

Fri.: Windy; showers and storms at night.
High 77 Low 41

Sat.: Partial sun; windy and colder.
High 48 Low 25

Sun.: Sunny, brisk and chilly.

Happy St. Valentine's Day



February 12, 1999

Serving Expeditionary Forces in Readiness

THE GLOBE

EA-6B Prowler pilot's court-martial begins on Lejeune

Compiled by
Camp Lejeune Public Affairs

The court-martial began last week for one of the EA-6B Prowler aviators involved in the Feb. 3, 1998, air tragedy at a ski resort near Cavalese, Italy, that resulted in 20 deaths.

Capt. Richard J. Ashby, pilot, from Marine Corps Air Station Cherry Point's Marine Tactical Electronic Warfare Squadron-2, is being charged

with 20 counts of involuntary manslaughter, dereliction of duty, destruction of government property and destruction of private property. Charges of obstruction of justice and conspiracy to obstruct justice have been referred to a second general court-martial scheduled to begin sometime in April.

Capt. Joseph Schweitzer, the navigator of the flight, is being charged with 20 counts of involuntary

manslaughter, negligent homicide, damage to government property, damage to private property, dereliction of duty, obstruction of justice and conspiracy to obstruct justice.

Schweitzer, who will be tried in a separate court-martial, was on-hand with his civilian attorney, David Beck, and military attorneys, Maj. Eric Veit and Navy LT Katie Clune, to observe the proceedings of Ashby's court-martial.

The first two days of the proceedings held last week were called *Voir Dire* — French for "to tell the truth." During this phase, the military judge listened to both the government's and the defense team's questioning of the potential members. These members, unlike a civilian trial, are ordered to court by the convening authority, which in this court-martial is LtGen. Peter Pace, Commander, U.S. Marine Forces Atlantic.

The purpose of *Voir Dire* is to evaluate the members' ability to hear both sides of the case and to rule on challenges. This will ensure that those members selected approach the case objectively, and it is designed to uncover any prior predisposition, preferences or personal opinions. The members were questioned by both the defense and government teams during this process.

—See AVIANO/6A

QuickShots

State confirms rabies case

The second case of rabies in Onslow County for 1999 was confirmed by the state Jan. 28. A rabid skunk was found Jan. 27 in the Bear Creek Fire Training Center near Highway 172, where it was shot during a local law enforcement training class. Those who believe there is a rabid animal in the area are advised to contact Animal Control at 455-0182.

Road closures

Due to the Capabilities Exercise, Lyman Road and HWY. 172 will be temporarily closed today and Feb. 17 and 18 for Harrier operations. Molly Pitcher Rd. will be detoured through the Bonneyman Bowling Center parking lot during Aviano Trial hours.

MCI phone number change

Some phone numbers at the Marine Corps Institute have changed. The 1-800-MCI-USMC number remains the same. For Distance Learning/Technology dial 202-685-7516. For PME Helpdesk dial 202-685-7608.

Tax Center holiday hours

The Consolidated Tax Center, Bldg. 1209 on the corner of Birch Street and Louis Street, offers assistance. Hours of operation for the President's Day holiday will be as follows: today, 8 a.m.-8 p.m., Saturday 8 a.m.-noon, Sunday, closed, Monday, closed, Tuesday, 8 a.m.-8 p.m. For more information 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 up to the morning of the race. For more information call 451-3813.

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.

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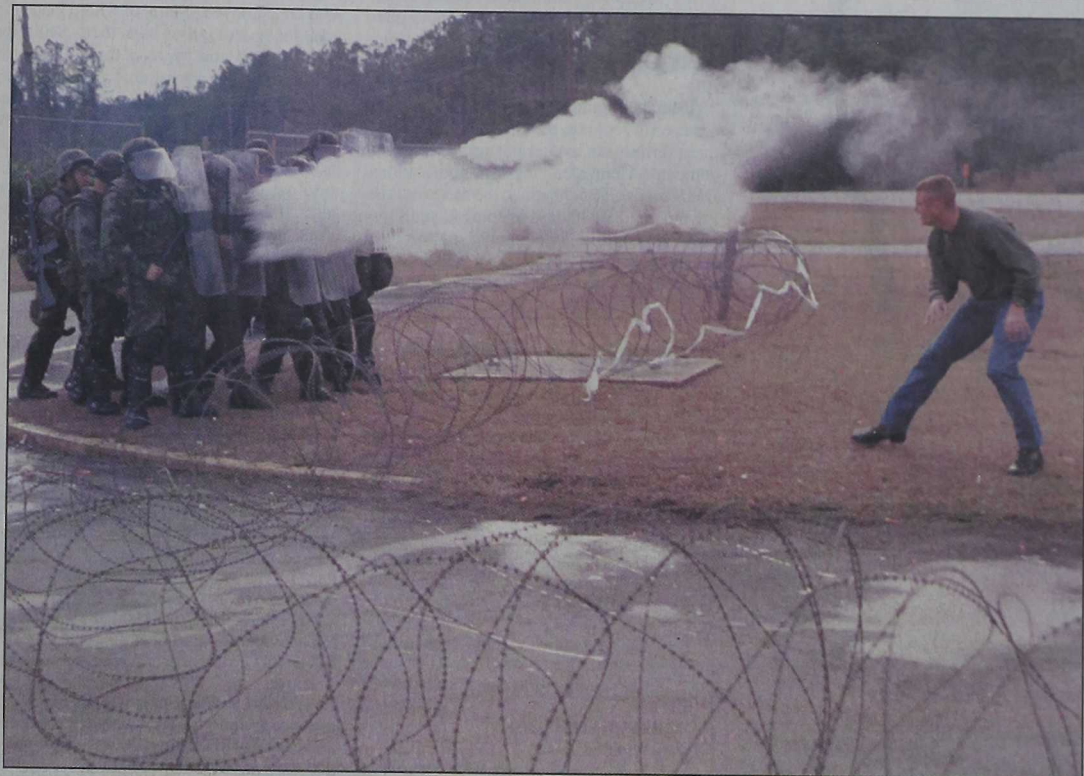
Bridgeport training ends

3d Battalion, 2d Marines leaves Bridgeport, Calif. as cold weather warriors.

Navy sisters

Sailing the seas runs in the family for the Campbell sisters. All five are in the Navy.

16A



Cpl. Brandon L. Rizzo

26th MEU Marines stand their ground

A "rioter" throws a cup of flour at the Quick Reaction Force, testing their patience. The QRF provided embassy security during MEUEX, a recent exercise that challenged the 26th MEU with conducting many of the missions they might face during deployment. The 26th MEU left Wednesday for their Joint Task Force Exercise in Puerto Rico.

26th MEU moving full steam with back to back exercises

LtCol. Jim Perkins
26th MEU correspondent

The 26th Marine Expeditionary Unit (MEU) recently completed MEUEX, moving one step closer toward receiving its Special Operations Capable (SOC) designation in preparation for its upcoming deployment in April.

MEUEX challenged these Marines with completing many of the missions they may be called upon to perform on deployment.

"We are preparing for a variety of extremely complex missions that we might face in the Mediterranean," said LtCol. Bruce Gandy, the Commander of Battalion Landing Team 3/8, the ground combat element of the MEU. The missions Gandy referred to range from providing humanitarian assistance and evacuating American citizens and Allies in conflict areas, to conducting mechanized and long-range raids and Tactical Recovery of Aircraft Personnel. The Marines operated from the Kearsarge Amphibious Ready Group (ARG) positioned offshore from Onslow Beach. The ARG consists of three ships; USS Kearsarge (LHD-3), USS Ponce (LPD-15) and USS Gunston Hall (LSD 44).

According to Gandy, interoperability with the Navy and its ships was the most important factor during MEUEX.

"Those ships cost a tremendous amount of money and present an enormous resource," said Gandy. "They're what makes

—See MEUEX/6A

Marines deploy to Battle Griffin '99

Sgt. Micheal D. Rogers
Camp Lejeune correspondent

Editor's Note: To stay current on Battle Griffin, visit the base website at www.lejeune.usmc.mil.

More than 5,000 Marines are deploying to Norway to participate in the Joint/Combined NATO Exercise Battle Griffin 1999, set to begin Feb. 12.

Battle Griffin is a triennial field training exercise that tests the United States and the Norway Air-Landed Marine Air Ground Task Force (NALMAGTF) concepts of reinforcing Norway during military conflict.

Marines and Sailors deploying to Norway will get a chance to exercise in cold weather operations, communications, force integration and various warfighting skills.

Cold weather training will commence upon arrival of Marine Forces in Norway from Feb. 12-15. The training will give Marines a chance to familiarize themselves with the arctic environment using new, state of the art, individual equipment.

Discovery of the effect cold weather has on weapons, gear and themselves will further enhance their training.

Force Integration Training will be conducted from Feb. 15-22 and will allow

Marines and Norwegians alike to meet face-to-face and share tactics.

The communication exercise will run from Feb. 23-25 and will give the combined forces an opportunity to test their communication equipment against the arctic environment. Forces will be able to identify problems and share techniques while they prepare for their final test in a field exercise.

The final phase will test the skills and knowledge of all participants.

Marines will wage simulated war against their Norwegian counterparts going head-to-head as they test their skills, weapons and gear.

"This operation was designed to meet the requirement for quality, realistic, stressful training to fully prepare our forces for joint/combined operations," said 1st Lt. Nicholas J. Ritzcovan, Marine liaison, Allied Press Information Center, Steinkjer, Norway.

MajGen. Wayne E. Rollings is the Commanding General of the II Marine Expeditionary Force.

The Command Element will have detachments from Headquarters and Service Battalion (H&S Bn.); II MEF Augmentation Command Element; 8th Communications Bn.; the U.S. Army's 4th Civil Affairs Group and the 9th Psychological Operations Bn.

Also participating in the exercise will be a Ground Combat Element (GCE), Aviation Combat Element (ACE) and a Combat Service Support Element (CSSE).

Col. Dirk R. Ahle, Commanding Officer, 2d Marine Regiment, (forward) will command the GCE. Ahle's command will consist of a Headquarters Bn.; 3d Bn., 2d Marines; 2d Bn., 25th Marine Regiment (reserve); and 2d Bn., 10th Marine Regiment. Detachments from Amphibious Assault Vehicle Bn.; Communications Company; Military Police Co.; Small Craft Co.; and Charlie Co., 4th Light Armored Reconnaissance Bn. will also complement the CGE.

Col. James L. Whitlow will command the ACE. The ACE is made up of fixed wing aircraft from Marine Air Group-31, rotary wing aircraft from MAG-42 and air control assets from Marine Air-Control Group-28.

Col. David B. Kirkwood will command the CSSE.

The CSSE will consist of elements from H&S Bn.; 4th FSSG, (reserve); 2d Maintenance Bn.; 2d Supply Bn.; 2d Landing Support Bn. (LSB); 4th LSB (4th FSSG); 8th Motor Transport Bn.; 2d Medical Bn. and 2d Dental Bn.

The exercise will conclude March 5 and Lejeune forces will begin returning March 9.

Legal students take on new roll in Corps

Sgt. Arthur Stone
Camp Lejeune correspondent

Students at the Legal Services School on Camp Johnson made another footnote in Marine Corps history recently when a new course was added to their curriculum. The students who are training to be court reporters



Sgt. Arthur Stone

BGen. Theodore Hess, Staff Judge Advocate for the Commandant of the Marine Corps, addresses students of the new Scopist course recently.

will now also receive training to become scopists, or stenotype court reporters. Their training, in addition to the new transcription aided software now in use by the school, will allow them to drastically reduce the time it takes to produce records of trial for the Marine Corps legal system.

Sgt. Scott A. DeRouen, instructor for the new course, trains students to use new Eclipse voice transcription software. Notes can be taken without power, so the technology can be taken anywhere in the world and is much faster and more precise than previous technology.

Another benefit of the course is that the legal field will not grow any larger by this addition to the training. This is because the scopists will be Marines already working in the legal community, said to the senior enlisted Marine in the field, MGySgt. Kevin M. Black.

"The scopists will be used as scopists when they come out of school," said Black. "They are an asset to a legal office because they are trained as a court reporter and a scopist. The main reason is they will be able



Sgt. Arthur Stone

Instructor Sgt. Juliet A. Trent records a transcript during a class demonstrating the precision of the new software.

to try all cases 'real time.'"

"The way we were doing things, the stenographer, once they were done with the court would sit down in the office and edit the transcript. Once they were done proofing the case, they marked the exhibits and they were to assemble the record and give it to the

—See SCOPIST/6A

Running smart aboard Camp Lejeune in dark hours ... it's the 'law'

Sgt. Micheal D. Rogers
Camp Lejeune correspondent

Editor's note: The Exchange has arranged to sell reflective vests at a reduced cost.

Leaders aboard Camp Lejeune are aware of and comply by the base order pertaining to safety during unit physical training during hours of reduced visibility. Individual PT, however, is sometimes a different story.

"Individual Marine runners are especially difficult for drivers to see during periods of limited visibility. A good Marine who is out there PT'ing is too important to our Corps to be killed simply because a driver couldn't see him running in the dark," said Col. Mark Goodman, Assistant Chief of Staff for Installation Security and Safety.

Two orders concerning running aboard Camp Lejeune are Marine Corps Order 5100.19D, spelling out the rules for using reflective vests during formation runs, and Base Order 5560.2K, requiring that individual runners, joggers or walkers wear reflective vests during times of limited visibility. Based on current sunrise and sunset times, vests are needed before 7 a.m. and after 5:30 p.m. The reflective vest must have at least 30 square inches of reflective material (15 front and 15 back).

"Wearing a reflective vest can literally mean the difference between life or death. It's a base regulation that really makes sense," said Goodman.

These regulations are a force protection issue and are designed to prevent possible death or injury. The regulations apply to all runners whether they be family members or active duty Marines and Sailors. Anyone who has had a near miss with a runner not complying with the regulation will agree that the use of reflective vests just makes sense.

Runners are also reminded to stay six feet off paved surfaces and run facing the flow of traffic.

In addition to the requirement for vests while running, a parallel requirement has been placed on people riding bicycles. In addition to wearing vests, bikers must also wear a protective helmet.

Military policemen have been tasked making courtesy stops to remind people to order.

"The intent of this warning system of raise safety awareness and education, the regulatory requirement," said Goodman.

—See

GOOD TO KNOW INFO ...

Electronic tax filing program, ready for Marines, families

MARADMIN 030/99

The Marine Corps electronic tax filing (E-File) program is a quality of life program that supports the readiness of our Marines and their families.

This program, sponsored by your installation's legal assistance offices, saved Marines and their families more than \$6 million in tax preparation and electronic filing fees last year. E-File is an outstanding ex-

ample of the type of personal and family readiness programs we want in our Corps and has the support of all our leaders.

Small unit level leaders should encourage their Marines to have their taxes prepared and E-Filed.

This program is a free service for single and married Marines. Moreover, Marines who use this service will save between \$50 and \$200 in commercial preparation fees and normally receive refunds within 10 days. Trained

preparers and lawyers are available to assist Marines who owe taxes.

The program offers many other benefits:

- Accuracy: The accuracy rate for E-File returns is 99.5 percent compared to an error rate as high as 20 percent for paper returns.

- Fast: An E-File trained volunteer can complete a typical tax return in 15-30 minutes.

- Prompt refunds: E-Filed returns are nor-

mally directly deposited into a Marine's bank account within 10 days. Paper returns routinely take six to eight weeks or longer.

The Marine Corps' goal this year is to have 50 percent of the active force E-File at each installation offering this service (or achieve a 10% increase at those installations who attained last year's 50 percent goal), and to ensure no one has to pay for electronic tax return. Each (ILAO) is responsible for the operation of your tax center.

Deployed Marines must maintain liability insurance

Cecil Hargett

N.C. License Plate Agency

In North Carolina, motorists are required by law to maintain continuous liability insurance on any vehicle having a license plate with a valid sticker. Failure to do so will result in penalties of \$50 or \$100 to the motorist.

Insurance companies in North Carolina are required to report to the DMV anytime a motorist terminates his/her coverage with their company. Upon receiving such notifications, DMV mails a FS5/7 form to the motorist, giving the motorist 10 days to come in and show proof of continuous coverage, or to pay a \$50 fee and proof of coverage, failure to pay the fee within the 10-day period will result in

revocation of the plate, waiting 30 days and paying a \$100 penalty to purchase a new plate.

Many motorists get caught in this predicament for various reasons, but it seems that a disproportionate number are young Marines who are deployed. Many of whom place their vehicles in storage or park them while they are deployed and because the vehicles will not be operated during this period of time, those Marines cancel their liability insurance to save premium dollars. This is where they get caught in the trap. In order to avoid the problem, they must remove the plate and turn it in to our office when they cancel their insurance. If they will do this, they will avoid these costly insurance penalties.

The key is to turn in their plate on or before the date they cancel their liability insurance.

"We're surrounded... that simplifies our problem."



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. Who was the first black Marine promoted to Lieutenant General?
2. The acronym K.O.C.O.A. is used to remember terrain. What do the letters stand for?
3. What color is the standard NATO biological contamination marker?
4. Which hand grenade is used to practice throwing techniques?
5. Who are known as the Soldiers in Sailors uniforms with Marine training doing civilian work at WPA wages?
6. What are the fourteen leadership traits?
7. Who was the first Marine to receive the Medal of Honor?
8. Who composed the Band of Brothers, A Marine creed?
9. Where was the "Bloody Nose" ridge?
10. Where is the "Punch bowl" area located?

Answers

1. Lt. Gen. Frank E. Petersen, Jr. 2) Key terrain. 3) Blue with red lettering. 4) The M69 grenade. 5) Sea Scouts. 6) Judgment, Justice, Decisiveness, Initiative, Dependability, Tact, Integrity, Endurance, Bearing, Unselfishness, Courage, Knowledge, Loyalty, Enthusiasm. 7) Cpl. John Blackie. 8) Mgen. John A. Lejeune. 9) Pelieu Island. 10) North of the 38th Parallel, Korea.

Old Corps ... New Corps ... What has changed? Is there a difference? Do we still have our name? It's all on us — The Corps of the present, to get it out — Get the message sent. The message is this, and make no mistake, the very future of our Corps is at stake. We need to stop, shape up, take a long hard look. Look back to our roots in that BST book. The Chesty's and Smedley's are all long gone. Do we have what it takes to carry them on? Will you make a mark? Or try anyway? Or will you just do four and then fade away? We live off them, to my dismay would they be proud of the Corps today? Whining and crying about petty things, only really caring what liberty brings. You joined for a reason — to each is own what did your parents think once you were gone? My son's a Marine! One of the best! Are we making them liars back at the nest? Think long and hard about this today, don't just gaff it off and go on your way. A change must be made, right here and now. We must bring back our history somehow. Because somewhere out there they can see what the Corps was and what it should be. A hard, proud, fine-tuned machine, when they were proud to be called a Marine.

Written by unknown motivator

CADENCE CORNER

Submitted by
SSgt. S.A. McCants

When I Die,
Bury me deep.
With two crossed rifles
Laid beneath my feet.

And by my side,
A .45 I wear.

And don't forget
To pack my PT gear.

Because early one morn-
ing,
Around Zero-five,
The grounds gonna
shake,
They're be thunder in the
sky.



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
SkillsTechnique of fire
training

•Technique

Technique of fire refers to the application and control of the combined fire of a fire unit. A fire unit is a group of men whose combined fire is under the direct and effective control of a leader. The fire units discussed in this manual are the Marine rifle squad and its fire teams.

•Training

The steps in technique of fire training and the sequence in which they are given are listed below.

- (1) Target detection
- (2) Field firing positions
- (3) Range estimation
- (4) Rifle and automatic rifle fire and its effect

- (5) Grenade launcher fire and its effect
- (6) Fire commands
- (7) Application of fire
- (8) Field target firing

•Methods

Range determination is a process of finding out the approximate distance from an observer to a target or any distant object. Accurate range determination allows the squad members to set their sights correctly and place effective fire on enemy targets. Three methods of determining ranges.

- (1) Estimation by eye
- (2) The five-degree method
- (3) Observation of fire

•Estimation by Eye

There are two methods used in estimation range by eye: Accurate ranges can be determined and a high volume of surprise fire can be delivered on the enemy

- a. Mental Unit of Measure

(1) To use the mental unit of measure, the Marine visualizes a 100-meter distance, or any other unit of measure familiar to him. With this unit in mind, he mentally determines how many of these units there are between his position and the target. In training, mental estimates should be checked by pacing off the distance. The average man takes about 130 steps per 100 meters

(2) Distances beyond 500 meters can most accurately be estimated by selecting a halfway point, estimating the range to this halfway point and then doubling it.

b. Appearance of Objects

When there are hills, woods, or other obstacles between the observer and target or where most of the ground is hidden from view, it is impractical to apply the mental unit of measure to determine range. In such cases, another method, based on appearance of objects, may be used. Through practice, the Marine learns how objects familiar to him appear at various known ranges.

•Five-Degree Method

If time and tactical conditions permit, a relatively accurate method of determining range is the five-degree method. All that is required is a lensatic compass and the knowledge of how to pace off distances.

•Observation of Fire

Accurate range determination can be made by observing the strike of tracer or ball ammunition. An observer is necessary because it is difficult for a rifleman to follow his own trace, and see its impact. If this method is used, the range may be estimated quickly and accurately, but the possibility of achieving surprise is lost and the firing position may be revealed to the enemy.

- a. The Marine firing estimates the range by eye, sets his sight for that range and fires.
- b. The observer follows the path of the traces and notes the impact of the round.

The Globe

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

Globe Officer 1stLt. Nicholas J. Ritzcovan
Press Chief SSgt. Anne L. Hodges
Editor Cpl. Victoria Gross
Asst. Editor PFC Ariel Linares, Candy McDonald
Sports Editor Dennis H. Rennock

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24th MEU(SOC) cross-trains with Spanish Marines, Sailors

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

SIERRA DE RETIN, Spain — The 24th Marine Expeditionary Unit (Special Operations Capable) completed the second major bilateral exercise of their sixth-month deployment here recently.

The Spanish Amphibious Exercise lasted five days and provided American Marines and Sailors a chance to hone their skills and become familiar with the Spanish Marine Corps 1st Navy. The cross training also allowed the MEU(SOC) to showcase capabilities after nearly a month-long break from training in observation of Christmas and New Year's Day.

For the exercise's five cold and dry days, the MEU(SOC) off loaded the majority of their assets to carry out training. The exercise was stopped a few days short of its scheduled conclusion because of severe weather conditions moving into the region.

The 24th MEU(SOC) Marines and Sailors didn't let the shortened schedule get in the way of training. Battalion Landing Team 1/6 spent their time on the weapons ranges throwing grenades, and firing various small arms and heavy machine guns. Additionally, they took advantage of

the region's rolling vistas and rocky outcrops to conduct land navigation, small unit training (squad-and fireteam size) and assault climbing.

The training helped many of the units refresh basic skills, while other units developed new ones.

"It was outstanding ... because the terrain and conditions allowed for great small unit training. In big exercises sometimes the small unit gets lost in the training," said Maj. Steve Greene, Operations Officer for BLT 1st Battalion, 6th Marine Regiment.

During their time ashore, BLT 1/6's Assault Climbers were also able to practice their craft.

"It was also the first time they have climbed this deployment," said SSgt. Douglas Berry, Assistant Operations Chief, BLT 1/6. The assault climbers last tested their skills on the rock faces of mountainous Camp Dawson, W. Va., at the Assault Climber's Course last summer during pre-deployment workups.

While the ground pounding infantry battalion concentrated on essential basic skills, the Air Combat Element continued their push in supporting the MEU(SOC) ashore. Marine Medium Helicopter Squadron 266, the ACE, put heavy emphasis on



Sgt. Gregory S. Gilliam

Explosive Ordnance Disposal Technicians MSgt. Gregory Wilson and SSgt. Gerard McGurty try to dislodge a live round from a .50 caliber Machine Gun.

routine training missions.

Their main concerns were supporting the exercise with logistic and passenger flights and interacting with the ground troops providing close-air support.

HMM-266's Low Altitude Air Defense detachment spent the week with their Spanish counterparts comparing notes about differences and similarities in their anti-aircraft techniques and missile systems, while other members of HMM-266 were busy supporting the BLT.

MEU Service Support Group 24 had their second go-round supporting the MEU(SOC) by putting into motion all of their assets to support training ashore.

Their supporting capabilities were put to the test, while they helped improve the training area. Combat Engineers were given a range improvement assignment that would benefit future training. The engineers worked to build a culvert in a deteriorating creek bed.

Eventually MSSG 24 was forced to finish as much of the culvert as possible and return to the ship. The MEU(SOC) quickly followed because weather became an overbearing factor. Coming from the desert of Israel, where their last exercise took place, to the cold and rainy conditions in the hills of Sierra De Retin, 24th MEU (SOC) Marines and Sailors displayed their readiness and capability to adjust to the changing conditions in the region.

For all 24th MEU(SOC) news and information, visit the official website at WWW.USMC.MIL/24MEU.

Bridge Co., 8th Engineer Support Battalion offered their services to the Tactical Commanders' Amphibious Training (TCAT) during their attempt to navigate the Intracoastal waterway Feb. 4. As part of the embarkation process, Marines and Sailors staged vehicles and equipment to be loaded onto USS Shreveport, Bataan and Whidbey Island.

Vehicles ranging from 5-tons pulling 155mm Howitzers to M1A1 tanks crossing the Intracoastal waterway during TCAT.

(Right) Cpl. Steven M. Larrabee, Raft Commander, Bridge Co., 8th Engineer Support Battalion, 2d FSSG, stands atop a 5-ton as it crosses the intracoastal waterway. Larrabee gives hand signals to the small boats on each side of the raft to control the speed and maneuvering of the raft.

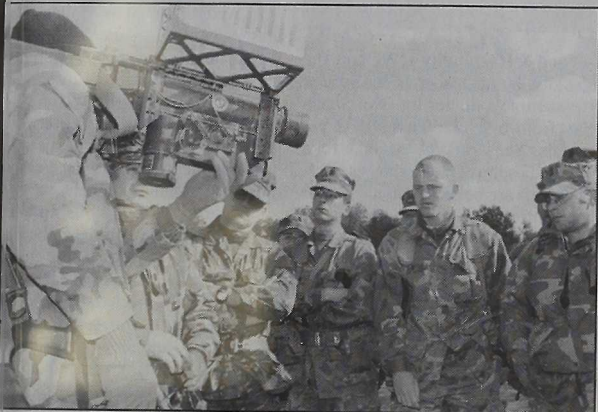
(Below) One by one, vehicles load and unload the rafts as they cross the Intracoastal waterway. Floating rafts are just one of the ways to cross bodies of water.



Bridge Company assists during crossing of Intracoastal Waterway at TCAT.



Sgt. Michael D. Rogers



SSgt. Chris W. Cox

Cpl. William Congress holds a Stinger missile launcher while SSgt. Eduardo Monsivais explains its purpose to Spanish Marines during the Spanish Amphibious Exercise in Sierra De Retin, Spain.

PROGRAM CAR HEADQUARTERS



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Bulletin Board



II MEF

Key Volunteers

Call Elizabeth Leshchysyn 355-2091 for more information.



2d MarDiv

FOLLOW ME

Key Volunteers:

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

February 26, 11a.m.-1:30 p.m. Commanding General Family Readiness Meeting, lunch will be served at the Marston Pavilion; Key Volunteers advisors and coordinators invited. A briefing will include L.I.N.K.S., Red Cross, and Navy Marine Corps Relief Society.

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.



2d FSSG

Stay informed ...

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



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4. Hurricane Information Before/During/After
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5. MCB Camp Lejeune Schools Information
•MANPOWER COORDINATES

6. Current Fire Conditions
•TSD/Range Control

Children

Youth Pavilion There will be a Valentine's Day social at Tarawa Terrace Youth Pavilion Saturday 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 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 giveaways. 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 Papas.

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

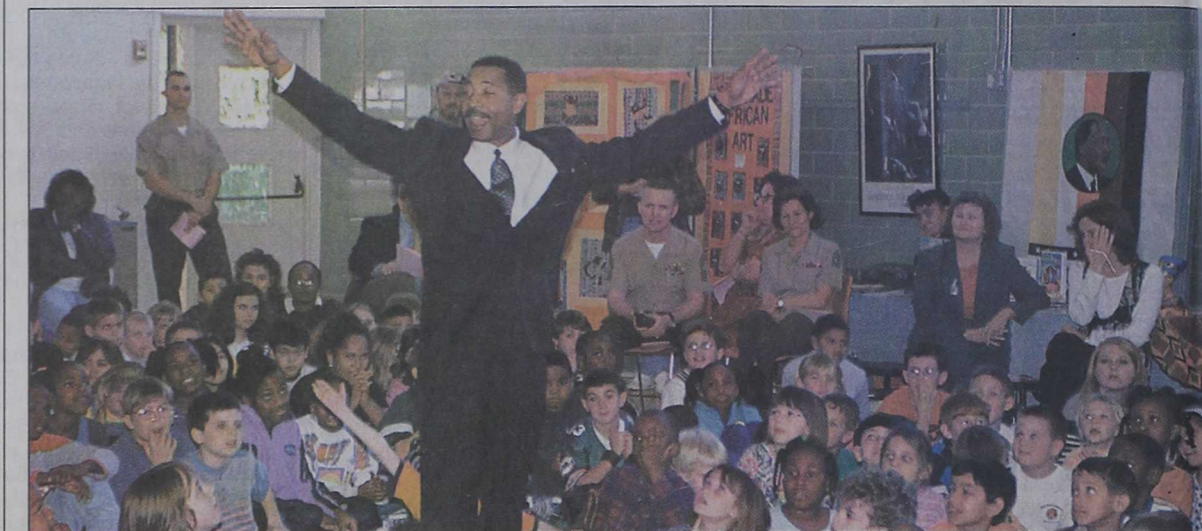
Amphibious Warfare School. To enroll, Marines should contact their regional coordinator or the Marine Corps Institute at 1-800-MCI-USMC. To receive more information about the AMU portion of study, contact AMU at 703-330-5398 ext. 111, fax 703-330-5109.

The Marine Corps Command and Staff College will offer a two-week course during the summer covering the Marine Corps planning process (MCI course 8805). The course will be conducted at Quantico June 21-July 2. There are openings for 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-



PH-C Michael B. Vrabec

Local elementary School celebrates black heritage

The Honorable Judge Paul Hardison motivates the children of Tarawa Terrace II Elementary School. Hardison spoke at the school's African-American Heritage Observation Assembly Feb. 5. The school was helping to celebrate Black History Month, which is celebrated every February. Hardison is a native of Sneads Ferry, N.C., and is a life member of the National Association for the Advancement of Colored People (NAACP).

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 its 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, N.C. 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, Hamburg, Horseheads, Jamestown, Niagara Falls, Olean, Rochester, Syracuse, and northern Pennsylvania. For more information, call SSgt. Fair (716) 551-4919.

Recruiter Assistants 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 organi-

zations. The information will be included 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.

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

Self-Improvement

"Triumph Over Tobacco" Support Group A support group is forming for those who have successfully quit tobacco use, those currently trying to quit and for those who are "thinking" about quitting. Meetings fall on the last Wednesday of each month, at 4:30 p.m. Bldg. 65. For more information, contact Kim Hugeback 451-3712.

"Tobacco Cessation Classes" The next three classes have been scheduled for the Naval Hospital, Camp Lejeune, for today at noon at the base library; March 15 at 4:30 p.m. Bldg. 65; and March 23, noon at the Naval Hospital. For more information, contact Kim Hugeback 451-3712.

How to Prevent Employee Lawsuits Learn how to avoid mistakes that can lead to employee lawsuits, and gain a better understanding of the laws that impact employment relationships. This class is designed for new and experienced supervisors, managers, business owners and HR professionals. This class will be offered Tuesday from 8:45 a.m.-12:30 p.m. For more information, call 938-6322.

Coastal Carolina Community College's Small Business Center will be conducting a seminar on reducing your business's escalating Worker's Compensation claims. This seminar will be held Thursday from 8 a.m.-noon. The cost of this seminar is \$20 per person, or \$15 for Chamber Members. Pre-registration is required. For more information, call 938-6322.

Parenting Class Wednesday 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.

Naval Hospital Camp Lejeune in partner with the TriCare Service Center will present a briefing on

bers, retirees, retiree family members and other eligible beneficiaries Tuesday at 7 p.m. at the Naval Hospital, classrooms A & B. For more information, call 450-4153.

Upcoming Events

Food & Hospitality OWC and The Paradise Point Officers' Club present a Valentine's dinner for two, Saturday 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.

The Marine Corps Community Services Department of Camp Lejeune and the Single Marine Program welcome the Mike Corrado Band with special guest Saturday 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 the Sound Shop in Jacksonville Mall. For more information, call 451-3535.

"Riverdance The Show" will be presented at the Palace Theater in 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 famous production of the traditional Irish music and dance show. Cost is \$85 per person, adults and children age 12 and up. It includes travel by deluxe motor coach, a short visit to "Broadway at the Beach" and more. For more information call 938-5306/5318.

Two Great Trips are being offered from ITT to Atlantic City March 15-18. Cost is \$225 per person, and to Las Vegas, March 28-April 2. Both trips include transportation, hotel and much more. For more information, call 451-3535.

The Twin Rivers Association, North Carolina Education Association and Craven Literacy Council will be hosting a "Reading is Fun Day" at the Twin Rivers Mall from 10 a.m.-2 p.m. There will be balloons, games, books on tape and storytime. Bring your sweetheart and make reading fun.

Grand Prix Series Event will be

held Feb. 20, 8 a.m. at the F-11 Raceway, Sneads Ferry Road. This race consists of running and shooting. For more information, call 451-1799.

Coastal Carolina Community College will present the Audubon Quartet tonight at 8 p.m. in the F Arts Auditorium on the College Campus. Ticket prices are \$5 for adults, \$4 for senior citizens and students with valid ID, \$3 for children under 12.

Bonnyman Bowling Center will be presenting \$1.25 per person, per game all day Sunday and Monday. For more information, call 451-5121.

American Championship Wrestling will be held Feb. 20 at the F House from 4-8 p.m. There will be seven exciting matches at each show. Don't miss the world famous Hoo Girls. General admission tickets, \$5 advance and \$7 at the door. Reserved tickets are \$7 advance and \$8 at the door. For more information, call 451-3535.

Zone Sealed Bid Sale The general public is invited to participate. The sale is held Feb. 25, at Camp Lejeune from 8 a.m.-3 p.m. Inspection begins Thursday-Feb. 24 (Excluding weekends, holidays, and Fridays). Bidding registration will be accepted through the inspection period. For more information, call 451/5652/5613.

Volunteers

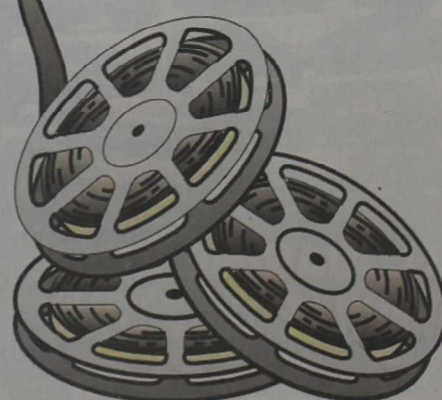
Volunteers are needed The Family Service Center is recruiting volunteers. If you are interested in learning new skills, maintaining current skills, helping others, then you may want to volunteer. The FSC recruits and trains volunteers to assist with computer, public speaking, clerical duties, and assisting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

NMCRS Wants You The Navy Marine Corps Relief Society is seeking individuals (spouses, retirees, 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 Tutors Wanted The adult Basic Education Department at Coastal Carolina Community College is looking for math, English and reading volunteers. Stop by the Academic Studies Center, Kenneth L. Hurst, Continuing Education Building, room 200, or call 938-6110 for more information.

Now Playing at the Movies:

Saturday No Movies (Mike Corrado Band Concert)			
Sunday			
You've Got Mail	PG		2 p.m.
Down in the Delta	R		7 p.m.
Monday			
Star Trek Insurrection	PG		7 p.m.
Tuesday			
Armageddon	PG-13		7 p.m.
Wednesday			
Star Trek Insurrection	PG		7 p.m.
Thursday			
Down in the Delta	R		7 p.m.
Friday			
Stepmom	PG		7 p.m.
In Dreams	R		9:45 p.m.



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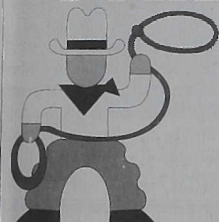
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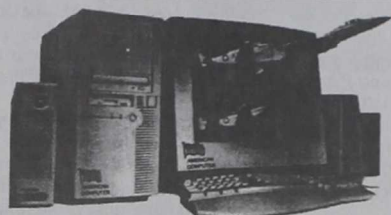
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(NAPS)—Whether for business pleasure, traveling can be stressful. Fortunately, packing doesn't have to be.

Talbots, a leading specialty tailor and cataloger of classic women's apparel, offers a few tips to help you ease the stress:

Pick a color to lighten your load. Choosing one or two "base" colors gives you maximum versatility with minimum bulk. Opt for the dark color—such as navy or black—and one lighter, complementary color, such as this season's newest neutrals—sand, celery or ivory.

Use accessories as wardrobe extenders. Jewelry, scarves and belts don't take much space in suitcase but give you a trunkload of options. This season's best accessories include a silk neckerchief in a delicate floral or bright novelty print, a braided leather belt and any jewelry featuring pearls or interesting beads. Always handy, a tote to hold your sunglasses, passport, lipstick and a few must-have souvenirs.

Make clothes do double duty. Some clothes are more versatile than others, making them the perfect travel companion. Look for a classic blazer, a basic white shirt, a long skirt and cuffed men's trousers that can all go to a meeting or out on the town.

Resist wrinkling. When you're traveling, the last thing you want to do is iron. Opt for great wrinkle-resistant fabrics like knits and lightweight wools. Also, consider today's popular synthetic fibers like polyesters and rayons, which not only travel well, but look and feel like natural fibers. **HINT:** To help reduce wrinkles, fold lined jackets inside out and put a piece of tissue paper...or



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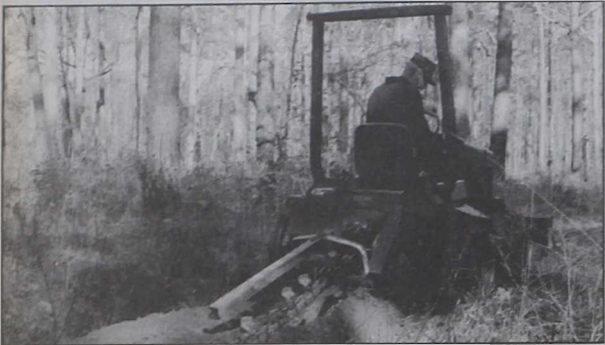
The versatility of Talbots classic wardrobe basics makes them perfect travel companions.

even a dry cleaning bag...between clothing.)

Give yourself some space. When you're on the road, space is at a minimum. To make the most of it, try placing the longest items in the suitcase first. Let trouser legs and long skirts hang over the edge; then, after you've packed everything else, fold them over the top. This saves space and reduces wrinkling. Other space saving tips: stuffing socks into shoes, linking belts together around the circumference of your suitcase, and placing jewelry into a plastic bag rather than a bulky jewelry roll.

For a free Talbots catalog or a listing of stores near you, call 1-800-TALBOTS.

Construction Switching Platoon wires Corps into big savings



LCpl. Jim Perkins

Using a "ditch witch," a Construction Switching Platoon Marine digs a trench for fiber-optic cable at MCAS Cherry Point.

LCpl. Jim Perkins
Camp Lejeune correspondent

The Marine Corps is constantly reevaluating its mission as the 21st Century approaches. On a smaller scale, individual units are also looking at new ideas and new ways of expanding their capabilities, increasing their readiness and hence, their overall value to the Marine Corps.

Construction Switching Platoon, 8th Communications Battalion has found that new ways of doing business can save the Marine Corps millions of dollars while at the same time provide them with the opportunity to train their Marines.

Communications is a key element

that units can not do without in battle. The construction platoon's mission is to provide land wire communications at distances that often cover many miles.

During peacetime the platoon's mission has been less clearly defined. So in an effort to display their capabilities and provide the Marine Corps with a valuable service, they have actively pursued using their capabilities on projects throughout the region.

"Our platoon really doesn't have a peacetime mission; we go out and find work," said CWO-4 Jeffrey A. Gardner, the Platoon Commander. "We're looking to save the Marine Corps money and get our guys

trained, that's a real mission."

The OSCAR Project, one side mission, is an ongoing effort to upgrade the communications networks on Marine Corps installations throughout the Carolina's. It involves laying fiber-optic cable that can provide high-end telecommunications services.

According to Gardner these services include video teleconferencing, analog and digital data transfer, Ethernet and ATM.

"If you want to be on the fast track this is the way to go," said Gardner.

Such an extensive undertaking requires a great deal of manpower, much of it provided by outside contractors. There are many units that are still waiting for the upgraded network.

With the platoon's capability some units are getting installed done years ahead of schedule; hundreds of thousands of dollars under budget.

"We can expedite some of the process," said Gardner. "Something couldn't be done for two years is getting done, and the money we save can be spent elsewhere."

Proving that they can provide training to their Marines while at the same time doing valuable work for Marine Corps, the Construction Switching Platoon is literally wiring the Marine Corps into savings.

Units interested in the Construction Switching Platoon's services contact CWO-4 Gardner at 451-14

MEUEX from 1A

us successful in combat because they offer capabilities that no other country can match."

Not only did the BLT have a chance to build upon the integration that was established with the Navy during amphibious exercises conducted in December, but MEUEX also afforded the same opportunity to train in an urban environment that the Air Combat Element recently had with TRUOX in January.

"The value of this training is that it is as realistic as can possibly be made, while operating in an actual civilian area, using actual buildings with traffic around them and utilizing Navy ships," said Gandy.

The Marines used buildings at neighboring New River Marine Corps Air Station and conducted missions ranging as far away as New Bern, NC. and Fort Bragg, NC.

They ran patrols in the Verona Loop area, encountering both role-players for the oppo-

sition force and people not involved in the exercise.

Actual State Department officials were present in the simulated U.S. Embassy, at New River MCAS, adding to the authenticity of the training.

This realism added to the intensity of the exercise, magnifying the pace at which events occurred. Due to poor weather conditions and a shortened training schedule, numerous missions overlapped or ran simultaneously.

According to Gandy, each unit trains to be interchangeable, so when missions are allocated and there are Marines already conducting other operations, the commander needs to be able to turn to the least engaged units to assign the next task.

"The secret is training for more than one mission," said Gandy.

"In keeping with the three-block-war concept, one Marine may have to go from high intensity combat to humanitarian assistance

in the space of one day," he said.

"That's why everybody has to be able to do two or three things," said Gandy.

MEUEX put the Marines and their commanders through their paces conducting close to a dozen different missions over the course five days, with four carried out simultaneously on the last day.

This high operational tempo has been characteristic of the MEU's work-ups recently. They conducted TRUOX in Jacksonville, Fla. during the month of January, returned to base for a few days of rest and then embarked for MEUEX.

Where is the 26th MEU headed next? They depart February 10th for Joint Task Force/Special Operations Capable Exercises (JTF/SOC-EX), back to back exercises carried out in Puerto Rico and off the coast of North Carolina.

After these exercises they will have completed the period of work-ups and take a much needed pause before deployment.

AVIANO from 1A

The judge ruled on challenges for cause. Six members were dismissed due to life experiences or personal commitments that would make it difficult to commit their individual attention. The "jury" is now comprised of eight members; two colonels, two lieutenant colonels, a major and three captains. Three of those Marines are aviators. Monday, the court-martial shifted to opening arguments and the government's case in chief. During this phase of the court-martial, evidence will be presented, witnesses and expert witnesses will testify and undergo cross-examination. It will include

SAFETY from 1A

the regulatory requirement," said Goodman. "Warnings will be given in a friendly manner and our goal is to simply prevent the possible injury or death of a runner on base."

"Enforcing these regulations is the responsibility of leaders at all levels," said

a number of Italian witnesses who observed EA-6B during its fatal flight. This year-tragedy brought media agencies to Camp Lejeune from around the world. More than 80 me representatives from the Italian Press Agency, German TV, RAI Italian TV, the Associated Press, Reuters, CNN, all national evening news (ABC, NBC, CBS), and a number of local agencies attended for opening arguments. Also arriving from Europe were 22 members of the victims' families. The government arranged all aspects of travel to the United States for the family members to observe trials. Many Europeans will testify in the court, while others will observe the proceedings

Sgt. Maj. Otis Kokensperger, Marine Corps Base Sergeant Major. "It's a simple fact taking care of Marines."

"It's every Marine's responsibility remind their fellow Marines to wear a reflective vest during periods of darkness," said Goodman.

SCOPIST from 1A

trial counsel," said Black. "These are a lot of extra things that they really weren't trained for in the stenography school. So what we wanted to do was figure out a more efficient way of doing things. Hence, we came up with the scopist course."

"Now the scopist's job is to sit at the computer and read what's coming up in English. If something doesn't translate, or something translates incorrectly, the scopist's job is to catch that mistake and fix it on the record."

BGen. Theodore Hess, Staff Judge Advocate for the Commandant of the Marine

Corps, spoke during a recent ceremony at the school where he witnessed a demonstration of the new software. He credited the enlisted ranks of the legal field with developing the ideas that brought the scopist into the Marine Corps legal system.

"In my 20 years in the Marine Corps, our court reporters have become quite proficient," Hess said.

"There are 30 working court reporters in the Marine Corps. The Marine Corps legal system tries about 2,000 cases a year. That's outstanding," Hess added.

Contracting civilians to work the Marine Corps' cases was too expensive according to

Hess. The best alternative for the Marine Corps was to make their own scopists.

"In places like Camp Lejeune and Camp Pendleton there are trials going on every day," Hess said.

"There is currently a 2,000 to 3,000 page backlog at Camp Lejeune. It takes 90 days to produce a trial record. The scopists will dramatically reduce the time it takes to produce a verbatim trial record," he said.

Therefore reducing the time it takes to produce a case, according to Hess.

An example Hess used was of a Marine convicted at a court-martial. Nothing happens until the record of trial is done. The lawyer

reviews the case before going to the Marine's commanding officer, who decides what to do with the case.

Whether or not the Marine gets clemency, the case still goes all the way to the Supreme Court.

"What happens if we have to wait 90 days or 120 days until the record of trial is done? If it takes six months to prepare his transcripts, he spends six months in the brig because they can't prepare a transcript faster," said Hess.

"Now that we are going to have scopists in a real time courtroom, people in those situations are going to have justice done. It should happen much quicker."

Civilian Personnel

AFGE Meetings:

All future executive board meetings for AFGE, local 2065, will be held at the Union Satellite Office, Bldg. 762 on Base.

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Washington
Wants To
Know

5,000 Settlement Possible
For Notch Victims

(NAPS)—There is a proposal in Washington, D.C., that could give me senior citizens the option of receiving \$5,000 in lump-sum Social Security payments.

The new initiative, "The Notch Fairness Act," H.R. 3008, affects seniors born from 1917 through 1926. The bill calls for affected people aged 72 to 81, or their surviving beneficiaries, to choose between lump-sum payments



In a survey conducted by one senior citizen organization, 83 percent said they'd support lump-sum Social Security payments for Notch Victims aged 72 to 81.


Over four years (\$1,250 per year) totaling \$5,000, or an improved benefit computation formula that would increase their monthly benefits for a five-year period.

The initiative, introduced by Rep. Mark Neumann (R-WI), was actively lobbied for by TREA Senior Citizens League.

The "Notch" problem was created with the passage of the 1977 Social Security amendments. The amendments corrected an earlier cost-of-living adjustment formula which apparently adjusted benefits too quickly.

Rather than get an adjusted monthly benefit, which would have been no more than 14 percent less under the new law than the old law, benefit cuts for Notch victims were up to 30 percent.

For more information about the legislation and how to lobby for its passage, you can send a self-addressed business-sized envelope and \$1 for shipping and handling to: TREA Senior Citizens League, Dept. N712, 909 N. Washington Ave., #301, Alexandria, VA 22314.




Dynamite was invented in 1867 by Alfred Nobel, a Swedish chemist and the founder of the Nobel prizes.

10

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Base children get taste of Marine Corps

Sgt. Arthur Stone
Camp Lejeune correspondent

School children at Berkeley Manor Elementary School on Camp Lejeune got a glimpse of what their parents do day in and day out in the Marine Corps and Navy during the Shadow Day ceremony at the school Feb. 2.

Marines and Sailors from the school's Adopt-a-school unit, Headquarters and Service Battalion, 2d Force Service Support Group, brought equipment and tools from their jobs to show and teach the children and to let them sample it.

"It's a great opportunity for the children in school to learn about all the jobs in the Marine Corps."

"It's also a great chance for the kids and Marines to get to know each other," said

LtCol. Jeffrey D. Everest, Commanding Officer, Headquarters and Service Battalion. Everest was on hand to witness the events of the day.

Children from each grade level filed through the ceremony at scheduled times to see what the Marines and sailors brought to show them.

They hurried from station to station, testing out tactical phone systems, climbing onto a tactical motorcycle to see how things looked from the driver's vantage point and moving about with mixed expressions of excitement and awe.

The exhibits displayed ranged from equipment used by the Military Police, such as batons and an M2.50 caliber machine gun to a skeleton set up by the Sailors of the 2d FSSG Branch Medical Clinic.

There were other displays from the

substance abuse coordinator, as well as communication equipment and nuclear, biological, and chemical protective gear.

The children got to speak to a former drill instructor about what Marines do in the Marine Corps and the roll of the drill instructors in the making of Marines.

Marines from the disbursing office at the battalion gave the children Marine Corps recruiting posters, and Marines from Motor Transport gave the students a chance to get inside tactical vehicles and see how things work.

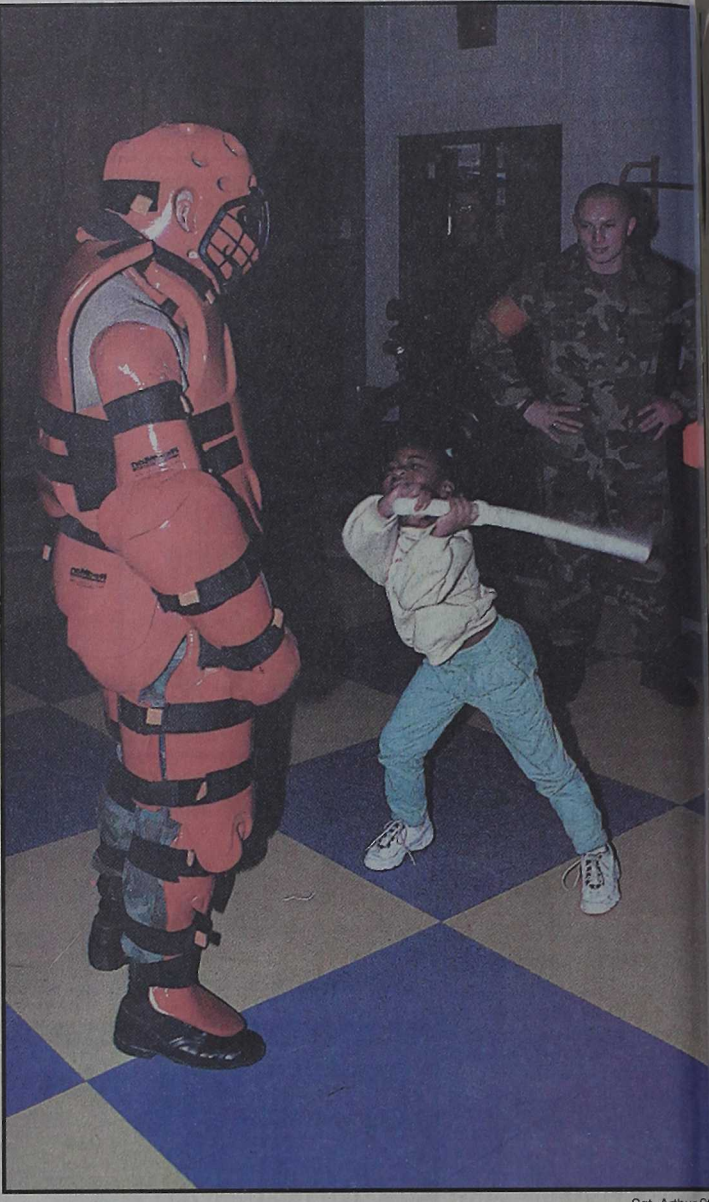
"We wanted the kids to see what their parents do here on Camp Lejeune as Marines," said Donna Russell, school nurse for Berkeley Manor Elementary, and the coordinator of the event.

She said, "They did a wonderful job. The kids really enjoyed it."



Sgt. Arthur Stone

Cpl. Jose A. Magana, MP Co., shows second grader Kathinka Craane how to properly and safely work the M2.50 caliber machine gun during Shadow Day at Berkeley Manor Elementary School.



Sgt. Arthur Stone

Cpl. Anthony L. Work, Military Police Co., let students test the durability of his protective Redmansuit during Shadow Day.

Theater art students perform for local children

Sgt. Arthur Stone
Camp Lejeune correspondent

Lights.
Camera.
Action.

These actors are not professionals, but they have put in hours of hard work preparing for a single week of performances in the Lejeune High School Auditorium. Their reward is simple ... it is the smiles and laughter they will bring to the faces of the young children who have scheduled to come see this year's production, "Lion and Mouse Stories."

The play was a production for Children's Theater put on by two Lejeune High School Theater Arts classes taught by teacher Elaine Bixiones. Most of the students are juniors and seniors, but a few sophomores are also taking the class.

The students performed three times each day Feb. 4 and 5. They also performed one show Saturday that was open to the general public for a price of \$2 per ticket. The admission fee covered royalty charges for the play.

"We've been practicing about two or three weeks," said Monica F. Stewart, a senior at the school. "I did it last year, so I already knew what to expect from Children's Theater. Even if we mess up our lines, the children enjoy it."

In all, seven elementary schools came to see the play, including five from Marine Corps Base Camp Lejeune and two from Jacksonville. There were approximately 1,800 children booked to come watch the play, so the young actors had a busy if not hectic schedule.

"I really enjoy it. It's so much more fun than a regular play," Stewart said. "You get to exaggerate. We kind of become role models for the kids. They come up to you for months after the play in the commissary and exchange saying, 'I remember you.'"

Stewart plays one of the leading roles, in the first act of the play. She is a second year theater student who assists Bixiones with the play.

Rehearsals for the play started Jan. 5, so the students had a full month to practice before their performance. Most of the students are second year students in the Theater Arts

class and have become accustomed to the stage. No auditions were held for the play. Everyone in the class participated, according to Bixiones. The students learned that from the dress rehearsal on they must know their lines, or learn to ad lib very well. Despite the stress of learning lines and performing in public, each student had his or her own reason for liking the performance.

"It's enjoyable," said Erica Pantoja, one of the actresses. "You get to be another person. It's fun."

"I was in it last year, and I really enjoyed it," said Ryan Vinson, a junior at the school. "Seeing the kids' reaction and how our presentation brings a high point in their day makes you feel good."

According to Bixiones, the Children's Theater is a long-standing event with the school and something the students enjoy doing. She said there are plans in the making for a school play in late April.

For more information on the school play or Children's Theater, contact Lejeune High School at 451-2451.



Sgt. Arthur Stone

Jud Magat tries to tell his wife, played by Keyanie Davis, his mousetrap will work.



Sgt. Arthur Stone

Monica F. Stewart (wearing hat) plays a tiger who has fallen into a trap played by (from left to right) Liz Kampa, Naoimi Perez and Bonnie Whitson. This year's play, "Lion and Mouse Stories," was performed at Lejeune High School over the weekend.



Sgt. Arthur Stone

Benson Leoncion (left) and Ben Guthier gladly offer to let the tiger eat the Brahman (right), played by Kevin Lanzikos.

Lejeune Marines become cold weather warfighters

Cpl. Nathan E. Leon
Camp Lejeune correspondent

MOUNTAIN WARFARE TRAINING CENTER BRIDGEPORT, Calif. — Lt. Col. James L. Welsh stood behind a podium inside a cavernous hangar bay and surveyed the audience standing before him. The Marines and Sailors appeared fatigued, but stood proudly at parade rest as they awaited comments from their battalion commander. Welsh spoke with enthusiasm and candor, as though he had been holding something inside for too long.

"I'll tell you all one thing; I don't think you'll see anything in Norway as tough as what you've already seen here," said Welsh. "You've proven that you can handle the cold, and overall, I'd say you've done a fine job!"

The Marines and Sailors of 3d Battalion, 2d Marine Regiment, reflected on three weeks of cold weather combat training at the Mountain Warfare Training Center in Bridgeport, Calif., and the consensus was unanimous — the training was anything but a cakewalk.

First came the hikes. Before the snow fell and the temperatures dropped, the Marines and Sailors worked up a sweat on winding paths that rose higher and higher, like a treadmill out of control. Next came the snow. It fell for days at a time, bringing with it temperatures dipping into the single digits. Under these conditions, the battalion began mastering the skills of cold weather combat and survival. They strapped on their skis and snowshoes,

and learned that foot mobility in three feet of snow is in fact possible.

The MWTC instructors were patient and professional, teaching the Marines, among other things, how to balance their weight evenly on the skis. All the while, many Marines slipped and tumbled beneath the weight of their assault packs, creating a grotesque comedy show that often resulted in a sickcall visit. However, both the ski instruction and overall progression of the battalion impressed Maj. Jim McGrath, Battalion Operations Officer.

"The training here is based on the 'building block' approach, and was designed to prepare the battalion for Exercise Battle Griffin," said McGrath.

"During the battalion's FEX (final exercise), all the Marines moved out on skis, which seemed impossible two weeks ago. We've proven that we are at least nominally ski mobile," he said.

During the final days of training, the battalion conducted helicopter operations and participated in day and night ambushes. The ambushes were critiqued by CWO-4 James H. Matusko, Battalion Gunner, 3d Battalion, 2d Marines.

"In my opinion, the well-planned ambush is the most effective combat technique possible," said Matusko. "It allows the infantryman to destroy the enemy in place and walk away with zero casualties."

In addition to firing their weapons and becoming ski mobile, the Marines learned medevac procedures in a cold, mountainous environment and how to stay healthy despite

the climate. Emergency snow shelter instruction ended in a fitful night of sleep for most Marines as they lay worrying whether or not their shelters would cave in. Overall, the smaller things associated with day-to-day life in the field are what most Marines grasped immediately. "The first lesson you learn is that everything takes longer in a cold weather environment," said Lt. Cpl. Gumsindo Guevara, a Lima Company team leader. "It takes longer to get dressed; it takes longer to break down tents, because the poles are frozen; you have to melt snow, because your canteens freeze; and it takes twice as long to hike somewhere as it normally would."

Guevara is typical of the type of small-unit leader deemed vital in cold weather operations. Young team leaders and squad leaders such as Guevara were responsible for helping their Marines overcome cold weather obstacles and to be effective despite the harsh environment.

"Out here, everything was geared toward the small-unit leader," said Welsh. "Ideally, all exercises would test the lance corporals, corporals and sergeants the way this evolution has."

Welsh anticipates a smooth transition into Exercise Battle Griffin '99, the three-week, multinational exercise taking place near Namsos, Norway throughout February.

"I think that we are very well-prepared," said Welsh. "Small-unit leadership has been bolstered, and we are confident about what we have achieved here and what we hope to achieve in Norway."



Cpl. Nathan E. Leon

Skijoring enables a squad of Marines to move rapidly through the snow while being pulled behind a multi-purpose tracked vehicle.



Cpl. Nathan E. Leon

Amid a rotor-spun snowstorm, Marines rush toward the ramp of a CH-46 during helicopter operations.



Cpl. Nathan E. Leon

Capt. Jason Tanner, Commanding Officer of Lima Company, describes his company's defensive position during a battalion staff meeting.



Cpl. Nathan E. Leon

Marines of India Company, 3d Battalion, 2d Marines fire on moving targets during a simulated ambush.



Cpl. Nathan E. Leon

Marines from Weapons Company huddle over their fire team sled while awaiting an inbound CH-46.

Soldiers join forces with Marines to rebuild Honduras

Cpl. Chet Decker
Marine Forces Honduras correspondent

LA CIEBA, Honduras — Throughout the Honduran countryside, U.S. Army engineers attached to Joint Task Force-Bravo are aiding the hurricane-ravaged nation get back on its feet.

At Rio Bonito and Rio Perla near the northern coast, and at Ilama in northwestern Honduras, the 68th Combat Support Engineers, from Fort Hood, Texas, are working to repair damaged river crossings.

Rio Bonito, the site of a bridge destroyed by Hurricane Mitch, is being prepared to receive a new bridge. A solid foundation must be laid first, however, and the soldiers there are making sure the new abutments will hold in rising waters.

"This is a much better design than what was used here before," said Army 1st Lt. Alex Beaver, 3rd Platoon Leader for 68th CSE here.

"As long as the weather holds up, we're going to do fine with the bridges," said Sgt. Shawn Taylor, Heavy Equipment Operator, Marine Forces Honduras. "The way we are building the foundation here, there is no way it's going to wash away — no way at all."

The site at Ilama, which is also being prepared to receive a new bridge, has been experiencing its own problems with the Honduran weather. The 68th CSE's 1st platoon is conducting earthwork efforts there.

"With all the big boulders we're using here, I don't see anything coming down and tearing out the abutment," said Army Staff Sgt. Willie Abbott.

Marines are due to arrive at Ilama soon to help in the earth-shaping efforts before the bridge is set in place by Marine Forces Honduras engineers from Camp Lejeune, N.C.

"When the Marines get here, it'll help out tremendously," said Abbott. "They're going to hurry things along, and then they'll put in the bridge. It'll be a true joint effort."

As Marines and the Army pair up to build the two bridges, soldiers of the 68th CSE continue work on a culvert crossing at Rio Perla in Northern Honduras.

"Here we are making a temporary road for crossing," said 2d Lt. Karen Lugo, 68th CSE 2nd Platoon leader. "The road will divert traffic while the bridge here is repaired."

When work at these sites is completed, it will re-open traffic arteries that have been out of operation since Hurricane Mitch passed through Honduras in October.



Cpl. Chet Decker

Maj. Kenneth Lasure is briefed by Army 1st Lt. Alex Beaver at the LaCieba bridge site. Marines are currently installing a bridge to replace the one in the background destroyed by Hurricane Mitch.



Chapel Schedule



ROMAN CATHOLIC

Sunday Masses
 Brig 8 a.m.
 Courthouse Bay Chapel 9:30 a.m.
 MCAS New River Chapel 9 a.m.
 Naval Hospital Chapel 10 a.m.
 St. Francis Xavier Chapel 8:30 a.m.

Weekday Masses (Monday-Friday)

Naval Hospital Chapel 6:30 a.m.
 MCAS New River Chapel 11:45 a.m.
 St. Francis Xavier Chapel 11:45 a.m.

Saturday Masses

St. Francis Xavier Chapel 11:45 a.m. and 5 p.m.

Holy Day Masses

(Except Christmas/ New Years) 11:45 a.m. and 7 p.m.

Confessions

Saturday at St. Francis Chapel 4 p.m.
 or contact unit chaplain

ISLAM (MUSLIM JUMAH)

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

CHRISTIAN SCIENCE

If interested call Everett Sharp (919) 636-8744
 Tarawa Terrace Chapel 1st and 3rd Mondays 7 p.m.

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

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

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Chaplain's Corner

Believe in Yourself

Chaplain Howard Lee Marshall
 MCB Camp Geiger

It seems to me... the most oft-repeated, self-defeating phrase I know is "that's the way I am." These words are more frequently uttered by many counselors than any other. They indicate a condition of self-acceptance that is limited to one's experience of him or her. They express a definition of restriction and boundary that indicates a lack of awareness of the possibility of change and growth.

It is sad to meet people who have given up on themselves by believing so strongly in their own limitations.

Some of their definitions were given to them or set for them by others: parents, teachers and some other authority figures. These words can shut a person up to himself so that the vast inner reaches of his soul remain unexplored. It can establish the rules for all relationships so that freshness, excitement and newness are eliminated.

"That's the way I am," is a litany of contraction and reduction; very often a sad expression of resignation to one's taste that puts an end to exploration of any alternatives.

Our limitations are, generally, limits to belief rather than limits of

the human organism.

Most adults have a tendency to fear their own abilities—potentials to be greater. It's as though subconscious part of us knows if we recognize our innate capabilities we'll have to live up to them or feel guilty. Abraham Maslow called this "the Jonah complex" and said, "We fear our highest possibilities as well as our lowest ones. We are generally afraid to become that which we glimpse in our most perfect moments."

"We fear our highest possibilities as well as our lowest ones. We are generally afraid to become that which we can glimpse in our most perfect moments..."

Abraham Maslow

As manings, utilize the best of a life less than 10 percent of brain capacity 15 percent of the

capacity of our nervous system. Man in continually doing "the impossible" by finding new ways to transcend what we call the laws of nature.

Strange miracles take place in the lives of those who deal honestly with their potential rather than their limitations. The next time you hear yourself say "But that's the way I am," quickly rephrase. Remind yourself that you do have to be the way you are. There's room for improvement and change. Try a new way, fresh approach and life will take on a new dimension. We call growth.

Christian Psychology: "Be ye transformed by the renewing of your mind (Romans 12:2)." There will be a five week course using scriptures to identify, replace our ungodly self-talk, that we might rise up out of the darkness of depression, anxiety and anger — to new life filled with joy and enthusiasm. Class meets Thursdays at the Naval Hospital from 5:30-7 p.m., starting March 4, in classroom "A." To register call Pastoral Care Services at 450-4070.

Take Your Phone Far From Home

Cordless Technology Boosts Range, Clarity And Security

(NAPS)—How many times has this happened to Scott before? He is waiting at home for an important call, but he can't stay inside all day—his dog, Spot, needs walking, the garden needs tending, and he needs to run to the corner market for milk. What will he do?

Fortunately, a new cordless phone technology is now available that increases the range of the cordless phone. In fact, some leading manufacturers have these new phones on the market that have a tested range of up to a mile. The new technology, called "digital spread spectrum," transmits a stronger signal that provides this enhanced range—plus, it offers superior sound-quality and security. The result is a vast improvement over earlier model cordless phones with poor sound quality and limited range.

The sound on digital spread spectrum phones is crisp and clear, in many ways indistinguishable from a traditional corded phone. With digital spread spectrum there is no need for manual channel changing, since the phone employs a "smart" mechanism to do that itself.

In addition, security is the highest available, thanks to a sophisticated scrambling code. This technology was originally developed for the military to prevent eavesdropping and has been modified for civilian use. That means that on the days that Scott does want to stay indoors and shop by catalogue, he can be confident that his credit card information is secure.

The digital spread spectrum technology is used on a relatively new frequency, 900 megahertz



Digital spread spectrum cordless phones benefit consumers by providing longer range, with better sound quality and greater security.

(MHz). However, not all 900 MHz phones use digital spread spectrum technology. There are many new 900 MHz phones on the market that still use the analog and digital formats of older phones; their range, clarity and security are limited.

In contrast, a digital spread spectrum phone can operate three to four times farther from its base than its 900 MHz rivals and seven to eight times farther than analog models. This is possible because the Federal Communications Commission allows digital spread spectrum phones to transmit up to 1,000 times more power than other cordless phones.

Digital spread spectrum cordless technology was developed by Rockwell Semiconductor Systems, and is now available in cordless phones from many leading phone manufacturers.

FREE THINGS TO SEND FOR

For an informational brochure on schizophrenia and the treatment options available contact the National Alliance for the Mentally Ill at 1-800-950-6264 or on the Internet at www.namhsa.org.

For a free chart on the laws of understanding as described in L. Ron Hubbard's book, *Scientology: The Fundamentals of Thought*, call 1-800-334-LIFE.

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For information on the Unity School of Christianity, call 800-669-0282.

While telephone support remains an important factor for most PC buyers, major vendors are making it easier to obtain technical support without even picking up the phone.

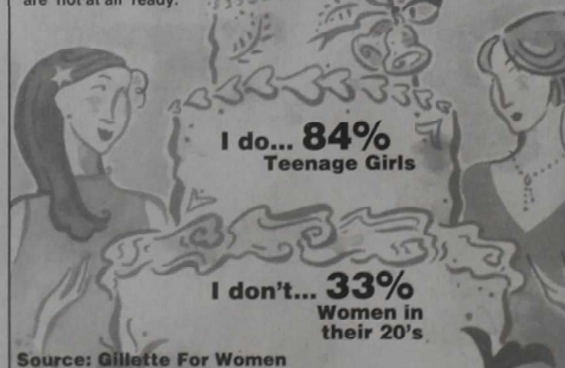
For free information, contact IBM at 800-IBM-2-YOU or visit the Web site at www.us.pc.ibm.com/support.

Are You Ready To Get Married?

Wedding Day Pointers For Walking Down The Aisle With Ease

Ready to Say "I Do?"

Four out of five teenage girls predict they'll be ready to get married in their 20's, but 33% of women aged 20-29 report they are 'not at all' ready.



Source: Gillette For Women

(NAPS)—The R.S.V.P.s have arrived. You've checked every list twice and settled any wedding-related differences of opinion. Your big day is just hours away and you haven't neglected a single detail. Or have you? One name many brides forget to list along with "Caterer," "Florist" and "Minister" is their own. That's right, add yourself to the "to do" list.

To relieve the stress inevitably associated with this special day, follow these simple steps:

Message Your Way to Matrimony

Schedule a one-hour full-body massage early on the morning of your wedding day. A deep-tissue massage relieves tension in the back and neck; indulge in an aromatherapy massage to help relax your mind as well as your body. A professional massage is the perfect primer for a stressed-out bride-to-be. You may even suggest that your fiancé schedule one for himself to calm his own wedding day jitters.

The Bridal Shower

Take a long, hot shower or bath before beginning your final beauty preparations. Turn on soothing music and assemble all your beauty tools to buff every inch of your

body. Give your legs a smooth shave with your Gillette SensorExcel for Women razor and plenty of Satin Care Shave Gel. Always use a fresh blade and don't forget to shave underarms remembering to shave up, down and sideways for the closest shave possible. Step out of the shower and apply Satin Care Skin Replenishing Creme to give your skin an all-over polished look.

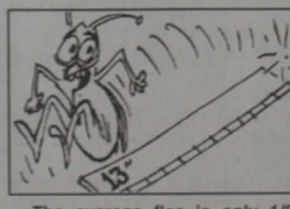
Bridal Party Beauty

Plan your hairstyle and make-up weeks before your wedding day. In fact, schedule a trial run with your stylist and makeup artist. This will give you an opportunity to work out the "kinks"—the last thing you want for your wedding is a bad hair day with makeup that just isn't you. Equally important is to ask your hair stylist and makeup artist to make a house call on your wedding day; be sure to invite your bridal party to join in the fun. While you are being perfectly prepped for your journey down the aisle, have your photographer chronicle your before and after look.

Remember, you're "the bride" for only a day, so make it one you'll fondly remember.



The science fiction of the 19th century French novelist Jules Verne predicted the invention of the airplane, the submarine, television, guided missiles and space satellites, among other things.



The average flea is only 1/8 inch long but can jump up to 13 inches.

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TIMELY IDEAS

Exciting New Book Tracks Fugitive Lives

(NAPS)—In the tradition of Sandra Brown and Nora Roberts, Lynn Erickson's newest romantic thriller, *The Eleventh Hour* (MIRA Books, \$5.99), creates a sharply plotted race against time.

THE ELEVENTH HOUR

LYNN ERICKSON

When architect Jack Devlin is charged with murdering his sociopathic wife Allison, he knows he has a long fight ahead of him. After all, he has a strong motive, having recently discovered Allison's infidelity. And his distinctive cigarette lighter was found near her body. Against his most adamant denials, Jack is found guilty of murder. Denver Public Defender Eve Archand is assigned to handle the penalty phase of Jack's case. A long advocate of abolishing the death penalty, Eve believes that the sentence in the sensational crime is all too cut-and-dried. It's an action year and Eve knows that quick conviction looks good on a prosecutor's docket, but this is a case of life and death. When Jack escapes and confronts Eve, she's forced to make a decision that changes her life. Now you're both on the run, and their only hope is to find the real murderer before their time runs out. *The Eleventh Hour* is available March wherever paperbacks are sold, and through the MIRA website, www.romance.net.

DID YOU KNOW?

(NAPS)—Using the FM broadcast band, the radio Data System (RDS) transmits digitally encoded information which appears as text to specially equipped home car radio receivers.



Fiber-rich instant oatmeal such as Quaker provides sustained energy that lasts longer on a busy day, according to new research published in the *Journal of Applied Physiology*. Two tablespoons of Kretzschmar wheat germ provides 10 percent of the recommended daily Value of folic acid, along with Vitamin E and other essential vitamins and minerals. Flexible eyeglass frames from Archon, known as Flexon, are made of nitinol, a titanium alloy with the ability to remember its original shape, even when bent, popped or twisted.

"Over the next five years, computers will morph significantly, to become tomorrow's amalgamated televisions, entertainment centers and communication devices," says Martin Beck, President and CEO of Fitch Inc., an international design firm. Waxing a car can go faster with the help of new Prestone Allnet Wax in a built-for-speed applicator with trigger dispenser and sponge.



The first vaccination ever given was to eight-year-old James Phipps in England

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LCpl. Jim Perkins

A Landing Craft Air Cushioned (LCAC) provides Marine units the ability to move Marines and their heavy equipment from ship to shore quickly.

26th MEU (FWD) kicks off MEUEX with aggressive Split-ARG operations

GySgt. Sean Wright
26th MEU Public Affairs Chief

ABOARD USS PONCE (LPD-15) — The 26th Marine Expeditionary Unit (Forward) Marines prepared for their upcoming Special Operations Capable qualification with Split Amphibious Ready Group (Split-ARG) Operations during the initial phase of the Marine Expeditionary Unit Exercise (MEUEX) here Jan. 27-30.

MEUEX is designed to expose the seams within the Major Subordinate Elements (MSEs), between the MSEs and the MEU command element and between the MEU and the Amphibious Squadron. Split-ARG operations are one of the more difficult seams to hold together without proper planning and rehearsal, according to LtCol. Robert Taylor, 26th MEU (FWD) commander.

When directed, the MEU may reassign or "split" personnel and equipment to the LSD, forming a limited Marine Air-Ground Task Force, referred to as a MEU(FWD), capable of independently planning and executing a variety of missions.

The MEU (FWD) is helmed by a scaled-down Command Element that is still capable of supporting detailed mission planning and provides substantial command and control.

The Ground Combat Element has an infantry company, infantry attachments and a Light Armored Reconnaissance (Light) Combined Anti-Armor Team (CAAT).

Four CH-46 "Sea Knight" and two UH-1N "Huey" helicopters, with supporting air crew, maintenance personnel and equipment make up the Aviation Combat Element in the split environment. The small (two spot) flight deck and limited maintenance area make this environment extremely challenging for the ACE.

The Combat Service Support Element provides a variety of support and maintains the capability to perform Noncombatant Evacuation Operations and Mass Casualty assistance.

Additionally, a Navy Sea Air and Land (SEAL) team and a Naval Special Warfare Special Boat Unit detachment, organic to the LSD, also participate in the planning and execution of many missions.

This "real world, scenario-driven" exercise began with the MEU already in the "split" configuration when the warning order was

received for the MEU (Fwd) to seize a port facility in a coastal area ridden with criminal activity and substantial arms flow. Within minutes, the Crisis Action Team, the planning cell that utilizes the Rapid Response Planning Process to plan, rehearse and execute most missions within a six-hour time frame, was assembled and at work exploring options to accomplish the mission. It was determined that six Sailors from Fox Platoon, Seal Team Two, would be inserted via Navy Special Warfare 11-meter Rigid Hull Inflatable Boats (RHIBs) for Reconnaissance and Surveillance. Once "eyes on" the objective had been accomplished, an amphibious raid via Combat Rubber Reconnaissance Craft by Marines from Lima Co., Battalion Landing Team 3/8, would be used to seize the port.

Planning and executing these missions, coupled with the challenges of relocating a substantial amount of equipment and personnel to a smaller ship that isn't command configured, offers a substantial challenge, according to Capt. Joseph Hennigan, 28, 26th MEU Operations Officer (Forward).

"The space limitations are extremely challenging," said Hennigan, a Columbus, Ohio native. "We have to deal with things like the Landing Force Operations Center and the Combat Service Support Operations Center being collocated. This is why 'splitting' during MEUEX is so important. We're working the minor bugs out to insure all entities are still mission capable with as little interference as possible."

Bringing a ship's staff that may not be familiar with the Rapid Response Planning Process, the process used to plan a MEU's missions, also requires some training and adjusting, Hennigan added.

"We have to get the split portion of the Command Element, the BLT and MSSG working and planning with the ship's staff," Hennigan said. "We have to make sure everyone is familiar with the planning process and understand where they fit in and also that we can plan and be ready to execute the mission independently within the prescribed six-hour time limit."

Another challenge during Split-ARG operations is maintaining effective command and control, which requires significant flexibility from the MEU's communications section, according to MSgt. Robert

A. Boone, the Split-ARG Communications Officer.

"This (split) environment requires us to stretch somewhat limited assets even further," Boone, a Clearwater, Minn., native explained. "It's extremely important for us to integrate with all the MSEs involved and enable them to have redundant communications assets to assist their command and control."

The somewhat tranquil environment of the LSD rapidly changes when the additional personnel for Split-ARG operations cross-deck, said 1stLt. Michal Monroe, MSSG-26 Assistant Operations Officer. The majority of the MSSG is debarked aboard the LSD and must adjust to accommodate the additional personnel and equipment during Split-ARG operations.

"Split-ARG operations do not impede the combat service support mission," said Monroe, a Roseville, Ill., native. "They offer some substantial staff challenges and we have to become creative. It isn't the most convenient, but we adjust. Additionally, we have to provide the same degree of detail during the planning and execution phase of the missions conducted, but with only half our staff expertise available."

One of the Marines responsible for tracking and documenting staff expertise during the planning process, Cpl. Jerome Holloway, an operations clerk, said he enjoys the chance to perform tasks during Split-ARG operations that are normally entrusted to senior Marines.

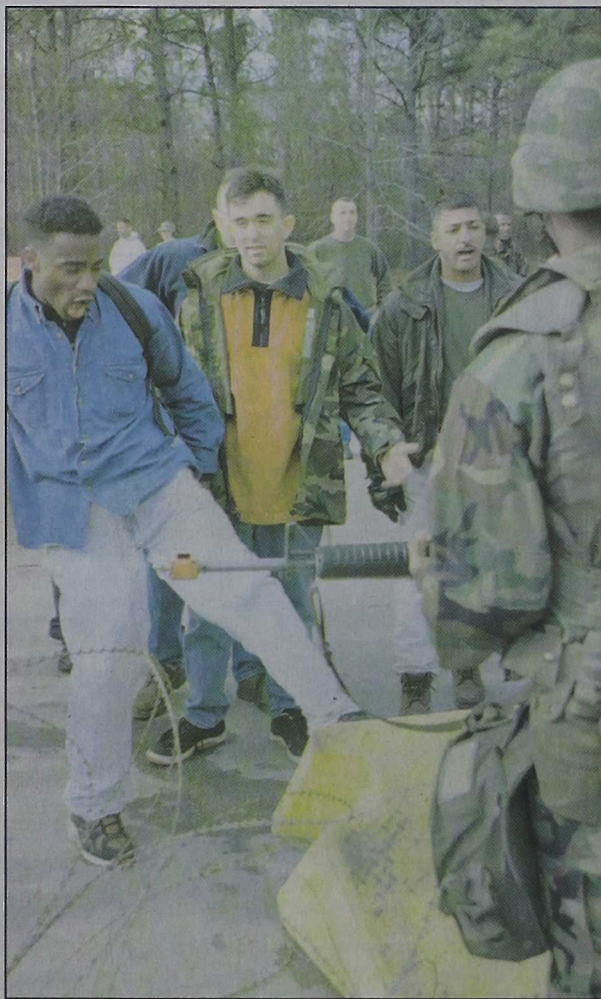
"I like being part of the MEU (Forward) detachment because I feel I get a chance to really contribute to the mission," said Holloway, a Wedowee, Ala., native. "It gets a little more stressful because of the lack of personnel. Everyone has to become capable of performing numerous tasks at the same time."

Getting the staff and entire MEU familiar with the challenges of Split-ARG operations early in the work-up is extremely important and will definitely pay dividends during the deployment, according to Taylor.

"This is extremely valuable when you consider that some MEUs have been 'split' more that 80-percent of a six-month deployment," Taylor added. This allows the MEU commander to train the MEU (Forward) Command Element to plan and conduct missions effectively, within the prescribed time lines, when directed by higher."



The QRF set up a barricade to protect the embassy. Marines can be used as security for embassy.



Cpl. Brandon L. Rizzo

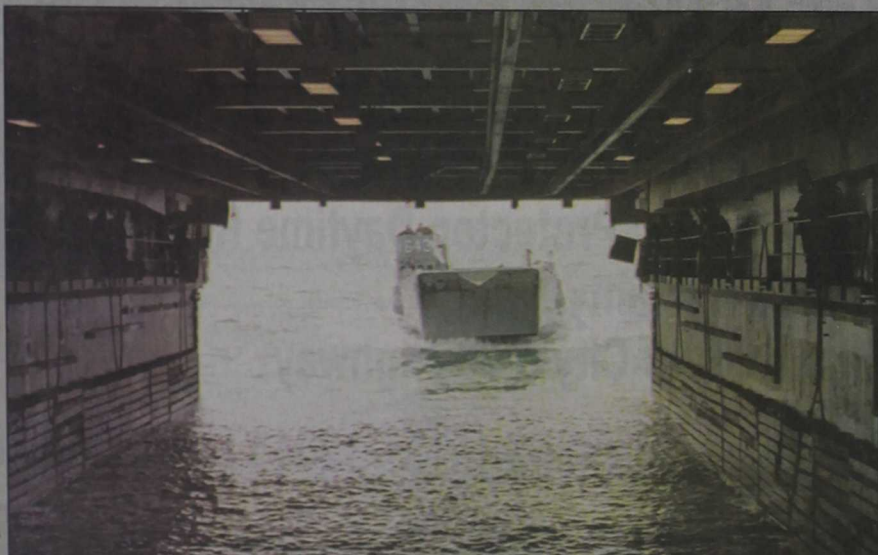
Angry rioters violently kick the barricade in protest. As the situation escalated, so did the level of security for QRF Marines.



Maj. James H. Sorg, the Executive Officer of MSSG-26, and Gandy, the commander of the QRF, discuss the situation.

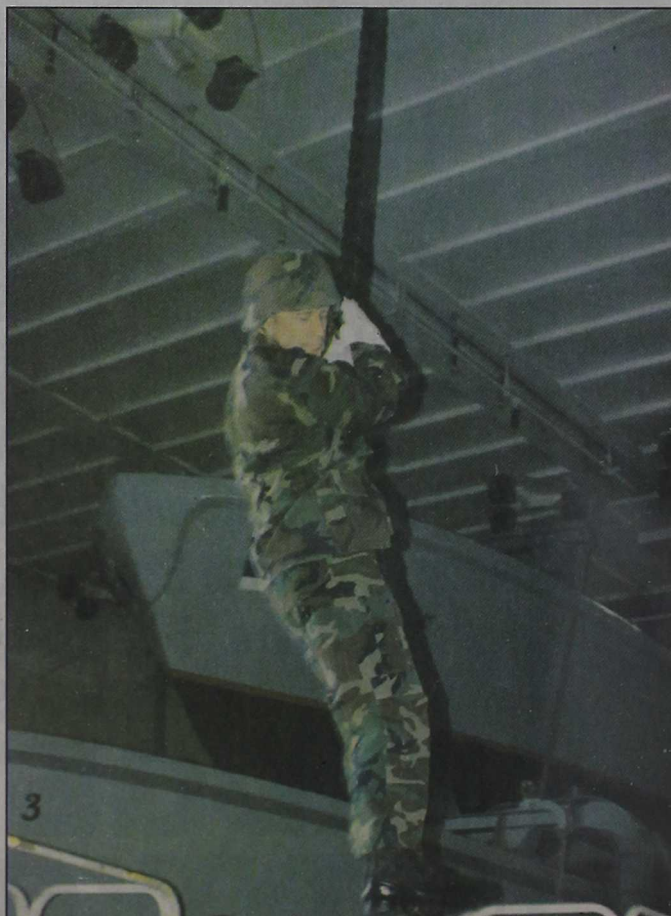


Marines from MSSG-26 practicing through a simulated urban environment to detain a role player during training.



LCpl. Richard O'Connor

The flooded well deck of USS Ponce (LPD-15) awaits an arriving Landing Craft Utility (LCU). LCU's that brings men, supplies and equipment to and from the ship during split-ARG.



LCpl. Jim Perkins

The commander of the 26th MEU, Col. Kenneth Glueck, shows how to lead from the front by fastroping during training aboard USS Kearsarge.



Non-combatants and embassy evacuees were taken to the safe zone.



QRF Marines snag a role player at the embassy.

Quick Reaction Force provides security, safe passage during 26th MEU Exercise

Cpl. Brandon L. Rizzo
26th MEU correspondent

A simulated U.S. Embassy is surrounded by angry rioters. Total chaos has erupted. A safe passage must be provided for American evacuees, but how is safety and order maintained in a place where the local government and authorities have collapsed?

In the embassy's case, a Marine security force is called in to protect the area and ensure the safety of the embassy staff as well as other evacuees.

This is called a Quick Reaction Force (QRF). The QRF for the 26th Marine Expeditionary Unit (MEU) consists of Lima Battery, Battalion Landing Team (BLT) 3/8. These Marines trained and practiced operating in a hostile environment with the aid of role players as part of MEU Exercise (MEUEX).

MEUEX was the final non-evaluated exercise completed during the work-up period in preparation for the 26th MEU's deployment in April as Landing Force for the U.S. Navy's Sixth Fleet.

As part of the Ground Combat Element for the 26th MEU, the Quick Reaction Force serves as a security element poised and ready to respond to any situation involving a post where additional security forces are required, according to Capt. Terence D. Trenchard, commanding officer, Lima Battery and a Guilford, CT native.

"This force possesses lethal and non-lethal capabilities and is trained to operate in various formations while equipped with riot-control gear and various instruments and weapons used to quell a civil disturbance," said Trenchard.

How does a force like this work effectively?

A commander rides on a vehicle in the rear of a formation and calls commands through a megaphone. He tells them when to move forward, back or sideways, when to shuffle and when to fire.

The formations used by the force are set up in platoon or company-size elements, depending on the size of the disturbance. A platoon size formation would have a nine-man front, while a company-size formation would have a 27-man front. As an example, each front could be backed by two additional ranks of the same size. The front, or first rank, is equipped with hand-held body shields, face shields, and leg guards for protective measures. They also carry retractable batons to ward off violent and hostile noncombatants.

The second rank is armed with M-203 grenade launchers and the third rank with shotguns and hand grenades. All of these weapons are nonconventional. Each weapon fires rubber pellets or packets called "beanbags," to reduce the risk of permanent injury. Within a 15-meter radius, however, each weapon is potentially lethal. But the most effective weapon of all seems to be the pepper spray, according to Cpl. Carlton D. Hill, field radio operator, QRF member and Fayetteville, N.C. native.

"Even the role players run away when they see that," said Hill. "It feels like your skin is on fire, and you can't wash it off. Water only reactivates it."

The QRF Marines have experienced this first-hand. As part of their two-week training in the Non-Lethal Weapons Course, they must be sprayed in the face to help them better understand what a noncombatant feels when they're sprayed. This way, the Marine

can better judge how much force is necessary to control a person who has had a dose of this oil-based pepper spray.

Additionally, the Quick Reaction Force is trained to control people with their bare hands or batons. According to Hill, it takes a lot of practice to become proficient. But someone who is proficient can control a person using minimal force.

This can be very effective, however, different situations call for different measures of force. QRF Marines are trained to apply this force to three zones of the human body: green, yellow and red.

In the green zone, strikes are applied to the thigh area, stunning a person. This may cause temporary damage, but is more painful than anything.

The yellow zone includes areas such as elbows, shoulders and arms and causes temporary damage; however, it may cause long-term damage as well. The red strike zone includes the area of the base of the neck and up. This causes long-term damage and can be fatal. People who are dropped from these types of force are picked up by what is called a Snatch Team.

The formation splits, and this team of six runs up front and snatches the person off of the ground. These people are flex-cuffed and carried back to another area where they are treated as POWs and interrogated. The Snatch Team consists of four security Marines, two in the front and two in the rear. The middle two Marines are the ones who actually carry the person away.

The Marines hope that a situation doesn't call for these types of force, and that the Snatch Team's services are not needed.

The idea is that just the presence alone of the Quick Reaction Force will discourage demonstrators, rioters and other noncombatants from creating a disturbance, according to Hill. But if a situation escalates, you can bet they'll put an end to it — and fast.



Cpl. Brandon L. Rizzo

Role players attempt to provoke the Marines at the gate by burning a stuffed dummy.



LCpl. Richard O'Connor

Before receiving aid at the humanitarian assistance site, role players are searched and processed. Humanitarian assistance missions are common for units deployed from the East Coast.



Cpl. Brandon L. Rizzo

security for embassy ready to quell any disturbance.



LCpl. Jim Perkins

es H. Sorg, the commander of MSSG-26, right, and LtCol. Bruce the commander of the situation at the embassy.



LCpl. Richard O'Connor

from MSSG-26, right, and LtCol. Bruce the commander of the situation at the embassy.



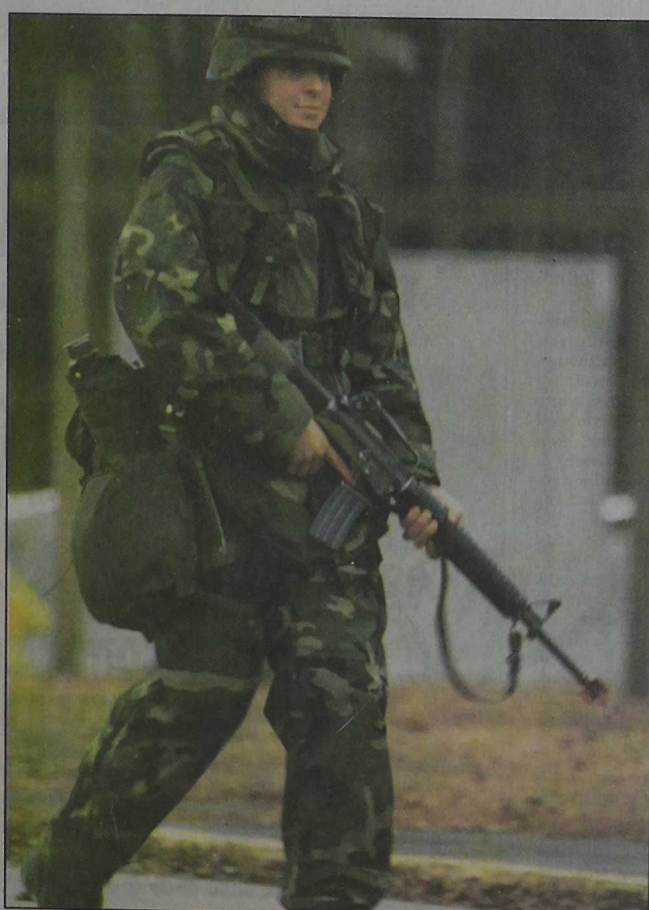
LCpl. Jim Perkins

from the embassy by CH-46E Sea Knights. The evacuees were taken aboard the ship and flown off the coast of Camp Lejeune.



Cpl. Brandon L. Rizzo

Marines snatched at the embassy entrance.



LCpl. Jim Perkins

Pvt. Michael T. Quakenvosh patrols the front gate of the embassy. His unit, Lima Battery, BLT 3/8, acts as the Quick Reaction Force (QRF) in the event that the MEU needs to provide reinforcement to a U.S. Embassy.



Cpl. Brandon L. Rizzo

QRF Marines practice non-lethal training during MEUEX. MEUEX is the final non-evaluated exercise before the 26th MEU deploys in April.

Marines go sky high during parachute training exercise

Compiled by
24th MEU(SOC) Public Affairs

SHIVTA, Israel — Not many people get to leap from a CH-46 helicopter at 10,000 feet — nearly 34 football fields high — but some Marines of the 24th Marine Expeditionary Unit (Special Operations Capable), jumped at the chance.

Marines from the MEU's Reconnaissance platoon, Radio Battalion and Marine Liaison Group (formerly known as ANGLICO) honed their skills in the air during the first exercise for the 24th MEU (SOC) which took place here Dec. 3-14. For these Marines, parachuting from heights people normally reserve for flying in passenger jets is part of their full-time jobs. "Any place we can get to jump in, we will for the purpose of staying proficient," said SSgt. Eric Gordon, Recon Plt., Platoon Sergeant and Drop Zone Commander for the jump.

When the three units set out to perform their jumps, they could not have asked for a more challenging spot to conduct their 1,500-foot static line and 10,000-foot free-fall parachute training. In the remote deserts of Israel, Marines were challenged with terrain unlike the vegetated landscape they are familiar with at their home base of Marine Corps Base, Camp Lejeune, N.C.

"The big difference here is we have a lot of Marines who have never jumped in the desert before," said Gordon.

"In the States there is a lot of vegetation and it is easy for the them to [identify] the drop zone." (A drop zone is an open area near the objective usually marked with a "red X") Finding the zone rests solely on two people — the jump master and the low man.

The jump master locates the drop zone and determines where and when the Marines should depart the aircraft. The jump master guides the jumpers and must be able to work with the pilots and drop zone commander to verify the location and how close they are to the zone.

The low man, the first jumper out of the helicopter, is responsible for locating the drop zone during the free-fall and guiding the rest of the platoon to the zone.

"It's harder out here for me to get my main points (recognizable land features) because of the desert," said jump master Sgt. Michael Coleman, Recon Platoon. He added "I had to use the road as a main point because all the terrain looks the same from 10,000 feet."

"The jump master is constantly talking to the pilot directing him to move to the left or right," explained Gordon. That puts the helicopter in the perfect spot for the jump. "I will let the pilot know how close they (jumpers) were to the spot (drop zone) once they land."

In static-line jumping, the parachute is opened automatically. A system fastened to the helicopter pulls the ripcord. Once the jumper departs the aircraft the chute is pulled open. The jumper's maneuver their parachutes to the landing zone while staying as close to one another as possible.

While the static-line jumpers have their own challenge of immediately maneuvering their chutes toward the zone once departing the helicopter, the free fall jumpers have other considerations. Before they even load into the helicopter, plans are made to ensure each jumper falls at the same rate. According to Coleman, depending on the jumper's weight and size, the rate of travel toward the ground will differ due to wind resistance. "We have to make sure everybody is falling at the same rate," he said. "We might have a guy who isn't carrying his own gear because he needs more weight. Our goal is to jump, fall and land together."

As everyone is departing the helicopter, the low man finds the drop zone and the unit deploys their parachutes. At that point, the stick (group of jumpers) descends to Earth steering toward the zone.

One by one, they land within 50 meters of the "red X" signifying a nearly perfect jump. The jumpers pride themselves on their ability to stay together during the fall and to quickly consolidate and continue the mission.



Cpl. Matt Hagerman

Cpl. Jorge Pules, assistant team leader, Radio Reconnaissance Team, 13th MEU (SOC) negotiates the A Frame on the confidence course of Hendon Camp, Singapore.

13th MEU goes to Singapore conducts training at military facility

Cpl. Matt Hagerman
13th MEU (SOC) correspondent

HENDON CAMP, Singapore — High above the steaming tropical ground, a Marine stares into the sky. His eyes do not turn to the ground far below him. He keeps moving along the rope, steadily inching toward safety and on to the next obstacle.

Marines from the 13th Marine Expeditionary Unit (Special Operations Capable) had a chance to get in some motivational training during their stop in Singapore Jan 7. Training was conducted on the rock climbing wall, rappel tower and confidence course at a Singapore military facility, Hendon Camp.

The towering confidence course was first taken on by Marines from the MEU's Command Element. Many of these Marines seldom get the chance to do this type of training during the deployment. "This is my second time in Singapore but my first time at Hendon Camp," said Cpl. Jeffrey Harwick, an intelligence analyst with the 13th MEU. "It was great redoing training from boot camp. I wasn't sure if I could do it anymore."

The course consisted of a variety of obstacles, including an underground tunnel maze and a mammoth rope course. The rope course towered more than 10 meters in parts and required the Marines to drag themselves over cables, climb steep walls and rocket across a zip line spanning a stretch of water.

"It was very challenging, especially the zip line. When you've been climbing all day and you come flying down the line, your hands are slippery and you think you're going to fall. It's an adrenaline

rush," said LCpl. Joe Segundo, 22, an operations clerk from Laredo, Texas.

The Command Element was not the only element to conduct training at Hendon Camp. Marines from Fox Co., Battalion Landing Team 2/1 sharpened the climbing skills on a rock climbing wall and at the rappel tower.

This kind of training was exceptionally beneficial for Fox Co., the small boat company and the assault climbers. "When we hit the beach, if there's a cliff we climb it and set lines for the rest of the company to come up. If the rest of the company has basic climbing skills, it makes the ascent easier," said Cpl. David Felix, a squad leader and assault climber with Fox Co.

The use of a man-made climbing wall also has additional training value. "We haven't climbed since August when we were in Bridgeport. Climbing on a wall is more challenging. It tends to limit the climber's skills."

A great deal of planning and preparation went into organizing this training. "We began the preparation in September. All we had to go on was reports from previous visits and word-of-mouth," said CWO-2 Mike Bingham, range safety officer at Hendon Camp and the Nuclear Biological and Chemical Defense Office for BLT 2/1.

Throughout the transit from Hong Kong to Singapore, Bingham worked on the advance party to facilitate this training.

"We had 300 people train here. It's an outstanding facility and we had some of the best host nation support. We just don't have these kinds of training opportunities at Camp Pendleton," he said.

The 13th MEU(SOC) will be traveling to the Arabian Gulf later in the deployment.

JROTC Spends day in real corps

Cpl. Barry Melton
MCB Hawaii correspondent

MARINE CORPS BASE HAWAII, KANEOHE BAY, Hawaii — Marine Junior ROTC cadets from Castle High School took time out of their studies to live like "real Marines" as they visited various K-Bay facilities Jan. 21.

More than 30 cadets stopped by the Military Police Department's working dog compound here to see the dogs and Marines in action. They then visited Aircraft Rescue and Firefighting for another presentation, according to retired SgtMaj. John Ah Chick, the senior instructor or Castle's JROTC program, the only Marine JROTC program offered in the state.

"The base is very supportive of our programs," said Ah Chick. "We appreciate the Marines who

are more than willing to take time from their busy schedules to volunteer that time to us."

While at the "O" course, Marines from Marine Corps University here demonstrated how to tackle the obstacles. After completing the obstacle course, the cadets had the opportunity to work together at the leadership reaction course, which was run by Marines from Regimental Schools. "It's great that the Marines could come out and support us," said 16-year-old Leatrice Galicinao, a cadet staff sergeant and 11th grade student at Castle High School. Galicinao said events like this help teach and build teamwork and leadership skills for the cadets.

"This improves team-building and gives our first-year cadets insight to what unit cohesion is all about," Ah Chick added. "The Marines and other cadets encouraged us, and it made me want to try harder," said Galicinao. "Even though I couldn't do everything here, I still tried hard."

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(NAPS)—To help people learn about vitamin E and other antioxidants, BASF Human Nutrition offers a useful booklet. For a copy, send \$2.50 for postage and handling to Team Antioxidant, P.O. Box 1830, Newport, KY 41071.

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Researchers in Minnesota studied 135 men and women ages 40 to 70 years for a 12-week period. About half of the participants were given an unidentified whole-grain oat cereal (Cheerios) to eat daily, and the other half were given an unidentified corn flake cereal. On average, those who ate Cheerios achieved a



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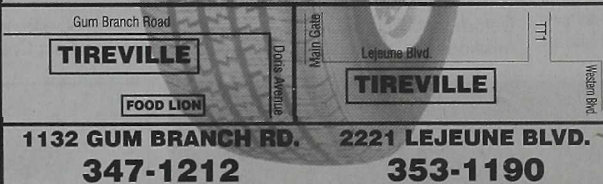
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Corona is available in tack shops and feed stores, and is widely used on horses, cows, cats and dogs. Lantiseptic is available in pharmacies and is now used in nursing homes and healthcare facilities. With so many uses, you may wonder what other applications there are for this "Wonder Ointment."

For more information, or to share your Corona story, write Summit Industries, Inc., P.O. Box 7329, Marietta, GA 30065, or call 1-800-241-6996.

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Nago City recognizes UDP Marines

Sgt. Robert Angus
Central Bureau Chief

CAMPSCHWAB, OKINAWA, Japan—Marines and Sailors from 2d Bn., 8th Marines received a letter of appreciation here Nov. 25 from the Nago City Junior Chamber International.

The award, presented to LtCol. Michael E. Dick, 2d Battalion, 8th Marines Commanding Officer, by Hajime Uema, president, Nago City JCI at the 4th Marine Headquarters, was for contributions to Nago City and community service projects during the unit's six-month

deployment on Okinawa.

"I'm honored to accept this award on behalf of all the Marines and Sailors of 2d Battalion 8th Marines who extended a helping hand to Nago City," said Dick.

According to Dick, the Marines of 2d Bn., 8th Marines were able to complete 20 different projects within the community while maintaining a full training schedule. 2d Bn., 8th Marines also helped Mico University students learn English on numerous occasions which has led to many international friendships, according to Navy Lt. David L. Otten, 2d Bn., 8th Marines chaplain.

"There were very structured conversations as teachers gave students a list of items they needed to find out about the Marines and where they're from," said Otten.

As the Marines come to the end of their six-month deployment, Nago City JCI felt compelled to recognize the battalion for their positive impact on the community.

"I want to extend a very sincere thank you from the bottom of our hearts," said Uema.

"We are always seeking to better our community and our ties with Americans. These Marines have helped us do both and we are very grateful."

Mouthguards safe way to go, protect children from mouth and head injuries

Compiled by 2d Dental Battalion

For protection against hazards such as airborne hockey pucks and elbows to the chin, youngsters need more than lightning reflexes. They need the protection of a --mouthguard.

In fact, anyone who joins in recreational activities that could cause injury to the face or mouth should take a tip from the pros and use a mouthguard.

One of the most vulnerable and least protected parts of the human body is the face. Physically active boys and girls are especially vulnerable to injuries of the mouth area, including teeth, lips, cheeks, and tongue.

Mouthguards act as a buffer against serious injuries, such as concussions, jaw

fractures and neck injuries. Mouthguards provide protection from direct injury, such as a baseball smashing into the mouth, or indirect injury, such as a fall.

Many experts recommend mouthguards for any school or recreational sport where mouth injury is possible, including some that might surprise you: baseball, racquetball, gymnastics, skateboarding, bicycling, weightlifting, basketball, soccer, football, volleyball and ice hockey. Each of these sports has the potential to seriously harm the head, face, or mouth as a result of head-to-head contacts, falls, teeth-clenching, or flying pieces of equipment.

The most effective mouthguards combine several features. They should be resilient and light enough for easy breathing and speaking. They should also be properly

fitted, durable and easy to clean.

The most satisfactory mouthguard is the custom-made mouth protector designed and constructed by a dentist over a cast of the wearer's teeth. These mouthguards are easily retained, do not interfere with speech or breathing, and offer exceptional fit and comfort.

Less satisfactory are the bulky, rubber mouthguards usually found at sporting goods stores, and the plastic mouth-formed protector that is shaped by a dentist to the contours of a wearer's teeth.

A dentist is most qualified to help you choose the best mouthguard. No matter which type is chosen, a mouthguard is an inexpensive piece of equipment that can prevent serious or permanent injury to the face and mouth.



Five sisters go full speed ahead with family tradition

Senior Chief Petty Officer
Bill Green
Branch Dental Clinic

It seems to have become more common place today to find two or more brothers who have decided to make the Navy a way of life. However, it requires a double take when you see five, that's right, five sisters who have chosen the Navy for their future.

The Campbell sisters from Sellersville, Pennsylvania have chosen the Navy for different reasons, but are all delighted to be a part of a winning team.

Of the five sisters who enlisted in the Navy between October 1990 and September 1996, four have requested training and continue their careers as part of the Navy Medical Department (as dental technicians).

Seaman Ann Campbell-Quick20, is stationed aboard *USS EMORY S. LAND* (AS 39). She is currently participating in the striker program at Branch Dental Clinic, Little Creek, VA. She is also scheduled to attend Dental Technician Class "A" School, Wichita

Falls, Texas in January 1999.

Petty Officer Third Class Tina Campbell, 21, is following the lead of her three older sisters. Tina sought the freedom and financial stability the Navy provided, as well as the opportunity for the training she desired. Upon completion of basic training and Dental Technician Class "A" School, she was transferred to Okinawa, Japan for one year. She is currently serving at the 12th Dental Company, Cherry Point, N.C. Tina is awaiting the results of a request to attend dental hygiene training.

Seaman Jenny Campbell-Veazey, 23, is also seeking job opportunity and training. Jenny decided to give the Navy a try. After completion of basic training and Dental Technician Class "A" School, she was assigned to Naval Dental Center, San Diego, Calif. Jenny is looking forward to attending Field Medical School with a follow tour at 29 Palms, Calif.

Petty Officer Third Class Debbie Campbell-Garvey, 25, is in search of the travel and educational opportunities. Debbie immediately took advantage of training and

became the first of the sisters to attend Dental Technician Class "A" School. After completion of Field Medical Service School, three years in Okinawa, Japan and a tour of duty at Naval Air Station, Jacksonville, Fla., Debbie is now enjoying the benefits of the course of study in dental hygiene at Pensacola Junior College.

Petty Officer Second Class Ellen Campbell-Thurston, 26, is the trailblazer of the Campbell sisters in the military. Ellen wanted to explore what the Navy had to offer. From her initial positive experience she was able to influence her sisters to give the Navy a try. She enjoyed a tour onboard *USS WILLAMETTE* (AO 180), an overseas assignment in Okinawa, Japan and a tour at Winter Harbor, Maine.

Although the sisters are separated now they did enjoy the pleasure of each other's company in Okinawa, Japan. Debbie and Ellen seem to be the only career Sailors at this time. However, considering the positive example that they have set thus far, it should not be surprising to have the entire clan around the Navy for years to come.

Revolutionary lock to stabilize rebuilt marina

Susan Woodall-Stuckey
Pilock Corporation

An invention called the Pilock lock is revolutionizing the marine construction industry and saving taxpayers and property owners huge replacement costs.

The Pilock steel lock is a mechanism that is attached to pilings and jetted beneath the ocean or bay floor to secure marine structures, such as docks, boathouses, or seawalls. The lock anchors the structure during severe weather conditions. It also strengthens pilings by creating a resistance of several thousand pounds against uplift wave surges.

The Pilock anchoring system has been added to the specifications for the rebuilding of the Gottschalk Marina, Marine Corps Base, Camp Lejeune, N.C.

Gottschalk Marina was built in 1943 and took terrible hits from Hurricane Fran and Bertha; however, Hurricane Bonnie, which struck for so long with two high tides, destroyed the marina.

The new marina will be built at a cost of approximately one-half million dollars. Plans include a 10,000 square-foot building with a retail store, boat rental facilities, and manager's office. There will be two 300-foot docks that will be armed with the Pilock anchoring system.

The Pilock anchoring system has been tested and specified by the United States government for the rebuilding of Bear Creek Marina, Eglin Air Force Base in Walton County, Fla., destroyed by Hurricane Opal.

Additionally, the locks were mandated to be used for the Navarre Public Pier, Navarre Beach, Fla., and the St. Andrews Public pier,

Panama City, Fla., also destroyed by Hurricane Opal. All of these sites withstood Hurricane Earl and Georges with no damage.

The above-mentioned hurricanes and Hurricane Opal were also cheated out of destruction damage to innumerable private structures armed with the Pilock locks.

Stan Bates, a marine contractor for more than 38 years, invented the locking device after witnessing the destruction of so many docks, seawalls, and other marine structures due to hurricanes and severe weather.

The locking system is inexpensive at \$28 per lock. "This is an economical product that will save millions of dollars in marine structure replacement costs for federal, state and local governments, as well as private citizens," Bates says. "It's a good product for an old problem."

Tax Center

Taxes: Ask it here

Expansion of individual retirement accounts (IRAs)

People now have the ability to choose from several types of IRAs: regular, education or back loaded Roth IRA accounts. These new choices, along with changes in income phaseouts and other contribution limits, require taxpayers to make choices which may require financial goal-setting and complex number crunching. The new rules were effective starting in 1998.

Regular IRA

For deductible IRAs, the Taxpayer Relief Act of 1997 increases the adjusted gross income (AGI) phase-out ranges. Beginning very gradually at first, with much bigger jumps beginning in 2003, the phase-out thresholds will eventually reach \$80,000 in 2007 for couples, and \$50,000 in 2005 for singles. A broader range of taxpayers with higher incomes will now be able to contribute to a deductible IRA for tax-deferred growth along with immediate tax savings from the deduction.

For tax years beginning after 1997, an individual won't be considered an active participant in an employer-sponsored plan merely because the individual's spouse is an active participant. A non-working spouse will be able to make deductible contributions of up to \$2,000 to an IRA even if the working spouse is covered by a retirement plan, provided all other requirements are met.

Active duty military are considered "active participants" in a pension plan. Reservists who serve on active duty for more than 90 days during a calendar year are also considered an "active participant".

Education IRA

The new education IRA will allow

taxpayers to make nondeductible annual contributions of up to \$500 per child. The earnings build-up will be tax-free and withdrawals will also be tax-free. Income phase-outs begin at \$150,000 for joint filers and at \$95,000 for singles. The education IRA can be rolled over to another child in the same family. If the child does not attend college, the money must be withdrawn when the intended recipient turns 30.

Roth IRA

The key benefit of the new Roth IRA accounts is that qualified distributions from them aren't includable in gross income and subject to the additional 10% tax on early withdrawals. To be qualified, a distribution must be made after the five-year period beginning with the first tax year the individual made a contribution to a Roth IRA. It must also be:

- * made on or after the date the individual reaches age 59 1/2;
- * made to a beneficiary or the individual's estate on or after the individual's death;
- * attributable to the individual's being disabled; or
- * a qualifying special purpose distribution, including those made for up to \$10,000 of first-time homebuyer expenses.

Eligibility for these new accounts phase out at fairly high income levels: between \$95,000 to \$110,000 for singles and \$150,000 to \$160,000 for couples. The maximum annual contribution to a Roth IRA is the lesser of \$2,000, reduced by deductible IRA contributions, or the individual's compensation for the year.

For 1998 only, taxable income resulting from distributions from a traditional IRA may be spread out equally over four years if the proceeds were rolled over into a Roth IRA prior to Dec. 31, 1998. Taxpayers are only eligible for this treatment if their adjusted gross income is \$100,000 or less.

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Yvonne P. Powell
General Administration Services

Each year the General Services Administration (GSA), through its Federal Supply Service (FSS), provides Federal agencies billions of dollars' worth of support in supply and procurement, fleet management, personal property disposal and travel and transportation services.

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FSS actively seeks participating from small businesses and serves as the distributor for mandatory sources under the Javits-Wagner-O'Day Act and Federal Prison Industries.

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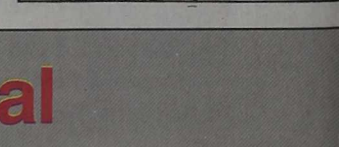
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Bob Wallace, Marketing Specialist, Camp Lejeune, NC
(910) 451-2472 (phone)
(910) 451-5301 (fax)
robert.wallace@gsa.gov

THE BIG GAP



Courts Martial

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

Pvt. T. M. Bah, 8th Motor Transport Battalion, 2d Force Service Support Group, was convicted at a Special Court Martial of violations of Article 86 (Unauthorized Absence). He was sentenced to confinement for 45 days and forfeiture of \$500 for three months.

LCpl. Kevin A. Bradley, 2d 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 90 days, forfeiture of \$600 for three months and reduction to paygrade E-1.

Pvt. Ashley L. Hanson, 8th 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, 90 days confinement and forfeiture of \$600 for three months.

PFC Justin M. Letkowski, 8th Marines, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 80 (Attempts). He was sentenced to a Bad Conduct Discharge, confinement for 60 days, forfeiture of \$600 for two months and reduction to paygrade E-1.

Pvt. Jesse J. Hagan, 2d Marines, 2d Marine Division, was convicted at a Special Court Martial of violations of Article 86 (Unauthorized Absence), Article 121 (Larceny), Article 123 (Forgery) and Article 113 (Misbehavior as a sentinel). He was sentenced to a Bad Conduct Discharge,

confinement for six months and forfeiture of \$610 for six months.

LCpl. Emery T. Runkle, Jr., 2d Marines, 2d Marine Division, was convicted at a Special Court Martial of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$625 for three months and reduction to paygrade E-1.

Cpl. Larry Morgan, Jr., 8th Comm. Bn., II MEF, was convicted at a Special Court Martial of violations of Article 86 (Unauthorized Absence) and Article 128 (Assault/Battery). He was sentenced to confinement for 75 days and reduction in paygrade to 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.

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

"I just got here from New River Air Station last week and started running today but I trust the facilities are OK."

February, 12, 1999

Serving Expeditionary Forces in Readiness

SPORTS

From the Sidelines

Passing the torch

PFC Ariel Linares

Camp Lejeune correspondent

So the post-Jordan era in the NBA has begun. There are many questions to be answered this season. Like will the team that wins the championship thank Phil Jackson for giving everybody else a chance? And will the Eastern Conference Champions still be considered second best?

The big question is who will be the new Jordan? Well that can be summed up in one word: Nobody. Ever.

Jordan changed everything about the game and everything around the game. His style, with his baldhead and baggy shorts made dressing like a pro sports player a part of our culture.

He made sports and sports merchandise very marketable and extremely profitable. He became a hero to kids and adults in countries that didn't even care what an American was.

He was the ultimate athlete. A competitor, a thinker, a student, a teacher and the slickest most graceful dude on television since Andy Kaufmann quit wrestling.

He was a role model everyday of his life without making excuses for what he did and without giving up what was important and fun to him. He is everything that is right about our country. It goes to show how far strong parenting and love can take you. This guy even got along with Daffy Duck.

So to pose the question of who the next Jordan is, is ridiculous and an insult to any Jordan fan. Who is going to consistently score 30 points a game and on any given night bust out 45-50 points? A more appropriate question would be who will take over as the big draw in the NBA?

Again, Jordan took the game on court to such levels that the play today is so amazing to watch. There are so many phenomenal ballers in the league. A few names come to mind immediately.

Grant Hill is as close to Jordan as we may see. Jordan had a greater and cooler presence than Hill but Hill is very well rounded, can, at times, score at will and can take over a game. He has already scored 46 and 32 points in a game this season. He is well mannered and has become one of the league's young representatives.

Shaquille O'Neal is another

See JORDAN/2B

Fast paced season

Lejeune Intramural teams prep for play-offs

Sgt. Arthur Stone

Camp Lejeune Correspondent

The Camp Lejeune intramural basketball teams finished their last game of the season games this week as the 2d Landing Support Battalion team clinched the lead in the Rocket's Division with a final season win over Combat Engineer Battalion. 2d Medical Battalion's "A" team took first place in the Bull's Division.

The action is not over for the Camp Lejeune teams, however, as they close out the busy season. Another event, the All-Camp Tournament, is scheduled

for Feb. 16-23 at the French Creek Gymnasium. According to Gary D. Grant, Intramural Coordinator for Marine Corps Community Services, this will be the first time the facility will be used for a tournament. The winner will be the All-Camp Champions for 1998.

"The new facility is a lot bigger and nicer than the Area 4 gym we usually play in," said Grant. "When the All-Camp Tournament comes around, we try to get a good gym to hold it in. It is locked on, and we should have a pretty good turnout, even though we only had 19 teams this year."

For more information about the tournaments or registering intramural teams, contact Gary Grant at the Intramural Coordinators office at 451-2061.

INTRAMURAL

FINAL STANDINGS

1 MED 'A'	13 - 3
2 BSTS	12 - 4
3 SUPPLY 'A'	11 - 5
4 8TH COMM	11 - 5
5 MAINT BN	9 - 7
6 HQSPT 'A'	8 - 8
7 2/10	6 - 10
8 5/10	1 - 15
9 2D RAD	0 - 16

1 LSB	16 - 2
2 HQSPT 'B'	15 - 3
3 6TH MAR	13 - 5
4 SUPPLY 'B'	12 - 6
5 8TH ESNB	9 - 9
6 2D TANK	8 - 10
7 CEB	7 - 11
8 SOI	4 - 14
9 LSSS	3 - 15
10 MED 'B'	1 - 17

Superbowl boosts morale on Med. float

Sgt. Gregory S. Gilliam

24th MEU(SOC) correspondent

SOUE BAY, Greece — Nearly 1,000 Marines and Sailors from the 24th Marine Expeditionary Unit (Special Operations Capable) and Nassau Amphibious Ready Group watched Super Bowl XXXIII in USS Nassau's hangar bay Feb. 1.

The large crowd chanted and yelled for their favorite team from the opening kick-off at 1:18 a.m. local time until nearly 6 a.m. For the Atlanta faithful, however the magical season ended in Miami where the Denver Broncos repeated as Super Bowl Champions. It sent some of the crowd home disappointed, yet pleased merely by the fact that they had the chance to experience the game.

"I'm not a big football fan, but I think it was cool that we got to watch the

game," said LCpl. Jason Levasseur, 21, an engineer with Combat Engineer Platoon, Battalion Landing Team 1/6. "With the Broncos winning and John Elway getting the MVP award it was great to experience."

Although the outcome was not the one everyone had wanted, the festivities surrounding the game made it enjoyable for all. The game was displayed on Nassau's closed circuit television system (CCTV) as well as on a large screen in the hangar bay. The screen nearly the size of those seen in stateside movie theaters. The scene was made more enjoyable for Nassau, USS Pensacola and USS Nashville Marines and Sailors thanks to childidogs, sodas and pizza provided by the ship and prepared by the cooks and volunteers.

"I figured they would let everyone go out to the base and watch the game,

but I was surprised to see everything in the hangar bay," said Levasseur. "It was a little crowded down there, but they had plenty of seats and childidogs and pizza for the game with a huge screen to watch it on."

The game was broadcast live via satellite thanks to the hard work of the ships electrical department who worked nearly eight hours setting up the 200-dollar satellite dish system. According to Interior Communications Technician Petty Officer 2nd Class Michael Semrau, the system was purchased because the ship was out of the ship's satellite reception area also known as the "footprint." Inside the footprint the ship is able to pick up some European Armed Forces Radio and Television Service (AFRTS) via satellite.

Some ships in the U.S. Naval Fleet are outfitted with the Direct-To-Sailor

satellite television system. It allows for continuous broadcast of AFRTS programs throughout the Mediterranean region. The Nassau, however, will not receive the new system until it goes into the shipyard for upgrades and repairs at the conclusion of the current deployment. "It took us about eight hours to set the whole system up," said Semrau. "The hardest part was tweaking the satellite dish in the winds and running wires up to CCTV."

"It's good to know that the hard work helped everyone have a good time though," he added. The effort that the electricians put forth paid off in a big way toward the morale of the troops who have been away from timely events, like sports, for a majority of the deployment. The ship does receive newly released

See MEU/2B

INTRAMURAL

HQ Support Bn. trounces 2d Tank Bn.

PFC Mike B. Vrabel

Camp Lejeune correspondent

Headquarters and Support Battalion finished the regular season in top form, beating the 2d Tank Battalion 81-58 in front of a small but enthusiastic crowd at the Area 4 Gym Wednesday.

Cpl. Roy Jenkins and Cpl. Meko Johnson lead the way for HQSPT Bn., each contributing 24 points and strong rebounding.

HQSPT Bn. won the opening tip and never looked back. Less than two minutes into the game, HQSPT Bn. had jumped ahead 9-0. It was Jenkins paving the way early, knocking down a couple three-pointers. Second Tank Bn. called a timeout, but it did not slow the HQSPT Bn. attack.

Second Tank Bn. struggled early with their defense and rebounding. HQSPT Bn. got many second-chance opportunities, most of which they converted. Second Tank Bn.'s offense also was lackluster early. One-shot, one-kill turned into no impact, no idea, as 2d Tank Bn. missed the majority of their first few shots and was unable to grab an offensive board. At the 10-minute mark of the first half, HQSPT Bn. was up 32-15.

The one bright spot in the first half for 2d Tank Bn. was LCpl. Tony Coleman. Coleman knocked down a few three pointers and made some transition baskets to keep 2d Tank Bn. from being completely blown out.

HQSPT Bn. ended the first half with what seemed to be the knockout punch. They completed a three-point play and another lay-up immediately before the end of the half to take a 47-24 lead. Johnson ended the half with 18 points, and Jenkins had contributed 16.

The start of the second half brought some hope to 2d tank Bn. Coleman led his team roaring back into the game, connecting on shots they were unable to make in the first half. Second Tank Bn. came out with

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.

March 13
European Cross-Country 10K:

A scenic, rugged and challenging course covering a distance of 10k (6.2 miles) which 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.

ARCHERY

'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.

Results from Jan. 23 tournament

MENS OPEN			
1ST	SCOTT LEE	254	
2ND	EDDIE JACKSON	250	
3RD	DICK SEXTON	248	
BOWHUNTER			
1ST	WESTLY BRAND	266	
2ND	RUDY SALISBURY	264	
3RD	JIM FLOWERS	260	
TRADITIONAL			
1ST	GENE MCINTYRE	212	
2ND	IRA SANDERS	186	
3RD	MARK FLOWERS	180	
WOMENS			
1ST	JILAYNE SALISBURY	207	
2ND	TERI CROFT	174	
3RD	JANET GRAHAM	167	
YOUTH			
1ST	CHRIS JACKSON	274	
2ND	BRIAN SALISBURY	221	
3RD	JR GARNER	215	
CUBS			
1ST	JENNY LEE	243	
2ND	MATHEW BRAND	224	
3RD	GARRET ANDERSON	199	
PEEWEE			
1ST	COURTNEY ANDERSON	245	
2ND	ADAM BRAND	206	
3RD	BEN BORMAN	93	



LCpl. Jonathan E. Agee

Rockets

The Harlem Rockets visited Marine Corps Air Station, New River for a comical basketball extravaganza recently.

See STORY/2B

SPORTS

shorts

5K

The Navy-Marine Corps Relief Society Fund Drive Kick-Off 5K Fun Run will be held Feb. 26 at the Goettge Memorial Field House. Entry fee is \$5 per person in advance and \$10 per person on race day. Individuals and teams are encouraged to enter the fun run for this worthy cause. Only teams consisting of 20 participants will be accepted. Teams must register in advance. All team entries must be received no later than 4:00 p.m. on February 24. Completed entry forms with check payment may be mailed to MARINE CORPS COMMUNITY SERVICES, attn NMCRS Fun Run, 1401 West Road, Camp Lejeune NC 28547-2539. Do not send cash payments in the mail. Deliver cash payments to Area 2 Fitness Center, Bldg. 202 or the MCAS MWR office, Bldg. AS-208. Individual runners package pick up will be held from 6:30 a.m. to 8 a.m. on race day. Team check-in will be from 7:45 a.m. to 8:15 a.m. on race day. Payment and registration for individuals only will be accepted from 6:30 a.m. to 8 a.m. on race day. Start time for individuals is 8:30 a.m. and 8:40 a.m. for teams. Registration forms are available at all MCCS locations, fitness centers, gyms, and the MCCS Marketing office. MCCS recreation centers will

3 ON 3 BALL

Camp Johnson will be hosting a 3 On 3 basketball Tournament, Feb. 20 beginning at 8 a.m. in the Camp Johnson Gym. Teams are limited to four players. Registration deadline is noon on Feb. 12. Team rosters are due to Mr. Rymer at Camp Johnson Gym no later than noon on Feb. 12. This tournament is open to all MCSSS personnel. For more information, call 450-0715/0730.

3-D ARCHERY

Camp Lejeune's Archery Range will be on target Feb. 20 for the 3-D Archery Tournament. Divisions include men's open, men's traditional, men's bow hunter, women's, youth, cub, and pee wee. Entry fee is \$5 per person. For information, call 450-0800 or 451-8124.

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

Summer Biathlon registration is being accepted through noon on Feb. 18. The event takes place Feb. 20 at the F-11 Range. Registration forms are available at all fitness centers and gyms. Call 451-1799 for more information.

ROAD CLOSURES

Piney Green Road and Sneads Ferry Road between Lotus 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.

POWERHOUSE CLUB

The powerhouse Club meets the last Wednesday of each month at Area 2 (451-8209), French Creek (451-5430), Camp Geiger (450-0643), Courthouse Bay (450-7397), and Tarawa Terrace (450-0007) fitness centers. Patrons are allowed two attempts in bench press, squat, and deadlift. This is free and open to all authorized patrons. Call, or stop by a fitness center and get all the details.

INTRAMURAL from 1B — inspired defense and rebounding. Coleman hit a three pointer to close the gap 52-38, forcing HQSPT Bn. to call a time-out.

The comeback ended with the timeout. HQSPT Bn. regained the rebounding edge they had earlier in the game with hard inside-the-paint play from Johnson and Cpl. Derrick Cooper. Cooper contributed

a handful of offensive rebounds and put-backs. The lead grew for HQSPT Bn. to 56-44.

With the game becoming out of reach, the play grew more physical. Both teams battled hard for every rebound, and more fouls were called. Cooper was fouled violently on a lay-up attempt, and converted one of the free-throws to make the lead 57-46.

In the end, HQSPT Bn. was too much team to handle for 2d Tank Bn. A lay-up at the buzzer finalized the score, 81-58.

Jenkins and Johnson each finished the game with 24 points, and Cooper contributed 14. It was the entire HQSPT Bn. team who out-rebounded 2d Tank Bn.

"We're coming together as a team," said LCpl. Andre Jones, who

played a solid defensive game for HQSPT Bn. "We had been struggling, but we won our last couple games. I think we'll do outstanding in the playoffs."

It was HQSPT Bn.'s last regular season game, and they will carry a 15-3 record into the playoffs. 2d Tank Bn. dropped to 10-7 with one game left in the regular season.

Harlem Rockets win over fans

Air Station Marines prove skills in exhibition

LCpl. Jonathan E. Agee

New River Air Station correspondent

MARINE CORPS AIR STATION NEW RIVER — The Harlem Rockets defeated Marine Corps Air Station New River's All Stars 73-83 during the comedy-filled basketball game Jan. 29 at the Station Fitness Center.

It became obvious at the start of the game that this event was designed to provide entertainment, not competition.

As the players from both teams took their positions for the jump ball, Harlem Rockets' comedian Sayeed "Rainbow" Muntakim tried pinching the behind of one of the All-Stars. It wasn't long before "Rainbow" had the Station All-Star running around the court. "Rainbow" then explained to the referee that in order to start the game all the Station players would have to stop moving.

Shortly after clowning around, the Rockets demonstrated their skills as a professional team making the All-Stars look like a mediocre basketball squad instead of the Station's best, by winning the jump ball and slamming it into the basket for the first points of the game.

Goals were scored periodically by both teams, but the Rockets were able to maintain a 10-point lead for most of the game. The All-Stars had a winning strategy but were unfortunately outclassed by the Rockets. "We're gonna take 'em slow, but we got 'em," said All-Stars center Antonio Fleet. "We gonna let them do what they have to do, but then at the end we are going to do what we have to do. Play man-to-man the whole way. We got a better squad, and we ain't scared of them."

At the end of the first quarter the "Fabulous" Scott Coleman, Rockets guard, gave credit to the All-Stars,

saying that they stood a chance of winning the game. At the same time, however, the goal of the All-Stars was changing from winning to just having a good time. "I think we're gonna lose," said All-Stars' forward Ronald P. Hill. "But it'll be fun."

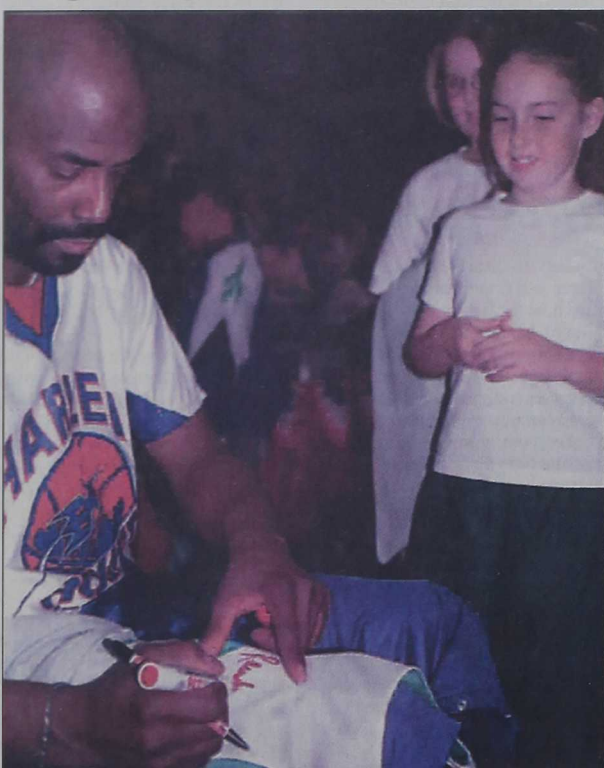
At half-time, the Rockets made sure everyone was enjoying themselves by inviting the audience and players to dance. The Rockets then stuck around to sign autographs and talk with the fans.

While other Rockets were signing autographs, Rainbow asked all the children from the audience to join him in a game. The purpose of the game was to catch the basketball without dropping it. The children formed a circle around the Rockets' comedian and had to be ready for the ball to come from all angles. Only three out of the approximately 20 children who participated made it to the end where "Rainbow" then recognized them and sent them back to their seats.

By the end of half time, the Rockets agreed to adjust the score so that both teams were even. Unfortunately, the 10-point handicap could only help the All-Stars so much. It did not take the Rockets long before they were back in the lead. "I can't knock them, they are trying hard," said Rockets "Dancing" Shane Woney, when asked about this thoughts concerning the All-Stars.

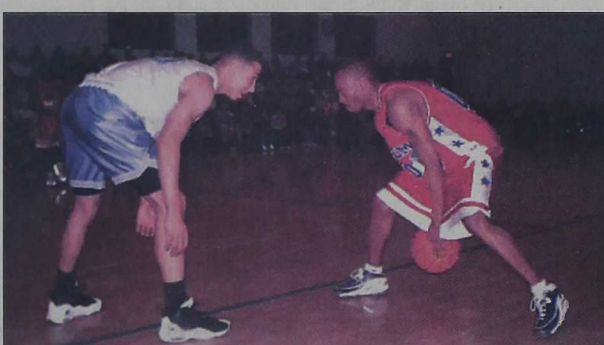
Toward the end of the game, all competitive thoughts were gone. "Rainbow" took out a skateboard and circled around the court while the players began dancing. All fans and audience participants began dancing and celebrated the Rockets 73-83 victory.

As a result of the loss of competition, everyone was able to have a memorable good time and make the event a success.



LCpl. Jonathan E. Agee

The Harlem Rockets were on hand for autographs.



LCpl. Jonathan E. Agee

The Harlem Rockets teased the New River Allstars at every opportunity.

1999 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIPS

Boxing

Armed Forces (USN Host)
Feb. 7-12
Kelly AFB, Tx.

Cross Country

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

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.

Basketball (Women)

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

Wrestling

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

Volleyball (Men)

East Coast Regional
Apr. 4-10
MCAS Cherry Point, N.C.
West Coast Regional
Apr. 4-10
MCB Camp Pendleton, Calif.

All-Marine Trials
Apr. 11-May 1
MCB Camp Pendleton, Calif.

Armed Forces (USAF Host)
May 2-8
Randolph AFB, Tx.

Volleyball (Women)

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

Triathlon

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

Softball (Men)

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

Softball (Women)

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

Golf

All-Marine Trials
Aug. 8-14

MCB Camp Lejeune, N.C.
Armed Forces (USMC Host)
Aug. 15-21
MCB Camp Lejeune, N.C.

Soccer (Men)

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

Soccer (Women)

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

Marathon

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

Q&A

Ideas for athletic facility improvements on base



MSgt. Jonnie L. Jackson
HQSVCBN II MEF

"I guess the improvement I would like to see is the conditions of the outdoor basketball courts. I would like to see all the hard courts get changed over to the new soft surface, to reduce injuries."



Sgt. James L. Griffin
HQSPT BN

"The fitness centers are pretty good but they are too crowded."



Cpl. Kevin T. Boyle

"What I would like to see is more pull-up bars and other facilities, instead of each unit having picnic tables for smokers. This may even cut down on the gyms being so crowded."

MEU from 1B — movies, television shows and recently played sporting events, but oftentimes they are broadcast up to a week later than their original airdates. The only other live broadcast event during this deployment was the National Collegiate Athletic Association Division IA National Championship Football game between University of Florida and University of Tennessee. It was broadcast by the same system that brought the most annually regarded football did, but didn't have the impact of the Super Bowl.

"It was good for the troops in a positive way because the Super Bowl is so big for Americans," Cpl. Clay Duplantis, a New Orleans, La., artilleryman with Guns Platoon, Fox Battery 2/10, BLT 1/6. "It is

the biggest sporting event in America and being able to watch it really felt like a holiday."

"It definitely improved morale for us," Leveseur said. He added that usually most of the Marines and Sailors he works with talk about wanting to be back home on a routine basis, but the following day much of the talk revolved around the game.

The broadcast didn't end all of the problems associated with being away from home like homesickness, but it did help draw the Marines and Sailors out of the ship's everyday routine. While there are still three months until homecoming, the Sailors and Marines will have one more memory from this deployment that made them feel closer to home, Super Bowl XXXIII live.

JORDAN from 1B — amazing player. He stands 7-1 and weighs more than 300 lbs. That alone is a sight. He shatters rims, goes coast to coast, raps and acts. He lives and plays in the entertainment capital of the world. He still seems to be uncomfortable around cameras and microphones but that has nothing to do with game. He is, straight up, the most dominant big man in the game since Wilt Chamberlain.

Tim Duncan can flat out play too. He moves around like a guard, blocks shots like nobody's business and compliments his teammates as well as anybody else. He is another one of those boys that heeded his parents'

advice. He's well educated and still learning the game. He'll help take basketball to a new level.

A guy that is really fun to watch and explodes on the court is Allen Iverson.

Too bad he's such a punk. He's always talking about how he doesn't care about who came before him and how he doesn't owe anybody any respect. Agreed, you don't have to care or feel indebted but just shut up and play, punk.

There are many others around the league that can play some serious ball too. In fact, too many to list in detail.

Penny Hardaway seems to be missing that take charge tough-

ness. Kobe Bryant's a stud but he's more of a new Dominique Wilkins type with his, gimme the ball and watch this mentality. Gary Payton's too old and chews his gum way too hard. Keith Van Horn is too nerdy (sorry). Antonio McDyess is going to break his arms some day the way he monsters that ball through the hoop.

There are so many awesome names and players. Antoine Walker, Steve Smith, Vince Carter, Kevin Garnett, Jason Kidd and Damon Stoudamire are just a few of the stars that make this league such an awesome spectacle.

It's too bad the NBA will never be as big as it was with Jordan. That's a tough act to follow.

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 \$20 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.

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 at 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 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 450-4463/353-310.

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 freestyle 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.

HUNTING SAFETY

The Onslow County Parks & Recreation Department and the N.C. Wildlife Resources Commission will be cosponsoring a Hunting Safety Class. The class will be held Feb. 22-24 from 6-9 p.m. at Blue Creek Elementary School. There is no charge for the class but preregistration is required at the Onslow Pines Park Administration Office. Deadline to preregister Feb. 19. Class size is limited. For more information, call the department at 347-5332.

CHEERLEADING CONTEST

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

BONNYMAN BOWLING CENTER

The Bowling Center will be presenting \$1.25 per person, per game all day Sunday and Monday. For more information, call 451-5121.

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.

TRIATHLETES

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

10K RUN

Oak Island Lighthouse will be presenting a 10K run April 10 from 9 a.m.-noon. Entry fees are \$15. For more information, call 457-6964.

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.

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.

SCOREBOARD

INTRAMURAL OFFICE: (910) 451-2061

INTRAMURAL BASKETBALL

BULLS DIVISION

1 MED 'A'	13 - 3	6 HQSPT 'A'	8 - 8
2 BSTS	12 - 4	7 2/10	6 - 10
3 SUPPLY 'A'	11 - 5	8 5/10	1 - 15
4 8TH COMM	11 - 5	9 2D RAD	0 - 16
5 MAINT BN	9 - 7		

ROCKETS DIVISION

16 - 2	6 2D TANK	8 - 10
15 - 3	7 CEB	7 - 11
13 - 5	8 SOI	4 - 14
12 - 6	9 LSSS	3 - 15
9 - 9	10 MED 'B'	1 - 17

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

SUMMER FIRE and ICE BIATHLON

SATURDAY, 20 FEBRUARY 1999

0900

F-11 RANGE, SNEADS FERRY ROAD
MCB, CAMP LEJEUNE,
NORTH CAROLINA



- ❖ 5K Run with 2 shooting stops
- ❖ Equipment and instructions provided
- ❖ BEGINNERS WELCOME
- ❖ Awards, refreshments, and FUN!

Free Clinics: 13 Feb, 0900, F-11 Range and 20 Feb, 0730, F-11 Range (Race Site)

EXPERIENCE THE EXCITEMENT OF ONE OF THE WINTER OLYMPIC'S MOST CHALLENGING SPORTS!

EVENT DESCRIPTION

The race begins with a one mile run (interval starts).

Runners arrive at the shooting range, walk to a firing line, lie down, pick up the rifle, shoot five shots at the metal target from 25 meters, get up and run lap two.

After one mile runners return to the firing range, and shoot five shots standing.

The race ends with a 1.1 mile "dash" to the finish. The total running distance is 5K.

Runners are rewarded for each target hit during the firing stages. 15 seconds is subtracted from your overall time for hits in the prone position and 30 seconds for each hit in the standing position.

The .22 rifle used does not kick back and is easy to shoot.

BEGINNERS ARE WELCOME

OPEN TO THE PUBLIC

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SENTRA* Lasting dependability; spirited performance.



PATHFINDER* For civilized adventures.



QUEST* Family fun with a grown-up point of view.



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'98 MUSTANG GT LOW MILES! \$17,995	'97 QUEST XE LOTS OF ROOM! \$18,995	'96 TOYOTA RAV 4 AUTOMATIC \$14,995	'96 MITS. ECLIPSE AUTOMATIC \$14,995	'98 CONTOUR GL VERY NICE! \$11,495
'98 SIDEKICK 4 DOOR \$15,495	'98 HONDA PRELUDE BRAND NEW! \$22,995	'98 DODGE STRATUS AUTOMATIC \$12,995	'96 RANGER XLT NICE! \$7995	'98 GEO TRACKER VERY NICE! \$10,995
'97 GRAND AM SE REALLY NICE! \$10,995	'98 MITS. GALANT ES GREAT CAB! \$14,995	'97 GEO METRO AUTOMATIC \$6995	'97 GRAND AM GT LOW MILES! \$12,995	'97 FORD ASPIRE AUTOMATIC \$7995
'96 GRAND CHEROKEE 2 TO PICK FROM! \$12,995	'97 FORD ESCORT 4 DOOR \$9495	'94 GRAND AM SE VERY NICE! \$6995	'96 ESCORT LX CHOICE FROM! \$7495	MANY MORE To Choose From



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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.

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.

FashionFORECAST

Indulgent Intimates Are The Key To Fashionable Dressing

(NAPS)—Dressing from the inside out has never been more comfortable or more fashionable. From pretty and indulgent day-wear to shapewear that makes slimming down a snap, intimate apparel has gone high-tech to combine fashion with function. The intimate secret to looking and feeling great is pampering yourself with comfortable and indulgent lingerie.

Luxury is the new keyword for intimate apparel, as women are discovering the decadent joy of dressing from the inside out. Designers are creating intimates made with luxurious fibers that caress the skin, giving the garments you wear closest to your skin the softest touch.

Fashion forward manufacturers such as Wacoal®, ON GOSSAMER®, Bodyslimmers®/Nancy Ganz® and Natori II have recognized the trend toward pampering yourself and are using luxurious Micromattique® microfiber in their intimate apparel collections to create richly soft, comfortable and versatile silhouettes that inspire beauty from the inside out. Intimate apparel trends that are certain to top women's intimate wish-lists include:

- Seamless collections, such as the Wacoal® bodySuede® group, make intimates virtually invisible under garments, for a smooth, polished look under even the sleekest fashions.

- Richly lavish velvet bra cups and bustiers from ON GOSSAMER® are made with Micromattique® microfiber and LYCRA® and offer a comfortable, second-skin fit.

- High-tech blends of Micromattique® and LYCRA® in collections such as Bodyslimmers®/Nancy Ganz® provide easy-to-care for intimates that gently shape the body for a flattering hourglass figure under your after-five party attire.

- Athletic-styled intimates from manufacturers such as Natori II offer sleek high-cut panties, boyshorts and bandeau bras, updated with sports-inspired ticking on waistbands and bra straps.

"Designers are meeting the

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BASKETBALL

Boys Coach: Doug Erny

Girls Coach: Debbie Bryant

Feb. 15-20 Conference

DIXON

Feb. 22-27 Sectional

Mar. 2-6 Regionals

Mar. 13 State

WRESTLING

Boys Coach: Tom Childs

Feb. 12-13 Regionals

Williamston

Feb. 19-20 State

Charlotte

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■ MONDAY - FRIDAY 2:30 - 5:30 p.m.

■ SATURDAYS 10 a.m. - 2 p.m.

■ WORKDAY HOLIDAYS 7:30 a.m. - 5:30 p.m.

JACKSONVILLE COMMONS RECREATION CENTER

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.

INTRAMURAL VOLLEYBALL SCHEDULE

Feb. 22

6:30 p.m. 8th ESBn vs PSD

7:30 p.m. MCB, Hq vs Med Log

8:30 p.m. 2d Rad vs 2d Tank

Feb. 23

6:30 p.m. Dental Bn vs Med Log

7:30 p.m. 8th ESBn vs 2d Tank

8:30 p.m. MCB, Hq vs 2d Rad

March 1

6:30 p.m. PSD vs 2d Tank

7:30 p.m. Dental Bn vs 2d RAD

8:30 p.m. 8th ESBn vs MCB, Hq

DELIGHTFUL IDEAS DEPARTMENT

Find Your Local Hidden Treasures



Fascinating travel destinations can be found nearby, without a lengthy trip.

(NAPS)—How well do you know the area where you live? Have you ever taken the opportunity to really explore? Sometimes the most interesting sites are really "right in your own backyard."

A local adventure can make a terrific weekend outing. Here are tips on doing so easily and affordably from the travel experts at Kampgrounds of America (KOA).

- Wonders of your world.** Those phenomena, created by time, erosion, glaciation or other natural forces are often the most amazing. Caves and caverns offer wonderlands of fascinating formations.

- Wander through a scenic area.** On foot, on mountain bikes, or even a driving tour may offer the best vantage points. Most scenic areas offer various options and venues to explore.

- Trust your animal instincts.** Nearby wildlife refuges, wetlands, or habitats offer opportunities to learn about inhabi-

tants, and view them in their natural state.

- Historical journeys.** Many areas offer restored or recreated towns, farms, ranches, orchards, mines, or other glimpses into the past. Many even staff their sites with volunteers in period costumes.

- Round trip.** Set out on a "loop" tour and visit various venues along the way. Spend the night at the far end of your loop, and return at your leisure the following day.

- Camping** is a great way to get away on a budget. It's easy to camp when you stay in a Camping Cabin. These cozy log structures have lockable doors and sleep up to four people on woodframe beds with mattresses; most also have electricity.

Free Directory

Start planning your trip with a copy of the KOA Directory, Road Atlas and Camping Guide, available free at any KOA Kampground location or check out the Web site at www.koakampgrounds.com.



The word "doll" came into use around 1750, probably from the Greek word *eidolon*, meaning "idol."

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	STEP	AERO-BOX	
TT FITNESS 6:45PM	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 Cycling:** 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:** Outside dress appropriately. FOR MORE INFORMATION CALL 451-1801.

National Partnership Feeds Homebound Seniors 'Senior Helpings' Initiative Alleviates Waiting Lists For Hot Meals

(NAPS)—An estimated 35 million Americans, many of them elderly, live in hungry households. According to a recent study by the U.S. Conference of Mayors, 65 percent of cities surveyed reported an increase in requests for food assistance by elderly persons.

But thousands of hungry seniors will no longer have to wait for deliveries of hot meals in New York and other cities nationwide, thanks to a national partnership to help alleviate hunger among the homebound elderly and eliminate waiting lists for meals.

The partnership—announced by the National Meals on Wheels Foundation—will provide food and support for nearly one million meals in 22 states. This \$2.1 million "Senior Helpings" initiative is being underwritten by Philip Morris Companies Inc.

Fifty-seven organizations across the country that are developing avenues to eliminate waiting lists for meals-on-wheels and feed hungry seniors have received "Senior Helpings" grants. One such organization—Citymeals-on-Wheels of New York City—helps prepare and deliver over 1.5 million meals to some 13,000 elderly shut-ins each year.

Other agencies receiving "Senior Helpings" grants include: a program for homebound seniors recently discharged from hospitals in Gardner, Arizona; a Northeast



Mississippi agency on aging that will eliminate its waiting list of more than 100 seniors; and a pilot for-profit frozen meals program in Bridgeport, Connecticut, that will generate revenue to support subsidized meals for poor and disabled elderly persons.

"The number of elderly Americans who face the threat of hunger has grown steadily," says Connie Benton Wolfe of the National Meals on Wheels Foundation. "We need to ensure that thousands of these frail and isolated seniors do not go hungry. Through its 'Senior Helpings' initiative, Philip Morris is setting a national example for other corporations to follow."

Since 1990, the Philip Morris family of companies has contributed more than \$130 million to fight hunger in America, including direct grants to hunger and nutrition programs and product donations from its subsidiary, Kraft Foods, Inc.



Bayonets are believed to have been invented by Basque soldiers in the 17th century who stuck their knives at the ends of their muskets after running out of gun powder on the Bayonette Ridge.



The city of Pasadena, California derives its name from an Indian word meaning "valley between the hills."

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New Decorating Option: No-Tarnish Polished Brass Faucets

(NAPS)—An increasing number of homeowners are taking a shine to a new decorating option—no-tarnish polished brass faucets.

In the past, many homeowners shied away from traditional polished brass finishes because the finishes could easily be scratched and afterwards required extraordinary care. However, today's advanced technology has led to the creation of a polished brass finish that will not tarnish, corrode, flake off from UV light exposure, or discolor. Called LifeShine, it was developed by Moen, the number one brand of faucets in North America. The company recently added titanium to LifeShine, making it even more durable than conventional polished brass finishes. It is also the only titanium strengthened finish available with the true color of polished brass.

The finish is said to be so scratch resistant that it can stand up to steel wool, not to mention normal wear and tear from standard household cleaners. Even if the faucet is dented, the finish will not come off. It's also resistant to salt spray and humidity making it an ideal choice for homeowners on either coast.

The precision surface engineering technology behind the LifeShine finish is based on the advanced technology used to protect the space shuttle. The result



New decorating ideas for kitchen and bathroom faucets continue to flow. The latest is a new titanium strengthened polished brass finish from Moen, called LifeShine, that is guaranteed not to tarnish.

of this process binds some of the toughest molecules in nature to create one of the hardest and most durable finishes in faucets.

Available on all of Moen's polished brass faucets, the titanium strengthened LifeShine finish opens up new decorating options as kitchen faucets, which take the most abuse of any faucet in a house, as well as those in family bathrooms, can now safely feature the upscale look of polished brass.

Moen faucets also feature the patented, trouble-free, washerless Moen cartridge, a lifetime limited warranty against leaks and drips and a lifetime guarantee against tarnishing on the LifeShine finish.

More information is available by calling 1-800-BUY-MOEN or on the web at www.moen.com.

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web watch

(NAPS)—The new home page from The American Occupational Therapy Association, <http://www.ota.org> offers free information about health issues.



Travelers can use online information to research and plan a vacation using the U S WEST Dex Internet Yellow Pages online at <http://uswestdex.com>.

To learn about Intel's small business networking products, visit the Web site at www.intel.com/network/smallbiz/.

The Kraft Interactive Kitchen Web site (www.kraftfoods.com) lets consumers get recipes sent to their personal computers.

Legislation currently being processed could regulate access to information in a way that may adversely affect education. To learn more, visit the Web at www.hrrc.org or call 1-800-282-3273.

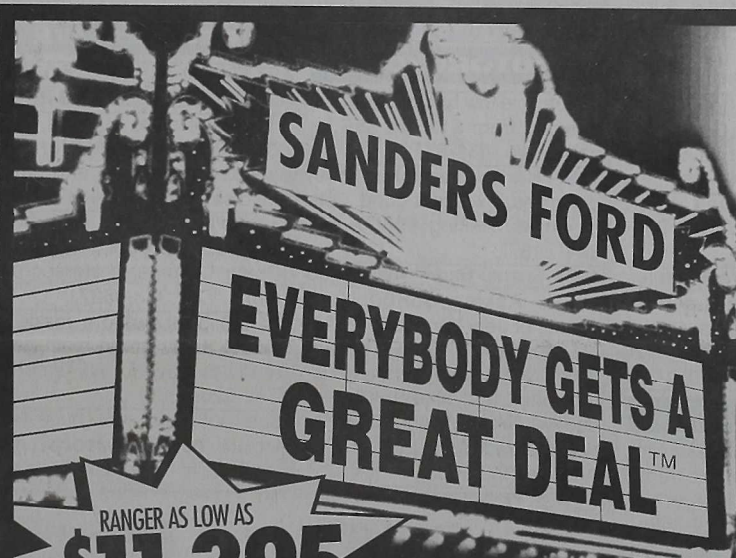
FREE THINGS TO SEND FOR

(NAPS)—To find out about protective coatings, write The Powder Coating Institute, 2121 Eisenhower Avenue, Suite 401, Alexandria, VA 22314 or visit the website at www.powdercoating.org.

For useful information on home equity loans, call The Associates at 1-800-458-0040, or visit the company's Web site at www.theassociates.com.

For information on proper pet care and nutrition, call the Iams Pet Professionals toll free at 1-800-863-4267, Monday through Saturday, 8 a.m. to 8 p.m., Eastern Standard Time, or visit the Iams Web site at www.iams.com.

If you no longer have useful hearing with the help of the strongest hearing aids, you can call the Cochlear Implant Information Center at 800/458-4999 (Voice) or 800/483-3123 (TDD), or see www.cochlear.com on the web.



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Globe Trader Ads

AUTO

For sale F-150 2wheel drive auto., 302 engine, runs good, new bed liner and sliding rear window, \$2,200 firm, 938-1953.

'88 Ford p/u, F-100 (blown engine), \$475. '82 Chevy Cavalier, (AT/AIR), \$495, needs carb., 456-8770.

'74 350 long diesel farm tractor, some equipment, good, cond., 347-4572.

'81 Corvette 350, auto, ac, pw, pl, excellent cond., \$9,200 obo, 395-2887.

'80 Toyota Tercel, 2 dr, needs com, cosmetic work (rust), 4cyl auto, \$400 obo, 455-4995.

'80 Jeep CJ-7, excellent cond., hard top/bikini top, \$5,000, 577-0197 '84 Nissan Sentra, great driving car, \$3,000 obo, 376-6397.

'84 Nissan Sentra, 2dr white, auto, 44k miles, outstanding cond., \$2,000 obo, 326-6937.

'85 Olds Cutlass Supreme, needs some work, \$400 obo, 353-9097.

'87 Jeep Wrangler YJ, new radiator, carb, exhaust, tires, soft top and more, white, asking \$4,500 obo, 353-8188.

'89 Ford Bronco, full size 4x4, Eddie Bauer, loaded, great shape, 124k miles, \$5,500, (252) 633-5966.

'89 Honda Accord, blue, 4dr, ac, \$3,500 obo, 324-3460.

'92 Geo Prizm, grey, 4dr, auto, ice cold ac, immaculate cond., one owner w/ 87k miles, great on gas, runs like a top, \$3,500, 577-6662.

'92 Jeep Wrangler, 4cyl, 97k miles, wide tires and flares, ex. cond., \$5,995, 455-0382.

'93 Toyota Tercel, red, 4spd., detachable face radio, new speakers, excellent cond., excellent gas mileage, \$3,900, 938-1428.

'94 Lincoln Continental Signature Series, white/blue leather, V6, everything power, CD changer, pay off loan a t MFCU, 346-8316.

'94 Ford Thunderbird, low mileage, ex. cond., sun roof, keyless entry, ps, pw, pl, pm, auto, V8, ac, \$10,000, 937-0668.

'95 Pontiac Grand Prix Special Edition, white, CD, pw, ps, alloy wheels, keyless entry, excellent cond., warranty, 49k miles, 938-9392.

'95 Chevy Silverado, red, ext. cab, sport side, fully loaded, \$14,000, 324-2800.

'95 Ford F-150 XLT V8, power everything, tint, sliding rear window, tow pkg., tranny & oil cooler, custom wheels, red w/ grey int., bedliner, well maintained, \$12,000, 326-7454.

'95 Saturn SC-1 white 2dr, auto, power everything, sunroof, 63k miles, reg. oil changes and maint., new tires, great cond., \$8,500 obo, 455-2014.

'95 Saturn SC-2, 5spd., white/leather, pl, pb, ps, pm, pwr sunroof, great gas mileage, woodgrain trim, outstanding cond., 10 disc Kenwood changer, 353-8705.

'95 Chevy Sonoma, blue, 6cyl., 5spd, ac, great cond., take over payments, 577-7249.

'95 Nissan 200 SX SE-R, red 2dr, 5spd, 140hp, pw, pl, sunroof, \$10,000 obo, call 456-1979.

'97 Ford Escort, \$7,300 below blue book, must sell, excellent cond., 577-6486.

'94 Chevrolet Berretta, automatic 4 cylinder, call 938-2940.

'98 Dodge Neon, white 4dr., 17k miles, ac, CD, clean, \$11,000 or take over payments, 456-3324.

'98 Hyundai Excel, 4dr, 5spd, white, needs new tire, great work car, am'fm cass., \$1,500 obo, 577-8047.

'98 Dodge Durango, excellent cond., leather, extra seat, tow pkg., and many other extras, must sell, 353-0527.

BOATS/REC.

SCUBA gear, Dacor BCT BC, Turboflex fins and 8lb. weight belt, new cond., \$150 obo, 324-230820.

20" boys bike, motorcycle style, excellent cond., \$50.20" girl's bike, excellent cond., \$35 obo. 16" girl's and boy's bike, \$25, w/train. wheels, \$30, 353-1335.

'86 Sunline camper, 17.5', sleeps 6, stove, fridge, ba w/ shower, good cond., \$2,000 obo, 326-2398.

16' Coleman canoe, ex. cond., \$300 obo, 326-2398.

'89 Coleman Chesapeake pop-up trailer, good cond., new tires, queen and double beds, \$2,500 obo, 353-8755.

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

Boat, 21' Dolphin w/o motor, open bow, new seats, \$500, 326-4027.

Trek, 54cm, 5500 road frame and fork only \$800, complete bike, \$1,700. 52cm road bike, \$450. 52cm road bike, \$650.

Helmets, shoes, bike racks and other components, 347-9167.

'93 Astro SB, 18 ft. w/Suzuki galvanized trailer, rigged and ready, \$6,500 obo, 346-3296.

ELECTRONICS

Kenwood 6 disc CD changer w/ 2 cartridges, \$150. Call 455-4865.

Alpine amp \$100, pioneer amp \$75, Alpine amp \$100, Kenwood tweeters \$75, pioneer 12" subwoofers \$100, computer quickcam \$75, Call 346-4472.

Six disc CD player Kenwood \$275, 150 watt amp Kenwood \$100, Pioneer 150 watt speakers \$70. Call 326-8148.

Philips Magnavox webtv plus w/ exclusive webeye, remote and keypad w/printer capabilities \$235, Canon BJC 250 printer w/cable \$50. Call 577-8047 ask for Moses or Kereama.

Built computer 25mhz, 8xCD, 540 hd \$150, Motorola cordless phone \$40, Call 577-0416.

486/50 mhz CPU VGA color monitor, 8 megs, ram, 16 bit sound card, CD rom dr, 503 mb hard dr, windows 95, \$375, EGA color monitor \$15, Call 455-3798.

Blaupunkt 10 disc cd changer \$100, Call 326-7454.

Compaq Pentium 200mhz 3 meg hd, w/monitor \$800, Call Steve 353-9880

Hewlett Packard deskjet 712 color printer, photo quality, purchase in Nov 98, \$225. Call 355-9331.

Sega Saturn 2 yr. old, w/2 controllers, 8 games, included and game gun, asking \$150, Call 353-8791

FURN./APPLI.

Oak hi/lo entertainment center, excellent cond., \$175. Compact walnut finish computer desk, \$60. Student desk w/lamp and matching computer desk, \$60 for pair. Computer desk w/ hutch, \$80. Call 938-4100.

Brown recliner, excellent con., \$50 or best offer. 353-9164.

Must Sell. Complete king size bed w/mattress, 2 lamps w/ night stands, hide away sofa, 1set couch, 1 wooden kitchen table w/6 chairs. Only one month old. Call 353-8274.

Sofa and Loveseat. Peach, cream, and green. 2 end tables coffee table blonde w/smoked glass top. Good condition, \$300 OBO. Call 938-3386.

For Sale, Loveseat and chair set, \$20. Box springs, \$10. Small vinyl chair, \$8. Entertainment Center, \$35. Bookshelf, \$25. Metal trailer steps, Bassinet, Jenny Lynn crib, girl baby clothes 0-18 mo. Baby car carrier, crib carousel, much more. Call 324-3684.

Computer desk, \$50. Entertainment center \$40. Call and

leave message, 577-0416.

2 end tables, \$15 each. 2 tan recliners, \$40 each. Kitchen table w/4chairs, \$75. Motorized chair for elderly, \$1500. Wheel chair, \$50. 353-2510.

White metal frame bunk bed; twin on top, double on bottom. New mattresses, very nice bed. (252)393-6202, Mark, after 6 p.m.

Sofa sleeper, average wear, tan, \$100. Call 324-3158, leave message.

Couch loveseat and chair, Hideaway sofa, wood table w/ 6 chairs, mattress w/frame, 2 lamps w/night stands. All are a month old, they must be sold. 353-8274.

Pillow back couch and loveseat, seafoam green, one year old, \$500 neg. Washer and dryer, work great, \$300. Must sell, 937-0510.

Queen size sofa sleeper, Blue/ Khaki print. 3 years old, \$300 OBO, must sell! 455-2014.

Refrigerator, Frost-free, almond color with ice maker. Good working condition, \$200. 346-8316.

For Sale. Futon couch and mattress, folds out to comfy queen size bed. Outstanding condition, \$120. Kid's huge solid wood picnic table, Handcrafted, \$40. Call 353-4943.

For Sale. Matching couch, loveseat and chair. Good condition, must sell, \$150 OBO for all three. Call 938-4482.

Whirlpool washer and dryer, \$500 for both, New. Call 355-9632.

Living room set w/end tables and lamps, \$1800. Leather, New. Oak table, seats 4 w/ 2 extra chairs, New, \$300. Call 355-9632.

MISC.

Loveseat and chair, \$20, ent. ctr., \$35, book shelf, \$25, metal trailer steps, porcelain bath tub, \$45 and more, call 324-3684.

Med size dog cage \$25, artificial x-mas tree 6ft. tall \$25/obo. Call 938-0583.

Upside down gravity exerciser \$95, wooden ski exerciser \$65, Floor safe \$75, 55 cup coffee pot \$45, commercial display cases for books, VCR tapes, etc., old vanity \$125. Call 456-8770.

Tire 2 P205/75 R15 for VW \$35 for both, 4 P195/70 R14xP2000 for Nissan \$65, rubber Kenco truck be mat 4x7 1/2 by 7", 1" \$45, Call 456-8770.

Mess dress, Capt. insig, 44L top, 36 trou., sword 34", silver marine raider stiletto wood case, 34" duty belt make offer. Call 455-2371.

GE breadmaker 1yr. Old \$20, Chrysler am/fm stereo fits any 1986 or older Chrysler vehicle \$25, Call 353-3211 after 5 p.m.

All Terrain tires, 31x10x15 \$75 for both, tires P215/75 R15 \$40 for both. Call 937-0510.

Electric polisher/sander 7", 2 spd, new \$64, asking \$30. Call 326-1264.

Camper shell for small bed, \$125. Call 355-1990.

New unique body for turbo hydromatic 400, \$60. Highboy dresser w/ 6 drawers, \$150, 326-4027.

Fence, chain-linked, 136', w/ gate and 8 corner poles, \$300, 355-2499.

Rugs, bound, off white, first two-story, \$75 each, 355-2499.

Riding lawn mower, needs starter, asking \$375 obo, 5pc, stereo component, inc. cabinet, \$550 obo, 346-9202.

Victorian french sofa, flowers, lots of pillows, \$250. Proform treadmill w/ extras, pulse monitor, etc., excellent cond., \$250. Lifecycle exercise bike w/ arm exerciser, \$100. Misc. furnishings, 347-6201.

Enlisted uniforms, for sale, Alpha, Blues, sz. 42L, 577-3477.

Baby items for sale, deluxe

exersaucer, Bassinet front pack carrier, door jumper, clothes and much more, 326-1911.

Trailer for sale, \$150. Trailer lot for rent, will hold 14x60, 347-2066.

Drums Cretsch kit, inc. all stands, stool and cymbals, \$750, 455-0382.

Cammies, summer weight, new, all pockets have velcro, six pair, \$40 each. Cammies, winter weight, new, 1 pr, \$40. Cammy trousers, one pr., new w. velcro, 346-4472.

Ski machine, will trade for most anything, ex. cond., 455-2776.

Dress blues, size 42R w/ velcro neck anodized buttons, \$85. Vitamaster treadmill w/ 5spd, 4125 obo, 326-4219.

Baby bouncer, \$10, stroller/infant seat combo, \$60, antique bassinet, \$20, newborn - 4yr. clothes, \$2 ea., call 938-1973.

Kid caboose, holds two children, new, \$75. reek vacuum, \$10. golf clubs, CD player, 577-3556.

Limited Edition 1952 Topps rookie card of Mickey Mantle in pure 22kt gold, embossed on both sides, \$50, 347-5469.

Beanie babies, Nascar girls size 5 clothes, Small and medium maternity clothes, brass candlestick holders (box), 326-8148.

MOTORCYCLES

Motorcycle tow bar for car/truck, reduced from \$125 to \$85 for quick sale. 456-8770.

1997 Harley Sportster 1200, low miles, excellent cond., lots of extras. Asking \$9300, call 324-7467.

1997 Suzuki Bandit 600S, 600 miles. Asking \$5800. Call James or Jennifer at 355-2198.

'94 Honda CBR600F2, 6,000 miles. New battery and tires, custom paint job, bike has never been wrecked. Asking \$3950 or possible trade for Dualsport. Call Adam at 353-5683.

1990 Harley Davidson 883 w/ extras. \$5500 firm. Call Steve at 353-9880.

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

PETS

2 adult dogs; 1 female, 1 male. Both have up to date shots. Female is spayed, male is neutered. Looking for good home, prefer mature person/family. Call 577-5109 anytime.

Horse for sale. Already boarded at base stables. 12 year old thoroughbred cross bay Geldine. 16 1/2 hands tall, ridden by 13 year old girl. Transferring overseas in June, \$1500. Call 355-0929.

To a good home. 5 month old grey/black Tabby cat (boy). All shots up to date, all accessories included, \$50. Call James or Jennifer at 355-2198.

White German Shepherd puppies, \$200. Call 346-5145.

14 month male Beagle. House trained, playful and loving, is used to being fenced in. Call Dee Murdy at 326-5169.

Free to good home, Black Lab and Lab/Dalmation mix. Both fixed with all shots. Moving, call 326-5438.

REAL ESTATE

'97 Fleetwood 14x80 3bd, 2ba, only \$310/mo. Call 353-2630.

House for sale, 3 yr old, 3bd, 2ba, 2 car garage, fenced/wooded back yard and satellite dish system. Call 326-2398.

For sale, 4bd, 2ba, with many extra's, located 6 miles from Camp Lejeune in Horsecreek farms. Call 353-0527.

14x80 3bd, custom made, 5 min to piney green main gate, ready to move in, \$350/month, Call 326-7280.

3bd, house for rent, huge yard for kids, new vinyl windows, ceiling lights and fan, Call 346-9202.

1996 Oakwood mobile home 14x80, spacious 3bd, 1 1/2 bath, setup in Hubert, asking price \$54,900, Call 256-6821.

For sale 3bd, 2ba, 2 car garage, on Gum Branch, \$54,900, Call 256-6821.

For sale 3bd, 2ba, Hampstead, newly renovated, Call 392-5891.

14x70 Fleetwood, 3bd, 1 1/2 bath, ceiling fans, deck, shed, 1/2 acre lot, 3 miles from gate, \$13,000, Call 353-0436.

For rent, 3bd, private fenced yard, Call any time 455-0382.

Large double wide 3bd, 2ba, screened in porch with all extras on large lot in the country, mins from back gate, 327-0207 after 5p.m.

1996 14x76 Mansion 3bd, 1 1/2 bath, fireplace, island kitchen, spacious only, Call 577-3477.

YARD SALE

Yard Sale, tomorrow, 8 - 12 p.m. Weather permitting, Trammell Ct. Hunter's creek. Cloth electronic typewriter, vacuums, sofa. Call 353-7387.

Garage Sale, multifamily. Living room furniture, dressers, shelves, crib, outside yard to kid's clothes, many, many things. 2510 Seth Williams Blvd. - Feb. 13, Sat. only a.m. - 12 p.m. Call 355-2510.

WANT/LOST/F.

Wanted. Small outboard engine, 10 - 15 hp, any condition. Call 577-3477.

Wanted. Motor home, 14' house. Call 455-2776.

Lost: valuable, white gold pendant from the 1920's, call 938-2940.

Don't throw away records, I collect tapes, records & equipment. I'll pick-up any record call 455-2776.

Found. Lab Puppy found at entrance of Hunter's Creek. Please call to claim: 353-9611.

TRADERS

HOW TO PLACE YOUR FREE TRADER AD

The Globe, Camp Lejeune, N.C. February 12, 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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(Attn: Public Affairs Office)
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Camp Lejeune, NC 28542-0004

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I certify that I have read and understand the above information. I certify that I am not involved in any commercial enterprise and if requesting advertisement for rent or sale of a house or trailer, it is available without regard to race, creed or religion.

Signature	Rank	Organization
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Home Phone		
Work Phone		

GLOBE TRADER ADS

s Your Child At Risk?

Preventable Injuries Main Leading Killer...

NAPS)—Each year one out of children 14 and under are hurt enough to need a doctor or a hospital. In fact, preventable injuries kill and disable more children than kidnapping, drugs and abuse combined—making injury the #1 risk facing children. Where are children at risk? Fifty percent of these non-fatal injuries occur in and around the home.



Your child's size, age, and curiosity can place him or her at risk," said David Oliver, director of community relations for Lowe's Home Improvement Warehouse. "By utilizing simple safety products and making simple changes to your home you can dramatically reduce the chance of your child sustaining an injury."

Every room in your home has potential safety hazards. Here are a few ways parents can make their child's bedroom a safer place:

- Anchor bookshelves and tall dressers to the wall.
- Make sure the toy chest has a safety hinge so that the lid can't fall on your child. The lid of the toy chest should not lock shut.
- Don't tie decorations or toys to crib rails.
- Keep a humidifier out of your child's reach. Clean it daily to prevent germ build up.
- Keep electric cords out of reach and out of sight.
- To learn more about how you can child-proof every area of your home, call the Lowe's Home Improvement Council's toll free number, 1-800-SAFE-HOME, for a free magazine, *Protect Your Child: Simple Solutions to a Safer Home*.

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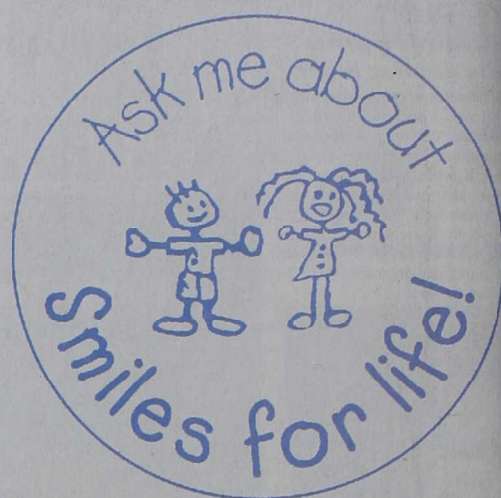
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Smiles for Life:

Local Dentist Donates Tooth Whitening to St. Jude Children's Research Hospital



Jacksonville, NC - Dentists across the country are kicking off "Smiles for Life," a tooth-whitening campaign that will raise funds for St. Jude's Children's Research Hospital in Memphis, Tenn.

The Crown Council, a group of more than 700 dental teams from across North America, created the three-month program last year as part of their commitment to improve the health and wellness of their local communities. In the program's first year, dentists raised \$1.5 million for cancer research and treatment. Participating dentists provide patients dental whitening services free of charge in exchange for a charitable contribution to the Smiles for Life Foundation, which in turn will contribute the money to St. Jude Hospital.

"Tooth-whitening is becoming very popular," said Dr. Emmet Jones who practices in Jacksonville. "In fact, it's one of the most requested dental procedures in the country. It's simple to accomplish and the results can be dramatic. We're excited that we can perform this service for patients and help the kids at St. Jude Hospital again this year."

The tooth-whitening procedure involves preparing a mold of the patient's teeth so that a customized whitening tray can be created and worn at home. Discus Dental, manufacturer of Nite White™, is donating its product to participating dentists for the "Smiles for Life" campaign.

"Because the dentists are donating their service and Discus Dental is donating the supplies, we're able to give 100 percent of the money we raise to the hospital," said Dr. Jones. "We hope to double our first year's total and raise \$3 million this year."

St. Jude Children's Research Hospital, in Memphis, Tenn, was founded by the late entertainer Danny Thomas. The hospital is internationally recognized as the only biomedical research center dedicated exclusively to finding cures for catastrophic diseases of childhood, including pediatric cancer and AIDS. The hospital's work is primarily supported through public contributions raised by ALSAC, it's fund-raising arm. All St. Jude patients are treated regardless of their ability to pay. ALSAC covers all costs of treatment beyond those reimbursed by third party insurers, and total costs for families who have no insurance.

"You might wonder why a dentist in Jacksonville would want to support the efforts of a hospital in Memphis," said Dr. Jones. "St. Jude Hospital is a research center, and they share what they find with doctors and scientists all over the world. A life saved at St. Jude Hospital will eventually mean thousands saved all around the world." The protocols developed at St. Jude Hospital have raised the survival rates for the most common form of childhood cancer (acute lymphoblastic leukemia) from 4 percent when it opened in 1962 to 80 percent today.

For more information on "Smiles for Life," call Dr. Jones at 1-910-455-2151 or you can call in United States or Canada toll-free (877) 4 SMILES.



Emmett M. Jones, D.D.S.

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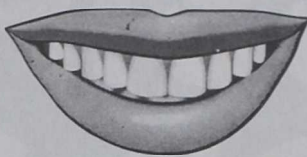
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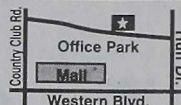


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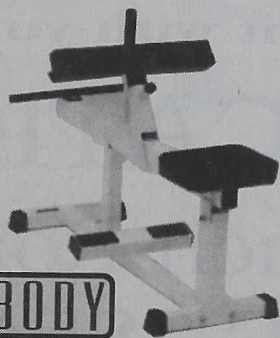
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P205/75R15	\$47.00	\$37.00	
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P235/75R15	\$53.00	\$42.00	
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31X10.50R15LT	\$95.00	\$81.00	
32X11.50R15LT	\$104.00	\$88.00	
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 50,000 Mile Limited Warranty
 S Speed Rated
 PERFORMANCE

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P185/60R14	\$59.00	\$47.00	
P195/60R14	\$61.00	\$49.00	
P195/60R15	\$61.00	\$49.00	
P205/60R15	\$62.00	\$49.00	
P195/50R15	\$67.00	\$53.00	
P205/50R15	\$72.00	\$57.00	
P185/70R14	\$57.00	\$45.00	
P195/70R14	\$59.00	\$47.00	
P205/70R14	\$62.00	\$49.00	
P225/70R14	\$65.00	\$52.00	
P215/70R15	\$65.00	\$53.00	
P225/70R15	\$68.00	\$54.00	
P235/70R15	\$70.00	\$56.00	
P255/70R15	\$75.00	\$60.00	
P215/65R15	\$69.00	\$55.00	
P215/60R14	\$66.00	\$53.00	
P235/60R14	\$70.00	\$56.00	
P235/60R15	\$72.00	\$57.00	
P255/60R15	\$76.00	\$61.00	
P275/60R15	\$81.00	\$65.00	
P295/50R15	\$97.00	\$78.00	

Firestone
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 P155/80R13
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 PASSENGER

FR440			
SIZE	REGULAR PRICE	SALE PRICE	
P165/80R13	\$44.00	\$33.00	
P175/80R13	\$46.00	\$34.00	
P185/80R13	\$47.00	\$35.00	
P185/75R14	\$50.00	\$37.00	
P195/75R14	\$52.00	\$39.00	
P205/75R14	\$55.00	\$41.00	
P215/75R14	\$57.00	\$43.00	
P205/75R15	\$57.00	\$43.00	
P215/75R15	\$59.00	\$44.00	
P225/75R15	\$61.00	\$46.00	
P235/75R15	\$64.00	\$48.00	
P185/70R14	\$50.00	\$37.00	
P205/70R14	\$54.00	\$40.00	
P215/70R14	\$57.00	\$43.00	
P215/70R15	\$59.00	\$44.00	
P225/70R15	\$61.00	\$46.00	
P175/70R13	\$42.00	\$31.00	
P185/70R13	\$44.00	\$33.00	
P185/70R14	\$48.00	\$36.00	
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TURANZA "T"			
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P185/70R14	\$70.00	\$63.00	
P195/70R14	\$73.00	\$66.00	
P205/70R14	\$77.00	\$69.00	
P205/70R15	\$81.00	\$73.00	
P175/65R14	\$71.00	\$64.00	
P185/65R14	\$74.00	\$66.00	
P185/65R15	\$76.00	\$68.00	
P205/65R15	\$83.00	\$75.00	
P215/65R15	\$87.00	\$78.00	
P195/60R15	\$77.00	\$69.00	
P205/60R15	\$81.00	\$73.00	
P215/60R15	\$86.00	\$77.00	
P215/60R16	\$91.00	\$82.00	
P225/60R16	\$95.00	\$85.00	
P205/55R16	\$106.00	\$95.00	
P185/70R14	\$74.00	\$66.00	
P205/70R14	\$81.00	\$73.00	
P215/70R14	\$84.00	\$76.00	
P205/70R15	\$85.00	\$76.00	
P215/70R15	\$88.00	\$79.00	
P185/75R14	\$72.00	\$65.00	
P195/75R14	\$75.00	\$67.00	
P205/75R14	\$80.00	\$72.00	
P205/75R15	\$83.00	\$75.00	
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1 Announcements

Enthusiastic volunteers needed on a regular basis to support Onslow Community Ministries (Soup Kitchen/Shelter). All skills appreciated. Located on corner of Court and College St. Parking in rear. Back door entrance. For more information, please call Elaine Toth. 47-3227 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 3:30 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

Sales counselors needed! If you're seeking a new career that offers rewards, then let me show you how to be the best! For immediate interview - Call Sarah, Onslow Memorial Park, T-F, 1-5pm. 455-0767. 2/19

English Instructor, Part Time, Continuing Education. Curriculum will include grammar, punctuation, sentence structure and writing techniques. Day and night classes. Work hours will vary according to need. BS/BA or MA in English required. Minimum salary \$13.10 per hour. Open until filled. A complete Coastal Carolina Community College application must be submitted to the Human Resources Management Office, 444 Western Blvd., Jacksonville, NC 28546. EOE M/F/D/V. 2/12

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

50 Child Care

Air Station certified daycare provider has full time openings for 2-4 year olds. Call 937-0102. 2/19

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

152 Professional Services

Topsoil, sand, gravel, bush hogging and other light tractor work. Call David Shepard 910-347-5231 TFN

187 Military

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195 Miscellaneous For Sale

8 foot pool table/ping pong table 1 year old \$500.00. Oval black lacque dining table set \$200.00 910-353-6366. 2/19

Pastel portraits by Angela Fairchild. Done from your favorite photograph. Call 910-577-6891 for more information or send SASE for free brochure. 2/12

Mink and Leather Coat, knee length w/belt, lined, size 12. Very good condition. \$100. Call 324-2630. TFN

242 Manufactured Homes for Rent or Sale

TRAILER FOR RENT: 2 bedroom, 2 bath trailer located on Greytown Road, Southwest area. Call 455-4202 after 6:00. TFN

1997 Fleetwood 3BR, 2BA with appliances. Call 326-8119. 2/19

280 Beach Property For Sale

FSBO - North Topsail Beach deluxe duplex, 4BR, 3 1/2 BA, wrap around views of ocean, New River and sound, jacuzzi, 4 decks, garage, and storage rooms, screen porch, recently renovated. 190K. 910-328-3222. 3/5

305 Appliances

We pay top dollars for: washers, dryers, refrigerators and stoves. Working or in need of repair. 326-2916. TFN

Washer/dryer. Good condition \$250 firm, 327-4541. 2/12

310 Furniture & Household Goods

CASH PAID FOR: Living room furniture, chest of drawers, kitchen tables, dressers with mirrors, bedroom sets, any good used furniture. 910-743-0088. TFN

6 pc. black lacquer bedroom set, \$500 OBO, 910-326-4379. 2/19

320 Computer

Computers For Sale - Reconditioned 386 & 486 computers for \$250 to \$500. Call 455-5701 for more information. TFN

401 Automobiles for Sale

1989 Lincoln - gray with black carriage top. Black leather interior. Loaded. Clean, good running and low mileage, one owner. Call 346-9358. 2/12

95 Saturn SC2, excellent cond., 2 dr., manual w/PW, PW, PB, PS, cruise, P-sunroof, spoiler, leather int., Am/Fm tape, alloy wheels. 63k miles. \$9,200. Call 328-4599. 2/26

1996 Dodge Stratus 42301 miles A-1 shape cassette player, power door locks, P/S service ever 3000 miles call for info 910-298-3785 ask for Terry. TFN

84 Chevy full size van. Runs and looks great, cold A/C, tilt and cruise 910-326-2526 \$2650-O.B.O. TFN

1995 Chevrolet, S10 Blazer, white, 2 dr., 4x4, fully loaded CD, New tires. 64,000 miles. \$15,000. 324-5868. TFN

430 Trucks for Sale

1996 Panther edition, factory CD player, new michelin tires, 56587 miles A-1 shape. Call for information 910-298-3785 mangum V-8 engine 318CID ask for Terry. TFN

89 Chevy S10 5sp \$1500 OBO 577-7850. 2/17

465 Motorcycles

CR500, 1987, completely rebuilt, all gear and trailer included. Too many to list. Call in PM or before noon 577-8827. 2/19

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Cooking Corner

Meal Wheel Offers Recipes To Time-Pressed

(NAPS)—Finding recipes that you can prepare in 30 minutes or less is just a quick spin away! Grey Poupon Dijon mustard and David Burke, executive chef of the Park Avenue Cafe restaurant in New York City, have teamed up to offer a wheel of ideas on preparing great tasting meals. With just 15 to 30 minutes needed to prepare a delicious seven-ingredient-or-less meal, or five minutes to add a spoonful of flavor to take-home foods, a delicious meal is now faster and easier than ever.

By simply turning the wheel to match up a favorite food item, such as chicken, vegetables, pasta and salads, cooks will find recipe ideas for everything from a savory Ham and Swiss Pizza using a purchased Italian pizza shell and pre-diced ham; to a zesty Grey Poupon dressing for a pre-made salad; to a 30-minute, easy-to-prepare Chicken and Broccoli Dijon.

Burke's special recipe for Tuna in Dijon Mustard Crust with Watercress and Shrimp Salad, as prepared at the Park Avenue Cafe, along with Grey Poupon's signature recipes for Apricot-Honey Chicken Poupon and Herb-Roasted Potatoes Poupon, are featured on the meal wheel.

To get the free meal wheel, call 888-G-POUPON (888-476-8766).



Mustard, an ancient and aromatic spice can be used to add a burst of flavor to home-cooked and pre-prepared meals.

Herb-Roasted Potatoes Poupon Serves 4

- 1/2 cup Grey Poupon Dijon Mustard
 - 2 tbsps olive oil
 - 1 clove garlic, chopped
 - 1/2 tsp Italian seasoning
 - 6 medium red skin potatoes (about 2 lbs), cut into chunks
- Mix all ingredients except potatoes in small bowl
 - Place potatoes in lightly greased 13x9x2-inch baking pan or on shallow baking sheets; toss with mustard mixture
 - Bake at 425° for 35 to 40 minutes or until potatoes are fork tender, stirring occasionally

Paid Advertisement

FREE THINGS TO SEND FOR

(NAPS)—Learn how you can protect yourself and your family from possible adverse reactions to donated blood. For a free brochure "Blood Transfusions: Knowing Your Options," call 1-800-851-1778.

For a free brochure about arthritis, write the American Occupational Therapy Association, 4720 Montgomery Lane, P.O. Box 31220, Bethesda, MD 20814-3425; call 1-800-668-8255; or see www.aota.org on the Internet.

For facts on keeping your water well working right, call the National Ground Water Association at (800) 551-7379 or visit the Web site at www.ngwa.org.

For information about visiting Pigeon Forge, Tennessee, call 1-800-251-9100.

For information on cooking with olive oil, visit the Greek Extra-Virgin Olive Oil website at www.greekoliveoil.com or call (888) 656-0300.

For information about the



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Arizona "Vacation Escape Program," or for a free video about UDC's Arizona living communities, call 1-800-685-6494.

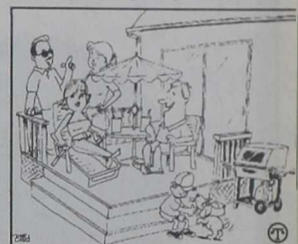
For a free brochure on tile ideas for the home, call Crossville Ceramics at (931) 484-2110, or visit the company's Web site at www.crossville-ceramics.com.

For information, on Scotts power lawn equipment call 1-800-646-8442 or visit the Web site at www.scottsmowers.com.

CONSUMER CHECKLIST

(NAPS)—When choosing outdoor furniture, appliances and tools, those with powder coating can really come through in the "finish."

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- Powder coating makes products durable, scratch-resistant and attractive.
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- Unlike liquid finishing, powder coating does not require the use of solvents, nor does it emit volatile organic compounds into the atmosphere.

While powder coating started as an alternative to finishing metal products, its use has since expanded to cover ceramics and some wood and plastic applications.

For the consumer, powder coatings provide "the five Es" economy, efficiency, energy savings, environmental compliance and excellence of finish. Product with the coating bear a special mark of distinction, issued by The Powder Coating Institute.

For more information, visit the Web site at www.powdercoating.org. Paid Advertisement

Cranberry-Oat Muffins

(NAPS)—Those who prefer fitness to fatness may delight in this delicious recipe by Ms. L. Pauls, recipe contest winner at the Kansas State Fair.

It uses Country Crock Churn Style, which has a rich, creamy sweet, fresh-from-the-farm butter taste, but with less fat than butter or margarine, and no cholesterol.



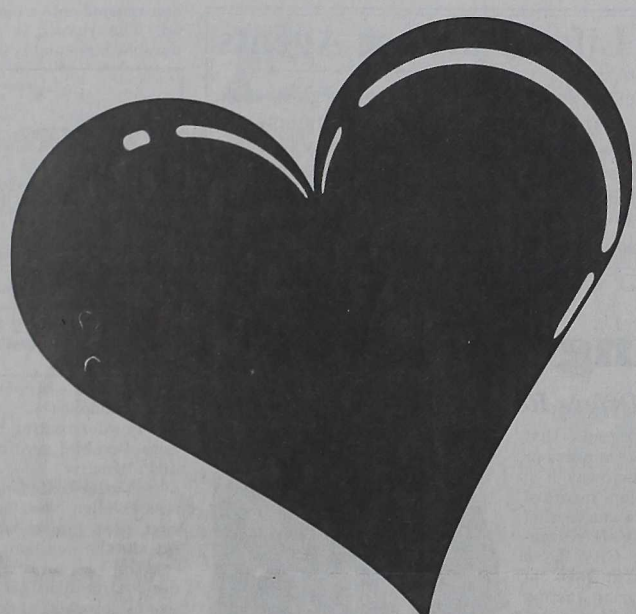
CRANBERRY-OAT MUFFINS

- 3/4 cup fresh or frozen cranberries, halved
- 1/2 cup confectioners sugar
- 1 1/2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 3 1/2 teaspoons baking powder
- 2 Tablespoons wheat-germ
- 1/2 cup oats
- 1 egg, well-beaten
- 1 cup buttermilk
- 6 Tablespoons Shedd's Spread Country Crock Churn Style*

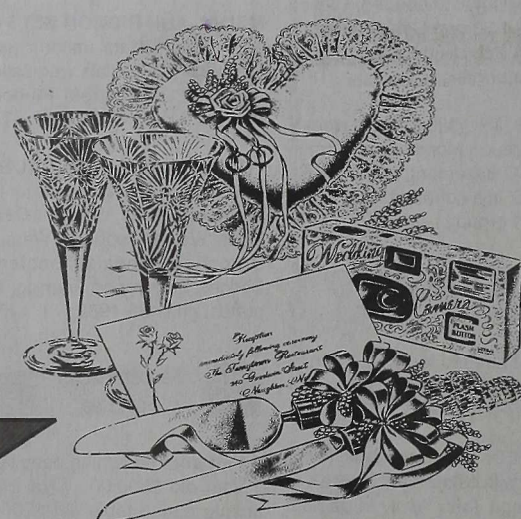
Preheat oven to 375°F. Mix the cranberries with confectioners sugar; set aside. Sift the dry ingredients into a large bowl. Stir in the wheat germ and oats, make a well. In another bowl, mix the egg, buttermilk and melted Shedd's Spread Country Crock Churn Style. Add all at once, stir with a fork, only until moistened. Fold in cranberries. Fill greased muffin tins two-thirds full. Bake for 25 minutes or until done when tested with a wooden pick and golden brown. Remove to cooling rack. Makes 12 muffins. Paid Advertisement

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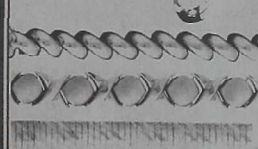
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