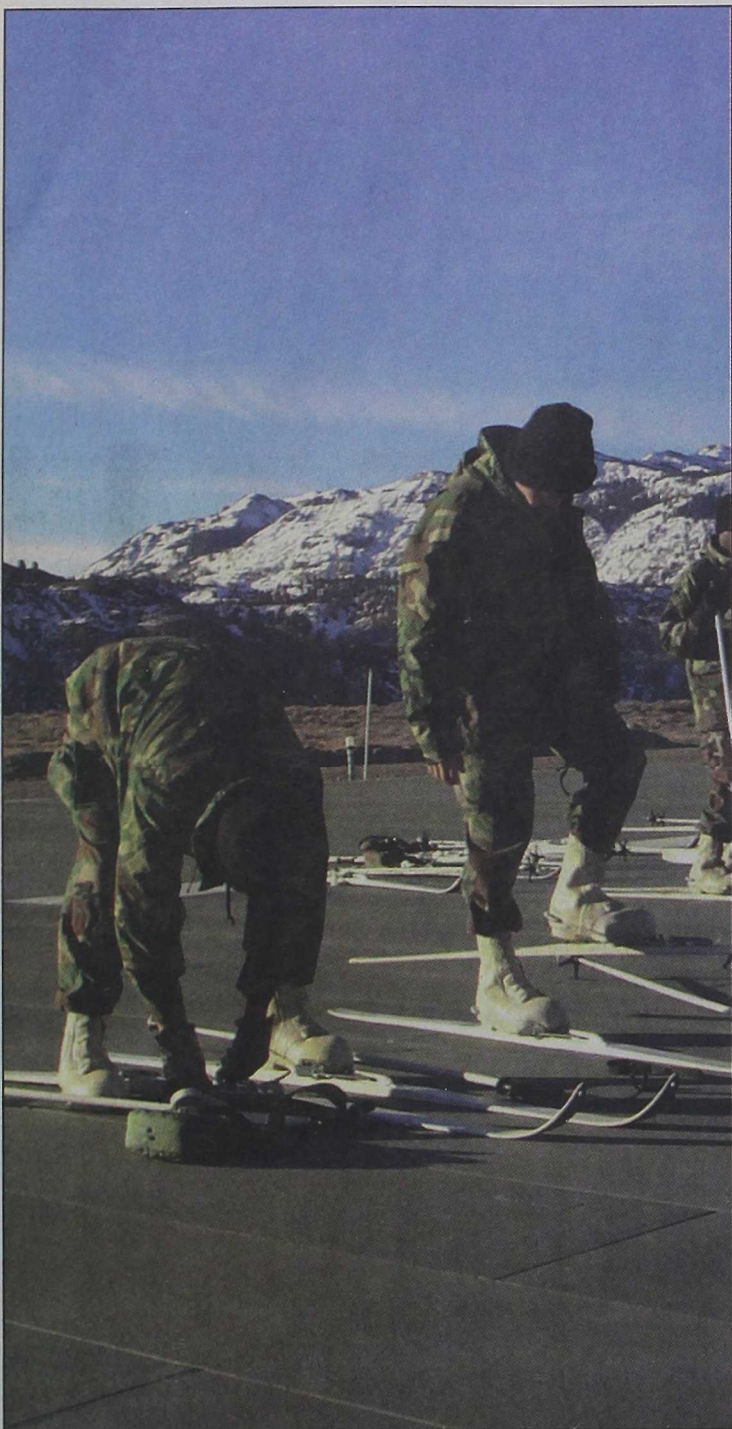
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Lejeune Marines begin winter mountain operations



Cpl. Nathan E. Leon

The first stages of ski training for the Marines involved the assembly of ski bindings for proper fit.

Cpl. Nathan E. Leon
Camp Lejeune correspondent

MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif.—Against the backdrop of the ice-capped Sierra Nevada Mountains, a company of Marines is on the march. They lean forward and lumber on, struggling for oxygen at 8,000 feet and gasping at 9,000.

The Marines of 3d Battalion, 2d Marines, are learning the tough lessons of acclimatization in a cold, mountainous environment here. For the next three weeks, this will be their home, as they master the basics of cold weather combat and survival.

The preparations began back at Camp Lejeune, as the Marines learned to use their new cold weather clothing and equipment during pre-environment training (PET). In addition, they were taught how to avoid frostbite and hypothermia, and to prepare for temperatures averaging 12 degrees. Now they are learning first-hand how to use the skills mastered during PET.

"I haven't seen my platoon as motivated as they are right now," said Cpl. Peter Terveen, a Section Leader from Weapons Company's 81mm Mortar Platoon. "We have excellent gear, especially the waterproof mittens and boots, and we're looking forward to some good training."

During the first days at MWTC, the Marines will conquer hikes of increasing distance

while physically adjusting to the elevation and temperatures. They will also learn the importance of the "three-layer" clothing system. "We explain the importance of dressing in loose layers and not overdressing when they first arrive here," said SSgt. Brett Barnes, an MWTC instructor. "By wearing the bare minimum, their bodies will be able to adjust better to the cold environment."

At first, the Marines were not believers. Morning formations found them buried beneath Gore-Tex jackets and mittens, fleece jackets, polypropylene underwear and watch caps. Gradually they are shedding layers in an effort to better acclimate.

"If they overdress down here at base camp, they won't be able to handle the temperatures up on the mountains," Barnes said.

Barnes, along with a team of five instructors, will also teach the battalion long-range ski movement, a skill deemed necessary to fight "in every clime and place." The ski package will occupy a large portion of the battalion's training schedule.

"I think the ski training will have the most benefit to the Marines here," said Terveen. "I believe it enhances combat readiness, and it's much faster than hiking on foot."

However, a battalion of Marines tackling the slopes presents the threat of avalanches. Although such occurrences are rare, the topic is serious enough to warrant class time on "probing" for victims trapped beneath the snow.

"Of all the training we do, avalanche procedures and safety is the most serious," SSgt. Richard Baker, an MWTC instructor. "If even a few feet of snow gains momentum, it can bury a Marine."

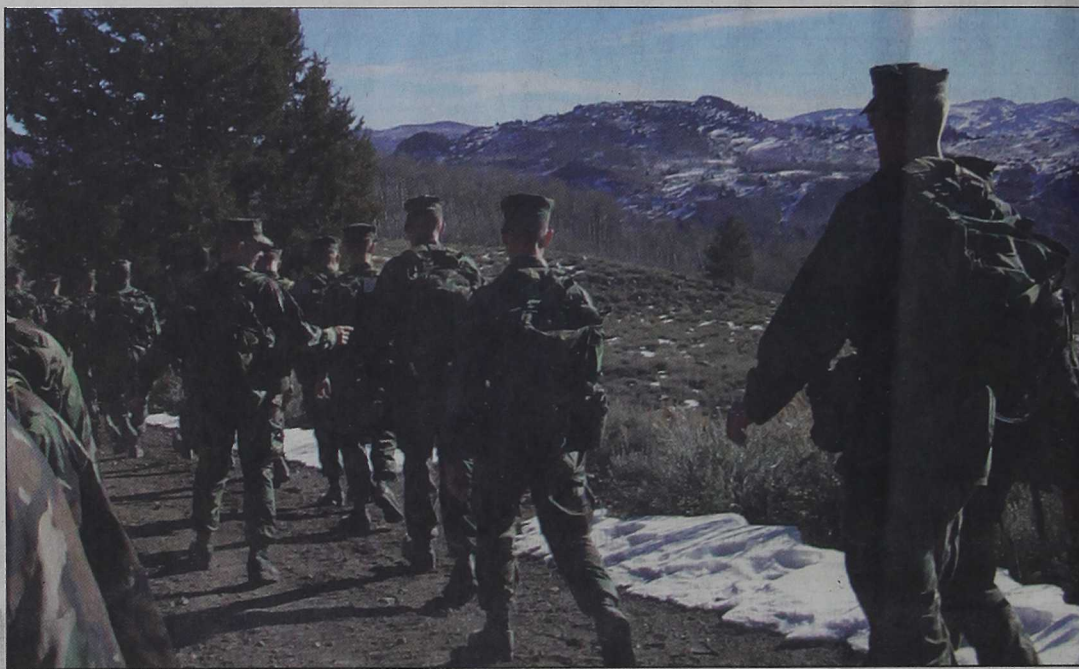
To prevent such a catastrophe, the Marines will be taught to recognize avalanche conditions and to avoid areas deemed hazardous. During a class given to the battalion noncommissioned officers, SSgt. Rob Kock emphasized the need for small-unit leaders to be alert and responsible for their Marines.

"You Marines are the ones who will determine mission accomplishment or failure," Kock. "Squad leaders and team leaders must be accountable for their Marines and not dependent on their platoon sergeants."

The ultimate test of small-unit leaders will occur near the end of the evolution during live-fire ambushes and air operation preparation for Exercise Battle Griffin '99. The multinational exercise will bring together armed forces from Great Britain, Norway, the United States.

Many Marines within the battalion foresee a successful transition from mountain warfare training to the training grounds in central Norway.

"The instruction here at MWTC will definitely help prepare us for Norway," said LC Aaron Buchanan, radio technician. "The temperature and cold weather will not come as such a shock, and we'll be much better than we would have been."



Cpl. Nathan E. Leon

Marines enjoy the view of the Sierra Nevada Mountains while on a conditioning hike used to get the Marines acclimated to the high elevation.

MSSSG-24; supplying bullets for operations

Sgt. Gregory S. Gilliam
24th MEU(SOC) correspondent

SHIVTA, Israel — Off in the distance, away from the 24th Marine Expeditionary Unit (Special Operations Capable) base camp, sits a small, secluded outpost. To the naked eye, it appears to be another group of tents housing some of the 1,100 Marines involved in the MEU's first exercise of the deployment.

Upon closer scrutiny, it is apparent that this is no ordinary campsite. It harbors some of the 24th MEU's most lethal ammunition. The Ammunition Supply Point is a temporary home for the MEU's ammo technicians who stay out in the field supplying every type of munition the MEU possesses.

"We keep everything from smoke grenades to TOWs [Tube-launched, Optically-tracked, Wire-linked guided missiles]," said Sgt. Robert Fuller, 23, ammunition technician, MEU Service Support Group 24.

"We take care of all the deployed ammunition by making sure it is set up at the supply point, safe and prepared for shooting. We supply the bullets."

The task for the three Marine ammunition technicians and two drivers is a continuous job. In addition to manning the Ammo Supply Point around-the-clock, they have to constantly maintain ammunition accountability and be ready to supply the units with their ammo at any moment. The task can be challenging especially when you're accounting

for 77 pallets of ammunition containing nearly 65,000 5.56mm M-16 A2 service rifle rounds; 40,000 5.56mm M249 squad automatic weapon rounds; 40,000 9mm pistol rounds and more than 450 155mm Howitzer rounds.

"We have to take an inventory everyday of what is on hand," said Fuller as he rearranges the compound, which is guarded by two BLT 1/6 Marines. He added they must check the ammunition and sort it by category and unit to maintain proper accountability and handling.

"It's really not hard for us once the BLT (Battalion Landing Team) gets its allowance and they identify what they need," Fuller added.

Little changes, however, can have a big impact when dealing with so

much ammunition.

Some changes are caused by range availability. Ranges can be cancelled or rescheduled during the middle of an exercise due to weather or conflicting schedules. These factors cause the ammo technicians to adjust the kind of ammunition that can be used on a range and when and where the ammunition is distributed.

"We have constant changes on the ammo requirements that cause us to redirect where the ammo goes," said Fuller, a Long Island, N.Y., native. "It is hard when we have the ammo arranged to be picked up at a certain time and we have to change it around to support the requesting unit."

"What has to happen is the battalion puts in a request through me

to allocate how many rounds they want to shoot," said SSgt. Mavrick Powell, 30, Ammunition Chief for 24th MEU (SOC). "I make sure all of the rules and regulations are followed."

According to Fuller, they must also be aware of any Notifications of Ammunition Readiness (NARS) report. These reports usually have information concerning certain ammunition that could have problems. These problems could be due to damaged, tainted or ammunition recalled by the manufacturer.

"If we get a NARS an inspector has to come out to inspect the ammo for safety," Fuller said. "We have to [separate] it from everything else until it is checked."

Whether they are in the field or on

ship they always have to be aware of the ammunition on hand and its status of readiness. According to Fuller, the job on ship parallels their requirements in the field, just on a smaller scale.

On ship the technicians work in a confined supply point primarily supporting small arms live fire practice off the stern of the ship while the ship is underway.

From the ship to shore and back again, the technicians have a complex job of tracking, maintaining and supporting units with their ammunition needs for training and possible real world engagements. As with all support personnel in the MEU, the ammunition technicians are always ready to support any situation that would call for their assistance.

24th MEU(SOC) Marine reunites with father in Israel

Capt. Ricciah Player
24th MEU(SOC) Public Affairs Officer

USS NASSAU — For several Marines from the 24th Marine Expeditionary Unit (Special Operations Capable) Israel is a once in a lifetime opportunity to do MEU (SOC) training and perhaps visit some of the tourist attractions of the Holy Land.

However, for PFC Joseph F. Lowit, 20, Alpha Company, Battalion Landing Team 1/6, it was his opportunity to reunite with his father, Dr. David Ben-Menachem. Lowit was outside the base camp in Shivta using a payphone and practicing survival Hebrew when reporters in the area heard him speaking to a taxi driver. The reporters approached Lowit and he explained the story of how he and his father were separated 19 years ago.

Ben-Menachem and Lowit's biological mother separated when Lowit was 18-months old. Lowit had no idea his brief conversation would make the front page of the Yedioth Achronot, Israel's local newspaper. The next day the photo was published informing Israel that "an American Marine is looking for Daddy."

Ben-Menachem saw Lowit's photo in the newspaper and contacted the editor. The following day a picture of Ben-Menachem was published holding the newspaper clipping of his son. The photo and story explained that Lowit was in Israel for MEU (SOC) training at the Shivta Training Area. Ben-Menachem traveled to Shivta Training Area and requested to see his son. The father and son finally shared an emotional meeting.

Lowit's first words to his father were "abba" which is Hebrew for father. Ben-Menachem began to cry and embraced his son. The father and son discussed the past, the frustration and pain of separation, and hopes for the

"It's time for me to pick up my life and look into the future, but never forget the past."

PFC Joseph F. Lowit
Alpha Company
Battalion Landing Team 1/6

future. Lowit is taking all the Israeli media attention, emotion of the reunion and 20 years of catching up all in stride. Lowit still finds it hard to believe he has found his father after all this time and states, "Twenty years have passed and I'll never know what really happened."

"There are two sides to every story and they're both my parents; which I love dearly. It's time for me to pick up my life and look into the future, but never forget the past."



Petty Officer 2nd Class S.P. Bansback

PFC Joseph F. Lowit, Alpha Company, Battalion Landing Team 1/6, displays Israeli newspaper clips of his emotional and long-awaited reunion with his father.

'Ammo techs' keep riflemen in action

Sgt. Micheal D. Rogers
Camp Lejeune correspondent

From the early days at recruit training to every time "Full Metal Jacket" plays, it's embedded into a Marines head that every Marine is a rifleman, without his weapon he is useless, without him his weapon is useless.

Rifles only go so far without bullets, and a constant bottom line in the Marine Corps since 1775 has been the ability of men to fire rounds at the enemy on the forward edge of the battlefield.

It takes Marines manning an ever changing battery of weapons systems to pull the triggers that win wars, but behind the scenes there are an indiscreet group that facilitate every gunshot. They are ammunition technicians and their careful mentoring of ordnance ensures that proper sight alignment by the infantry equates to death of an enemy soldier when the hammer falls.

From 5.56mm assault rifle rounds to 155mm artillery shells, ammo techs are the duty experts on things that go boom on the battlefield. They provide the storage capability and handling of every round that goes down range for every air and ground unit in the Marine Corps.

Among the bullets and arty shells, ammo techs also hold a complete inventory on ammunition such as Anti Tank 84mm rockets, C-4 explosives and detonation cord.

Ammo techs are the facilitators of being prepared for war, as they are the common link of getting rounds to Marines who get them on target.

As the brass flies and rounds go down range there's little thought of the numerous inspections and countless inventories to ensure the quality of the ammunition. "Inspections are extremely important to ensure safe ammo is coming in from units who are returning saved rounds. We also ensure ammunition coming from the factories is in a good condition," said MSgt. Andres Reyes, Operations Chief, Ammunition Supply Point.

The job comprises of monotonous inspections, "bullet counting and stacking" and dealing with the same types of ammo from sunrise to sunset. This cycle can be broken when techs are deployed to all units from the

Weapons Training Battalion to 2nd Reconnaissance Battalion.

Being directly attached to almost every warfighting element in the Corps, ammo techs are often first on the scene to handle ammunition malfunctions and control the disposal of unexploded ordnance.

A major job for Marines working in the ASP is the disposal of unserviceable ammunition every couple of months. All of the bad ammo is gathered together for a "blow." It's transported to an explosive range it's stacked, covered and ignited with gunpowder.

Similar other support units in the Marine Corps, ammo techs attend Marine Combat Training. Then they head to Redstone Arsenal, Alabama for their Military Occupational Specialty school to earn the title ammunition technician.

After six weeks of learning to identify,

transport and store ammo, the new ammo techs head to the Fleet Marine Force for a permanent duty station.

The Marines who get orders to Lejeune are sent to Ammunition Co., 2d Supply Bn., 2d Force Service Support Group. Beginning a military career working in a 25'x40' earth and concrete bunker with no electricity, can be mentally tough even on the hardest Marines. Lejeune ammo techs maintain positive control on more than \$50 million worth of ammunition every year, according to SSgt. Terrell M. Williams, Ammunition Supply Point Area Supervisor.

"The good thing about being an ammo tech is seeing how your job directly supports the Corps' overall mission. Being an ammo tech, you know you're supplying the major element needed by all Marines...ammo," said Williams.



Sgt. Michael D. Rogers

Cpl. Marcos J. Vazquez, Ammunition Co., 2d Supply Bn., 2d FSSG, moves cases of small arms ammo to fill an ammo request.



Sgt. Michael D. Rogers

LCpl. Kevin F. Woods, Ammunition Co., 2d Supply Bn., 2d FSSG, inspects and counts linked 7.62mm rounds for an inventory being conducted by Cpl. Marcos J. Vazquez, Ammunition Co.

Tradition carries on through Kurtzweil ranks

Cpl. Melissa R. Watts
Camp Lejeune correspondent

Presenting his son with his first salute gave MGySgt. Tom Kurtzweil, Utilities Chief of 8th Engineer Support Battalion, 2d Force Service Support Group, the greatest feeling that he's ever had.

Not only did the master gunny salute his son 2ndLt. Thomas Kurtzweil, Army National Guard Mechanized Infantry, he was re-enlisted by him, topping the proudest moment of his life.

The reenlistment ceremony was held outside of the 8th ESB Headquarters building Jan. 6 as the master gunny added three more years to his illustrious career to make it 29.

"Having my son perform my reenlistment gave me the greatest feeling I've ever had aside from being the first to salute him," said the master gunnery sergeant.

The master gunny's son Thomas

is the first of the Kurtzweil family to become a commissioned officer. Though their family's military background dates back to World War II, the majority of them went through services other than the Marine Corps.

"I have never put pressure on my children to join the Marines or go into the service. I just encourage them to further their education and go to college," said the master gunny, father of five children.

Joseph is in the Army Green to Gold program; Maria is in the Army, stationed at Fort Bliss, Texas; Dante is graduating from Navy Boot Camp this week; and the youngest son John is considering the Air Force Academy.

"It's like when I was young and I got a new toy that they all wanted but hated because they couldn't have. They would all like to be officers," said the young lieutenant.

It is strange to return his father's salute after 20 years of observing his life in the Marine Corps said the young officer.

His father has been in the Corps for 26 years, while his son has only been in the National Guard for 7 months.

"I don't mind saluting my son at all. It's a great honor and he has earned the respect," said the proud father.

2nd Lt. Kurtzweil went to the Georgia Military College of the Army and is now attending the Georgia College and State University. His reserve station is in Cordel, Ga., where he is a platoon leader in the mechanized infantry. After seeing his father's success in the Corps, the young Kurtzweil says that it is likely he'll stay in the National Guard.

"Not everyone can stay in a civilian job long enough to acquire a pension. I'm just thinking for the future," he said.

"The Marine Corps has been good to me. It's taken care of me through all the years. I am just going to do three more years to secure my retirement," the father said.



Cpl. Melissa R. Watts

A proud moment for any father, MGySgt. Kurtzweil salutes his son after his reenlistment was finalized.

Lejeune Marine receives instructor of the year award

Cpl. Melissa R. Watts
Camp Lejeune correspondent

His first year as an instructor proved to be a productive one as SSgt. Christopher Parker, Embarkation Instructor, received the Logistics

Operation School Instructor of the Year award Oct. 23 for 1997-98.

According to Parker, he taught 16 classes in 1998, with an average of 30 Marine students in each class.

Out of the 16 classes he taught, Parker's

students ranged from a room full of junior Marines, and junior officers, to senior staff noncommissioned officers and officers.

"I have a wide variety of students and each group requires a different approach," he said. "The junior Marines come to us right out

of high school and boot camp and I have to ease their transition from the public education system and the boot camp style of teaching to a balance between the two.

"I have found that the most difficult group of Marines to teach is the senior SNCOs. The majority of them have been doing my job a lot longer than I have.

"I'll find myself standing back and listening to what they have to teach me. I learn something new from them and my fellow instructors every day," he added.

"The whole key to teaching is interacting with the students, if I didn't do that, all they would get out of my course would be a good nap," said Parker.

The nomination that was submitted from the Commanding Officer of the Logistics Operations School to the Commandant of the Marine Corps refers to Parker as an exceptionally gifted Marine Embarkation Instructor.

It compliments him on his charismatic and unique instructional methods and his ability to exploit his expertise and span the breadth of logistics.

The nomination states Parker consistently provides superb instruction in Computer-Aided Load Manifesting System and the Marine Air, Ground Task Force Deployment System II.

Parker has also been a leader in assisting Headquarters Marine Corps in the development and implementation of Personal Data Collection Device software development for use in and around the transportation field.

"I consider myself to have a reasonable sense of humor. I like my students to have no clue what I'm going to say next.

"I keep them on the edge of their seats because I use every dirty trick in the book to keep their attention," said Parker.

"SSgt. Parker was chosen for this award because of the way he teaches. He captures the class no matter what course it is.

"He has the talent and the ability to start from scratch, build a course, present it and teach it, which is a hard thing to do even for the very experienced instructor. His instructors and students all have a great deal of respect for him," said CWO-4 Todd Haubrich, Embarkation Instructor.

"He has no problem with the transition from a class of junior Marines to a class of officers and senior SNCOs, and not all of our instructors can do that with such ease," he said.

The award is only given to two members of each service nationwide each year.

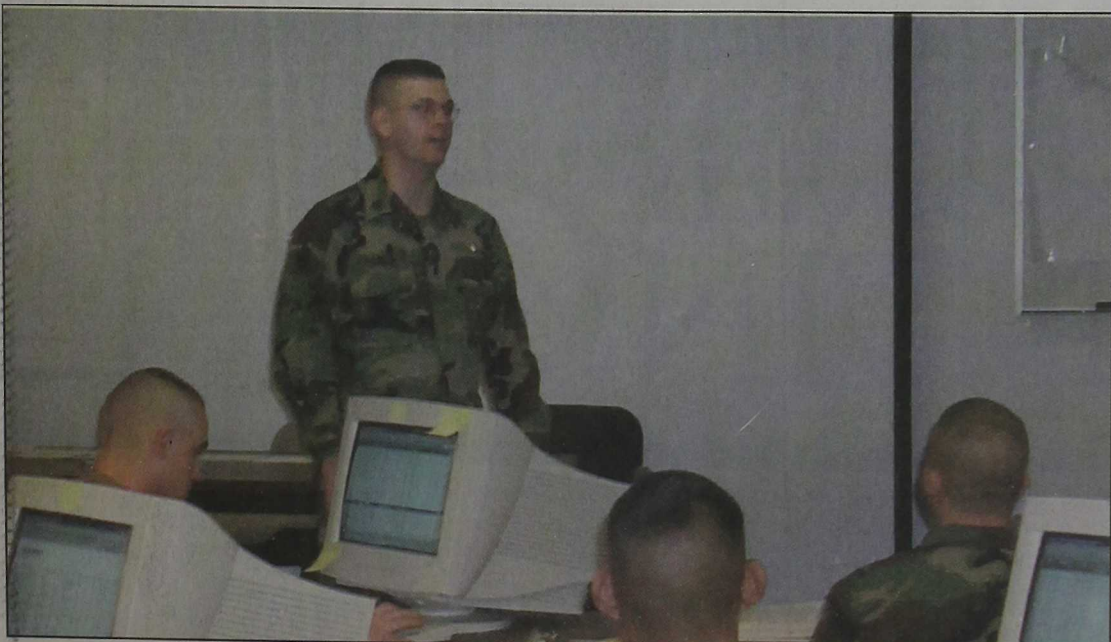
The award recipients were featured in the Oct. 1998 edition of the Defense Transportation Journal's 53rd Annual Forum and Expedition.

According to Haubrich, despite the fact that Parker was a new instructor to the school Parker deserved every bit of recognition he received.

"He is a natural instructor, a good leader with natural ability. I would have to say that he is the number one staff sergeant that I have ever observed and that is hard to come by," said Haubrich.

Parker plans to remain an instructor for another year then he is submitting an application package for selection to warrant officer.

"I go where the Marine Corps takes me. That's always been my view of things," said Parker.



Cpl. Melissa R. Watts

SSgt. Christopher Parker, Embarkation Instructor, incorporates humor with his lesson plans to keep the attention of the students and keep the course interesting.



Chapel Schedule



ROMAN CATHOLIC

Sunday Masses		St. Francis Xavier Chapel	11:45 a.m.
Brig	8 a.m.	Saturday Masses	
Camp Geiger Chapel	11 a.m.	MCAS New River Chapel	11:45 a.m. and 7 p.m.
Courthouse Bay Chapel	9:30 a.m.	St. Francis Xavier Chapel	11:45 a.m. and 5 p.m.
MCAS New River Chapel	9:30 a.m.	Holy Day Masses	
Naval Hospital Chapel	10 a.m.	(Except Christmas/ New Years)	11:45 a.m. and 7 p.m.
St. Francis Xavier Chapel	8:30 a.m.	Confessions	
Tarawa Terrace Chapel	8:30 a.m.	Saturday at St. Francis Chapel	4 p.m.
Weekday Masses (Monday-Friday)		or contact unit chaplain	
Naval Hospital Chapel	6:30 a.m.		
MCAS New River Chapel	11:45 a.m.		

JEWISH

Sabbath Eve Service Bldg. 67	(Fridays) 7:30 p.m.	Religious School	(Sundays) 10 a.m.
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EASTERN ORTHODOX

Camp Johnson Chapel, Divine Liturgy	10:30 a.m.
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PROTESTANT

Sunday Worship		Camp Johnson Chapel	9 a.m.
Base Chapel, Holy Communion	7:30 a.m.	Courthouse Bay Chapel	11 a.m.
Base Chapel, Contemporary Worship	9 a.m.	French Creek Chapel	9 a.m.
Base Chapel, Worship Service	10:30 a.m.	Midway Park Chapel	11 a.m.
Brig	9 a.m.	Naval Hospital Chapel	9 a.m.
Camp Geiger Chapel	9:30 a.m.	Tarawa Terrace Chapel, Worsh	11 a.m.

ISLAM (MUSLIM JUMAH)

Base Chapel Annex Bldg. 16 (Friday)	11:45 a.m.	Brig Chapel	1 p.m.
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CHRISTIAN SCIENCE

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LATTER DAY SAINTS

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Chaplains Corner

Glorify God through your job

Chaplain Alan M. Hansen
MCB Camp Lejeune

Do you like your job, or are you dissatisfied with your work? Is your current work situation filled with frustration, inefficiency and lacks an atmosphere with a good work ethic? In contrast to the attitude that a job is only for making money, the Bible teaches that a follower of God is to do all things to the glory of God.

The Apostle Paul reminds us of this in the New Testament scriptures when he wrote, "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him" Colossians 3:17. The Old Testament prophet Daniel is an excellent example of how we can glorify and honor God through our work. Daniel worked in unfavorable conditions with very demanding leaders. His critics focused their attention on him, but only found a man who honored and glorified God no matter what the circumstances. A close examination of Daniel's life will show each of us how we can honor and glorify God through our work. First, we can honor God in our job by being honest. No legal charge could be brought against Daniel because no evidence of corruption, wrong doing, or personal gain could be found in this man who shined as a light in the midst of the darkness. In the Book of Philippians, Paul admonished believers to, "do everything without complaining or arguing, so that you may become blameless, and pure children of God without fault in a crooked and depraved world, in which you shine like

stars in the universe" Philippians 2:14-15.

I personally believe that a person reveals much of his or her true character by how they carry out their work. A person of honesty will not take undue advantage of those he works for or those under his or her supervision. He is a person whose life and actions match each other. In Homer's Iliad, Achilles cries out in anguish as he says "I hate that man like the very Gates of Death who says one thing but hides another in his heart." To be an honest worker is to be genuine and authentic. It is a life that is not tempered by concealment or deceit, but rather is highlighted by an open life that declares to those around us that we are clean, straight forward, and matter of fact people. As a leader in the government of his day, Daniel had the intestinal fortitude to speak forth honesty. He did not try to couch his words in some covert language for his own self-preservation, but rather spoke the truth so boldly that it serves as an example of how our contemporary leaders should be.

Next we can honor God in our job by being diligent. Daniel apparently worked hard and left nothing undone. In military terms he did the "follow through" work of the task he started. He carried out his duties as a public servant in such a way that it brought honor and glory to God. We should do likewise. It has been said that, "Every job is a self-portrait of the person who did it, so autograph your work with excellence!" Does your work have the thumb print of diligence on your part? Some would

equate diligence with the time spent at work or being a work-a-holic. It is not the biblical picture and certainly is not a balanced approach as it does not bring honor and glory to God. It is giving careful attention to our work, not settling for mediocrity, and striving for the best quality work we are capable of doing. As one person said, "Let your work speak for itself, then don't interrupt."

Finally, we can honor God through our job by being trustworthy. Daniel's critics concluded that he was so trustworthy another approach would have to be taken to ensure his downfall, but his downfall never came. He was a man who glorified God, and a man who worked with integrity. Just like Daniel, we are to be workers worthy of confidence and trust of only our superiors, but also the junior to us. No matter where we find ourselves in the chain of command, trustworthiness will always secure credits in the banks of leadership. May the grace of our Lord lead us as you glorify Him through your work by being a person of honesty, diligence and trustworthiness! I will close with a pointed poem by Edg Guest entitled, "True Nobility."

Who does his task from day to day
And meets whatever comes his way
Believing God has willed it so,
He found real greatness here below.
Who guards his post, no matter where
Believing God must need him there
Although but lowly toil it be,
He risen to nobility.

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Osteoporosis

by H. Jane Chihara
(NAPS)—Ten million Americans currently suffer from osteoporosis, a disease that weakens fragile bones, and increases the risk of fractures. In fact, half of all women over 50 will experience a fracture due to osteoporosis by the age of 75. The good news is that osteoporosis is not the inevitable result of aging—it can be prevented and even reversed.

How Osteoporosis Develops

Our bodies are constantly rebuilding themselves. The old, worn-out bone is broken down and the new, stronger bone is built in its place. This process becomes more important as we age because more bone is broken down than is replaced. Fragile, easily-fractured bone and spine are the result of this process. The spinal column is made up of many vertebrae. Fractures, loss of height, and a deformity called a hump can result.

Women and Osteoporosis

Women have a higher incidence of osteoporosis than men because of changes in sex hormones. After menopause, a woman's estrogen levels drop, resulting in bone loss and a higher risk of developing osteoporosis. Men have thicker bones because of testosterone. They have a more gradual loss of bone, and a lower risk of developing osteoporosis.

Determining Bone Density

Physicians use a variety of methods to determine bone density. A common way is called "DEXA" (Dual Energy X-ray Absorptiometry). It measures bone mineral density in just one minute of a chest x-ray.

Prevention

There are several ways to prevent osteoporosis. A diet rich in calcium and vitamin D is essential. Regular exercise, especially weight-bearing activities, helps maintain bone density. Avoiding smoking and excessive alcohol consumption is also important.

Medications

There are several medications available to treat osteoporosis. These include bisphosphonates, which help reduce bone loss, and hormone therapy, which can help maintain bone density. It's important to consult with a doctor to determine the best treatment plan for you.

Conclusion

Osteoporosis is a common condition that can be prevented and treated. By taking steps to maintain bone density, you can reduce your risk of fractures and live a healthier, more active life.

Macho Mango

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Mangoes are sold fresh, canned and are blended into smoothies or sorbet. In Mexico a popular snack consists of mango sprinkled with a chili lime blend called pico de gallo (Spanish for rooster peck). This peppery-sweet mango is a big hit with local college kids, who call it a fiesta on the tongue or macho mango.

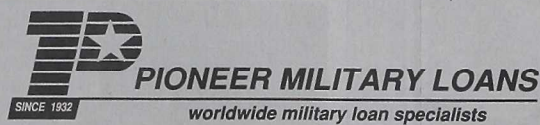
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Osteoporosis: Preventing A "Silent Invasion"

by H. Jane Chihal, M.D., Ph.D.

(NAPS)—Ten million Americans currently suffer from osteoporosis, a disease that causes fragile bones, and 18 million more have low bone mass. Eighty percent of these people are women. In fact, half of all women and one-fifth of all men over 65 will have a fracture due to osteoporosis in the spine, hip or wrist.

The good news is that osteoporosis is not the unavoidable result of aging—it can be prevented, diagnosed and even reversed.

How Osteoporosis Develops

Our bodies are constantly in a process of building new bone to replace the old. Osteoporosis happens when this process becomes unbalanced and more bone is broken down and removed than replaced. The result is fragile, easily-fractured bones. The hip and spine are especially vulnerable to this disease. Loss of bone in the spinal column can lead to painful fractures, loss of height and eventually a deformity called a dowager's hump.

Women At Risk

Women have a much higher incidence of osteoporosis than men because of differences and changes in sex hormones. In the majority of pre-menopausal women, estrogen levels protect bones. During and after menopause, a woman's estrogen levels drop resulting in increased bone loss and a markedly increased risk of developing osteoporosis. Men have thicker, stronger bones because of testosterone, the main male hormone. As they age, men have a more gradual fall in testosterone, and a much lower risk of developing osteoporosis.

Determining Risk

Physicians have easy and effective methods to measure bone density and bone loss. One common way is an x-ray scan called "DEXA." This test measures bone mineral density and uses only one-tenth the radiation of a chest x-ray.

CAN IT HAPPEN TO YOU? OSTEOPOROSIS

Learn more about this bone thinning disease that causes debilitating fractures of the hip, spine and wrist. Complete the following questionnaire to determine your risk for developing osteoporosis.

QUESTION

YES

NO

- Do you have a small, thin frame, or are you Caucasian or Asian?
- Do you have a family history of osteoporosis?
- Are you a post-menopausal woman?
- Have you had an early, or surgically-induced menopause?
- Have you been taking excessive medication or high doses of cortisone-like drugs, for asthma, arthritis or cancer?
- Is your diet low in dairy products and other sources of calcium?
- Are you physically inactive?
- Do you smoke cigarettes or drink alcohol in excess?

The more times you answer "yes," the greater your risk for developing osteoporosis. See your physician, and contact the National Osteoporosis Foundation for more information.

NATIONAL OSTEOPOROSIS FOUNDATION
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To determine the amount of bone collagen breakdown and to monitor the effectiveness of osteoporosis therapies, a simple urine test called Osteomark® NTx is performed. This test measures the amount of a specific peptide given off during the bone breakdown process. The higher the NTx number or value, the higher the amount of bone breakdown. The Osteomark® NTx urine test and the DEXA help a physician determine the best treatment to prevent or reverse osteoporosis.

Prevention

Hormone replacement therapy can help to prevent osteoporosis as well as heart disease, stroke, colon cancer, and Alzheimer's disease. With accurate monitoring and preventative care, women can expect to live active and healthy lives well beyond menopause.

Dr. Chihal is an Ob/Gyn who is in private practice at Trinity Medical Center in Dallas, Texas, and co-author of the Woman's Day book, 1000 Questions About Women's Health. She can be reached via E-mail at hjchihal@aol.com.

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Marines assist with counternarcotics in



Cpl. Jon Wilke

A 22' MK II boat pulls up to the dock. Riverine craft like these are being used for counter narcotics operations in South America.



Cpl. Jon Wilke

A Peruvian captain pilots a riverine craft up the Amazon River near Iquitos, Peru.

Riverine training centers train for counternarcotics operations

Cpl. Jon Wilke
Camp Lejeune correspondent

PERUVIAN NAVAL BASE ABOUT 10 MILES NORTHEAST OF IQUITOS, Peru—“Doing more with less” and “getting the ball rolling” are phrases familiar to Marines.

This rings true for the Marines who took the run-down Nanay Peruvian Naval Base in Iquitos, Peru and turned it into a full-scale training center for counternarcotics operations personnel, called the Joint Peruvian Riverine Training Center (JPRTC).

Marines from the Special Operations Training Group from the II Marine Expeditionary Force were tasked with establishing a Riverine Training Center, much like the one at Camp Lejeune, training the instructors, supervising the courses and refining infrastructure, among a number of things.

While the RTC at Camp Lejeune was a little over a year old in February 1998, some Marines say the soon-to-be JPRTC was still just a plan on a piece of paper. “When our riverine training team got to the Naval base, there was hardly anything there,” said MSgt. James Ganceres, Camp Lejeune RTC staff noncommissioned officer-in-charge and former JPRTC SNCOIC.

Four different U.S. military branches were involved during the initial planning stages, said Ganceres who went on to explain that each different branch brought its own bit of expertise and knowledge which helped generate a good training environment. “The

Coast Guard brought their coxswain and maritime law enforcement skills, Special Boat Unit-26 Sailors brought their expert boat handling skills, the Special Forces from the Army had their weapons and ground tactics skills to offer, while we acted like the coach for this multi-service team.”

After brainstorming and developing an eight-week course, this joint team originally trained the Peruvian Naval personnel in order for them to mentor classes composed of Peruvian Sailors, Coast Guardsmen and DINANDRO personnel (the Peruvian equivalent to the Drug Enforcement Agency, but a subordinate command of the Peruvian National Police).

The first class was comprised of future instructors, explained Ganceres.

“We taught them such things as drug laws, marksmanship, basic ground and weapons tactics, navigation and weapons familiarization,” said Capt. Mike Monbouquette, JPRTC Officer-In-Charge.

“After they finished that part of the course we taught them first aid, water survival skills, boat maintenance, fiberglass repair, small-engine repair, coxswain skills, riverine specialties and maritime law enforcement.”

“The first class had around 60 students,” said Ganceres. “And we were still instructors at this time. We took a 10-day break and had Peruvian lawyers come in and help develop a curriculum that dealt with drug interdiction, code of conduct and human rights.” Ganceres said the Americans helped re-

fine the Peruvian’s infrastructure and work out some of their administrative, logistical and maintenance problems.

“After the break, they started training themselves,” said Ganceres. The Peruvian Coast Guard administratively runs the JPRTC while the DINANDRO is the head of the academy. U.S. military forces just supervise the overall training and provide support and assistance.”

MSgt. Luis Macias, the JPRTC SNCOIC, said that due to geographic location of Iquitos, the base’s host city, there was a substantial delay in the supply system until they developed a new system.

“Due to our supply system, the RTC at Camp Lejeune can train more people and be more flexible than the JPRTC in Peru,” said Ganceres.

Macias explained some other differences in the two RTCs by saying, “The RTC at Camp Lejeune strictly teaches riverine combat because, by law, they can’t teach drug interdiction. We only teach Peruvians but the RTC at Camp Lejeune is open to train almost all nationalities.”

Ganceres agreed with Macias but added that his RTC also taught Rigid Raider Craft and over-the-horizon navigation courses.

Regardless of the differences, both RTCs have a common goal — to teach military personnel the ins and outs of riverine warfare. Currently, the school is teaching its fourth class of students and it will continue to train counternarcotics personnel until 2002.

Cpl. Jon Wilke
Camp Lejeune correspondent

Editor’s note: Spanish-speaking Marines with proficient job skills in areas such as riverine operations, infantry, administration, logistics, supply, embark or force protection, should contact the Riverine Training Center at the Special Operations Training Group at (910) 450-7185.

PERUVIAN NAVAL BASE 10 MILES NORTHEAST OF IQUITOS, Peru—The thick, hot air hangs motionless in the sweltering sun. An impenetrable wall of tropical trees and underlying foliage line the river’s hidden banks, forming a twisting, 40-foot-deep valley

in the Amazon jungle.

A steady six-knot current muddy blur under the speeding v. gray hull.

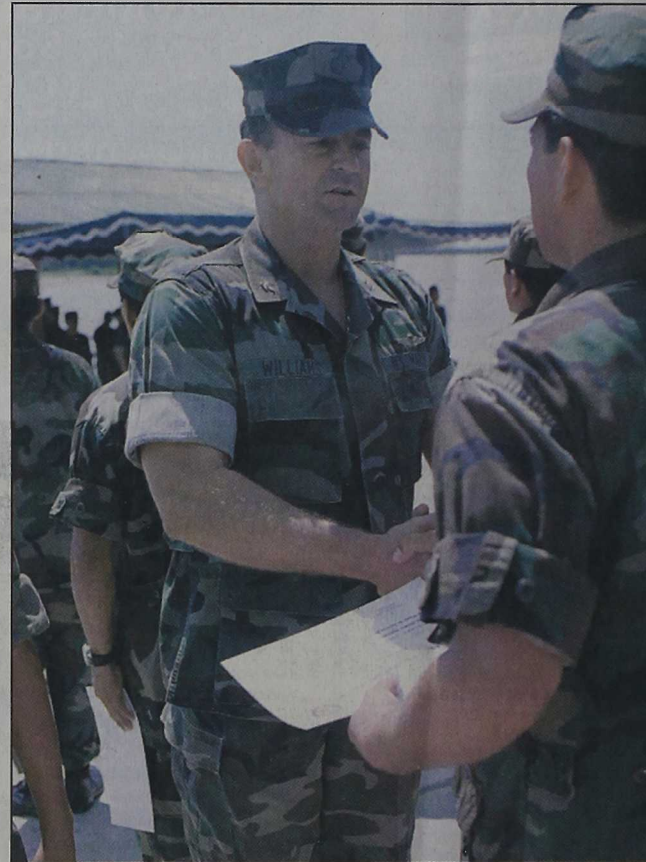
Sweat-drenched men peer over of .50-caliber machine guns sea unknown area ahead.

A mid-sized vessel containi amount of raw materials used to m sputters up the river escorted by tw high-speed riverine craft.

As the Peruvian Naval capt the snaking turn, he slams the sl “engine idle” forcing his twin-en craft to lurch forward. A rou mission just turned into a count



Peruvian Naval Contralmirante Mario Galvez (equivalent to a rear admiral in Navy), Commander of the Fifth Naval zone speaks with MajGen. Wayne E. Rollings, Commanding General, II MEF.



Cpl.

Col. Michael Williams, SOTG Officer-in-Charge, congratulates a recent graduate of the Joint Peruvian Riverine Training Center



JPRTC instructors pose with MajGen. Wayne E. Rollings, Commanding General, II MEF, after a graduation ceremony.

Narcotics in South America

on. highly-trained men involved in the narcotics operation are pitching in to ongoing war against drugs in America. A U.S. Southern Command-led mission called the Peru Riverine Interdiction Implementation Plan (PRIIP). Although the current drug war has a long history, the PRIIP is only two years old designed to help stop the flow and use of one of the most addictive drugs in America — cocaine.

The aggressive program was brought about due to a major change in the way drug traffickers were forced to conduct their business.

According to the Drug Enforcement Administration, the traditional method of transporting cocaine base (the intermediate product used to manufacture cocaine hydrochloride) to Colombia was accomplished through general aviation flying between clandestine airstrips and near processing facilities.

However, in recent years, flight interdiction efforts by the Colombian and U.S. air forces have forced traffickers to change their methods. As a result, traffickers rely more on river routes to move tons of cocaine base to staging sites in the Amazon basin, outside the traditional air routes and beyond the range of interdiction aircraft. In the past, traffickers continued to avoid air routes in favor of river transport.

The DEA maintains that the air campaign has significantly decreased detected drug flights from Peru to Colombia in 1996 and 1997.

With more traffickers running their drugs through the more than 5,300 miles of South America's rivers, the U.S. Southern Command's PRIIP called for the creation of entities to help stop this illegal flow of drugs. The entities include the Joint Peruvian Riverine Training Center (JPRTC) and the Joint Planning and Assistance Team (JPAT).

The JPRTC is an intensive riverine and interdiction operation school originally established by U.S. military officials in March 1998. It is staffed by U.S. Army Special Forces Soldiers, Navy U.S. Coast Guard personnel and Marines assigned to the JPRTC originally trained by the U.S. Navy. The JPRTC is a U.S. Navy Naval personnel in order for them to provide training to Peruvian Coast Guardsmen and DINANDRO personnel (the Peruvian equivalent to the U.S. Coast Guard). The JPRTC is a subordinate command of the Peruvian National Police.

We bring in about 60 students per course in the DINANDRO, Peruvian Coast Guard (Navy) and teach them such things as laws, marksmanship, basic ground and river tactics, navigation and weapons

familiarization," said Capt. Mike Monbouquette, JPRTC Officer-In-Charge.

"After they finish that part of the course we teach them first aid, water survival skills and boat maintenance," he added. "Then we designate them as fiberglass repairmen, mechanics, coxswains, riverine specialists or maritime law enforcers."

"Then, they specialize in their area of expertise for six or seven weeks, before joining back up to conduct integration training and the final exercise."

The final exercise tests the student's ability to patrol and operate on the rivers as effective and individual Riverine Interdiction Units (RIUs). A RIU, comprised of a small, four-man team of counternarcotics personnel, operates a mix of small, specialized riverine patrol craft. The craft average 22 feet in length, and mount a variety of weaponry, including .50-caliber and 7.62mm machine guns. The PRIIP anticipates having 12 operational RIUs with one in reserve; dedicating six to the Peruvian National Police and six to the Peruvian Navy/Coast Guard team.

"After they graduate from the school they will leave as a RIU and go back to one of the remote locations," explained Monbouquette. "So we train them as a team, then they leave and work together as a team."

"Right now we are designing specialized advanced courses to accommodate different units' needs," he said. "If a unit needs assistance with combat lifesaving or advanced maritime law enforcement skills then we will design a specialized course to meet their needs."

Maj. Edwin Clarke, the officer-in-charge of the Peruvian Riverine Program, simplifies the plan's complex structure and organization. "The Peruvian Coast Guard administratively runs the JPRTC while the DINANDRO is the head of the academy. U.S. military forces supervise the overall training and provide support and assistance."

The PRIIP's deployment concept indicates that the counternarcotics personnel, once trained, will leave the training center and operate as RIUs from forward operating bases located along one of the many rivers in the upper Hualaga Valley.

Support concepts were designed and are currently being implemented to help meet the needs of these forward-deployed RIUs. These concepts included building 12 Floating Maintenance Facilities (FMF) and three Floating Support Bases (FSB).

These FMFs, 25- by 50-foot platforms, are positioned where river levels or channel changes don't permit permanent dock or ramp facilities but where berthing and other administrative facilities are available on shore.

These platforms are capable of berthing four to six 22-foot boats for repairs, storing and dispensing 4,000 gallons of fuel. They also have small workshops for boat motor and equipment repair and a 5-ton crane for boat recovery purposes.

The second concept, the FSBs, are non-self-propelled barges designed to provide critical logistic support to RIUs. These 148 foot-long barges include living quarters, galley and mess facilities, full functional heads, a medical clinic, an ammunition bay, 4,000 gallon fuel tanks and communications capabilities. The FSBs have large flat, upper decks for landing helicopters, a 5-ton crane and maintenance workshops.

"These FSBs allow us to move closer to a location and expand our range from 30 to 50 miles," added Clarke.

With the support facilities functional and ongoing training underway, the first RIU went operational late last year making way for the second entity, the Joint Planning and Assistance Team.

Clarke explained the JPAT by stating, "JPAT is a joint organization of U.S. service members who provides support to the DINANDRO."

"We are here to help develop their riverine capabilities in support of the counternarcotics efforts," said Capt. Abraham Munoz, JPAT OIC.

Munoz explained that JPAT has several tasks which include providing assistance in establishing maintenance and training programs, instructing and assisting in conducting proficiency training, providing liaison between the U.S. and Peruvian forces and overseeing the training and use of U.S.-government-provided equipment in counternarcotics operations.

"Counternarcotics is a real-world operation that we can't actively participate in but the JPAT members can help the Peruvians plan their operation orders, analyze their plans and help establish their independence," said Clarke.

"Combating international narcotics and organized crime ranks among the principal foreign policy objectives of the U.S.," said Clarke as he read from a USSOUTHCOM message. "Drugs and crime pose a unique threat to the long-term security of the country."

"Our goal focuses on significantly disrupting the flow of illegal drugs while targeting the responsible organization," said Clarke. "We have to reduce and ultimately choke off this flow of drugs through counternarcotics maritime and riverine activity. We will train our Peruvian counterparts to accomplish this through the JPRTC and our JPATs."



Cpl. Jon Wilke

A Dinandro member stands at position of attention during the JPRTC's latest graduation of counternarcotics personnel.



Cpl. Jon Wilke

The third class of Peruvian drug fighters pose for a photo after a graduation ceremony.



Cpl. Jon Wilke

A floating support base sits idle alongside the Peruvian Naval Base on the Nanay River near Iquitos, Peru. This FSB, along with others being built, provide critical logistical support to riverine interdiction units.



Cpl. Jon Wilke

after a graduation ceremony.



Cpl. Jon Wilke

Capt. Mike Monbouquette, JPRTC Officer-In Charge, tosses a line before mooring an MK II utility craft to a floating maintenance facility. Maj. Gen. Wayne E. Rollings, Commanding General, II MEF and other II MEF staff officers toured the JPRTC and its facilities in mid-December.

24th MEU (SOC) repair technicians keep MEU connected

24th MEU (SOC) public affairs

ABOARD USS NASSAU — Many advancements in technology have changed the face of warfare. For example, iron and gunpowder evolved into such things as the modern rifle and artillery. Steam powered ships have been replaced by nuclear powered vessels. Smoke signals, carrier pigeons and Morse code have all been replaced with satellite communications and computers.

Here with the 24th Marine Expeditionary Unit (Special Operations Capable), properly functioning communication equipment is a necessity. Since the MEU needs to be able to respond quickly to a call to action, its "communication toolbox" must be in top shape at all times to be able to receive that call, organize its force and employ its capabilities.

Like all tools, however, daily use and age takes its toll on communication equipment. When repairs are needed or fine tuning is required to ensure the message reaches to every corner of the globe, they turn to the repairmen. "The pace for the MEU is extremely fast," said 26-year-old Cpl. Douglas A. Fries from Edgewood, Ky., the MEU command element's only ground radio repairman. "But if you know what you're doing, you can manipulate the system so you can have a replacement for that piece of gear in a quick turnaround time." Manipulating the system, according to Fries, means cutting through a lot of the red tape that normally accompanies getting a piece of gear repaired or replaced in a garrison.

"Normally, before something is turned in to a higher echelon, it has to go through at least three levels," explained GySgt. Kurt H. Bland, the MEU's communication center chief. Bland works hand in hand with Fries and his counterpart, computer and tactical office equipment repairman Cpl. Mark J. Sousa.

The paper chain to replace a damaged piece of gear in a garrison unit travels outside the requesting unit to a liaison unit. This takes a few days or maybe longer if the maintenance facility has to order the part from a logistics base or commercial source.

At the MEU, the repair techs go directly to the source to find required repair parts and equipment. For Fries, that means he personally tracks the paper trail.

Fries said, "There's a lot of paperwork to keep track of, but [I can usually] get that piece of gear replaced in one day." Like Fries, Sousa has his own paperwork trail to follow, only for him the greater portion of his work is not in his job description. Sousa is a self-taught jack of all trades when it comes to computers. Where his military occupational specialty title designates him as a hardware technician, he also works on software, e-mail and networking systems simply because that kind of work has to be done. "A lot of people will look at me and say, 'He can fix anything computer-related if you give him a chance.'"

the 22-year-old from South Dartmouth, Mass., said, "I didn't always feel like that, but now I have the confidence to know that my troubleshooting will get it to a specific area and then it's just a question of calling somebody, replacing a component or re-loading software." Sousa's and Fries' expertise are constantly in demand, so it's no surprise when four or five trouble calls demand their attention at the same time. When this happens, their peers have been prepared to handle the situation to a point. Cross-training plays a big roll in how the MEU communication team accomplishes its mission. From the day a Marine checks in to the MEU's communication section, instruction begins on how to handle a portion of their peers' responsibilities.

"Their job is demanding, but the cross-training takes some of the pressure off of them by allowing them to concentrate on specific things while other people are helping out in other jobs," Bland explained. "The support that they get from others greatly enhances their ability to perform their tasks because everyone is constantly cross-training on one system or another."

"Although I'm the only one with the MOS, I've got a great team with me that carries a lot of the load," Sousa said. "They do trouble calls. They do a lot of things that would probably fit into my billet description, just like I do with them. It's kind of shared between us."

"A lot of the training out here you wouldn't get in garrison, you get it all with the MEU," Fries said. "I learned pretty much 'the whole'

of how to do calibrations, modifications and keeping track of all stuff within S-6. The normal billet of account NCO or publicat NCO or modifications NCO - one billet at a time is not the 24 M way. I've pretty much got them all under my belt."

"It's probably one of the best learning opportunities for your MC Sousa said.

"And it's probably one of the best places to diversify your into all aspects of the computer industry - or the whole Comm field it pertains to computers, networks, e-mail, and software."

MEU Radio Chief GySgt. Rodney K. Johnson from Mascou Ill., reflected, "I think if we didn't have the caliber of Marines that have, things could fall to the wayside, but with the Marines we have it makes things a lot easier and a lot more efficient."

Advancements in technology are a two-edged sword. While allow the warfighters to accomplish their mission quicker and more effectively, the more technical systems become, the more attention they need in the areas of maintenance and repair.

In spite of any changes that may come in the future, judging from the examples set by these Marines, the MEU will have effective command and control systems to maintain its combat edge for years to come.

For a complete list of 24th MEU(SOC) stories, visit our Web Site www.usmc.mil/24meu.



SSgt. Chris W. C.

A MEU depends on reliable communication equipment to support Marines and Sailors with air assets.

Parents go online to adjust losing sons, daughters to boot camp

Sgt. Robert Knoll

MCB Camp Pendleton correspondent

CAMP PENDLETON, Calif. — While young recruits attending boot camp adjust to new parents, their drill instructors, many parents adjust to losing their children to the Corps. Marine Moms Online, a support group founded by a mother when her son shipped to boot camp, helps parents deal with their loss, according to their Internet website.

The group of more than 100 moms and dads recently toured Camp Pendleton and experienced a Marine Corps Ball, according to 1st Sgt. John Annis of Separations Company, Headquarters and

Support Battalion, Marine Corps Base.

Annis became involved when his name came up in a search for Marines online. A concerned mother asked him a few questions about her son, who was in Marine Combat Training. He answered her and other parents' questions about the Corps. After learning what the group does, he took an active interest in teaching them.

The idea for their visit started when some parents, while planning a trip to Marine Corps Recruit Depot San Diego, contacted Annis for assistance. He coordinated the visit to Camp Pendleton to coincide with a birthday pageant presentation. The tour included a visit to the School of Infantry and other points of interest on base. Battalion commanders of

SOI and Infantry Training Battalion walked the parents through training cycles. "The parents are realists. They know what's going to happen to their children during the training process," Annis said. They were shown the Marines barracks and some training areas, including the obstacle course.

"The tours of all the places were so impressive to actually see where and how my son had been trained," said Melissa Bass, a Marine mom. "The Corps did an outstanding job of showing us all that we wanted to see, and I will always be grateful."

The last day of the Camp Pendleton tour was the high point for many parents, Annis said. They began by attending the emblem ceremony at the

top of the Grim Reaper, where recruits finish the Crucible. Parents watched as young recruits received their Marine Corps emblems and were called Marines for the first time. "There wasn't a dry eye in the place, Annis said. I think many of the (parents) could picture their own children on the Grim Reaper."

That evening, they attended Headquarters and Support Battalion's birthday ball. Bass was the only parent who attended the ball with her child. The other parents' Marines are stationed at different bases. "The Marine Corps Ball was a memory I will always cherish," Bass said.

Grace Burcham says the group excels in providing support, encouragement and friendship.

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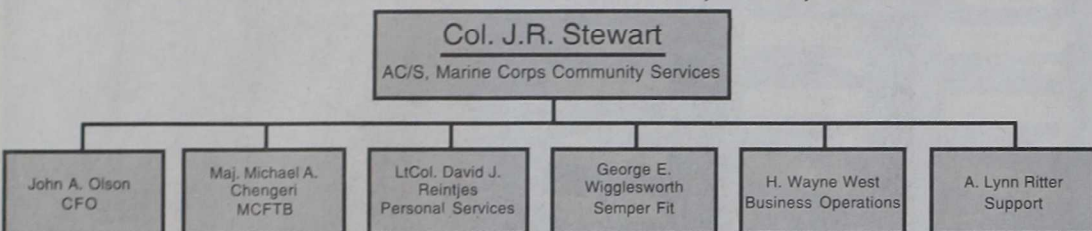


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Consolidation of quality of life programs hits Camp Lejeune

Cpl. Victoria G. Gross
Globe Editor

The former Morale, Welfare, and Recreation; Human Services; and Base Education officially merged to form the Marine Corps Community Services (MCCS) Department Dec. 28.

The purpose of the merger is to combine like functions between the former services to provide an improved quality of life to Marines, Sailors, their dependents, retirees, and civilian employees, according to Colonel Joe R. Stewart, the former Assistant Chief of Staff of MWR and current Assistant Chief of Staff of MCCS. The arrival of MCCS is not unique to Camp Lejeune, according to Stewart. "This is a Commandant of the Marine Corps directed reorganization and it is Marine Corps wide," he said.

"The end state of this merger is a cohesive, synergistic system designed to increase program efficiency, achieve a service standard in our programs, and serve more responsively the needs of our Marines, their families and the Marine community on our installation," according to a Nov. 16 message sent to all Marine Corps installation chiefs and chaplains by Gen. Charles C. Krulak, Commandant of the Marine Corps. MCCS is divided into five divisions including: Marine Corps Family Team Building (MCFTB),

Semper Fit, Business Operations, Support, Personal Services, and in addition, the chief financial officer will report directly to the Assistant Chief of Staff of MCCS.

MCFTB combines five family readiness programs to include: Key Volunteers Network, L.I.N.K.S., L.I.F.E., PREP, and CREDO. The mission of MCFTB is to ensure commanders and program volunteers receive necessary resource and support to facilitate family readiness.

Semper Fit will be the point of main effort in enhancing the personal readiness of Marine and [promoting] healthy lifestyles of families. It will provide a direct support team of fitness professionals, medical experts, and educators built around the following standardized programs: health promotion and awareness, physical fitness programming, physical training, and sports and athletics.

Business Operations will consist of those functional elements that provide goods or services to the military community and generate dividends critical to successful operations of other MWR services.

It includes: Exchange Activities, golf/bowling, marinas, stables, clubs (food and hospitality), Temporary Lodging Facilities, Information, Tickets and Tours, retail services, cabins/cottages, equipment rental, theaters, and auto hobby.

Personal Services represents those capabilities that relate to an individual's needs by providing prevention education programs and intervention/treatment. Personal Services will include: the Transition Assistance Program, Life Long Learning (Base Education and Library), Children and Youth Programs, and many others.

General Support will provide support to all MCCS programs and services. It will include: marketing, personnel, training, and contracting, among others.

"For the active duty Marine, most of the changes due to the merger will be transparent," according to Wynn Hildreth, Marketing Director of MCCS. "The biggest change for the active duty Marine will be the increased visibility of some programs which were not very visible or accessible before the merger. An example of this will be the physical fitness programs and Semper Fit will be grouped together and will be more accessible to Marines."

Although there is no more MWR or Human Services, the quality of life provided will definitely not falter and will undoubtedly improve, according to Stewart.

"This doesn't change what we do," Stewart said. "We are all in the business of providing the best quality of life possible to our Marines, their families, retirees, and reservists."

Commissary set to raise fee on dishonored check

Defense Commissary Agency

FORT LEE, Va. — Customers who write bad checks in commissaries face paying a new administrative fee when the Defense Commissary Agency implements new business requirements recently passed into federal law.

"The great majority of our customers write good checks," said Richard E. Beale Jr., DeCA's Director.

"In fact, more than 99.8 percent of checks written to commissaries clear without any problems. For the very few that don't, this puts our collection procedures in line with other retailers."

Beginning with checks presented at commissaries February 1, an administrative fee of \$25 will be assessed to patrons whose checks bounce. If dishonored checks are not redeemed at the commissary within 30 days, the military finance office may charge an additional \$15 fee.

If the customer takes no action, the fi-

nance office may deduct the debt from military member's or sponsor's pay.

Military members will be held responsible for dishonored checks written by family members.

Previously, customers had a 30-day period to redeem their dishonored checks without assessment of fee or penalties.

In fiscal 1998, patrons wrote 43 million checks to commissaries worldwide. During the same time, banks returned more than 71,000 patron checks to commissaries. Customers made good promptly with only a 22,000 checks eventually proceeding to collection. The new fees are expected to further reduce the number of dishonored checks.

The change brings the commissary in line with dishonored check practices and procedures used by the commercial grocery sector, military exchanges, and Morale, Welfare and Recreation activities, said C. Lutz, DeCA's Director of Resource Management.

Tax Center Corner

TAXES: ASK IT HERE

Who can file a Form 1040EZ?

You must use one of three forms to file your return - Form 1040EZ, Form 1040A, or Form 1040.

Form 1040EZ is the simplest form to use. You can use form 1040EZ if all of the following apply:

* Your filing status is single or married filing jointly.

* You (and your spouse if married filing a joint return) were under age 65 on January 1, 1999, and not blind at the end of 1998.

* You do not claim any dependents.

* Your taxable income is less than \$50,000.

* Your income is only from wages, salaries, tips, unemployment compensation, Alaska Permanent Fund dividends, taxable scholarship and fellowship grants, and taxable interest of \$400 or less.

* You did not receive any advance earned income credit (EIC) payments.

* If you were a nonresident alien at any time in 1998, your filing status is married filing jointly.

* You do not claim a student loan interest deduction or education credit.

* You do not owe any household employment taxes on wages you paid to a household employee.

You must meet all of these requirements to use form 1040EZ. If you do not meet all of them, you must use Form 1040A or Form 1040.

Who can file a Form 1040A?

If you do not qualify to use Form 1040EZ, you may be able to use Form 1040A. You can use Form 1040A if:

* Your income is only from wages, salaries, tips, IRA distributions, pensions and annuities, taxable social security and railroad retirement benefits, taxable scholarship and fellowship grants, interest, dividends (including Alaska Permanent Fund dividends), and unemployment compensation.

* Your taxable income is less than \$50,000.

* Your only adjustments to income are:

- The deduction for contributions to an IRA, or
- The student loan interest deduction.

* You do not itemize your deductions.

* Your only taxes are:

- The amount from the Tax Table.
- Alternative minimum tax, or
- Advance earned income credit (EIC) payments, if you received any.

* Your only credits are:

- The credit for child and dependent care expenses.
- The credit for the elderly or the disabled.
- The child tax credit.
- The education credits.
- The earned income credit, or
- The adoption credit.

If you do not meet all of the above requirements, you cannot use form 1040A.

Who can file a Form 1040?

If you cannot use Form 1040EZ or Form 1040A, you must use Form 1040. You can use Form 1040 to report all types of income, deductions, and credits, including those you cannot put on either Form 1040EZ or Form 1040A.

You may have received Form 1040A or 1040EZ in the mail because of the return you filed last year. If your situation has changed this year, it may be to your advantage to file Form 1040 instead. You may pay less tax by filing Form 1040 because

you can take itemized deductions, adjustments to income, and some credits that you cannot take on Form 1040A or Form 1040EZ.

You must use Form 1040 if:

* Your taxable income is \$50,000 or more.

* You itemize your deductions.

* You received or paid accrued interest on securities transferred between interest payment dates.

* You received nontaxable dividends or capital gain distributions.

* You have to complete Part III of Schedule B because:

a. You received a distribution from a foreign trust, or

b. You had a bank, securities, or other financial account in a foreign country at any time during the year.

* You had income that cannot be reported on Form 1040EZ or Form 1040A. This includes gain from the sale of property, barter income, alimony income, taxable refunds of state and local income taxes, and self-employment income.

* You sold or exchanged capital assets or business property.

* You claim adjustments to gross income for payments to a medical savings account; moving expenses; one-half of your self-employment tax; payments for self-employed health insurance; payments to a Keogh, SEP, or SIMPLE plan; the penalty on early withdrawal of savings; alimony paid; certain required repayments of supplemental unemployment benefits; jury pay turned over to your employer; qualified performing artists' expenses; or other allowable adjustments to income.

* Your Form W-2 shows uncollected employee tax on tips or group-term life insurance in box 13.

* You received \$20 or more in tips in any one month, and you did not report all of these tips to your employer.

* You must pay tax on self-employment income.

* You have to recapture an investment credit, a low-income housing credit, a qualified electric vehicle credit, or an Indian employment credit you claimed in a previous year.

* You have to recapture tax on the disposition of a home purchased with a federally-subsidized mortgage.

* You have to pay tax on an excess golden parachute payment.

* You claim credit against your tax for any of the following:

- Mortgage interest credit
- Foreign tax credit
- Any general business credit
- Credit for prior year minimum tax
- Credit for fuel from a nonconventional source
- Credit for federal tax on fuels
- Qualified electric vehicle credit
- Regulated investment company credit, or

* You file any of the following:

- Form 2555, Foreign Earned Income Exclusion
- Form 2555-EZ, Foreign Earned Income Exclusion
- Form 4563, Exclusion of Income for Bona Fide Residents of American Samoa
- Form 4970, Tax on Accumulation Distribution of Trusts
- Form 4972, Tax on Lump-Sum Distributions
- Form 5329, Additional Taxes Attributable to IRAs, Other Qualified Retirement Plans, Annuities, Modified Endowment Contracts, and MSAs.
- Form 8271, Investor Reporting of Tax Shelter Registration Number
- Form 8814, Parents' Election To Report Child's Interest and Dividends, or
- Form 8853, Medical Savings Accounts and Long-Term Care Insurance Contracts.



Max Cribelar

The Chosin Few

On Dec. 12 1998, the local Chapter of The Chosin Few held their Annual Christmas dinner at the Paradise Point Officers Club. The Chosin Few are survivors of the 1st Marine Division historic breakout from a Chinese trap at the Chosin Reservoir in North Korea. Guests of honor were MGen. Ray L. Smith, left, Commanding General, Marine Corps Base, Camp Lejeune and his wife, Colleen, seated next to him. Also seated is Chapter Secretary, Pete Stapleton and standing is Gary Gigg, past President of the Chapter.



Upcoming Events

The USO now has phone cards for sale. Prices are \$14 for 100 units, \$8.70 for 60 units, and \$4.50 for 30 units.

Armed Services YMCA now has e-mail running at the USO. Services are free, however, a donation is always welcome. For enlisted members and their families, contact Bill Hickey at 451-1504. If you are a spouse of a servicemember, the USO Spousal Support Group is for you, whether your spouse is deployed or not and regard-

less of his rank. Computer classes will be held Jan. 26 and Feb. 2. These classes will be held from 10:30 a.m. to noon and are free. Children are welcome under parental supervision. For more info call Mary Jones at 455-3411.

Commanding officers, Staff NCOs and Chief Petty Officers, did you know that the USO is available for staff calls? It's a good way to have a change of pace. See what the USO has to offer.

Commanding officers, sergeants majors and command master chiefs, did you know the USO can bring a birthday cake to any single military member in your command upon request?

The USO has free movies every weekend at 6 p.m. on Fridays and Saturdays. "Free all you can eat popcorn" is available. The USO will celebrate its birthday in conjunction with World USO Feb. 7. All hands are invited to attend. The Jacksonville USO was opened December 1941 and officially chartered February 1942.

For more information regarding these USO events call Matt Hardiman or Lisa at 455-3411.



January 22, 1999

from the S
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Sgt. Houston F. W
Globe contributor

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SPORTS

Serving Expeditionary Forces in Readiness

January 22, 1999

Vol. 61 No. 2

From the Sidelines DIRTY BIRDS OF PREY

Sgt. Houston F. White Jr.
Globe contributor

By now, the message has been sent to all corners: Fail to clip their wings when you have the opportunity, and the Atlanta Falcons will make you pay dearly. Don't respect them, and they'll teach you to by the end of the game. Those are lessons the heavily-favored Minnesota Vikings learned the hard way Sunday at the Metrodome in Minneapolis.

Despite possessing the most prolific scoring offense in NFL history, the Vikings squandered a fourth quarter lead and failed to score again in sudden-death overtime. Rookie of the year, Randy Moss, was twice underthrown in regulation, on what would have almost certainly been touchdown passes, by strongarm QB Randall Cunningham (unusual for him). Even Minnesota's good-as-gold kicker Gary Anderson missed a field goal that would have effectively placed the game out of reach (his first miss in nearly two seasons). But all Viking excuses aside, it was the persistence and determination of the "Dirty Birds" that allowed them to even have a chance at an extra period of play to win last weekend.

Drawing inspiration from the warrior spirit displayed by their coach Dan Reeves (who, just weeks before, had quadruple bypass surgery), the Falcons scratched and clawed their way to victory in overtime with a 38-yard Morten Andersen field goal. That kick completed one of the most improbable turnarounds in the history of team sports, as Atlanta increased their paltry 3-13 record of just a year ago into a NFC West-leading 14-2 mark. By leading his team to the SuperBowl, Dan Reeves becomes only the second coach ever to guide two different teams to the big game. Ironically, Reeves and his flock of Dirty Birds will be facing off against the franchise he led to 3 SuperBowls in the 80's, the Denver Broncos. It has been long rumored that Broncos quarterback John Elway was the major influence behind the firing of Dan Reeves in Denver, thus making SuperBowl XXXIII a true grudge match of teacher versus pupil.

Though the odds are against them, I'm sure the Falcons will have upset on their minds come game time. Just think, if the Falcons can win their first ever SuperBowl, Reeves will have succeeded in both winning a championship and ruining Elway's retirement. Maybe then the entire nation will start taking Dirty Bird dance lessons.

1999 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIPS

Rugby
Interservice
Jan. 10-19
MacDill AFB, Fla.

Boxing
All-Marine
Dec. 7-11, 1998
MCB Camp Lejeune, N.C.
Armed Forces (USN Host)
Feb. 7-12
Kelly AFB, Tx.

Cross Country
Armed Forces (USN Host)
Feb. 14-20
NS Mayport, Fla.

See MORE /2B

1st. Lt. Gilber
D'Meza, "My goal
for last summer of
the century is...
Well, if it's not
broke don't fix it
but I need to work
on my run time."

Beth Coombs, "My
goal for the last
summer of the century
is to just stay in
shape."

New fitness center



Globe staff

Beth Coombs and Casey Lipps play an afternoon game of racquetball.

ROAD CLOSURES

The following traffic delays and road closures will take place January 23 due to the running of the Tour D' Pain.

CLOSED - Main Service Road and Holcomb Blvd. traffic circle, 0845-0915

CLOSED - Holcomb Blvd. right lane, 0900-1030 (direction of cyclists)

CLOSED - Sneads Ferry Road right lane, 0915-1100 (direction of cyclists)

CLOSED - Marines Road right lane, 0915-1130 (direction of cyclists)



Globe staff

Marines and Sailors hoop it up in the new gym.

Sgt. Jason M. Webb
Camp Lejeune correspondent

Camp Lejeune recently unveiled its newest addition, a 2.6 million-dollar renovation to the French Creek Fitness Center adding a full size gymnasium, racquetball courts and aerobics facility.

Under the guidance of Loretta Morehouse, Facility Manager of French Creek Fitness Center, the new fitness center will provide a wide array of activities ranging from cardiovascular exercise to team sports. Along with the weight room and personal training area, this complete facility provides state of the art physical training.

Michelle Brown, lead personal trainer, said "I think the new facility is wonderful, it will keep the patrons compliant to their exercise programs because we are centrally located now."

A total of 12 aerobic trainers underwent a five-week certified course to be able to correctly setup and instruct their classes. One of the best additions was the floor within the new aerobics room. Instead of a hard concrete floor the new floor has a layer of spongy absorbing rubber under a wood base resulting in less shock to joints.



Globe staff

The new facilities gear issue.

The French Creek Fitness Center is open 365 days a year. Its hours of operation are:

Monday - Friday 0500-2200
Saturday 0800-2200
Sundays and Holidays 1000-2000

Aerobic classes in development are posted at the French Creek facility. Classes can also be verified by phone at 451-5841 and 451-5430.

Sports questions answered

Intramural and recreational sports play an integral part in the lives of Marines and Sailors, support personnel and their families on and off Camp Lejeune.

When there is a need to know anything about sporting events on base, there is one number most people turn to. The number belongs to the Intramural Sports Office, run by Jim Medley, Varsity Director and Gary Grant, Intramural Sports Coordinator. Often times the line is busy or on occasion you may not get an answer at all due the numerous logistical tasks Medley and Grant supervise. Medley and Grant run and schedule almost all major sporting events outside of the Camp Lejeune Grand Prix Series which is run by Mike Marion, MCCS Athletic Director, and Susan Goodrich, Youth Sports Program Coordinator.

Medley and Grant are the big shots on sports. They not only organize and coordinate the sports on base, but they are also often seen strolling the sidelines and mingling with the stars and coaches of intramural teams.

It's all part of interacting with the participants and familiarizing themselves with their work.

Globe staff

When is the New Gym at the Goettge Memorial Field House due to open?

Jim Medley

Well, we just opened up a new facility in French Creek, which has two areas available to play basketball. And once the Field House is done we'll have Area Four, Area Five and Area One gymnasiums to play. What we're trying to do is to get one finished at a time ensuring maximum play time. By March time frame the Field House should be open.

Globe staff

What's the schedule look like this year?

Jim Medley

We're finishing up basketball right now, volleyball starts up mid Feb. Softball starting up mid Mar. The meeting for that is Mar. 1 Over Thirty Basketball is also coming up.

Globe staff

Why isn't there any female basketball?

Jim Medley

Well, it's a number thing, our Marine Corps policy basically states that women can play along with men in intramural sports. For the women that feel that they do not have the opportunity to play we do have a varsity womens program. If the numbers can produce more than three or four teams we can do something for women only.

Globe staff

Why isn't intramural football only eight man football?

Gary Grant

Because some units are very small, you have Marines and Sailors and it's not fair to smaller units to have 11 man football. This way all units have a chance to play each other.

Globe staff

Why isn't the basketball playoffs as celebrated as the Turkey bowl?

Gary Grant

Because we don't have the competition in these sports, typically you've got eleven teams in a league and given that there you don't want to stick them in the playoffs 'cause it brings down the level of competition.

Jim Medley

People ask why we don't run more seasons, one is a money factor, we have to pay officials; two you've got the East Coast Regionals, and we try to run all season to were we end up at the start of All-Camp and then run straight right into the Regionals, and another thing soccer is an expensive sport it's \$90 per game.

Globe staff

What if a Marine checks into a unit, running the 100 meters in 9 seconds flat. How does he get on a Armed Forces team?



Globe staff

Gary Grant coordinates schedules.

Jim Medley

We have done away with Armed Forces Track and Field, now we do the Military World Games Track and Field, based on the army invitational. If a Marine wants to run, all he has to do is call us to request for funding, we give him an Athletic Resume sheet to fill out. If the Marine does indeed run a 9 flat just like he says, then we put a stamp of approval on his resume and send it to Headquarters Marine Corps for funding to the Army invitational. But the Marines have to come and show me that they have the time they claim.

Jim Medley

Since the reorganization of MWR We now fall under a division of our own, The Athletic Division. We will be adding a secretary, there will be a clerk and staff clerk and we should have no logistical problems. We will be moving, we're still gonna be in the bldg. 751 but were gonna be in the old Youth Sports office. 2061 we'll be transferred over.

ARCHERY

1999 3D ARCHERY TOURNAMENT schedule.

Divisions Include:
Men's open, Men's bow hunter,
Men's traditional, Women's
division, Youth division, Cub
division, and Pee Wee division.

Sat.	Jan. 23	9 a.m. - 3 p.m.
Sat.	Feb. 20	9 a.m. - 3 p.m.
Sat.	Mar. 20	9 a.m. - 3 p.m.
Sat.	Apr. 17	9 a.m. - 3 p.m.
Sat.	May 15	9 a.m. - 3 p.m.
Sat.	Jun. 19	9 a.m. - 3 p.m.
Sat.	Jul. 17	9 a.m. - 3 p.m.
Sat.	Aug. 21	9 a.m. - 3 p.m.

All of these dates are Saturdays and they do not conflict with any of the other archery clubs/tournaments in the local area. The entry fee for each tournament should remain at \$5 and all the shoots are open to the public. For more information call 450-0800 or 451-8124.



Cpl. Melissa Watts

A tip scores over the net scores.
**Winter league
gets hot**

Cpl. Melissa R. Watts
Camp Lejeune correspondent

Sundays are not a day of rest for the ladies participating in the winter recreational volleyball league.

Dennis Kautman, Youth Sports Coordinator's Assistant, first started the league five years ago when he thought that the base volleyball players needed some playing time.

Beginning the first Sunday in November, Kautman opens the Brewster Middle School gym for the women to play and register for the winter season. He keeps the amount of players down to six teams with nine women on a team, "first come, first serve".

Teams are established and team play began the first Sunday in January. Every Sunday the different teams of women play in three-two hour blocks. "We don't keep score, we just count the amount of wins and at the end of the two hours, whoever has the most wins," said Kautman.

There is no age limit for the participants, Kautman invites Marine wives, active duty Marines, high school girls and anyone else to play.

"I originally started the league so the high school girls could play through the winter after their regular season was over. I then thought it would be a good opportunity for the older women on base with experience to get on the court and get their time in too," said Kautman.

There is a registration fee of \$15 that Kautman charges for the league. The fee goes toward new equipment such as a new net, padding, referee stand, volleyballs and also buys snacks and drinks for the women throughout the season.

See VOLLY /2B



Globe staff

Jim Medley deals with schedules and gear issue daily.



TOUR D' PAIN

Grand Prix 99 takes off in full speed on Saturday with the running of the Tour D' Pain 50K. Late registrations will be accepted Saturday morning at the race site from 7:30 a.m. to 8:30 a.m. The course routes through a variety of settings, adding enjoyment to the challenge. Call 451-1799 for more information.

SUPERBOWL

SUPER BOWL SUNDAY!!! Football fans get ready. Super Bowl parties will be held at all MCCS recreation centers on Jan. 31. Times vary at each center. Make plans now to attend your favorite recreation center. During the game, look for the Castrol registration box. Register to win a JVC 27" Stereo Color TV, an Audiovox CD Boombox, or one of 17 Carolina Panthers footballs. You could be one of the lucky winners. Entry boxes are at all recreation centers and all MCX locations that carry Castrol motor oil. Drawing will be held Feb. 2. For more information call Central Area, 451-1942; Courthouse Bay, 450-7462; French Creek, 451-1446; and Camp Geiger, 450-0105.

SUPERBOWL PARTY

Central Area Recreation Center's Super Bowl XXXIII party begins at 12 noon on Jan. 31. Wear your favorite teams jersey, helmet, hat, or whatever and plan to have fun! A centering contest will be held at 12:30 p.m. First place will receive a \$25 gift certificate. Passing contest begins at 1:00 p.m. and first place winner receives a \$25 gift certificate. At 1:30 p.m. a Four-Person flag football game begins. First place receives a \$100 gift certificate. Free hot dogs, chips, and soda will be available while they last. The recreation center will have the game on eight TV's so there is no reason for you to miss a pass. Don't let all this excitement keep you from entering the no charge football pool. Super Bowl XXXIII game begins at 6:00 p.m. Four-person flag football entry forms are available at the recreation center from the recreation attendant. For more information call 451-1942. A Super Bowl party will be held at French Creek Recreation Center Jan. 31 beginning at 4:00 p.m. Get your friends together and come on over. Watch the game on four big screen TV's. Enter the free football pool while you're there. FREE food and drinks will be available. Register to win a 27" JVC stereo color TV, an Audiovox CD Boombox, or one of 17 Carolina Panthers footballs. For more information, call 451-1446.

LADIES GOLF

The Paradise Point Ladies' Golf Association meets every Tuesday of the month at the PPGC Club House. Meetings are followed by a relaxing round of golf. If you're new to the area and love to golf, or if you would like to learn to golf, visit the golf course the next time you're in the area. For more golf course information call 451-5445. For more association information, call Molly (393-9460) or Helen (326-1354).

POOL

French Creek Recreation Center holds 8-Ball Pool Tournaments every Sunday. Sign up by 7:30 p.m. NCAA College Football can be seen on the big screen every Saturday at the recreation center. Monday Night Football hits the big screen every Monday. Enter the free football pool and win some great prizes. DJ's will be spinning the hits several nights during October. Come on out and bring your friends for lots of fun. For event information, call 451-1446.

ARCHERY

Camp Lejeune Archery Range will be hosting a 3-D Archery Tournament on Saturday beginning at 9:00 a.m. Divisions include men's open bow hunter, and traditional, women's, youth, cub, and pee wee. Entry fee is \$5 per person. Call 450-0800 or 451-8124 for more archery information.

Looking for a few good shooters

Ronna M. Weyland
Quantico Sentry correspondent

The United States Marine Corps Rifle and Pistol Team is looking for Marines interested in trying out for the team.

"The 1999 Marine Corps shooting team is looking to pick up approximately 30 Marines to compete this year," explained GySgt. Jerry McGraw, instructor/competitor for the rifle team.

According to McGraw, the purpose of the competition in arms pro-

gram is to give Marines a chance to handle weapons in a competitive environment.

"One of our objectives is to fill a four woman team for the 1999 season, which is currently inactive due to lack of participation," he explained. "We have SSgt. Watson, a meritoriously promoted female Marine, who has been the only woman Marine for over two years on the team." McGraw continued, "There are records indicating that there are match records that haven't been broken in the women's category since 1977.

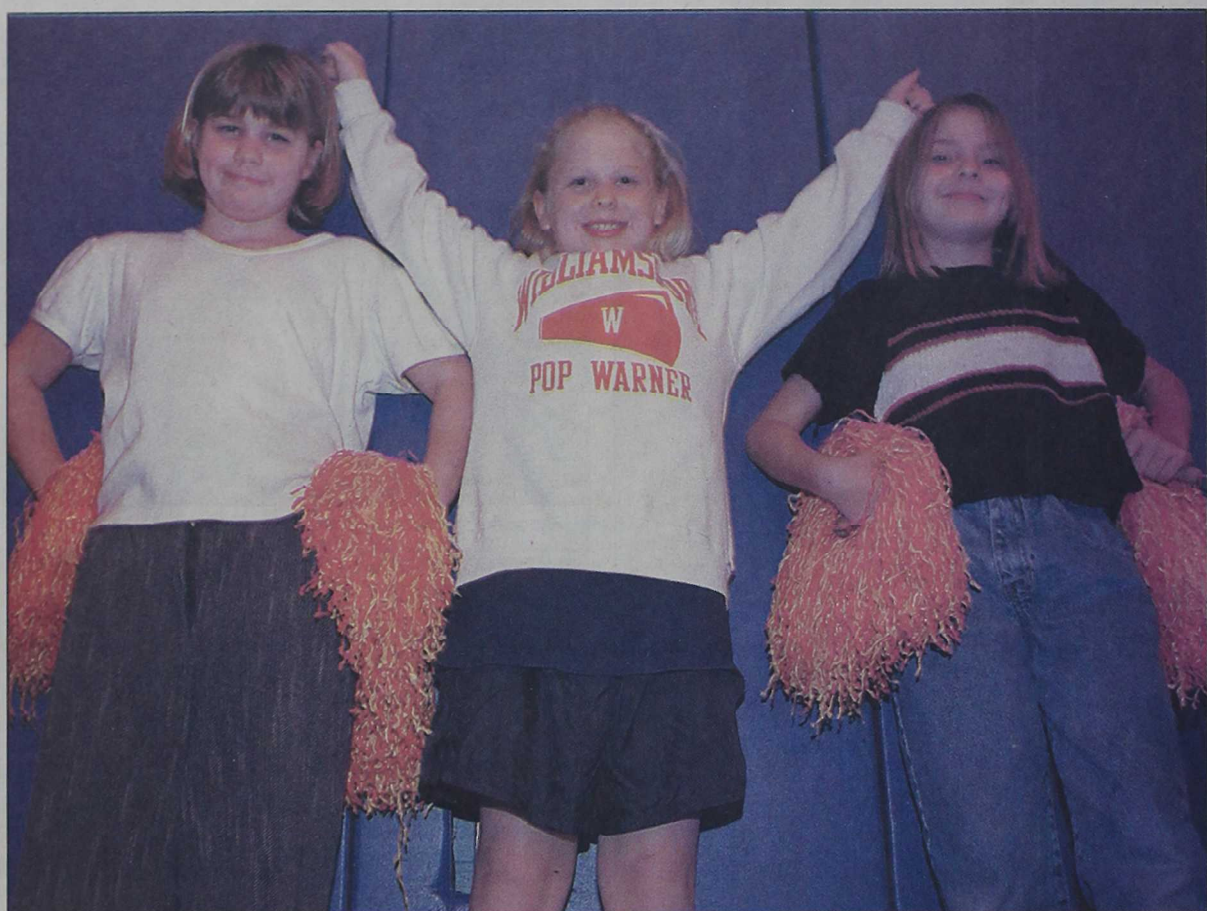
Some incentives for joining the team are trophy medals, both team and individual, and the chance to enhance skills in both rifle and pistol.

"Once a Marine becomes distinguished with the weapon, they will not have to qualify with that weapon again," McGraw said. "The difference between match shooting and qualification shooting is mind set," he continued. "The stress level is different because the Marine knows he/she is competing for a medal."

The only prerequisites for trying out for the team is good attitude, a

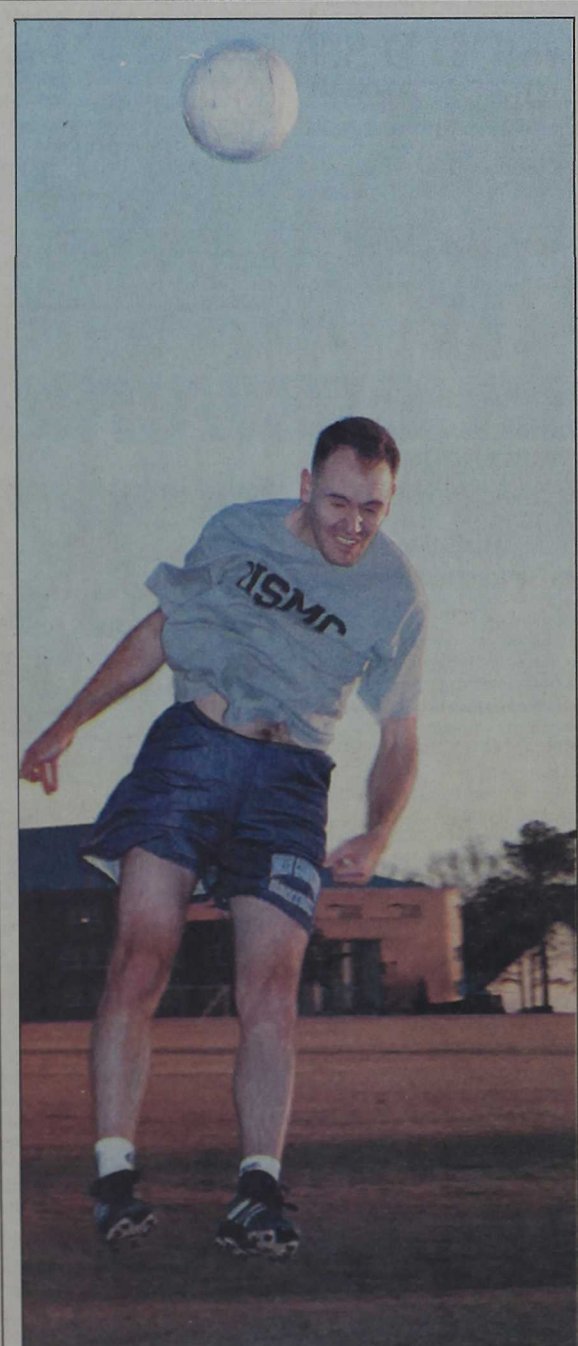
willingness to win, good consistent scores and currently be a sharp-shooter or better.

The division match sites are as follows: Far East—Camp Hanson, Okinawa, Japan, Feb. 19-Mar. 12; Pacific—Puuloa, Hawaii, Feb. 26-Mar. 19; Western—Camp Pendleton, Calif., March 5-Mar. 26; Eastern—Camp Lejeune, NC, Mar. 12-Apr. 2; Marine Corps Team—Camp Lejeune, Apr. 2-Apr. 30. Contact Maj. M. R. Darnell, officer-in-charge of the United States Marine Corps Shooting Teams, at (703) 784-5237.



Cheerleading

Coached by Gretchin Fowler and Eloisa Gonzalez, a few Hurricane cheerleaders practice their cheers for tomorrow's basketball games.



Soccer

1stLt. Lance Despain, charges in for the header on goal. Lt. Despain and Lt. D'Meza along with other soccer enthusiasts, usually gather for an early evening game of soccer.

VOLLY from 1B

Sunday, teams three and four faced off for a 5-0 win for team three. In March there will be a final tournament that will determine the team that has improved the most throughout the season. The record of each team will not matter entering the final tournament and according to Kautman doesn't really matter during the season either.

"The girls don't play for score, they just play to be playing and to get a little friendly competition to improve their skills," said Kautman.

1999 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIPS

Basketball (Men)

East Coast Regional
Mar. 15-19
MCB Camp Lejeune, N.C.
West Coast Regional
Oct. 17-23
MCB Camp Pendleton, Calif.
All-Marine Trials
Oct. 24-Nov. 14
MCB Camp Pendleton, Calif.
Armed Forces (USN Host)
Nov. 15-20P
Port Hueneme, Calif.

Basketball (Women)

All-Marine Trials
Mar. 7-27
MCLB Albany, Ga.
Armed Forces (USN Host)
Mar. 28-Apr. 3
Port Hueneme, Calif.

Wrestling

All-Marine
Feb. 1-Mar. 20
MCB Quantico, Va.
Armed Forces (USAF Host)
Mar. 9-14
Port Carson, Calif.

Volleyball (Men)

East Coast Regional
Apr. 4-10
MCAS Cherry Point, N.C.
West Coast Regional
Apr. 4-10
MCB Camp Pendleton, Calif.
All-Marine Trials
Apr. 11-May 1
Camp Lejeune, N.C.
Armed Forces (USAF Host)
May 2-8
Randolph AFB, Tx.

Volleyball (Women)

All-Marine Trials
Apr. 11-May 1
Camp Lejeune, N.C.
Armed Forces (USAF Host)
May 2-8
Randolph AFB, Tx.

Triathlon

Armed Forces (USAF Host)
May 5-9
MCB Camp Pendleton, Calif.

Softball (Men)

East Coast Regional
July 25-31
MCAS Cherry Point, N.C.
West Coast Regional
July 25-31
MCRD San Diego, Calif.
All-Marine Trials
Aug. 1-21
MCAS Cherry Point, N.C.
Armed Forces (USAF Host)
Aug. 22-28
Air Force Academy, Co.

Softball (Women)

All-Marine Trials
July 18-Aug. 7
MCLB Albany, Ga.
Armed Forces (USAF Host)
Aug. 8-14
Eglin AFB, Fla.

Golf

All-Marine Trials
Aug. 8-14
MCB Camp Lejeune, N.C.
Armed Forces (USMC Host)
Aug. 15-21
MCB Camp Lejeune, N.C.

Soccer (Men)

East Coast Regional
Oct. 10-16
MCB Camp Lejeune, N.C.
West Coast Regional
Oct. 10-16
MCRD San Diego, Calif.
All-Marine
Oct. 17-Nov. 14
MCRD San Diego, Calif.
Armed Forces (USN Host)
Nov. 6-14
NS San Diego, Calif.

Soccer (Women)

All-Marine Trials
Sep. 12-Oct. 2
MCRD Parris Island, S.C.
Armed Forces (USN Host)
Oct. 3-9
NAS Memphis, Tn.

Marathon

Armed Forces (USMC Host)
Oct. 22-25
MCB Quantico, Va.

Q&A

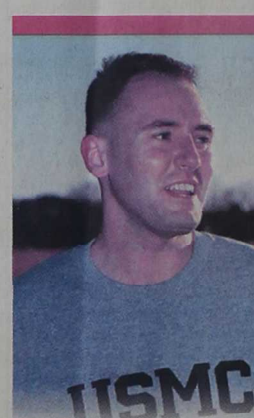
SEMPER FIT

How do you plan to get in shape for the last summer of the century?



Casey Lipps

"Lose 15lbs., and just stay in good shape."



1stLt. Lance Despain

"I'll just be playing a lot of soccer, to work on my running, visit other parts of the world and go running through different cities in the world and just do my sight seeing through running."



Beth Coombs

"My goal for the last summer of the century is to just stay in shape."



1stLt. Gilder D'Meza

"My goal for the last summer of the century is... well, if it's not broke don't fix it but I need to work on my run time."

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Intramural Men's and Women's Volleyball

Organizational meeting will be held Feb. 1, at 12 p.m. Letters of intent to be picked up from the Athletic Office in the field house. They must be signed and returned prior to the meeting Feb. 1. For more information contact your Area Program Manager or contact the Intramural Sports Coordinator at 451-2061.

National Wrestling Federation Matches

Wrestling Fans can come out and cheer on their heroes from the NWF and WWF Feb. 6, at the Tucker Creek Middle School Gymnasium. The event will begin with an autograph session at 7 p.m., followed by the 7 most matches beginning at 8 p.m. There will be an opportunity to also meet and eat with the Wrestlers immediately following the match at the Pizza Inn in Havelock. Tickets are now available at the following locations: Havelock Chamber of Commerce, Havelock Chiropractic Clinic, Moore's True Value Hardware, and ITT at Cherry Point. Tickets are \$15 for ringside and \$10 for general admission. Sponsors of this event are the Havelock Chamber of Commerce and Pepsi of New Bern.

Semper Fi Wrestling Club

The wrestling club wants to give every youth in grades 1-8 a place and opportunity to learn and practice the sport of collegiate and Olympic style wrestling. The club is chartered through the N. C. Junior Olympic Wrestling Association and is under the supervision of a leader with 25 years of experience, Coach Ezra Simpkins. The club will meet at Jacksonville High School Gym on Tuesday evenings from 6-8 p.m. For more information, call Seaman Laymon at 451-5775.

Triathletes/Multisports Enthusiasts

Jacksonville Roadrunners Club is expanding membership for multisport athletes. Those who combine biking, swimming, running, and other multisport events as part of their personal training. The goal is to assemble a network of athletes to train and learn from each other for Base Grand Prix, local triathlons or running events. Drawing advice from novices-experts, the club plans to provide classes for all members in fundamentals and other subjects. For more information, contact Mark Brown at 347-4379 from 8 p.m.-10 p.m.

Soccer League

The Onslow County Parks & Recreation Department is currently accepting registration for Adults 30 & over, 7 on 7 Soccer League. Registration will run through Jan. 28. The season starts the first Sunday in February. For more information, call 347-5332.

Cheerleading contest

The Onslow County Parks and Recreation Department, Bill White Sporting Goods, Brumbaugh, and Mu & King are sponsoring a Cheerleading contest Feb. 20 at Hunter's Creek Middle School. Squad registration ends Feb. 15. Competition begins at 9 a.m. If you have questions about this program, call the Onslow County Parks and Recreation Department at 347-5332.

big games

THIS WEEK

Jan. 25

6 p.m. - Intramural Basketball - Rockets Division - Camp Johnson Gym - 6th Mar vs SOI and Area 4 Gym - Supply "B"

vs Hq Spt "B"

7 p.m. - Intramural Basketball - Rockets Division - Camp Johnson Gym - LSB vs 2d Tank and Area 4 Gym - Med "B" vs

LSSS

Jan. 26

6 p.m. - Intramural Basketball - Bulls Division - Area 5 Gym - Med "A" vs BSTs and Area 4

Gym - 2/10 vs Maint Bn

7 p.m. - Intramural Basketball - Bulls Division - Area 5 Gym - 5/10 vs 8th Comm and Area 4 Gym - Supply "A" vs Hq Spt "A"

FISHING LICENSE REQUIREMENTS

License requirements depend on the classification assigned by the North Carolina Legislature to a body of water. Camp Lejeune waters have either "Inland" or "Coastal" classification. Fishing licenses are required of Hook and Line fisherman in all inland waters. Hook and Line licenses are not required in waters

classified as Coastal. Around Camp Lejeune, the inland waters are:
• Wallace Creek above the Main Service Road bridge.
• French Creek in its entirety.
• Duck Creek in its entirety.
• Southwest Creek above Maple Landing.
• Brinson and Edwards Creeks (Geiger) in their entirety.
• North East Creek above the railroad bridge at NC Route 24.

All other waters are classified as Coastal. There is an important exception to the North Carolina License requirements: A resident may fish with natural bait in his county of residence without a license. For Fishing License purposes, a military member is deemed a resident of county in which his base is located. Natural bait is defined as any bait which may be beneficially digested by fish.

A North Carolina or Onslow County

License is required in addition to the base fishing license when fishing in the eleven managed fish ponds on Marine Corps Base Camp Lejeune unless fishing with natural bait. There is no exception to the Base Fishing License requirement. A Base fishing license cost \$5 and a combination Fish and Hunt license cost \$15. For more information, visit the Game Warden Office located at Bldg. PT-4 on Parachute Tower Rd. or call 451-2196.

SUNDAY BASKETBALL

The Onslow County Parks & Recreation Department's Sunday Open Play Basketball Program will begin Dec. 6 and will continue every Sunday from 1-5 p.m. through Feb. 7. The program is for youth 15 and under. Individuals 16 and older may register for the program at the Onslow Pines Park Office weekdays from 8 a.m. to 5 p.m. The program will be held at the following Middle School gyms: Dixon, Hunters

Creek, Southwest, Swansboro, and Trexler, the fee is \$5.

OFFICIALS NEEDED

The Jacksonville Recreation and Parks Department is in need of youth basketball officials for the 1998-99 youth basketball leagues. High School Federation rules will be used. For more information, contact Allison Lachman at 938-5304, weekdays between 8 a.m. and 5 p.m.

VOLUNTEERS NEEDED

The Onslow County Parks & Recreation Department is looking for volunteers, high school or adults, to assist with various programs and athletic events. SAT hours can be accumulated in a short period of time while having lots of fun. All those interested in volunteering should contact the Onslow County Parks & Recreation Dept. at 347-5332.

LEJEUNE LADIES TENNIS

The Lejeune Ladies Tennis Association practices at Paradise Point Tennis Courts. Meeting dates are Mondays from 9 - 11 a.m. All levels of dependents, active duty and retired are welcome. Annual dues are \$10. For more information on the Lejeune Ladies Tennis Association call Jean Spritzer 577-5889 or Jo Koziuk at 355-0746.

LEJEUNE INTRAMURAL & RECREATIONAL

SCOREBOARD

INTRAMURAL OFFICE: (910) 451-2061

INTRAMURAL BASKETBALL

BULLS DIVISION

1 MED 'A'
2 8TH COMM
3 BSTS
4 MAINT BN
5 SUPPLY 'A'

10 - 2
9 - 3
8 - 4
7 - 5
7 - 5

6 HQSPT 'A'
7 2/10
8 5/10
9 2D RAD
7 - 5

6 - 6
6 - 6
2 - 10
0 - 13

16TH MAR
2 HQSPT 'B'
3 LSB
4 SUPPLY 'B'
5 CEB

11 - 3
10 - 2
10 - 2
7 - 5
7 - 5

7 8TH ESNB
8 SOI
9 LSSS
10 MED 'B'

6 - 7
2 - 12
2 - 12
1 - 13

62D TANK 6 - 5

COMPETITION HEATS UP AS NO TEAM REMAINS UNDEFEATED

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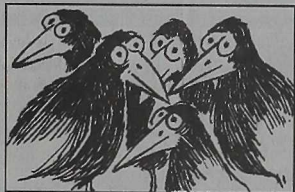
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Marine Blvd., Jacksonville
346-5713

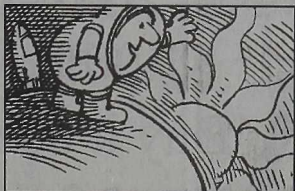
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10am - 5pm Saturday

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A group of crows is called a murder.



The planet Jupiter, the fastest-rotating planet, has the shortest day. Its day lasts just under 10 hours.

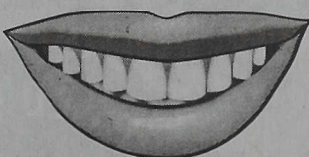
You know what charm is: a way of getting the answer yes without having asked a clear question.

—Albert Camus
The Fall

Stephen C. Futrell, D.D.S.

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75¢ OFF ANY REGULAR SANDWICH/ SOURDOUGH CRUST PIZZA

\$1.00 OFF ANY LARGE SANDWICH*

*Large sandwich made with sourdough crust only. Sourdough crust pizza not available in all markets.
Expires May 01, 1999
Good only at 2121 North Marine Blvd., Jacksonville, NC 28546

Schlotsky's Deli

Original Taste. Every Day.

75¢ OFF ANY REGULAR SANDWICH/ SOURDOUGH CRUST PIZZA*

*Sourdough crust pizza not available in all markets.
Expires May 01, 1999
Good only at 2121 North Marine Blvd., Jacksonville, NC 28546



Some mammoths, related to present-day elephants, had curvy tusks as long as 13 feet.

**Armed Forces
Cross Country
Championship**

Where: NS May port, Fla...
When: Feb. 14-19
Resume will be used and picked up at
Goettge Memorial Field House. The
resumes must be sent to HQMC NLT
Dec. 28. Any questions call the Athletic
office at 451-2061.

**Country
Championship**

Where: NS May port, Fla...
When: Feb. 14-19
Resume will be used and picked up at
Goettge Memorial Field House. The
resumes must be sent to HQMC NLT
Dec. 28. Any questions call the Athletic
office at 451-2061.

**Zagreb Croatia
1999 Military
World Games
Aug. 6-18**

U.S. Armed Forces Teams will compete
in the following sports:

- Basketball - Men
Boxing - Men
Cycling (Road Only) - Men
Fencing
Judo
Marathon
Parachuting
Naval Pentathlon
Shooting
Swimming/Diving
Track & Field
Triathlon
Wrestling - Men
Volleyball
Team Handball - Men
Taekwondo
Orienteering (Reserves Only)
Soccer - Men
Rowing - Men
Canoe/Kayak - Men

If you are interested in trying to
make the team in any of these events,
call 451-2061 and ask for Jim Medley.
Each Sporting Events has a resume
deadline to qualify.

**HIGH SCHOOL
SPORTS**

835 STONE STREET CAMP LEJEUNE NC 28547-3130
910 451-2451 FAX 910 451-3130

BASKETBALL
Boys Coach: Doug Erny
Girls Coach: Debbie Bryant

WRESTLING
Boys Coach: Tom Childs

TODAY	Topsail	HOME	Jan. 23	CONFERENCE	AWAY
Jan. 26	Jones SR.	AWAY	Jan. 28	GREENE CTRL.	HOME
Jan. 29	North Brunswick	HOME	Feb. 30	CONFERENCE	AWAY
Feb. 2	Dixon	AWAY	Feb. 2	Dual Team	
Feb. 5	Pamlico	AWAY	TBA		
Feb. 9	Topsail	AWAY	Feb. 12-13	Regionals	
Feb. 11	Jones SR	HOME	Williamston		
			Feb. 19-20	State	
			Charlotte		
Feb. 15-20	Conference				
DIXON					
Feb. 22-27	Sectional				
Mar. 2-6	Regionals				
Mar. 13	State				

VOLLEYBALL

CAMP LEJEUNE MEN'S AND WOMEN'S VARSITY VOLLEYBALL TRYOUTS. FOR
MORE INFORMATION, CALL GYSGT. KELLUM AT 451-2523 OR VARSITY
ATHLETICS AT 451-2061.

OVER 30 BASKETBALL LEAGUE

AN ORGANIZATIONAL MEETING FOR OVER 30 BASKETBALL WILL BE HELD FEB.
22, 10 AM AT THE GOETTGE MEMORIAL FIELD HOUSE, BLDG. #751. THIS LEAGUE
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**MWR Semper Fit
Aerobics**

SCHEDULE

LOC/TIME	MON	TUE	WED	THUR	FRI	SAT
BLDG. 524 6AM	EARLYBIRD AEROBICS		SLIDE HI IMPACT		EARLYBIRD AEROBICS	
TT FITNESS CENTER 9AM	BODY PUMP	STEP	LOW IMPACT	STEP LOW IMPACT	STEP SLIDE	BODY PUMP
TT FITNESS CENTER 9AM		POWER WALK		POWER WALK		
TT FITNESS CENTER 10:15 AM						SINGLE/ DOUBLE STEP
TT FITNESS CENTER 11:30 AM	DOUBLE/ QUAD STEP	LOW WEIGHTS	STEP SLIDE	BODY PUMP	DOUBLE/ QUAD STEP	
BLDG. 524	DOUBLE/ QUAD STEP	COMBAT CARDIO	DOUBLE QUAD STEP	COMBAT CARDIO	BODY PUMP	
AREA 2 POOL 11:30 AM	WATER RUNNING	WATER AEROBICS	WATER RUNNING	WATER AEROBICS	WATER RUNNING	
BLDG. 524 12 PM	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER	
BLDG. 524 5 PM	COMBAT CARDIO	LOW SLIDE	COMBAT CARDIO	DOUBLE QUAD STEP	STEP LOWIMPACT	
AREA 2 POOL 5 PM		WATER AEROBICS		WATER AEROBICS		
TT FITNESS CENTER 5:30 PM	LOW IMPACT SLIDE	DOUBLE/ QUAD STEP	AERO- BOX	STEP	AER- BOX	
MIDWAY PARK CHPL 6PM	HI/LOW IMPACT					
TT FITNESS 6:45PM	STEP HI IMPACT		DOUBLE/ QUAD STEP		SLIDE HI IMPACT	
TT POOL 6:15 PM						

Early Bird Aerobics: One hour of high/low aerobics • HI/Low Impact: Aerobic workout
demonstration at both levels • Slide: Aerobic workout for thigh toning • All body
Cycling: combination cardio/strength for the heart • Step Aerobics • Double Step
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• Thirty percent
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• About a third
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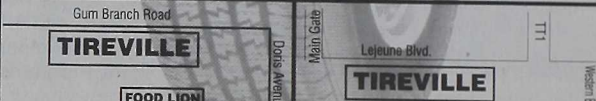
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A Net Improvement In Computer Skills

(NAPS)—Good news for anyone
wondering about America's ability
to compete, technologically speaking,
with the rest of the world: a
recent test from global communi-
cations giant MCI indicates the
nation's Internet skills are
improving.

Since the launch on March 30,
1998 of the MCI Great American
Net Test, the scores of both men
and women have risen four points.

Other findings include:

- The national skill average is 33.05, up from 78.8 in 1997.
- Men average 82.4 (up from 78.3); women average 83.8 (up from 79.9).
- Eighty percent of test-takers think the Internet will be around in the year 2100.
- Thirty percent use the Internet for entertainment.
- About a third use the Internet for learning and research.

As one of the world's leading
Internet providers, MCI created
the MCI Great American Net Test
to determine how well the on-line
population is utilizing the World
Wide Web's technology and who is
most efficient.

"As we move closer to an elec-
tronic society, it is satisfying to
see test scores rising," said Vinton
G. Cerf, MCI Senior Vice Presi-
dent of Internet Architecture and
Engineering and considered one of

the fathers of the Internet.
"People who take advantage of the
Net's power and vast resources—
Internauts—will have an advan-
tage in tomorrow's world of busi-
ness, education and technology."

The test consists of five mul-
tiple-choice questions on pop cul-
ture, world geography, science and
technology, art and literacy and
history. Test takers use the search
engines of the Internet to find the
answers. Test scores are based on
the number of correct answers and
the amount of time it took to get
them. Direct search engine links
between the test and the Web have
been installed to allow for a search
without leaving the test's Web site
and getting lost in cyberspace
while looking for an answer.

"With the growing use of tech-
nology in the home and the work-
place, it is important that people
know how to use innovative tools,
like the Internet, efficiently and
effectively. That's why this effort
is so timely and useful," said Bob
Sharron, Director of Global Corpo-
rate services for the Chauncey
Group International, a subsidiary
of the Educational Testing Service.

Before the test site's "report
card" on America's Internet abili-
ties is released on July 4, thou-
sands more people are expected to
complete the enjoyable test by log-
ging on to www.nettest.mci.com.

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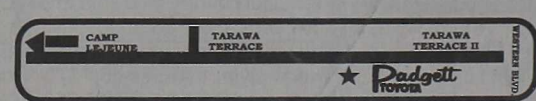
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'91 TOYOTA PREVIA LE White, Automatic A/C, Window Locks \$5995	'98 DODGE NEON 4 Door, AT, Air Conditioned \$10,998	'97 MAZDA PROTEGE LX 27K, Gold AT, A/C, Window Locks \$11,898	'98 CHEVY CAVALIER LS 2 To Choose From, 4 Dr. AT A/C, WL, Tilt, Cruise \$12,498	'98 FORD CONTOUR GL 29K, AT, A/C Tilt, Cruise, WL \$13,798	'98 BUICK LESABRE Green, A/T, A/C Nice Car \$15,488	'97 FORD RANGER XLT X-Cab, 4x4, White AT, A/C, Tilt, Cruise & More \$17,498	'98 CHEVY ASTRO VAN LS "EXTENDED" Dual Air, Full Power, Loaded \$19,988
'96 CORVETTE CV Loaded, AC, Red/Blk top \$31,499	'97 NISSAN SENTRA GXE White, 25K 5 Speed, A/C \$10,498	'94 NISSAN MAXIMA SE Grey, 57K, AT A/C, PW, L \$11,998	'98 TOYOTA EXT. CAB Burg., Cap, 5 spd., A/C 12,000 miles \$15,488	'95 TOYOTA CAMRY LE Dark Green, 61K, AT A/C, Power Windows & Locks \$13,998	'98 DODGE STRATUS Fully Loaded Automatic \$14,998	'98 FORD F-150 XL White, AT, A/C V-8, 18K \$17,498	'97 TOYOTA CAMRY LE Lt. Blue, A/T, A/C Spoiler \$16,988
'97 NISSAN SENTRA GXE Black, 21,000 Miles 5 Speed, A/C, WL \$10,298	'97 HONDA CIVIC LX 4 dr., Burg., A/T, A/C Nice \$14,988	'97 RANGER XLT 5 spd. 16,000 miles \$11,498	'98 CHEVY MALIBU 4 Door, AT, A/C Loaded \$13,498	'98 MERCURY MYSTIQUE White, 29K, AT A/C, Full Power \$13,998	'96 HONDA ACCORD LX Black, 43K, A/C Automatic \$14,998	'94 OLDS ACHIEVA S Managers Special Good Transportation Car \$4,488	'98 CHEVY BLAZER LS 4X4 Fully Loaded \$21,498
'96 FORD CONTOUR GL White, 35K, AT, Cruise A/C, Window Locks, Tilt \$10,998	'98 CAMARO AT, AC 18,000 miles \$15,998	'98 PONTIAC SUNFIRE Red, 2 Door, A/C Automatic \$12,798	'98 DODGE STRATUS 4 Door, AT, A/C 4 Cyl. \$13,598	'96 FORD WINDSTAR GL 4 To Choose From Completely Loaded, Dual A/C \$13,999	'98 MERCURY SABLE GS Green, 27K, Automatic A/C, FP \$15,998	'98 TOYOTA CAMRY LE Green, 18K, AT A/C, PWL \$18,398	'96 AUDI 2.8 QUATTRO Sedan, V-6, 5 Speed Leather, Sunroof \$21,998
'97 CHEVY VENTURE AT, AC Rear AC \$16,998	'96 COUGAR V-8, loaded, leather \$14,498	'96 MAZDA 626 Burgundy, PWL, 29K AT, A/C \$12,898	'98 PLYMOUTH BREEZE 4 Door, 4 Cyl. AT, A/C \$13,598	'97 CHEVY MALIBU LS Silver, 26K, AT A/C, Full Power \$14,698	'97 FORD WINDSTAR Dual Air Fully Loaded \$16,995	'98 GRAND CARAVAN SE Completely Loaded Dual A/C \$19,900	'98 TOYOTA AVALON XLS Green, Fully Loaded, V-6 BOSSSES CAR \$21,998

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'78 Camaro Z28, maroon, auto, t-tops, dual pipes, runs great, fast, 346-0940.

'86 Honda Accord L, 5 spd., pw, pl, pb, ps, cc, rims, spoiler, high miles, needs carb., \$900 obo, 353-0614.

'88 S-10 Blazer 4x4, one owner, xcellent cond., pw, pb, pl., a/c, am/fm cass., cc, tilt, tinted glass, \$5,000 obo, 326-6389.

'89 VW Cabriolet convertible, 5 spd., gray/gray cloth int., good cond., 98k miles, needs new top, asking \$3,000, 938-7815.

'90 Volvo 240 DL, dk. Blue, excellent cond., new paint, all serv. rec., \$6,800, 353-6340.

'91 Chevy p/u, low miles, great cond., one owner, \$6,500, (252) 444-5992.

'91 Geo Storm, white w/ ground effects, tinted windows, cd, alarm, 5spd., \$2,000, 455-7521.

'92 Chevy S-10, 4x4, 85k miles, Tahoe trim, alum. Wheels, towing pkg., 6cyl. 4.6L, must see, call, (252) 224-0935.

'94 Ford Thunderbird, ps, pb, cc, air, auto, sunroof, low miles, excellent cond., pw, ps, pm, keyless entry, V8, 28mpg, \$10,800, 937-0668.

'94 Miata convertible, 54k miles, Naca duct, K&N filter, new tires, headrest speakers, synthetic oils only, great shape, below blue book at \$10,500, 355-9104.

'94 Pontiac Firebird, mint cond., blk/gray, t-tops, 5spd., airbags, 455-5861.

'95 Mercury Grand Marquis, one owner, good cond., call 326-5856.

'96 Nissan Sentra XE, white excellent cond., 35% tint, New tires, \$8,500, 353-7455.

'96 Geo Prizm immaculate, one owner, gray, 4dr auto, ac, runs perfect w/ 87,00 miles outstanding gas mileage, new tires/brakes, \$3,500, 577-6662.

'96 Chevy Lumina, 4dr., 50k miles excellent cond., must sell, \$8,900, 355-6824.

'97 Ford Escort, silver 4dr., will sell for wholesale, extellent cond., 355-6824.

'97 Dodge Avenger, 6cyl., auto, loaded, black and only 20,000 miles, must sell, \$14,000, (252) 354-7817.

'79 Datsun king Cab Pick up truck, Datsun color no. 524, fire-engine red, runs like a champ. AM/FM cassette, heat, air, only 110k miles, asking \$750. Call 938-2940.

Payoff or take over payments, '95 blue Sonoma, 6cyl., 5spd., a/c, great shape, 577-7249.

BOATS/REC.

Colt Trooper M11 III .22 Mag. 4" blue steel. Excellent condition. \$225 OBO. Call 324-3406 evenings.

Compound bow, Hoyt SuperSlam Eclipse, right handed w/overdraw, arrows included 70lb. draw weight, \$150 crossbow with case and scope. Call 355-6688.

For sale, Holley 600 carb with vacuum secondaries, \$50, 353-4701.

54 cm. Tre 5500 OCLU. Road bike, frame and fork, only \$800. Complete bicycle, \$1,700, firm. 52cm. Peugeot Road bike, 4500 obo. Helmets, \$30 ea. Other biking gear too. Call 346-4567.

'78 Sunline camper, sleeps 6, electric brakes, twin axle, new a/c, tires, battery, clean, many extras, \$3,250, 327-2503.

ELECTRONICS

For Sale: 8mm RCA ViewFinder Camcorder w/ zoom. Excellent condition, 1 1/2 years old. No longer need, received new one for X-mas. Battery charger etc. included. Asking \$400, negotiable. Inquiries call 577-5530.

Hewlett Packard Deskjet 600c

color printer, \$100 OBO. Small microwave, works great \$20. Quasar CD Boombox with AM/FM cassette \$30. (910)938-0583.

13" General Electric Color Television set with remote, 10 years old, looks and works like new \$60. Call 938-2940.

3-Intercom units - \$20. 1-19" Color TV - \$175. Call 938-1677. Computer, 16 mgs, keyboard, Jetprinter, 28.8 modem, soundcard, speakers, and color monitor. Many programs \$500 firm. Call anytime 346-2432.

For Sale: Motorola 27" television, \$35. Call (910)326-5856.

19" Stereo sound color television set with digital remote, charcoal grey finish, \$75, call 346-9969.

2 year old Sega Saturn with 2 controllers, 8 games, with game gun. Including street fighter Alpha 2 and Tomb Raider. Asking \$150. Call 355-3510.

Computer, 266 with 32 memory. 24X CDROM, 3.0 hard-drive. \$450 without monitor, \$500 with. Many Programs. Call 353-3769.

Computer Printer for sale. HP Deskjet 712. Color printer, Photo quality. Purchased in November, barely used, \$225. Call 355-9331.

JVC Car Stereo cassette w/CD changer controls/voice command/remote RCA outputs, front + rear. Call 456-3826.

30W x 4/CD Changer, 12 disks. New! Paid \$650, sell for \$550. Car Pioneer 6 disk changer FM 61, hardly used w/all accessories, \$250. Home JVC Double cassette player, lots of features, \$125. Call 347-9167.

Kenwood 6 disc cd player \$300. Kenwood 150 watt Amp \$120. Pioneer 150 watt speaker \$90. Call 326-8148.

FURN./APPLI.

Couch, chair, two end tables, coffee table, good cond. Oak frame. \$150 obo. 346-2449

Complete baby nursery furnishing. Includes comforter, bumper pads, head bumper, wall hanging, diaper bag, stroller, changing table cover, etc. Exc. cond. Pd \$600, asking \$300 obo. 353-8879.

Simmons 3pc matching crib with mattress, 5 drawer chest and changing table. All white. Exc. cond. Pd \$1,000, asking \$400. 353-8879.

Solid oak futon w/ mattress. Folds out to full size bed \$125. Exc. cond. 326-1911.

Solid oak baby changing table. Perfect cond. Includes pad and cover. \$30. 326-1911.

Solid oak entertainment center. Holds 32" TV with sliding doors. Holds 2 VCRs, stereo system, 50 tapes, etc. Exc. cond. \$350. 326-1911.

Beautiful flowered sofa w/ lots of pillows. \$250. Lifecycle cond. rider \$75. Pro-forty treadmill \$300. Misc. antique shelves, TV stand, dressers, etc. 346-6201.

Twin bed headboard - white \$15. 2 yr. old twin bed box spring \$20. Twin bed frame \$10. 353-8879.

3 PC living room set \$500. 3 PC wall unit \$200. Black entertainment center \$50. Futon/full size \$75. Dining set w/ 6 chairs \$200. Microwave \$100. 937-2562.

Couch, love seat and chair. Blue floral pattern \$200. Average wear. Tan sleeper sofa \$100. 324-3158 lv message.

Beautiful country blue sofa and love seat \$500. 353-0501.

Mirrored dresser w/ lighter hutch style, mirrored top \$75. Unframed mirror 32"x43" \$10. 6 bar stools \$3/each. 938-1677.

Wooden desk in good cond. \$50 obo. 453-5748. Lv message with number.

Book shelf in good cond. \$20 obo. 453-5748. Lv message with phone number.

Washer and dryer \$250 for pair. Negotiable. 453-5748. Lv message with number.

3 honey colored walnut arm chairs. Need little wood glue and re-staining. \$45 for all three. Extra large hunter green bean bag chair. Pd \$60. \$15. 355-2551.

Huge antique English china hutch/ side board walnut hand carved - very ornate - to the ceiling. A stunning piece. Appraised at \$4,000. Pd \$2,600. Will take \$1,200. 355-2551.

Stereo wall unit. Will hold 27" TV w/ lots of storage space. \$65 obo. RCH stereo sys. Nice. \$50 obo. Other items also. 326-3866 anytime. Prices negotiable.

MISC.

Gravity Rider less than a year old \$50 OBO video/toy shelf, wooden \$8, microwave cart \$5, call 326-8007.

Beautiful wedding dress for sale, size 3 with veil and a long train, white, was custom made 5 years ago in Mississippi for \$800, will sacrifice for \$450. Call 346-9969.

DeeZee running boards for full-size Chevy P/U \$40. Call 326-2342.

14ct. ladies diamond motion ring appraised at \$1,550. Asking \$800 OBO, will provide appraisal. Call 353-8685.

'78 Sunline Camper twin axles, electric brakes, sleeps six, very clean, new A/C, tires, battery. Many extras \$3,250. Call 327-2503.

Utility trailer w/ramps, \$450, call 455-9136.

For sale to first caller to make reasonable offer, big plastic garbage can for outdoor use and steel-tip rake, almost new. Don't delay, 453-8941.

Encyclopedia set, includes dictionary and atlas. \$50. Call 326-1911.

Proform Electronic weight machine - packed out for 2 1/2 years. As is, \$75. (pd \$900 in 1996). Call 451-2178.

Sealy Posturepedic double mattress, box spring w/headboard. Great condition. \$125

Proform treadmill w/pulse monitor and arm workout attachment. Good condition. \$125. Call 577-0980.

Portable massage table w/removable headrest. \$250 OBO. Health Rider \$150 OBO. Call 326-6316 after 1600.

Beautiful handcrafted (Ok!) walnut cabinet Caral Speakers, Kenwood AM/FM radio, tape deck (all removable) \$125. High Chair \$25. Baby Chair seat \$10. Call 346-6531.

Four Goodyear Eagles GA tires, 16", factory steel alloy, \$120 OBO. Call 577-6891.

Graco 2-speed, battery-powered baby swing \$20. Wooden cradle w/white eyelet comforter set \$50. Wicker Call Anna 938-0583.

Wicker dressing table \$15. Children's plastic picnic tables \$7/each. Teletubbies \$5/each. Call Anna 938-0583.

One pair black jungle boots, size 9 1/2R, Never worn. \$45. Call 353-2805.

Health aid items - adjustable cane, walker, shower seats, portable toilet. Call 324-3158. Leave Message.

Trolling motor, foot remote control. New \$399. Asking \$250 OBO. Full face motorcycle helmet \$75. Call 324-3158.

Electronic garage door (double car), riding lawn mower \$100. Weight bench w/weights \$50 OBO. Go Cart (1 year old) \$75. La-Z boy couch (reclining) \$250 OBO. Shower stall ready to install \$50. Call 324-3158.

Garage door opener, Sears

craftman, 6 mo. old, 1/2 hp. Comes w/2 controls \$100. Call 326-1264.

Bushnell Yardage Pro 400 laser range finder w/carrying case \$150. Call 347-0802.

Home built "Go-cart type vehicle with transaxle, shocks, springs, ATVrear tires. 2 speed forward and reverse - needs finishing and larger engine. \$400. Call 938-1677.

Little Tykes for sale. 20" blue and yellow picnic table \$15. Cozy coupe car \$10. Call 938-3026.

Trundle bed, mattress plus second bed \$350. Sanyo Fridge (2' tall) \$90. Girls 16" bike \$20. Ladies winter coat - size 18 \$40. Microwave cart \$30. Diamond engagement ring with wedding band (set) \$800. Call 938-4101 after 5:30 pm.

Men's Footjoy golf shoes, white, sz 9, soft spikes. Never been worn \$25. Blue and white saddle sz 9w, soft spikes \$30. 347-0802. Leave message.

Firestone Steel tex A/T-outlined lettered Truck tires, god tread remaining. Size 245/75R16. Best offer. Call 353-2853.

22.5 Crestliner Cuddy cabin w/ trailer and depthfinder. 460 hp omc I/O. As is - \$2850. Call 938-1292.

Lawn mower \$25 OBO. Call 453 - 5748.

Sleeper sofa. Good condition \$100. Brand new large Nativ-ity set \$35. Large hanging wall shelves, solid pine \$35. New memory typewriter \$30. Large little tykes yard slide \$25. Call 355-2551.

Huge box of natural wood color building blocks \$30. Wire 2 story hamster cage w/ accessories \$20. Call 355-2551.

Five piece pearl export drum set. Good condition. \$400. Call (252)354-7817.

Limited edition 1952 Topps rookie card of Micky Mantle in

pure 22 ct. gold. Embossed on both sides, serial numbered and in protective case. \$50. Call 347-5469.

Complete set of McDonald's Ty 1998 Teenie Beenes, mint condition in original bags \$50. Call 347-5469.

MOTORCYCLES

Harley-Davidson 1999 FXST Softail Standard. Only 400 miles on bike. Full Warranty remains, \$13,990. Call (910)326-1710.

'91 Kawasaki, Ninja ZX-600R, Vance & Hines Pipe, excellent cond., new chain 10,000 miles, must see. Call 577-9270.

Boss Hoss ZZ-4 (350 cubic inch/355 HP motorcycle, 1997 455 miles. Call 327-3576.

1997 Harley 1200 Sportster, low miles. Excellent condition, lots of extras, garage kept. Asking \$9,300. Call 324-7467.

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The Globe, Camp Lejeune, N.C. January 22, 1999

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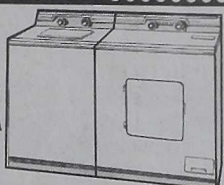
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Marinating Adds Color To Your Cooking

(NAPS)—Are your mealtimes monotonous? Same stuff, different day? In the fast-paced 90's, many people are looking to save time, but still would like to add taste and variety to meals. Try marinating with bottled salad dressings as a colorful cooking alternative, whether you're trying something new or refreshing a family favorite.

"There is really no end of taste and variety you can add by marinating with bottled salad dressings, as each bottle contains a perfect blend of spices and seasonings," says Marie Rama, food consultant and author of *Cooking for Dummies*. "And varying the meal is as easy as varying the dressing. Whether you choose a zesty Italian dressing or a bold red wine vinaigrette, it's a great way to add real flavor to a meal."

One of Rama's personal favorites is marinating chicken in new Wish-Bone® Oriental dressing and serving it with rice and snow peas for a tasty colorful dish with an Asian flair. Or try a flank steak marinated in Italian dressing or Red Wine Vinaigrette for a flavorful twist on an old favorite. Why not make grilled vegetables for a colorful side dish? Marinate a variety of colorful vegetables in Italian dressing and grill. Or, for a heartier meal, serve with beef and baked potatoes.

For faster preparation and a tastier meal, Rama offers the following tips:

- Try marinating meat and vegetables in a self-closing plastic bag for easy, no-mess clean-up.
- Prior to marinating, do not pierce meat or poultry as it results in greater moisture loss during cooking.



• Always marinate in the refrigerator.

Beef and stronger meats can be left marinating all day or even overnight. "Just place marinating meat in the refrigerator before leaving for work in the morning and dinner is half-ready when you walk in the door that evening," said Rama. Chicken and vegetables require less time, both marinate in 30 minutes or less.

For a free copy of the Wish-Bone Marinating brochure, which includes marinating "Do's & Don'ts," a marinating time table and plenty of tasty recipes, send your name and address to: Wish-Bone Marinating, Post Office Box 1066, Grand Rapids, MN 55745-1066. Please allow 4-6 weeks for delivery. This offer is available throughout 1998 or while supplies last.

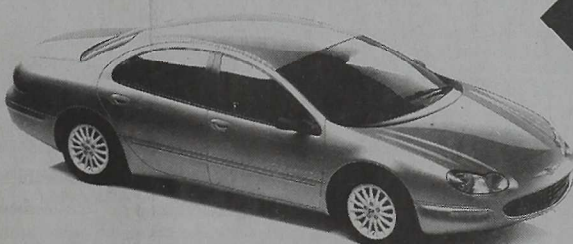
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Don't Get Stranded Roadside

(NAPS)—Getting stranded by yourself—especially with a dead battery or flat tire—is not fun. And, if you're alone and in the middle of nowhere, it can even be dangerous. It's definitely a smart move to have a vehicle emergency kit with a flashlight, flares, a blanket, jumper cables, and bottled water. However, there are some new products now available that can make all the difference if you find yourself stranded and alone.

For example, imagine being stuck with a dead battery. In 1996, AAA provided emergency road service nearly 30 million times, and more than 30 percent of those calls were for cars that failed to start. Sure, you have jumper cables, after all you like to be prepared. But perhaps no one is willing to stop and help you out. And, if you're in an unfamiliar town or neighborhood, you may be reluctant to approach a

complete stranger for help. Now there's a new product that lets people jump start their car without the use of another vehicle. Prestone® Jump It!™ portable jump starter and power source has a 12-Volt battery that comes



Arm your emergency kit with a good tire inflator and portable jump starter.

with jumper cables attached. It can jump start up to 30 cars on a single charge.

According to the AAA, 11 percent of the road service calls received in 1996 were for a flat tire. And, even if you're an experienced tire changer, you may get stranded on a narrow shoulder with rush hour traffic racing along only inches away from the vehicle and you. Tire inflators offer a quick and easy alternative solution to this problem. A good quality tire inflator such as Prestone® Tire Jack™ will reinflate and seal your tire quickly and easily, allowing you to safely drive until you can get your tire repaired professionally.

So consider taking along these more advanced emergency devices next time you hit the road. And make sure your loved ones' vehicles are also suitably equipped.

HINTS FOR HOMEOWNERS

Residential Water Heaters

(NAPS)—Did you know that your water heater is usually the second largest energy user in your home after your heating and cooling system? According to *Appliance* magazine, the typical lifetime of a water heater is about 13 years. If your water heater is 10 to 15 years old, you may soon be shopping for a replacement. When you shop, keep these tips in mind:

- Water heaters that run on natural gas cost about half as much to operate as electric models;
- A high efficiency natural gas water heater may cost a little more than a low efficiency model, but it will pay you back in savings within a few years; and
- Before you go shopping, check with your natural gas utility to see if it is offering an incen-

tive or rebate for purchasing a high efficiency natural gas water heater, or for switching from electric to natural gas.

With any water heater, you can reduce your energy costs and use hot water more efficiently by:

- Turning the thermostat down to 125° Fahrenheit;
- Insulating exposed pipes to reduce heat loss;
- Replacing an older shower head with a low flow shower head; and
- Using the "warm" or "cold" water setting on the clothes washer, instead of "hot."

Water heaters have come a long way since the energy crises of the 1970s. It's now possible to purchase a water heater that produces hot water 30 percent more

Home Fashion Trends

Decor Experts On Today's Eclectic Looks

(NAPS)—Today, people aren't afraid to mix and match.

That's what today's homeowners are saying by decorating with a mix of styles, materials and periods. The result: delightful eclectic interiors that reflect very specific sense of place.

How popular is eclectic style America today? Experts at Hunter Douglas Window Fashions decided to find out.

"It's the predominant style the moment, speaking to people wanting to be more individual and not following any one trend 100 percent," said New York designer Vicente Wolf.

Modern eclecticism can reflect a global lifestyle, says Wolf, and might mix objects from Africa with 1920s and 18th century pieces, points of view coming from different directions, but speaking with one voice. Even window treatments reflect the trend.

"Window treatments best accept eclecticism in a subtle and simple way. It's all about the capability allowing the outdoors in, of light and openness and a more functional way of dealing with it," said Wolf.

According to Diane Dorrance Saeks, author of *California Window Country and Kitchens and Living Rooms*, "Eclectic style is it. The design is very tired as a concept."

People are looking for comfort, charm, originality, some quirkiness and a dash of humor, says Saeks, and today's window treatments accent the eclectic look.

"Subtle window treatments that serve as a low-key, elegant background best enhance the eclectic look today. Very few people are doing elaborate window decor," said Saeks.

Silhouette window shading and brand new Luminette Privacy Sheers have soft, sheer looks without compromising on privacy.



Modern sculpture and tribal artifacts both have their place in this eclectic living room, where Silhouette window shadings provide a clean look at the window.

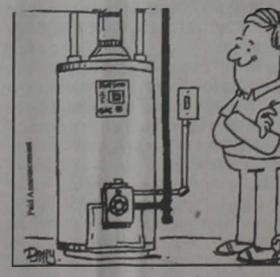
and light control and are ideal for today's eclectic interiors.

Other ideas for clutter-free window looks: an updated Roman shade-like treatment called Vignette window shadings and super energy-efficient Duette honeycomb shades and pleated shades.

For those who like today's classic mini-blinds, Lightlines metal mini-blinds have the look and feel of suede and hide the cord holes blocking 99 percent of outside light; Country Woods wood blinds have this same light-blocking feature and can be custom-colored to match your decor.

Vertical blinds offer a multitude of options and basic roller shades from Hunter Douglas can meet decorative needs as well; they're now available in everything from high-tech screen-like fabrics to feminine silks and jacquards.

For more information, call 1-800-937-STYLE.



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Fast, Tasty Low-Fat Cooking With Non-Stick

(NAPS)—With the invention of non-stick cookware by T-Fal some 40 years ago, a quiet revolution took place. First, cooking in the kitchen got easier. With T-Fal® non-stick, cleanups were effortless. Second, people discovered they could cook with less fats. Oils and butter, used to keep foods from sticking on pans, were no longer needed, except for flavor.

The result, thanks to T-Fal, was that non-stick cookware had effectively offered home chefs a way of changing how they prepared food. With non-stick, an omelet could be made with a fraction of the butter once used. Sautéing meats and fish could be done with a teaspoon rather than a tablespoon of oil, butter or margarine. Inevitably, people gradually began to cut back on fats that were no longer a necessity.

Cookbook authors discovered the joys of non-stick too, along with new discoveries about the tasty and healthy Mediterranean diet with its emphasis on fruits, vegetables, grains and "good" oils such as olive oil.

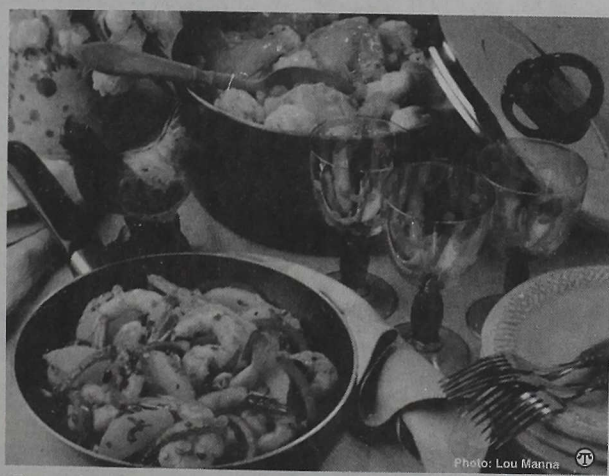
With cookware like T-Fal's Armaral Sovereign 8-piece set, fast, healthy low-fat cooking is easier than ever. And here are two dishes adapted from "Prevention's Quick & Healthy Low-Fat Cooking" (Rodale Press) which demonstrate how easy and tasty healthy cooking can be.

Shrimp & Oranges

Serves 4

- 1 tablespoon olive oil
- 2 cloves of garlic, minced
- 1 teaspoon dried thyme
- ¼ teaspoon ground black pepper
- Pinch of crushed red-pepper flakes
- 1 pound medium shrimp, peeled and deveined
- 1 sweet red pepper, julienned
- 4 scallions, thinly sliced
- 1 cup orange segments

In a large bowl, combine oil, garlic, thyme, black pep-



Two recipes prepared in T-Fal Armaral Sovereign non-stick cookware.

per and pepper flakes. Add shrimp and toss to coat. Cover and marinate at room temperature for 15 minutes.

Heat a T-Fal 9½" non-stick fry pan over medium heat until hot. Add shrimp and sauté for 5 minutes, or until shrimp are lightly browned. Remove shrimp with a slotted spoon.

Add the red pepper and scallions. Sauté for 5 minutes, or until the peppers are tender. Stir in the oranges. Return shrimp to pan and reheat briefly. Serve with rice or bulgur.

Chicken Fricassee With Parsley Dumplings

Serves 4

- 2 cups defatted chicken stock
- 1½ cups thinly sliced carrots
- 1½ cups thinly sliced celery
- 1 bay leaf
- ¼ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- 4 large boneless, skinless chicken thighs, trimmed of all visible fat
- ¾ cup unbleached flour
- 1 teaspoon baking powder

- ½ teaspoon salt
- 1 tablespoon chilled margarine, cut into small pieces
- ½ cup buttermilk
- 1 tablespoon chopped fresh parsley

In a T-Fal non-stick Dutch oven, combine the stock, carrots, celery, bay leaf, thyme and pepper. Bring to a boil over high heat.

Add the chicken and return to a boil. Cover, reduce the heat to low and simmer gently while you prepare the dumplings.

In a medium bowl, combine the flour, baking powder and salt. Using a pastry blender or your fingers, work in the margarine until the mixture forms fine crumbs. Add the buttermilk and parsley. Stir until just mixed; the batter will be slightly lumpy.

Drop teaspoonfuls of batter on top of the simmering chicken mixture to form 12 dumplings. Cover and simmer for 25 minutes, or until the chicken is tender and the dumplings look dry on top and feel firm.

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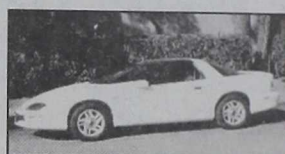
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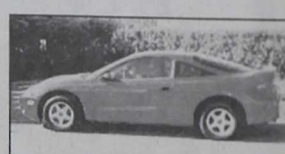
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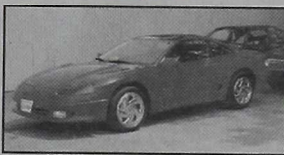
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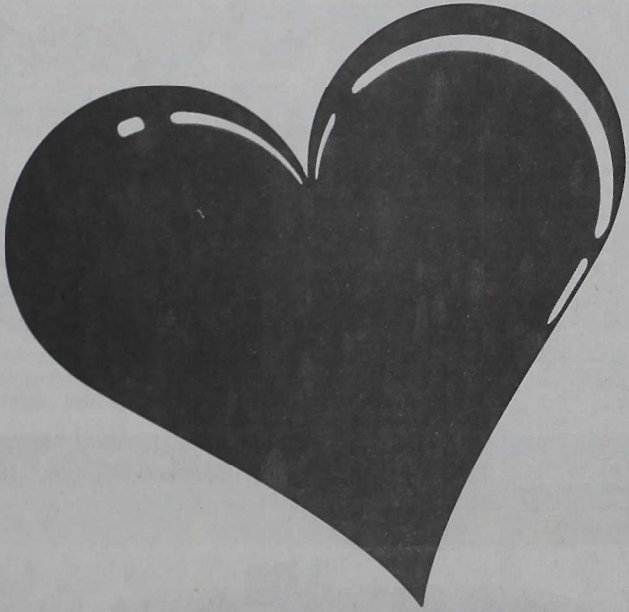
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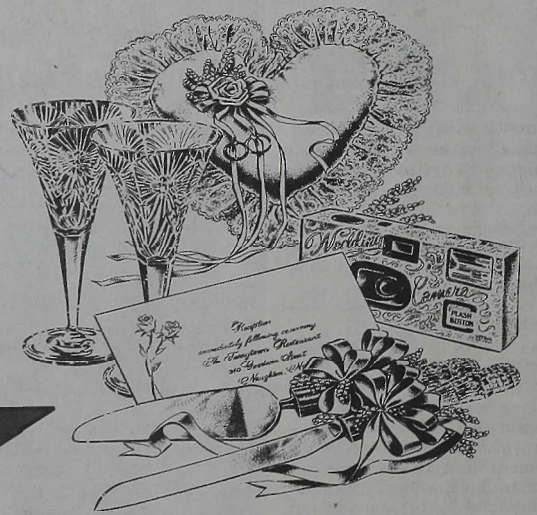
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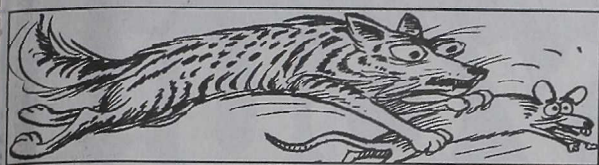


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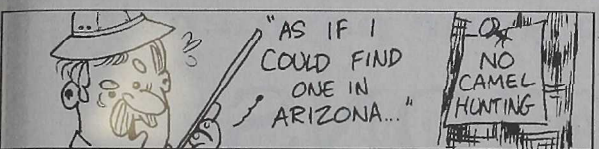
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A civet is a furry mammal that looks like a long slender cat, with a pointed snout, fluffier tail, and shorter legs. Some families in Africa and southern Europe keep civets to rid the house of rodents.



George Washington Parke Custis, the grandson of First Lady Martha Washington, became the adopted son of her second husband, President George Washington, and the father-in-law of Confederate General Robert E. Lee.

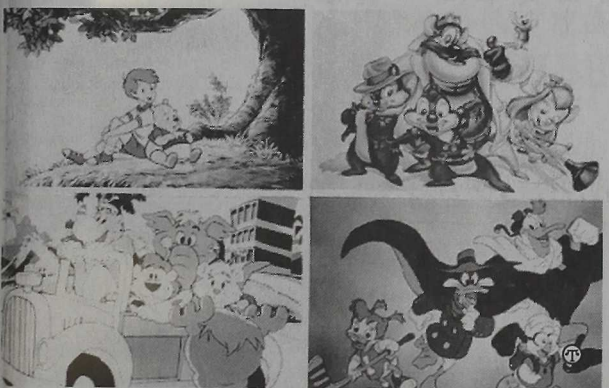


It is illegal to hunt camels in the state of Arizona.

QUICK QUIZ

Ask Yourself About Mickey

(NAPS)—What may be America's favorite animated character, Mickey Mouse, was also Walt Disney's first. Test your knowledge of his antics over time.



Toon Disney, a new 24-hour basic cable network, features the Disney Company's vast library of animated television programming including "Wuzzles," "Darkwing Duck," "The New Adventures of Winnie the Pooh," and "Chip 'N Dale Rescue Rangers."

1. Who was the original voice of Mickey Mouse? A. Walt Disney B. Walt Disney's wife C. Frank Sinatra
2. What is the name of Minnie Mouse's pet cat? A. Lucretia B. Figaro C. Minnie
3. To what sorcerer was Mickey an apprentice? A. Abu Babba B. Aladdin C. Yen Sid
4. On what new cable network is Mickey now appearing? A. Disney Generation B. Disney C. Toon Disney

ANSWERS:

1. A. Walt Disney 2. B. Figaro 3. C. Yen Sid 4. C. Toon Disney
Walt Disney Company's vast library of animated television programming, while Saturday nights focus on a specific character or group of characters, Friday evenings, Toon Disney offers an animated movie in prime time.

Kraft Makes It A "No Oven Summer" With Cool Summer Meals

(NAPS)—This summer Kraft Foods is taking its 70 years of cooking expertise on the road with the "Kraft Kitchens on Tour" to give consumers quick and easy meal ideas to keep their ovens off all summer long.

A convoy of nine 32-foot-long trucks, designed with colorful images of favorite summer meals, will travel across the country visiting more than 1,200 grocery stores. At each stop, "Kraft Kitchens on Tour" trucks will transform grocery store parking lots into festive and informative "No Oven Summer" celebrations. Kraft Kitchens' experts will conduct food demonstrations, sample products and offer consumers tastes of food ideas that don't require oven use.

"Consumers are continually looking for ways to spend less time in the kitchen when the weather heats up," says Robin Ross, Kraft Creative Kitchens. "Our research shows that 64 percent of people report they only occasionally use their ovens during the hot summer months. So, we're going on-the-road to show consumers nationwide how they can have a 'No Oven Summer' too."

Whether it's a simple meal, backyard barbecue or picnic in the park, Kraft offers quick meal ideas so families spend more time together and less time planning and preparing meals.

These "No Oven Summer" Sensations can be made ahead of time and are perfect for casual meals or entertaining.



RANCH TACO CHICKEN SALAD

Prep Time: 15 minutes
Cooking Time: 8 minutes

- 1 lb. boneless chicken breasts, cut into strips
- 1 cup TACO BELL HOME ORIGINALS Thick N' Chunky Salsa, divided
- 1 pkg. (16 oz.) salad greens
- 1 cup KRAFT Shredded Cheddar Cheese
- 1 cup KRAFT FREE Ranch Fat Free Dressing or KRAFT Ranch Dressing

Cook and stir chicken in ¼ cup of the salsa in large non-stick skillet on medium-high heat 8 minutes or until chicken is cooked through.

Toss chicken, greens and cheese on serving platter or in large bowl.

Top with remaining ¾ cup salsa and dressing before serving. Garnish with tortilla chips. Makes 6 (1½ cup) main-dish servings.

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NEWS OF HEALTH

Surprising Facts About Shriners Hospitals

(NAPS)—Did you know that Shriners Hospitals for Children make the single largest contribution, on a continuing basis to the care of disabled children of any organization of private healthcare system in the United States?

Did you know, too, that Shriners Hospitals have spent more than \$3.75 billion over 75 years in the operation of 22 pediatric specialty hospitals?

And, did you know that since the opening of the first Shriners Hospital in 1922 in Shreveport, La., construction and renovation costs have amounted to \$839 million, with nearly 95 percent of that total having been spent since 1979.

What Shriners Hospitals do for children at their state-of-the-art facilities in the United States, Canada and Mexico is offer quality care to children up to their 18th birthday, so they can build better lives for the future. To date, Shriners Hospitals have treated more than 575,000 youngsters—children whose lives have been enriched because of the "World's Greatest Philanthropy."

Founded by the Shrine of North America, an international fraternity, Shriners Hospitals are unique among healthcare facilities—never once in more than 75 years have patients ever been charged for any care or services at Shriners Hospitals.

The orthopaedic Shriners Hospitals are all dedicated to providing specialized medical and rehabilitative services to children with congenital orthopaedic deformities, problems resulting from orthopaedic injuries, and diseases

To date, Shriners Hospitals have treated more than 575,000 youngsters.

of the musculoskeletal system. The most commonly treated problems include scoliosis (curvature of the spine), hand and back problems, club foot and limb deficiencies.

The Shriners burn hospitals—in Galveston, Texas, Boston, Cincinnati and Sacramento—are pioneers in burn treatment and are internationally recognized for their expertise in providing care for severely burned children and in conducting research and improving methods of burn treatment.

Shriners Hospitals offer free medical care to children. To refer a child to Shriners Hospitals, call 1-800-237-5055. In Canada, call 1-800-7256. All calls are toll free.

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Many may be taken aback to learn the origin of the term "taken aback" is nautical. A ship is "taken aback" when the sails are suddenly carried by the wind back against the mast.



The fish known as the drum or croaker makes a thrumming noise by repeatedly tightening muscles in its abdomen during the mating season.

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NEWS OF SAFETY

Highway Improvements Save Lives

(NAPS)—As many as 12,000 lives are lost each year because of traffic accidents resulting from roadside hazards and inadequate roadway conditions.

"Thousands of lives can be saved on our nation's highways if we will make the kind of investment needed to make key safety improvements to our road and bridge system," said William M. Wilkins, executive director of The Road Information Program (TRIP), a nonprofit transportation research group based in Washington, D.C.

TRIP's analysis of National Highway Traffic Safety Administration data shows that about 90 percent of all traffic fatalities involve roadside hazards and inadequate road conditions.

"An all-too-often overlooked safety factor involves making road improvements such as widening lanes and shoulders, adding a new median for traffic separation, upgrading roads from two lanes to four lanes," says Peter K. W. Wert, president of the Associated General Contractors of America.

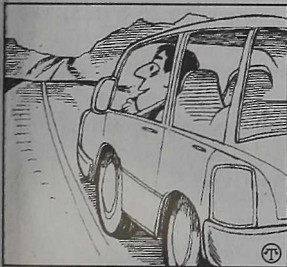
Another way to save lives is to make sure road signs are displayed at the proper distances to notify motorists of changes in driving conditions.

"Proper traffic signalization, clearly marked and well-placed signs and improving reflector lights are proven ways to save lives," says Roger Wentz, executive director of the American Traffic Safety Services Association.

TRIP's research shows that highway-related traffic fatalities increased by seven percent since 1992, reaching 41,907 deaths in 1996. Moreover, highway crashes are the leading cause of death for young people, between the ages of six and 28.

"The rising number of highway fatalities should be a major public health concern," Wilkins said.

Following are the key safety improvements and related fatality



Experts say wider shoulders, straighter roads, and improved sight distances are part of the remedy for highway safety.

rate reductions evaluated from 1974 to 1994, based on TRIP's analysis of Federal Highway Administration studies.

- **Intersections:** sight distance improvements reduced fatality rates by 56 percent, and new traffic signals reduced fatality rates by 53 percent.

- **Bridges:** widening a bridge reduced fatality rates by 49 percent, and upgrading a bridge rail reduced fatality rates by 75 percent.

- **Roadways:** widening or improving a shoulder reduced fatality rates by 22 percent; realigning a roadway reduced fatality rates by 66 percent, and improving pavement for skid treatment reduced fatality rates by 33 percent.

- **Roadsides:** upgrading median barriers reduced fatality rates by 66 percent and installing new median barriers reduced fatality rates by 63 percent.

"Highway travel has jumped by 123 percent since 1970, while the population grew by 30 percent," Wilkins says. "With greatly increased travel growth projected to continue in the years ahead, we as a nation cannot afford to delay making the nation's roads and bridges safer."



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spotlight on health

\$1 Million Gift To Help Burned Children

(NAPS)—An unassuming, beautifully engraved plaque now greets patients and their families, visitors, and staff as they enter the lobby of the Shriners Hospitals for Children in Galveston. Its carefully selected words probably won't mean much to the children that benefit most from the gift it commemorates. But translated into free medical care, it means getting the best treatment possible for burn injuries without worrying about the cost.

The inscription reads: "The Krist/Mlakar Endowment for Burned Children has been made possible by the substantial gift of Carole and Ronald Krist. This endowment is to perpetually recognize the compassionate and dedicated medical contributions to burned children by Joseph Mlakar, M.D."

Ronald Krist, a Houston attorney who practices law with his sons Scott and Kevin, represented a 3-year-old boy who was burned when his family's pick-up truck was hit and the spilled fuel exploded into flames. He sustained burns over 70 percent of his body. His long arduous recovery was a succession of surgeries and healing and physical therapy. He underwent ten surgeries during his ini-



The Shrine's Imperial Potentate Lewis B. Brantley visits with Mario, the Shriners Hospital patient who prompted the donation to help burned children at Shriners Hospital.

tial admission and has been readmitted seven more times in the last three years. He will continue regular visits and admissions until he reaches adulthood.

Mr. Krist and his son, Scott, worked on the case for 2½ years. "Scotty worked almost exclusively on the case," Krist said. "When Scotty took Dr. Mlakar's deposi-

tion, we were so moved by his God-like love for the children that we wanted to do what we could. The seven-figure settlement couldn't even begin to alleviate what the little boy had to endure. We waived our fee, but it still didn't seem adequate." So Krist and his wife, Carole, decided to make a lasting contribution.

They established the Krist/Mlakar Endowment with a \$1 million cash contribution. The interest and earnings on the fund will be used exclusively for the benefit of the Galveston Shriners Hospital.

The Krist/Mlakar Endowment for Burned Children not only honors Dr. Mlakar, it ensures that his love and his dedication will be felt by countless children whose tragedies bring them to the Galveston Shriners Hospital.

The Galveston Shriners Hospital is one of four burn hospitals operated by Shriners Hospitals for Children. The Galveston hospital has provided treatment to more than 10,000 children since it opened in 1966.

Shriners Hospitals offer free medical care to children with orthopaedic, burn or spinal cord injury problems. To refer a child to Shriners Hospitals, call 1-800-237-5055. In Canada call 1-800-361-7256. All calls are toll-free.

The struggle against power is the struggle of memory against forgetting.
—Milan Kundera



CAR CARE CORNER

It's Time To Give Your Car A Checkup

(NAPS)—You may be interested in tips that can steer you in the right direction when it comes to caring for your car.

One of America's most trusted car care authorities, Lucille Treganowan—host of a national television show and author who oversees two auto mechanic shops—offers this advice to help keep your automobile in shape inside and out:

All Washed Up

- Give your car a really good wash job. Concentrate on the undercarriage and flush away all of the salt and mud accumulated during bad weather.

- Check your wiper blades. If they're still intact, take a soft cloth with some alcohol and clean them.

- Look for signs of uneven tread wear on your tires. Pick out small stones.

- Scrub and vacuum floor mats.
- Lubricate hinges, including the hood, trunk, and doors.

Drive And Listen

- Take your car for a road test with the radio off. Listen for sounds that could indicate problems.

- Pay attention to your transmission. Are the shifts smooth and on time?

A Driver's Checklist

- Check all fluids: washer solvent, brake fluid, transmission fluid, power steering fluid, and coolant. Shops such as Jiffy Lube can let you know what your car may need.

- Check hoses, belts and battery terminals.

- Make sure you keep a safety kit in your car to help you in times of emergencies. The kit should include a rug, towel or old shower curtain for when you're kneeling next to your car or getting under it.

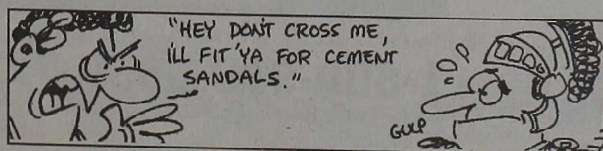


Renowned mechanic Lucille Treganowan knows automobiles and travels the country sharing her advice with others.

Keep a set of battery cables, a flashlight, and a basic first-aid kit. If the car is quiet and performs well, you probably don't have any weather-related damage. It may, however, be a good idea to get an oil change. Automotive experts recommend you get your oil changed every three thousand miles. You can bring your car in for an oil change to such places as Jiffy Lube.

Treganowan is the spokeswoman for Jiffy Lube International, which has sent her all over America to deliver car care advice.

Jiffy Lube, which began in 1979 now has 1,540 centers in 48 states. For other helpful information about car care, you can visit the Web site at www.jiffylube.com.



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1 Announcements

Enthusiastic volunteers needed on a regular basis to support Onslow Community Ministries (Soup Kitchen/Shelter). All skills appreciated. Located on corner of Court and College St. Parking in rear. Back door entrance. For more information, please call Elaine Toth. 347-3227 TFN

MILITARY Order of the Purple Heart, Chapter 642 meets at 7 pm. 2nd Tuesday of every month. American Legion Bldg., Onslow County Fairgrounds. All active duty, retired and honorably discharged Purple Heart recipients from all branches of the Armed Forces are encouraged to attend. 326-4323 or 326-5632. TFN

THE SERVICEMEN'S CHRISTIAN CENTER at 575 Corbin St. is open to all Service Personnel for your enjoyment with Recreation, Refreshments and Christian Fellowship. Bible Study starts at 6:30 each Tuesday and Friday evening. Phone 577-7000 for transportation. TFN

REYNOLDS ALUMINUM RECYCLING CENTER is located at Northwoods Shopping Center, Onslow Drive, Friday 9-5. Closed 12:30 - 1:30 pm. Consumers can call toll free 1-800-228-2525 for more information. TFN

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For information on ZOMIG medication for migraine patients, call Zeneca at 1-800-456-3669 or visit the Zeneca Pharmaceuticals' web-site at www.usa.zeneca.com/pharm.

For information on Pravachol, a prescription drug for people with heart trouble, call 1-800-PREVENT, or visit the web site at <http://www.pravachol.com>.



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—George Christoph
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—Edith Wharton

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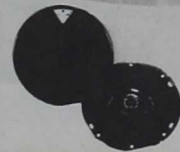


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GOLF NEWS & NOTES

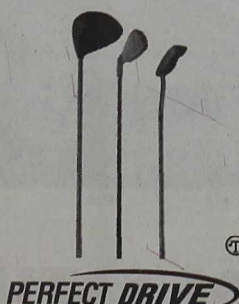
(NAPS)—Golfers will love the new frequent renter program—Perfect Drive—designed by Budget Rent a Car to reward its most loyal and valued customers. Perfect Drive is a fully-automated, revenue-based program which awards members with one point for every dollar spent at Budget. Program members can redeem their points for free upgrades and car rentals or Callaway Golf merchandise, including a vast range of Big Bertha® clubs, golf bags and other golf accessories.

To celebrate the launch of Perfect Drive, Budget, the official car and truck rental company of the Ladies Professional Golf Association (LPGA), presents five "Perfect Drive" golf tips to assist you with your own perfect drive.

• **Establish good balance.** Balance is evident when a player creates a powerful golf swing. To improve your drives, establish a balanced position, then move to a balanced finish. Evaluate your finish by noticing if you can maintain that position comfortably for at least three seconds.

• **Be precise about your target.** While preparing for your drive, stand behind your ball to sight your intended landing area. Imagine an "X" in the precise

**Join the club.
Get the club.**



PERFECT DRIVE

place you would like your ball to be. The more precise you can be about your target, the better the outcome.

• **Drive for a safe distance.** Be aware of the total length of the hole you are about to play. Oftentimes your longest shot is not the best strategy. Drive for a safe distance as well as a safe direction.

• **Take a slow backturn and a fast forward swing.** A low and slow takeaway is always beneficial. A slow back turn will allow you to

conserve your energy. After all, it's the forward motion of the club that will impact the ball. Save your energy going back so that you can produce a clubhead that is accelerating at the moment of impact.

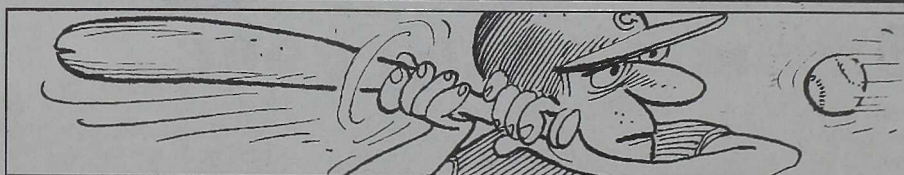
• **Aim to impact the lower half of the ball.** Two factors will give your driving club a chance to impact the lower half of the ball. First, the level of the tee should allow at least half of the ball to be higher than the top of your club. Second, the position of the ball in your stance should be opposite your target side foot. This forward position will allow the club to impact the ball as the clubhead is beginning to ascend.

Enrollment in Perfect Drive is easy and membership is free. Customers can sign up at any participating Budget location throughout the U.S. or take an enrollment form which they can later mail in or bring back to the counter. Customers can even download enrollment forms from Budget's website: www.drivebudget.com.

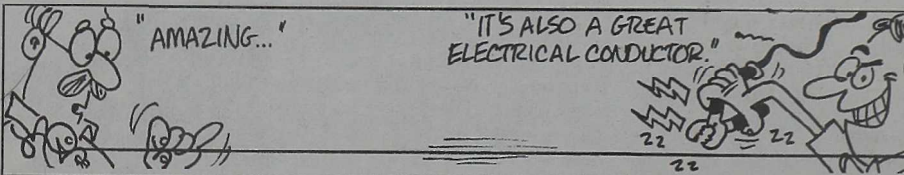
Golf tips developed by Kathy Murphy, Class A LPGA Teaching and Club Professional Division member; Golf Educator, ASU Karsten Golf Course in Tempe, Arizona; and the 1997 LPGA Western Section Teacher of the Year.



The first lamps were fat lamps, which prehistoric people made from sea shells or hollowed out stones. Pieces of grasslike plants called rushes were used as wicks.



Baseball greats Hank Greenberg, Stan Musial and Robin Yount, all winners of the Most Valuable Player award, share another distinction: they're the only players to win the award at two positions. Greenberg won as a first baseman in 1935 and a left fielder in 1940; Musial as a left fielder in 1943 and a first baseman in 1948; and Yount as a shortstop in 1982 and a center fielder in 1989.



A copper bar four inches square can be heated, rolled, and drawn into a round wire thinner than a human hair over 20 million times longer than the original bar.



A parsec is the traditional unit used to measure the distance between stars. It is 3.26 light years or 19,200,000,000,000 miles.



The ravenous desert locust is capable of eating its own weight in food in a day. It is considered the most destructive insect in the world. A large swarm can consume 20,000 tons of grain and vegetation in a day during long migratory flights.

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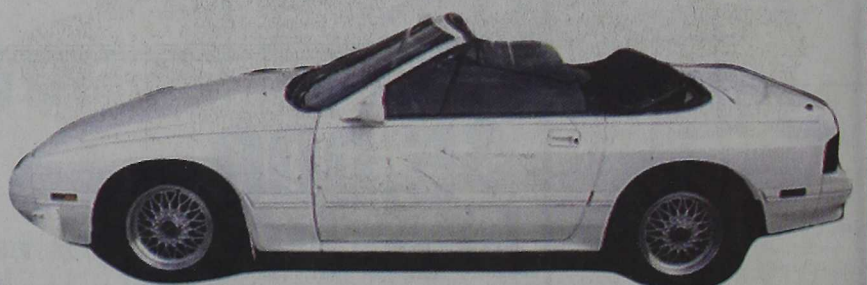
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