

Fri.: Sunny and a little cooler.
High 64 Low 38

Sat.: Sunshine followed by clouds.
High 70 Low 48

Sun.: Morning showers, then afternoon sun; windy.
High 66 Low 40



THE GLOBE

February 5, 1999

Serving Expeditionary Forces in Readiness

Vol. 61 No. 4

Cost free humanitarian assistance in Ecuador

Cpl. Jon Wilke
Camp Lejeune correspondent

GUAYAQUIL, Ecuador—Third graders gather around their teacher. "Take a seat and get out a piece of paper and a pencil," the teacher said. The students enthusiastically scribbled their names in the top right-hand corner as they had been told last week and waited attentively for the teacher to start today's lesson plan.

This scene is familiar in schools across America, but for the young kids in Guayaquil, Ecuador, it's all new to them.

Some school children in this new democracy, (just a couple of weeks ago,) were writing their math problems on the dusty dirt floor of the school yard with their fingers.

But thanks to a hearty donation by 14 local churches and the Hume, Zoar and Orlean Baptist churches, located

in Northern Virginia, more than 5,600 pounds of school supplies were hand-delivered by MajGen. Randall West, Deputy Commanding General of II Marine Expeditionary Force and a handful of II MEF officers. The general explained how this humanitarian mission first came about. "I met with the Ecuadorian equivalent to our Joint Chief of Staff and Commandant of the Marine Corps we talked about the country's situation and how America

could help improve foreign relations and the future state of his country.

"They talked of the poor district schools in Guayaquil and how hard it was to keep the schools going. They told me of how the children gathered in the village square and wrote in the dirt while the teachers talked.

"I was touched by how their Commandant was that much in tune with his people. He talked of how the children were his country's future."

West said that instead of asking for money or bullets, the Ecuadorians asked for school supplies.

After returning to the states, West was slated to speak at several military appreciation church services, which was where he talked to the director of the New River Baptist Association.

During one visit, he shared the needs of the Ecuadorian schools with the association's director. They then slated him as the speaker for the

association's next meeting.

"The director read a letter at the meeting which described the needs of the schools. Some of the pastors who attended the meeting were touched and talked to their congregations," West explained.

West also wrote the churches he attended while stationed at the Pentagon.

"Fourteen local churches

—See ECUADOR/3A

QuickShots

Black History Month

Tickets for the Black History Month Luncheon Feb. 23 at Marston Pavilion are now on sale. The cost is \$6. Entertainment will be provided by the 2d Marine Division Band and the 2d Dental Battalion ensemble. A great program is planned to honor the contributions of African Americans who have bravely gone before us. For more information contact your unit EEO representative.

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. For hours and requirements call 451-3030.

NMCRS Fund Drive

Navy-Marine Corps Relief Society will be holding their annual 5K Kick Off run to begin their annual fund drive February 26th. Registration is \$5 and will be accepted until the morning of the race. For more information call 451-3813.

Battle Griffin mail

Anyone wishing to contact servicemembers involved in Battle Griffin should use the following addresses from now until March 7.

Official mail:

Commanding Officer (or other title)
Attn: (complete unit or det. title)
Battle Griffin '99
Unit 72011
FPO AE 09510-8421

Personal mail:

Rank and full name
Complete unit or det title (section)
Battle Griffin '99
Unit 72011
FPO AE 09510-8421
Any deviations from these addresses will result in mail being returned to sender. Use of these addresses after March 7 will also result in mail being returned to sender.

Elementary school meeting

An informational meeting for the public regarding the proposed reconfiguration of the Camp Lejeune elementary schools will be held Feb. 18 at 7 p.m. in Lejeune High School Auditorium. The proposal will result in 4th and 5th grade being separated from K-3. For more information call Rebecca Humphrey at 451-2461.

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USO celebrates anniversary

The USO celebrates their 58th anniversary Feb. 7.
8A

24th MEU(SOC)

The MEU reaches a milestone in nightvision attack jet training.
12A



Cpl. Jon Wilke

Welcome to Camp Lejeune devil dog!

The Commandant of the Marine Corps, Gen. Charles C. Krulak, personally welcomes Pvt. Dennis Clay to Alpha Battery, 1st Battalion, 10th Marines at the 10th Marine Regiment Headquarters Building Tuesday morning during the General's final tour of Marine Corps bases.

Commandant comes to Camp Lejeune for last East Coast visit

Cpl. Jon Wilke
Camp Lejeune correspondent

The Commandant of the Marine Corps, Gen. Charles C. Krulak, spoke with Camp Lejeune staff noncommissioned officers and commissioned officers at the Base Theater Monday during his final tour of Marine Corps bases before ending his tour as commandant in July.

His theme for this year's brief was "Laying the foundation of the Marine Corps." The commandant spoke of an innovative, young major who helped transform the way the Marine Corps did business during World War II. Krulak said that Maj. Pete Ellis helped write the Corps' modern amphibious warfare doctrine which eventually led to America's success in the Pacific Isles.

Next, the commandant displayed electronic photographs that showed the signatures of the world's population. "By the year 2010 more than 70 percent of the world's population will live within 350 miles of the ocean," he said demonstrating the increasing need for an amphibious force.

Krulak spoke of the future threats which will force Marines to function differently from the normal conventional operations.

The familiar buzzwords, Military Operations in an Urban Environment, Military Operations other than War, the "Three-block war" and nuclear, biological and chemical warfare,

—See CMC/6A

2d MarDiv. celebrates anniversary in style

Cpl. Melissa R. Watts
Camp Lejeune correspondent

The 2d Marine Division Association had two busy days last week when they visited Camp Lejeune for the 58th anniversary of the 2d Marine Division.

More than 300 SMDA members were aboard Camp Lejeune Jan. 28-29 for a packed



Cpl. Melissa R. Watts

Every Division unit was represented at the Battle Colors and Awards Ceremony.

schedule of ceremonies, static displays and many other related events, as every effort was made to ensure their visit was a memorable one.

The SMDA members stayed in local area hotels and were shuttled onto and off base in a caravan of government buses.

The events began with a welcome aboard and command brief by MajGen. Emil R. Bedard, 2d Marine Division Commanding General.

During the day the association traveled to Range F-18 for a small arms live fire demonstration and static display, Courthouse Bay for a river crossing demonstration, and then onto a parachute and helicopter assault demonstration with aviation and ground equipment static displays.

Some association members were amazed with the new equipment and technology that the Marines are using today.

"I was infantry and we always relied on air support. It's really interesting to see all of the new aircraft we didn't have in 1951 and to see the amount of manpower and machinery the Corps has now. The times are changing and



Cpl. Melissa R. Watts

At the sound of Colors, the veterans still rendered their salutes.

so is the equipment," said "Rotten" Ray Kania.

The second day of their visit the association was present at a morning colors ceremony with the 2d Marine Division Band, then onto a memorial service at the Protestant Chapel and Battle Colors and Awards ceremony at the Field House.

—See ANNIV/6A

CSSD-69 returns to Lejeune from Central America

Cpl. W.A. Napper, Jr.
JTF Aguilá

After deploying to El Salvador, Nicaragua and Guatemala for nearly two months, the Marines and Sailors of Combat Service Support Detachment-69 put the finishing touches on their deployment by conveying their equipment home from the port last Friday.

Nearly 80 Marines and Sailors loaded on buses and headed to the North Carolina State Port at Wilmington to transport the several hundred pieces of rolling stock back to the base. The vehicles were off-loaded last Thursday from USNS Cape Ducato.

"I really liked it down there," said Cpl. James A. Collins, CSSD-69 military police man. "But it's good to be home."

The Detachment, which was part of Joint Task Force Aguilá, returned from Central America Jan. 22 after providing relief from the devastation left in the wake of Hurricane Mitch. According to Maj. Vernon Prevatt, CSSD-69 operations officer, the Marines' original mission was only to provide the base camp in El Salvador with drinkable water. But the Marines wanted to do more.

"As soon as we got there we realized that wouldn't keep us busy," said Prevatt.

The Marines were then tasked with cleaning 100 wells in the La Paz area. Going above and beyond, they cleaned 115 wells belonging to communities, hospitals and



Cpl. W.A. Napper Jr.

Marines wait patiently in their vehicles at the North Carolina State Port at Wilmington. The vehicles were transported from the port back to Camp Lejeune after the Marines of CSSD-69 successfully completed their missions in El Salvador.

—See RETURN/6A

Corps declares war on virus, misinformation

Sgt. Edward S. Harcher
CBIRF correspondent

The Marine Corps has fought many battles in its proud history. Enemies such as the great war machines of Britain, Germany, Japan, and Iraq have fallen before the discipline and fighting spirit of the Corps. Now, a new enemy has risen before the Leathernecks, and the Corps, behind the Commandant, General Charles Krulak, is moving toward the fight.

This enemy, however, has no face or political agenda, respects no truce or pact, and doesn't discriminate between nationality, race, gender or even human or animal. This potential killer is Bacillus anthracis, more commonly known as Anthrax, and the Marine Corps is moving into a defensive position through an aggressive vaccination program.

In ALMAR 005/99, dated January 23, 1999, Gen. Charles C. Krulak, Commandant of the Marine Corps, outlined the urgent need for vaccination from the "leading biological weapon of choice" for an increasing terrorist threat to American Servicemembers.

"I never want to have to explain to a mother or father or spouse why their son, daughter, husband or wife died from exposure to Anthrax when we could have prevented their death simply by vaccinating against this threat,"

Gen. Krulak said in the message.

The immunization program requires an initial vaccination and three subsequent injections of the Anthrax Vaccine, given at six, 12 and 18 months after the initial injection. To maintain immunity, annual "booster shots" are required, according to the National Center for Infectious Diseases (NCID), Centers for Disease Control and Prevention (CDC). As with any vaccination program, many servicemembers are wary of side effects. General Krulak addressed this concern in his message, and cited the abundance of misinformation available on the Internet as a source of rumors about possible health risks associated with the vaccination program.

However, the CDC Internet site, [HTTP://WWW.CDC.GOV/NCIDOD/DBMD/ANTRAX.HTM](http://WWW.CDC.GOV/NCIDOD/DBMD/ANTRAX.HTM) has an in-depth explanation of what Anthrax is, what symptoms of infection are, how it can be prevented and what side effects can realistically be present.

According to the site, Anthrax vaccinations can cause some side effects. These side effects, however, are generally no more than tenderness or slight swelling in the area of the injection. As the CDC's frequently asked questions (FAQ) page stated:

"Mild local reactions occur in 30% of recipients and consist of slight tenderness

and redness at the injection site. A moderate local reaction can occur if the vaccine is given to anyone with a past history of anthrax infection. Severe local reactions are very infrequent and consist of extensive swelling of the forearm in addition to the local reaction. Systemic reactions occur in fewer than 0.2% of recipients and are characterized by flu-like symptoms."

Compared to the influenza entry, the possible side effects of Anthrax vaccination seem insignificant.

According to the CDC, the possible side effects of the "Flu shot" include "fever, malaise, myalgia (muscular pain) and other systemic symptoms occur infrequently and most often affect persons who have had no exposure to the influenza virus antigens in the vaccine (e.g., young children). These reactions begin 6-12 hours after vaccination and can persist for 1 or 2 days."

Immediate — presumably allergic — reactions (such as hives, angioedema (general swelling), allergic asthma, or systemic anaphylaxis) occur rarely after influenza vaccination. These reactions probably result from hypersensitivity to some vaccine component — the majority are most likely

—See ANTHRAX/6A

ANTHRAX INSIGHT

Marines get the scoop on anthrax vaccination

Secretary of Defense changes anthrax policy in high threat areas for deployed personnel

Headquarters Marine Corps

1. The purpose of this message is to announce a Secretary of Defense policy change affecting personnel assigned to or deploying to designated high threat areas for any length of stay and to update Marine forces on the Department of the Navy Anthrax Vaccination Immunization Program (AVIP).

2. Background:
A: The AVIP protocol requires an individual to receive six shots over an 18-month period plus an annual booster thereafter. Shots are given at 0, 2 and 4 weeks and at 6, 12 and 18 month marks. The vaccine induces an immune response in more than 95 per cent of recipients after three doses.

B: Phase I of the Secretary of Defense's three-phased AVIP started in August 1998. It originally included all personnel assigned to high-threat areas for 30 days or greater (change to this policy is discussed in paragraph 3 below) and personnel scheduled for deployment on an imminent or ongoing contingency operation. Phase I Marines are all MEU personnel, FAST, MSG in designated high threat areas and individuals who are permanently assigned or TAD to designated high threat areas.

C: Phase II was scheduled to begin in January 2000. However, based on current projections, it may begin in August 1999. This phase comprises all Time Phased Force Deployment Data (TPFDD) C-0 to C-35 forces.

D: Phase III includes all Marines not previously vaccinated. It is presently scheduled to begin in 2003.

3. Secretary of Defense Policy Change:

A: In order to ensure protection of all military personnel in designated high threat areas, SECDEF's greater than 30 days policy will soon change to a 0-day policy. Military personnel entering a designated high threat area for any length of time are required to have begun the anthrax vaccination program prior to entry into the area. Preferably, the individual will receive the initial three doses prior to entry into the designated high threat area. However, one dose is sufficient for entry. Services have been granted latitude in the case of refusals, as discussed in paragraph 5 below.

B: In January 1999, the Marine Corps began vaccinating all personnel assigned to a designated high threat area, or pre-designated for immediate contingency deployment (crisis response), or personnel scheduled for deployment on an imminent or ongoing contingency operation to a high threat area, regardless of length of stay. During previous planning in anticipation of this policy change, the MARFORs identified units and personnel that will be affected by the 0-day policy.

C: To ensure adherence to SECDEF's

policy change, commanders will check the anthrax vaccination status of all Marines departing for or arriving in Southwest Asia (SWA) or Northeast Asia (NEA) for any reason (PCS, unit deployment, TAD) to ensure that:

1. They are participating in the Department of the Navy AVIP;
2. All other required vaccinations are up to date;
3. Their orders contain the following statement: "IAW the Department of the Navy Anthrax Vaccination Immunization Program, personnel assigned to forward deployed units or on PCS or TAD orders to SWA (Kuwait, Saudi Arabia, Bahrain, Oman, Jordan, Qatar, United Arab Emirates, Yemen or Israel) or NEA (Republic of Korea) are required to report to their local medical clinic to receive the anthrax immunization and other required immunizations. Receipt of the first three anthrax immunizations over a 30-day period is preferred prior to your departure. However, if you are unable to complete the initial 3-shot series due to medical or administrative reasons, you are still deployable."

4. Anthrax Vaccination Refusal Policy:
A: If a Marine refuses to obey a lawful order—i.e., refuses to be vaccinated—the matter will be treated as would another allegation of misconduct under the Uniform Code of Military Justice (UCMJ). The UCMJ leaves it to individual commanders to resolve how allegations of misconduct should be handled (rule for courts-martial 306). They may choose, among other things, to take no action, counsel, impose NJP, refer to court-martial, and/or initiate administrative separation.

B: A refusal to obey an order to be inoculated may also warrant separation for "commission of a serious offense" under paragraph 6210.6 of the Marine Corps separation and retirement manual (MARCORSEPMAN), MCOPI900.16E.

C: Other basis for separation may be appropriate depending on the Marine's record. However, whether administrative separation processing should be initiated in anthrax vaccination refusal cases is left to the discretion of the commanding officer. Moreover, the determination of characterization of service is normally left to an administrative separation board or the separation authority based upon the merits of each Marine's record.

5. Deployment Policy in the case of Anthrax Vaccination Refusal:
A: Refusal of the anthrax vaccination is not a bar to deployment. Deciding which Marine's deploy will remain the prerogative of the cognizant Marine commander.

B: The Marine Corps policy is that the cognizant commander will make the decision to retain or remove an individual from deployment for refusing the anthrax vaccination based on mission requirements.

6. Involuntary inoculation policy:
A: Although it is within the commander's inherent authority to order involuntary medical procedures, as a matter of policy the Marine Corps will not physically restrain and forcibly compel an individual to receive the anthrax vaccination at this time.

B: In accordance with Department of the Navy policy, commanders will, if time and resources permit, make every effort to ensure their Marines have received full benefit information, education and counseling regarding the AVIP prior to being inoculated. However, education is not a legal predicate to issuing a valid order to be inoculated, i.e., the commanding officer's authority to issue a valid order is not contingent upon his/her having first educated the Marine as to why the order is being given.

7. Medical information update:

A: On 2 Dec 1998, updated patient information sheets were released by SECDEF and distributed to MARFOR and MEF surgeons for use in the commander's anthrax vaccination education program. The information sheets incorporate experiences from the accelerated anthrax program begun last March in support of Operation Desert Thunder and address common questions related to pregnancy, fertility and reproductive effects, as well as the common side effects of the vaccine. These updated materials supersede the previously distributed troop information brochures and are to be used during the educational briefings given to marines prior to receiving the anthrax vaccine. The package includes pamphlets for family members addressing their frequently asked questions.

B: All of the patient information pamphlets, as well as the previously distributed medical and commander's briefs are posted to the Navy Environmental Health Center's (NEHC) web site at <http://www.nehc.med.navy.mil/prevmcd/immun/anthrax.htm>. Also NEHC has added a new feature to their web site whereby individuals can post questions they have about the anthrax vaccine program and have the answer posted within a few days. Other excellent sources of information on the anthrax vaccination program include the Marine Corps web site at <http://www.usmc.mil/anthrax.nsf>; the DOD web site at http://www.defenselink.mil/other_info/protection.html. This web site has been completely redesigned to help answer the questions Marines and families are asking; and, the centers for disease control also has anthrax information at <http://www.cdc.gov/ncidod/dbmd/anthrax.htm>.

C: The medical officers and corpsmen are the command's technical experts for this pro-

gram. Commanders are encouraged to use them. If medical personnel do not have the answers, they know where to get them. They will help the commander in educating Marines on the safety and efficacy of this program.

8. Documentation of inoculations:
A: Proper tracking and reporting of the anthrax vaccination program continues to receive senior leadership focus. Anthrax vaccination compliance percentages must be reported in the joint monthly readiness report. Additionally, GAO and DOD IG have commenced audits to ensure services are in compliance with SECDEF policy.

B: Unit medical personnel are required to properly document an individual's anthrax vaccinations in three locations:

1. Shipboard automated medical system (SAMS);
 2. The medical record;
 3. And on the yellow shot card.
- C: Data from the local SAMS system must be transmitted to the Naval Medical Information Management Center (NMIMC) weekly for entry into DEERS.

9. Vaccine requisition:
A: The MARFORs previously reported the additional vaccine quantity they require instituting the SECDEF's 1-day policy. Based on those numbers, the Marine Corps has been allocated additional vaccine. Units must submit requests for anthrax vaccine through their MARFOR, who will, in turn, submit requests to HQMC, I&L (LPP). All requests must include:

1. The unit requesting the vaccine;
2. The number of personnel assigned;
3. The number of doses required (initially, order three doses per individual);
4. Unit POC's name, phone and fax number;
5. The name of the military treatment facility where the vaccine will be shipped;
6. And the required date of receipt.

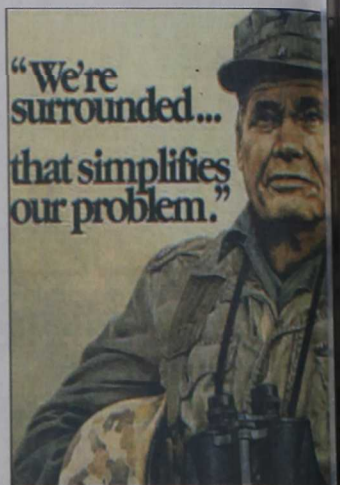
B: Units should order the first three doses in conus prior to deployment. All shipboard units may take stocks of vaccine when deploying. Non-shipboard deploying units lack refrigeration capabilities and must consider where they will be located when the next dose in the series is required to ensure the vaccine shipment coincides with the unit's arrival at that geographic location. For planning purposes, units are reminded vaccines must be maintained at temperatures between 36 and 46 degree Fahrenheit.

10. Public Affairs
A: HQMC Public Affairs is providing updated PA guidance, articles, and information packages for distribution under separate cover to command PAO's. They have also upgraded the Marine Corps web site at <http://www.usmc.mil/anthrax.nsf> to ensure Marines have ready access to documented information regarding the threat and the anthrax vaccine. The upgrade includes hyper links to other web sites that offer additional information regarding the AVIP.

B: Commanders are requested to augment this effort by encouraging the publication of anthrax vaccine articles in newspapers and producing features on base cable outlets.

Request for anthrax vaccination

- The unit requesting the vaccine
- The number of personnel assigned
- The number of doses required
- Unit POC's name, phone and fax number
- The name of the military treatment facility where the vaccine will be shipped
- And the required date of receipt



Chesty's 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!

1. After a platoon sergeant has opened ranks and verified the alignment, what should his next command be?
2. Which decontamination kit is used to decontaminate clothes?
3. What is the short range distance of the M16A2 service rifle rear sight aperture?
4. Which Marine unit provides the liaison between Marines and civilians?
5. Who is authorized to establish an interior guard?
6. Who was the first black Marine to enlist in the continental Marine Corps?
7. How many Marines were taken prisoner during World War I?
8. Where was the bloodiest Marine Corps battle fought?
9. When did the 1st Marine division land in Korea?
10. Which formation is normally used when marching a Marine platoon?

Answers

- 1) Ready front 2) The M13 kit 3) 0-200 meters 4) The Public Affairs Office 5) The unit commanding officer 6) Pvt. Anthony Walker 7) Twenty-five Marines 8) Tarawa, Pacific Islands 9) September, 1950 10) The column formation

Off-limits establishments

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

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

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

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

Marine Battle Skills

Organization and weapons of the Marine Rifle Squad

***Mission**
The mission of the Marine Rifle Squad is to locate, close with and destroy the enemy by fire and maneuver, or repel the enemy assault by fire and close combat.

***Organization**
The rifle squad consists of three fire teams, each of which is built around an automatic weapon and controlled by a fire team leader.

***Composition**
The squad is composed of 13 men: a sergeant (squad leader) and three fire teams of four men

each. Each fire team consists of a corporal (fire team leader/grenadier), two lance corporals (automatic rifleman and assistant automatic rifleman) and private or private first class (rifleman).

- *Weapons**
- (1) Squad Leader M-16 and bayonet
 - (2) Fire Team Leader M-16 w/M-203
 - (3) Automatic Rifleman M-249 SAW and K-Bar
 - (4) Assistant AR M-16 and bayonet
- *Ammunition**
- (1) M-16 5.56mm ball round M-855
5.56mm tracer round M-856
 - (2) M-249 5.56mm linked 4 and 1 (4 ball rounds/1 tracer)
 - (3) M-203 40mm cartridges as follows:
High Explosive
Riot Control
Smoke

- *Supplementary Weapons**
- Demolitions
 - Claymore mines
 - Hand Grenades
 - Light Assault Weapons
 - Ground signals/flares
- *Supporting Weapons**
- The following weapons can be assigned to support the fire team as the mission requires:
- M-240G 7.62mm machine gun
 - 83mm Rockets (Shoulder Launched Multipurpose Assault Weapon)
 - M-2 .50 caliber machine gun
 - MK-19 40mm machine gun
 - 60/81mm mortars
 - TOW missile systems
 - Artillery
 - Naval gunfire
 - Close-air support (attack jets)
 - Close-in fire support (attack helos)



The Globe
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ECUADOR from 1A

volunteered to help, along with the three churches in Virginia, and they took up a collection of school supplies during their Sunday services in December," West added.

Among the supplies donated were pencils, rulers, chalk, notepads, small easels, construction paper, stools and scissors.

After the supplies were collected, the general waited for an opportune time to take down the supplies.

It just so happened that a KC-130 Hercules squadron based out of Marine Corps Air Station Cherry Point had an over-water international flight requirement for several of the squadron's crew members.

With a little coordination between II MEF, Marine Aerial Refueler Transport Training Squadron 253, United States Southern Command and the Ecuadorian Marines staff, the transportation and delivery was arranged.

On the morning after his arrival, West and the Ecuadorian Commandant made a small presentation to the Rosalva Arteaga Elementary School in one of Guayaquil's poor school districts.

Excitement was abundant in the school's atmosphere as the teachers had their students line up and listen to the school's principal and the

general's short speeches.

"It is our pleasure to bring these supplies to you," West said. "We (America) want to be good friends with you, and this is our way of showing our friendship," West said.

The children got excited as the general passed out colored pencils and notepads. Smiles covered their faces as they surrounded the Marines and requested their autographs.

"This is one experience that you can't trade for any amount of money," said Col. Mike Williams, Special Operations Training Group officer-in-charge.

Along with the numerous benefits to foreign relations, this mission was also cost-free.

"This mission didn't cost the Marine Corps any money to collect or deliver the supplies," explained the General.

The Ecuadorians supplied the Marines with free billeting, food and transportation during their two-day visit.

This 2,500-mile flight also allowed several crew members to complete their "check ride," or final test before

heading into the Fleet Marine Force as KC-130 pilots, flight engineers, navigators or load masters.

Also, the II MEF Marines accompanying West included Maj. Stan Budd, the new Commanding Officer of UNITAS who was able to conduct advance planning for the August UNITAS exercise with the Ecuadorian Marines. Col. Mike Williams and Maj. John McQuary of SOTG who met with their Ecuadorian counterparts to discuss and plan for riverine training, and Command Master Chief Leon Larson who provided beneficial instruction on medical issues, items, and procedures.

According to Capt. Anthony Taylor, KC-130 pilot, this training affords the valuable opportunity of working with foreign aviation agencies, and planning and navigating for long-range over water flight.

"All in all, we considered the mission a huge success, and said he hopes a follow up humanitarian assistance mission can be arranged during the next UNITAS deployment," said West.

MajGen. Randall West, Deputy Commanding General for II MEF, shakes hands with an Ecuadorian youth at the Rosalva Arteaga Elementary School.

Cpl. Jon Wilke



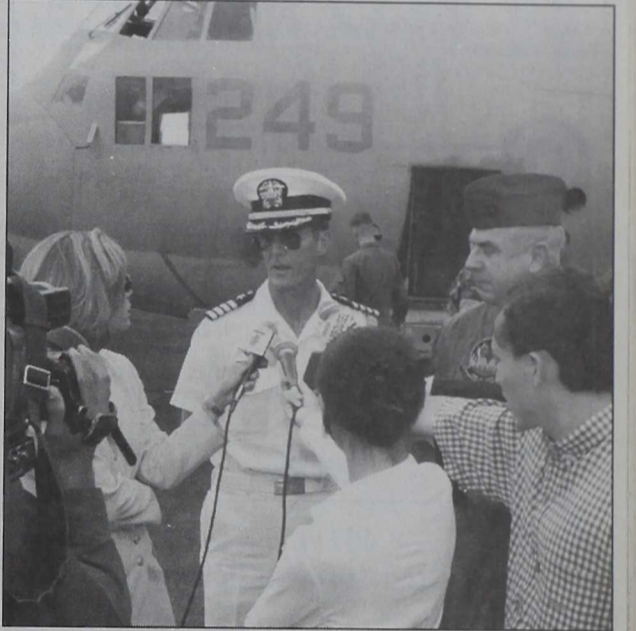
Maj. Stan Budd, Commanding Officer of UNITAS, talks with Ecuadorian elementary students during a recent humanitarian mission to help poverty-stricken school districts.

Cpl. Jon Wilke



An Ecuadorian forklift operator unloads a pallet of school supplies from a KC-130 Hercules.

Cpl. Jon Wilke



Navy Capt. John Gorman, Naval Attache Officer in Quito, Ecuador, and MajGen. Randall West, Deputy Commanding General of II MEF, answer local media members' questions at the Guayaquil, Ecuador Airport.

Cpl. Jon Wilke

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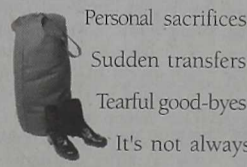
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Bulletin Board

II MEF

Key Volunteers

Call Elizabeth Leshchyshyn 355-2091 for more information

2d MarDiv

Follow Me

Key Volunteers:

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

L.I.N.K.S. Training sessions will be held March 2-4 from 6 p.m.-9 p.m., March 30-31 from 9 a.m.-12:30 p.m., April 1 from 9 a.m.-12:30 p.m., and May 4-6 from 9 a.m.-12:30 p.m. For more information, call 451-1299.

Sunday 1:30 p.m. The USO celebrates its 58th Birthday, all military families are welcome for free food and refreshments. For more information, call 451-8719.

Tuesday 9-11:30 a.m. Key Volunteer Resource I. At the Family Service Center. For more information, call 451-8719.

Thursday 8 a.m. Key Volunteer Coordinator Meeting. At the MARFORLANT Key Volunteer Center. For more information, call 451-8719.

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.

MCB

451-1717

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| 2. Current Weather Advisory
*TE&O/OPS | 5. MCB Camp Lejeune Schools Information
*MANPOWER COORDINATES |
| 3. WBGTI Hourly Readings
*MULTIPLE | 6. Current Fire Conditions
*TSD/Range Control |

Children

Youth Pavilion There will be a Valentine's Day social at Tarawa Terrace Youth Pavilion Feb. 13 from 7-9 p.m., join us as we crown Mr. & Ms. Valentine. Food and drinks will be served. Cost for members \$4 and \$6 for nonmembers. Ages 6-12 are welcome. For more information, call 355-9100. Go skating at the youth centers Feb. 27 from 3-7 p.m. this is event is for members only. Cost per member is \$7. Ages 6-12 are welcome. Registration deadline is Feb. 24.

Community Center MCAS and All Points Travel would like to present Travel Expo '99 Feb. 20 from 10 a.m.-2 p.m. at the Marston Pavilion. There will be more than 75 vendors on hand to help answer any questions you may have in regards to your travel plans this year. The grand prize (Jamaican Holiday) will be given away, plus many other great getaways. This event is free and open to the public. For more information, call 451-3535.

Library The next PME seminar will be held Feb. 23 from 2-3 p.m. in the conference room of the Base Library. The seminar will be on John Philip Sousa and will be conducted by Glenn Pappas.

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.

Bring your preschool age children ages 3 through 5, meet other moms and have a good time. Lollipops for the kids, donuts for moms. It's a great time for kids to enjoy a good story, for moms to get out and just do something different. Call 451-9569 for more information.

Education

Earn graduate credit with the AWS/AMU Nonresident Program. Amphibious Warfare School (AWS) Non-Resident students who are en-

rolled 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 60 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.

OWC Camp Lejeune is offering scholarships to graduating seniors. Scholarships will be awarded for academic excellence and merit. To qualify, the students' sponsor must meet one of the following: Active duty military personnel serving in the Camp Lejeune area; Active duty military personnel currently fulfilling an unaccompanied PCS tour whose last duty station was in the Camp Lejeune area; Retired or deceased military personnel whose last duty station was in the Camp Lejeune area. The deadline for submission is March 19. For more information about applications, call 355-0640.

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. Ses-



LCpl. Larry D. Cunningham

Marine Corps Base welcomes new Sergeant Major

SgtMaj. Joseph Houle passes the NCO Sword that represents his post as Marine Corps Base Sergeant Major to MajGen. Ray L. Smith, Marine Corps Base Commanding General. SgtMaj. Otis Kokensparger subsequently took the post during a ceremony held at the field house Jan. 14. Houle has moved on to assume duties as Marine Forces Atlantic Sergeant Major. Kokensparger comes to Camp Lejeune from Washington D.C. where he served as the Sergeant Major for the Inspector General of the Marine Corps. He is a Desert Storm veteran and his tours include duty as a drill instructor at MCRD Parris Island and duty with 2d Marine Division in 1983.

sions 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.

The Camp Lejeune Officers' Wives' Club will soon conduct their annual distribution of monies to non-profit and charitable organizations. For consideration, organizations must submit their request in writing to Camp Lejeune Officers Wives' Club, Charitable Distributions Chair, P.O. Box 8607, Camp Lejeune NC 28547. Include the following in your request: dollar amount, specific reason for request, and information about your organization. Deadline is March 16. For more information, contact Michele Howe at 355-2964.

Recruiter Assistants Needed Marines from Western New York who are interested in returning home on permissive TAD orders now have an opportunity to do so. Qualified Marines may return home for up to 30 days to help out local recruiters, visit their families, and earn bonus points toward promotions. Marines from nearly any area of Western New York may participate in this program. Areas include the city of Buffalo, Auburn, Batavia, Canandaigua, Ham-burg, Horseheads, Jamestown, Niagara Falls, Olean, Rochester, Syracuse, and northern Pennsylvania. For more information, call SSGT. Fair (716) 551-4919

Assistant 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 in-

cluded in the Council's web page and in other links including the North Carolina Arts Council. The listing will also be accessible by calling the Council office at 455-9840.

Preparation Brief What are your benefits after you leave service and how do you find out more about them? The Preparation 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.

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 now through February 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 7-9 p.m. at AGB, 921 W. Corbett Ave. in Swansboro. The fee is \$20, but 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. 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. 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.

Armed Services YMCA has set up household budgeting classes for Monday from 9-10:30 a.m. at the Midway Park Community Center; Tuesday from 1-2:30 p.m. at the Tarawa Terrace FEAP Office; and Wednesday from 9-10:30 a.m. at the MCAS New River Family Services. These classes will focus on stream lining spending this upcoming year, reducing credit card debt, cutting costs in household management, and the latest in consumer scams, as well as, what you want to hear about. For more information, call 451-9569.

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.

Semper Fit Aerobics are available Monday-Friday at a location near you. Pick up a schedule at any fitness center, or call 451-5841 for more information.

Upcoming Events

Food & Hospitality OWC and The Paradise Point Officers' Club present a Valentine's dinner for two Feb. 13 from 6-9 p.m. Cost is \$32 per couple. See your club calendar for a detailed listing of menu choices. Reservations are needed by Feb. 10. For more information, call 451-2465.

Onslow Beach is offering a weekend special during 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, dance and entertainment Saturday from 6 p.m.-2 a.m. at the Marston Pavilion. Attire: semiformal. Ticket cost is \$12 for members, \$15 for non-members, and \$6 for children under 11. For more information, contact Remy Austreg at 347-2218 daytime or Evelyn Miller at 577-3413 evening.

The Marine Corps Community Services Department of Camp Lejeune and the Single Marine Program welcome the Mike Corrado Band with special guest Feb. 13 at the Base Theater. Admission is \$5 advance and \$7 at the door. This event is open to all ages and the general public. The tickets are currently on sale at ITT Camp Lejeune, the Tarawa Terrace and Midway Park Community Centers, the

Camp Lejeune Base Theater, and Sound Shop in Jacksonville Mall. For more information, call 451-3535.

"Riverdance The Show" will be presented at the Palace Theater Myrtle Beach, S. C., March 4. The Jacksonville Recreation and Parks Department will be taking a one day bus trip to see the exciting, world mous production of the traditional Irish music and dance show. Cost \$85 per person, adults and child age 12 and up. It includes travel deluxe motor coach, a short visit "Broadway at the Beach" and more. For more information call 938-530 5318.

Two Great Trips are being offered from ITT to Atlantic City March 18. Cost is \$225 per person, and Las Vegas, March 28-April 2. Both trips include transportation, hotel and much more. For more information, call 451-3535.

American Championship Wrestling will be held Feb. 20 from 4-8 p.m. at the Field House. There will be seven exciting matches at each show. General admission tickets are \$5 advanced and \$7 at the door. Ring side tickets are \$7 advanced and \$10 the door. Tickets are now on sale at ITT at Camp Lejeune, New River, Cherry Point, and the Sound Shop Jacksonville Mall. For more information, call 451-3535.

Volunteers

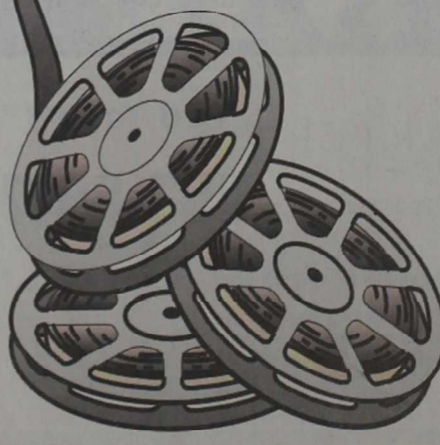
Volunteers are needed The Family Service Center is recruiting volunteers. If you are interested in learning new skills, maintaining current skills, helping others, then you may want to volunteer. The FSC recruits and trains volunteers to assist with computer, public speaking, clerical duties, and assisting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

NMCRS Wants You The Naval 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. Child care and mileage are reimbursed. Call 451-5346 for more information.

Volunteer Training at Onslow Home Health and Hospice, 20 Lejeune Boulevard. Sessions held Tuesdays, and Thursdays from 8:30 a.m. - 12:30 p.m. For more information call Arnold Johnson or Judy Mitchell at 577-6660.

Now Playing at the Movies:

Saturday			
Rugrats	G		2 p.m.
Mighty Joe Young	PG		7 p.m.
The Faculty	R		9:45 p.m.
Sunday			
Rugrats	G		2 p.m.
Mighty Joe Young	PG		7 p.m.
Monday			
A Bug's Life	G		7 p.m.
Tuesday			
Psycho	R		7 p.m.
Wednesday			
A Bug's Life	G		7 p.m.
Thursday			
The Mighty	PG-13		7 p.m.
Friday			
You've got mail	PG		7 p.m.
Down in the Delta	R		9:45 p.m.



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Cooking Corner

Baking Made Easier

(NAPS)—Tired of waiting for stick margarine and butter to soften on the counter before mixing into a recipe?

Many cooks find that stick margarines and butter are difficult to combine into recipes when taken straight from the fridge. However, lots of cooks have found a way to avoid this problem and save themselves time in the kitchen.

Shedd's Spread Country Crock® Readable Sticks can be mixed easily into recipes straight from the fridge. Spreadable Sticks are made from a softer blend of vegetable oil that makes them easy to combine into your favorite recipes, and they add delicious country richness.

Originally developed in response to requests for a stick that will not tear bread or rip toast when applied cold, Spreadable Sticks are also great for cooking and baking. As an extra bonus, they contain less fat and calories than butter or margarine.

This following winning recipe, originally submitted by Jan Fuller, first place winner of the Oregon State Fair Country Crock baking contest, was adapted by the authors. It shows just how delicious and easy baking can be with Country Crock Spreadable Sticks.

Lebra Chocolate Chip Cookies

16 dozen cookies

- 5 cups all-purpose flour
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 1/2 cups granulated sugar
- 1/2 cups firmly packed dark brown sugar



- 1 lb. (4 sticks) Shedd's Spread Country Crock® Spreadable Sticks
- 2 eggs
- 1 Tbsp. vanilla extract
- 1 package (12 oz.) semi-sweet chocolate chips
- 1 package (12 oz.) white chocolate chips

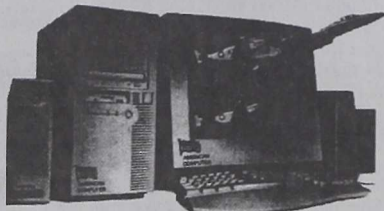
Preheat oven to 375°. Grease baking sheets; set aside.

In medium bowl, combine flour, baking soda, baking powder and salt; set aside.

In large bowl, with electric mixer, beat Shedd's Spread Country Crock and sugars until light and fluffy, about 5 minutes. Beat in eggs and vanilla, scraping sides occasionally. Gradually beat in flour mixture until blended. Stir in chips. On prepared baking sheets, drop dough by teaspoonfuls, 2 inches apart.

Bake 10 minutes or until golden. On wire rack, let stand 5 minutes; remove from sheets and cool completely.

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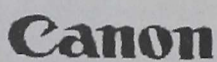
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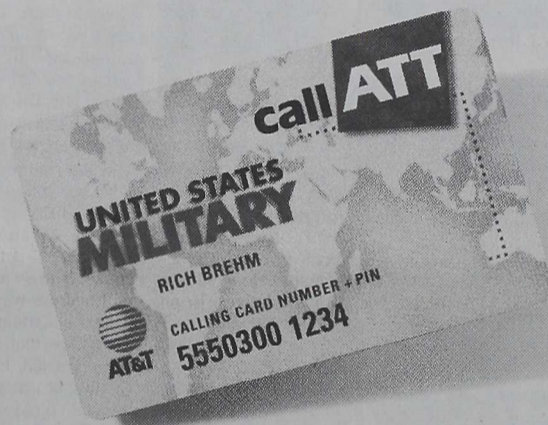
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ANNIV from 1A

The Memorial Service, a brass quartet performed, the Association Prayer was read by Orville "Ed" Gamble, First Vice President, SMDA and a roll call of remembrance was given by David Dowdakin, Second Vice President, SMDA.

The roll call of remembrance was very emotional for some of the association members.

Eyes welled up as they read off the total of Marines and Sailors missing in action and fatalities that died in battles from 1942-1991 totaling 3,094.

At the Battle Colors and Awards ceremony, the battle streamers were re-dedicated by association members.

Marines also dressed up in old uniforms and performed in a uniform pageant signifying changes in styles throughout the life of the Corps. There were an estimated 1,500 Marines at the ceremony and about 400 guests.

Topping off their visit, the association visited the Base Exchange and then enjoyed a banquet at the Officers' Club.

Bedard spoke at the Battle Colors Ceremony, honoring all of the former Marines with a round of applause.

"We wouldn't be here today if all of you hadn't paved the way. We honor you for you are our history," said Bedard.

"We were extremely impressed with what the Second Marine Division did for us and how hospitable and well-mannered all of these young Marines are," said Thrine Crain.

"The logistics that went into these events must have been exhausting and we have all had a great time," said Thrine Crain.

"Congratulations and well done to the Marines and Sailors of this great division as you celebrate the legacy of the old breed for more than half a century," said Bedard proudly.

ANTHRAX from 1A

component — the majority are most likely related to residual egg protein."

For members of the Chemical Biological Incident Response Force (CBIRF), the vaccinations are a common occurrence. As part of the check-in process, new members are required to begin the Anthrax vaccination program.

"We've given more than 2,000 vaccinations to our personnel," said CMDR Rich Dalton,

CBIRF's Senior Medical Officer. "We haven't had any cases of side effects, aside from those associated with any inoculation."

Dalton said the side effects encountered by CBIRF personnel were limited to muscle soreness and slight swelling around area of the vaccination.

Though the vaccination poses no real threat, many sources are spreading rumors and "conspiracy theories" about the program. Krulak expresses the thought that this misinformation is aimed to serve specific goals,

such as disruption of the vaccination process, but should be disregarded.

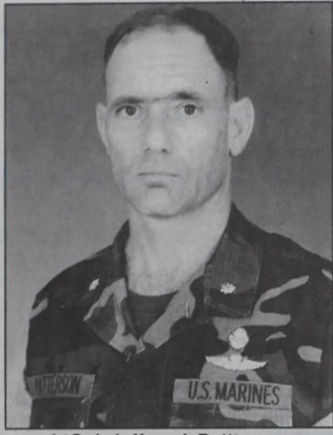
"The safe and effective vaccine we are using represents our best defense against this invisible killer. Our potential enemies are very much aware that by our prudence we have blunted one of the most lethal weapons in their arsenal," he said.

"With every additional Marine immunized we strengthen our capabilities and weaken those of our adversaries who would employ this threat against us."

CHANGE OF COMMAND



LtCol. Lawrence D. Nicholson



LtCol. Jeffrey J. Patterson

There will be a change of command ceremony Monday, as LtCol. Lawrence D. Nicholson assumes command from LtCol. Jeffrey J. Patterson, 2d Battalion, 2d Marine Regiment,

Commanding Officer at W.P.T. Field at 3 p.m. Patterson takes over as 2d Marine Division G-7. Nicholson is arriving at 2d Marines after serving as the 2d Marine Division Operations Officer.

RETURN from 1A

schools. They also provided nearly 1 million gallons of potable water and medical care for the people, as well as transported 728 tons of relief supplies.

At the village of San José de la Montaña, El Salvador, the people were so grateful to the Marines and Sailors they held a send-off celebration, commemorating the contemplation of the Marines' water purification efforts. There, nearly 40 Marines were able to attend and celebrate with their new friends.

"The water has helped us a lot," said Jose Maria Gonzales Benito, a San Jose resident. "We didn't have water to drink and they purified it. We feel very grateful for their support. Our community is very fortunate, we want to thank everyone for what they've done."

The Marines also repaired 1.7 kilometers of road for Comalapa Air Base, a local military installation where the JTF was located.

"I think the Marines got a lot out of this deployment," said Prevatt. "Not only did they get to see what life is like without the benefits of electricity or plumbing, but they also saw the devastation and havoc caused by a natural disaster." The vehicles were transported from the port to Camp Lejeune, after the Marines of CSSD-69 successfully completed their missions in El Salvador.

Civilian Personnel

FMA Meeting:

5:30 p.m., Feb. 25
Fisherman's Wharf Jacksonville
For additional information
contact Linda Bender at 451-9485.

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 and will be unable to work for approximately 90 days. Anyone wishing to donate annual leave may complete Applications to become a Leave Donor. He greatly appreciates any leave donated.

Leave Recipient: Nancy Guyot, employed by Child Development Services, has exhausted all of her available paid leave while undergoing treatments for breast cancer. Guyot will be unable to work until her treatments are completed. 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.

Civilian Health and Wellness Program: Jan. 14, MajGen. Smith approved a Civilian Health and Wellness Program for appropriated civil service employees assigned to Marine Corps Base, Camp Lejeune on a trial basis for a period of one year. The commanding general authorized matching time in the amount of 30 minutes to those employees who are willing to invest an equal amount of personal time (i.e. lunch break, annual leave) for physical fitness or to attend health and wellness classes during the trial period of one year. Department heads will determine how the Civilian Health and Wellness Program will be implemented in their department and the program will be monitored very closely by department heads. Of utmost importance is that approval to participate in the program will be discretionary and mission accomplishment will take precedence. At times, employees will be precluded from participation in the program due to workload. All appropriated civil service employees assigned to Marine Corps Base, Camp Lejeune will not be able to participate in the Civilian Health and Wellness Program due to the type of work they perform, i.e., shift workers, child care givers, those employees whose position require them to be at their duty post eight hours. Department heads will be required to provide monthly reports on employees who participate in the program and time cards will be annotated. A Base Bulletin will be distributed in the near future which will provide amplifying guidance for the establishment of the Civilian Health and Wellness Program at Marine Corps Base, Camp Lejeune.

Dependents' Aid: Two members of the Dependents' Aid Association have passed away since the last collection period, Ann Pryor, Marine Corps Combat Service Support Schools and Richard Nicholson, Vending Branch, Marine Corps Community Services. An assessment of \$2 has been approved for collection during the period Feb. 9-23. Members should make payment to their collection agent.

CMC from 1A

were mentioned several times to the capacity crowd. The commandant continued on his brief elaborating on several points to include his 31st Planning Guidance. "My idea for the Corps was to go with a simple strategy — make Marines to win battles. Everything that supported this philosophy was good and everything that didn't support it was bad.

"These two simple strategies were based upon the five pillars of success," added Krulak. These pillars include People, Warfighting, Education and Training, Naval Character and Core Values.

Krulak went into detail on several of the pillars but pointed out that a recent study had shown that personal readiness and combat readiness go hand-in-hand.

"We are all familiar with the transformation process but recent numbers show that the Marine Corps recruiters are doing their job. They have made mission for 43 straight months. If we have no people then we have no Corps," said Krulak.

The commandant proved that he not only believes in his own philosophies but he practices them as well when he promoted a young lance corporal on the spot while "kicking boxes" around the base.

"I knew I was getting promoted but not

by the Commandant," said newly-promoted LCpl. Cory Jordan, 1st Battalion, 2d Marine administration clerk. The commandant walk into the room just moments before the ceremony. Krulak took Jordan's new chevron and pinned one on his collar while the Sergeant Major of the Marine Corps SgtM Lewis G. Lee pinned on his other chevron.

"It really surprised me and it made me nervous," said Jordan.

"It was motivating and I feel pretty special to be one of only a few Marines who got promoted by the commandant and the sergeant major."

"This is a different Corps these days," said Krulak explaining that the Navy and Marine Corps must work as a team. "Our success depends on their performance and our performance depends on their success. Also, Congress has made promises for future funding procurement which will change your Corps he said explaining that by 2003 every true will be replaced and funds will be plentiful."

"We have the manpower and the money now. All we need is the leadership to bring all together," Krulak said.

"I just want everyone to know how proud I am of what you are doing," the general said. "Also, your Corps is holding up to the highest warfighting standards and American public is behind you 1,000 percent."

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USO: home away from home for 58 years

Cpl. Melissa R. Watts
Camp Lejeune correspondent

The United Service Organizations will celebrate 58 years of service Feb. 7. Local commanders and servicemembers have been invited to attend the birthday celebration at the Jacksonville USO.

Beginning at 1:30 p.m., a cake cutting ceremony will take place and free cake and ice cream will be available for the estimated 200 guests.

The USO's long history began in February 1941, when President Franklin D. Roosevelt said there would be an organization to serve the needs of military men and women while off base away from home.

The USO is made up of six agencies: YMCA, YWCA, National Catholic Community Service, National Jewish Welfare Society, Salvation Army and National Travelers Aid Association. These organizations were put into place to make servicemembers' lives more enjoyable while overseas and off base.

During World War II, the USO provided services to troops and adopted a critical role for community participation in the war effort. USO facilities were found everywhere: churches, log cabins, museums, barns, and even railroad sleeping cars. They served as a place to dance, meet people, see movies, have a cup of coffee or just relax.

USO all but disbanded in 1947, then resurfaced during the Korean War when the Department of Defense required expansion of the troops around the globe. Despite the opposition and uncertainty servicemembers saw during the Korean and Vietnam wars, the USO continued to assist Americans who were far from home in dangerous locations.

During the '70s and '80s the USO increased peacetime services to aid personnel and their families.

During this time the USO expanded services to reflect the increase of women in the military and the growing number of career military families.

Today, the USO operates 170 centers worldwide to support more than 1.4 million military personnel and their family members. Despite changes the U.S. Military and the USO will face in coming decades, the USO will continue to provide the dependable support and services that military members have grown accustomed to.

The USO's mission has remained the same through the years. The USO is a nonprofit organization that is congressionally chartered. It survives on donations and contributions through the Combined Federal Campaign and United Way. For 58 years, the USO has survived totally without government help. As time passed, the USO went out of its way to establish USOs throughout the world. There are 16 USOs in European countries.

Fleet Support Centers operate at more than 25 ports-of-call offering Navy and Marine personnel a touch of home when they return for brief shore leave. They provide currency conversions, language translations, local maps, and information about temporary living quarters and local recreational opportunities.

Here in the States there are USOs from Alaska to California, from Maine to Texas and in many major airports. Airport centers work day and night to assist American military families and unaccompanied personnel on the move. Travelers can receive assistance with language translations, and research for transportation options. Most have nursery facilities for parents with infants. The main goal is to make it easier for servicemembers to adjust during transfer.

Celebrity entertainment brings love and laughter to troops stationed far away from their loved ones. Recent volunteer celebrities include B. B. King, Sinbad, Jay Leno, Hootie and the Blowfish, Gin Blossoms, Anita Baker, Billy Joel and Sheryl Crow.

The history of the USO is built on care for military men and women. With the military's evolution from mostly single to mostly married, the USO had to change its outlook.

Operation Desert Shield showed how well the USO could react to helping people. They also had a USO task force ready to move to Somalia upon call from the government. For generations, servicemembers have used the USO for a number of reasons. Some for recreation, and others to help or be helped.

In times of peace, war, economic difficulty and loneliness, the USO will always be a place every military man and woman can call home.

"The USO is one of the better places to go in Jacksonville," said SgtMaj. Matthew Hardiman, Jacksonville USO Executive Director.

"When you come in you'll be welcomed with a smile and a friendly face."



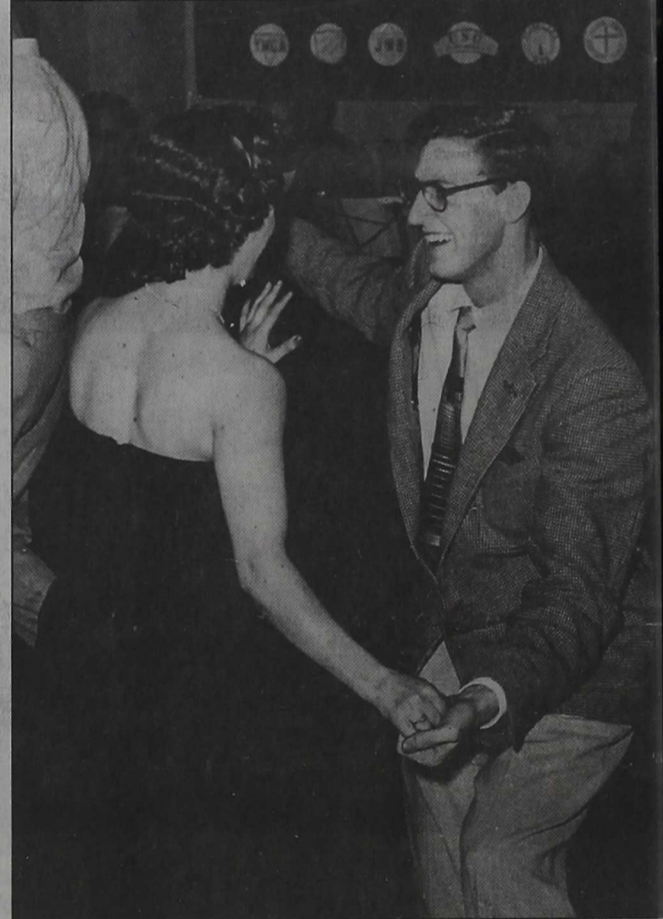
In 1949, the USO was surrounded by dirt roads. Many renovations have taken place since then.



The USO hosts Christmas parties for servicemembers who can't get home for the holidays.



In the '50s, Marines could shoot billiards in the USO game room for free. Today it is \$1 for each person.



Buses of people from Wilmington would visit the USO for dances in the '50s.



The game room was popular for Marines since food and game prices were less expensive than in town. It gave Marines a chance to get together and unwind after work.



Special guests help the Jacksonville USO celebrate its 26th anniversary in 1973.

2d Marine Division birthday bridges Marine generation gap

By Mike Vrabel
Camp Lejeune correspondent

Since the United States Marine Corps was established in 1775 it has been an ever-changing organization. Whether the changes are minor, such as uniform changes, or major, like the addition of women into the Corps, Marines continue to adapt to a changing world. Changes in the Marine Corps are particularly evident when several generations of Marines

met on Monday, 2d Marine Division celebrated its 58th birthday. In honor of the occasion, a ceremony was held here Jan. 29. During the day's ceremonies, today's Marines had the chance to meet Marines from years past and discuss how the Corps has changed. "It's a smarter Corps today," said Donald H. Glanzer, a demolition team member with the 8th Marines during World War

II. "When I was in, we didn't have nearly the amount of education Marines have today,"

said Glanzer. "I think the Marine Corps is harder as well. I don't know if I could do what Marines do today."

Another difference is equipment and technology, according to Bob Conners, Jr., who served as a tanker with 1st Battalion, 8th Marines during the Korean War.

"It's amazing the things the Corps has today," said Conners.

Conners said the differences could be noticed during the field events that preceded the anniversary ceremony.

"We saw as much firepower yesterday in the demonstration as my entire unit could produce in Korea," said Conners.

Younger Marines got a taste of how the appearance of Marines has changed during the past 223 years. Second Division Marines dressed in uniforms from past time periods as an announcer recognized the accomplishments of that period.

As evident as the changes, similarities remain between yesterday's and today's Marines.

"Marines are still Marines," said Glanzer. "I think that hasn't changed. The same basic values and principles are still there."

"Marines are still proud," added Conners, whose father was also a Marine. "They still hold their head up high."

Glanzer agrees that pride is a universal trait of Marines.

"I'm very proud of everything I did, and I'm glad I did it. I think all Marines can be proud of their accomplishments," said Glanzer.

Time has changed the Marine Corps from year to year. Most of the differences between the Corps now and the Corps in years past are positive changes.

An example of this is the prioritization of educating Marines. Some of the changes came naturally with time, as was evident with the changes in uniforms.

However, as advancements are made in equipment, technology and education, some things do stay the same. The pride which constitutes esprit de corps still exists. Above all, Marines are still Marines.



Cpl. Melissa R. Watts

At the battle colors ceremony, Association member Benard Ruchin, assisted with the re-dedication of the 2d Marine Division Battle Streamers.



Cpl. Melissa R. Watts

For the aerial demonstration, 2d Marine Division brought out ground equipment for association members to view.



Cpl. Melissa R. Watts

Association members look out at Courthouse Bay awaiting the river crossing demonstration.



Cpl. Melissa R. Watts

John Nixon, SMDA Endowment Funds Inc. Chairman, presents the Tarawa Award for outstanding leadership, to a 1stLt. Steve Orchard. He was representing 1stLt. John Jarrard, 1st Bn., 10th Marine Regiment, who is currently deployed.



Sgt. Jason M. Webb

Marines from 2d Marine Division get ready to show their capabilities.



Cpl. Melissa R. Watts

Marines from the Division display uniforms from the past to illustrate the evolution of the Corps.



Sgt. Jason M. Webb

2d Marine Division Association Members tour a CH-53E Super Stallion.

Chapel Schedule

ROMAN CATHOLIC

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

JEWISH

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

EASTERN ORTHODOX

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

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	11 a.m.
		New River Chapel	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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Sunday Services		Call Bishop Maloney	743-2569

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Announcements

May God's richest blessings be yours in 1999. Visit a chapel of your choice this week.

Chaplains Corner

"Stone walls do not make a prison; nor iron bars a cage"

Chaplain Alan M. Hansen
MCB Camp Lejeune

These words of a 17th Century poet have special significance in regard to a 20th Century proponent of nonviolence who used prison to advance his cause.

Dr. Martin Luther King, Jr., whose birthday is observed Jan. 15, proved in his short lifetime that a jail cell's iron bars could not imprison ideas and issues concerning freedom and justice.

As he said when sentenced after a civil rights demonstration in Montgomery, Alabama, "Ordinarily a person leaving a court room with a conviction behind him would wear a somber face. But I left with a smile. I knew that I was a convicted criminal, but I was proud of my crime. It was a crime of joining my people in a nonviolent protest against injustice. It was the crime of seeking to instill within my people a sense of dignity and self-respect. It was the crime of desiring for my people the 'inalienable rights of life, liberty and the pursuit of happiness.' It was above all the crime of seeking to convince my people that noncooperation with evil is as much a moral duty as is cooperation with good."

During another confinement in jail, Dr. King learned that a number of clergymen had criticized his interference in local affairs. Using pieces of toilet paper, margins of old newspapers and any writing materials that he could find in his cell, he wrote and smuggled out a statement: "My dear fellow clergymen," he began, "I am here in Birmingham because injustice is here. . . I am cognizant of the inter-relatedness of all communities and states. But I cannot sit idly by and not be concerned about what happens around me. Injustice anywhere is a threat to justice everywhere."

The dictionary defines prison as "a place where persons are confined" although persons may be confined

in prisons, history has proved that their inspirations and ideas are not.

It was in prison where Dietrich Bonhoeffer did much of his religious writing; where the heroic Dutch lady of evangelism, Corrie Ten Boom, made her commitment; and where Alexander Solzhenitzyn found the inspiration to write his books.

Dr. King's philosophy of nonviolence was drawn not only from his Christian faith, but also from the teachings of Mahatma Gandhi. In explaining his philosophy, Dr. King wrote:

"A fourth point that characterizes nonviolent resistance is a willingness to suffer without retaliation,

to accept blows from the opponent without striking back. Rivers of blood may have to flow before freedom is gained, but it must be our blood, Gandhi said to his countrymen. The nonviolent resister is willing to accept violence if necessary, but never to inflict it."

Martin Luther King, Jr.'s words are just as appropriate today as they were during his lifetime:

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed. Freedom has always been an expensive thing. History is fit testimony to the fact that freedom is rarely gained without sacrifice and self-denial. When evil men plot, good men must plan. When evil men burn and bomb. Good men must build and bind. When evil men shout ugly words of hatred, good men must commit themselves to the glories of love. Where evil men would seek to perpetuate an unjust status quo, good men must seek to bring into being a real order of justice. Our

hope for creative living world house that we have

ited lies in our ability to reach the moral ends of our lives, social character and social

Without this spiritual awakening we shall destroy ourselves in the misuse of our instruments. Human progress, their automatic nor inevit

Even a superficial look at history reveals that no advance rolls in wheels of inevitability

Every step toward goal of justice requires sacrifice, suffering, struggle. It requires less exertions and anxious concern of

out persistent time itself becomes an ally of

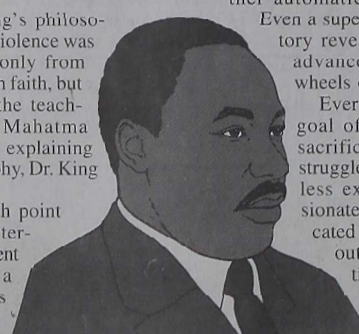
primitives forces of

tional emotionalism and social structure. This is no time for

Dr. King was both Baptist and a preacher of social gospel—the teaching of man's duty not only to have but also to serve others. "To the gospel to the poor," as the

Dr. King's career began when he was ordained and assistant pastor of his father's church. He was pastor of Avenue Baptist Church in Montgomery, Alabama from 1954 to 1968

thereafter was co-pastor with father at Ebenezer Baptist Church. Dr. King died on 1968 at the hands of an assassin's bullet. As we paused to honor the memory of Dr. Martin Luther King, Jr. on the anniversary of his death, we also honor the rebirth of which his life's work achieved



Cooking Corner

Apples Provide Sweet Relief From Winter

(NAPS)—An apple a day can help keep the winter blues at bay.

Besides being part of a healthy diet, fresh Washington apples can be baked into sweet, delicious treats to warm the soul through cold winter nights.

This recipe for Apple Crumb Coffee Cake, paired with a steaming mug of cocoa, tea or fresh-brewed coffee, can make a delightful remedy for the season's chill.

Apple Crumb Coffee Cake

Crumb Topping:

- 1 cup all-purpose flour
- 3/4 cup sugar
- 1/4 teaspoon salt
- 6 tablespoons butter, cut into 1/2-inch pieces
- 1/2 cup chopped walnuts

Cake:

- 8 tablespoons (1 stick) butter, softened
- 2 Braeburn or Golden Delicious apples, peeled, cored and sliced
- 1 1/2 cups, plus 2 tablespoons, sugar
- 1/2 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 large eggs
- 3/4 cup milk

1. Prepare Crumb Topping: In medium bowl, combine the flour, sugar and salt. With fingers, pinch in butter until well combined and large clumps form. Stir in walnuts and set aside.
2. To make Cake, melt 1 tablespoon butter in large skillet. Add apples, the 2 table-



Made with fresh Washington apples, this Apple Crumb Coffee Cake is irresistible comfort food.

spoons sugar and the cinnamon; cook, covered, over medium heat, stirring occasionally, until apples are tender—10 to 12 minutes. Set aside to cool.

3. Heat oven to 350°F. Grease and flour a 10-inch tube pan (preferably with removable bottom). In large bowl with electric mixer, beat remaining 7 tablespoons butter and 1 1/2 cups sugar until light and fluffy. Beat in vanilla.

4. Stir together flour, baking powder, and salt. Add half the flour mixture and the eggs to butter mixture; mix well. Add the remaining flour, then the milk and mix well. Fold in the apple slices. Spoon batter evenly into prepared pan and top with crumb topping. Bake 50 to 60 minutes or until cake tester inserted in center of cake comes out clean. Cool in pan at least 15 minutes; invert cake to remove pan and cool completely.

Indulgent Hot Chocolate Delights

(NAPS)—It can be surprisingly easy to enjoy an everyday indulgence and satisfy cravings for rich chocolate flavor.

A delicious, hot, chocolatey drink to delight the senses can be made in minutes with flavorful syrups that you probably already have in the refrigerator.

Just heat the milk and stir in Hershey's Chocolate or Strawberry Syrup. By adding extra ingredients, it's possible to make a different treat each day.

Here are a few ideas to savor. More recipes can be found at www.hersheys.com on the Internet.

Rich Hot Chocolate: For a quick spur of the moment Hot Chocolate, stir 2 to 3 tablespoons Hershey's Syrup into 1 cup hot milk. Top with marshmallows or stir in marshmallow creme, if desired. For a special occasion, stir in a drop of almond, orange or raspberry extract.

Chocolatey Mochaccino: In a large mug or cup, stir together equal amounts of hot milk and strong hot coffee and 2 to 3 tablespoons Hershey Syrup. Sweeten to taste. Top with steamed milk or whipped cream and a sprinkling of ground cinnamon.



Treat your senses to a cup of something deliciously different to drink.

Branded Hot Chocolate: In a large mug or cup, stir together 2 to 3 tablespoons Hershey's Syrup, 1 cup hot milk and 1 tablespoon brandy or 1/8 teaspoon brandy extract. Serve with whipped cream, if desired.

Hot Strawberry Soother: In a large mug or cup, stir together 1 cup hot milk and 2 to 3 tablespoons Hershey's Strawberry Syrup. Top with whipped cream, if desired.

Smooth Mocha Coffee: Combine 1 cup hot coffee and 2 to 3 tablespoons Hershey's Syrup or Hershey's Special Dark Syrup. Serve with whipped cream and a sprinkling of ground cinnamon, if desired.

The Burns Supper—A Scottish Holiday Tradition



The Scottish Highlands, the subject of Robert Burns's poetry, is the home of fine single malts like The Macallan.

(NAPS)—On or about January 25th each year, many Scots host an evening paying tribute to the renowned Scottish poet Robert Burns, author of the New Year's Eve anthem "Auld Lang Syne." The "Burns Supper" is not a somber affair, but a festive celebration of the poet comprising food (traditional Scottish fare), drink (a whisky, such as The Macallan Single Highland Malt Scotch Whisky), and Burns' poetry and song, including "Tam o' Shanter" and "My Love is Like a Red Red Rose." In short, it's an evening he would have enjoyed himself.

While Burns and his poetry may not be as widely known on these shores, these special evenings represent a fun and spirited way to spruce up the dead-of-winter. The experts at The Macallan offer the following tips for hosting your own Burns Supper:

Intersperse a series of toasts throughout the evening. These must include the gentlemen's toast

to the "lassies," which shows outrageous and hilarious. Last evening, the lassies are to thank the gentlemen for their wishes with a reply toast.

Make the central toast of the evening the "Immortal Memory of Burns" in which a speaker explains why Burns is immortal. Tradition says Burns mentions the works, poems, or songs and Burns with the company toasting "Immortal Memory of Burns."

In keeping with the upbeat of the evening, the main course of the meal, haggis, is paraded around the room as a poem "The Address to the Haggis" (what else?) is recited. If never had haggis (a national dish of sheep's stomachs with onions, oatmeal, and fat), don't let your American mishness keep you from enjoying this dinner: substitute any meat and pretend you're eating real thing.



The month of April gets its name from the Latin *aperire*, meaning "to open," as do the flower buds that month.

Web Watch

(NAPS)—To learn about fire safety and have some fun, youngsters can visit Sparky, the National Fire Protection Association mascot, at www.sparky.org

Millions of Americans have discovered the ease and convenience of purchasing a new or used car through the Internet, using a service such as Auto web.com (<http://www.autoweb.com>).

Renaissance Cruises offers Travel Smart—Buy Direct program, allowing consumers to book directly and save money on each cruise. Call (800) 525-5350 or see

www.RenaissanceCruises.com on the web.

The average person takes 9,000 steps each day, exerting a force anywhere from three to five times his or her body weight. Because of this, selecting a properly fitting shoe is critical to reducing the risk of foot-related injuries. To get more information about your feet, visit The Athlete's Foot Web site at www.theathletesfoot.com.



The first woman to hold the office of chief of protocol in the U.S. Department of State was former child star Shirley Temple Black in 1976.



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Pointers For Parents

Our Medicine Cabinet

NAPS)—A well-kept medicine cabinet protects children two ways: It provides the medicines you need. It's arranged and secured so you don't take drugs they're not supposed to have.



Keep a thermometer in your medicine chest, but don't put a mercury bulb in a child's mouth. Use the armpit temperature and a degree.

Keep aspirin for grown-ups, a non-aspirin painkiller for children who can become seriously ill from taking aspirin, syrup of ipecac (to induce vomiting in cases of poisoning when directed), a stomachache remedy, bandages, a thermometer, ointments, first-aid ointment (use on the smallest cuts) and band-aids and cold medicines. Many households with children use what parents call "a worry-free cold medicine" with no sugar, salt, alcohol or artificial colors. One such is Tussin 30. That medicine is recommended for people with allergies, diabetes, heart, thyroid or prostate problems.

Once the cabinet is stocked, it should be locked so curious youngsters can't try what's inside. Just in case, keep the number of your pediatrician and the poison control board handy. These hints may help you keep your youngsters happy and healthy.



The baby carriage was invented in 1848 by a New Yorker named Charles Burton. His earliest model was a large box with four wheels and a handle attached to it. It wasn't a hit in America, however, and Burton moved to Britain. Queen Victoria had a liking to his invention and her moms soon followed suit.

is circumstance and proper timing that give an action its character and make it either good or bad.

—Agesilaus

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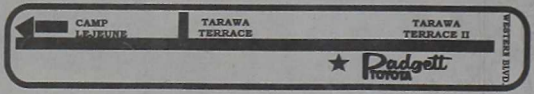
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Cpl. Nathan E. Leon

Petty Officer 3rd Class Kristopher Garcia checks the health of Pvt. Robert Newberry, Weapons Company, 3rd Battalion, 2d Marines during a sickcall visit.

Cpl. Nathan E. Leon
Camp Lejeune correspondent

MOUNTAIN WARFARE TRAINING CENTER, BRIDGEPORT, Calif.—The snow has begun falling into a blanket over the Mountain Warfare Training Center in Bridgeport, Calif., and the Marines and Sailors of the 2d Marine Regiment have made it home.

Life in the snow has meant ski training, snowshoe hikes, survival shelters and, above all, medical awareness. Prior to six days of training in the Cloudburst and Little Wolf Creek training areas, the Marines of 3rd Battalion, 2d Marines and Headquarters Company, 2d Marine Regiment received classes from a team of cold weather experts covering everything from survival kits to building emergency snow shelters. The overall emphasis was on staying dry, warm and healthy.

However, Navy Lt. Joseph Sposato, Battalion Medical Officer for 3rd Battalion, 2d Marines, has already begun treating injuries associated with the unforgiving environment of the Sierra Nevada Mountains.

"As a whole, the battalion is healthy and well-prepared, but I have seen a few injuries associated with lack of overall acclimatization," said Sposato.

"Low hydration, physical conditioning and orthopedic

problems have begun to surface."

Sposato recommends that all Marines deploying to a cold weather or mountainous environment heed predeployment classes and physically prepare for the environment.

Two conditions found commonly in freezing temperatures include frostbite and hypothermia. Although both illnesses are potentially serious, prevention and awareness are the keys to immunity.

Frostbite is the actual freezing of skin tissue after prolonged exposure to freezing temperatures. Symptoms include discolored skin, burning, tingling and decreased sensation. Treatment involves the gradual rewarming of the affected area as soon as symptoms develop, using the armpit, groin or belly, and without the aid of friction or fire. If left ignored, frostbite often leads to amputation.

Hypothermia is the lowering of the body's core temperature below 95 degrees. According to Sposato, isolated cases of hypothermia have occurred at MWTC, but overall prevention has been successful. Victims usually become cold and clammy or disoriented, and should be insulated, dried and evacuated. Uncontrolled shivering usually precedes hypothermia. The key to prevention is to stay as dry as possible and dress in loose layers.

In addition to cold weather injury

prevention, the Marines were told the importance of the seven "p items" common to all Marines in a weather environment.

These items enable a Marine to combat a harsh environment: survive if stranded, and include a pocket knife, whistle, prepacked bandage, sunscreen/lip balm, sunglasses, survival kit with map and a notepad with pen or pencil.

Diet and water intake is also critical in cold weather operations. Provides fuel for the body's internal heating system and hydration is critical for proper maintenance of the body's major systems. Most of the MWTC instructors testify to the relatively low water intake of weather training Marines.

"It's difficult getting Marines to drink enough water when it's freezing outside," said Sgt. Brian Rutnick, MWTC instructor. "We see more injuries from lack of water than other injury up here."

According to Sposato, keeping a battalion healthy and combat ready is no challenge if Marines exercise proper caution and prepare.

"The one piece of advice I give to Marines preparing for weather is to keep physically fit," said Sposato. "In a place like Bridgeport, you have to have great cardiovascular fitness. Also, the instruction is to stay fit, but it has to be taken to heart to be effective."



Cpl. Nathan E. Leon

Lcpl. Eric Brancheau lights a Peak 1 squad stove. The stoves provide much-needed heat for cooking and for drying personal equipment.



Cpl. Nathan E. Leon

Sgt. Bryan Rutnick, an MWTC instructor, gives a class on casualty evacuation using equipment common to all Marines.

Platoon speed vital for Desert Raid Exercise

Sgt. Chris Tourge

31st MEU (SOC) correspondent

UDAIRIRANGE, Kuwait—All heads simultaneously turn eastward, from their temporary home in the sand dunes of Kuwait, toward the barren plains extending to the Arabian Gulf. Sixteen Marines from the 31st Marine Expeditionary Unit (MEU), comprising an opposing force, hear the first hint of an attack; a pair of spinning rotor blades broadcasting deadly capabilities through their rhythmic thumping.

Two flying objects emerge like magic out of the royal blue sky. On the horizon they are the size of pellets.

Quicker than the "bad guys" comfort level would like, the objects circling overhead and are no longer minuscule and unimpressive. One can now fully recognize the sleek, angular nose and cockpit of AH-

1W Super Cobra attack helicopters.

The snakes initiated the helicopter raid exercise and signified a simulated barrage of heavy fire to eradicate troop barracks and satellite dishes before the raid force, Echo Company, Battalion Landing Team 2/4, would touch down and rush forward.

The Marine company is flying on the tail of the cobras in the bellies of "Huey," "Super Stallion" and "Sea Knight" helicopters.

The helos don't circle the site. They fly in straight and fast, then land enveloped within their self-made tornado of skin-slapping sand and blinding dust, 200 meters from two abandoned trailer homes that pose as a satellite station.

According to Special Operations Training Group (SOTG) instructor, SSgt. Stanley A. Martinez, the flat desert terrain allows the aircraft to land anywhere. Sand

dunes or an occasional case of whiteout vision from the glaring desert are the only major hazards here.

SOTG Marines were on site to evaluate the MEU's performance.

"Landing is easier for the aircraft in the desert. But since the enemy can hear and see you from quite a distance, speed is vital for a helo raid here," said Martinez.

There are two types of helicopter raids, a "hard hit" and a "soft hit." Today's raid was a hard one.

"A hard hit involves landing a few hundred meters from the objective as the enemy fires at you," said Company Commanding Officer, Capt. Dan T. Thoele.

"In a soft hit, the platoon-to-company-size assault force lands several kilometers away, sometimes under the cover of darkness, and walks to the objective."

Wasting no time after exiting the aircraft, the platoons organize themselves on line for a direct approach to the trailers.

Each platoon is designated as one of the three required elements for a helo raid: 1st platoon is the security element; 2nd platoon is the assault element; and 3rd platoon, ready with machine-guns and mortar-men from weapons platoon, comprises the support element.

The security element is the first to attack the site. In a series of squad rushes ordered by barking platoon sergeants, the Marines bound over and dodge beside the ten-by-ten-foot sand dunes, mere pimples on the desert's sandy face.

After securing the 200 meters between their drop-off point and the force's raid site, the assault element is next up to the plate.

With a few dry mouths and gasping lungs, they ascend the low-grade slope unscathed from any enemies left in their fighting holes. The assault element reorganizes before clearing and searching the dirty and abandoned trailer homes.

After the cobras' onslaught, chances of facing heavy weapons still capable of firing are slim, but the assault element must erase the small-arms handlers. The support element remains at the landing site throughout the raid to cover the first two elements in case they are attacked by reinforcements.

"Prisoner-of-war recovery teams search the site and, afterward, explosive ordnance teams rig the buildings to be demolished," said Thoele.

From start to finish, the raid lasts only 15 minutes. Thoele's company managed to pull off a successful, safe raid even though they only had one-and-a-half hours to plan.

Their timing and teamwork had been etched in stone



Sgt. Chris Tourge

From left to right, Cpl. Todd R. Hezlett, Cpl. Larry Curlin, Sgt. John T. Jordan and SSgt. Ted Thompson, from the 31st MEU's ground combat element, search and clear two abandoned trailer homes representing an enemy satellite station during a helicopter raid exercise. These Marines are part of their company's assault element. The Marines performed the raid while the MEU conducted route training in the Kuwaiti Desert.

before attaching to the MEU as part of the ground combat element in November, after completing a helicopter course given at Camp Pendleton, Calif.

"Considering the lack of time they had to plan, it was performed well," said Martinez.

"The company landed close enough for a hard hit, but was partly shielded by the sand dunes to our east for the assault."



Sgt. Chris Tourge

"Bad guys" from the 31st MEU's communications section defend a mock satellite station from Echo Company's helicopter raid. The 16-man team was quickly overrun by the assault force of more than 150 Marines with crew-served weapons, but the defeat did not soften the communicators' tenacity for a good fight. They still had boat and mechanized raid forces to contend with in the days to come.

New refueling system improves Air-Ground team

Sgt. Micheal D. Rogers
Camp Lejeune correspondent

"Any clime or place" is taken to a new level as Marines from Camp Lejeune and Marine Corps Air Station New River exercise a new fuel delivery system for M1A1 tanks with CH-53E Super Stallion helicopters from Marine Heavy Helicopter Squadron-464.

Using the Tactical Bulk Fuel Delivery System (TBFDS), a fuel tank internal to the CH-53, is the newest and fastest process known to the Corps for refueling tanks in the field.

"The versatility of the CH-53 makes this process remarkable in terms of Operational Maneuvers From The Sea (OMFTS)," according to Capt. Ian L. Stone, Forward Air Controller, 2d Tank Battalion.

With the ability to keep the fuel on ship and "out of the line of fire" until a time and place can be established for refueling, Marines can keep the warfighting element moving while the support element supports.

Among the concerns of the 21st century, we must focus on over-the-horizon type missions and how we can resupply tanks that are forward yet leave "no logistical footprint," said MGySgt. Thomas Speranzi, Operations Chief, 2d Tanks.

The actual TBFDS fuel tank is an 800-gallon, hard, square bladder that integrates

directly into the CH-53's fuel system, and is capable of withstanding up to 20mm gun fire.

The TBFDS was originally used to refuel escort helicopters such as the AH-1W Cobra. Used in conjunction with the CH-53's present mission, the fuel system add-on greatly enhances a proven asset for the Corps.

"As probably the most versatile and capable platform we've got in our inventory, the CH-53 can also in-flight refuel the TBFDS bladders from C-130 Hercules aircraft," said Stone.

CH-53's can transport one to three bladders at a time giving them substantial refueling flexibility. The TBFDS is unique in its operational capabilities in that no setup time is required and that no additional personnel or equipment are needed to operate the fuel delivery system.

Depending on the type of hose attached to the delivery system, fuel can be pumped from the helicopter at 100-125 gallons per minute. Attachments to the TBFDS can also enable more than one vehicle to be refueled at a time.

"This is the first time this type of a rapid ground refueling has been attempted by 2d Tank Battalion," said Capt. Daniel L. Smith, assistant operations officer, 2d Tanks. "We're here to exercise and validate a capability that will serve us in OMFTS and Ship to Objective Maneuver (STOM)."

Depending on the terrain or tactical

situation at the time, tanks have the option of refueling via the Logistics Vehicle System (LVS), using on-board, portable flex cells or with a visit to a Forward Arming and Refueling Point (FARP). Flex cells are bladders filled with fuel, carried on the tank. When refueling is required, the bladders are dumped off the back of a tank and driven over with the track to force the fuel up into the tank. Empty cells are then gathered back up and stored on the tank.

When tanks need to refuel at a FARP, the tanks must come to the fueling point and as in almost any fueling point it requires a crew to run, guard and set it up.

Another option, which 2d Tanks exercised during their last field exercise, is to use fuel and ammunition dropped by parachute from the C-130 Hercules with the assistance of an Aerial Delivery Platoon.

The TBFDS offers a near perfect combination of bringing the fuel to the tanks, leaving no logistical footprint and not having to backtrack to a fueling area, making it fast, efficient and effective.

"This system was put on paper, implemented in a smart and efficient way and it works," said Stone.

With our Commanding Officer's acute awareness of his need for flexibility on the battlefield, this system gives him a significant force multiplier. It's simply beautiful."



Sgt. Micheal Rogers

Dpl. James D. Hopkins tops off a tank as 2d Tank Bn. tests a new refueling option using helicopters.



Sgt. Micheal Rogers

Capable of refueling more than one tank at a time, the TBFDS can unleash fuel up to 125-gallons a minute depending on the type of refueling hose that is being used.



Sgt. Micheal Rogers

MSgt. Lee C. Moore Jr, 2d Tank Bn., supervises the refueling of a tank in his platoon.



Sgt. Micheal Rogers

LCpl. Ryan J. Fitzpatrick, Charlie Company, 2d Tank Bn., squeezes off the last few drops of fuel from an experimental type of rapid ground refuel called Tactical Bulk Fuel Delivery System.

24th MEU(SOC) makes night vision milestone with attack jets

Compiled by
24th MEU(SOC) Public Affairs

ABOARD USS NASSAU— The note scratched on the Jan. 15th flight schedule said, "Congrats to Beans & Gump who are the 1st AV-8 pilots on the East Coast to NVG CQ aboard the LHA! — JM."

Translation: "Congratulations to LtCol. Eric J. VanCamp and Capt. David C. Forrest - the first East Coast non-test pilots to take off and land on a Landing Helicopter Assault-type U.S. Navy ship at night using night-vision goggles." - (signed) LtCol. Jeffrey Marshall, Commanding Officer, Marine Medium Helicopter Squadron 266 (Reinforced).

What it meant was that history had been made.

For the first time, on an operational mission, a pair of Marine Corps AV-8B Harrier jets had taken off and landed on a darkened U.S. Navy ship using only cockpit instruments and night-vision goggles. Although the mission went so well it seemed routine, it was actually a dramatic step by the Navy and Marine Corps aviation community toward seamless night flight operations aboard ship.

The event took place Jan. 14 — a moonless night aboard USS NASSAU (LHA 4), the

flagship of the NASSAU Amphibious Ready Group. HMM-266 is the Aviation Combat Element for the 24th Marine Expeditionary Unit (Special Operations Capable) on station as the Landing Force of the U.S. Sixth Fleet in the Mediterranean region.

Conditions were excellent as the two Harrier pilots completed their preflight brief, loaded up around dusk and shot off the front of the ship's 820-ft. flight deck.

The jets' attack mission included familiarization with a new and improved NVG model — the AN/PVS-9, practice taking off and landing aboard ship, develop procedures for "reading" the ship's deck lighting and refine safe operating procedures in order to teach them to the fellow Harrier pilots.

"With any new capability that people are not familiar with, you always have to crawl before you walk and walk before you run," said VanCamp. Both VanCamp and Forrest are certified night-systems instructors, and the natural choice for assignment to the initial flight with the new NVGs.

New Night-Vision Goggles
"Since the inception of the night-attack program, we have been flying with a type of night-vision goggle called 'Cat's Eyes,' VanCamp explained. "Early last year we started

seeing deliveries of what's called AN/PVS-9 - a newer generation of night-vision goggle.

"It has a wider field of view than the Cat's Eyes, it has better resolution - 20/25 versus 20/40 - and it performs better in low-light conditions than any of the goggles being used in the Fleet," he explained. To put the effectiveness of night-vision goggles into perspective, the naked eye sees about 20/200 in dark conditions.

Like all new military equipment planned for military use, various tests needed to be conducted to gauge compatibility with equipment currently in service. According to VanCamp, "They completed the test program in late October or early November, sent the results to NAVAIRSYSCOM [Naval Air Systems Command, the Department of the Navy's research and acquisition branch for aviation] and the clearance was issued on 31 December."

Clearance from the top level in Washington, D.C., meant authorization for all night-attack equipped AV-8B's to begin using the new NVGs for take-offs and landings on all LHA's and LHD's.

First Impressions
On the morning after their history making flight, VanCamp and Forrest briefed their fellow pilots about the new NVGs, their limits and the

broadened capabilities they would bring to the fixed-wing section of the Fighting Griffins - HMM-266's call-sign.

"It's going to be a lot easier than the old night pattern because you have visual acuity's you can use and reference," Forrest explained. "Although your peripheral vision is limited by the goggles, you still have visual references."

In layman's terms, Forrest compares those visual references he uses when landing one of the Marine Corps' Vertical/Short Take-Off and Landing aircraft on a pitching, gray, steel platform in daylight to simply trying to enter a door while walking down a hallway.

"You can judge if you're going to make it by judging your surroundings," he said. "It's basically the same thing when you're flying because you can say, 'I can make this because I know where the airplane's flying and where I am relative to the object.'"

"At night though, you lose all that," he continued. "So what you have to do is solve one variable at a time."

Pilots in flight continuously monitor various instruments and external reference points to ensure they are maintaining safety and situational awareness. When landing, the "information feed" becomes even more complex. Pilots have to constantly watch their

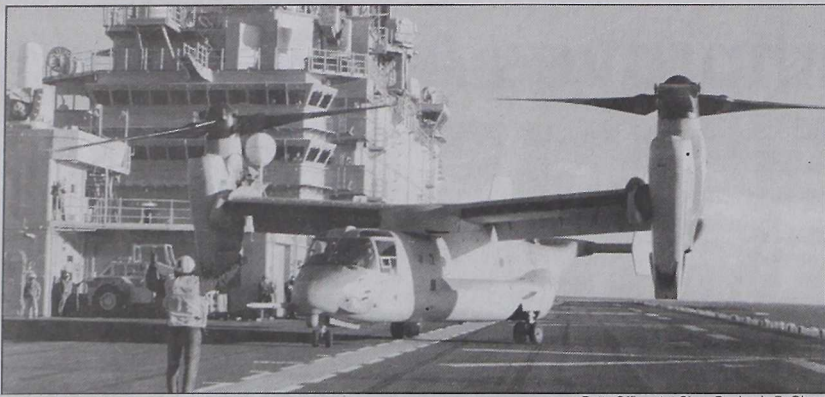
altitude, air speed, distance to the ship, angle of descent, and other factors in order to bring themselves and their airplanes to the proper place and time.

Instead of trying to complete several actions at once in maneuvering for a landing like they do during daylight hours, pilots have to concentrate on each individual part of their equation at night.

"Let's solve our forward momentum first," Forrest explained as if he were in the cockpit. "Ok, I've already solved my forward momentum. Now, I'm going to solve my lineup with the ship. Now I need to solve my height or where I'm going to hover to land the aircraft."

The Future for Marine Corps Technology
"I think it's a step forward for the Harrier side," said Capt. Forrest. "The goggles are going to enhance our ability to function at night, to fight at night, and to perform at night," he added. "We all know how fast technology is advancing," said LT Oullette. "In the past it's always been a struggle to keep up with that technology. Now the Navy and Marine Corps does very well in keeping up with the increasing technology and night-vision goggles are just one example of this," he added. "It keeps us at the tip of the spear. Which is exactly where we need to be."

Around the Corps



Petty Officer 1st Class Benjamin D. Olvey

An MV-22 Osprey lines up for a Short Take Off (STO) from the amphibious assault ship *USS Saipan* (LHA 2) during the aircraft's shipboard development testing recently off the coast of South Carolina.

Osprey tests its salt at sea aboard *USS Saipan*

Compiled by V-22 public affairs
MCAS New River

MARINE CORPS AIR STATION NEW RIVER. The V-22 Osprey entered another phase of its flight test program Jan. 14 when one of the V-22 engineering and manufacturing development (EMD) aircraft flew aboard *USS Saipan*, to begin its sea trials scheduled to last until mid-February.

The tiltrotor aircraft will join the LHA class ship off the coast of Norfolk where the aircraft will undergo about 30 days of testing to meet two primary objectives. The first objective is to do dynamic interface testing which involves validating and expanding the general launch and recovery envelope relative to "winds over deck" for the ship's helicopter spots where the V-22 could land. "The envelope expansion testing is critical because it will evaluate the aircraft's handling qualities as well as reveal any problems that need correcting to ensure that the average fleet pilot can safely hover, take off, and land from any of these spots within the designated launch and recovery envelope," said LtCol. John Rudzis, V-22 government flight test director.

The sea trials test plan requires the V-22 to do practice landings on five of the ship's 10 helicopter spots to see how it handles in a variety of conditions, such as strong winds or rough seas. In addition, the pilots will practice a simulated OEI (one engine inoperative) which is a no hover vertical landing to the aft end of the ship, vertical takeoffs from a helo spot, and shipboard short takeoffs. Rudzis said the dynamic interface testing is in support of and in preparation for the V-22's next sea period during Operational Evaluation scheduled to begin in October 1999.

In addition to the dynamic interface testing, the V-22 will do external loads tests in which it will

pick up a 4,000 pound netted load from a single hook on the aircraft, and some night flying, both for the first time in a shipboard environment. "I think the aircraft is going to do very well in all aspects and I am looking forward to going out to the ship and push the flying as much as we can," said Rudzis.

The V-22 will also do what is known as spotting. According to Rudzis, this maneuver is a very important part of shipboard compatibility testing because when the ship is loaded with a full complement of aircraft, the V-22 must be able to land, quickly stow rotors and the wings, and be moved to its parking spot. Although a full complement of squadron aircraft will not be present during the sea trials, SH-3 and HH-46 helicopters from squadrons HC-8, HC-6 and HC-2 will provide search and rescue, and logistics support.

Another important aspect of shipboard capability is how well maintenance functions can be performed. The maintenance will be performed by Marine maintainers from the V-22's Multi Service Operational Test Team (MOTT) and some maintenance contractors from the Bell-Boeing team. In the process of conducting these tests, the job of the MOTT maintainers will be to maintain the V-22 as well as to record, validate and assess all Marine maintenance work. This means that all procedures, manuals, tools, and support equipment will be assessed for how well they allow maintainers to accomplish standard maintenance.

"We will also be assessing how well maintainers and the aircraft interact with the ship and support equipment they will be using, the effects of salt water on the V-22 and how corrosion may factor into this," said SSgt. Tony Huntington, a CH-53 crewchief and now a V-22 MOTT crewchief and maintainer. He added that they also will assess the availability of support equipment, storage facilities for special equipment and how this unique equipment is transported to and from the ship.

Rescue volunteers train for real emergencies

Sgt. Steven F. Gatlin
MCB Camp Pendleton correspondent

MARINE CORPS BASE CAMP PENDLETON, Calif.—As the sun crept over the horizon, a caravan of vehicles wound their way through a valley down a winding dirt road to a training site. People donned jackets, sweatshirts and gloves as protection from the crisp morning air. This is a day of important training for the San Diego Mountain Rescue team which trains year-round.

The 40-team members, including three Marines, were present for their annual helicopter rescue training in the foothills of Santee, San Diego, recently. The first part of the day consisted of classroom training including a safety brief and a signal smoke flare demonstration. Later, two San Diego Sheriff's Department helicopters circled the area and landed.

SSgt. Jeff Massey, Marine Air Logistics Squadron 11, Marine Corps Air Station Miramar, Calif., assisted the helo crews in conducting a short-haul demonstration. Short-haul is a rescue technique used to lift people out of areas where a helicopter can't land. A rope was suspended from the bottom of the helicopter, attached to its end was a litter where Dylan Palmer, San Diego Sheriff's Department deputy observer, stood during flight. Massey positioned himself on a large rock in the hills as a helicopter hovered overhead, then lowered Palmer to the rock. After Palmer secured Massey onto the litter, the helicopter carried him to safety. "It was exhilarating being sus-

pended from a helicopter and flown around Massey said. It gave me a chance to feel firsthand how the rescue technique works as well as the rest of the team too. For three hours team members practiced one-skid and the toe-in rescues.

During a one-skid rescue, a pilot must maneuver so part of either skid lands on solid ground. The other is suspended in midair while rescuers exit the helicopter from the grounded side. No sooner the first helicopter departed, than a second one arrived to take the team to the toe-in rescue site.

In this type of rescue a helicopter approaches the landing site and rests the front part of its skid on the surface. Rescuers exit the bird simultaneously on each side. They walk along the skid to the front of the helicopter, get off, crouch down and the helicopter flies away.

Both of these landings are important to lead Dan Megna, San Diego Sheriff's Department helicopter pilot, said. "As a matter of fact this whole training day is important to everyone here. We ten have to drop rescuers off in places where cant land on solid ground. This training helps feel more confident when I'm working with team members during real emergencies."

"The training was beneficial to the team," 1st Chris Hendricks, Marine Corps Base, said. "Most of us have never worked around helicopters. This is a real confidence builder."

Hendricks, Massey and GySgt. John Wiser, deputy chief with Marine Air Logistics Squadron 11, Marine Corps Air Station Miramar, joined the team for similar reasons including their desire to help people.

DIs share leadership with Tennessee Highway Patrol

Sgt. Michael D. Reed
MCRD Parris Island

HIGHWAY PATROL TRAINING CENTER Nashville, Tenn.—It is said that every Marine has the same middle initial—L for leader. Two of those leaders who play an integral part in turning young men into future Marine Corps leaders, traveled to Tennessee to share those leadership skills with a group of Highway patrol officers.

Drill Instructors SSgt. Michael Strieb and Phillip Frazier, led a 40-hour leadership course at the Tennessee Highway Patrol Training Center in Nashville. The Marine Corps leadership course, was attended by Tennessee Highway Patrol training staff and a select group of troopers representing the Highway Patrol's eight districts across the state. The Highway Patrol Training Center staff is responsible for training the men and women who become Tennessee State Troopers.

The course included daily physical training ex-

ercises and instruction in leadership skills, discipline, core values, and drill and ceremony. The course which led the two drill instructors to Tennessee, began with a request from Trooper Robert Bigher, a Tennessee Highway Patrol Training Center staff member who realized the skills gained through drill instruction would enhance the training trooper cadets receive during their six-month academy.

In addition, the troopers who attended the course will also be taking the knowledge they've gained back to their individual districts," said Trooper Bigher. "These two men did a magnificent job."

"This course was highly successful in its mission to instruct our training staff and a select group of troopers in enhanced leadership methodology of the U.S. Marine Corps," added Training Center Director Lt. Jerry Strain. "I've been in training with the Tennessee Highway Patrol since 1981, and this Marine Leadership Course has been the highlight for us. The Highway Patrol hopes to continue this relationship with the U.S. Marine Corps."

"Guiltless" Caesar Salad!



(NAPS)—If you love Caesar Salad, but rarely serve it because you're watching fat intake, you'll hail this new alternative from Campbell's® — Guiltless Grilled Chicken Caesar Salad. It is rich in flavor, with one-tenth the fat and half the sodium of a regular Caesar Salad.

The secret ingredient for the dressing, a portion of which is also used to marinate the chicken, is Campbell's® Healthy Request® Cream of Chicken Soup — eliminating the need for salad oil and egg. The soup's smooth consistency combines beautifully with the other ingredients, keeping the chicken moist and evenly coating the romaine lettuce. Its flavor is the perfect complement for the zesty taste provided by the vinegar, lemon juice and Worcestershire sauce. Give this new Caesar its due — it's a delicious development.

Campbell's® Guiltless Grilled Chicken Caesar Salad

Prep Time: 10 minutes
Marinating Time: 15 minutes
Cook Time: 15 minutes

- 4 skinless, boneless chicken breast halves
- 1 large head romaine lettuce, torn
- ½ cup Pepperidge Farm® Fat Free Caesar Croutons

Dressing/Marinade

- 1 can Campbell's® Healthy Request® Condensed Cream of Chicken Soup
- ¼ cup water
- 2 tbsp. cider vinegar
- 2 tbsp. lemon juice
- 2 tsp. Worcestershire sauce
- 4 cloves garlic, minced
- ½ tsp. pepper
- 4 tbsp. grated Parmesan cheese

1. In non-metallic dish mix soup, water, vinegar, lemon juice, Worcestershire, garlic, pepper and 3 tbsp. cheese. Set aside 1½ cups for dressing. Add chicken to remaining marinade in dish and turn to coat. Cover and refrigerate 15 minutes.

2. Grill or broil chicken 15 minutes or until done, turning and brushing often with marinade. Discard any remaining marinade. Thinly slice chicken.

3. Toss lettuce, chicken and dressing. Sprinkle with croutons and remaining cheese.

Serves 6.
One serving has 205 calories, 4g fat, 457mg sodium, 16g carbohydrate, 23g protein.

Pointers For Parents

Caring For Baby's Winter Skin

(NAPS)—Babies' bottoms have been used as the gold standard for soft, supple skin. However, even a baby's skin requires gentle care to stay beautiful during the colder months.

The Pampers Parenting Institute, a trusted resource for parents worldwide, offers the following tips to help protect your child's skin:

- Lowering the thermostat and using a humidifier can help increase your home's humidity, which can help hydrate skin.
- Although most infants enjoy a chance to splash, it's important to limit the duration of bathing to five minutes. Bathing can dry out delicate baby skin, especially if a moisturizer is not used. Most pediatric dermatologists now recommend applying a daily moisturizer on baby's skin following bathing to prevent dry skin.
- Use only soaps and skin care products on your baby's skin that are free of perfumes, dyes, alcohol and chemicals.
- If baby's skin seems very dry, rub a little nonperfumed baby ointment or cream on the dry patches.
- Avoid overbundling, which can cause excess perspiration, and therefore skin irritation.
- The diaper you choose can make a world of difference to your baby's skin.

The kindest diapers to babies' skin are those that are superabsorbent and can wick away moisture, such as Pampers® Premium With Extra Protection. Diapers with breathable features, such as Pampers® Air Flow, can help prevent irritation.

"I advise parents to look for a



Diapers that contain petrolatum keep baby's bottom skin looking healthy and feeling soft and smooth.

diaper that is not only highly absorbent and breathable, but also contains a beneficial skin care ingredient, such as petrolatum, which increases the overall condition of diapered skin," says Dr. Amy S. Paller, head of the dermatology division at Children's Memorial Hospital in Chicago. Petrolatum is the same trusted ingredient used in petroleum jelly and many baby creams and ointments. Pampers is the only leading disposable diaper that offers this skin care protection, resulting in the improved condition of babies' skin—skin that looks healthy and is softer and smoother than skin diapered in disposable diapers without this technology.

Parents can interact with child health and development experts by visiting the Pampers Parenting Institute at www.pampers.com.



Before he abandoned the ring for an acting career, Tony Danza's record as a middleweight boxer was 12 wins, 3 losses.

A pessimist is a man who has been compelled to live with an optimist.

Elbert Hubbard

FITNESS FACTS

Proper Shoes Will Get You Off On The Right Foot

(NAPS)—If you're among the millions of people exercising more in 1999, there are some key steps you can take to get the ball rolling. According to Tom Brunick, one of the country's leading experts on athletic footwear, you need to:

1. Pick a starting date for your exercise routine
2. Set realistic goals
3. Announce your exercise plans to your friends to help motivate you—or better yet, get them to join you during your routine
4. Make sure you have the right footwear for the exercise you choose
5. Keep a fitness log

Because the average person takes 9,000 steps each day—exerting a force anywhere from 3-5 times their body weight—selecting a properly fitting shoe is critical to providing comfort and reducing the risk of foot-related injuries. Brunick says that nearly 80 percent of people experience at least some discomfort from their athletic footwear. To make sure you're wearing the shoe that's best for what you do, consider the following:

• **One Size Doesn't Fit All—**It's important that you get your feet measured each time you buy athletic footwear. Believe it or not, your feet can change size at any age.

• **Remember the 2C's—**When selecting an athletic shoe, the amount of cushioning and comfort the shoe provides are most important. But be careful. Studies show that 90 percent of consumers wear their shoes too small. Likewise, comfortable shoes don't mean loose-fitting shoes, which can cause blisters, foot instability and jammed toes.

• **All Shoes Aren't Created Equal—**While many athletic shoes may look similar, they are often quite different in their design and performance. Also, like jeans, sizes of shoes can vary among different brands and styles.

• **Change Your Shoes Every 500 Miles—**Just as you regularly change the oil in your car, you need to do the same with your athletic shoes—since continued usage will gradually wear down the shoe's sole and reduce cush-



Experts say that if you run three times a week your shoes should be replaced every six months.

A good rule of thumb is to change your shoes every six months if you exercise at least three times per week, every three months if you exercise daily.

• **Specialized Exercise Call for Specialized Shoes—**If you participate in one specific sport or other fitness activity three times a week or more, you should consider selecting an athletic shoe that is made to handle the specific foot demands of that activity. If you frequently play tennis, for example, you'll need a tennis shoe that provides foot support for lateral movement. If you do a lot of walking, however, you'll need an athletic shoe with good cushioning and support.

• **Live and Learn—**Consider any history of foot problems you have the next time you choose new athletic shoes. For instance, if you have a tendency to sprain your ankle while exercising, you may want to consider a mid-cut shoe that will give you greater support in that area.

For more information on athletic shoes, visit The Athlete's Foot Web site at www.theathletesfoot.com.

Tom Brunick, a director of The Athlete's Foot Store's R&D Center, has more than 25 years of experience in wear-testing athletic footwear. He currently serves as the technical advisor for Shape magazine, Men's Fitness magazine, Tennis magazine and Golf Digest magazine, and is the footwear editor for Walking magazine.

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TRICARE: question and answer

Cpl. Victoria G. Gross
Globe Editor

Situation: How to decide which TRICARE program to choose: dual active duty with one infant dependent.

Both my husband and I are corporals and we have a 13-month-old daughter. Until recently, being enrolled in TRICARE Prime really didn't do anything for us except prevent us from worrying about not being enrolled. I took my daughter to the Naval Hospital for check-ups and immunizations and no one ever asked about our TRICARE enrollment.

Just over a month ago, my daughter got sick and no one could figure out what was wrong with her. I must have taken her to the emergency room three or four times that week with high fevers and loss of appetite. When we finally learned that she had a urinary tract infection the doctor decided she should have some tests done. The clincher was, the tests had to be done at Onslow Memorial Hospital because the Naval Hospital doesn't do them.

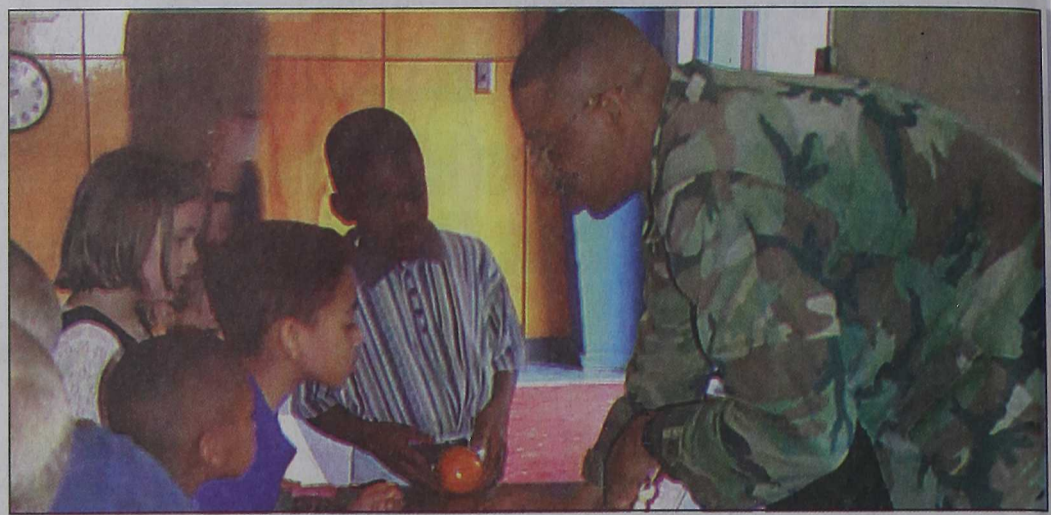
So here's where TRICARE comes into the picture.

In order to get a specialty appointment off base, your doctor has to write a referral and TRICARE makes the appointment. A week later, with no hassle whatsoever, TRICARE called and told me where and when I needed to be at the appointment and what I needed to bring with me.

It turned out that as an E-4 enrolled in TRICARE Prime a civilian outpatient appointment only costs a \$6 co-payment. Had we been enrolled in TRICARE Extra it would have cost 15 percent of the negotiated fee. If we had been enrolled in TRICARE Standard, it would have cost 20-percent of the allowable charge.

Since I'm not a doctor or a medical lab technician, I have no idea how much it costs for a couple of ultrasounds and whatever else her tests entailed, but I can pretty much bet you it costs more than \$6.

I admit that to begin with TRICARE was a huge headache for me and my family, but after all the brainwashing they had to perform to get it through our thick skulls through the use of seminars, briefings, signs, and displays, it finally hit me that it was actually a good program. It was definitely in our best interest to enroll.



Just say no

SSgt. Quentin D. Leak, Battalion SACO Headquarters & Service Battalion, 2d Force Service Support Group, teaches children about the ill effects of tobacco and alcohol on the human body during "shadow day" at Berkley Manor Elementary School Feb. 2

Courts Martial

The following are results of the special and general courts-martial for Jan. 15-31, 1999.

PFC Stanley E. Redd Jr., 2d Marines, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 107 (False official statement) and Article 121 (Larceny). He was sentenced to a Bad Conduct Discharge, confinement for 90 days, forfeiture of \$1,000 and reduction to paygrade E-1.

PFC Ray V. Williston, 8th Motor Transport Battalion, 2d Force Service Support Group, was convicted at a Special Court Martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$639 for 3 months and reduction to paygrade E-1.

Cpl. R. C. Harvey, 2d Supply Battalion, 2d Force Service Support Group, was convicted at a Special Court Martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to forfeiture of \$500 for two months and reduction to paygrade E-3.

PFC C. L. Musgrove, 6th Marines, 2d Marine Division, was convicted at a Special Court Martial of violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 70 days, forfeiture of \$600 for 3 months and reduction to paygrade E-1.

SSgt. A. Smith, 2nd Marines, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 112a (Wrongful use of cocaine), Violation of Article 86 (Unauthorized Absence) and Article 121 (Wrongful Appropriation). He was sentenced to a Bad Conduct Discharge, 90 days confinement and reduction to paygrade E-1.

LCpl. Kyle E. Lash, 2d Marines, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$600 for 2 months and reduction in paygrade to E-1.

LCpl. Shane P. Farrell, 2d Radio Battalion, II Marine Expeditionary Force, was convicted at a Special Court Martial of violations of Article 112a (Wrongful possession of cocaine). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$600 for 2 months and reduction to paygrade E-1.

LCpl. Kevin M. Follis, 6th Marines, 2d Marine Division, was convicted at a Special Court Martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days and reduction to paygrade E-1.

PFC John W. Tomes, 10th Marines, 2d Marine Division, was convicted at a Special Court Martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$625 for 3 months and reduction to paygrade E-1.

Pvt. Jesse L. Dube, 2d Marines, 2d Marine Division, was convicted at a Special Court Martial of a violation of Article 86 (Unauthorized Absence). He was sentenced to confinement for 45 days and forfeiture of \$600 for two months.

LCpl. Stephen G. Spruit Jr., Amphibious Assault Battalion, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 91 (Disrespect to NCO), Article 112a (Wrongful use of cocaine) and Article 134 (Wrongful communication of threat). He was sentenced to a Bad Conduct Discharge, 75 days confinement, forfeiture of \$600 for 3 months and reduction to paygrade E-1.



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. 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 major and command master chiefs, did you know the USO can bring a birthday cake to any single military personnel in their 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, 1999. All hands are invited to attend. The Jacksonville USO was opened December 1941 and officially chartered February 1942.

If you are a spouse of a servicemember the USO Spouse Support Group is for you, whether your spouse is deployed or not and regardless of rank. A computer class will be held Tuesday, and will be held every week from 10:30 a.m. to noon. These classes are free, and children are welcome under parental supervision. For more information call Mary Jones at 455-3411. Tickets are now available for the 1976 Cadillac El Dorado convertible. \$1 donation or six tickets for \$5. Armed Services YMCA now has e-mail up and running at the USO. Services are free, however, a donation is always welcome. For enlisted servicemembers and their families. For more information contact Bill Hickey. For more information regarding these USO events call Matt Hardiman or Lisa at 455-3411.

Dental sealants seal out children's tooth decay

Compiled by 2d Dental Battalion

It is possible for children to reach adulthood without ever experiencing tooth decay. A major reason for this is the use of dental sealants, which are clear or shaded liquid plastics that are painted on the decay prone chewing surfaces of children's permanent back teeth. Sealants can provide total protection against decay when combined with brushing, flossing and use of a fluoride toothpaste. A recent study found that children with just a single application of sealants after 15 years had 50 percent less tooth decay and tooth fillings than children without sealants.

When a child's back teeth are developing, tiny irregularities, known as pits and fissures, form in the chewing and biting surfaces on top of the molars. Bacteria and food particles can easily collect in these areas, which are difficult to clean with a toothbrush. Even a single tooth brush bristle is too large to reach inside a fissure. When the sealant is brushed on the tooth enamel, fingerlike strands penetrate the pits and fissures. The sealant hardens and creates an impenetrable physical barrier between the tooth and food and bacteria that can cause cavities. Although the sealant can't be seen with the naked eye, the protection continues to be effective for up to several years before a reapplication may be needed.

Research shows that as long as the sealant provides a solid physical barrier between the tiny cavity and the surrounding environment, the cavity does not get bigger and the bacteria in the cavity eventually die, ending the decay process. Sealants have been found to be most effective when applied to first and second molars soon after their eruption, usually when child is between the ages of 6 and 10. Editor's note: Children's Dental Health Month will be recognized throughout February. Copyrighted by the American Dental Association and reprinted with permission in the interest of dental health education.

Tax Center

Editors note: For more information call the Tax Center at 451-3030.

Education Tax Credits

The following two tax credits are available to persons who pay higher education costs.

- * The Hope credit.
- * The lifetime learning credit.

Rules that apply to both credits. The amount of each credit is determined by the amount you pay for qualified tuition and related expenses for students and the amount of your modified adjusted gross income. These education credits are subtracted from your tax but they are non-refundable. This means if the credits are more than your tax, the excess is not refunded to you.

**** If your filing status is Married filing separate return, you cannot claim the higher education credits.**

**** What expenses qualify.** The credits are based on qualified tuition and related expenses you pay for you, your spouse, or a dependent you claim on your tax return. In general, qualified tuition and related expenses are tuition and fees required for enrollment or attendance at an eligible educational institution. Fees for course-related books, supplies and equipment, and student activity fees are included in qualified tuition and related expenses **only if** the fees must be paid to the institution as a condition of enrollment or attendance. Qualified tuition and related expenses **do not include** the cost of insurance, medical expenses (including student health fees), room and board, transportation or similar personal, living or family expenses, even if the fee must be paid to the institution as a condition of enrollment or attendance.

Prepaid expenses. If you pay for qualified tuition and related expenses for an academic period that begins in the first three months of the following year, you can use the prepaid amount in figuring your credit. For example, if you pay \$2,000 in December 1998 for qualified tuition for the winter 1999 semester that begins in January 1999, you can use that \$2,000 in figuring your 1998 credit.

**** You cannot use any amount you paid in 1997 in figuring higher education credits for your 1998 tax return. ****

Dependent. A dependent is a person for whom you claim a dependency exemption. This generally includes your unmarried child who is under age 19 or who is a full-time student under age 24 if you supply more than half the child's support for the year.

Eligible educational institution. An eligible educational institution is any accredited college, university, vocational school, or other accredited postsecondary educational institution eligible to participate in a student aid program administered by the Department of Education. It includes virtually all accredited, public, nonprofit, and proprietary (privately owned profit-making) postsecondary institutions. The educational institution should be able to tell you if it is an eligible educational institution.

Academic period. An academic period includes a semester, trimester, quarter, or any other period designated by the educational institution as a period of instructional time. For purposes of the education credits, an academic period begins on the first day of classes and does not include periods of student orientation, counseling or vacation.

No double benefit allowed. If you claim a deduction for higher education expenses on your tax return, you cannot claim a credit for those same expenses.

Adjustments to qualified expenses. If you pay higher education expenses with certain tax-free funds, you cannot claim a credit for those amounts. Tax-free funds could include scholarships, Pell grants, employer-provided educational assistance, and any other nontaxable payments (other than gifts, bequests, or inheritances) received for educational expenses. You can, however, claim a credit for expenses paid with the student's earnings, loans, gifts, inheritances, and personal savings.

**** If a student receives a tax-free withdrawal from an educational IRA in a particular tax year, none of that student's expenses can be used as the basis of a higher education credit for that tax year.**

**** Hope Credit** For expenses paid after December 31, 1997, for academic periods beginning after that date, you may be able to claim a Hope credit of up to \$1,500 for the qualified tuition and related expenses paid for each eligible student. This credit may be claimed for only two taxable years for each eligible student.

Eligible student for the Hope credit. You can claim a Hope credit only for an eligible student who meets all of the following requirements.

- 1) Has not completed the first two years of postsecondary education (generally, the freshman or sophomore years of college).
- 2) Is enrolled in a program that leads to a degree, certificate, or other recognized educational credential.
- 3) Is taking at least one-half of the normal full-time work load for his or her course of study for at least one academic period beginning during the calendar year.
- 4) Is free of any felony conviction for possessing or distributing a controlled substance.

Amount of credit. The amount of the Hope credit is 100% of the first \$1,000 plus 50% of the next \$1,000 you pay for each eligible student's qualified tuition and related expenses.

The maximum amount of the Hope credit you can claim in 1998 is \$1,500 times the number of eligible students. This means that you can claim the full \$1,500 for each eligible student for whom you pay at least \$2,000 for qualified expenses. However, the credit may be reduced based on your modified adjusted gross income.

Lifetime Learning Credit For expenses paid after June 30, 1998, for academic periods beginning after that date, you may be able to claim a lifetime learning credit of up to \$1,000 for the total qualified tuition and related expenses paid during the tax year for all students who are enrolled in eligible educational institutions. Unlike the Hope credit:

- 1) The lifetime learning credit is not

based on the student's work load. It is allowed for one or more courses.

2) The lifetime learning credit is not limited to students in the first two years of postsecondary education.

3) Expenses for graduate-level degree work are eligible.

4) There is no limit on the number of years for which the lifetime learning credit can be claimed for each student.

5) The amount you can claim as a lifetime learning credit does not vary (increase) based on the number of students for whom you pay qualified expenses.

Amount of credit. The amount of the lifetime learning credit is 20% of the first \$5,000 you pay for qualified tuition and related expenses for all students in the family. The maximum amount of lifetime learning credit you can claim for 1998 is \$1,000 (20% times \$5,000). However, that amount may be reduced based on your modified adjusted gross income.

Choosing Which Credit To Claim For each student, you can elect for any tax year only one of the credits or a tax-free withdrawal from an education IRA. For example, if you elect to take the Hope credit for a child on your 1998 tax return, you cannot, for that same child, also claim the lifetime learning credit for 1998 or take a tax-free withdrawal from an education IRA for 1998.

Lifetime learning credit after Hope credit. You can claim the Hope credit for the first two years of a child's postsecondary education and claim the lifetime learning credit for that same child in later tax years.

More than one student. If you pay qualified expenses for more than one student in the same year, you can choose to take credits on a per-student, per-year basis. This means that, for example, you can claim the Hope credit for one child and the lifetime learning credit for another child in the same tax year.

Who can claim the credit. In any one tax year, only one person can claim a higher education credit for a student's expenses. If you are paying higher education costs for your dependent child, either you or your dependent child, but not both of you, can claim a credit for a particular year. If you claim an exemption for your child on your tax return, only you can claim a credit. If you do not claim an exemption for your child on your return, only your child can claim a credit.

**** If you claim an exemption for your child on your tax return, treat any expenses paid by your child as if you had paid them. Include these expenses when figuring the amount of your Hope or lifetime learning credit. ****

Income Phaseout Your education credits are phased out (gradually reduced) if your modified adjusted gross income is between \$40,000 and \$50,000 (\$80,000 and \$100,000 in the case of a joint return).

**** You cannot claim any higher education credits if your modified adjusted gross income is over \$50,000 (\$100,000 in the case of a joint return). ****

**** If you claim an exemption for your child on your tax return, treat any expenses paid by your child as if you had paid them. Include these expenses when figuring the amount of your Hope or lifetime learning credit. ****

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**** You cannot claim any higher education credits if your modified adjusted gross income is over \$50,000 (\$100,000 in the case of a joint return). ****

February 5, 1999
From the Sports
BROWNS
STAMP
Sgt. Houston F. V.
Globe contributor
John Elway an
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into Pro Play
Sunday with
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Atlanta Falcons in
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will definitely
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his free Disney

Sat. Feb. 20
Sat. Mar. 21
Sat. Apr. 17
Sat. May 15
Sat. Jun. 13
Sat. Jul. 17
Sat. Aug. 2

The entry fee to
should remain
shots are open
more information
451-8124.



Vol. 61 No. 4

LCpl. Sean Williamson,
HMLA 269
"More Marines should
participate in intramural
sports and the many
sporting events and
tournaments organized."



February 5, 1999

SPORTS

Serving Expeditionary Forces in Readiness

From the Sidelines BRONCOS STAMPEDE

Sgt. Houston F. White Jr.
Globe contributor

John Elway and the Denver Broncos stamped into Pro Player Stadium Sunday with a single objective in mind: Shoot down the Atlanta Falcons in the Super Bowl. Regardless of the fact that the Dirty Birds seemed to have the majority of the crowd cheering for them because of their underdog status, the Broncos were able to repeatedly deny them access to the end-zone throughout the game, thus bringing a less-than-triumphant ending to Atlanta's Cinderella season. But it was the MVP performance of John Elway (His greatest Super Bowl performance to date), that brought home the Lombardi Trophy for Denver.

Despite the early loss of trash-talking All-Pro receiver Shannon Sharpe (Who went down with a torn medial collateral ligament after he was hit following a reception), Elway masterfully led his troops across the battlefield, enabling them to score on a variety of plays.

The Atlanta Falcons, meanwhile, weren't so lucky. Though they managed to score the first points of the Super Bowl on a Morten Anderson field goal, the Falcons would eventually be doomed by turnovers. Atlanta's QB Chris Chandler just couldn't seem to keep his passes out of the hands of Broncos defenders. As a result, a game that had the possibilities of being a competitive contest, instead became no more than a recreation of the burning of Atlanta, with John Elway playing the role of General Sherman. Even rare offensive miscues by stalwart kicker Jason Elam couldn't slow the Broncos' momentum, mainly because the Denver defense was nearly as potent as its offense. On this particular Super Bowl Sunday, the underdogs were simply in over their heads.

But by no stretch of the imagination does the Atlanta Falcons organization have anything to be ashamed of. The fans and entire city of Atlanta now realize that they have arrived as a major contender and that their Dirty Birds have learned the same harsh lessons in defeat that many teams must endure before becoming champions. There will always be next year, and speaking of next year, many fans in the mile-high city of Denver are wondering whether or not this was the final hurrah for Elway in his legendary career. While most would admit that this would be the perfect note for #7 to end his career on, still more Denver natives wouldn't mind seeing their hero go for the three-peat, a feat that has never been accomplished before. One thing is for sure, this will definitely give John Elway something to think about during his free Disney World vacation.

Cross country miles

Camp Lejeune Marines selected for All-Marine Cross Country Team

Sgt. Micheal D. Rogers
Camp Lejeune correspondent

Marines from around the Corps are joining again to form the All-Marine Cross Country Team competing at Naval Station Mayport in Jacksonville, Fla., Feb. 17.

Twelve Marines from California, Virginia and North Carolina were selected to compete in the Armed Forces Cross Country Championship. Marines who qualify at Mayport earn the right to compete at the Conseil International Sports Militaire (CISM) in Zagreb, Croatia.

Two Marines from Camp Lejeune were chosen for the All-Marine team, Warrant Officer Matthew D. Zammit, ordnance inspector, 2d Marine Division and LCpl. Jay C. Woodard, 2d Tank Battalion, 2d Marine Division.

Zammit started running for competition after a tour with Marine Security Guard in 1993. While in Okinawa Zammit ran a half-marathon for a personal record of 1 hour, 46 minutes, 36 seconds. Another personal record was achieved in Okinawa in the 5,000m for Zammit with a time of 14 minutes, 49 seconds.

Among his other accomplishments, Zammit has also participated in the World Military Games in Dar Eslam, Africa during 1996 and helped capture the "Soldiers of the Sea Cup" from the Royal Marines in England during March 1998.

During last year's Marine Corps Marathon Zammit was the 2d Marine finisher. Recently, just to be able to say "I did it," Zammit ran three back to back Physical Fitness Tests (PFT) in less than 2 hours, 30 minutes, Zammit scored a perfect score on all three.

Not only a fine runner by most standards, but also a top competitor for his Marine peer group as Zammit was promoted to warrant officer Feb. 1, 1999. Awaiting CISM, Zammit said, "I maybe running the marathon for the Marine team, but it's all depending on how my training goes in TBS"

Also competing for the All-Marine team, Woodard takes control in shorter distances where sprinting is the name of the game. As a freshman in high school, Woodard started competing for the track team and by his junior year he was running full time.

Near his graduation, he finished the mile with a time of 4 minutes, 30 seconds. One year later Woodard met the head coach for the All-Marine Track Team. The coach proved to be a mentor and friend through the thick and thin of it. "He was more of a personal coach," said Woodard.

Rushing in full speed ahead was just what Woodard did in March 1998 when he attended the World Cross

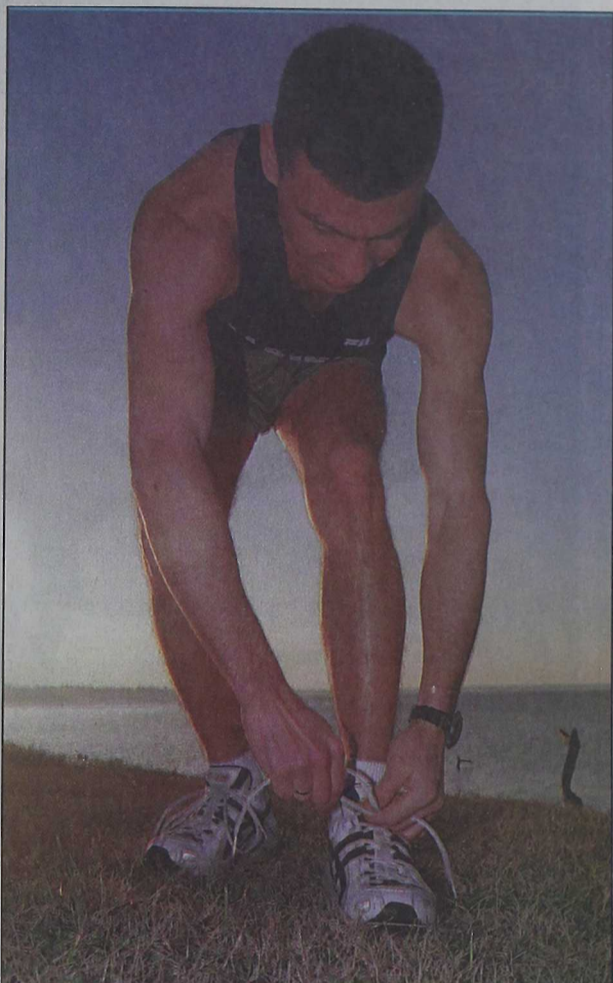
Country Championships in Ireland. "Following Ireland I competed in a series of indoor and outdoor collegiate meets to include Penn relays and Interservice competition in San Diego, California."

Although five pull-ups short of a perfect PFT, Woodard has the goal in sight and is steadily improving as he trains every day. As often as possible, Zammit and Woodard try to train together, share techniques and provide each other with a little friendly competition.

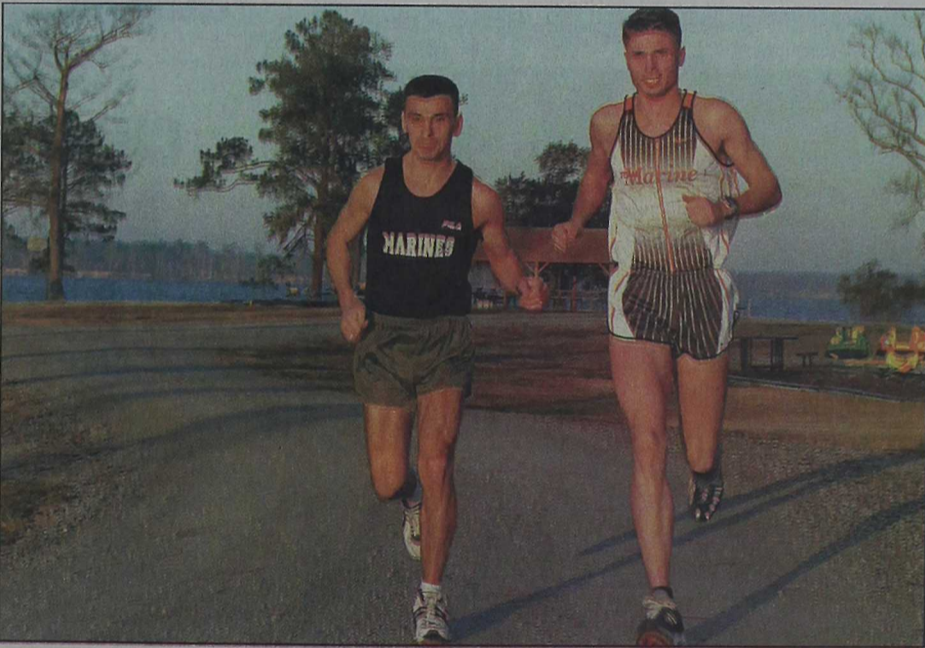
While Zammit thrives on running long distances, Woodard said, "You'll never see me run a marathon, well... at least not in your lifetime!"



Sgt. Micheal D. Rogers
WO Matthew D. Zammit and LCpl. Jay C. Woodard stretch before a morning run.



WO Matthew D. Zammit was nominated last year for the prestigious, Marine Corps Athlete of the year.



WO Matthew D. Zammit and LCpl. Jay C. Woodard stretch it out aboard Camp Lejeune.

Devil Pups fall to Warriors

The Pups play Pamlico at Pamlico, tonight

Sgt. Jason M. Webb
Camp Lejeune correspondent

High School basketball was in full swing Friday night in the Lejeune High gym when the Lejeune High Devil Pups went head to head with the North Brunswick High Warriors. Tension mounted as each team prepared for the start of the game. Each knew there would only be one winner and each team was quiet with anticipation, knowing that actions speak louder than words.

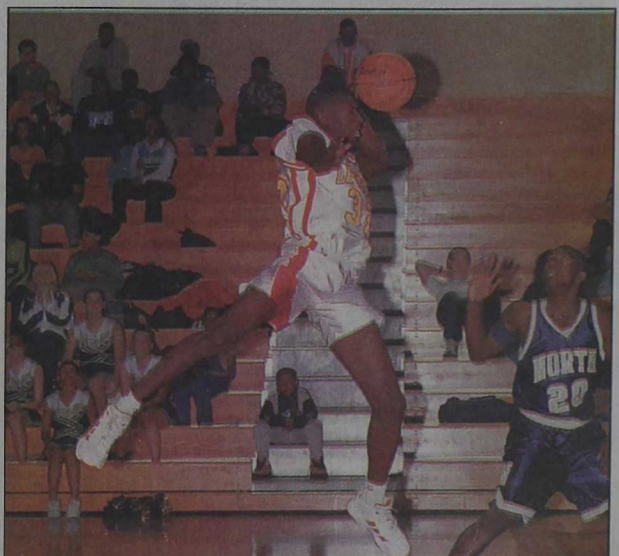
Lejeune Varsity Boys entered the game with a respectable 7-5 record under the guidance of Coach Doug Emy. The Devil Pups spirits were high and were ready to prove themselves.

The Warriors took control early making the first basket within the first

few seconds. It was a trend setting pace that Lejeune would never be able to make up. The Warriors showed they were the dominating team with a 79-59 win.

The Devil Pups proved their might with a series of scores late in the first quarter with the help of John Goodrich, a team captain and Center for the Devil Pups. His scoring made the lead dwindle, but the fast pace and furious rebounding gave the edge to the Warriors. At the half, the Devil Pups were behind 28-37.

The Devil Pups came out charging and scored some impressive inside points in the second half, but never got a rhythm going. A couple of miscued rebounds and missed outside shots made the gap even larger. The Warriors on the other hand were



Lejeune Senior, Ola Habib played with his usual high-spirited intensity but Lejeune couldn't stop the rhythm of the Warriors.

INTRAMURAL

Maint. Bn. make bid for play-offs

PFC Micheal B. Vrabel
Camp Lejeune correspondent

Maintenance Battalion out lasted the 8th Communications Battalion 90-88 in a fast-paced intramural basketball game in the Area 4 gym here Jan. 28.

Cpl. James Braveboy led Maintenance Bn.'s offensive charge at guard with an astounding 47 points, accounting for more than half of his team's points.

The game started with a flurry of fast-break action. Both teams chose to push the ball up the floor rather than set up a half-court offense. Maintenance Bn. jumped ahead first with a series of successful fast-break lay-ups, but 8th Comm responded to the challenge by taking the lead. LCpl. Allan M. Rush sparked 8th Comm's play early with pinpoint outside shooting and acrobatic lay-ups.

It was quality play by Braveboy that kept Maintenance Bn. in the game early. His ability to take the ball to the basket and make assists kept the lead within reach for Maintenance Bn. 8th Comm could not extend their lead to more than eight points for the duration of the half.

Toward the end of the first half, things began falling apart for 8th Comm. Several turnovers and missed lay-ups by 8th Comm allowed Maintenance Bn. to climb closer to the lead. 8th Comm's defense could not keep up with Maintenance Bn.'s guards. A big three-point basket by Braveboy gave Maintenance Bn. the momentum going into the locker rooms, as they narrowed 8th Comm's lead to 48-45.

Eighth Comm did not get off to a good start in the second half. They continued to turn the ball over and miss close shots. By taking advantage of 8th Comm mistakes, Maintenance Bn. was able to grab a 49-48 lead two minutes into the half. For the next few minutes of the game, See *Intramural/2B*

LEJEUNE Grand Prix Series

Feb. 20
(Fire and Ice) Summer Biathlon:
Designed for both beginners and experienced biathletes, the course consists of a 5K run with two shooting stops. Competitors will begin with a one mile run which will bring them to the shooting range.

Mar. 13
European Cross-Country 10K:
A scenic, rugged and challenging course covering a distance of 10k (6.2 miles) that takes advantage of Camp Lejeune's existing natural terrain including whatever natural obstacles are found on the course such as sand, mud, fallen trees, standing water, streams, swamp, and dense forest.

Apr. 10
Lejeune Marathon:
A well designed, certified asphalt-paved course covering 26 miles, 385 yards.

'99 3D ARCHERY TOURNAMENTS

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

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.

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.

Higher education adjusted (HSI) \$100,000

SPORTS

shorts

REC CENTER

MCCS recreation centers will all be hopping on Feb. 5. DJ Stoney Productions will be at French Creek from 6:00 p.m. to midnight. DJ Nick hosts the evening for Central Area beginning at 7:30 p.m., and a special guest DJ will be spinning the hits at Courthouse Bay. The recreation centers always have a lot going on with weekly tournaments, games, movies, and music. Speaking of music - how many of you enjoy hitting the drums or playing the piano? The sound room at Courthouse Bay has just what you're looking for. Come on over and practice your drumming, or get your beat down on the piano. A dart tournament will be held at Courthouse Bay on Feb. 7. Spades tournaments are held at central Area every Sunday beginning at 7:00 p.m. Camp Geiger's basketball pool begins Feb. 7. Enjoy free pizza and soda during the games.

GOLF

Swing into February with Paradise Point Golf Course. Join the fun Feb. 14 and enter the Lincoln Shoot-out Golf Tournament. This tournament is based on a full field. Skins, best ball, and alternate only. Guests are invited and must have proof of handicap. Entry fee is \$30 per player. Entry fee includes skins and cart fee. Greens fee is not included in entry fee. Registration deadline is Feb. 11. For more information, call 451-5445.

3-D ARCHERY

A 3-D Archery Tournament will be held Feb. 20 at the camp Lejeune Archery Range. Entry fee is \$5 per person. Call 450-0800 or 451-8124 for more details.

BASKETBALL

An organizational meeting for the Over 30 Basketball League will be Feb. 22 at the field house. Meeting time is 10:00 a.m. The league is open to active duty, all civilian personnel, retirees who have reached their 30th birthday prior to the beginning of the season. Letters of intent are required by Feb. 22. An unlimited number of teams is allowed with a maximum of 12 players per team. Call 451-2061 for more information.

BIATHLON

Don't forget to register for the Summer Biathlon that will be held on February 20 at the F-11 Range. Registration forms are available at all fitness centers. Entry fee is \$10 for military (active duty, reserves, retired, dependent) and \$15 for civilians. Registration deadline is Feb. 18. No registrations will be accepted after noon (12:00 p.m.) on Feb. 18. There will be no registration held on the day of the race. Teams of no more than five members are encouraged to enter. All participants must pre-register and be a minimum of 14 years of age. A FREE MANDATORY SAFETY CLINIC will be held at 9:00 a.m. on February 13 at the F-11 Range, and on race day at 7:30 a.m. at the race site. All new participants are required to attend one of the scheduled safety clinics. A biathlon participation card will be issued to all attending the clinics. Previous participants must show card on race day. Participants will not be allowed to compete without a card. No personal weapons allowed in this event. This event is open to the public. The Summer Biathlon is sponsored by the Jacksonville Daily News. Sponsorship does not imply federal or USMC endorsement. More information about the Grand Prix series can be received by contacting Event Coordinators, Mike Marion or Kris Lehman at 451-1799 or e-mail grandpri@gibraltar.net.

ROAD CLOSURES

Piney Green Road and Sneads Ferry Road between Louie Road and Holcomb Boulevard will be closed to outbound traffic from 8:45 a.m. to approximately 1:00 p.m. on Feb. 20, for the Summer Biathlon. Please use extreme caution while traveling in this area. Patrons may wish to use an alternate route during event hours.

INTRAMURAL from 1B — Maintenance Bn. seemed to score at will on the shaky 8th Comm defense. Braveboy ignited the charge with a series of three-pointers, short jump shots and driving lay-ups. 8th Comm's defense could not seem to find anything to contain the attack. A powerful dunk by Maintenance Bn.'s center shook the backboard, and forced 8th Comm to call a time-out at the 14-minute mark to slow the pace of the game.

Slowly but surely, 8th Comm

played its way back into the game. The turnovers that had plagued 8th Comm all game changed sides. Rush, Braveboy ignited the charge with a series of three-pointers, short jump shots and driving lay-ups. At the two-minute mark, Maintenance Bn.'s lead had closed to 88-86, paving the way for a wild finish.

In the closing minutes, the already fast pace of the game intensified. Both teams ran the floor several times, but neither could establish a lead. A traveling call on the seemingly infal-

lible Braveboy with less than a minute to play gave 8th Comm a big opportunity. However, missed lay-ups and sloppy ball handling killed 8th Comm's chance. When the dust settled, Maintenance Bn. had prevailed.

"This was a team victory," said Braveboy, who led all scorers. Braveboy said that every member of the team played a key part in Maintenance Bn.'s victory.

"They have a great offense but no defense," said Sgt. Jermaine Fizer, Maintenance Bn.'s assistant coach.

"You can't win if you don't play defense."

"Turnovers were key," said Fizer. "8th Comm turned the ball over too much. I was counting from the bench."

Rush led 8th Comm's effort with 34 points. However, it was not enough to overcome their turnovers and missed opportunities. These mistakes allowed Maintenance Bn. to build a lead and hold it at the end of the game.

The victory avenged a game earlier in the season in which 8th Comm defeated Maintenance Bn.



Globe staff

Youth Sports

THE HORNETS & THE KNICKS MEET TOMORROW, 11 AM @ BREWSTER MIDDLE SCHOOL BOTH TEAMS ARE UNDEFEATED

PUPS from 1B

successful in stealing the ball and capitalizing on their rebounding, pushing their lead to 12 points by the end of the third quarter.

The Devil Pups tried to hold on in the fourth quarter but found that they were too far behind. A couple of late scoring drives proved futile and ended with a 20-point defeat. All was not lost; the Devil Pups did have a few highlights with John Goodrich scoring a combined total of 25 points and Guard Ola Habib scoring nine.



Sgt. Jason M. Webb

Lejeune senior, Travis Fallin scrambles for the rebound.



Sgt. Jason M. Webb

Lejeune's, John Goodrich fights his way up for the score, off the offensive rebound.

1999 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIPS

- | | |
|--|--|
| <p>Boxing
Armed Forces (USN Host)
Feb. 7-12
Kelly AFB, Tx.</p> | <p>Triathlon
Armed Forces (USAF Host)
May 5-9
MCB Camp Pendleton, Calif.</p> |
| <p>Cross Country
Armed Forces (USN Host)
Feb. 14-20
NS Mayport, Fla.</p> | <p>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.</p> |
| <p>Basketball (Men)
East Coast Regional
March 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. 15-20
Port Hueneme, Calif.</p> | <p>Softball (Women)
All-Marine Trials
July 18-Aug. 7
MCLB Albany, Ga.
Armed Forces (USAF Host)
Aug. 8-14
Eglin AFB, Fla.</p> |
| <p>Basketball (Women)
All-Marine Trials
Mar. 7-27
MCLB Albany, Ga.
Armed Forces (USN Host)
March 28-Apr. 3
Port Hueneme, Calif.</p> | <p>Golf
All-Marine Trials
Aug. 8-14
MCB Camp Lejeune, N.C.
Armed Forces (USMC Host)
Aug. 15-21
MCB Camp Lejeune, N.C.</p> |
| <p>Wrestling
All-Marine
Feb. 1-March 20
MCB Quantico, Va.
Armed Forces (USA Host)
March 9-14
Port Carson, Calif.</p> | <p>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.</p> |
| <p>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
MCB Camp Pendleton, Calif.
Armed Forces (USAF Host)
May 2-8
Randolph AFB, Tx.</p> | <p>Soccer (Women)
All-Marine Trials
Sep. 12-Oct. 2
MCRD Parris island, S.C.
Armed Forces (USN Host)
Oct. 3-9
NAS Memphis, Tn.</p> |
| <p>Volleyball (Women)
All-Marine Trials
Apr. 11-May 1
Camp Lejeune, N.C.
Armed Forces (USAF Host)
May 2-8
Randolph AFB, Tx.</p> | <p>Marathon
Armed Forces (USMC Host)
Oct. 22-25
MCB Quantico, Va.</p> |

Q&A

1
HOW DO YOU PLAN TO IN SHAPE FOR THE SUMMER?

2

Ideas for necessary athletic improvements on base



MSgt. Aaron D. Irvin
HMT 204 FREST
on the treadmill

"Well, what I'm doing now... I'm trying to get my body fat well below standards, I'm doing this not just for myself but also to set the example for the young Marines behind me."

"One big thing is, at the gym when they schedule-out the Intramural activities, sometimes they schedule too many games at the wrong times. Some of the vital times in the evenings is when the Intramural events are underway, leaving everybody else out. Then you have an excess of Marines out there looking for something to do. A that can sometimes lead to trouble."



Kim Pollack
Recreation Assistant
N. River Air sta. gym

"Take a cruise... maybe to the Bahamas or something."

"Add a little more room to the facility in the future, so the aerobic classes can have their own area. His facility needs some free weight also, but in a separate area from the nautilus equipment."



Cpl. Claudia Moraou
at the gym

"Run and go to the gym."

"I just got here from school where they had much more variety in their gyms."

Salt Water
The Onslow County Parks...
March 1, 3, 5...
National
Wrestling Fans can...
WWF Feb. 6, at the...
wrestling matches be...
eat with the...
Havelock...
Moore's True...
\$15 for ringside...
Havelock...
Wrestling club wa...
opportunity to learn...
wrestling. The...
Wrestling Association...
years of experience...
Jacksonville High Sc...
information, ca...
Triathlon...
Jacksonville Roadr...
Triathletes. Those w...
support events as...
network of athletes...
local triathlons...
experts, the club...
fundamentals and...
know at 347-437...
The Onslow Count...
accepting registrat...
registration will ru...
February. For m...
Che...
The Onslow Count...
woods, Brumbaugh...
contest Feb. 20 at...
Feb. 15. Co...
about this program...
Department at 347...

Salt Water Fishing Class

The Onslow County Parks & Recreation Department and the N.C. Fishing License Commission will be March 1, 3. Class on Off-Shore Fishing will be March 8, 10. Both classes are from 7-9:30 p.m. at White Oak High School. Cost is \$10 for each class or \$30 for both classes. Class size is limited. Pre-registration is required at the Onslow Pines Park Administration Office. Deadline to pre-register is Feb. 26. For more information, call the department at 347-5332.

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 rigorous matches beginning at 8 p.m. There will be an opportunity to also get and eat with the Wrestlers immediately following the match at the Tazza 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 to experts, the club plans to provide classes for all members in fundamentals and other subjects. For more information, contact Mark Morrow 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 today. 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 is 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.

Sports briefs

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 Licenses 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 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' 12-3
2 BSTS 11-4
3 SUPPLY 'A' 11-5
4 8TH COMM 11-5
5 MAINT BN 9-6

6 HQSPT 'A' 7-8
7 2/10 6-9
8 5/10 1-14
9 2D RAD 0-16

1 LSB 14-2
2 HQSPT 'B' 13-3
3 6TH MAR 13-5
4 SUPPLY 'B' 10-6
5 8TH ESNB 9-8

6 2D TANK 8-7
7 CEB 7-9
8 SOI 4-14
9 LSSS 3-15
10 MED 'B' 1-14

ROCKETS DIVISION

WOMENS VARSITY SOFTBALL COACH NEEDED FOR UPCOMING SEASON. FOR INFORMATION, CALL JIM MEDLEY AT 451-2061.

YOUTH SPORTS REGISTRATIONS

BASEBALL SOFTBALL



JUNIOR GOLF



TRACK & FIELD



1-12 FEBRUARY 1999

REGISTRATION SITES

CAMP LEJEUNE YOUTH SPORTS OFFICE
(Across from Berkeley Manor 7-Day Store on Stone Street)
Mon-Fri, 1-12 Feb 99
0900-1630
Sat, 6 Feb 99
Brewster Middle School
0900-1500

MCAS NEW RIVER YOUTH SPORTS OFFICE
(Located In the Old Gym Next to Bowling Center)
Mon-Fri, 1-12 Feb 99
0900-1630
Sat, 6 Feb 99
0900-1500

Registration Deadline: 1630 on 12 FEB 99
\$15 Fee, First Child
\$12 Second Child
\$10 Additional Children (Same Family)
Open to Boys and Girls Ages 5-15 as of 31 MAY 99
Proof of Age Required Upon Registration
Team Placement - Space Available

All registrants will receive a coupon for 10% off of the ticketed price of one baseball/softball item at the Marine Corps

REGISTRATION SITES

CAMP LEJEUNE YOUTH SPORTS OFFICE
(Across from Berkeley Manor 7-Day Store on Stone Street)
Mon-Fri, 1-12 Feb 99
0900-1630
Sat, 6 Feb 99
Brewster Middle School
0900-1500

MCAS NEW RIVER YOUTH SPORTS OFFICE
(Located In the Old Gym Next to Bowling Center)
Mon-Fri, 1-12 Feb 99
0900-1630
Sat, 6 Feb 99
0900-1500

Registration Deadline: 1630 on 12 FEB 99
\$15 Fee, First Child
\$12 Second Child
\$10 Additional Children (Same Family)
Open to Boys and Girls Ages 10-15 as of 31 MAY 99
Proof of Age Required Upon Registration
Team Placement - Space Available
Maximum Participation: 25

All registrants will receive a coupon for 10% off of the ticketed price of one golf item at the Marine Corps Exchange.

REGISTRATION SITES

CAMP LEJEUNE YOUTH SPORTS OFFICE
(Across from Berkeley Manor 7-Day Store on Stone Street)
Mon-Fri, 1-12 Feb 99
0900-1630
Sat, 6 Feb 99
Brewster Middle School
0900-1500

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Registration Deadline: 1630 on 12 FEB 99
\$15 Fee, First Child
\$12 Second Child
\$10 Additional Children (Same Family)
Open to Boys and Girls Ages 6-15 as of 31 MAY 99
Proof of Age Required Upon Registration
Team Placement - Space Available

All registrants will receive a coupon for 10% off of the ticketed price of one track and field item at the Marine Corps Exchange.

U. S. Marine Corps
COMMUNITY SERVICES
Camp Lejeune, NC

INFO Camp Lejeune
451-2177/2159
MCAS New River
450-6714
SportsTalk
1240 WJNC



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ON APPROVED CREDIT

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. For more information 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

S P O R T S

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

BASKETBALL

Boys Coach: Doug Erny
Girls Coach: Debbie Bryant

TODAY	Pamlico	AWAY	TBA
Feb. 9	Topsail	AWAY	Feb. 12-13 Regionals
Feb. 11	Jones SR	HOME	Williamston
Feb. 15-20	Conference		Feb. 19-20 State
DIXON			Charlotte
Feb. 22-27	Sectional		
Mar. 2-6	Regionals		
Mar. 13	State		

WRESTLING

Boys Coach: Tom Childs

Relay For Life

Retired Senior Chief Hospital Corpsman Raymond L. Applewhite, Chairman for the 1999 Onslow County Relay For Life was the Guest Speaker at the annual Kick Off Dinner held Jan. 11 at the Jacksonville Commons Recreation Center. Applewhite told a standing room crowd that the Relay For Life is a unique fund-raising event that allows participants from all walks of life including Marines, Sailors, their family members, patients, medical support staff, corporations, civic organizations, churches and community volunteers to join together to fight cancer.

Participants form teams of 10-15 people and take turns walking on an outside track at the Jacksonville Commons Recreation Center. Each team is asked to keep one member on the track at all times. Team members get businesses, organizations, or someone to sponsor them with a financial contribution, which is tax deductible.

The 24-hour Relay will be held Apr. 23 at 6 p.m.-Apr. 24 at 6 p.m. Now is the time to get information and form your team. The next Relay For Life meeting will be held Feb. 22 at 7 p.m. in the meeting room of the Onslow county Public Library on Doris Avenue. For more information, contact Raymond Applewhite at 450-4463/353-9810.

LACROSSE

THE CAMP LEJEUNE LACROSSE TEAM IS NOW FORMING FOR THE UPCOMING SPRING SEASON. FOR A TRYOUT, OR FOR MORE INFORMATION CONTACT CAPT. MARK OSWELL AT 451-0430 OR 328-1986.

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 IS OPEN TO ACTIVE DUTY, ALL CIVILIAN EMPLOYEES AND RETIRED PERSONNEL. FOR MORE INFORMATION CALL 451-2061.

MCCS 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 10:15 AM						SINGLE/DOUBLE STEP
BLDG 524 11:30 AM	COMBAT CARDIO		COMBAT CARDIO		COMBAT CARDIO	
FR. CREEK AEROBICS ROOM 11:30 AM	30 MINUTE CIRCUIT	30 MINUTE SLIDE	30 MINUTE AEROBICS	30 MINUTE STEP	30 MINUTE HI-LOW	
TT FITNESS CENTER 11:30 AM	DOUBLE/QUAD STEP	BODY PUMP	STEP SLIDE	BODY PUMP	DOUBLE/QUAD STEP	
FR. CREEK GYM 11:30 AM	SINGLE/DBL STEP	BODY PUMP	SINGLE DBL STEP	HI/LOW IMPACT	BODY PUMP	
AREA 2 POOL 11:30 AM	WATER RUNNING	WATER AEROBICS	WATER RUNNING	WATER AEROBICS	WATER RUNNING	
FR. CREEK AEROBICS RM NOON	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER	
FR. CREEK GYM 5 PM	SINGLE/DBL STEP	LOW SLIDE	BODY PUMP	SINGLE DBL STEP	STEP LOW IMPACT	
AREA 2 POOL 5 PM		WATER AEROBICS		WATER AEROBICS		
BLDG 524 5 PM	COMBAT CARDIO		COMBAT CARDIO		COMBAT CARDIO	
TT FITNESS CENTER 5:30 PM	BODY PUMP	DOUBLE/QUAD STEP	AERO-BOX	SJSTEP	AERO-BOX	
TT FITNESS 6:45 PM	AERO BOX		DOUBLE/QUAD STEP		SLIDE HI IMPACT	

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 toning • Body Pump: combination cardio/strength for the heart • Step Aerobics • Double Step: high energy two or more steps • Belly Burner: twenty minutes • Water Classes: great for recovering injuries • Expressions: be ready for anything! • Power Walk: Outdoor dress appropriately. FOR MORE INFORMATION CALL 451-1801.

NEWS

Ways To Help Teach Children Kindness

(NAPS)—Given the increasing violence that children are subjected to in today's world, teaching kids humanity may be more important than ever.

A variety of educational materials that parents and teachers can use to help children learn respect for living things is available from the American Society for the Prevention of Cruelty to Animals (ASPCA).

Teaching children humane education has been part of ASPCA programs since 1916. Over the past several years, the organization's Humane Education Department has distributed classroom materials to approximately 20,000 schools and teachers across the country.

"Many psychologists and educators agree that kids learn how to treat people by first learning to respect animals and the world around them," says ASPCA Senior Vice President and Science Advisor Dr. Stephen Zawistowski. "Humane education is a primary way to foster children's compassion toward each other and animals and help them to learn the consequences of their actions."

Parents can help their children's schools receive the ASPCA teaching materials and promote humane education in their schools and communities. For a donation of \$20 through the "Adopt A School" program, the ASPCA will

OF EDUCATION



Parents can help their children's schools receive teaching materials that promote humane behavior.

send learning materials in the name of the chosen teacher or school. Special opportunities are available to sponsor multiple classrooms, schools or school districts. Please call 212 876-7700 ext. DOGS (3647). The humane education materials offered by the ASPCA include:

- Kids, Animals and Literature is a comprehensive bibliography with more than 450 annotated entries of age-appropriate books (pre-K and up) that empower children and focus on positive themes about animals. Fun animal facts and activities such as the Dog Bite Prevention Activity Sheet are included.
- Web of Life is a classroom curriculum of hands-on activities and role-playing designed to teach chil-

dren about the link between people, animals and the environment. Each kit comes with a teacher guide, student handout copy masters, and an audiocassette to introduce the activities. Available for grades K-3 and 4-6.

• The Spanish Language Program (*Yo Quiero A Los Animales*) is designed to appeal to Spanish-speaking children in grades K-3. This kit features 30 hands-on activities that promote humane attitudes in young children. It is available in English/Spanish and Spanish/Spanish editions.

• ASPCA Animaland Classroom is a specially designed resource packet for teachers and other educators that helps introduce fun activities and humane education lessons into existing teacher curriculums. Subscribers will receive five humane education kits per year at a total cost of \$30. Call Heather Wallace at 212-876-7700, x 4513 for more information.

The ASPCA was founded in 1866 as the first humane organization in the Western Hemisphere. Today, the ASPCA continues to prevent cruelty and alleviate the pain and suffering of animals through its nationwide education awareness, legal and legislative programs.

For more information about the ASPCA, visit their Web site at www.aspc.org.

FREE THINGS TO SEND FOR

(NAPS)—For information about the Institute for Health Freedom, and its bimonthly publication, *Health Freedom Watch* call (888) 616-1976; or see www.forhealthfreedom.org on the web.

If you or someone you know may be living with carcinoid syndrome, you can contact Cancer Care, Inc. at 1-800-813-HOPE. You may also like to know a long-acting once-a-month treatment, Sandostatin LAR Depot has been devised.

A free brochure on lead paint and safety is available from: NPCA Lead Brochure, Dept. PRN, 1500 Rhode Island Avenue, NW, Washington, DC 20005 or by calling the Paint & Coatings Industry Information Center, 202-332-3194 or email npcapaint.org.

Web Watch

(NAPS)—Information about planetariums is available from Carl Zeiss on the Web at www.zeiss.de.

Visitors to www.furniturepoint.com gain access to a wealth of resources, including Furniture-Point's magazine rack, designer chat room and e-mail newsletter with hot trends, exceptional values and home decoration tidbits. Visitors can also sign up for a free newsletter, *The Point*.

The Home Sewing Association's Web site, www.sewing.org, offers free projects for all levels of sewers, as well as information on sewing-related topics.

For tips on shoe care, visit the Kiwi Shoe Polish Web site at www.kiwicare.com.

For information on Shout®



Laundry Stain Remover see the SC Johnson Web site at www.scbrands.com/shout.

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'98 MUSTANG GT LOW MILES! \$17,995	'97 QUEST XE LOTS OF ROOM! \$18,995	'96 TOYOTA RAV 4 AUTOMATIC (LOADED) \$14,995	'96 MITS. ECLIPSE AUTOMATIC RED SPORTY \$9495	'98 CONTOUR GL VERY NICE CAR! \$11,495
'98 SJDEKICK 4 DOOR \$15,495	'98 HONDA PRELUDE \$22,995	'98 DODGE STRATUS AUTOMATIC (LOADED) \$12,995	'96 RANGER XLT REAL NICE! \$7995	'98 GEO TRACKER \$10,995
'97 GRAND AM SE BEAUTY NICE! \$10,995	'98 MITS. GALANT ES GREAT CAR! \$14,995	'97 GEO METRO AUTOMATIC AND NICE! \$6995	'97 GRAND AM GT LOW MILES! \$12,995	'97 FORD ASPIRE AUTOMATIC FOUR DOOR \$7995
'96 GRAND CHEROKEE 2 DOOR FROM \$12,995	'97 FORD ESCORT 4 DOOR AUTOMATIC \$9495	'94 GRAND AM SE VERY NICE. MUST SEE! \$6995	'96 ESCORT LX 3 DOOR FROM \$7495	MANY MORE To Choose From

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for **\$10⁹⁹**

Includes: 2 original 1/3 lb. burgers with unlimited toppings from our fresh topping bar, 2 country wedge fries & 2 bottomless soft drinks.

One Coupon Per Transaction, Not Valid In Combination With Other Offers. 1/31/99

Kid's Meal \$1²⁵

With the purchase of an adult meal - sandwich, fries & drink or platter & drink, get a Kid's Meal for \$1.25. Kid's Meal includes choice of hot dog, kid's hamburger or grilled cheese sandwich, or chicken fingers with fries, drink & a cookie. Good Monday - Thursday only.

One Coupon Per Transaction, Not Valid In Combination With Other Offers. 2/28/99

Web Watch

For information about the Institute for Health Freedom see www.forhealthfreedom.org on the web.

The Paint & Coatings Industry formation Center can be emailed npcapaint.org.

The International Center for Chronology Assessment is at www.icta.org.

For information on eye care, see seelife.com

To find out about the Better Sleep Council, log onto www.bettersleep.org.

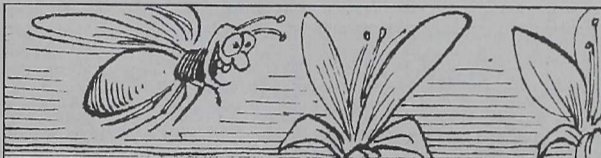
The American Financial Services Association Education Foundation is at www.afsaef.org.

The National Fire Protection Association's site is www.sparky.org.

You can buy a car at Auto.com



Renaissance Cruises are at www.RenaissanceCruises.com
STAAR Surgical's web site is www.staar.com
The Athlete's Foot Web site is www.theathletesfoot.com



The Fly Orchid of southern Ecuador has the shape and coloring of the female tchnid fly. The resemblance attracts male tchnid flies, which pollinate orchids as they travel from one blossom to another.



The two chief types of circus clowns are auguste and whiteface. Auguste clowns wear extravagant makeup and baggy suits and appear clumsy and stupid. Whiteface clowns are more elegant.

Learn The Way For Safe Winter Driving

NAPS—Safe winter driving tips with good visibility. A new product, Aquapel® glass treatment, can enhance drivers' visibility this winter.



Aquapel glass treatment repels rain and snow from auto glass; reduces glare during wet conditions, especially at night; and aids removal of snow, sleet and ice from windshields. PPG Industries, Inc., makers of Aquapel glass treatment, says it lasts up to 10 times longer than other, silicone-based glass treatments.


A recent study by the University of Michigan Transportation Research Institute suggests that rain repellent windshield treatments can improve drivers' visual acuity by up to 34 percent over an untreated windshield.

Additionally the study found that a driver's response time to identify a small target was improved by 25 percent, from four seconds to three seconds. One second represents about 58 feet of travel distance at 40 miles per hour, a potentially crucial difference in responding to driving hazards, particularly in slick winter conditions.

Using PPG's proprietary process, fluorinated compounds in Aquapel glass treatment form a chemical bond with glass that repels water, causing water to bead and easily shed from the glass. Aquapel remains highly effective even after months of normal use, including car washing and glass cleaning.

Aquapel glass treatment is professionally installed quickly and inexpensively at many quick lube, auto dealers and other automotive service centers. Ask your local automotive service center about Aquapel glass treatment.

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Johnny Appleseed (whose real name was Jonathan Chapman) was an American pioneer who planted large numbers of apple trees along the frontier in the late eighteenth and early nineteenth centuries.

The wise learn many things from their enemies.
—Aristophanes

No one tests the depth of a river with both feet.
—Ashanti proverb

Globe Trader Ads

AUTO

'68 Buick special, 90,000 original miles, new brakes, major tune-up, new tires, immaculate, excellent cond., \$1,700, 353-6862.

'69 Chevrolet Chevelle SS 396, at, ps, pb, metallic grey/black, many new parts, very fast, very nice, \$9,500 obo, 937-8152.

'74 Cadillac convertible, white/tan leather int. and top, excellent cond., (910) 270-9678.

'88 Dodge Caravan LE burgundy PS, PB, AC, PW, PL, tinted windows, great condition, \$2,500, call 346-7567.

'80 Jeep CJ-7, excellent cond., hard top/bikini top, \$5,500, 577-0197.

'81 Pontiac Grand Prix, two-tone green, good work car, needs front rotors replaced, asking \$600, 577-0277.

'82 Jeep Cherokee, yellow, 4wd, 360 V8, great body, runs good, 100k miles, great second vehicle, \$2,600 obo, 577-6891.

'83 Jeep CJ-7, excellent cond., new paint job, brakes, shocks, steering stabilizer, electric winch, hard top, new carpet and much more, \$4,595 firm.

'85 Mazda 626, 4dr, 5spd, excellent cond., great mileage, very dependable, one owner, asking \$2,600, 938-7103.

'85 Pontiac Fiero, a/c, tilt, am/fm cass., runs great, black, 4cyl, \$800, 353-1833.

'85 Honda CRX, 5spd, a/c, new tires, runs great, \$1,700 obo, 355-2969.

'87 Jeep Wrangler YJ, 4x4, new: carb, exhaust, top, radiator, tires, bumper, interior, white, asking \$4,500 obo, 353-8188.

'88 Chevy pickup, full size, longbed, 305 V8, a/c, tool box, new tires, very reliable, \$2,800 obo, must sell, 453-3509.

'88 Dodge Ram D50, 4x4, runs but needs work, 455-7854.

'88 Buick Regal limited, 2dr, gray, V6, pl, pw, digital speedometer, am/fm cass., new tires, cruise and tilt, \$2,000, (910) 355-1889.

'88 S-10 Blazer, 4x4, one owner, excellent cond., pw, pb, pl, at, a/c, am/fm cass., cruise, tilt and tint, \$5,000 obo, 326-6899.

'88 Ford Ranger, tool box, running cond., \$1,200 neg., 353-1335.

'88 Dodge Caravan LE burgundy, ps, pb, pl, pw, excellent cond., 346-7567, \$2,500, 346-7567.

'89 Ford Escort LX, white, 2dr hatchback, \$900 obo, 152k miles, must sell, 938-1913.

'89 Mazda pickup, B2200, no a/c, white camper shell, 65k miles, \$2,000, 938-6990.

'90 Nissan Sentra, lt. Blue, 2dr, 4spd, am/fm cass., \$3,000, 353-9909.

'90 Chevy Camaro RS, 6cyl., white/black bra, hi miles, runs great, Pioneer cd player and Spectrum analyzer, very clean, 937-6055.

'90 Chevy Suburban Silverado, black, loaded, tint, barn doors, excellent cond., must see, 347-4810, \$8,500.

'91 Chevy S-10, 5spd, one owner, 91k miles, no problems major or minor, am/fm cass., good truck, \$2,500 obo, 577-1039.

'91 Jaguar XJS coupe, red/crème leather, outstanding cond. throughout, (910) 270-9678.

'92 Chevy S-10, 4x4 pup, Tahoe trim, alum. wheels, towing pkg., must see, \$8,500 obo, (252) 224-0935.

'92 Plymouth Voyager LE, fully loaded, am/fm cass. Stereo, \$3,500, 455-6846.

'92 Geo Prism, immaculate, one owner, gray, 4dr, auto, a/c, runs perfect, 87k miles, outstanding gas mileage, new tires and brakes, \$3,500, 577-6662.

'93 Plymouth Duster, green, 4dr, V6 auto, a/c sunroof, custom wheels, new tires, am/fm cass. Stereo, 67k miles, great cond., \$4,650 obo, 577-7253.

'93 Nissan 4x4 pickup, 32x12.5 tires, Hurricane rims, bedliner, tint, tool box, dual exhaust, \$8,495 obo, (252) 568-4224.

'94 Chevy Cavalier station wagon, blue, 87k miles, great cond., all power, no rust, no dents, \$5,000, 937-6547.

'94 Dodge Dakota club cab SLT, a/c, stereo cass., V6, manual trans., towing pkg., selling because of overseas deployment, \$9,500, good truck, 456-6784.

'94 Lincoln Continental Signature Series, white/blue leather, V6, everything power, cd changer, pay off loan at MFCU, 346-8316.

'94 Pontiac Firebird, black, mint cond., t-tops, 5spd, 453-6844.

'95 Mercury Grand Marquis GS, good cond., one owner, \$8,875.

'95 Hyundai Elantra SE, red, 4dr, spoiler, 50k miles, auto, a/c, rear defrost, Kenwood detachable face cd, sporty, \$6,500, 353-0438.

'95 F150XL, 5spd inline V6, 8ft. bed w/ liner, 68k miles, \$10,430, 938-3803.

'95 Ford Windstar van, dual air, pw, pl, auto, beautiful, best offer, 256-8728.

'96 GMC Jimmy SLT, 4dr, very clean,

good cond., new tires, fully loaded, 47,500 miles, black/grey, 353-9527.

'96 Nissan XE T.O.P. 231.00, 5spd, a/c, ps, pb, ab, ct, cd, 75,000 mile warranty, low mileage 33,000, 347-7051.

'96 Suzuki Esteem, blue-grey, 4dr, excellent cond., 26,530 miles, like new asking \$8,200, must sell, 346-7721.

'96 Chevy pickup Silverado ext cab, 350 V8, at, ac, stereo w/ cass., camper top, HD towing pkg, new tires, 43k miles, o/s cond., reasonable price, 455-8511.

'97 Dodge Grand Caravan SE sport, candy apple red, loaded, 3.3 V6, 28k miles, warr. to 36k, nonsmkr, asking \$18,500, 355-9557.

'98 Grand Am, red/black, 4dr, runs/looks excellent, \$12,500, 577-8950.

'98 GMC Sonoma SLS ext cab, cruise, tilt, am/fm cass., bedliner, bug guard, take over payments, \$350/mo., 355-9325.

'98 Chevy Venture LS ext. van, fully loaded, 12k miles, 3dr, asking \$20,000, 353-7161.

'98 VW off GTI, red, 5spd, ps, pb, pl, psunroof, tint, cd, after market exhaust, brand new tires, highly maintained, \$13,500, 456-1310.

BOATS/REC.

Cardiofit Lifecycle, 1 yr. old, \$50 Call 355-0636.

Utility trailer 4'x8' w/5' welded wiresides, \$400 Call 577-8732.

'97 19' Bayliner Cuddy Cabin with Coast Guard package and Portapotty, \$11,000 Call 346-3704.

Camper shell will fit short bed truck, \$60, call 346-8316.

NordicTrack system cost over \$450 sell for \$250 obo, call 577-1039

16" boy and girl bike \$25 ea., 20" bike looks like motorcycle \$40 misc. bike parts wheel frame, tires/tubes call 353-1335.

Boys golf bag, new, \$15 and ladies ski boots, 7 1/2 \$30 Call 577-1930.

Cab height white fiberglass truck top fits ranger/B2000 75" tinted window, front sliding window asking \$600, call 938-3265.

Camper top, fiberglass, fits Mazda p/u sb \$75 obo. Call 326-6818.

Bike rack for top of vehicle, can accommodate two bikes \$60. Ryobi detail sander \$25, call 577-0197.

Soloflex w/leg extension and fly attachment, 2 yrs. old, great cond. \$350 obo, ab trainer \$20 obo. Call 456-8654.

15' Coleman canoe exc. cond. \$300 obo. Call 326-2398.

1986 Sunline Camper 17 1/2' sleeps 6 with stove, refrig, bthrm, with shower. \$2,000 obo. Call 326-2398.

Luna Camper shell for full size truck, fiberglass \$200, call 326-7033.

Boy's bike \$15 and small go kart \$110. Call 577-4639.

ELECTRONICS

75mhz Packard Bell computer, 20m ram, 1.2gb HD. \$400 obo. 24" color television \$35. Call 347-7291.

Home computer 486 with monitor, CD-ROM, sound card, 512 MHz, speakers \$250. Call 326-1147.

Sega Genesis with two controllers, 1 turbo controller and four games, \$85. Call Kyle 329-1306.

FURN./APPLI.

Washer and dryer, \$250 obo, 350 Talasea place, TT2.

Entertainment center for TV and stereo. Bassett loveseat and couch, extra length, great cond., \$350 obo, 455-8092.

Big four poster Paul Bunyan bed, queen size w/ tall dresser w/ mirror, two night stands, box spring w/ mattress, \$1,200, 455-2546.

Young girls bedroom set: desk w/ hutch, five-drawer chest set, two-drawer night-stand, \$150, other furniture too, 353-0408/7138.

Oak bedroom set, queen headboard, two night-stands, chest, dresser w/ mirror, asking \$500. Broyhill set, asking \$250, 347-0988.

Large dining room table w/ two leaves and hutch, Imagewriter II printer, old farm table, English style antique dresser w/ mirror, 353-4919.

Mattress w/ box spring queen size, 353-3665.

Day bed w/ comforter, dust ruffle and two pillow shams, \$40, 326-6620.

Three-cushion sofa, autumn colors, great cond., \$150 obo, Brother sewing machine, \$40, 326-2139.

All steel/Hamilton, drafting table wood tilt top, 6'x5', 4 drawers, \$280, 326-1000.

A complete king-size bed w/ mattress, two lamps w/ nightstands, hide-away sofa, one-set couch, one-work kitchen tables, w/ six chairs, one-month old, 353-8275.

King-size waterbed, 12 drawer, mirrored headboard w/ lights, two sets of sheets, waveless waterbed mattress plus king size mattress, \$300, 355-6649.

Like new, Little Tykes car bed w/ mattress and two sets of sheets, hood opens to toy box, \$250 obo, 355-6649.

Brown sectional sofa for \$175, can be separated into pieces, comes w/ hassock, 938-0009.

Solid daybed w/ trundle and two very good mattresses, \$200. Broyhill

polster twin bed w/ four drawer dresser, excellent cond., \$250, 455-8075.

Beautiful Gautier children's desk, made in France, white w/ red and blue trim, needs minor work, see it and give best offer, 355-9788.

White metal crib w/ mattress, \$35, 577-7817.

X-tra large capacity washer/dryer, excellent working cond., \$300 for both, 938-9219.

Queen/ cherry head and foot board, frame and pillow top mattress/ box spring, \$400 obo. Brother sewing machine, asking 475, 324-6291.

Oval dining table w/ or w/o four Windsor chairs, 353-2076.

Sectional couch, \$40, 353-4324.

Recliner, excellent cond., brown, \$50, 353-9164.

Refrigerator, frost free, almond color w/ ice maker, good working cond., \$200 obo or trade for freezer, 346-8316.

Bunk beds, solid wood, two side rails, two bunk boards, ladder, two mattresses/ box springs, Excellent cond., \$275, 346-2640.

Frigidaire HD dryer, excellent cond., \$125, 355-2466.

Large glass top kitchen table w/ toddler shield and four chairs, has black and gold trim, \$100, 577-7671.

Blue couch w/ wood trim, \$150.

Mauve recliner, \$100, free beige recliner, 347-4535.

Couch, loveseat and chair, blue floral pattern, avg. wear, \$200, tan sofa-sleeper, \$100 324-3158.

Kenmore washer, white, works fine, \$75, 346-7567.

Beautiful country blue sofa and loveseat, \$500, 353-0501.

MISC.

Riding lawn mower, MTD 42 inch cut, w/bagger. One yr. old. \$600. Call 455-5571.

Ford F150 short bed Sapon bed tarp, new, paid \$270 will sell for \$150, call 577-0007.

Enlisted male dress blues blouse, Woren once. Size 43L. Call 326-1147.

Male dress blues blouse 46L, & five pair of trousers sizes 38 & 36L Brass incl. \$75 takes all. Call 937-5141.

Chefs choice microwave cart \$50 firm. Car cover, used twice, pd \$125, \$50 firm. Fits mid-size sedan. Call 355-1940.

Dress blues blouse size 42R w/velcro neck & anodized buttons, \$90.

Vitamaster electric five spd. treadmill, a yr. old, \$125 obo. Call 326-4219.

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

Set of new leather-bound enc., inc. book case, 2 dictionaries, & 5 CLEP books. Take over payments, \$58 per month. Call 353-8562.

Factory stock Camaro 15x7 rims w/ P21565R15 BF Goodrich raised white letter tires. Make offer. Call 324-5372 or 330-8267.

Enl. mens blues blouse size 39XS & green coat size 39XS. Exc. cond. Ab trainer \$40. Call 353-9107.

Tap dance shoes. Tan leather, Bloch brand, womens size 6. Barely worn, \$15. Call 353-6258.

3 spd Chevy trans w/all linkage, fly-wheel, 2 bar clutch inc. \$150 obo. Call 326-6620.

Normandy brand clannet. Rare find, all wood design. Good cond., \$400. Call 577-8751.

HomeLite gas powered weed eater, straight shaft, exc. cond., \$75. Weed eater motor exc., gear broken, straight shaft, \$15. Drop spreader, \$10. Call (252)393-7720.

Custom direc. rims 8x15, exc. cond. chrome toolbox, opens long way, exc. cond; Uniden 360XL CB w/ astetic mic; 10" table saw, never been used; Alpha blouses sizes 41 & 42R; waterbed. Call 353-9823.

4 General G45 tires P21575R15 less than 8,000 miles, almost new, \$100 for set of four. Call 577-5802.

4 brand new tires, Tigerpaw P205/75R15, \$150. Call 577-1959.

2 Arai blue/black Vintage motorcycle helmets, exc. cond., \$75 each or \$125 pair. Call 577-3362.

Canopy tanning bed. Call 353-5219.

Black ent. center, holds 32" TV, \$75.

6 each, 30" blinds-off white, \$15.

White & brass metal daybed, twin size, \$50. Call 577-0043.

Beanies, pillow pals, buddies, 27

Fisher console, gift baskets, Valentine items, comp. books, software, cass. tapes, Ty trading cards. Call 355-2590.

Cardiofit exc. push-pull w/quick change features, like new, \$50 obo. Large pet carrier \$40. Grand father clock, needs repair, \$50 obo. Call 326-3866.

Sony Discman with car adap., Honda Civic car bra, 2 smith corona typewriters. Call 355-9717.

Crib with matt., bassinet, diaper genie, and other misc. baby items. Call 577-8358.

12.9 HP outboard, never been in salt-water, w/gas tank & line, elec. start, \$400. Call 355-9911.

2 rugs, bound, off-white, 1-12'x19', 1-12'x14', \$75 each. Lattice, white (fits porch of 2 story). Call 355-2499.

Edelbroc, performer manifold for

Ford 289/302 w/600 CFM, Carter 4-barrel carb., \$300 obo. Call 456-4902.

MEC 600 JR, Mark V 410 shotgun press, \$100. MEC 600 JR "82", 28 gauge shotgun press, \$100. 50ft. 30amp, 125 volt boat pier cable w/ plugs, \$80 obo. Loveseat, exc. cond., \$30. Call 577-0197.

Officer dress blues coat, 40L, \$60.

Nylon motorcycle saddlebags, \$30.

Regina carpet and upholstery cleaner, \$50. Call 577-0197.

Motorola Bell South cel. phone, microtact select 3000E w/charging unit, \$40 obo. America series cel. phone by Motorola w/case, batt. & charging adaptor, \$40 obo. Call 326-3866.

Brownie Girl Scout uniform inc. floral jumper, long sleeve shirt, tie, leather belt, and beanie cap, size 6. \$25. Call 353-6258.

Fence, chain linked, 136' w/gate & 8 corner poles, \$300. Call or lv msg 355-2499.

Alpha blouse size 36L, trousers size 32L, overcoat size 40R, 9 SS Creighton size 14-14 1/2, 4 LS size 15/33 w/SSGT chevrons. Call 938-2455 after 6 p.m.

"Heirloom Baby" size of 3-month-old baby, life like, blond hair, bl. eyes, porcelain head, arms, & legs, \$60, paid \$125. "It's a Boy" porcelain head & hands, \$50, paid \$85. Call 938-1149 from 9 a.m. to 8 p.m.

Sears Craftsman garage door opener, 1/2 HP, 2 controls, 6 mos. old, new \$180, will sell for \$100. Call 326-1264.

Enlisted dress blues blouse, 40S, blue trousers, size 31, \$15, 3 LS Creighton 15 1/2 x 32, \$15 each, 3 SS Creighton 15 1/2, \$15 each. Call 577-8732 evenings.

Changing table & crib \$100, double stroller \$20, high chair \$20. Call 938-6990.

Firestone Stoilcox A/T outline lettered truck tires, good tread remaining, size 245/75R16, from a Chevy Tahoe, best offer. Call 353-2854.

Ford F150 snap down bed tarp, 6 mos. old, for short bed. Paid \$270, sell for \$150. Call 577-0007.

Four P235/75R15 Uniroyal Tigerpaw tires, almost new. 150 miles or less on them. Raised white letters. \$320 all 4. Call 353-9107.

For Corvettes, set of 4 factory 5 spoke wheels from 1996 limited edition, will fit 1992-1996 Corvettes. Like new, will sell for \$1,000. Call 455-8511, lv msg.

Curtains, Sears best, 2 pr, 50"x84", cream color, very nice w/tie backs, \$40, stereo cab., will hold 27" TV & assec., \$65 obo, RCA stereo sys.,

\$50 obo. Call 326-3866.

Rims, size 16 off 1994 Pontiac Bonneville, exc. cond., \$200 obo. Call 326-6818.

Antique items, French pitcher, ceramic bowl, and Hummel figurines. Call 346-1309.

Graco auto baby swing, like new, \$40, dbl. stroller w/canopies, \$35.

Graco rec. stroller, \$30, Graco umb. Stroller, \$20, girls tricycle, \$15.

Evenflo car seat, \$40, Evenflo infant car seat & carrier, \$45, whirlpool dehumidifier, needs switch, was \$195. Call 353-4451.

Trolling mtr, remote control, used 1 season, new \$389, asking \$250 obo. Call 326-7033.

Full face motorcycle helmet, white w/ graphics, \$75. Oil operated, elec. plug-in space heater, \$20. Call 324-3158 lv msg.

Fire wood, seasoned, by the truck load, your truck. Call 353-2076.

McCullough silver eagle chain saw, 20" bar, like new, used 4 times, \$100. Call 326-7033.

PC CD-ROM games, variety, \$5 each, 1995 Cannondale F500 Mt. bike, blk, \$250, head shock, recent tune-up. Call 456-8654.

Health aides-adj. cane, walker, shower seats, portable toilet. Call 324-3158 lv msg.

4 Goodyear tires, P195x70-14, like new, less than 500 miles, \$195. Call 326-6818.

MOTORCYCLES

1984 Harley Davidson, 1000cc Ironhead Motor, Fatbob tail dragbars, lots of chrome. \$4800 obo. Call 347-7976.

1994 CBR 600F2 6,000 miles, custom paint, very clean, runs excellent, new tire & batt. Must sell. First \$3,950 take it. Call Adam at 353-5683.

'84 Honda Goldwing dress in chrome and lights, must see to appreciate, \$4,100, 326-6818.

'96 Honda CBR 1000, 3,500 miles, exc. cond., \$7,500. Call 326-7904.

'96 ATK LQ Motorcross Bike. Bought new off showroom floor in 1998. Talon hubs, pro-taper bars, perfect cond. \$3,500 obo. Call 355-0349.

'97 Harley 1200 Sportster, low miles, exc. cond, lots of extras. Asking \$9,300. Call 324-7467.

PETS

Siberian Husky Puppies, all blue eyes, first shots and dewormed. \$350. Financial arrangement with sincere prospects. Call 324-1594.

Cocker spaniel pups. Call 455-2942.

Dalmation puppies 1 male and 1 female, \$100. Call 353-8797.

Dalmation puppies, 8 wks. o males and females \$125. Call 353-5645.

Cocker spaniel puppies, buff male black and white male. Call 353-6829.

Cockatiel unusual coloring a wrought iron cage w/toys, \$100. C 246-1309

German Rottweiler puppies, shrt and dewormed. \$300 females \$3 males, payments available. C 347-3234.

Rottweiler puppies, females, bc patents on hand, second series shots and dewormed, \$250. C 353-9585.

Yorkshire Terrier puppies, shots a dewormed, males \$400, female \$450. Call 347-3234.

Ferret male 5 months old desente \$100 obo. Call 938-9109.

Goats, tame billy, nanny and babe \$30 each. Call 346-1309.

Free to good home. 1 yr old neuter male half bulldog/half boxer, shc and dog house. Call 347-2176.

German shepard puppy 4 mont old female, black and tan, asking \$200. Call 353-4324.

REAL ESTATE

2bdrm, 1 bth unfurnished, water a trash pickup included, porch and storage bldg. Single military w/come, \$235. No pets. Call 346-806

Extended living room, 2bdrm, w/central heat and air, private fence yard \$350 unfurn and \$400 furnishe Call 353-8594.

14x72 brdm, custome made mh w/ 3 1/2 years left to pay off. \$29 month. Call 353-4965 by 10 pm.

1992 70' Doublewide, 4bdrm, 2 bth fireplace in den, formal areas, Hubb \$41,500 or \$7,000 down and a sume. Call 577-4165.

Trailer for sale or rent will take 14x60' utility traile. Call 347-2066

3 bdrm, 2 bth, 2 car garage house with fenced/wooded back yard and satellite dish system. Call 326-239

Room for rent 3bdrm, 2 bth w/h \$300/month. Prefer mature single f male, no pets and quiet lifestyle. C 353-5191.

For sale 197 Fleetwood 3 bdrm, bth, only \$310/month. Call 353-263

WANT/LOST/F.

Wanted: Doublewide John boat, 14' or longer w/or w/out motor or trailer. Call 353-5964.

Wanted: VW parts for free. Will pick up. Call Dan at 937-6547. Lv msg.

Wanted: Metal detector. Must be good cond. Call 455-2424.

TRADERS

HOW TO PLACE YOUR FREE TRADER AD

The Globe, Camp Lejeune, N.C. February 5, 1999

• TRADERS is a free service provided by the Public Affairs Office. Ads must be resubmitted EACH WEEK and reach the Public Affairs Office by noon, Friday, a week prior to publication. Ads must be signed legibly with ALL information filled in. Ads MUST be on a TRADER FORM. Ads that do not contain the required information will not be printed. No ads for services or businesses such as the sale of AKC or CFA registered animals by breeders will be printed. The Public Affairs Office reserves the right to withhold ads which may be deemed inappropriate for any reason. All trader ads submitted by civilians employed at Camp Lejeune or MCAS New River will be published. Official phone numbers cannot be listed. Limit is three ads per week. If the Public Affairs Office receives more ads than space permits, certain ads will not be published until the following week.

- Print legibly. If we can't read it, it will NOT be published.
- Individual forms must be filled out for each category of items. I.E., automobiles, pets.
- No more than 25 words per form. Only three forms per household a week will be published.
- Trader ad submissions will not be accepted by fax, guard mail or phone.

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Home Phone _____ Work Phone _____

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- *'96 Suzuki RF600 RT \$3995.00 or \$107.00 mo.
- *'92 Kawasaki Ninja 600 \$2995.00 or \$81.00 mo.
- *'96 Yamaha SECA II 600 \$3995.00 or \$132.00 mo.

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Winter Wonders

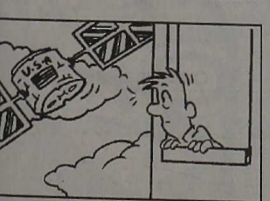
(NAPS)—If you're looking for a tale of an experience watching marine life this winter, you can take a splash with a Virginia Marine Science Museum Winter Wildlife and Whale Watching Boat Trip in Virginia Beach, Va.



Fin whales and juvenile humpback whales have made the food-rich Chesapeake Bay an annual winter destination. The annual migration of humpback whales begins early fall when adult whales move southward from New England waters to the warmer tropical waters of the Caribbean. Researchers believe the adult whales leave their young off the coast of Virginia Beach to take advantage of mild winter temperatures and a plentiful food supply. In the spring, the adults return and the juvenile whales rejoin their pod and head north.

Two hour wildlife and whale watching boat trips offer a rare chance to see these endangered marine mammals in their natural habitat from Jan. 9 through Mar. 7, 1999. Nature enthusiasts may also see brown pelicans, Northern gannets, double-crested cormorants and other sea birds, as well as local landmarks such as the historic Cape Henry Lighthouse. Narrated commentary is provided by a museum interpreter while volunteers mingle and answer questions and display whale artifacts such as a whale jaw bone. Although whale sightings are not guaranteed on the boat trips, visitors are sure to see them larger-than-life, inside the museum's wall, in the two-dimensional IMAX® film, *Whales*. A life-size model of a juvenile humpback whale is also suspended from the ceiling giving the museum visitors an up-close view of this immense marine mammal.

As one of the top most-visited aquariums in the country, the Virginia Marine Science Museum focuses on Virginia's marine life and animals. The museum represents the marine environment in two buildings with over 800,000 gallons of aquariums and live animal habitats and more than 100 hands-on exhibits. For more information on these popular boat trips, call (757) 437-BOAT.



The highest apartment residence is the 92nd floor of the 100-story John Hancock Center in Chicago.

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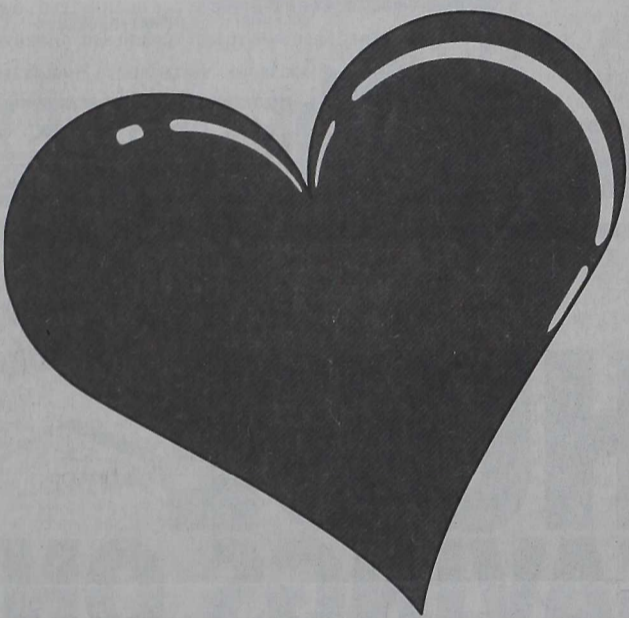
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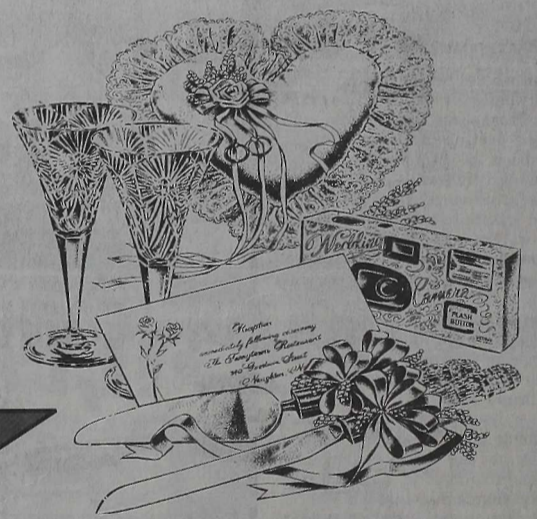
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To soothe itchy, dry skin, use Leno® Regular Bath Treatment with 100 percent natural colloidal oatmeal, an ingredient long recommended by dermatologists. Put on a happy face! That's what millions of children will do this holiday season thanks to products from Crayola that add a rainbow of color to the days.

To use an investment referral service known as Advisor Source, investors with significant assets visit a Schwab office or call 1-800-447-7026.

Children can go online at www.tetra-fish.com to test-drive a virtual aquarium and choose their own aquarium, plants and fish. Once built, you can see the fish in motion and print a shopping list to



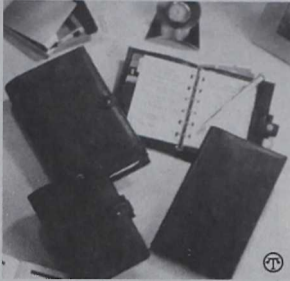
recreate a tank at home.

Investors interested in more complete information about the Stein Roe Advisor Tax-Managed Growth Fund, including charges and expenses, should call their financial advisor and ask for a prospectus, which they should read carefully before they invest. They also can obtain information directly from Liberty Funds Distributor at 1-800-345-6611.

PLANNING AHEAD

1999—A Very Good Year

(NAPS)—Get a fresh start for the new year by getting organized. Begin by organizing your agenda, using the following tips from the experts at Filofax:



Using a planner can help keep track of ongoing finances, plan upcoming business projects and record a list of goals to make the coming year happy, successful and stress-free.

1. Place the calendar of choice in the front for immediate reference. Insert a ruler or page marker for easy access to the current week or day.
2. Use blank tabs to create subsections for individual clients, work, family, extra-curricular activities, or to plan a major event such as a wedding.
3. Clean out and refresh address section. Update personal and business contact information.
4. Record birthdays, anniversaries and special events in the calendar. Jot a reminder a week in advance to shop for gifts or mail cards.
5. Place a sheet at the start of each month or season listing favorite events such as a jazz festival, antique/craft show, concert series or sporting event.

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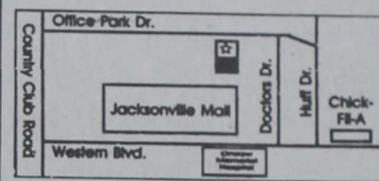
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 —Carl Sagan

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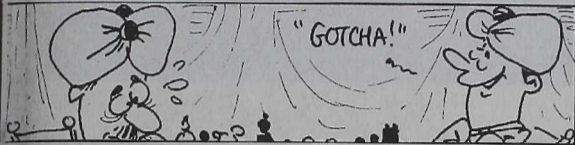
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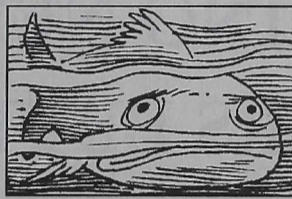
(Behind Jacksonville Mail)
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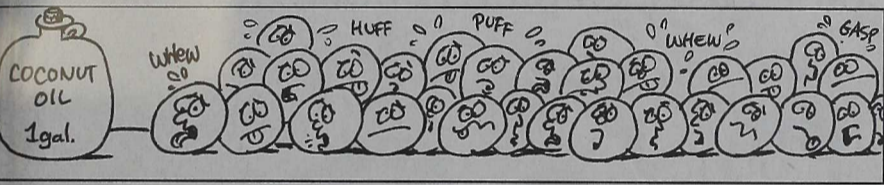
The game of chess is believed to have originated in ancient India for the name of *Chaturanga* ("four corps")—the name for a traditional division of armies.



The geoduck is a huge, edible clam that may weigh as much as 10 pounds.



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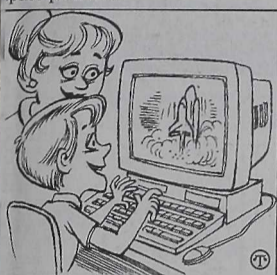
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Space Exploration

(NAPS)—For those interested in the space program, a new website, developed by Lockheed Martin, is positively out of this world.

The site is www.spaceday.com, the official website of Space Day, an annual program geared toward inspiring future generations to realize the vision of America's space pioneers.



Students, teachers and parents can learn about the space program through a new website.

Proclaimed a "hot site" by USA Today, CNET, Yahoo! and the Los Angeles Times, the website is a comprehensive resource of information for students, teachers, parents and other cyber-travelers.

Multiple interactive features help visitors learn more about Space Day, plan their own events, become "Friends of Space Day," participate in "mind challenges," and send postcards from space.

The site also features creative classroom activities for teachers to download as well as links to the best space content sites and lesson plans on the World Wide Web.

For more information, visit the website at www.spaceday.com.

*** Criticism comes easier than craftsmanship. ***

—Zeuxis

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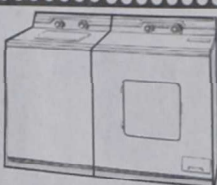
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Due to a shipping problem the following merchandise will not arrive until February 8, Monday afternoon.

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SYMPHONIC 13" TV/VCR
STYLE#TVCR13G1 199.99

SYMPHONIC 19" COLOR TV
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SYMPHONIC 4 HEAD VCR
#SE436 STYLE G 109.99

SYMPHONIC 2 HEAD VCR
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'98 Chevrolet Malibu auto, tilt, cruise, AM/FM cass., PW, PL
'92 Mazda 929 auto, air, tilt, cruise, sun-roof, CD player, PW, PL, leather, alloy wheels, 60K



'95 Eagle Talon 5 spd., air, AM/FM cass., w/ CD player Sharp!
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'91 Ford Customized Van Raised roof, color TV, PW, PL, tilt, cruise, alloy wheels, 81K
10 Vans to choose from



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Adoption.....45	Moving Services.....110	Collectibles.....178	Lots & Acreage.....267	Merchandise/Housewares.....341	Boats/Marine Supplies.....450
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Jewelry.....53	Musical Supplies.....116	Floral/Floristry.....183	Stores & Offices For Rent.....274	Sporting Goods.....350	Motorcycles.....460
Formal Wear.....55	Collectibles/Records & CDs.....117	Florist.....187	Stores & Offices For Sale.....276	Health & Fitness.....352	Bicycle-Sales/Services.....470
Sales/Product Demonstration.....56	Musical Instruments.....120	Weddings.....185	Beach Property For Rent.....278	Antiques.....360	
Fashion Shows.....58	Office Supplies/Equipment.....125	Military.....187		Farm Equipment.....365	

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

T.O.P.S. #NC 380 will hold weekly meetings on Mondays at 7 pm in the USO Basement, 9 Tallman St. T.O.P.S. is a nonprofit weight loss support group. TFN

40 Employment

Pianist needed for Sneads Ferry Presbyterian Church. Call for details 327-2653. TFN

WANTED: Licensed Nail Technician with established clientele to join Mega Tan! Apply in person. Ask for Linda Fields. TFN

Floor installers and roofers needed. Experience helpful, will train. Own transportation a plus. Call 324-1677 or 389-2036. TFN

41 Education

AVIATION OPPORTUNITY - Qualify for a career. We offer FAA Approved Courses. Ask about our Flight Specials. Ellis Airport. Jacksonville. TARHEEL AVIATION 324-2500. TFN

56 Sales/Product Demonstration

Cabin Fever? Round up the gang and have a frivolous lingerie party! Book now for Valentine's Day! Call Theresa at 324-2430. 2/5

70 Business Opportunities

Income for a Lifetime from your own home based business. Free details. Taz Enterprises, Inc. P.O. Box 508, Jacksonville, NC 28541. 2/12

80 Pets & Supplies

L&M Stables Full board available. Clean facilities with nice pastures, with washout. Horses for sale also. 324-5877. TFN

114 Musicians

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120 Musical Instruments

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152 Professional Services

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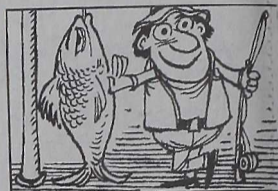
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Healing is a matter of time, but it is sometimes also a matter of opportunity.
—Hippocrates

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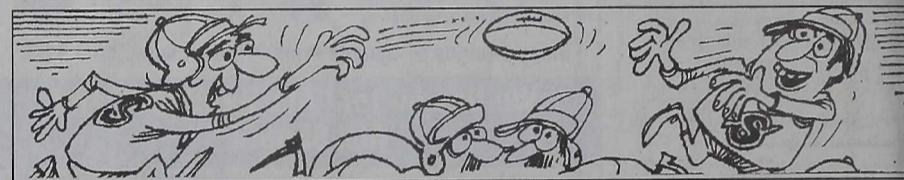
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One type of amber jack, game and food fish found along the Atlantic coast, can grow six feet long and weigh up to 11 pounds!



About 56,000 Americans are over 100 years old.



The first indoor football game was played in Madison Square Garden in New York City in 1902. The game featured paid college players representing Syracuse and Philadelphia. Syracuse won, 6-0.

Multiple Sclerosis Findings Provide Physicians With New Insight And Empower Patients

(NAPS)—When chronic disease is an inescapable part of life, new medical research and treatment options are always welcome. So when the National Multiple Sclerosis Society and Corey Ford, M.D., Ph.D., at the University of New Mexico made separate, important announcements in the same week, Jackie Jordan embraced the news with open arms. Progress.

The first advancement was the National MS Society's consensus statement advocating early initiation of drug therapy for anyone with a definite diagnosis of relapsing-remitting multiple sclerosis. Then Dr. Ford, director of the Multiple Sclerosis Specialty Clinic at the University of New Mexico Medical Center, unveiled five-year open-label data demonstrating that people with multiple sclerosis who are treated with COPAXONE® (glatiramer acetate for injection) do well over time because the drug reduces the severity and frequency of relapses.

Jordan is one of approximately 350,000 Americans living with multiple sclerosis. As a seven-year COPAXONE® veteran, she's a living testimony of medical progress. At one time her disease forced her to use a cane and threatened to progressively worsen her ability to walk. For this advertising executive and mother of three, the thought of losing her mobility was almost more than she could bear.

"Before I took COPAXONE®, I felt as though I was the living dead," she remembered. "I had no emotion, no life. I felt like a non-person. I decided to participate in the study because I believed that doing something was better than doing nothing."



Enter Dr. Ford, her neurologist. He is gratified to be part of Jordan's success story.

"On therapy, Jackie regained her emotional independence and entered a period of stabilization of the disability caused by MS," he said. "That was essential to her, and it's critical to the majority of people living with this disease."

Multiple sclerosis is an unpredictable immune-mediated disease of the central nervous system that typically strikes people between the ages of 20 and 40 and lasts a lifetime. In the past, when exacerbations or new symptoms were not present, it was often acceptable for patients to forgo therapy. But the society's call to action and the COPAXONE® Study Group's findings elevate the importance of carefully selecting a treatment, making certain the treatment works well over time and starting the therapy as soon as possible.

"Patients with multiple sclerosis need treatments that last longer than the two or three years that these drugs are typically tested," Dr. Ford said. "We have

shown that COPAXONE® is a drug that has sustained efficacy at least out to five years, and we will continue to follow study participants through 10 years of therapy and beyond. This study becomes especially important as more people go on therapy."

"The COPAXONE® has slowed down the relapsing MS for me," Jordan said. "I'm working 12-14 hour days and doing very well with standing and walking. Currently, I am not using any kind of help aids. I'm very pleased with my results, and so is Dr. Ford."

Unfortunately, not everyone with multiple sclerosis can participate in a clinical trial or have access to leading neurological researchers. So it is important for people to understand this news and to prompt new and meaningful discussions with their primary multiple sclerosis providers.

Jordan not only collaborates closely with Dr. Ford, she also makes a special effort to learn as much as possible about her disease. Doing so means she participates in her own care, and she believes that's good advice for others.

"Join some sort of a chat room, get on the Internet, talk to people that have MS and definitely get on some sort of therapy," she said. "There is not a cure at this point in life, but there will be. And whatever you can do to slow the disease down is better than not doing anything. Do something that makes your life yours again."

If you have multiple sclerosis and are not currently on drug therapy, talk to your physician or call the National MS Society at 800/FIGHTMS or Shared Solutions™ at 800/887-8100.



According to one ancient superstition, a witch's broom wouldn't fly unless she ran it up the chimney three times every week.



American author and poet e.e. cummings was jailed as a spy in France during World War I after his eccentric writing was mistaken for treasonable correspondence. He wrote of the experience in his first book, *The Enormous Room*.

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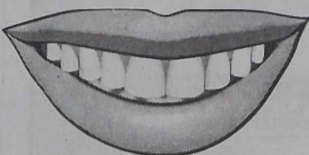
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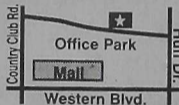
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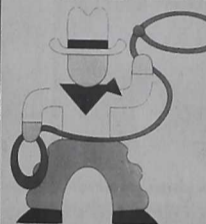
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Happy St. Valentine's Day

February 12, 1999

EA-6

Quick

State of North Carolina

rabie

The second case of rabies in the state Jan. 28, 1999, was found Jan. 27 in a dog in the Training Center where it was shot by enforcement staff who believe the dog was in the area area of Animal Control.

Road

Due to the Carolina Lyman Road at temporarily closed and 18 for Ham Pitcher Rd. will be the Bonney parking lot during

MCI number

Some phone numbers for the Corps Institute are 1-800-MCI-US, the same. For Technology or PME Helpdesk

Tax holiday

The Consolidated 1209 on the corner of Louis Street, of operation for holiday will be from 8 a.m. to 8 p.m., Sunday, closed Tuesday, 8 a.m. information call

NMC

Navy-Marine Corps will be holding an Off run to be held on drive February 5 and will be in the morning of information call

Black

Tickets for the Luncheon Feb. 12 are now on Entertainment 2d Marine Division Dental Battalion program is a contribution program for those who have been more informed EEO representative

Br

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Br

train

3d Battalion Bridgeport, warriors. 9A

Nav

Sailing the ship for the Camp in the Navy. 16A