

THE GLOBE

Serving Expeditionary Forces in Readiness

Kosovo
Warriors of the
26th MEU
(SOC) return
home after a
memorable
deployment.
4,5B



October 22, 1999

Vol. 61 No. 41

22d MEU roving in Egypt Local warriors take part in 'largest military operation since 1991 Persian Gulf War'

of
ated Press
Egypt—Egyptian and American
officers opened two weeks of war
Saturday, bringing more than 50,000
together for the largest military
operation since the 1991 Persian Gulf War.
More than 50,000 troops and Sailors,
including 100 service members from U.S.
Navy, Air Force, Army and special
units.
The 22d Marine Expeditionary
Force from both coasts are
in exercise Bright Star '99.
There, about 350 reservists from all



around the country are also
participating in what
military officials are
calling the most
significant coalition
military exercise in the
history of Central
Command and the
command's largest
deployment and employment

extensively to ensure the success of this
exercise," MajGen Michael Gaw told reporters.
"This is the largest employment of forces to
have occurred since the desert war."

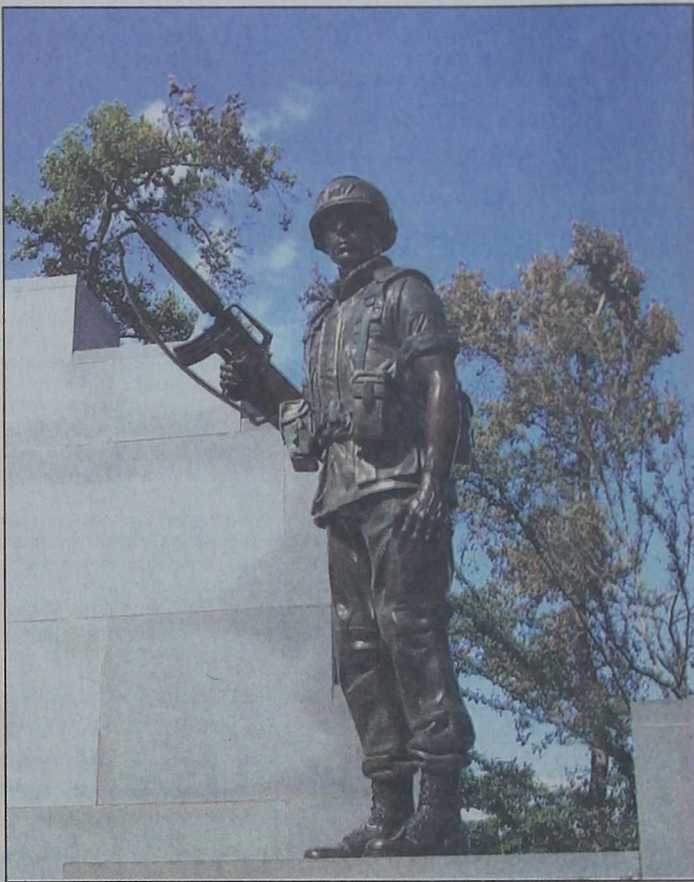
Bright Star military maneuvers, held every
two years, began in 1981 as a U.S.-Egyptian
training exercise.

This year, Germany, Greece, Jordan and
the Netherlands joined for the first time.

On the sidelines, 33 nations were observing
the exercises, which last until Nov. 1.

Most of Bright Star '99's servicemembers
are either aboard the aircraft carrier *USS John
F. Kennedy* or Bataan Amphibious Reday
Group.

Reprinted with permission.



Cpl Chet Decker

They came in peace

There will be a remembrance ceremony Saturday at 10:30 a.m. at the Beirut Memorial, which stands near the entrance to Camp Johnson off Highway 24.

New study to compare cost between government, private sector workers

ed by

held Peat Marwick
(KPMG) has been
contract to assist the
conducting a competitive
study of more than 1,000
and Marine Base
Support positions.
will take place over the
and-a-half years.

The study will culminate in a
comparison of the cost of
government employees who
perform the work, against the cost
of a private vendor's bid to do the
work. In order for a private vendor
to prevail, they must beat the
government's bid by 10 percent
of the government's personnel
costs.

KPMG is a global leader that
provides professional services to

industry and government. The
company, with more than 650
offices in 115 countries, employs
more than 75,000 professionals
and 5,000 partners. KPMG
provides a broad range of
assurance, compliance and
performance improvement
services for its clients.

KPMG's first federal contract
was awarded in 1912 in support of
the New York Naval Shipyard.

Since then, their Public Services
section has served numerous
government outfits including the
departments of Defense, Energy,
Agriculture, Commerce and the
Treasury, and Health and Human
Services. They are highly
qualified to assist Camp Lejeune
in conducting its study, according
to **Antonette Schweitzer**, Camp
Lejeune's Quality Management
Division Director.

Quick Shots

Town Meetings

Marine Corps Community
Services (MCCS)
Department of Camp Lejeune
has permission: to enhance the
quality of life of military
personnel and their families by
providing quality services.
To accomplish this, five town
meetings are scheduled in
October. These meetings are
planned for all Marines,
their family members,
and other MCCS customer
and.

For a complete listing of
meetings, see Page 3A.

National Archeology Month

October has been
designated as Archeology
Month in North Carolina.
Archaeological sites throughout
Camp Lejeune bear artifacts
that tell the story of the people
who called it home long before
the Marines moved in.
In honor of Archeology Month,
Camp Lejeune's library is
presenting an opportunity to look
into our history through this
month. See examples of
historic pottery and
artifacts. Contact or visit the
library for more info.

LHS Alumni

Camp Lejeune High School will host
its Reunion 2000, for all
graduates from 1945-1999, July 7-
10, 2000. All graduates, former
faculty and staff are
invited. Reservations are
needed by April 1, 2000. For
more information, visit their website
at www.lejeunealumni.com or
call 251-2451.

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Sgt Arthur Stone

Got milk?

SgtMaj Matt Hardiman (Ret.) presents the first piece of cake to Seaman David Theibert, 2d Battalion, 6th Marine Regiment, during the Navy Birthday celebration Oct. 10 at the Jacksonville USO.

Capex shows Corps' versatility

Cpl Brandon L. Rizzo
Camp Lejeune correspondent

Any enemy would have been
sent running with its tail between its
legs, had it witnessed the opening
demonstration of II Marine
Expeditionary Force's (II MEF)
Capabilities Exercise (CAPEX) Oct.
6 at Onslow Beach here.

The exercise served as a
demonstration for more than 100
guests, to include attendees from
the Air Warfare College, Maxwell
Air Force Base, and the Chief of
Staff, Norwegian Home Guard.

By the time these guests heard

the deafening roar of the incredible
machines, they were almost out of
sight. Two F/A-18 "Hornets" and
two AV-8B "Harrier" jets
demonstrated close-air support
techniques as they accelerated over
the beach in striking display.

The *USS Ashland (LSD 48)*,
faintly silhouetted against a bright
horizon, launched forth two AH-
1W "Super Cobra" attack
helicopters and three Air
Cushioned Landing Crafts
(LCACs). The latter carried
numerous amphibious and armored
assault vehicles, and four CH-46E
"Sea Knight" helicopters, including

one for a reconnaissance insert.
The Cobras cleaned up the
"leftovers" with their 20mm
machine guns before the troops
landed to complete the amphibious
assault.

Module Two of the CAPEX was
a demonstration of a Tactical
Recovery of Aircraft Personnel
(TRAP) mission. Complete with
aggressors, close-air support, and
even a tattered parachute tangled
in some tree branches, the exhibit
left the crowd cheering for the
"good guys."

See CAPEX, 3A



Cpl Brandon L. Rizzo

Guests of the Capex inspect an AV-8B Harrier after its impressive take-off and landing abilities demonstration.

24th MEU practices shipboard flight deck fire fighting skills

SSgt Chris W. Cox
24th MEU Public Affairs Chief

In mid-summer 1967, the aircraft carrier *USS
Forrestal* departed Naval Base Norfolk, Va.,
enroute to Southeast Asia and her first combat
deployment.

On July 29, the *Forrestal* began her fifth day of
combat operations.

During the second launch that day, an F-4
Phantom accidentally launched a Zuni rocket
which streaked toward and into a fully fuelled A-
4 Skyhawk parked near the ship's stern.

Within minutes of that explosion, bombs,

rockets and ammunition loaded on aircraft further
forward began to ignite from the heat. The fire
spread across the entire aft portion and down into
the ship. Fifty men died trapped in the berthing
spaces immediately below deck while others were
blown overboard by the concussion of the
explosions.

The initial explosions killed the entire flight
deck fire fighting team.

From that point forward, it was the crew alone
battling to save the ship, and only a few of them
had the training to extinguish the flight deck fire

See FIRE, 3A



SSgt Chris W. Cox

One of the important skills taught at the Shipboard Firefighting Course is how to handle a fire hose.

Remembering is not only important but imperative

In my more than two years working at the Consolidated Public Affairs Office, I've had the privilege to speak with dozens of veterans and write newspaper articles of their experiences.

During my research and interviews, there was sort of a driving force motivating me along the way.

It was all in an effort to both give those vets a chance to tell their story to an audience that would listen and to allow younger Marines and Sailors the opportunity to really, truly know what these old timers went through.

Coming from a family with an extensive World War II background, I've always been fascinated by stories of the U.S. military saving the world in the 1940s. But none of the horror stories I've read, heard or even seen acted out on the silver screen really affected me all that much.

That was until I became a Marine and was stationed here at Camp Lejeune. That's when I learned more about the Beirut bombings in the early 1980s — notably the Oct. 23, 1983, bombing of the 24th Marine Amphibious Unit building.

In 1997, I spoke with former Cpl Paul Rivers, now a U.S. Marshall in Greenville, S.C. He was simply calling to get the details on the Beirut Memorial ceremony.

To make a long story short, I found out he was not only a Marine who served in Beirut, but he was actually in the headquarters building when it was bombed, killing 241 American servicemen.

Two hundred and twenty were Camp Lejeune Marines. Eighteen were Camp Lejeune Sailors. The other three were U.S. soldiers.

Paul Rivers had a story to tell. It seemed to me that it was a story he'd been trying to tell for a long time. He just didn't know how. There was too much pain involved.

He said he was on the second deck of the building, preparing for guard duty when "the whole place lit up like the sun."

All at once Rivers lost the closest friends he'd ever had. Nearly all of his buddies were killed in the bombing.

Rivers was of course injured — both of his eardrums were blown, and he was blind in one eye.

But it isn't the physical injuries that have pained him for the last 16 years — it's the guilt. He doesn't understand why he lived when everyone else died.

The pain is too much for him every Oct. 23 (he takes that day off from work). His step toward inner-peace began in 1997 when he attended the annual memorial ceremony for the first time.

I was covering the ceremony that year and was near Rivers when the band played TAPS. Perhaps it was that moment when as private first class I really understood what being a Marine was about. During TAPS, us PAO-types are authorized to continue our job and take photographs, but that day I could not.

That week I also spoke with Mary

Blankenship, a Fayetteville, N.C. resident. Her son Sgt Richard Blankenship was killed in the bombing. Much like Rivers, the bombing tore her life apart. She's still dealing with the pain. She planned to attend the ceremonies in 1997 with her husband Donald Blankenship.

Blankenship ended up attending alone — telling me his wife just couldn't do it.

And this is just one family. Imagine the heartache so many families who lost their sons, husbands and friends in the bombing have had to endure over the years. Think of all the children who grew up without fathers.

When that bomb went off just before 10:30 a.m. (EST) on Oct. 23, 1983, a part of Camp Lejeune and Jacksonville was lost forever. There's no way to make up for the damage done of course, but there is a way to find a certain amount of peace by remembering those who perished.

To me, the events of that day are not just history.

Though I was in first grade when the bombing occurred, I remember my parents talking about it. I didn't understand what was going on, but I can now. And we all should.

Those men need to be remembered. Those men need to be honored. We must never, ever forget our brothers who died that day.

Cpl Decker, who is a combat correspondent for the Consolidated Public Affairs Office, is originally from West Fargo, N.D.

History Speaks Cpl Chet Decker

Semper Toon

by SSgt Wolf

http://toonville.com/Semper



Worthwhile TV is back! Catch the new listings on 6B



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"... for the strength of the Pack is the Wolf, and the strength of the Wolf is the Pack."

Rudyard Kipling, as cited in the 32nd Commandant's Guidance

Used car or U-boat?

Legal Matters
1stLt Matthew A. Spurlock

The floods of Hurricane Floyd caused unprecedented damage to property and lives all along the East Coast. As a consequence of this flooding, many vehicles spent some time underwater. Where are many of these vehicles going to be in the near future? These vehicles will end up on car lots for sale to consumers like you.

Unfortunately, problems with a flooded vehicle may not arise immediately after the flooding. Many electrical problems won't appear for months after the flood. That's why North Carolina law regulates the sale of vehicles with flood damage. If a vehicle is five years old or less and has been in a flood, that vehicle's title is required to indicate that it is a flood vehicle. This is called a "branded title."

What can you do to protect yourself?
-Ask to see the vehicle's title. If the vehicle has been flooded it should be branded "Flood Vehicle."
-Have the vehicle inspected by an independent mechanic of your choice prior to signing any contract. Have your mechanic check for indications of flooding.

-Most importantly, ask the seller if the vehicle has been flooded. If the seller indicates that it hasn't been flooded, get this statement in writing before signing a contract.

If you have already purchased a used car and you suspect that it has flood damage, call the N.C. DMV Registration number at (919) 733-2281.

1stLt Spurlock, who hails from Denver, is a Legal Assistance Officer with Headquarters Support Battalion, MCB.

Tales from the liberty cry

Here's the latest in our irregular series of reports to you, the stockholders, on just how well the forces of good are faring in our on-going battle against the twin evils of arrogance and stupidity (executive summary: the good guys are winning, albeit slowly).

a. In last week's episode of "The King of Queens" the hapless hero, obviously suffering from a premature onset of mid-life testosterone shock, decided what he must have to make his life absolutely complete ... was a motorcycle.

Although, after watching him crash into the refrigerator in his garage/rec room half a dozen times, it soon became clear that no one in history has ever needed one less.

Of course, he never got hurt; it was all for laughs. And besides that was TV ... No one who owns a hog in real life could possibly be that inept. Could they?

No. It's not possible — unless that person happened to be a Marine warrant officer who, while dismounting in her garage, failed to engage the kickstand on her Harley, dropped it on her foot, and broke it in three places.

Or unless he happened to be a first class petty officer who had only gotten half a block from home in a frantic search for his missing dog when his bike quit running. Diagnosing the problem as a misaligned fuel supply valve, he leaned down over the engine, turned the petcock and pressed the starter.

Just as he expected, the engine roared back to life. What he didn't expect was that his hand would choose that exact same moment to slip off the clutch.

A major wheelie ensued.
The Sailor, now a very unwilling passenger on a motorcycle with a mind all its own, was dragged 20 yards or so down the road before he and his bike parted company in a cloud of dust, hide, and harley particles.

b. K-mart shoppers were surprised to discover that Saturday night's blue light special was a slightly used Cessna 152 parked on the roof of their mall.

The two butter bars (a Marine second louie and a Navy ensign) who crashed it there walked away in better shape

than their rented airplane: he had facial lacerations, suffered bumps and bruises. Their flying machine was c. By the time a kid (Sailor) makes second class, or an occasional glimmering, however dim, of mat safety awareness. Sadly, how is often disappointed.

Take for instance, this second class who, while st new cable run, got knocked c when he used the handle of h wrench to poke a hole in a wire bundle running the packing of a bulkhead terminal.

Can't fault his methodology — it worked good; m hole. What you can fault — what you must fault — management technique.

This guy never bothered to take the first step process. He never assessed the risk by asking "what's the worst thing that could happen to me if I metal socket wrench in my sweaty hand and poke it mysterious bundle of wires?" That would have been right there to make me stop and think, "is this dumb. And surely the answer to that would have been, "it's dumb, bozo, it's stupid! Go get an electrician. They for getting shocked."

d. A Sailor was training his German shepherd — n might expect, to fetch a stick, but to remove a stick hand.

Problem was, the dog got a little confused, mistook finger for the stick and, in a sudden burst of enthusiasm with all his might, to complete his mission and rer "stick" from his master's hand. Well, he failed, in sp efforts. But he came close — so the surgeons at hospital, in a textbook case of inter-species coo finished the job. No word yet on the fate of the dog e. We're out of time so, we'll say good bye for close up shop with a reminder to be real careful out the upcoming holiday weekend. Keep a watchful ey another and be kind. Until the next time.

The Summary of Mishaps is a monthly report s via message by the Naval Safety Center, Norfolk.

"What kind of anchor do you have?"

The recent storm, Hurricane Floyd, has plunged thousands of people into great distress. Many have lost their homes, their cars, their every possession, and must now deal with the reality that Floyd has dealt them. Storms seem to be a fact of life. Some are physical such as tornadoes, floods, earthquakes and hurricanes such as Floyd. Others are personal such as the death of a family member, a friend or the loss of a job or relationship. Some storms will be spiritual in form and will certainly exact a toll on us. Storms are a part of this pilgrimage we call life. It is not if they will come, but how will we respond, that is our challenge.

The apostle Paul found himself in the midst of a storm while at sea on a vessel bound for Rome. His voyage ended in shipwreck off the island of Malta near Sicily. What started out as a fairly smooth cruise became a life threatening nightmare at sea. For 14 days the vessel was tossed to and fro in the stormy waters of the Mediterranean. The ship's crew cast four anchors to hold the ship from battering against the rocks in hopes of securing the ship in the turmoil of that storm. What is interesting about this account found in the New Testament Book of Acts, is that the apostle Paul was not overwhelmed by fear, and the possibility of loss of life as the storm raged all around him. Paul had his spiritual anchors to cast out during the storms of life. Paul had experienced these spiritual anchors as they had previously held during prevailing winds of personal loss, and the tossing to and fro of emotional distress. Paul's anchors for the storms of life are as follows:

The anchor of courage. In Acts 27:22 Paul pleads with the ship's personnel when he says, "Now I urge you to keep up your courage." One person defines courage as not the absence of fear, but the ability to go on in spite of the storm. In the Old Testament we find

a young shepherd boy by the name of David who exemplified courage when he confronted the giant Goliath in the valley of Elah. It was true courage that allowed a man named Moses to take his stand against the intimidating ways of the Egyptian Pharaoh. As Marines and Sailors, one of our Core Values is courage. Remember that courage is one of those anchors to use when life's storms blow in on your life.

Then there is the anchor of protection. The reason the apostle Paul could face all the problems he encountered was because he knew that God would protect him and give him the grace (strength) to sustain him during the storm. In Acts 27:22 we read that Paul had courage because, "not one of you will be lost; only the ship will be destroyed."

Paul knew that God's protection and promise was over his life. Our Heavenly Father is always concerned about His children and their protection. The Protestant reformer, Martin Luther, drafted a beautiful hymn that declares, A Mighty Fortress Is Our God. That hymn says, "A mighty fortress is our God, a bulwark never failing. Our helper He, amid the flood of mortal ills prevailing." Remember that a clear affirmation of God's protection can sustain you through the storms of life.

Another anchor is that of purpose. Whether there is a storm in your life or not, you still have a God directed purpose. A storm does not relinquish us of the purpose to which God has called us. It is the very anchor of purpose that enables you to continue with your life or assist others as they sail through the storms of life.

Paul says in Acts 27:23, "Last night an angel of the God whose I am and whom I serve stood beside me." Did you notice that Paul knew whom he served? We have a responsibility to serve in the storms of life. It was this very sense of purpose that carried Paul through the storm. Finding and knowing the purpose to which God has called

you, can be an extremely strong anchor in the storms of life that you will face.

Finally, there is the anchor of presence. In 27:25 the apostle Paul declares, "So keep up courage, men, for I have faith (I believe) in God," was a firm, steadfast conviction that God was with in the midst of the storm. The presence of God in the midst of the storm reminds me of the poem Foot which is as follows: "One night a man had a dream, dreamed he was walking along the beach with the Lord. Scenes from his life flashed across the sky and he noticed two sets of footprints in the sand, one before to him and the other to the Lord. When the last s of his life had flashed before him, he recalled that the lowest and saddest times of his life there was only set of footprints. Dismayed, he asked, 'Lord, you that once I decided to follow you, you'd walk with all the way. I don't understand why, when I needed most, you would leave me.' The Lord replied, 'precious child. I love you, and I would never leave. During your times of trial and suffering when you only one set of footprints ... that was when I ca, you!' God's presence is the foundational anchor the storms of life. My encouragement to you is that cast this anchor out when the storms assail you. T four anchors will help you during the storms of life. These anchors are forged through a perso relationship with God. What anchors have failed y in the midst of your storms? Let me assure you that anchors of courage, protection, purpose and pres will hold you as you encounter the storms of this

LT Hansen, Chaplain at the School of Infantry Camp Geiger and a McGill, Nev., native.

om 1A
 module, Small Craft Company impressed the guests by simulating combat operations in a...
 The Assault Craft (RAC) sped down the river, close enough to the shoreline to "light up" the...
 N "Huey" helicopters "covered" the troops...
 small, swift watercrafts that can stop on a...
 Single individuals or stragglers from formations engaged in physical training will in no way impede the normal flow of traffic. They will not run or train within in six feet of any road way. They will wear reflective vests during the hours between sunset and sunrise and during periods of reduced visibility. In addition, light colored clothing and other reflective gear (i.e., tape, shoe reflectors, reflective belts, etc.) is strongly encouraged. At least 30 square inches of reflective surface, 15 square inches in front and 15 in rear, must be visible.

from the jet engines was enough to leave most of the crowd struggling to regain their balance.
 After the show, the audience moved to a static "Harrier" display across the street for a closer look.
 Module Six, a Non-combatant Evacuation Operation (NEO), took place in the simulated town of Rio Nuevo.
 More than 60 Marines and family members in civilian attire took part in the exercise.
 From civilians with weapons to a woman giving birth, the role players created many different situations for the Marines to deal with during the evacuation.
 Just on the other side of the building where the NEO took place, an element of the Chemical/Biological Incident Response Force (CBIRF) established a decontamination site and demonstrated the process used to decontaminates victims of chemical or biological warfare. Additionally, they showed the procedures for evacuating contaminated victims from a building.
 The eighth and final module during the exercise was Military Operations in Urban Terrain (MOUT).
 The guests gathered on the roof of a tall building for an aerial view of an assault on an urban town overrun by hostile forces.
 Echo Company, 2d Battalion, 2d Marine Regiment, 2d Marine Division Echo Company and the rest of the ground combat element collaborated with an air combat element to wipe out the enemy personnel and secure the town, which concluded the CAPEX.



Sgt Joseph Alessio, left, a Youngstown, Ohio, native, and 2ndLt Grant R. Heinrichs, from French Lick, Ind., both with 2d Marine Division, discuss the details of a capabilities exercise with Stewart K. Owens, President of Bob Evans Farms Incorporated, headquartered in Columbus, Ohio.

Safety during physical training mandatory

Single individuals or stragglers from formations engaged in physical training will in no way impede the normal flow of traffic. They will not run or train within in six feet of any road way. They will wear reflective vests during the hours between sunset and sunrise and during periods of reduced visibility. In addition, light colored clothing and other reflective gear (i.e., tape, shoe reflectors, reflective belts, etc.) is strongly encouraged. At least 30 square inches of reflective surface, 15 square inches in front and 15 in rear, must be visible.

FIRE from 1A

It took more than an hour to contain the inferno on the flight deck and another 12 hours for the fire that spread into the ship's lower decks. More than 130 men lost their lives because the replacement firefighters did not have proper training.

Today, all deploying Marines and Sailors who have flight deck responsibilities must attend a Shipboard Aircrew Fire fighting Course. This course helps to ensure the USS Forrestal catastrophe is never repeated.

Close to 340 Marines and Sailors from the 24th MEU's Command Element and major subordinate elements: Battalion Landing Team 2/6; Marine Medium Helicopter Squadron 263 (HMM 263); and MEU Service Support Group 24 (MSSG 24), participated in the course instructed by a five man Mobile Training Team (MTT) from Norfolk's Exportable Aircraft Fire Fighting Training School or "Fire School."

On the average, an aircraft carrier usually deploys with 55 to 60 airplanes. The division that maintains or actually moves them around the deck consists of 120 personnel. These people are also the crash crew.

"If you have a major fire on the flight deck, obviously 120 people are not going to be able to take care of it,"

said Chief Instructor, Aviation Boatswain's Mate Handler Chief, ABHC(AW) Michael Knowles from Glendive, Mont. "They also need messengers, hose handlers, nozzlemen, and team leaders. That's what they learn here."

The course begins in a classroom where the students learn the basics about the chemistry and classifications of fire; where the shipboard fire fighting systems are and how to handle them; and how to use a fire hose effectively.

Once that portion of the course is complete, the class composed of enlisted and officer ranks - dons basic fire protection gear and moves to the 2-foot-deep, 45 by 60 foot, 400 gallon diesel and automotive fuel filled "smoke pit" to begin the practical application portion.

Since the students and instructors will soon be battling a "smoke pit" blaze they must answer a questionnaire to determine how much sleep or alcohol they had the night before and other questions to test their mental

readiness and level of energy. While the "smoke pit" is dangerous, it is also a controlled necessity.

"We give them this practical application so they can see the fire today and say, 'OK, that's what it looks like,' and 'I know I'm safe as long as I'm behind the nozzle and applying what I've learned in the classroom,'" he said.

Usually units scheduled to deploy must send prospective students to the Farrier Fire fighting Center in Norfolk, and the schoolhouse there trains around 60 students per day. For the 24th MEU, however, the Fire School put together the five- and using Camp Lejeune facilities, they were able to cycle 90 to 120 students a day through the course.

Training wasn't the only benefit of having the MTT come to Camp Lejeune. Having five men rather than 340 travel the same distance saved more than \$17,200 in travel and lodging cost according to Cpl Raymond E. Gonzales, 24th MEU Command

Element, Fiscal Clerk from Anaheim, Calif.

"We never have the opportunity to send such a large number of Marines to a school, and to provide four days of lodging, food and round-trip bus transportation for 340 Marines could cost up to \$205,000. There is no way our budget could support an evolution like that," Gonzales explained.

Having the school only a short bus ride away also allowed the units to continue supporting their daily missions.

"We flew all week," said Capt Brian E. Kistner from Baldwin, N.Y., the Ground Training Officer for HMM-263. "There was HRST Training (Helicopter Rope Suspension Training) going on. Aircraft were being tested up. We weren't held back by trying to get this training done, and we got more people trained than we've ever seen in one week."

"You can be assured that the people who go on board that ship know how to extinguish a fire," Knowles said. "They'll come back from that Med Cruise alive instead of coming back a casualty."

The Forrestal incident provides a stark reminder of the importance of safety awareness and training like this which enables service members to control dangerous situations minimizing the threat to themselves and those around them.

Town Meetings

ocus of the meetings will be Marine Corps Community Services encompassing the former Human Services: Base Education; Welfare, and Recreation departments). MCCA will also address all quality of life concerns that patrons may have. Schedule below provides easy access to these town meetings for residents as well as those who live off-base. Free child care provided for each town meeting, with the exception of the one held at Coastal Carolina Community College. Please call the Marketing Office at 451-5173 and let me know if you will be attending one of these. I look forward to seeing you there.

Location	Child Care Information
Midway Park Community Center for residents	Brewster Child Dev. Center, Reserve space by noon today by phoning 451-2672.
Paradise Point Officers' Club for residents and Club members	Paradise Point Child Care Center, Reserve space by 1200 on 25 Oct by phoning 353-4788.

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Navy/Marine Corps team pulls together at Camp Johns

CDR Charles Rhodes
Director, Branch Medical Clinics
Naval Hospital Camp Lejeune

Camp Johnson, located at Marine Corps Base Camp Lejeune is the headquarters of the United States Marine Corps Combat Service Support Schools Command, Navy Medicine's east coast Field Medical Service School and home to more than 2,000 student and staff Marines, Sailors and civilian personnel.

Attending to the health care needs of Camp Johnson is the crew of the Camp Johnson Branch Medical Clinic, Naval Hospital, Camp Lejeune led by **LT Colleen Powers, MC, USNR** and her Clinic Supervisor Headquarters Marine Corps, **Charles Collins, USN**.

In late August, Powers and her staff relocated to a temporary clinic to await the scheduled renovation of the Camp Johnson Medical and Dental Clinic. Little did she or anyone else know then that the onslaught of Hurricane's Dennis and Floyd would turn their temporary clinic, located in a series of trailers joined together, into a flood zone of its own. The trailers had already developed several leaks even prior to the storms but after the torrential rains of Floyd the roofs were letting more water in than they were keeping out.

The clinic staff had grown increasingly frustrated with having to move all equipment and records that could be damaged by water, out of and back into the facility twice

from Hurricane Dennis and Floyd. Powers and Collins knew that their ability to provide first rate primary medical care to Camp Johnson personnel could not be compromised due to leaking trailers, in and out moves, and potential loss of valuable clinic property to rain water.

Although the Naval Hospital Facilities Department had begun work to secure a contract to repair the roofs and the Command had requested emergency funding from the Navy Bureau of Medicine and Surgery to pay for the repairs, the clinic staff needed somewhere dry to work until the roofing repairs were completed.

It was then that **Col Les Stein, USMC**, Commanding Officer, Camp Johnson came to the rescue. He quickly offered up an existing Camp Johnson building that was to be his temporary headquarters while his facility was being renovated. Recognizing the need to have a clinic up and fully ready to help keep his Marines and Sailors healthy was his top priority. Additionally, faced with the demanding and time critical training schedules of the many Camp Johnson schools, Stein could not afford to have students losing valuable time to travel to the Navy Hospital in the interim. Getting the clinic into and set up in Building 416 as quickly as possible was paramount.

From the first look at the new building location Powers and Collins knew that it was a dream come true. It offered a solidly built brick and mortar structure with a dry roof and no leaks. It had twice the space available as the trailers and was much more centrally located on the



Chief Petty Officer Ellie Grossman

Petty Officer 3rd Class Samantha Rochelle is interviewing a patient in a make-shift treatment room.

base. All it needed was to be cleaned, some minor construction renovations to build several room partitions, put in a few hand washing sinks, and the installation of phone and fiber optic computer lines. Stein offered to have the phone and computer lines run and installed at his expense and his weekend working party totally cleaned up the building.

Stein's assistance was invaluable. He quit Base Facilities Officer and project estimator to go to Building 416 to see what needed to be done estimate for the work, and urged them to start possible on the renovations. Within 48 hours renovation estimate was done, work on the fiber optic began, and Powers was already beginning to see Now the Navy Hospital had the information it make a key decision; stay in Building 416 until the Camp Johnson Medical and Dental Clinic renovation project was completed in late spring 2000. The roof of the trailers and move in again. Look at the pro's and cons of each, and the fact that could be relocated to Building 416 for that than fixing the roof on the trailers, the decision in favor of Building 416.

The Hospital agreed to help fund the renovation for Camp Johnson providing them the budget. At the end the Camp Johnson Branch Medical Clinic much better temporary facility to work from gets his future temporary Headquarters building renovated earlier and less costly than expected.

At this time renovation work on Building 416 ready started and Powers has her clinic up and their new location. None of this would have been possible however, if both Camp Johnson and Naval Hospital Camp Lejeune Marines and Sailors had not worked in glove together to make it happen.

Robot serves four million prescriptions at pharmacy

Doug Sayers
Naval Medical Center

SAN DIEGO — Since 1994 the Naval Medical Center San Diego's pharmacy has filled more than three million prescription refills using what was once a state of the art robot to automatically put pills in bottles. This automation allowed personnel to work the counters and perform other duties.

With the three million milestone for filling prescriptions fast approaching, the hard working robot is about through. But because Balboa's pharmacy is one of the military's busiest and the numbers are likely to continue growing, a new robot is expected in February or March 2000. The incoming robot is cutting edge technology that will do more in less time and with fewer problems.

"This year alone we've filled over one million prescriptions and refilled nearly half a million," said **CDR Musing Dow, MSC**, assistant pharmacy department head. "That's a 10 percent increase over last year."

"Our current robot is old and tired and needs a lot of me-

chanical attention," said Dow. "Our customers want prescriptions filled quickly and easily and with the new robot we can get them in, get their medications and get them home faster."

Navy CAPT Roger Hirsh, Pharmacy Department Head, said, "We've got 30 percent fewer people working in the pharmacy and an ever increasing demand for prescription fills. Every day we explore ways to improve service."

"Our best answer is to speed up the process, serving more customers in less time, and the automation provided by the new robot will do exactly that."

There will be some minor service impacts as the old robot is taken out of service and the new robot brought on line.

The change over should be relatively transparent, according to Hirsh. As the transition date nears, the pharmacy will provide update information to the customers.

Even as automation brings change, through faster prescription fills and improved accuracy, one thing will never change and that is the ongoing efforts by the pharmacy to provide the best customer service.



National Health Care Quality Week recognized

CDR Juanita Meredith
Head of Performance Improvement, Camp Lejeune Naval Hospital

This week is dedicated to recognizing and honoring the quality achievements of healthcare services of the Naval Hospital, Camp Lejeune, NC, and throughout the community. It affords the opportunity to create awareness of what, how, and why things are done in the Performance Improvement Office. In addition, it is a time to highlight the team commitment to quality care and appreciate the quality accomplishments of our health care providers.

Quality is based on appropriateness, technical excellence and patient (customer) satisfaction. Quality is all encompassing and judged by:

- timeliness** - the ease with which patients can obtain the care they need when they need it.
- effectiveness of care** - the degree to which the care needed is provided in the correct manner (that is, without problems) given the current state of the art.
- appropriateness of care** - the degree to which the correct care is provided.
- continuity of care** - the degree to which the care needed by patients is coordinated among practitioners and across organizations and time.
- efficiency** - the degree to which the care received has the desired effect with a minimum of effort, expense, or waste.

Measuring quality is basic to providing information to effectively implement improvements.

Our healthcare system is looking for more effective ways to maintain health for our population. Healthcare focus has changed from illness and disease management to developing wellness and prevention initiatives.

The Naval Hospital, Camp Lejeune has a wellness and prevention program.

Community-based services also offer wellness classes and information. Careful measurement, evaluation, and analysis of both traditional and nontraditional healthcare is needed to determine the most effective and efficient methods to provide wellness and health to our population. Patients are included in the decision making of their

healthcare and are assured of a standard of privacy and confidentiality. They have the right to the grievance process for complaints, compliments and complaints through Customer Relations. Patients have the responsibility to cooperate in mutually beneficial treatment, and the pursuit of healthy lifestyles. Patients have the right to decide not to have treatment based on the Patient Determination Act.

The office of Continuous Quality Improvement (CQI) at the Naval Hospital, Camp Lejeune, NC, fourth floor, into philosophy and functions of Total Quality Leadership (TQL), Performance Improvement (PI) and continuous survey. The staff provides consultation, facilitation, education and support to improve all aspects of organizational performance. CQI office vision statement is, "As a collaborative team we are the nucleus for that expertise and coordination of CQI and TQL."

The CQI strategic goals are to offer comprehensive technical support for command-wide continuous quality improvement (e.g. professional interaction, current standards, guide process mapping, use of quality tools etc). I

network for effective exchange of information. CQI activities include integration, collaboration, and communication. Measure and monitor critical performance indicators of continuous quality improvement.

Optimize financial and human resources to meet customer CQI needs. Facilitate participation in CQI activities, (e.g. web sites, newsletters, base newspaper, and Consumer Healthcare Council, inter teamwork and collaboration within the CQI process, patient outcomes by respecting each patient's and staff rights and conduct business relationships in an ethical manner. Core values: compassion, integrity, service, and respect.

In the spring of the year 2000, the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) will conduct a survey of our departments and functions within Naval Hospital to determine quality and performance indicators are being followed. JCAHO set of standards and scoring guidelines to determine if the hospital attained an accreditation status. Naval Hospital has always been an accredited institution.



Training, teamwork of corpsmen save Sailors' lives

Earl W. Hicks
Bureau of Medicine and Surgery

WASHINGTON — Hospital Corpsmen on *USS Blue Ridge* (LCC 19) are, just as their rating is throughout the Navy, well-trained and dedicated to easing human suffering through routine care or emergency response.

The Blue Ridge hospital corpsmen's emergency training and professionalism was put to a difficult test in late August when during sea and anchor detail **Seaman Steven Wright** and **Ensign Daniel Johnson**, suffered traumatic injuries after becoming entangled in lines connecting the ship to a tug boat. What had started as a routine port departure from Pusan, Korea, suddenly became a life or death situation for the two Sailors.

On the morning of the accident, **Seaman Marquita Culley** was on the after main deck standing safety and medical watch with the sea and anchor detail. Responding immediately to the accident, Culley began applying first aid to the injured Sailors. "Man Down" was called away and other hospital corpsmen arrived quickly to assist Culley.

"I believe teamwork was the key in keeping both crew members alive," she said. "We all worked very smoothly and broke into teams to take care of the injured on deck, stabilize their conditions and move them to medical for further treatment."

Teamwork was the theme through the devastating emergency. **Petty Officer 3rd Class Francisco Burgos** was one of the first to arrive on deck along with **Petty Officer 2nd Class (SW) Brenda King** to render aid.

"The corpsmen broke into two teams. Each of us had a job to do and we focused on accomplishing that job," said Burgos.

He said that he and Culley kept the injured Sailors warm and talked to them as King controlled their bleeding. As they worked, the medical response increased with the arrival of **Senior Chief Hospital Corpsman (SW) Rey Dinulong** and **Chief Hospital Corpsman (SW/AW/FMF) Diane Proctor**. As the team moved between the injured, someone checked breathing, someone else took care of fluids, and the emergency treatment continued with the hospital corpsmen working as a flawless unit.

Master Chief Hospital Corpsman Charles Bond (SW/FMF), who was also on deck providing care with his

corpsmen, accompanied the injured Sailors on the helicopter flight from the ship to Pusan and then to Seoul, Korea. "I am very proud of my hospital corpsmen," said Bond. "Training did pay off that terrible day and our response was all about teamwork."

A counseling center was established in the chaplain's office, where **Navy LT Gary Walker, DC**; **Petty Officer 1st Class (SW) Darwin Pitts**; **Petty Officer 3rd Class Rodney Smith** and **Seaman Ray Guerrero** assisted the chaplain and responded to medical needs.

Johnson and Wright eventually arrived at Walter Reed Army Medical Center where they are now undergoing physical therapy. Johnson lost both his legs and Wright lost one foot in the accident. Their therapy will include prosthetic device fitting and training.

Later details of that morning on board the Blue Ridge revealed that Wright is probably alive today because of the quick action of Johnson, who was serving as safety

officer during the sea and anchor detail.

He spotted Wright entangled in the lines to the tug and ran to his aid to help free him from being pulled over the side or killed by the lines. In his attempt to save Wright, Johnson experienced his injuries. For his quick actions and devotion to duty, Johnson was awarded the Navy and Marine Corps Medal.

"Within 15 or 20 seconds of calling away 'Man down' all the hospital corpsmen were on the scene and were helping me," Johnson said. "Their response was amazing. I can't say enough about how they helped us out."

They got us into the sick bay as quickly as they could. They tried to do everything they could to make sure we were stabilized and make sure we were as comfortable as we could be."

Wright, who had been aboard ship for about a year, said that he was also glad he was treated by hospital corpsmen who knew what they were doing. "Good job," was how he briefly described the medical team's response. "They got my mind off the pain and kept me calm."

Navy CAPT Matthew Nathan, MC, Seventh Fleet surgeon, who was also at the scene of the accident, said the hospital corpsmen jumped right in — quickly assessed the injured Sailors' breathing and circulation, stopped the bleeding, administered pain medication and prepared the men for litters. "Everyone followed their training, knew their job and performed it with determination and compassion," Nathan said. "On this day, the U.S. Navy hospital corpsmen made the difference."

"Everyone followed their training, knew their job and performed it with determination and compassion."

Navy CAPT Matthew Nathan
Seventh Fleet surgeon



Cadence Corn

Submitted by
Sgt Robert Quintela

*Up from a sub 60 feet below, I hit the surface
I'm ready to go.*

*Side stroke, back stroke, swimming for the shore
I hit the beach and I'm ready for war.*

*Greased gun, K-bar by my side. These are the things
that make men die.*

*Running through the jungle with my M-16
mean motor scooter, I'm a U.S. Marine*

*Sight picture, sight alignment right between
I pull the trigger and I say "Good Bye."*

Civilian Personnel

Civilian Leadership Development (CLD) Classes are scheduled as follows:

CLD Orientation Class will be held Nov. 3 from 8-10 a.m. at Building 1003; CLD Mentor Class will be held Nov. 4 from 8 a.m.-4 p.m. at Building 1003.

The primary goal of CLD is to improve leadership skills and competencies of all civilian managers, supervisors and employees. Civilian employees who are GS-5 and above and the wage grade and non appropriated fund equivalents may attend CLD Orientation Classes and may sign up to be a CLD participant upon completion of the two hour class. Mentors help CLD participants to identify career goals, develop their own "road map" to achieve career goals, offer feedback on strengths and needs, point out opportunities, encourage and motivate, and provide

organization perspective. Mentors may be civilian employees that are GS-7s and above, wage grade and non appropriated fund equivalents, military officers, and staff non-commissioned officers in charge. The success of the CLD program depends on having an adequate number of mentors available. Presently, there are not enough mentors to accommodate the 200 CLD participants who have signed up to be part of the CLD program.

Personnel interested in being a CLD participant or mentor should call **Wanda York** at 451-2220 prior to Oct. 29 to schedule one of the above classes. Questions regarding the CLD Program may be directed to **Gayle Kennedy**, CLD Administrator or **Glenda Smith**, Asst. CLD Administrator at 451-2218/2220.

The Office of Personnel Management provides these answers to frequently asked questions about the Federal Employees Health Benefits Program:

• **Another plan has some extra services that I cannot get in my own plan. When is the next time I can change plans?**

You can change plans at open season and whenever certain events, such as marriage, occur. Becoming aware that another plan has better benefits, even if you did not expect to want the extra benefits when you had a chance to change plans before, does not qualify as an event that allows you to change plans.

• **If I join a plan because my doctor is a participating doctor or specialist and then my doctor drops out of my plan's network in the middle of the year, can I switch plans or**

do I need to wait until open season?

You would need to wait for open season. It is not uncommon for providers to leave plans midyear. Other plan providers will be available to provide care.

• **I have a preexisting hear condition. When I change plans, should I worry about a waiting period before I can get coverage?**

There are no exclusions or waiting periods for preexisting conditions in any plan in the Federal Employees Health Benefits Program. This will also be the case after you retire.

• **When I change plans, when will the change be effective?**

Open season changes are effective the first day of the first full pay period that begins in January. Generally, midyear changes are effective on the first day of the pay period that begins after your enrollment is received by

your human resources office.

• **When I leave the Federal Employee Health Benefits Program, I understand a certification that I had group coverage. I can use to get new coverage with a new industry employer. Will my agent plan certify my insurance coverage?**
OPM requires FEHBP carriers to provide certifications of prior coverage to new employers. They issue certifications automatically when coverage terminates. If the new employer does not certify your coverage, you should contact them and ask them to send you a certification of coverage.

Editor's note: These articles are of interest to all civil service employees working at Camp Lejeune and Marine Air Station, New River. It is the responsibility of the Civilian Personnel Office.

Because tanks are really hard to park.



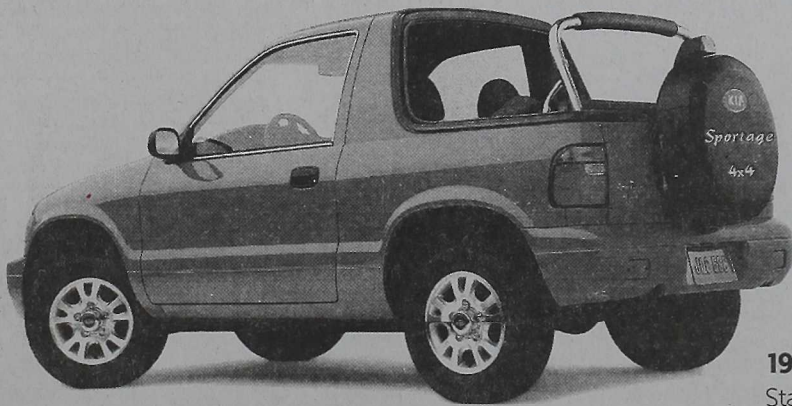
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New Command Master Chief reflects on years of change

Sgt Arthur Stone
Camp Lejeune correspondent

Few Sailors can truly say they have seen 25 years of change take place in the U.S. Navy, but the new Command Master Chief, at the Naval Hospital, here, can tell sea stories with the best of them.

Master Chief Ralph Rao, a ship's serviceman by rating, has watched the tides of change during his career and he is pleased with where the Navy is going.

Born in East Haven, Conn., Sept. 21, 1955, he joined the Navy in July 1974. He is both Enlisted Surface Warfare qualified and Seabee Combat Warfare qualified.

Though not a hospital corpsman by occupation, he has served with them on several occasions, according to Master Chief Lee Larson, Command Master Chief, II Marine Expeditionary Force. Larson, a colleague and long time mentor, and friend of Rao, described Rao as "one of the most driven individuals I have ever met."

"He's been on more ships than I can count, but he's back at a Naval Hospital," Larson said. "We were stationed at the National Naval Medical Center, Bethesda, Md. As a non-medical type at a Medical Treatment Facility, his tolerance was taxed, day in and day out. While we made rounds of the wards, he took the gallows humor displayed by the medical personnel with good grace."

During his years of service, he has served twice as a company commander, Recruit Training Command, Great Lakes, Ill., deployed to Operation Democracy and was selected into the Command Master Chief program. He also qualified as the officer of the deck (underway) on three different classes of ships, a position usually held only by



Official Navy photo

Master Chief Ralph Rao is the Command Master Chief for Naval Hospital, Camp Lejeune. He has served more than 25 years in the Navy.

commissioned naval officers.

He served as the Command Master Chief, USS Simon Lake (AS33), homeported in La Maddalena, Italy, the first

Naval vessel to fly the Surface Warfare pennant.

He was assigned as Command Master Chief, Naval Hospital, in August 1999.

"The Navy has been good to me," said Rao. "My ultimate goal in the Navy is where ever I am, I try to make it a better place."

His leadership philosophy is a simple one. "Set the example. Be the example."

His attitude toward the Sailors under him and the Marines he serves with is also a simple one. "I never think I'm better than anybody else," said Rao. "I'm a master chief in the Navy, but I don't act like I'm any better than the youngest [seaman apprentice]. I try not to be arrogant."

He knows his views may not be popular with some, but his philosophy works for him.

"It's a very different world in today's Navy," Rao explained. "If you are fixing things, making things better and making changes, some people are not going to like that. Change is painful."

Rao credits most of his success in the Navy to a solid, stable relationship with his wife and family, that few Sailors or Marines are fortunate enough to develop during their careers.

His wife encourages him to look after the health and welfare of his sailors as his primary purpose in his career.

"I am very fortunate to have a wonderful wife and a great family," Rao said. "My wife has put up with a lot of sea duty. The stabilizing role in my family is my wife. She's been the supporting role that breeds success in the Navy. My wife never complained about stuff like that. She's very supportive."

Another reason for their strong relationship is due to

Rao's return from his past deployments, onto him in an anecdote told by a Navy chaplain. "Don't expect a change of command at the time it was told. Rao said he suddenly realized he was expecting exactly that and it was not going to happen."

Sailors and Marines cannot return home for a period away from their families and expect to be back into running the show at home.

Every family is different, but Rao explained he was expecting that very thing upon the deployment away from his wife.

Reflecting on how the Navy has changed in 25 years, Rao had to compliment the Navy. "There have been a lot of great changes in the Navy, but we have allowed Sailors to do a great organization. Discipline is a part of training is better, but there is less discipline. Discipline is the greatest thing in the Navy. Where there is no discipline, there is no progress. Where there is no progress, there is no growth. Where there is no growth, there is no opportunity to grow, and we work for. If we have problems and overcome them, we grow tall in character and the qualities that we need."

Rao has dedicated himself to improving leadership, but in helping the lives of Sailors according to his former commanding officer, D.A. Duffie, Commanding Officer, USS Simon Lake (AS33).

"Master Chief Rao is the finest Command Master Chief I have ever served with," said Duffie. "He is a man of knowledge, discipline and military to a paramount interest in professional develop-

Sports Medicine Clinic stretches rehab boundaries

Base clinic specializes in diagnosing, treating athletic and training-related injuries

Sgt Arthur Stone
Camp Lejeune correspondent

Training and sports-related injuries have plagued the Marine Corps for the past decade, forcing unit commanders to look for new and better ways to train their Marines and reduce the amount of injuries.

Attention has turned toward the methods and practices of sports medicine.

The Sports Medicine Clinic here assists the Marines, Sailors, retirees and family members in diagnosing, treating and preventing musculoskeletal injuries through education and techniques of safe exercise — this is the clinic's mission.

The program utilized here leans more toward prevention than toward physical therapy and is in great demand aboard the base.

"We only exist on Marine bases. You will not find a Sports Medicine Clinic on a Naval base," said Lake Placid, Fla. native, Petty Officer 1st Class Venecia I. Wenzel, Sports Medicine Clinic, Marine Corps Base. "Sports medicine is not in demand at a Navy base as much as on a Marine base. That's because Marines PT more and run more. Their training is

usually very strenuous." The clinic sees approximately 1,500 patients each month; 1,000 Marines and Sailors are enrolled in the clinic's exercise program.

They are currently tracking 233 active duty Marines and Sailors through the sports medicine program and see approximately 176 new patients each month. Their primary concern is the active duty Marines and Sailors, but they are also active with Lejeune High School's athletic program.

A doctor and several corpsmen cover the sporting events at the school.

"Building 36 [on base] is the first step into the system," Wenzel said. "They come see a provider, get diagnosed and get a course of treatment. It all depends on the type of injury. They come to Sports Medicine on a consult from their BAS (battalion aid station). We make a determination on whether or not their injury is treatable by sports medicine or whether another specialty clinic needs to see them."

The doctors and corpsmen at the clinic attempt to determine whether the patient is stretching and exercising properly during physical training. These are very important parts of

exercise. The program has specific programs for specific injuries.

If the providers determine that a patient has a condition that is treatable by sports medicine, they set up a program for them at one of the offices on base.

The type and severity of the injury determines each individual's exercise program.

Petty Officer 2nd Class Sylvia Suluai, a Pago Pago, American Samoa, native, has worked with the sports medicine exercise therapy program for more than three years. She currently works with the program at the French Creek Gymnasium, helping Marines and Sailors learn the correct way to exercise.

"We start by teaching them to properly warm up, stretch and strengthen their muscles," said Suluai. "Prevention is the best medicine. Our patients are athletes, because Marines are athletes. We want to get them back into the game. Our goal is to get them back to full duty."

Patients turn to sports medicine with cases ranging from pulled ligaments to strained muscles. Regardless of the circumstance, the corpsmen of the Sports Medicine Clinic are there to assist them in their recovery.

GySgt Duane W. Winters, Ocala, Fla., native, Headquarters and Service Company, 8th Engineer Support Battalion, 2d Force Service Support Group, developed hip pain four years

ago while stationed overseas. His corpsmen told him he had pulled a muscle.

When he arrived at Camp Lejeune, he pulled the same muscle again and was sent to see an orthopedic surgeon.

He was given a consult to Sports Medicine and has been working for two months to strengthen the muscles in his hips, legs and back by stretching his periformis muscles.

The corpsmen at the gymnasium taught him how to stretch the injured area correctly, developed an exercise program for him, then supervised his workouts to ensure that he continued to exercise correctly.

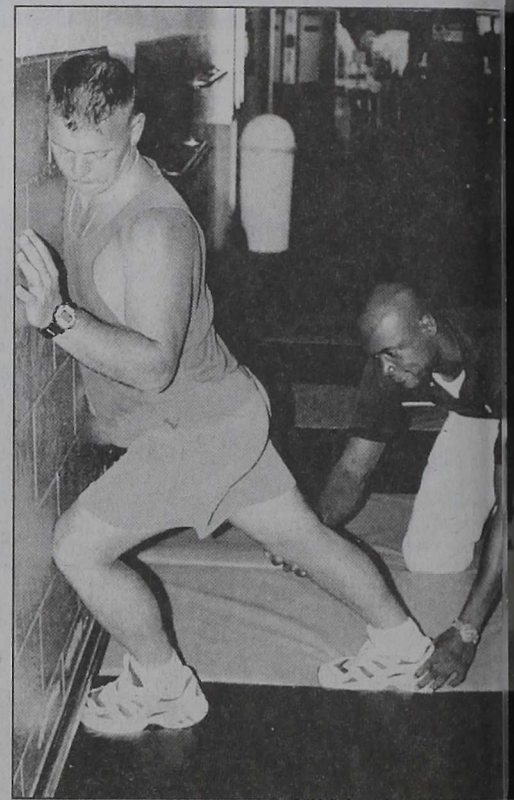
Atlanta native, MSgt Paul Smith, Jr., A Company, 2d Light Armored Reconnaissance Battalion, 2d Marine Division, sought exercise therapy after fracturing an ankle in May 1998 while stationed in Okinawa, Japan. The fracture was not detected until September 1998 and did not fully heal until January 1999.

As a result of exercising on the fracture, he developed an injury to his Achilles tendon.

He has been on the exercise therapy program for eight weeks and is recovering quickly.

The corpsmen taught him how to warm up his muscles properly prior to exercising — one of the most crucial stages of exercise.

"Four months ago I couldn't run," said Smith. "Now I'm running again. That's a big improvement."



Petty Officer 3rd Class Kenneth Williams of the Sports Medicine Therapy Clinic at French Creek, assists GySgt Duane W. Winters, Co., 8th ESB, with stretching exercises during a therapy session.

For more information about the Sports Medicine Program or the benefits of exercise therapy, call the Sports Medicine Clinic at 451-2153 or contact your battalion Sports medicine clinic. Injury, but for those who work wonders.

Base Maintenance: behind-scenes heroes of turbulent hurricane season

Sgt Arthur Stone
Camp Lejeune correspondent

As the hurricane season closes behind us, Camp Lejeune families can breathe a sigh of relief, thankful for the end of one more turbulent summer. Hurricane Floyd, now one for the history books, left base maintenance personnel scrambling behind the scenes to put the finishing touches on the final chapter of a storm that devastated much of eastern North Carolina and left thousands homeless.



Sgt Arthur Stone

Gary L. Barrett, a high-voltage lineman makes repairs to power lines on Camp Lejeune after Hurricane Floyd.

Few Marines and Sailors around Camp Lejeune would argue the fact that Base Maintenance personnel work some unusual hours.

During the recent hurricanes of the past three years, those same workers labored furiously to keep the base operational during four major hurricanes and several severe tropical storms. They enjoyed a great degree of success.

During Hurricanes Bertha, Fran, Bonnie and Floyd, Base Maintenance called in utility crews from surrounding states in preparation for the damage the storms would cause. Hurricane Floyd was different than all the rest due to the major flooding. "There were 85 line trucks backed up on the other side of Beulaville," said Arthur Woodward, Director of Maintenance and Repair, Base Maintenance. "The highway patrol had to bring them in by way of the airport."

Part of the mission of the electrical section is to set up large generators before a hurricane makes landfall, then maintain them during and after the hurricane until power is restored. Depending on the severity of the storm, this could be for hours or even days. Large air conditioning units must be shut down prior to the storm's arrival to prevent damage to the systems that would be very costly. Another major concern is to keep power flowing to water, steam and waste water management

facilities on base.

According to James C. Sides, Assistant Director, Utilities, Base Maintenance, some of the facilities on base automatically shift to generator power when there is a power loss during such storms. However, other buildings require extensive work cutting off the power and setting their electrical systems to run off of generator power. Sides was glad to point out that power and auxiliary power to the water and waste water facilities on base had not been lost during the past hurricanes, no small feat when considering the destructive power of Hurricanes Fran, Bertha, Bonnie and Floyd.

Surprisingly, there are only eight high-voltage linemen employed by Base Maintenance to cover mainside, Stone Bay, Court House Bay, Sandy Run, and the housing areas with the exclusion of Tarawa Terrace. These linemen were on standby throughout the storm and were forced to pull a lot of overtime hours to get the base up and running after the storms.

Many maintenance personnel of all trades volunteered to remain at the Base Maintenance facility during Floyd, even though they had families and homes in the area. They wanted to be ready to respond at a moment's notice, as soon as the winds died down enough to let them work safely. Maintenance personnel also ran the Disaster Control Center in building 1202 during Dennis and Floyd.

"Many of these people did not stop working during the entire period, and put the recovery of the base and housing above their own personal and family needs," said Wayne Crump, Maintenance Supervisor, Shop 41, Base Maintenance. "Some are still working literally from daylight to dark, every day of the week to bring the quality of life and level of safety aboard Camp Lejeune back to its pre-storm condition."

Some of these volunteers had their homes, vehicles and personal possessions damaged by the flood, but stayed at their posts until the job was done. This type of dedication is typical of the men and women who work to



Base Maintenance workers repair guttering on a building damaged by Hurricane Floyd.

keep the base operational at every hour and weather condition.

"When you come out at night, and it's dark and raining, you don't know what you are getting into," said Gary L. Barrett, a high voltage lineman with the Utilities section, who has worked on base since 1985. "The call could come in at 4 a.m., and if lightning hits an underground transformer it could cost several thousand dollars to repair. If the lines are down, they could still have power to them and they could be a danger to someone."

Barrett, who has been a high-voltage lineman since 1974, remembers the lessons learned from Hurricanes Fran and Bertha. Floyd did less damage to the base, but the combination of past experiences has taught him and others how to prepare.

The linemen are responsible for the repair and upkeep of underground cables, power lines, transformers and light poles around the entire base.

That's a wide area to cover for just eight men, so when hurricanes take aim at the base, Base Maintenance calls in linemen and construction crews from other states to help with repairs.

Workers from the maintenance sections are responsible for windows on structures along O-1 prior to the storm, and starting after the storm. Contractors perform jobs that would be too time-consuming for base personnel, such as repairs to structures damaged by the storm. This allows them to perform maintenance and keep things around base. After Hurricane Fran, crews from around North Carolina hand in hand to ensure a seamless process.

Base Maintenance workers share of the debris gathering hurricane; cutting up trees that hit buildings, searching out damage and scheduling repairs.

The Utilities section took first accomplished most of their work after the storm. Structural repairs are still taking place on base as completion. Base Maintenance is the final chapter of the storm to North Carolina's "flood of the c-

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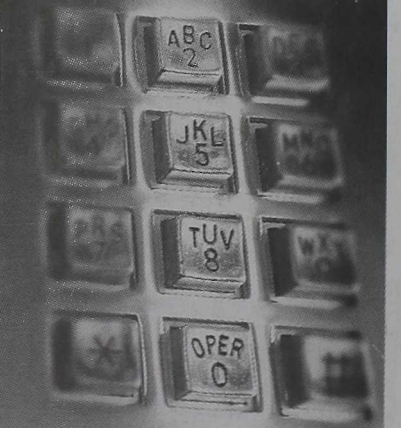
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Marine Forces Atlantic Capabilities Exercise '99

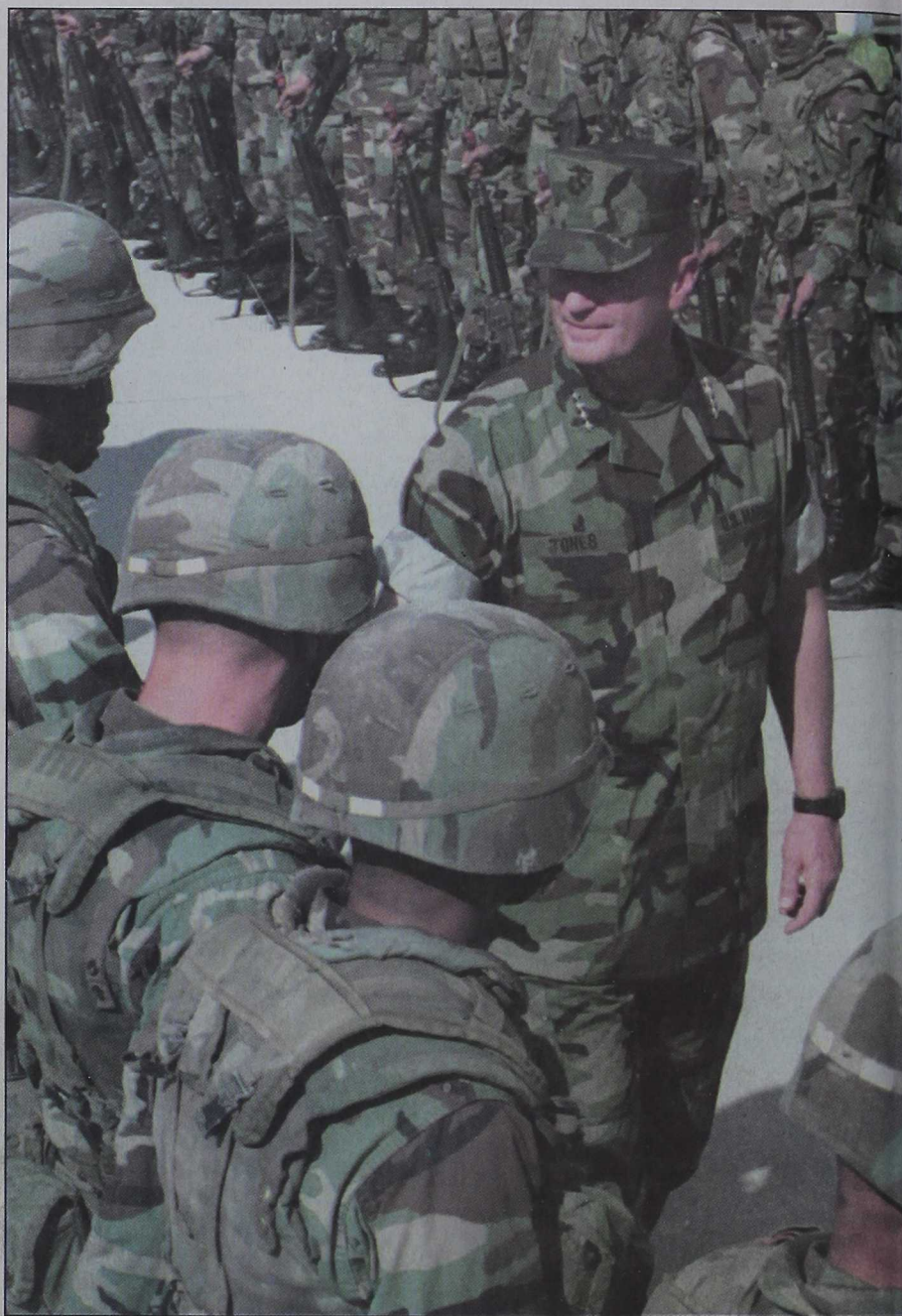


Photos and layout design by the Marines of 2d Marine Division Combat Camera.



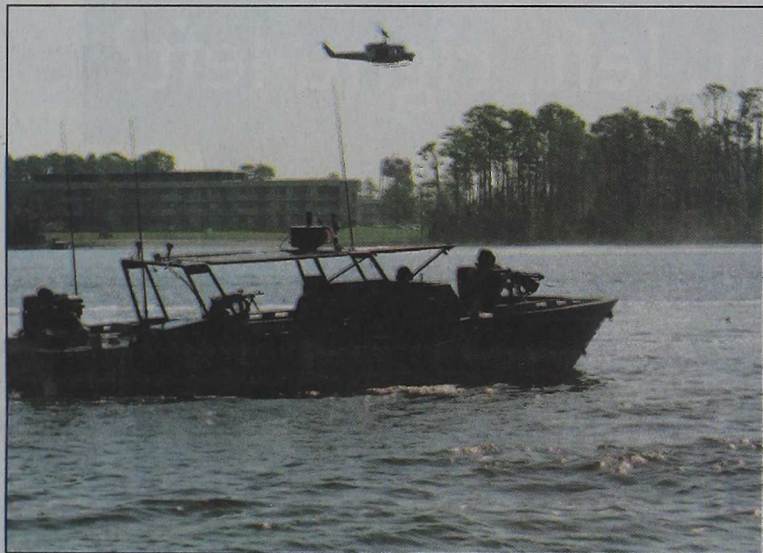
LCpl Jacob A. Fuller

Marines of Echo Company 2d Bn. 2d Marines invade the MOUT facility during CAPEX '99.



LCpl Kevin R. Reed

The Commandant of the Marine Corps **Gen James A. Jones**, looks over the Marines of Echo Company 2d Battalion, 2d Marine Regiment, 2d Marine Division, after a Military Operations in Urban Training (MOUT) exercise during the Marine Forces Atlantic Capabilities Exercise '99.



LCpl Kevin R. Reed

Marines of Small Craft Company demonstrate their abilities by assaulting the river bank.



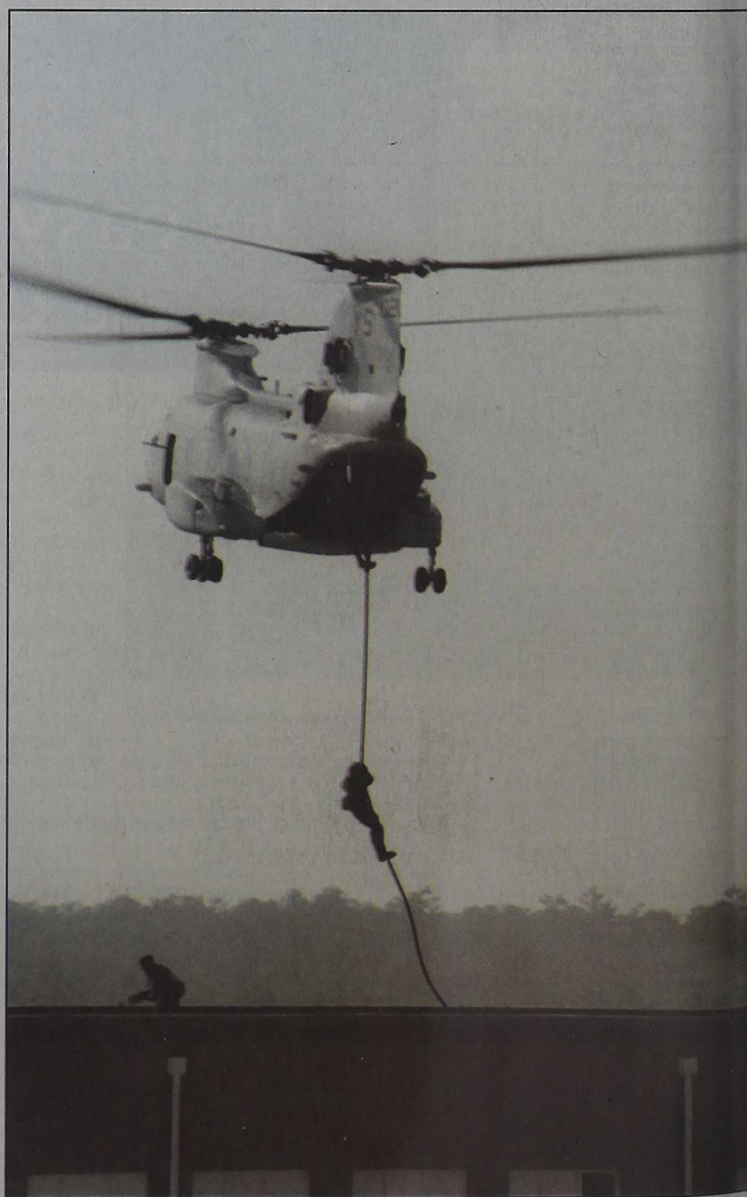
LCpl Kevin R. Reed

Marines of II Marine Expeditionary Force evacuate a pilot during a Tactical Recovery of Aircraft and Personnel exercise.



LCpl Jacob A. Fuller

A large group of generals from the Marine Corps and other services gather with VIPs to watch as Echo Co. commence in a mock urban war during CAPEX '99.



LCpl Kevin R. Reed

Marines of Echo Co. fast rope from a CH-46 to the top of a building during a MOUT exercise.

22, 1999

Marines went to Beirut in the name of peace

Decker
correspondent

generally a calm, quiet and lazy for worship or catching up on

of Marines were spending the hours of Sunday, Oct. 23, 1983, after while ashore in Beirut, perhaps dreaming of their wives, home-cooked meal with parents, minutes, the lives of thousands of United States and the Marine change forever.

st of 1982, the 32d Marine Jnit(MAU) from ie was deployed nation to oversee departure of of Palestine ganization(PLO) of the war-torn city. After the med to ship, the newly elected sident was killed in an explosion, Army invaded West Beirut where inian refugees were massacred. Ronald Reagan ordered the 32d into Lebanon to support the med Forces where it was soon 'amp Lejeune's 24th MAU. The n, 8th Marines Headquarters located at the Beirut International housed the Battalion Landing

6:30 a.m. on Oct. 23, 1983, a truck passed a Lebanese in the airport road without halting.

The truck turned into the airport parking lot, circled twice and picked up speed for a deadly run at the headquarters building. After breaking through several barriers, it sped between two sentry boxes and crashed through more obstacles, penetrating the building's first floor before detonating tons of explosives, taking the lives of 241 Marines, Sailors and Soldiers, a majority of which were stationed at Camp Lejeune.

Most died in their sleep or were crushed as the building collapsed, while a handful have died in the years that followed due to injuries sustained from the bombing.

"I awoke with a shock to a scene of chaos. Shards of glass hurtled through the air. Makeshift walls collapsed around me, and bookcases toppled," said **George W. Pucciarielli**, a Navy commander and chaplain in 1983. "And as I jerked upright, I banged my head on a piece of cement caught by my mosquito net."

Orders prohibited Marines from being locked and loaded, but small arms fire probably would not have made much difference, according to reports. The driver of the speeding van was determined to put a huge dent in the American presence in Lebanon. A sentry did get some shots off with a pistol, however.

"I heard gunshots and people yelling, then the next thing I remember is flying through the air," said **LCpl Burnham Matthew** in the Nov. 3, 1983 edition of **THE GLOBE**. Matthew was sitting at his desk on the third floor of the

building. "I landed on my feet. How, I don't know. I then turned around and saw the rest of the building fall to the ground."

Minutes later another building — the French Embassy — was torn to shreds by another suicide bomber, killing scores of French soldiers and Lebanese.

SSgt Steven Erickson, 2d Bn., 8th Marines Logistics Chief, was in combat in Grenada when the bombings took place. His battalion relieved what was left of the Marine presence in Beirut.

"I saw the building — what was left of it," said Erickson, who retired as a master sergeant in 1995. "There was a big hole in the ground. It was worse than a B-52 crater. They were relieved to get out. They just wanted to leave after what happened, and we wanted to get in. It was to the point where we wanted to get settled," he said.

In all, 269 American military personnel were killed in Lebanon.

All are listed on a wall at the Beirut Memorial, located at the entrance to Camp Johnson, in Jacksonville, along with three Marine pilots who were killed in Grenada.

Erickson spent time during the early 1980s in Beirut. He spent a year there before the bombing and upon his return, he stayed until 1985.



SSgt Robert E. Kline

Marines with the 24th Marine Amphibious Unit conduct a foot patrol along the railroad tracks in August, 1983, two months before the bombing.

He recalls another tragic day in Marine Corps history when another mass-casualty situation occurred. Eight Marines were killed by one mortar shell in December of 1983, according to Erickson.

"That was a sad day when we lost eight at one time," said Erickson. "It was a grave day for the battalion. It really

bothered a lot of people back then." Erickson has attended the Beirut Memorial ceremony in the past, held at the memorial every Oct. 23 since 1986.

He goes to pay his respects and to try and understand why so many of his fellow Marines are no longer with him and have their names listed on a memorial wall.

THEY CAME IN PEACE



Cpl Chet Decker

led in the Carolina pines

ut Memorial lies amongst the pine trees near Camp Johnson at the corner of Lejeune Boulevard and Montford Road. It was dedicated Oct. 23, 1986 with more than 2,000 people in attendance. The broken walls on the front symbolize the bombed headquarters building. There are 273 names engraved on the walls of the Memorial. In addition to the inscribed names of those who died in Beirut and those who have died since of injuries from the Oct. 23, 1983 bombing, there are the names of three Marine pilots from the area who were killed in Grenada.

Other will never forget tragic day

Decker
correspondent

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ille, N.C., resident kenship will never she was doing that and the following n she found out her d, would never be ne.

His memory is still with them.

"He was happy all the time. I knew him as a comical person who loved to pull tricks, especially on me," his mother, Mary, said.

"He was a happy kid with lots of friends. He played football in high school, plus he played baseball for the Corps."

The coffin containing his body arrived in Fayetteville on Nov. 9, 1983, and Richard was buried with full military honors.

"Knowing Richard and how he loved the Corps, he would do the something over again. His brother was also in the Corps (**Cpl Donald Blankenship Jr.**). Richard always wanted to be a Marine," said Mary.

Richard sent letters to his father, **Donald**, and his mother often, and his last letter home, which arrived the day before



Sgt Richard Blankenship

the bombing, explained that he was going out on ship.

The Blankenship family was relieved their son was getting out of harm's way as they prepared to attend church the morning of the attack.

Then the shocked news anchors came across the television telling of the cowardly deed.

Because of the letter, Mary didn't think it was possible her son was in the barracks, but in the back of her mind she knew, she said.

"It was horrifying," she said. "Something in me told me he was there, and he was in the building. God was trying to prepare me for the news. On Wednesday they came and told us he was missing."

"POW, MIA, escape, capture" — the thoughts raced through her head.

Was her son alive? The days that followed were the

worst of her life.

She went to Camp Lejeune, joining the crowds of relatives awaiting similar and tragic answers.

"I had a premonition to be here in my house, and the Marines called my pastor. He came by and told me my son was dead. After that, I really don't remember much. I believed it, of course, but I didn't want to," she said.

Mary was able to talk to her son about a month before his death, wishing him a happy birthday on Sept. 17. That was the last time the mother and son spoke.

"He was telling me all about the shelling that was going on there. He said that was a lot of stuff going on," Mary said. "But he said, 'Don't be scared Mom, and don't worry.'"

Sgt Richard Blankenship left behind a wife and a 2-year-old son. His son, now 18, has no memories of his father, Mary said. But she hasn't been in contact with her grandson in 10 years. After being widowed, Richard's wife remarried and moved away.

"To tell the truth, I really don't want to remember the day I was told," said Mary. "But I have relived it over and over since then."

Mary Blankenship is just one parent of the 241 American bombing victims who must endure the loss of a child everyday.

The Other Wall

It does not stand in Washington
By others of its kind
In prominence and dignity
With mission clear defined.
It does not list the men who died
That tyranny should cease
But speaks in silent eloquence
Of those who came in peace.
This Other Wall is solemn white
And cut in simple lines
And it nestles in the splendor
Of the Carolina pines.
And on this wall there are the names
Of men who once had gone
In friendship's name to offer aid
To Beirut, Lebanon.
They did not go as conquerors
To bring a nation down
Or for honor or for glory

Or for praises or renown,
When they landed on that foreign shore
Their only thought in mind
Was the safety of its people
And the good of all mankind.
Though they offered only friendship
And freedom's holy breath
They were met with scorn and mockery
And violence and death.
So the story of their glory
Is not of battles fought
But of their love for freedom
Which was so dearly bought,
And their Wall shall stand forever
So long as freedom shines
On the splendor and the glory
Of the Carolina pines.

R.A. Gannon

Memorial ceremony scheduled for Saturday

Cpl Chet Decker
Camp Lejeune correspondent

It has been nearly 16 years since one of the most tragic events in U.S. military history took place.

Marines from Camp Lejeune, family members and friends will observe the anniversary of one of the bloodiest days in Marine Corps history on Saturday at 10:30 a.m. at the Beirut Memorial, near the entrance to Camp Johnson.

The 273 American servicemen, whose names are on the Beirut Memorial Wall, deployed to Grenada and Beirut in search of peace. Three names are those of Marine pilots who died in Grenada. The rest were killed in Beirut, Lebanon.

On a peaceful Sunday morning, a terrorist bomb killed 241 American servicemen staying

at the 1st Battalion, 8th Marine Regiment headquarters building at the Beirut International Airport. Two-hundred and twenty were Camp Lejeune Marines, and 18 were Camp Lejeune Sailors. All were part of 24th Marine Amphibious Unit, presently known as the 24th Marine Expeditionary Unit (Special Operations Capable). They, along with three Soldiers and the 126 servicemen who sustained serious wounds, will all be remembered during the usually heavily-attended, annual observance ceremony.

The 2d Marine Division Band will conduct a musical prelude, while the 1st Battalion, 8th Marines Color Guard will perform colors ceremonies. **MajGen Ronald G. Richard**, Commanding General, Marine Corps Base Camp Lejeune, and **Gen James L. Jones**, Commandant of the Marine Corps will be in attendance, as will **MajGen Robert Blackman**, Commanding General, 2d Marine Division. Uniform for those in attendance is Service Alpha.



Tragic Monument

Retired **Maj John T. Dyer**, pays tribute to the fallen warriors of the Beirut bombing. The horrific tragedy took place at the BLT Headquarters Building Oct. 23, 1983. This painting and other great samplings can be found on the Marine Corps History and Museums website. The site is located at www.usmc.mil/historical.nsf/.

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Hometown Heros



Lake Alfred, Fla. — LCpl Matthew C. Mincey, mans an Mk-19 automatic grenade launcher as he stands watch in a bunker at Camp Monteith, Kosovo. Mincey is a field artillery cannoneer with Lima Battery, 10th Marine Regiment.

Port Sanic, Mich. — LCpl Anthony Keller, assigned to India Company as a mortarman, stands watch as one of his duties while in Kosovo.



West Haven, Conn. — SSgt William J. Wrightington, the ammunition chief for the 26th Marine Expeditionary Unit, inspects various types of confiscated munitions at Camp Monteith, Kosovo. Wrightington played a vital part in Operation Joint Guardian.

Seligman, Ariz. — 1stLt Philip L. Laing, a Platoon Commander from Light Armored Reconnaissance Detachment Delta, signals his platoon to mount up for a patrol during Operation Joint Guardian.



Sardis, Ohio — GySgt Garlen A. Powell, a platoon sergeant with the Combat Engineer Detachment, saws through an eight inch by eight inch post being prepared for a guard house.

Chicago — Cpl Nicholas D. Goffe, a support equipment technician with Marine Medium Helicopter Squadron-365, the Air Combat Element of the 26th MEU (SOC), stands amongst the gear he maintains.



Palmdale, Calif. — SSgt Steven Tooman scans the hills to left and right of his vehicle looking for trouble. A vehicle commander with Delta Detachment, Light Armored Reconnaissance, Tooman and his Marines were the tip of the spear in the Marine Corps during Operation Joint Guardian.

26th Marine Expeditionary Unit

America's 'Force in Readiness' answers distress calls, brings relief to thousands around globe

Compiled by
26th MEU (SOC) Public Affairs

In October of 1998 the 26th Marine Expeditionary Unit was formed. Together, **Battalion Landing Team 3/8, Marine Medium Helicopter Squadron-365, and MEU Service Support Group - 26** began training as one cohesive team.

In 26 challenging weeks, a razor sharp force was forged with hard training and dedication, a force in readiness that claimed the title of **Special Operations Capable**.

By April of 1999 the 2,200 Marines and Sailors set sail for the Mediterranean, as "America's certain force in an uncertain world."

Within the first few days of their journey the mettle of these Marines and Sailors was tested. The MEU supported **Operation Shining Hope**, by providing security to Camps Hope and Eagle, both refugee camps near Fier, Albania.

While elements of BLT 3/8 were on the ground in Albania, their counterparts still aboard *USS Kearsarge* provided the **Tactical Recovery of Aircraft and Personnel Force (TRAP)** to our AV-8B Harriers as they showed their strength overhead by participating in **Operation Allied Force**, the NATO bombing campaign over the former Republic of Yugoslavia. In historic fashion, and while still engaged, the Marines and Sailors again heard our nation's leaders call.

Ordered to be the "First to Fight," they acted as the enabling entry force for American Peacekeepers into

the war ravaged country of Kosovo under **Operation Joint Guardian**.

Once in Kosovo the 26th MEU (SOC) provided peace enforcing throughout the region in order to create a stable environment.

Once this successful mission was completed, Marines and Sailors redeployed aboard the *USS Kearsarge*.

Ready Group shipping to the Mediterranean to maintain a vigil in the Mediterranean.

Within days of returning to Camp Lejeune, Marines and Sailors of the 26th MEU (SOC) were assigned to assist those in need.

After several days they arrived at the site of the earthquake hit region.

Once this successful mission was completed, Marines and Sailors redeployed aboard the *USS Kearsarge*.

Ready Group shipping to the Mediterranean to maintain a vigil in the Mediterranean.

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After several days they arrived at the site of the earthquake hit region.

Once this successful mission was completed, Marines and Sailors redeployed aboard the *USS Kearsarge*.



For next few weeks, following the completion of the mission, the 26th MEU (SOC) remained in the region.

The *USS Ponce* sailed to take part in **Operation Northern Approach** with the British *USS Kearsarge* and *USS Gunston*.

participated in **Exercise Atlas Hinge** in Turkey.

In October 1999, just one year after their deployment, the 26th Marine Expeditionary Unit (Special Operations Capable) returned to Camp Lejeune, N.C., back to friends and family.

Their reward for this unselfish work was the knowledge that they had made a difference, ensuring a peaceful world.

May - June — Albania: The 26th MEU (SOC)'s deployment began by providing security to Camps Hope and Eagle. The camps were home to Kosovar Albanians fleeing Kosovo. Elements of Battalion Landing Team 3/8 provided a sense of security and hope to the residents of the camps as part of Operation Allied Harbor.



LCpl Michael E. Schellenbach



LCpl Michael E. Schellenbach

May-June 1999 —Balkans: The MEU's AV-8B Harriers provided support to Operation Allied Force over the skies of the Former Yugoslavia in the NATO Air Campaign. Additionally the MEU's Tactical Recovery of Aircraft and Personnel (TRAP) members were prepared to put themselves in harms way to support the MEU's Harriers and all Allied aircraft participating in the operation.

Expeditionary Unit returns

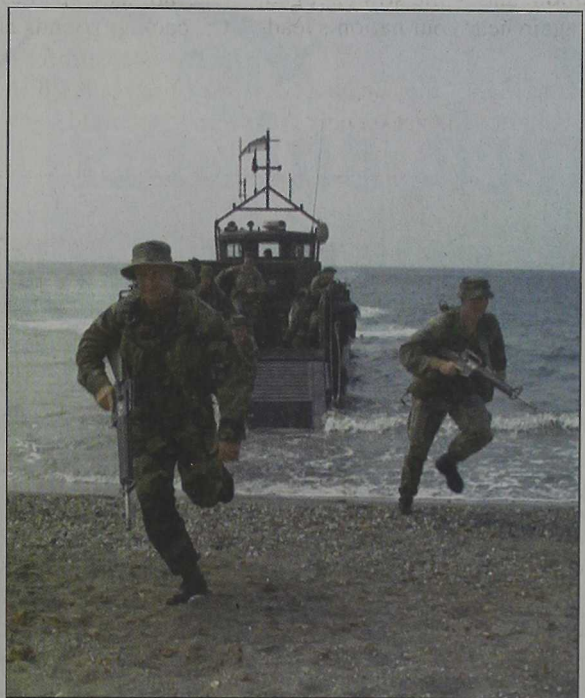


CWO-2 Seth Roseman, USNR

Sailors and Marines of the 26th MEU (SOC) served as the Landing Force Sixth Fleet aboard Amphibious Squadron 2 made up of USS Kearsarge (LHD 3), USS Ponce (LPD-15) and USS Gunston Hall (LSD-40) here in formation in the Mediterranean.

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Cpl Jimmie Perkins

August-September — Turkey: Within days of redeploying aboard Amphibious Ready Group Shipping the Marines and Sailors of the 26th MEU (SOC) were again ordered to assist those in need after a massive earthquake struck the Northern region of Turkey. Termed Operation Avid Response, the MEU assisted the Turkish Government by providing tents, fresh water and other needed supplies for those left homeless by the massive quake.



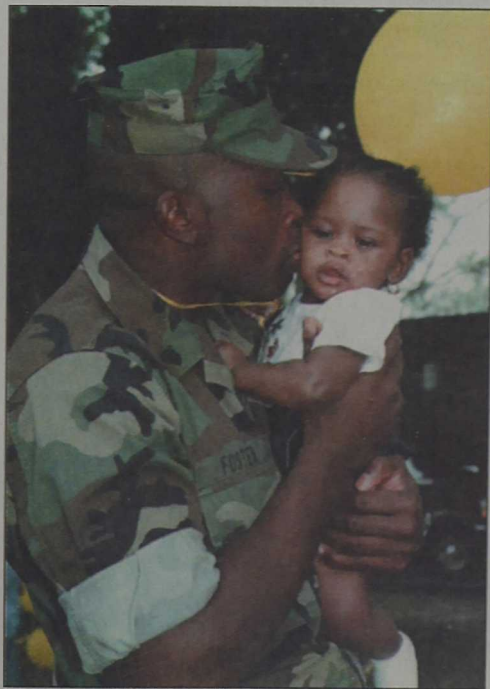
LCpl Richard T. O'Connor



Cpl Derek Chappell

June -July — Kosovo: Acting as a Peace Implementation Force, The Marines and Sailors of the 26th MEU (SOC) provided peace keeping and peace enforcing throughout the embattled region. As part of NATO's Multi-national Peacekeeping Force during Operation Joint Guardian the Marines established a stable environment for both Serbian and Ethnic Albanian residents after months of war.

This photo appeared on the August cover of Leatherneck Magazine.



Sgt Bobbie J. Bryant

October — Camp Lejeune: Homecoming. Jasmine C. Foster receives a kiss from her father Sgt Chris T. Foster, 2d Force Recon Co., 26th MEU, when they meet for the first time.

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Chapel Schedule



ROMAN CATHOLIC

Sunday Masses
 Brig 8 a.m.
 Courthouse Bay Chapel 9 a.m.
 MCAS New River Chapel:
 (Transportation provided from Chapel) 8:45 a.m.
 St. Francis Xavier Chapel 8:30 and 11:30 a.m.

Weekday Masses (Monday-Friday)
 Naval Hospital Chapel (Thursday only) 10:30 a.m.
 MCAS New River Chapel 11:45 a.m.
 St. Francis Xavier Chapel 11:45 a.m.

Saturday Masses
 St. Francis Xavier Chapel 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

EASTERN ORTHODOX

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

LATTER DAY SAINTS

Scripture study Tuesdays 7 p.m.
Sunday services
 Call Chaplain Vance 451-3210
 Call Bishop Maloney 743-2569

PROTESTANT

Sunday Worship/Religious Education
 Base Chapel, Holy Communion 7:30 a.m.
 Base Chapel, Contemporary Service 9 a.m.
 (Sunday School Protestant Chapel Annex) 9 a.m.
 Base Chapel, Worship Service 10:30 a.m.
 Camp Geiger Chapel: Holy Communion
 (Episcopal/Lutheran Liturgy) 8 a.m.
 Brig 9 a.m.
 Camp Geiger Chapel: Praise and Worship 9:30 a.m.
 Camp Johnson Chapel 9 a.m.
 Courthouse Bay Chapel 9 a.m.
 French Creek Chapel, Holy Communion 9 a.m.
 Midway Park Chapel 11 a.m.
 Naval Hospital Chapel 9 a.m.
 Tarawa Terrace Chapel 10:30 a.m.
 (Sunday School, Religious Ed. Building.) 9:15 a.m.
 New River Chapel 11 a.m.

ISLAM (MUSLIM JUMAH)

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

JEWISH

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

CHRISTIAN SCIENCE

If interested call **Everett Sharp** (252) 636-8744
 Tarawa Terrace Chapel 1st and 3rd Mondays 7 p.m.

Camp Lejeune Combat C



Television
 Sched

Friday 8 a.m., Lejeune After Hours; 10 a.m., Hurricane Preparedness; 10:30 a.m., The Choice; 11 a.m., 11:30 a.m., Carolina Marines; noon, Pendelton Journal; 12:30 p.m., Combat Digest; 1 p.m., 1:30 p.m., 2 p.m., FSC Program; 2 p.m., the Corps and Volunteer Appreciation; FSC 1 p.m., Hurricane Preparedness; 3:30 p.m., In 8th & I; 5:30 p.m., Hurricane Preparedness; Lejeune After Hours

Monday 8 a.m., Hurricane Preparedness; 9 a.m., Inform in Review '98/Division Anniversary '98/Rec Video/Dyna Mic Mix/2dMARDIV COC; 9:30 Program; 10 a.m., Hurricane Preparedness; 1 Forged w/Pride; 10:30 a.m., Navy/M.C. News; 1 Carolina Marines; noon, Pendelton Journal; 1 Combat Digest; 1-2 p.m., FSC Program; 2:30 riage in the Corps and Volunteer Appreciation Hurricane Preparedness; 3:30 p.m., Combat D p.m., Hurricane Preparedness

Tuesday 8 a.m., Lejeune After Hours; 9:30 a.m., Ethic Hurricane Preparedness; 10:30 a.m., The Choi Navy/M.C. News; 11:30 a.m., Carolina Marin Pendelton Journal; 12:30 p.m., Combat Digest FSC Program; 2:30 p.m., Forged w/Pride USM p.m., Hurricane Preparedness; 3:30 p.m., Com 5:30 p.m., Hurricane Preparedness; 7 p.m., L ter Hours

Wednesday 8 a.m., Hurricane Preparedness; 9 a.m., Inform in Review '98/Division Anniversary '98/Rec Video/Dynamic Mix/2d MARDIV COC; 9:30 Program; 10 a.m., Hurricane Preparedness; 1 USMC 71-87; 11 a.m., Navy/ M.C. News; 11:30 a.m., Carolina Marines; no Pendelton Journal; 12:30 p.m., Combat Digest FSC Program; 2:30 p.m., Marriage in the Cor unteer Appreciation; 3 p.m., Hurricane Prepa 3:30 p.m., In the Corps 8th & I; 5:30 p.m., H Preparedness

Thursday 8 a.m., Lejeune After Hours; 9 a.m., Naval Hos sumer Health Care Council Mtg; 9:30 a.m., N pital Consumer Health Care Council Mtg; 10 cane Preparedness; 10:30 a.m., The Choice; Navy/M.C. News; 11:30 a.m., Carolina Marine Pendelton Journal; 12:30 p.m., Combat Diges p.m., FSC Program; 2 & 2:30 p.m., Naval Hos sumer Health Care Council Mtg; 3 p.m., Huric aredness; 3:30 p.m., Combat Digest; 5:30 p cane Preparedness; 7 p.m., Lejeune After Ho

Sunday

9 a.m.
 Holy Communion

Wednesday

11:30 a.m.
 Bread of Heaven

Friday

1 p.m.
 Juma Prayer

French Creek Chapel

Wednesday Night Alive 5:30 p.m.

This is more than a ministry to Marines and Sailors, it is an adventure of faith. It is more than a Bible study, worship, fellowship and good food. It is an opportunity to place faith in making a difference in your community. Wednesday Night Alive is more than you will expect. Relaxed civilian attire is appropriate. Food is provided by Chief Chaplain.

For more information, contact 2d FSSG Chaplain's Office at 451-1391/5711.

Bread of Heaven Gospel Rock Cafe

(Bread of life, manna from heaven)

Serving spiritual lunch every Wednesday from 11:30 a.m.-12:30 p.m. at French Creek Chapel. Welcome Marines, Sailors, civilians and family members.

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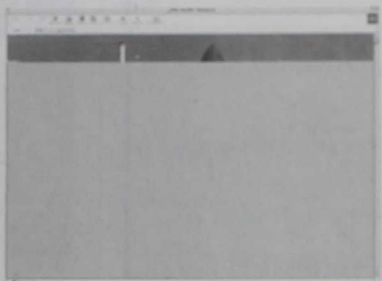
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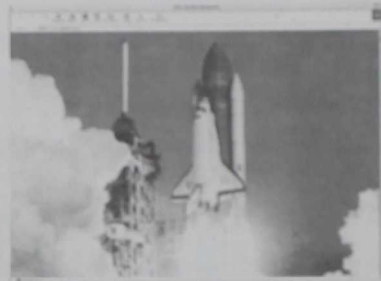
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Bulletin Board



II MEF

Key Volunteer Training is available Tuesday from 9-11:30 a.m. — Communication. For more information or to register, call 451-7550.

L.I.N.K.S will be holding its next session Nov. 2-4 from 9 a.m.-12:30 p.m. at the CREDO Office aboard Tarawa Terrace. For more information or to register, call 451-1299.

II MEF Marine Corps Ball will be held Nov. 9. For more information, call your unit coordinator.

MMEA will be visiting enlisted Marines Monday-Nov. 5.

The MHG now has a newsletter with information from different sections beneficial to all Marines. It comes out the beginning of each month.

CFC has begun. See your unit keyperson/unit coordinator.



2d MarDiv

You can now find out where and when the 2d Marine Division band is playing, check out their web site at www.geocities.com/Pentagon/6481.

The following are scheduled dates for the 1999 2d Marine Division Birthday Ball celebrations. Nov. 3, Enlisted Ball (GFH); Nov. 4, NCO Ball (GFH); Nov. 5, SNCO Ball (GFH) and Nov. 10, Officer Ball (GFH). For more information, contact Cpl Johnson at 451-1305/1424.



2d FSSG

Get Connected: State Primary Elections begin soon, if you have not registered to vote, or would like to vote via absentee ballot, contact your unit voting assistance officer or visit www.fvap.ncr.gov. Voting is your connection to the future.

Register now for Key Volunteer Training held at Building 84, Marine Corps Family Team Building Classroom. For more information, call 451-0176.



MCB

The Marine Corps Ball will be held Nov. 5. Tickets are \$15 each and are available now. For more information, call SSgt Allen at 451-2202.

Enroll now for the Military Academic Skills Program (MASP) through Nov. 1. It is a four-week video telecommunications course designed to improve basic skills in Math, Reading, Communication, Writing and Electronics. This course is free. For more information, call 451-2376 or Base Education Center at 451-3091/3092.

The Marine Corps Association (MCA) will open a new store at the Camp Lejeune Marine Corps Exchange Annex, Building 84 Oct. 29 at 11:30 a.m. Retired Capt Ted McKeldin will sign copies of his new book "From the Horse's Mouth" from noon-4 p.m.



II MACE

Toys for Tots. If any units/individuals wish to establish a drop point within their work area, church, or area school, contact the Toys for Tots Coordinator, CW0-4 Butler at 451-8778. Service members, spouses and teenage children who desire to help with pick up and distribution of toys or in other assistance capacities for this worthwhile community service program are welcome to participate and encouraged to call.

The Reserve is hiring again, GySgt Smith, CLNC Prior Service Recruiter is the point of contact. II MACE specifically needs Motor Trans Mechs, Intel Marines, experienced GCCS operators and all ranks G-6 types.

If you would like to submit your units events (change of commands, volunteers, openings/closings, training sessions, family days etc.) to keep Marines and their families informed about what is going on, you are highly encouraged to call 451-7429.



Upcoming Events

455-3411

If you are the spouse of a service member, the USO Spouse Support Group is for you, whether your spouse is deployed or not and regardless of rank.

Tuesday — Computers will be offered. This event is free. Children are welcome under adult supervision.

Visit the USO, Station No. 22 on the self-guided tour of Jacksonville. Stop in to pick up your brochure and enjoy a tour of the oldest USO in the world. A Snack bar is available.

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?

Armed Services YMCA now has email up and running at the USO. Services are free, however, a donation is always welcome. It is for enlisted servicemembers

and their families. For more information, call Bill Hickey at 451-1504.

The USO will be having a Halloween Party Oct. 31 from 3-5 p.m. Come dressed in your favorite costume and join the fun, games and treats for all ages.

Regiment of Retired marines (Dinosaurs) breakfast will be held at the SNCO MCB Saturday at 7:30 a.m.

USO Fundraiser will hold a car show at Mr. Transmission on Lejeune Blvd. Saturday from 10 a.m.-4 p.m. Entry fee is \$15 and \$4 per plate for the pig picking.

Hospitality hour has resumed at the USO every Sunday starting at 1:30 p.m. Come join us for some delicious free homemade cake.

Retiree's Ball will be held at Marston Pavilion Nov. 6. Tickets are \$15 each and may be purchased at the USO.

The Marine Corps Birthday cake cutting ceremony will be held at the USO Nov. 7.

Coastal Paintball presents the 2nd annual 3-player novice Christmas Cash USO Fundraiser Tournament Dec. 18 at Coastal Paintball, Highway 17 S. Entry fee is \$90 per team (6-game format). Air fee is \$10 per player (air included for rentals). Paintballs are \$70 case/2000 ct. or \$17 per 500 rd. This is a field paint only event. Rental package is available and it includes: gun, mask, air and 500 rds of paint — \$30 (team entry fee additional). Cash and prizes will be given. To register, call 347-4199 Thursday-Sunday. Registration is accepted no later than 7 p.m. Dec. 17.



Courtesy of Games

Come and get it!

Personnel from Camp Lejeune's Forestry Division help prepare fried fish dinners for flood victims. The Forest Environmental Management Department, and the Game Warden Division, Installation Security and Safety I here, teamed up Oct. 1 to prepare 400 hot dinners for Hurricane Floyd flood victims in the Chiquapin community County. According to Camp Lejeune's Game Warden; **John Waters**, donors included Jacksonville-Lejeune Bowling Association; Mai Tai Restaurant; Timber Harvester; Bright's Seafood; Taylor's IGA; Piggly Wiggly of Jacksonville; Harris Teeter stores of Jacksonville, Wilmington, and Wrightsville Beach; Onslow Fertilizer and Gas; the S-6 De MCAS New River; Piney Green and Bear Creek volunteer fire departments; Bethlehem and Lighthouse churches; Richlands Bible Baptist Ministries.

Support Groups



"Triumph Over Tobacco" Support Group continues 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. at Building 65 classroom. For more information, contact **Kim Hugelback** at the Naval Hospital, Camp Lejeune, Health Promotion Program at 451-3712.

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

the Camp Lejeune Base Theater. Representatives from the following agencies participate: Human Services, Transportation Management Office, Provost Marshal Office, Family Housing, Naval hospital, Financial Management, Base Education, Legal Assistance and MCCS. This brief is mandatory and in accordance with MCO 1320.11E. Spouses are encouraged to attend. For more information, call 451-3212 ext. 135.

Charlotte-Mecklenburg Police Department is seeking Police Officers. One hundred percent of college tuition is reimbursed. The recruiting process for hiring will begin at New River Wednesday at 1 p.m. Building AS-232 with the Darany Entry Level Police Officer Examination.

This is a four part test consisting of 169 questions, the applicant has two hours to complete the test.

For more information, call Gerry Malpass at 450-6110 ext. 108.

Upcoming Events

Magic Show will be held Oct. 30 at Bonnyman Bowling Center. There will be two-one hour shows, youth begin at 11:30 a.m. and adults begin at 9 p.m. This event is free. For more information, call 451-5121.

Birthday Ball Child Care sponsored by Marine Corps Community Services is free child care service for you on the night of your ball, held at Tarawa Terrace Child Development Center from 6 p.m.-1:30 a.m. A dinner will be provided. Register at Tarawa Terrace CDC. Present Ball tickets (minimum 3 days prior to ball), complete registration (1 page form). Cancellation request six hours advance or by 5 p.m. on Friday for weekend balls. You will need to bring a change of clothes, blanket/pillow and infant care needs. For more information, call 451-5458.

Tarawa Veteran's Reunion will be held Nov. 19 at 8 a.m. at the 2d Marine Division Headquarters, Building H-1. Scheduled events are as follows: 8 a.m. Color Ceremony; 10 a.m. Dedication of 2d Marines Quarterdeck; 10:45 a.m. Static Display; 11 a.m. Indoor Simulation Marksmanship Demo; 12:30 p.m. Luncheon with Marines/WV II display. For more information, contact **Maj Twiford** or **MSgt Walker** at 451-1305/1424, DSN 751-1305/1424.

U.S. Marine Corps Forces, Atlantic will be holding a 1999 Marine Corps Ball Nov. 5 at Waterside Marriott Hotel, Norfolk, Va. Cocktails will begin at 6 p.m., Birthday Ceremony at 7:15 p.m., the dinner will be held at 8:15. **Gen James L. Jones**, Commandant of the Marine Corps will be the guest of honor. For ticket sale information, contact **LtCol Sakievich** at 836-1691 or email sakievich@marforlant.usmc.mil.

The Officer's Wives' Club and hosting **Squadrons HML/A-167, HMM-263, HMM-266 and HMM-464** invite you and your

guests to attend and Auction day at the Officers Club, MC Preview an extensive collect while enjoying complimentary d'oeuvres. Tickets are \$6 for Club members and \$7 for non-event is open to the public. goods for Holiday Cheer to raffle ticket (limit one free tic For more information, call Jani 7633.

Red Ribbon Campaign will Semper Fit Division of MCC Lejeune Oct. 30. The goal of Campaign is to celebrate the abuse prevention and educate throughout America. This emphasizes the importance America and the benefits of a The slogan for the 1999 campaign "Get Real Drug Free." Some include: Monday from 8:30 a.m. booth at the Main exchange; 6- the difference between regular holic beer while watching Mor ball with wings at the SNCO from 11:30 a.m.-1 p.m. — Powe lecture at the Area 2 Fitness C day from 11:30 a.m.-1 p.m. — Roids lecture at the French Center. Oct. 29 from noon-1 p. een Masquerade Run/Walk House; 10 p.m.-2 a.m. — Midr at French Creek Fitness Cent and Oct. 30 from 10 p.m.-2 a. basketball at the French Cree ter/Gymnasium.

Shag Dance Lessons are the day night from 7-8:30 p.m. at Mid community Center. Fee is \$25 per classes. For more information, ca

Volunteers

Volunteer Scouters are needed for the Camp Lejeune/Onslow County area to work as a boy scout leader, cub scout leader, explorer and venturer advisors, consul and merit badge counselors. more information, call 326-338 email whiteoakriver@hotmail.com

Navy/Marine Corps Relief terrific training opportunities to professional skills. Individuals help in reception, administrative, bookkeeping, public loan management. Childcare are reimbursed. This is a great work with a fun filled team environment. For more information, contact **Rhonda Hancock** at 451-5346

Make A Difference Day Saturday from 10 a.m.-5 p.m. at Support, Building 14, Camp Lejeune. difference by helping clean-ups, drop off household items. Volunteers may sign up by calling the Camp Lejeune Vol at 451-3212 ext. 103 or the Jacksonville Volunteer Center at 938

Transition Support Services seeking volunteers who are learning new skills or enhancing Volunteering is also an excellent experience in a new field that future career opportunities—available in numerous areas such as computers, public speaking duties, working with seniors and more information call 451-3212/

Youth

Storytime programs based on the same weekly theme are held for preschoolers Tuesdays at 9:30 a.m. at the Midway Park Community Center and Wednesdays at 9:30 Tarawa Terrace Community Center

The base library presents today "The Great Elephant Escape" be playing from 4-6 p.m. in the room of the base library.



Looking for a few good Marines

Special Operations Training Group, II MEF is looking for highly motivated and physically fit Marines who meet the following requirements for instructors:

0369/03xx — Summer Mountain Leader, Winter Mountain Leader, II MEF Assault Climber Course, II MEF HRST or Small Craft Coxswain, 8111/8112, Boat Company Experience.

If you have two years on station and the FMF requirements, contact **MSgt Lynch** at 450-2974.





Carolina Living

- Wolanski Review 2C
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er 22, 1999

Carolina Openings

Make a Difference Day' set

Camp Lejeune Schools are preparing for the third Make a Difference Day. This is a day when teachers, parents, and community work hand-in-hand to make a difference in someone's life.

Over the past two years, our schools have focused and worked with various agencies in making these projects successful.

This year because of the devastating disaster of Hurricane Floyd, this day will reach into the hearts and homes of our local community.

Projects have been collected and are being prepared for the past two weeks and will be carried out in the needed areas. Volunteers using vehicles will be provided by local car dealerships. There will be a "Family Fun Day" tomorrow at the Lejeune High School. There is a \$3 fee and it begins at 9:30 a.m. The fee collected through the day will also go to hurricane victims.

For more information, call Sgt. Bryant at 451-3247.

Concert announced

Marine Corps Community Services at MCAS New River will present its last concert of the year on Saturday featuring "The Union of Souls" and "LFO" beginning at 7:30 p.m.

Tickets are on sale now at ITT, River Movie Mart and other locations in Jacksonville. Tickets are \$15 for general admission; \$12 for military ID and youths (age 6 to 12). At the gate will be \$18.

For more information, call Sgt. Bryant at 451-3247.

Stang round-up

Marine Mustangs (active/retired) are invited to a Tarheel Chapter dinner Nov. 3 at the Hadnot Point Officers Club.

Reservations are required by Oct. 20.

For more information, call Sgt. Robert Rebscher at 326-5511 or sallybob@gibraltar.net.

Breakfast scheduled

There will be a retired military breakfast for all retirees and active duty at the Camp Lejeune Officers Club.

The Social Hour will begin at 7 p.m. with breakfast beginning at 8 a.m.

For more information, call Sgt. Maj Meyer at 938-1610.

Volunteers needed

The Muscular Dystrophy Association is looking for volunteers for an event scheduled for Oct. 3.

There are several different volunteer opportunities at the Marine Corps Community Services Center. Last year, Camp Lejeune was responsible for this event's great success.

For more information, call Sgt. Bryant at 451-3247.

Weekend Weather

Mild, sun and clouds. High 60, Low 48.
 Sunny, breezy and clouds. High 60, Low 44.
 Mostly sunny, breezy and cool. High 60, Low 40.



NEVER FORGOTTEN

The Beirut Memorial is the last stop on the Camp Lejeune "Self-Guided Tour." Dedicated in 1986, this graceful monument pays homage to the 273 Marines, Sailors and Soldiers who died in the service of their nation in Beirut, Lebanon, and during the Grenada invasion.

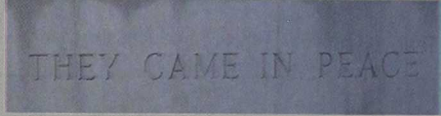
Names of the deceased are engraved on gray granite walls set in a placid grove of Carolina pines and azaleas.

A bronze statue of a Marine stands eternal vigil over his comrades, facing the North Carolina Veterans' Cemetery Chapel.

Funded entirely by donations of private citizens and businesses, the Memorial has become one of the most important destinations for visitors to Onslow County and Camp Lejeune.

Complementing the Memorial are 273 Bradford pear trees, one for each service member honored, planted along Lejeune Boulevard (NC 24) from the Memorial to the main gate of Camp Lejeune.

The Memorial is maintained by a joint Marine Corps and civilian Beirut Memorial Advisory Board which sponsors an annual memorial service every Oct. 23.



Beirut Memorial Observance Oct. 23, 1999

Marines from Camp Lejeune, family members, and friends will observe the anniversary of the Beirut bombing at 10:30 a.m. Saturday at the memorial. The 2d Marine Division Band will conduct a musical prelude, while the 1st Battalion, 8th Marine Regiment Color Guard will perform colors ceremonies. The Commanding General of Marine Corps Base Camp Lejeune Maj Gen Ronald G. Richard and the Commandant of the Marine Corps Gen James L. Jones will be on hand at the ceremony.



Cpl Kip A. Higgins

A new approach to business

When the internet came to Camp Lejeune it gradually transformed the way the base did business. It also signaled a change in the way businesses now do business with Camp Lejeune.

Let's take this article for example. I am writing it on a computer from New Bern. From here I will cut and paste it into an email program. Then, I'll log onto the internet and with a click of the mouse, it is sent to the editors of THE GLOBE. They edit what you're not now reading, and electronically send it to another computer for layout into what you are now reading. It is a process that used to take a day or so. Now because of the internet, it takes a few hours from raw copy to page layout.

Likewise, Camp Lejeune's procurement process has been streamlined and arguably simplified. With a click of the mouse, a business can register to do official business with Camp Lejeune. Once the job is done the payment process is quickly started. A check request is sent via the internet to Kansas City. With a click of the mouse it reaches the Marine Corps' financial center there. With another click, Kansas City cuts an electronic check and deposits it directly into a vendor's checking account. Thus a process that once took months has been reduced to days if not hours.

But this "E-Commerce" is arguably simplified only if a business has a computer or access to one.

To first do business with Camp Lejeune or any federal installation, a business owner must access the Central Contracting Registration website to fill out the necessary information.

One reference site is the : NAVFAC ROICC: www.eidlant.navy.mil/lantops05/JAX/. For specific information information email Maj Bill Tibbs, contracting officer, MCB Camp Lejeune: www.lejeune.usmc.mil/guide/guide.htm. Or call 451-5520.

To contact Camp Lejeune's Marine Corps Community Services contracting department, email Deanna Browne, contracting technician:

browned@lejeune.usmc.mil. Or call, 451-5397.

But the computer and the internet have little impact on how a business wins a contract with the base. That still requires the unique art of human interaction.

Like any target market, Camp Lejeune has several target audiences. Within each target audience you want to identify individual prospects. Initially for winning business this usually means identifying a department head. Then make an appointment and introduce them to your business. If your product or service is a good fit, then you'll be sent to one of three purchasing offices.

This is especially important for Jacksonville and Onslow County-based small businesses. Many MCB or Marine Corps Community Services departments

have something like a federal government credit card. This "Government Purchase Card" has an "open purchase" power of \$2500 for each transaction.

That means each cardholder can purchase a product or service from a local business with minimal paperwork. For that small business, he wins a new customer with up to \$2500 to spend with each transaction. Both needs of customer and vendor are efficiently met.

The GPC is just another example of how Jacksonville and Onslow County-based businesses can benefit from doing business with the base.

Straying off course and away from the federal government is destination North Carolina. The state has a website that notifies a vendor of business opportunities. To register and to receive updates pertaining to your business go to: www.state.nc.us/pande. There you will find "VendorLink NC," category lists, listings of current solicitations, the Historically Underutilized Business Program and much more. It's now time to email this to my editors and with their blessings and the magic of the internet, you will read this in this week's edition of THE GLOBE.

Editor's note: Fred Charles is the owner of Charles Associates Advertising and Marketing.

New programs open doors of opportunity

Courtesy of Coastal Carolina Community College

Pursuing another career in Onslow County has become second nature for Marines who retire at a young age, and civilians who have worked in the same profession for years and want to switch vocations.

But for many, returning to college must precede a new career. Because of the demand in Onslow County for professional employment, Coastal Carolina Community College and the University of North Carolina at Wilmington (UNCW) have brought four-year degree programs to the area.

A Coastal/UNCW articulation agreement enables Coastal's associate of arts graduates, who have maintained at least a "B" average, to enroll in UNCW as juniors. Classes are held at Coastal so students can earn bachelor's degrees in education from UNCW without leaving Onslow County.

The articulation agreement began with one undergraduate program, education, and has expanded to seven ... education of young children curriculum (birth-K), elementary education (K-6), licensure program (for those with four-year degrees in other areas of study), graduate program in education, business administration, nursing, and criminal justice.

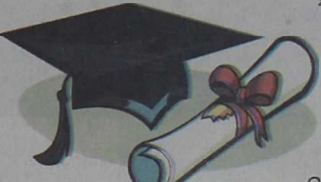
The most popular curriculum, education, presents a win-win situation for those who want to become teachers and the local school systems. The program meets the students' needs for a four-year education and helps fill a void by adding teachers to the area's workforce. Eighty five to 90 percent of the education graduates have gone on to work for the Onslow County schools or another school system in Eastern North Carolina, according to Larry Cook, Onslow County Extension Program coordinator for UNCW.

Dan Pettit, a sixth grade math/science teacher at Southwest Middle School, and Mickie Starcala, a third grade teacher at Parkwood Elementary School, are two of 55 teachers who have already earned four-year education degrees through the articulation agreement.

Pettit knew in 1995, after 20 years in the Marine Corps, that he was ready to embark on a second career. He was just finishing up at his last duty station, Camp Johnson, where he had taught and developed curriculum in the supply school for two years.

Having established an affinity for working in a classroom environment, Pettit said, "I decided I wanted a second career in teaching."

As he wrapped up his career with the Corps, Pettit began working on an associate's degree at Coastal during the evenings. Soon after he



See PROGRAMS, 4C

TAKE A VIRTUAL OF CAMP LEJEUNE AT **Camp Lejeune** WWW.LEJEUNE.USMC.MIL

WWII veterans return to Lejeune after half-century w

4th Marine Division Association tours base during annual reunion

2ndLt James D. Jarvis
Community Relations Officer

They came to Camp Lejeune as young men ready to go off to war. From 1942 to 1945,

members of the 20th Marines, 4th Engineer Battalion, 4th Pioneer Battalion, 121st Combat Engineer Battalion (CEB), and 133rd CEB cut their teeth in basic engineering training here.

As the war ended in 1945, many left the Marine Corps and thought that they may never return to Camp Lejeune. That changed Oct. 14, 1999, when 45 surviving heroes of these organizations returned to Camp Lejeune for a tour of 2d Combat Engineer Battalion and the base.

Their tour began at 2d CEB with Marines of Support Company providing a static display of many of the engineering assets available to today's battlefield commanders. CWO-3 Chris R. Dubie, 2d CEB Engineer Equipment Officer, and his Marines demonstrated bulldozers, a reverse osmosis machine, new 30 kilowatt generators, mine breaching assets, and numerous small arms indigenous to a combat engineer unit when deployed.

"I was very impressed with the heavy

equipment used today to clear a mine field," said Jim Gleason, a former sergeant with the 20th Marines. "In World War II, we had to clear mine fields by probing the ground with bayonets on our hands and knees."

Gleason was particularly impressed with the D-7G Armored Bulldozer and its vast capabilities explained to him by Sgt Richard Forsyth of Fort Walton Beach, Fla.

After a few sea stories and interaction with the young Devil Dogs, the veterans were off to chow.

MSgt David Bradshaw, 8th Marines' Regimental Mess Chief, made the Marines feel at home by personally greeting most of them at their tables and welcoming them back to Camp Lejeune.

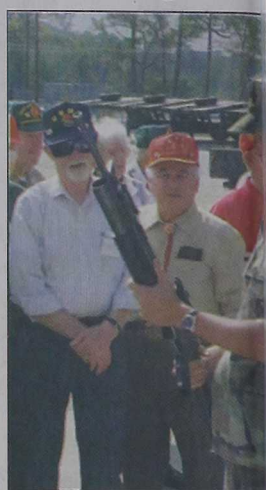
"It was great to hear them talk about the kinds of food that 1945 chow halls prepared compared to today," Bradshaw said, "We were glad to have them here."

The finale of the tour was an impressive demonstration by the K-9 Military Dogs Unit. Cpl Daniel Fano and his dog, Pecco, a Belgian Malinois, opened the demonstration by showcasing Pecco's discipline, athletic ability through an obstacle course, response to hand and arm commands, and bomb-sniffing abilities. Partners for nearly two years, Pecco knew that Fano would reward his obedience with a much anticipated "bite."

LCpl Alan Cook of Andalusia, Ala., entered the fenced-in demonstration area with a bite sleeve on his arm and the dog's real fun began. With the command "get him," Pecco quickly tracked down Cook, chomped down on his arm, and held on despite being swung around repeatedly by Cook. Trained to bite and hold as opposed to maul, Pecco wowed the audience with his speed and discipline.

Castor, a Dutch Shepherd, and his handler, Cpl Joseph Sherbundy gave the audience the most impressive attack of the day with Castor's lightning quick attack of Cook with enough force to knock Cook flat on his back.

Cpl John Fisher with his dog Asco, also a Belgian Malinois, and his partner since October 1997, discussed his team's deployment to Israel in support of President Clinton's visit



2ndLt Sgt John Haney of Carthage performs a function check of a Grenade Launcher for Marines during their recent trip to Camp Lejeune.

and many other real-world deployments with other K-9 teams.

After a walk through the K-9 visit to the kennels, and numbers with the dogs and their handlers, and their families thanked the handlers for their service.

"In my opinion, the military deserves the recognition they deserve," Cpl Gene Iaconetti of the 4th Battalion. "On Iwo Jima, I saw a cave and pull out a Japanese soldier. They saved many lives, and I'm glad to see the training that they're getting."

For many of these Marine heroes, their first return to Camp Lejeune was dramatic. While the base and surrounding area has dramatically changed since 1945, veterans were glad to see that Camp Lejeune was still in the business of making the finest Marines.



Cpl John Fisher of San Antonio, Texas, introduces the Marine veterans to the capabilities of the K-9 Military Working Dog Unit.

Just how much is enough?

You know your dream of a quiet place in the countryside is in danger when your political candidate's campaign slogan is, "A Waffle House in Every Backyard!" I for one am so proud to live in a city that has not one, not two, but three Waffle Houses! The Waffle house is an American icon and when I sit down to my steak and eggs and unroll my cutlery from the paper napkin, I think to myself, "I am proud to be an American!"

Like a lot of young, passionate cities, Jacksonville has been a little irresponsible in practicing safe restaurant construction. But despite reproducing restaurants at an embarrassing rate, we just can't seem to get an Olive Garden—what's up with that? I thought Olive Gardens and Red Lobsters always came in pairs. Didn't a statute regarding that issue come before congress a couple of years ago? There's probably some debate over real estate involved. Perhaps the Navy Federal Credit Union, which stands beside the Red Lobster, could be convinced to start serving pasta and Chianti. (Get a Caesar salad whenever you open a new checking account—for a limited time only.) Of course, when I lived here back in 1990, we were still "coping" with the Golden Corral on Hwy. 17 and Western Blvd.; you remember the ones that could only seat five families at a time and had a two-item buffet to choose from? But now, if we don't have the patience to wait in line at GC, we can always go to one of the 53 steak houses (per square mile) that our fine city has to offer. Of course, there are those citizens of Jacksonville who recall when there wasn't even a mall here (perish the thought!) Teenagers reading this are pausing at this very moment: "A time when there was no mall? I don't get it."

The rapid expansion of Jacksonville begs a most serious question: just how many children do the Marines have to make before we get a Toys R Us? Surely the

demographics around here make us eligible for one of those! Not that any of us can afford to buy stuff at Toys R Us, but it's a nice empty promise to give to the kids as a reward; for example, "Hey Johnny, if you finish plowing the back forty by sundown, I'll take you to Toys R Us so you can look at stuff we can't afford!" I find that's a great motivator.

I'm sure our great city planners have projected limits. For example, there are plans to finally end the Western Blvd. Extension . . . in New York. (Hang on kids, we're gonna stop at Walmart and then it's on to Madison Square Gardens!) And then of course, there's that huge "thing" going on between Hwys. 24 and 17.

When my kids asked me what they were doing, I looked at the huge columns and told them that we are reconstructing the Parthenon to attract tourists. But of course, what's really going on is a rather elaborate city project to keep dump truck drivers in business.

Highway 17 East has always struck me as "the" way out of Jacksonville, perhaps because it goes toward the ocean and I think of us all as hordes of lemmings, trying to escape the convoys of dump trucks by heading mindlessly to the ocean.

Unfortunately, there are so many manufactured homes sales places on Hwy. 17 now that the federal government has made a bid to buy them all, make them into affordable housing units and relocate the population of Cuba there. This is one of the many reasons I feel proud to live in Jacksonville.

We may not be the shining city on the hill, but we are the sprawling city on the gradually eroding coastal plain and that's something.

Laura Wolanski is a single mother of four who is working toward a degree to become a North Carolina state certified teacher.

Wolanski Review
Laura Wolanski

When three stooges hunt: the Larry, Moe, and Curly story

With the onset of gun season in North Carolina, it might be appropriate to share with you the humorous minutes of a recent antelope hunt, forwarded to me by a good friend of mine in Colorado, and should be viewed as entertainment only. The "hunting party" consisted of three very intense personalities, who we'll refer to as Curly, Moe and Larry, for reasons that will become apparent. The day trip to Craig, Colorado, resulted in a successful hunt.

Curly, the self-proclaimed "expert", went by separate vehicle and arrived in the "secret place" early. As with most reconnaissance, he became anxious for the arrival of Larry and Moe. Eventually, modern technology (the "CB") connected the two parties, and all were present for a "pre-hunt safety brief," which consisted of the "prescribed" safe firing distance, wearing of hunter orange and specific sighting instructions.

While waiting for his quarry, Larry (6'8" tall) inadvertently attempted to put on Moe's field jacket. It felt strangely different and he was unable to find his trigger finger as he was fumbling around in the elbow of "his" jacket. Larry eventually freed his arm, firing once, and got two antelope, as an unknown motorist stopped to inform the hunting party that they had another previously unidentified antelope on the other side of the hill.

The initial concern for Moe was that he wanted to relive himself twenty minutes before departing for the "secret place", but, as all seasoned hunters know (?), nothing delays the hunt. There were no sheltered facilities near the site, so he used the "local" family bathroom and was able to focus more clearly on the hunt. Moe then decided that the 4-power scope on the .308 was insufficient and exchanged the weapon for his .243 with the 9-power scope. He grabbed the wrong gun case (Larry's was similar) and



Surf and Turf
Eric "the Red" Steinkopff

attempted to load a .243 round into a 30.06 rifle. Perplexed, Moe handed the jammed weapon to Larry and picked up the first rifle, bringing down his quarry with one rib shot from the .308.

Question? Who wants to join their team for hunt? If you have any comments, questions or regarding hunting, fishing or general activities, please feel free to write me via "snail the globe (Attn: Surf and Turf), or email, globesurfturf@yahoo.com.

Until next week, may you reach your bag limit may your stringer be full.

Eric Steinkopff is a master sergeant in the Corps, and grew up hunting and fishing from the Ridge Mountains in Virginia to the Eastern Shore of Maryland.

Weapons Training Battalion leathernecks visit Battleship North Carolina, learn naval history

Cpl Brannen Parrish
Stone Bay Public Affairs Detachment

Marines from Weapons Training Battalion visited the most decorated battleship of World

War II Oct. 6 to enhance their knowledge about Naval history from a different perspective.

USS North Carolina was commissioned in 1941. The North Carolina was the first of two

ships in the North Carolina class. The ship served in every major battle in the Pacific theatre, from Guadalcanal to Okinawa, earning 15 battle stars. The ship served until its decommissioning in 1947.

In 1961 the state of North Carolina brought the ship to Wilmington and turned it into a memorial to North Carolinians who served during World War II.

The Marine Corps' relationship with the Navy, in present and past days, made the ship a viable place to learn Marine Corps history. "Most Marines today never get to serve aboard ship and that's a shame," said Maj Nickey F. Yates, the Executive Officer, WTBN who is from Kankakee, Ill.

The Marines toured the ship's interior and got a glimpse at the way Sailors lived and worked on ship during the war. From the signal room to the berthing areas, the Marines saw devices that were on the cutting edge of technology at the ship's inception, but would be considered obsolete by today's standards.

Despite its age, the ship is only on loan to the state of North Carolina. It is fully operational, and could be used by the Navy if it is ever needed.

"The ship was impressive," said LCpl Ehren K. McKenzie, WTBN, from Greenville, S.C. "Considering it is an old ship, it could still be used today if the Navy needed it for a mission."

At the conclusion of their visit the Marines



LCpl Mark L. McMurray of Charlotte, N.C., mans a 40 mm anti-aircraft gun during the war.

pitched in and bought a piece of the ship's original wooden decking.

The ship was being renovated and the old decking is being replaced with new wood. The wood was placed on display at the battalion headquarters to serve as a reminder of the trip.

"Next month these individuals may never

see each other collectively again. So getting out, and others will return units," said Yates.

"You don't think about it until you're older, but it's nice to have something you did with the ship and the people you served with."



Weapons Training Battalion Marines make their way down a ladder well off the USS North Carolina. The ship was the most decorated battleship of World War II.

Community Briefs

Art Auction
Officers' Wives' Club auction of fine art at the Officers' Club today. Party begins at 6 p.m. Auction starts at 7 p.m. extensive collection of paintings, refreshments and beverages. Tickets are \$6 for members, and \$7 for non-members to the public. Please call 333 for information.

Printed Forest
Onslow Youth Activities and Girls Clubs present Printed Forest at Marston from 7:30 until 9:30 p.m. Are you brave enough to walk the winding paths filled with the screams of the undead? Tickets are \$3. Call 333 for info.

Hobby Shop
Ceramic Hobby Shop is sponsoring a Patron Celebration Day, Oct. 30. Join us for mold making, refreshments. For more information call 451-2077.

Printed Hayride
City Volunteer Fire Department presents the Haunted Hayride from 7 p.m. until midnight on Oct. 29-30. Hwy. 50 towards Surf City. Call 329-2911 for more information.

Small Business
Cameron School of Business at the University of North Carolina is sponsoring a "Small Business" seminar on Nov. 6. Registration Thursday. Call 962-3195 for information.

Business Seminar
Community College is sponsoring a Basic Selling Skills seminar, led by John C. Alden, owner of Rubber and Plastics Recycling. The seminar is Tuesday from 2-5 p.m. at One Estell Lee Place. Call 762-2611, ext. 209 for information.

Pumpkin Paint
The Onslow County Parks and Recreation Department is sponsoring this year's Pumpkin Painting Party Thursday at 5:30 p.m. at Blue Creek Elementary School for children under 12 years old. Call 347-5332 for information.

Hunting Safety
The Onslow County Parks and Recreation Department and the N.C. Wildlife Resources Commission will be conducting a hunting safety class Monday - Wednesday. The class will be held from 6-9 p.m. at Blue Creek Elementary School. Registration through Onslow Pines Park Administration Office is required. For information, call 347-5332.

Fire Safety
The Onslow County Parks and Recreation Department, Onslow County Public Library, and Hammocks Beach State Park are sponsoring the Fall Nature Program, "Loggerhead Sea Turtle." The program will be Nov. 3 at Onslow County Public Library at 7 p.m. Everyone is invited. For more information, please call Michael T. Reyer at 347-5332.

Costume contest announced
The Halloween costume contest and matinee movie will be at 9 a.m. Oct. 30 at Carmike Cinema on Western Blvd. The cost is one canned-good per person. For more information, call 347-5332.

Classes available
Coastal Carolina Community College is offering free classes in

basic reading, math and English improvement for adults who have not finished high school. GED testing is offered monthly. Classes are held at Coastal Carolina Community College's main campus, and at sites in Dixon/Sneads Ferry, Swansboro and Richlands. For more information, call 938-6259.

Performers needed
New Bern Civic Theater announces auditions for "Plain and Fancy," at Centenary United Methodist Church Nov. 1 and 3 at 7 p.m. Men, women and children are needed for actors, singers and dancers. Performance dates are Feb. 18, 19, and 24-27. For more information, call 634-9057.

College Courses
Coastal Carolina Community College's Fall Human Resources Development Course Lineup: Helping people find new direction through new skills. Keyboarding (begins Oct. 25); Workforce Computer Skills (begins Nov. 1); Step Into the World of a Child (begins Nov. 1); College Bound - How to be Successful in College (begins Nov. 29). Call 938-6189 for information.

Children's Theater
"The House at Pooh Corner," presented by the Council for the Arts, will be performed by the Theater IV Company from Richmond, Va., Nov. 7 at 2:30 p.m. in the Southwest High School Auditorium. This is the first of four professional theater programs for children in the "Theater Time" series. Tickets are \$3 and are available in advance or at the door. For information call 455-9840.

1999 Birthday Ball



Date	Event	Location
Saturday	Navy Officers	Officers Club
Nov. 1	ISS	Goettge Memorial Fieldhouse
Nov. 2	8th Communications Battalion	Goettge Memorial Fieldhouse
Nov. 3	2d Marine Division Enlisted	Goettge Memorial Fieldhouse
Nov. 4	2d Marine Division NCO	Goettge Memorial Fieldhouse
Nov. 5	2d Marine Division SNCO	Goettge Memorial Fieldhouse
Nov. 5	2d Radio Battalion	Marston Pavilion
Nov. 6	2d FSSG	Goettge Memorial Fieldhouse
Nov. 6	Retirees	Marston Pavilion
Nov. 6	II MACE	Officers Club
Nov. 7	MCB/2d FSSG NCO	Goettge Memorial Fieldhouse
Nov. 8	MCB/2d FSSG Enlisted	Goettge Memorial Fieldhouse
Nov. 9	II MEF	Goettge Memorial Fieldhouse
Nov. 9	II MEF Officer's Dinner	Officers Club
Nov. 10	2d Marine Division Officers	Goettge Memorial Fieldhouse
Nov. 10	2d Marine Division Officer's Dinner	Officers Club
Nov. 11	MCB Officers/SNCO	Goettge Memorial Fieldhouse
Nov. 11	2d FSSG Officers	Officers Club

Printers for Parents

Childhood Depression
Childhood depression is not just the normal ups and downs of growing up. It is something children can experience. Depression is a real, and potentially fatal, condition that affects millions of children.



...ly, it's a disease that is actively treated. Like any other disease, treatment is most effective when the disease is recognized early on," said David G. ... Chair of the American Psychiatric Association's Children, Adolescents and Families and author of "Sad," a book about depression.

...s may include lack of appetite, weight loss, irritability, sleep disrupted by nightmares. Any child who has thoughts of suicide should be seen by a physician and evaluated.

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PROGRAMS from 1C

retired, the former Marine was ready to begin classes with UNCW on a full-time basis.

"It worked out perfectly," he said. "As I finished up at Coastal, the next semester at UNCW was starting. I was able to make full use of my Coastal credits at that point. I didn't have to repeat any courses. Coastal's curriculum is tailored for UNCW."

Pettit said that when he began his classes with UNCW, he was "a true junior. Some students who transferred to UNCW from other institutions had not met the course requirements and that set them back a semester or more. I had taken all the right courses and was so happy about that."

Mickie Starcala was also ready to start a new profession. For 12 years she had worked at Brynn Marr Hospital as a mental health technician on the children's unit. A mental health technician's position is much like an assistant's position in teaching or nursing, Starcala said. "You do a lot, but you don't necessarily get the credit. You may have great ideas that you can't implement because the patients or students aren't yours."

Frustrated, Starcala enrolled at Coastal ten years ago. "I began by taking one class at a time, two nights a week, while raising two kids and working full-time during the daytime," she said. By the time the articulation agreement became a reality in the fall of 1995, Starcala only had to take education-related classes to earn her bachelor's degree.

Starcala was in the first class of graduates in December 1997. The following year, she and two other members from that class, Carol Beasley of Jacksonville Commons, and Linda DiGiovanni of St. Francis of Assisi, were nominated for the Sallie Mae First Class Teacher Award. All three of these women are working moms. Starcala said, "This program

is conducive to people who have a family to raise and have to contribute to the family income."

One unspoken fear among the more mature students returning to school was that they would be the oldest students in their classes. Neither Starcala nor Pettit cared to shoulder this title. As it turned out, the courses were full of nontraditional students.

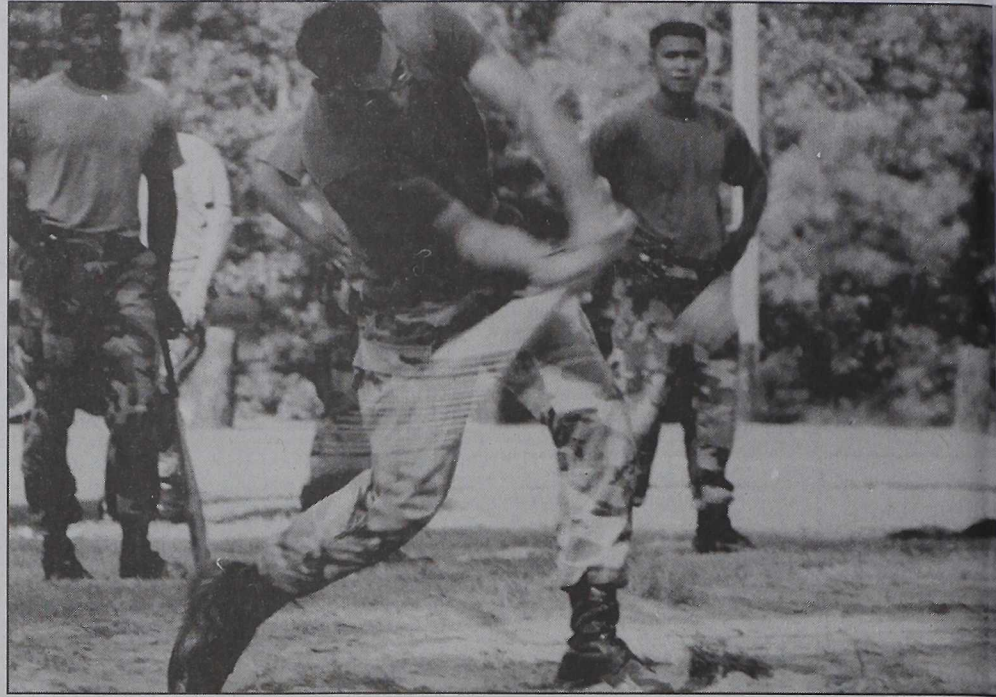
"I never felt out of place as a nontraditional student because there were more of us than I expected," Pettit said. "I expected the nontraditional students to be a minute pocket in the campus, but there were a lot of retired Marines and their spouses. I saw the same thing at UNCW, which may mean that we are becoming more traditional than we thought."

In Starcala's class the majority of the students were over the age of 30, and that turned out to be advantageous. "There was such a bond there," she said. "We had a phone tree, study groups. We were all in the same boat (having been out of school for years) and were terrified to be embarking on this journey. Our group was determined to stay afloat."

It helped that UNCW and Coastal went out of their way to assist the first group of students while working out the kinks in the program. "They catered to us hand and foot," Starcala said. "They went overboard to accommodate us and answer our questions."

Starcala, Pettit, and many others have forged the way for adults who need a four-year degree to start a new career, but can't leave the county because of work and family obligations.

For more information about the curriculums offered through the Coastal/UNCW articulation agreement, contact Larry Cook at 455-2310 or 451-5457.



Hey, batter-batter

Cpl Christopher A. Wiganowski, an engineer with 8th Communication Battalion, takes a mighty swing at a pitch on Oct. 15. The field meet was held after the battalion's Field Maintenance Analysis Office inspection. Marines from the battalion participated in gas mask softball, volleyball and the final event was "bull in the ring," where 30 Marines attempted to toss each other out of a circle formed by sand in order to be the last man standing. The field meet helped the unit build stronger sense of cohesiveness and comrad

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Sunday	Inspector Gadget	PG	2 p.m.
	The Astronaut's Wife	R	7 p.m.
Monday	Dick	PG-13	7 p.m.
Tuesday	Dudley Do-Right	PG	7 p.m.
Wednesday	Runaway Bride	PG	7 p.m.
Thursday	The 13th Warrior	R	7 p.m.

New River

Friday	Dudley Do-Right	PG-13	7 p.m.
	Runaway Bride	PG-13	9:30 p.m.
Saturday	Dudley Do-Right	PG-13	7 p.m.
	Runaway Bride	PG-13	9:30 p.m.
Sunday	Dudley Do-Right	PG-13	3 p.m.
	Runaway Bride	R	6 p.m.
Monday	Dick	R	7 p.m.
Wednesday	Dick	R	7 p.m.
Friday	A Dog of Flanders	PG	7 p.m.
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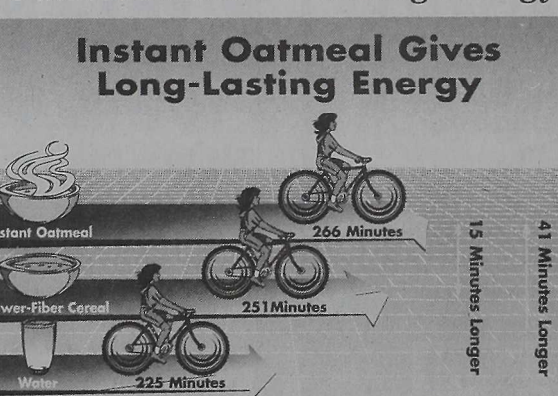
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New Study Confirms Instant Oatmeal Delivers Lasting Energy



In a study at Pennsylvania State University, women who ate Maple/Brown Sugar Instant Oatmeal before exercising maintained a constant pace on a cycle for 15 minutes longer than when they ate a lower-fiber cereal, and 41 minutes longer than when they had water alone.

(NAPS)—You've been racing against the clock since early this morning, and lunch is still hours away. You're ready to begin your daily workout, and you can't seem to find the energy to lace up your running shoes. You've got a big meeting in ten minutes, but you're falling asleep. Sound familiar? Tomorrow, start your day with oatmeal. Fiber-rich instant oatmeal provides sustained energy that lasts longer into a busy day, according to new research published in the *Journal of Applied Physiology*.

In the study, reported out of Pennsylvania State University, college-age women who ate Maple/Brown Sugar Instant Oatmeal before a workout were able to exercise for longer than when after eating a sweetened lower-fiber breakfast cereal. When the women ate instant oatmeal (7 grams dietary fiber) 45 minutes before exercising, they were able to maintain a designated speed on a stationary cycle for 15 minutes longer than when after consuming a sweetened lower-fiber cereal (3 grams dietary fiber), and 40 minutes longer than when they received water alone before exercising.

Study author John Kirwan compares the amount of energy expended by the women in the study to the energy needed to get the kids off to school, do a morning of errands, or work in the garden.

"Because oatmeal is rich in soluble fiber, its energy is released into the body slowly," said Kirwan. "This gradual release helps conserve the body's energy

stores during an active day, unlike a more rapidly-absorbed carbohydrate meal, which may leave you feeling tired soon after eating."

For this reason, oatmeal is a good breakfast choice not just for busy people, but for athletes as well. Fiber-rich instant oatmeal provides sustained energy to boost exercise capacity, increase endurance, and extend the time before athletes need to refuel.

While many other breakfast cereals contain soluble fiber, scientific research has shown that oatmeal is the most concentrated source. The quantity of protein found in oatmeal is higher than the amount of protein found in most other grains. This, as well as the high amount of soluble fiber in oatmeal, may extend digestion time, producing a steady energy level for longer periods of time.

"This study confirms what many studies already have shown; that the 'stick-to-your ribs' staying power of instant oatmeal translates into sustained energy that keeps you more alert, less hungry and going strong for longer," said Mitch Kanter, Ph.D., director of clinical nutrition research for The Quaker Oats Company.

"Active adults can be confident that a quick, convenient breakfast of instant oatmeal delivers the power of sustained energy," he said. "There's great news for kids, too. The long-lasting energy research has linked to oatmeal is available in a range of instant oatmeal flavors kids love, to keep them feeling good and doing their best until lunch time every day."

NEWS OF HEALTH

Catch The Facts, Not The Flu

(NAPS)—Flu, a highly contagious respiratory tract infection, can sweep through communities in epidemics. In North America, flu season begins in November and lasts through April.

"Most people who get the flu fully recover within 1 to 2 weeks," said Dr. Kathleen J. Clem of the American College of Emergency Physicians. "However, some people can develop serious, life-threatening complications, such as pneumonia."

At greatest risk for serious illness and complications are those with chronic diseases of the lungs and heart. People with cancer, diabetes, kidney disease, and immune system disease are also at increased risk, as are the elderly. Flu is associated with 20,000 deaths nationwide and many more hospitalizations.

What are the symptoms?
Symptoms of flu include fever (usually 100F to 103F in adults and often higher in children), chills, headache, muscle aches and fatigue. Other common symptoms are cough, loss of appetite and a runny or stuffy nose.

Children who have the flu may also experience nausea, vomiting or diarrhea. These gastrointestinal symptoms are not usually part of the flu in teens and adults.

Most healthy people recover from cases of flu without a problem. Sometimes, however, a child with the flu develops complications, such as an ear infection, sinusitis or pneumonia.

How is it spread?
The flu is spread from person to person by direct contact or through virus-infected droplets coughed or sneezed in the air. The incubation period is 1 to 3 days, and people with the flu are contagious from the 24 hours before they become ill until their symptoms resolve.

How is it treated?
Flu can usually be treated at home with bed rest and plenty of fluids. A non aspirin pain reliever, such as acetaminophen, can be



Flu symptoms include chills, headache, muscle aches, fatigue, nausea and vomiting, but are rare in adults.

used to reduce fever. I aspirin, which has been the development of drome in children with "Call your doctor signs of dehydration, s ache, a cough that pro ored mucus, or diffic ing," added Dr. Clem with chronic conditio severe asthma or eye may require hospitaliz

How can influenza be prevented?
The best way to prevent influenza is to get an annual shot. Although the vaccine is recommended for all children, the CDC recommends the flu vaccine for children aged 65 or older, and women who may be in the third trimester of pregnancy during flu season. For more information and safety topics, visit the American College of Emergency Physicians website at www.acpe.org

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Announcements

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October 22, 1999

The Sidelines TRIBUTE

Gunn
Contributor

We're almost near the new century, but it's also a good time to look at the 20th century.

It has a chance to take a big step by naming a Super Bowl trophy/honor after a Medal of Honor winner. The Lions' Maurice Britt (Arkansas) and the Packers' Jack Lummus

both were ends and in other four times, winning 9-6 in 1938 and 1945. In 1941, the Eastern champion Giants downed the Redskins 10-13.

In a Aug. 12, 1986 letter to me, MajGen Weiss said "all of the awards currently bear the name," citing the Vince Lombardi Trophy, the Pro Bowl trophy, the AFC and NFC trophies.

Someone in your office should come up with an award for a running back, a rusher, or passer, or a tight end, or most tackles, or a punter, or even the two

on Aug. 12, 1996 letter to me, MajGen Casey said the "NFL trophies, our clubs and other organizations have noted the contributions (of war veterans) in many ways.

The NFL are proud of our history and will continue to support it. There is a difference between being All-Pro and in the Hall of Fame and receiving a Medal of Honor.

Written about Lummus, who was familiar with his back. I know that Britt, who died two years ago, gave his life to the public. He was a life than in combat.

Of course, lieutenant Lummus of Arkansas. A wonderful man.

Every time I read the Medal of Honor citation for Lummus, I am reminded of the legend at boot camp where we're told of officers waving their hands.

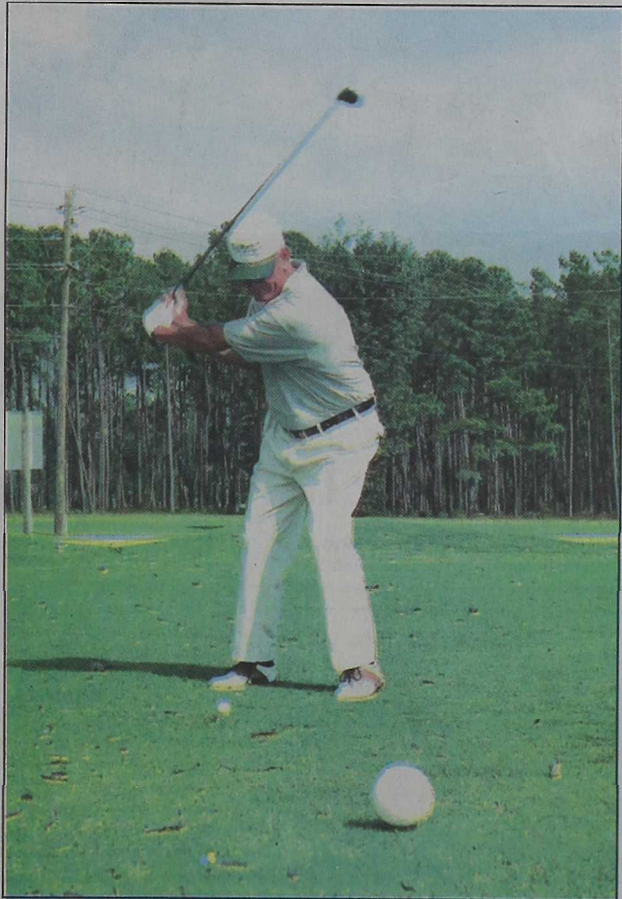
It was carried off in a truck to an Iwo Jima field stadium. Lummus said, "I guess the Packers have lost the game." See **SIDE**, 3D

Scarlet golf course reopens

Fifty-year-old grass replaced on greens, fairways



(Left to right) Col Joe R. Stewart, Marine Corps Community Services assistant chief of staff, MajGen Richard G. Richard, Marine Corps Base, Camp Lejeune, Commanding General, Gary Appleton, MCCS grounds superintendent and Bruce Oliver, Paradise Point golf professional and course manager officially reopen the Paradise Point Scarlet Golf Course for play Oct. 18.



MajGen Richard G. Richard takes a swing during the ceremonial first tee shot at the reopening of the par-70 Scarlet golf course. New grass on the fairways replaced the original grass sown during the 1940s.

Jon Wilke
Globe Sports Editor

Nearly five months, three hurricanes and \$300,000 later, the par 70 Paradise Point Scarlet Golf Course was officially reopened in a ceremonial ribbon cutting and first ball drive by MajGen Richard G. Richard, Marine Corps Base, Camp Lejeune, Commanding General.

The newly renovated course features new grass on all 18 fairways, greens and tee boxes, along with a few more mounds.

"The course hasn't changed in length or difficulty," said Bruce Oliver, the golf professional and Course Manager. "But by doing this we have made the course better and removed all the old grass."

According to Oliver, the grass that was replaced was the original grass, which was nearly 50 years old and full of weeds.

"We also restructured the greens," said Oliver. "We put four inches of sand on them, spread it out and tilled it in. Then we planted Tiffdwurf grass."

Oliver says that golfers should not worry because, "The overall surface hasn't really changed, the breaks are a little more subtle but the greens still generally play the same."

The course manager went on to explain the purpose of the closure and renovations by saying, "Our biggest problem (with the Scarlet course) was the drainage of surface water. The renovations will help the course drain water and dry off quicker."

Along with adding new Bermuda grass to the fairways, Oliver said the

subcontractors added a few more drainage ponds, cleaned out existing drainage ditches, filled some of them in dirt and put in new drainage pipes throughout the course.

"We also shortened some of the tees for the ladies and lengthened some for the men," Oliver said. "We added just a little more space."

The course closed for play June 1 and was expected to reopen around the beginning of September. Oliver explained the delay. "First we had the drought in the summer so the grass couldn't grow, then when it got the opportunity to grow we got hit by three hurricanes and had a lot of rain. All these together delayed us for quite some time."

During the latest storm, Hurricane Irene, the renovated course stood up to the test. "It did as well as we expected it to," said Oliver.

The closure of the course came at an inconvenient to both the course and the golfers explained Grant Beck, a retired sergeant major and now the Assistant Golf Professional and Course Manager.

"We only had one course during our busiest time of the year," Beck said. The Gold course also hosted the intramural golf season, which shut down open play every Wednesday for 12 weeks, the All-Camp Golf tournament (four days of play), the All-Marine Golf trials (four more days of play) and the Armed Forces Golf tournament (five days of play).

The Scarlet course is shorter and two strokes easier than the Gold Course. With it being closed and the course hosting a number of competi-

See **SCARLET**, 3D

Muck and Mire run tests Marines endurance

Cpl Brannen Parrish
Stone Bay Public Affairs Detachment

Before they took an extended weekend for Columbus Day, the Marines of Weapons Training Battalion had a little running to do.

They didn't go over any rivers but their course led them through the woods as they took on the challenge of the Muck and Mire run Oct. 8.

The seven-mile course was mapped out by SgtMaj Patrick O'Keefe, and Battalion Commander LtCol John J. Jackson, who is from Cheyenne, Wyo.

The course took Marines through several trails in the wooded area surrounding Stone Bay.

The course was designed to improve the Marines' run times for the upcoming running season.

"We wanted to do one of the Lejeune Grand Prix Series races with our own battalion to have a little bit of fun before we kick into the next running season," said O'Keefe, a Florence, Vt. native.

"The landing zone was the most difficult portion of the course because of the hills and holes," said Cpl An-



The Marines of Weapons Training Battalion begin the Muck and Mire race in full force. By the end of the

event, they were not so energetic. Anthony A. Anderson, WTBN who is from Thomasville, Ga.

The competition pitted Range Company against Headquarters Company.

Run times were added together and divided by the number of runners to get an average time.

Range Company won the competition with a collective time of 3:40:38.

The Marine with the fastest individual run-time was 1stLt Scott Smith, Headquarters Company. Smith, who is from Boston, finished the run in 00:50:05.

Feature

FOOTBALL

Youth Football Preview

Sgt Jim Goodwin
Quantico correspondent

Game time is 9 a.m. for the Vikings vs. Redskins.

The Vikings are 1-1 in conference play, 2-1 overall, fourth in league defense, fourth in league offense, ranked fourth overall, lost to the Panthers 6-26 in last game.

The Redskins are 1-1 in conference play, 1-2 overall, 10th in league defense, eighth in league offense, ranked ninth overall, lost to the Packers 0-6 in the fifth overtime period.

"Last week the Vikings ran into the Panthers and Redskins ran into bad luck. Games are not won or lost 6-0 in the fifth overtime period because one team was better than the other. One team was lucky and the other was not."

Game time is 10:30 a.m. for the Falcons vs. Fortyniners.

The Falcons are 1-1 in conference play, 1-2 overall, fifth in league defense, sixth in league offense, ranked fifth overall, lost to the Colts 13-26 in last game.

The Fortyniners are 2-0 in conference play, 3-0 overall, first in league defense, second in league offense, ranked number one, beat the Eagles 40-0 in last game.

"Throw out the records, disregard the stats, this is civil war. Not brother against brother, cousin against cousin, it's the Air Station vs. the Air Station. Pride and guts are the allies of the underdogs in front of a home crowd!"

Game time is noon for the Packers vs. Broncos.

The Packers are 1-2 in conference play, 1-2 overall, seventh in league defense, ninth in league offense, ranked eighth, beat the Redskins 6-0 in fifth overtime period in last game.

The Broncos are 0-2 in conference play, 0-3 overall, tenth in league defense, fifth in league offense, ranked ninth, lost to the Rams 6-14 in last game.

"The Broncos, need to avoid black cats, don't walk under any ladders and don't break any mirrors. This is your week."

"Last week the Packers offense looked asleep. The players dumped their sports drink cooler over the offensive coaches' head. Whatever the reason, I

NORTH South Boat Race

The Marine Corps Community Services department will host the North-South Racing Association Boat Races Oct. 30 - 31 at the Gottschalk Marina. The Race will begin at noon and end at 5 p.m. This event is free and open to the public. The whole family is invited to attend. The race will be divided into several competitive categories. For more information, call 451-8307.

SPORTS

SHORTS

ROPES COURSE

Have you tried the Marine Corps Base Challenge Ropes Course? The Ropes Course takes your group to an outdoor setting to focus on the development of human relationships within a group, gives new meaning to the importance of working together as a team, and challenges you as an individual. The course is available to all authorized patrons over the age of 12, active duty, retirees, MCCS employees, and civilians. The minimum group size is eight, with a maximum size of 15. Open all year, Monday - Friday, and on Saturday - Sunday by appointment only. Group rates are available. When participating with your unit, all active duty military members are free! For more information, call 451-3925.

WOMEN'S SOCCER

The Camp Lejeune women's soccer team is currently looking for players for a possible fall season. No experience necessary. Must be active duty Marine or Sailor either stationed aboard Camp Johnson, Camp Geiger or Camp Lejeune. This team will be sponsored by MCCS and play other base teams and recreational teams in the local community. For more information contact the Spinelli's at 577-7072.

RUGBY

The Camp Lejeune men's and women's rugby teams are looking for players. No experience is necessary. The teams are accepting players for the current fall season. The teams contend with other bases as well as various universities. The league is sponsored by MCCS. For more information on the base's rugby teams, call 451-1849/2980.

GROUP EXERCISE

The Semper Fit team kicked-off a new schedule! If you love the water, you'll love Aqua Fitness. This complete water workout focuses on all muscle groups and involves little or no impact. Excellent for weight loss and recovery from injuries. Body Pump is a full hour of power step, slide, or aerobics mixed with resistance training. A great challenge workout is Combat Cardio using kicks, punches, plyometrics, resistance training, bags and gloves. Step For Beginners is a basic introductory class intended for those who have never taken step classes. If you would like more class information, call 451-5841 or stop by a fitness center.

LACROSSE

The Camp Lejeune Lacrosse team is currently looking for players. Active duty, reserve, retired or dependents are eligible to play. No experience necessary but a willingness to learn is a must. This league plays in tournaments along the East Coast, against collegiate clubs and other military stations. For more information, contact Capt Jeff Miller at 451-1450 or 326-3640.

Bringing new meaning to health and fitness

Bill Graham
Globe contributor

On June 1, 1998, Marine Corps Community Services opened its newest fitness center located in the Tarawa Terrace housing area.

Although the facility is about a year-and-a-half old, many people don't know about its capabilities and aren't taking advantage of the amenities.

The fitness center has incorporated state of the art Cybex variable resistance equipment, Life Fitness cardiovascular equipment, free

weights and men's and women's locker rooms with wet/dry saunas.

The fitness center's most impressive feature is the 2,200 square foot aerobics room.

There are currently 20 classes held weekly.

Certified personal trainers are available to perform health and fitness evaluations and to assist customers with well-balanced workout routines.

Another fascinating aspect of this newest facility is the children's playroom.

Toys, games, puzzles and smiling

faces are awaiting your child in TT's playroom.

Finally, our knowledgeable and courteous staff takes pride in its work and is focused on the highest quality customer service.

Whether you are looking for a great workout, or just relaxing in the sauna and shower, you are sure to find it all at the Tarawa Terrace Fitness Center.

The center is open Mondays through Fridays from 5 a.m. to 10 p.m., Saturdays, 8 a.m. to 10 p.m. and Sundays, 10 a.m. to 8 p.m.

For more information, stop by

soon, or give them a call at 450-0007.

The fitness center's staff is standing by to help keep you fit!

Graham is the Tarawa Terrace Fitness Center Manager.



Lejeune Marines treated to pool display

World's best nine ball player visits Main Exchange

LCpl Mike B. Vrabel
Camp Lejeune correspondent

Camp Lejeune was treated to an amazing display of pocket billiards by one of the best players in the world Oct. 15 at the Main Exchange.

Steve Mizerak, also known as "The Miz," usually comes to Camp Lejeune once every year. Mizerak is widely considered the best pocket billiards, or pool, players in the world.

Mizerak began by treating his audience, which grew larger the longer Mizerak played, to a display of trick shots. These trick shots delighted the audience, and they cheered the pool great with each shot.

After the display of trick shots, two Lejeune Marines got the opportunity to challenge Mizerak in a game of eight-ball. 1stSgt Jimmy Blair and Maj Bonnie Mitchell, both of Military Police Company, HqSptBn, MCB, were both awarded the chance to play against the best after their high finishes at a recent base tournament.

The Miz played Blair first, letting the first sergeant keep the game close. Mizerak then put the game away with ease.

Mitchell was next on the table for Mizerak, who travels to Marine bases for performances across the globe. The Miz let Mitchell keep the game close as well. Mitchell, however, was on top of her game. Cheered on by Blair, Mitchell pocketed the 8-ball, winning the game.

To punish Blair for his vocal support during the match with Mitchell, Mizerak played Blair



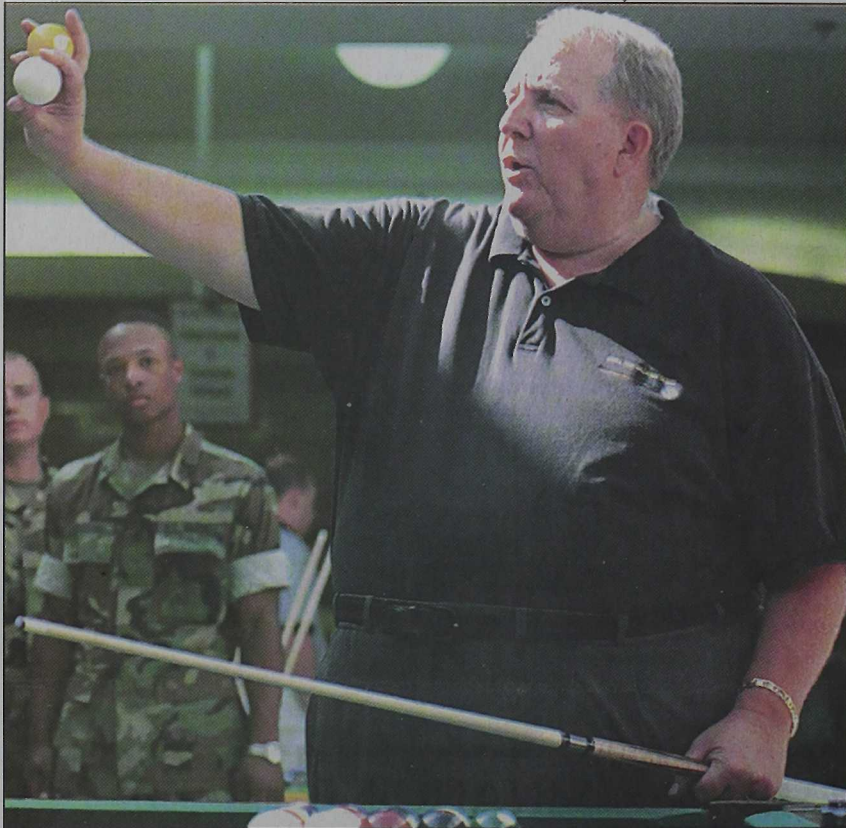
LCpl Mike B. Vrabel

1stSgt Jimmy Blair, MP Company, HqSptBn MCB, was one of the Marines to challenge The Miz. Although he had the audiences support, Blair was unable to beat the world's best.

again. This time, The Miz cleared the table without allowing Blair a shot.

For an encore, Mizerak attempted a shot, which he says he has never made. The shot consisted of laying Blair across the table, and hitting a ball out of the first sergeant's mouth, knocking it all the way down the rail, and into the pocket. With minimal protest from Blair, Mizerak pulled the shot off flawlessly.

"I come here every year," said Mizerak. "I've always gotten a good response at Camp Lejeune."



LCpl Mike B. Vrabel

Steve Mizerak, who has been called the world's best pocket billiards player in the world, gets ready to perform one of his famous trick shots during his recent appearance to Camp Lejeune.

22d MEU (SOC) rugby team takes on Spaniards

Story and photo by Capt Mark Oswell

22d MEU (SOC) Public Affairs Officer

TARRAGONA, Spain — When Marines and Sailors deploy overseas with Marine Expeditionary Units they cross-train with other countries, assist with community relations events and visit ancient liberty ports in the name of being "Ambassadors of the United States".

During the 22d Marine Expeditionary Unit (Special Operations Capable)'s deployment to the Mediterranean this Fall, their ambassadorship will extend into the sports community as well.

Before departing North Carolina, the 22d MEU (SOC) formed the "Guardians of Freedom" Rugby XV Team.

"Sport is an alternative to the standard liberty package overseas," said Capt Bob McCarthy, the MEU's Assistant Operations Officer and rugby coach.

McCarthy explained his passion for the game by saying, "I love rugby, it's fun and I love

introducing people to the game of rugby."

"Rugby is a sport played internationally and fielding a MEU rugby team allows us to be ambassadors of America, the Marine Corps and sport," said the East Bridgewater, Mass. native.

Aboard ship, the 40 or so Marines and Sailors of the team practice three times a week, by conducting ball-handling drills in the hanger bay of the USS Bataan and watching instructional rugby videos.

While in Tarragona for a recent port visit, the team located and challenged the Rugby Tarragon Club to a match with the assistance

of David Kennedy, Irish expatriate, former rugby player and publican of a local Irish bar.

Having never conducted a full-practice on a field, the Marines knew that their first rugby match would be an educational experience.

"The learning curve was steep, only a few degrees off vertical," offered McCarthy. "They now know how all the fundamental skills of the game should combine which will make them a sound and cohesive rugby team."

The first Marine side took the field and held the experienced Spanish squad to only two tries.

Down 0-10 at half, the second 15 Marines

and Sailors pressured their Spaniards, and allowed three more tries.

"They were passing the ball around more," said 2ndLt John Ricketts, 2nd Commander, India Co., Battalion LAR 3/6, and second row player. "They use a lot more because they knew we couldn't run through us."

At the closing whistle, the Marines scored once, and had lost 0-25, but the a valuable lesson in the sport of rugby.

"I think that the biggest thing we learned was to use the whole field," concluded Martinsburg, W.Va. native. "And that can't get in on every tackle."

"It was a great experience to get out and play against the Spaniards," said 1stLt Peltz outside center for the team.

"The best part for me was to actually be there playing rugby for the first time, people."

The 22d MEU is expected to return to the United States in April 2000.



22d MEU (SOC) rugby players practice on the beach in Tarragona, Spain.



MSgt Adrian P. Rodriguez

Tiffany Corbett and Joanna Rodriguez (in front row) prepare to engage in the scrum.



MSgt Adrian P. Rodriguez

The Camp Lejeune Women Misfits Rugby Team takes another step from Cape Fear. Lejeune took Cape Fear Women back in September in a hard-fought game. PFC Tricia Lehle scored her first try in the first half, helping to fuel her team's aggressive season of the game. The game was the second of the season leading to the North Carolina State Tournament in Fayetteville this week.

Marine rescue Redski

Once a Marine, Always a Marine
Col John Gunn

Through the years, Gunn has called on the help of the Redskins. So it was only a matter of time that the Redskins turned and former Marine Arnsparger for assist joined the Redskins, with outside chance of re-playoffs, as a special advisor alongside coordinator Nolan.

"It's another set Coach Norv Turner set Arnsparger joined Washington ranked 11th in the NFL.

Nolan worked Arnsparger, then the head coach at LSU, in 1986. Arnsparger was the Chargers' defensive coordinator in 1994 when he reached the Super Bowl as architect of Miami's "Dime" defense in the 1970s and '80s coach of the Giants from an assistant with the athletic director at Florida.

Nine other former Marine head or assistant coaches in the NFL.

Les Steckel of the Redskins, Mike Sweatman of the Redskins, the Raiders, Bill Meyer of the Saints, Steve Szabo of the Patriots, Bob McKittrick of the Colts, New York Jets coach this season, former coach J.D. Roberts, Job Phillips and Mike Phillips of the former Saints head coach.

And Saints assistant coaches included former Marine Ecklund, Erkenbeck, Faulkner, Chet Frank, Nicolau, Jim Royer and Rutigliano.

Does this mean that the years the Saints have had an unsuccessful franchise of the former Marines? the franchise have done worse without them?

Al Lerner is owner of the Browns, while John and Dwight Adams of the Redskins.

Leo Carlin is the Eagles manager; Bubba Tye is the Redskins' trainer.

YOUTH from 1D

don't think it will have any lasting effects that could make a difference this week. Lady Luck smiled on the Packers last week, this week it's the Broncos turn." Game time: 1:30 p.m. Eagles vs. Rams

Eagles: 0-3 in conference play, 0-3 overall

Ninth in league defense, tenth in league offense, ranked tenth overall, lost to the Fortyniners 0-40 in last game.

Rams: 0-2 in conference play, 1-2 overall

Sixth in league defense, seventh in league offense, ranked sixth overall, beat the Broncos 14-6 in last game.

"Last week some parents were offended by my opinions. It's not my intention here to offend some coaches, players or parents; just preview the games, make a few honest and hopefully accurate comments.

"Last week I was very honest and painfully accurate. However this week I will keep my opinions to myself and let Jane make the call on this game: "Hound right, Fox right, Ram right, Max protect, Quick touchdowns Middle." Now without my opinion to interfere, may the best team win!"

Game time: 3 p.m. Panthers vs. Colts

Panthers: 3-0 in conference play, 3-0 overall, second in league defense, first in league offense, ranked second overall, beat the Vikings 26-6 in last game.

Colts: 3-0 in conference play, 3-0 overall, third in league defense, third in league offense, ranked third overall, beat the Falcons 26-13 in last game.

"Last week the Colts played a real sound game against the Falcons proving their success was not a fluke. Believe it or not, there are still a few skeptics around and they'll be coming out of the closet like Halloween skeletons Saturday.

"The Panthers don't have any skeptics; everyone is talking about how good they are, and everyone is talking Superbowl. Believers and skeptics alike, everyone will be watching the game, if the Panthers are going to the Superbowl, they'll have to break and saddle those wild Colts!"

Sports & recreation briefs

BASE, CITY & COUNTY

Youth Roller Hockey

The Camp Lejeune Youth Sports Office is now holding registration for the upcoming Youth Roller Hockey season. Registration ends Oct. 29. The fee is \$15 for the first child, \$12 for the second child, and \$10 for each additional child. Ages 7-16 can register at the New River Air Station Old Gym or the Camp Lejeune Youth Sports Office. For more information, call 451-2177 or 450-6714.

Flag football

The Jacksonville Recreation and Parks Department is in need of Baseball and Flag Football officials for the 1999 Youth Fall Baseball and Flag Football seasons. North Carolina High School rules will be used for our baseball program and NFL Flag Football rules will be used for the Flag Football program. For more information, contact Allison Lachman at 938-5304 weekdays between 8 a.m.-5 p.m.

Basketball/Cheerleading

The Camp Lejeune Youth Sports Office is now holding registration for the upcoming Youth Basketball and Cheerleadin seasons. Registration ends Oct. 29. The fee is \$15 for the first child, \$12 for the second child, and \$10 for each additional child. Ages 6-15 can register at the New River Air Station Old Gym or the Camp Lejeune Youth Sports Office. Proof of age is required upon registration and children must be six years old by Feb. 28, 2000 to be eligible. The age groups include; Pee Wee, six and seven years old; Midgets, eight and nine years old; Minors, 10-12 years old; Majors, 13-15 years old; Midget girls, eight-10 years old, Minor girls, 11-15 years old. These leagues are open to military and civilian employee family members. All registrants will receive a coupon good for a 10 percent discount off of th ticketed price of any one basketball or cheerleading related item at the Camp Lejeune Post Exchange. For more information, call the Camp Lejeune Youth Sports Office at 451-2177 or the New River Sports Office 450-6714.

Officials needed

The Jacksonville Recreation and Parks Department is in need of baseball and flag football officials for the 1999 youth fall baseball and flag football seasons. North Carolina high school rules will be used for the baseball program and NFL flag football rules will be used for football. For more information, contact Allison Lachman at 938-5304 weekdays between 8 a.m.-5 p.m.

Volleyball players wanted

The Onslow County Parks and Recreation Department is looking for teams and/or individuals who would like to participate in the upcoming Adult Co-Recreational Volleyball League. All players must have turned 16 by Jan. 1, 1999. For more information contact the Department at 347-5332.

Fishing Tournament

Due to Hurricane Irene, the Couples Fall Pier and Surf Fishing Tournament was rescheduled from Oct. 17. The tournament was rescheduled for Sunday. The tournament will begin at 7 a.m. at Risley Pier on Onslow Beach, but participants must register by 8 p.m. Saturday. Teams must consist of one female and one male, both at least 16 years old. Registration is \$30, but the first place winners will receive \$500. Second place takes \$200, while the third place winners will receive \$100. For more information, call 450-7154.

Hunting Class

The Onslow County Parks and Recreation Department and the N.C. Wildlife Resources Commission will be conducting a Hunting Safety Class from Monday through Wednesday. The class will be held at Blue Creek Elementary School cafeteria from 6 to 9 p.m. The class is free but pre-registration is required through the Onslow Pines Park Administration Office located off of U.S. Highway 17 south, about two miles from MCAS New River. Class size is limited. To pre-register or for more information, call 347-5332.

Soccer Tournament

The 8th annual Thanksgiving Turkey Shoot Indoor Soccer tournament will be held Nov. 27 and 28 at Soccer Dome America's facility in Raleigh. Boys and girls divisions will include U-8, U-9, U-10, U-11, U-12, U-13, U-14, U-15 and U-16. The entry deadline is Nov. 14. For more information, call (800) 375-GOAL.

MCCS Semper Fit

Group Exercises

SCHEDULE					
LOC/TIME	MON	TUE	WED	THUR	FRI
FC. GYM	EARLYBIRD AEROBICS		SLIDE/NI AEROBICS		EARLY BIRD AEROBICS
AREA 3 GYM		COMBAT CARDIO		COMBAT CARDIO	
TT FITNESS CENTER GYM		POWER WALK		POWER WALK	
TT FITNESS CTR. 9 AM	BODY PUMP	STEP	LOW IMPACT	BEGINNERS	AEROBOX
TT FITNESS CTR. 10:15 AM					
AREA 3 GYM 11:30 AM	COMBAT CARDIO	SPORTS CONDITIONING	COMBAT CARDIO	SPORTS CONDI.	COMBAT CARDIO
FR. CREEK AEROBICS 11:30 AM	TNT	AEROBOX	HI/LOW IMPACT	AEROBOX	STEP
TT FITNESS CENTER 11:30	AEROBOX	BODY PUMP	STEP/SLIDE	BODY PUMP	DOUBLE/QUAD STEP
FRENCH CREEK GYM 11:30 & NOON	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER	BELLY BURNER
AREA 2 POOL 11:30 AM	WATER RUNNING	WATER AEROBICS	WATER RUNNING	WATER AEROBICS	WATER RUNNING
AREA 2 POOL 5 PM		WATER AEROBICS		WATER AEROBICS	
AREA 3 GYM 5:30 PM	COMBAT CARDIO		COMBAT CARDIO		COMBAT CARDIO
FRENCH CREEK GYM 5:30 PM	HI/LOW IMPACT	SINGLE/DOUBLE STEP	TNT	SINGLE/DOUBLE STEP	STEP/LOW IMPACT
TT FITNESS CENTER 5:30 PM	BODY PUMP	DOUBLE/QUAD STEP	DOUBLE/QUAD STEP	STEP	AEROBOX
TT POOL 6:15 PM	WATER AEROBICS		WATER AEROBICS		WATER AEROBICS
TT FITNESS CENTER 6:45 PM	AEROBOX	AEROBOX	AEROBOX		STEP FOR BEGINNERS

Early Bird Aerobics: One hour of high/low aerobics • HI/Low Impact: Aerobic demonstration at both levels • Slide: Aerobic workout for high-toning • Cycling: combination cardio/strength for the heart • Step Aerobics • Do high energy two or more steps • Belly Burner: twenty minutes • Water great for recovering injuries • Expressions: be ready for anything! • P Outside dress appropriately. FOR MORE INFORMATION CALL 451-1807

Dentists across the state are kicking off "Smiles for Life", a tooth whitening campaign to raise money for Flood Victims.



Participating Dental Teams will provide patients dental whitening services free of charge in exchange for a charitable contribution of \$150.00. 100 percent of the donations will be given to the Red Cross for the Flood Victims Relief.

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 is donating the supplies, we're able to give 100 percent of the money we raise to the Red Cross. For more information on "Smiles for Life" call Dr. Jones at (910) 455-2151.



"I can't believe the difference whitening made in my smile - and my life!"

Emmett M. Jones, D.D.S.

Cosmetic & Family Dentistry
3745 Henderson Drive, Jacksonville
910-455-2151

*Make Your Smiles Bright and Help Our Carolina Families
100% of Proceeds Will Benefit
Hurricane Floyd Flood Victims*

(NAPS)—An easy way to give the fun back into family time is to give them the royal treatment. Transforming an ordinary meal into one that's fit for a king can be as simple as using a little imagination and delicious ingredients. It's easy to transform a simple meal into a royal feast. Just add a few extra touches to your child's lunch. Offered as an after-school snack fit for a princess—make them PB Sandwiches or Jumbo Cookies. Both are delicious and that you can feel good about serving to your children. The crowning touch to these family favorites is the buttery flavor of Imperial King of cooking and baking spread adds sumptuousness to all your favorite recipes.

PB&J COOKIE SANDWICHES

- 3 cups all-purpose flour
- 1-1/2 tsp. baking powder
- 1/2 tsp. salt
- 1 cup (2 sticks) Imperial Spread®
- 1/2 cup granulated sugar
- 1/4 cup firmly packed brown sugar
- 1/2 cup creamy peanut butter
- 1 egg
- 1-1/2 tsp. vanilla extract
- 1/4 cup your favorite jam

In medium bowl, mix flour, baking powder, salt, Spread, sugars and peanut butter until light and fluffy, 3 minutes. Beat in vanilla. Gradually beat mixture until blended. Dough into 4 equal balls. Shape into logs, each wide. Wrap in plastic and freeze at least 1 hour.

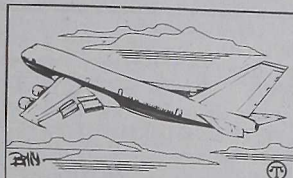
Preheat oven to 350°F. Slice logs into 1/4-inch slices on ungreased baking sheet. With fork, lightly pierce each slice. Bake 5 minutes or until edges are lightly golden. Remove from wire rack, cool completely. Spread with jam, form sandwiches, spread with jam, spoon jelly on one cookie. Press together with jam. Yield: 48 cookies. * For ICE CREAM SANDWICHES, substitute 1/2 cup vanilla ice cream for the jam. Roll ice cream mini semi-sweet chips. Freeze until firm.

For All Your Advertising Needs Call 938-7467

Exercises On Trips

Avoid Or Reduce Effects Of Jet Lag

Fatigue, disorientation, discomfort. Do you sound familiar? Every traveler suffers from symptoms other than jet lag. Travelers recovery methods to avoid. With vitamin, herbal supplements, effects of jet lag can be avoided. The complete online nutritional supplementation, can help alleviate jet lag. Web site (www.enutrition.com) consumers the latest regarding methods helping more comfortable. A recent study melatonin reduces jet lag and ginger can on sickness. In taking nutrients, experts recommend plenty of water



Melatonin reduces symptoms of jet lag and ginger can help with motion sickness.

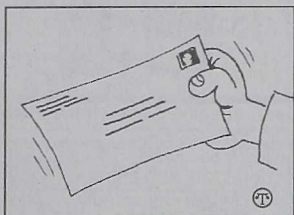
- avoiding alcohol or caffeine
 - eating plenty of fruits and vegetables
 - walking around the cabin to promote circulation and avoid stiffness
 - If traveling longer distances:
 - avoid napping upon arrival
 - spend time outdoors in the light
 - wear loose comfortable clothing
- To find out more, visit the web site at www.enutrition.com.

FREE THINGS TO SEND FOR

(NAPS)—For free baking tips and kitchen-certified recipes from Fleischmann's Yeast, call 1-800-777-4959 or visit the website at www.breadworld.com.

To see the results of a recent Earth View survey about what communities can do to protect the environment, and to order copies of the Earth View brochure and learn about the national opportunities and resources, visit the National 4-H Council website at www.fourhcouncil.edu/ycc/earth/link.htm.

For prescribing information, important information for dog owners, and a complete product



description for Rimadyl, an arthritis medication for dogs, visit the website at www.rimadyl.com.

For baking tips and recipes featuring King Arthur flour, visit the website at www.kingarthur.com.

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Schedule of Events

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YOUTH SPORTS BASKETBALL & CHEERLEADING REGISTRATION

18 - 29 OCT * MON - FRI 0900-1630, SAT 0900-1300
REGISTRATION DEADLINE: 29 OCT * 1630

REGISTRATION SITES

Camp Lejeune Youth Sports Office
(across from Berkeley Manor
7-Day Store on Stone St.)

MCAS New River Sports Office
(located in the Old Gym
next to Bowling Alley)

- * Age Groups:
 - PeeWees 6 & 7 year olds
 - Midgets 8 & 9 year olds
 - Minors 10 - 12 year olds
 - Majors 13 - 15 year olds
 - Midget Girls 8 - 10 year olds
 - Minor Girls 11- 15 year olds

- * Children must be ages 6-15 as of 28 Feb 00 to be eligible.
- * Proof of age required upon registration.
- * Open to military and civilian employee family members.



\$15 First Child
\$12 Second Child of Same Family
\$10 Third Child of Same Family



For more info,
call 451-2177/2159 or 450-6714.



All registrants will receive a coupon good for 10% off of the ticketed price of any one basketball or cheerleading related item at the Camp Lejeune MCX.



Globe Trader Ads

AUTO

For Sale 1987 Chevy caprice Classic, Black, 1 Owner, 148K miles. \$2200. Phone 326-6896 AWH

1987 Ford Aerostar. Like New inside, PW/PL/Trip Computer/Auto CD Player, VERY RELIABLE! \$1,800. 324-5372.

For Sale: 1993 Ford Crown Victoria, LX with air, ABS, and all options. Very Clean, Exc. Cond. 455-2424.

1997 Ford Escort. Excellent Condition, routine maintenance kept up. Has tinted windows, 51K miles. \$9,000 OBO. Call 577-8744.

1995 Ford F-150 4x4, PW, PB, PS, A/C, Extended Cab, 4" Rancho Lift kit, dual front shocks, shell, new B.F. Goodrich 33x12.50 tires, 12" centerline aluminum rims, CD Player. 16,500. 938-1105.

For Sale: 1998 F150 XLT 4x4. Red, extended cab. Take over payments. Call 353-2894.

1985 Ford Mustang, 4cyl, automatic, runs, needs work. \$700 OBO. Call 355-2972.

1993 Ford Probe GT, V-6 DOHC, super clean, runs great, leather, power, moon roof, 100K miles, highway. \$7,000. OBO. 910-577-5279.

1994 Grand Voyager SE. PW, PL, Rear A/C. \$5,200 OBO. 326-7890.

1995 Honda Civic Del Sol for sale. Teal, 2 door convertible & standard. Only 24,000 miles. Good condition, runs like new. Asking \$9,500. 937-1807.

1995 Honda Civic EX, 5 Spd., 2 door coupe, red, all leather, roof, CD, LOADED, excellent condition! \$10,000 OBO. 456-1537.

1996 Hyundai Accent. 4 door, white, good condition, runs great. \$7,000 OBO. Take over payments. 455-3773.

1996 Hyundai Accent, Take Over Payments. Please Call 456-8152.

1992 Honda Prelude. 5 Spd, sunroof, exc. Condition inside and out. \$7,000 OBO. Call 353-3652.

1997 Hyundai Sonata GL. 4 Door, auto, hunter green, 28K, cruise, tilt, AM/FM Cass. A/C, PW/PL. Take over payments or \$10,800. Leave message 355-9341.

1970 Karmann Convertible Bug, new top, paint, interior, tires, 1915cc motor, dual carbs, Kenwood stereo, Eq, CD changer. Very Clean/FAST. Rob 326-5124. \$6,650 OBO.

For Sale: 1989 Lincoln Continental, Signature Series. Very Good Condition. JBC Stereo. ABS, Power Moon Roof, Leather Seats, PA, PDL, Dual air bags. \$6,000/offer. 353-0408/7138.

1985 Oldsmobile Cutlass Supreme V-6, very reliable, very clean, driven daily. Heat, AC, Cruise control \$1,750. 577-5592 after 5:00 PM.

1971 Mach 1 Mustang - 351C with Mega Cam, Cobra Heads, NOS, 4:11 Rear End plus MORE. Needs Head Gaskets. \$3,500 OBO. Call before 9 PM. 353-5454.

1994 Mazda Truck B2300 SE. AM/FM/CD, AC, Tint, 5 spd., Bedliner, rims/tires, 68K, good condition. \$7,800 or take over payments. 346-1893.

1996 Mazda B3000 SE. 5 Spd., AC, AM/FM Cass., Dark blue, new tires, 44,000 miles warranty to 72,000 miles. Purchase, MUST SELL! Take over payments. Call 577-5592.

For Sale 1998 Mercury Grand Marquis. 25,000 miles. Asking price \$16,500. Excellent Condition. 910-455-9193.

1995 Mitsubishi Eclipse, white, AC, Sunroof, 5 spd., PL, PW. Asking \$8,500 OBO. Call 355-2809.

1991 Nissan 240 SX SE. Must Sell \$4,000 FIRM. Call 989-1578. Leave Message.

1996 Plymouth Voyager PS/PB/tint/tint/AC. Driver's side slider, hunter green. \$11,000 Firm (Payoff). Call Ken 326-7582.

1985 Porche 944, turquoise, needs work on cylinder, good body. Asking \$2,500 OBO. Call 355-2809.

For sale: 1979 Toyota Corolla 5 Spd., W/AC. \$900. Call 353-6957.

For Sale 1998 Toyota Corolla CE Air, AM/FM Stereo Cass., PW's and MORE. Call Scott or Tracy at (H)355-0929.

1986 Trans-Am V-8 305, needs paint but in good cond. T-Tops and custom wheels. Must sell! \$2,000 OBO. 326-6281.

1988 Chrysler New Yorker, new transmission, new radiator, new brakes, valves replacement, great paint job, no rust, must see to appreciate. \$2,500 Firm. 577-8329.

1999 Ford F-250 Lariat 4x4 Supercab. 5.4 Liter V-8. Towing Package, CD Changer, Captains chairs, Leather, Rhino Liner. LOADED. 20,000 miles. \$27,000 firm. 328-8762.

MISC.

Huge Parrot Cage, comes w/toys, bowls and wrap around apron, on wheels. Must See. Paid \$700 will sell for \$300 OBO. 326-5124.

Halloween Costume for sale. Hand made size 3 Hershey Kiss \$20, size 7 Power Ranger \$30, Size 12 months Pink Elephant \$30. Call 219-0907.

Brother Electronic typewriter \$50, cardioglide \$50, Kolcraft high chair \$20. 455-4842.

1991 Palomino poop-up camper. Stove, frig., Heater, potty, awning. Good condition. Asking \$2,650. 346-4272.

Computer 486 Sx25, SVGA Monitor, keyboard, extra's. \$300. Pool table 4ft x 8ft and accessories \$150. Go Cart 2 yrs. Old \$450. 346-2379.

Truck cap \$75 fits to Nissan & Isuzu, long red w/rack, gown never been used \$100. Size 5 to 7 OBO. Silver Gown, wear once \$50. Size 3 to 5. 355-0701.

Carpets, 8x10 1-Blue, 1-Burgundy, excellent condition \$50 each. Wood bunk bed w/dresser & desk underneath \$150. 347-0894. Evenings.

1999 Aztec tandem car trailer, heavy duty, new tires, has tool box mounted, includes ramp, storage and ramps, trailer brakes. \$1,300. Call 326-5124.

For Sale: Beautiful black ball gown. \$200 New worn one time and dry cleaned Asking \$100. Call evenings 219-1179. Ask for Jerry.

27 inch Hitachi TV picture in picture, remote \$175; Kenwood LS-9300 tower speakers 500 watt each outstanding sound \$300. Hot Point washer and dryer, work great \$250. Please leave message at 355-2798.

New and used military uniforms. Bravos-16x35. Blues trousers 38L, Med-Long Cammi Blouses, pants & covers. Call 353-4770.

1 Dress Blue Coat 41 Small, 1 Dress Blue trousers 35 reg., Both for \$100. 346-1512.

Carpets; one 8x10 dusty rose; one 8x10 beige, \$40 ea. Excellent condition. Call 938-7709.

For Sale TV cart with storage shelf \$25. RCA Stereo system \$45 OBO. Pet taxi travel cage \$30 OBO. Cardiofit exercise machine \$40 OBO. Other items available. Call 326-3866 anytime. Leave message.

32" RCA Stereo TV, S-Video Input \$500, RCA DVD Player \$200. Both 5 months old. Both for \$650. 328-8762.

Golf Clubs - Tommy Armour Ti-1000's. P-9 Irons. Stiff Steel Shafts, 100% Oversized Titanium Heads. \$1200 New. Asking \$500. 328-8762.

For Sale 40 Gallon Salt Water Aquarium w/ filter & light system, wood cabinets & hood. Vary nice. New \$550. Asking \$250. Call 910-346-5187.

For Sale Electronic Powered Wheelchair w/charger & battery. Very Nice. New \$6,000. Asking \$1,000. Call 910-346-5187.

I have 2 44L Dress Blue Coats. Both have already been button holed. Why rent when you can own yours! 353-8332. Ask for Charles.

Jogging Stroller for sale, excellent condition. Cherry computer desk, fits in corner, like new. Call 577-6773 after 7 PM.

Ball Gown for sale, size 3, excellent condition. Call 577-6773 after 7 PM or leave message.

1974-1976 Topps Football Card Collection. NM-M Condition. Beckett value \$4,000 Firm. After 5 PM for viewing appt. Call 455-0628.

For sale: Evenflo infant car/carrier seat. \$30, century 7 year car seat \$40, Evenflo booster car seat \$30, Little Tikes infant swing \$10 OBO. 938-1970.

4 formal gowns/party dresses for dresses or trade. Small sizes 0-5. Call 938-0247. Leave a message.

Marlin 30/30 Lever Action Rifle, fired less than 40 rds. \$200. Pioneer 8" Band Pass Box \$40. Call Frank at 989-1139.

Compound bow, Oneida Eagle Tomcat, very fast, includes fiber optic sights, carbon arrows & broadheads, quiver, release, and other extras. Like new condition \$265. Call 910-326-1367.

2 Suzuki LT-80, 4-wheelers automatic, garage kept, excellent condition. \$1,400 each. 938-1105.

Outboard Motor - Honda 4 stroke 10 HP, short shaft. \$750. 327-3590.

Shopsmith - MKV & power station, jointer, band saw, jig saw, sander and lots more. All books and paper work. \$1,000. 327-3590.

Camper Shell - Continental MKV, fits full size Chevy P/U. Chevy

green in color. Cost \$1,100 Sell \$350. Ph 327-3590.

Skyfort & Swing set - delivered and set up - \$500. 327-3590.

Wood chipper - heavy duty but portable. \$100. 327-5092

For Sale: Gowns & Cocktail Dresses, sizes 5/6, 7/8, 9/10. \$25 to \$75. Call 353-4092.

1997 Pace Mini Trailer. \$1,700. Call 455-3798.

Velvet and black maternity ball gown, Call for more information. 577-6633.

Evenflo Supersaucer. Great condition. Call for more information. 577-6633.

Graco Infant Swing: Battery operated, three-speed, open top. Excellent condition. Asking \$45. Please call 355-7234.

Four P235/75R15 Uniroyal Tigerpaw Tires, almost new. 150 miles or less on them. Raised white letters. \$320 all 4. Call 353-9107.

For Sale: Hem 12 GA. 870-\$150. Call 393-8585.

FREE Fire Place Insert. 393-8585.

17" Niche Shock Rims and Tires for sale. Used only 3 months. Asking \$1,800 OBO. 355-9665.

Sears Metal Shed and wood frame. 14 foot Octagon inflatable pool, keyboard and mouse, king bedroom set. Best offer takes it all. 326-8007.

Black Powder, Traditions, Hawken 50 cal. \$100 OBO. 326-7890.

Proform Airwacker XT X-Country Trainer \$80. Double Stroller w/pads \$50, Umbrella Stroller \$5, Hot Wheels Jeep w/battery & charger \$100. AB Roller \$15, Exercise Mat \$5. Call 326-7582.

For Sale: Large Sears microwave, Chest Freezer, Sears Table Saw with 10" Blade, stationary exercise bike, rowing machine, B-B-Q with cast iron grill 25x15 inches, 3 track storm windows for 2 story pinwood downs home, carpet 10x10 feet. 353-3233.

Nordic Flex Ultra Lift by Nordic Track. Single Stat Design. 35 exercise cap. Must Sell! \$650. 326-4275.

REAL ESTATE

Apartment Sublet. 1 BR/1 BA. Ocean front. N. Topsail Beach. Furnished, water/cable included. Pool/Tennis Courts. 20 minutes to traffic circle. Sublet January to June - with renewal option. \$450/mo. 328-8762.

For Sale: Townhouse, 2BR, 1-1/2 BAs, big deck, quiet end unit on culde sac, refrigerator & washer/dryer included. Low utility bills. \$6K below market @ \$53,000. Call 219-1179; 11 Onsville Place. 219-1179.

For Rent - Pebble Beach, Emerald Isle, 1 BR condo, furnished, washer & dryer, No smoking, No pets. \$550 month. Includes water. 326-2939.

For Rent: 2BR mobile home, furnished, yard care, single welcome, 1-1/2 miles from main gate CLNC. No pets \$250 month. \$125 deposit. 353-1335.

1998 10x70 Fleetwood 2BR, 2BA. \$500 down/take over payments. Central heat/air. Includes fridge, stove, washer/dryer, storage shed. Must see. Call 353-3577, leave message.

For Sale: 4BR, 2BA home, very nice. Located in Hubert on a large corner. Lot has screened in back deck. Asking \$79,800. Neg. Call 910-326-3866 anytime. No answer, leave message.

House for rent. Sneads Ferry, 3BR, duplex, Central Heat & Air, 2-1/2 BAs, 2 car garage - Inter-coastal waterway - Ocean view. No pets, No smokers. Call 910-327-0523 or 910-938-3445 days. \$975 a month.

For Rent - Mobile Home 1BR 10x42 on private lot. Close to Lejeune, furnished. No Pets 6 month lease. Phone 353-2668.

Take over Loan 1993 Oakwood 14x80 3BR, 2BA, stove, refrigerator, heat pump. Will pay for move. 919-553-9158.

3BR 1997 home in Jacksonville, fireplace, 2 full BA, 49 acres landscaped and fenced back yard, large eat-in-kitchen, all appliances, laundry room, 10x18 deck, 10x12 covered porch, 10x8 shed, a must see \$69,000. 910-324-6291.

House for Sale - 3BR, 1BA - Good investment property - Needs minor repairs \$30,000. Phone 910-353-7866 or 910-346-4737.

For Sale by owner 3BR with 1.5BA, 1700 Sq. Ft. Recently Painted. Has a new roof. Located in city limits. \$70,000. Phone 910-353-7866 or 346-4737.

For Sale - 2 to 4 BR Bricked in modular, 2BA, built in closets +/- 1/2 Acre. 3 minutes from base. 5 minutes to beach & shopping. Sell for \$50,000. (below appraised

value) Phone 910-647-1033.

For Sale: 1996 Oakwood 3BR, 2BA excellent condition. Located in Knox MHP. Call for a Good Deal! 353-2894.

For Rent: 3BR, 2BA, living Room, Dining Room, 1 car garage, Broor Valley Sub Div. No Pets, fireplace with gas logs. \$500 deposit \$575 per mo. 1yr lease by owner call 347-4370. Leave message. Available 1 Oct 99.

Trailer/Lot for rent. Southwest area. \$100 security deposit \$100 month rent. 347-4370.

For Sale by owner: 1500 sq. ft. 3BR/2BA home on 1 acre lot; central heat/AC garage, 2 yrs./old, very clean. Must see. Close to base and schools. \$88,000. 910-353-5396.

BOATS/REC.

Boat for Sale: 1988 24' Albemarle Express. Cuddy cabin with hard-top and full curtains. Downrigger, VHF, depth finder, Loran and Teak swim platform. 1997 Magic Trailer. Ready to fish! Very clean. \$13,900. Call 910-327-2165.

14Ft. Bass Tracker Boat. 3 seat, raised deck, lights, eagle fish/depth finder. 1994 20HP Johnson, less than 40 Hrs. Trailer and all Accessories. \$2,000. 324-5372.

19' Center Console Offshore, 150 hp Mariner SS prop, dept/fish finder, GPS, all equip., galvanized trailer \$12,500. 938-1105.

Sailboat 25Ft. Catalina w/9.9 hp Yamaha outboard motor, 3 sails, VHF radio and galvanized trailer. Ready to sail. \$8,500 OBO. Tel 910-353-1193 evenings.

ELECTRONICS

\$500, RCA DVD Player \$200. Both 4 months old. Both for \$650. 3288762.

13" Color TV w/remote - \$50, TV stand w/casters - \$25, JVC Stereo receiver and multi-disk CD player w/remote controls each \$75, Technics tower speakers w/passive radiators- \$100pr. Call 353-5970.

CTX Computer: Computer comes with keyboard and mouse. No monitor. 400 MHZ, 6.4 GB Harddrive, 56K modem. Also comes with Window's 98. \$550 OBO. 910-989-5963.

Speaker built for truck. 2 kicker 10" woofers. Pioneer 100 watt amp. Amp needs work. Asking \$125. Call 455-4360.

JVC detachable face AM/FM Cass. \$90, Precision Power Amp 100 watts \$80, 300 watts Amp

\$100, Speaker box w/2 10" Pioneer \$120 OBO. 3 rolls of tint \$15. Leave message 355-9341.

Onkyo Turnable, Sony 5 Disc. Player, Sony Dual cass. deck \$250. FREE w/purchase Sony receiver, Sansui speakers and rack. 577-3187.

MOTORCYCLES

1989 Yamaha Route 66. Black, 7,000 miles, good cond. Great beginner's bike, helmet, vest included. 938-4487.

1990 Suzuki DR350S Street legal dirt bike. Looks and runs very well. recent tires, chain and tun-up. needs nothing. 910-347-7980. \$2,000.

1999 Honda CBR600 FY, Red/Black, 2,800 miles, helmet, jacket, gloves, tank bag, bungee net, wheel lock, Honda service manual. \$8,000. Call 453-3703.

PETS

2 cats and 2 dogs need home. All are neutered and shots are up to date. Can be separated. Call 455-4360.

FREE 2yr. old male domestic short hair indoor cat, shots current, neutered, declawed. 10 mo. old female chow/shepherd terrier mix, shots current. Call 910-346-2379.

T.B. Mare 10 years old. Chestnut 15 hands, good pleasure horse. Good potential barrel racing. call Sharon 937-0668.

T.B. Gelding 11 years Old. Flea Bitten Gray 16 hands, good pleasure horse. Has been trained to jump. Call Sharon at 937-0668.

Red tip columbian Boa, about 4ft. long. \$200 OBO. Call Toni. 938-2676.

FREE to very loving home. 2 year old female black lab. Obedient, gentle, friendly, pretty. Indoor dog. Great with children. Shots updated. Call 355-9601.

9 month old female. Great Dane, Merle, very friendly & loveable. Has all shots & is spayed. Must sell. Call 577-7747.

Puppies for sale: 2 females, 2 males, chow and cocker spaniel mix. \$35 each puppy. 7 weeks old. For more info. call 353-9107.

WANT/LOST/F.

Wanted: Twin size wooden canopy bed, no mattress needed - matching dresser if available. Twin size Little Tikes cozy cottage bed. Call 355-9063.

Wanted: Mini-van or P-U Truck ext.

cab only I can make on. Payments around Any price. 324-8008.

Wanted: Boy clothes Household items w/ Large dog house. For child walk thur; King board "Waterbed" 324 Roomate Wanted - F mature motivated N person to share 3BR in Hubert 330-1199.

Will trade shotgun for 8585.

YARD SALES

Multi-Family Yard Sale Oct 30th, 8AM-11AM Street, Camp Lejeune Three family yard sale AM 5997D Iowa Ct. (lodge): Toys, furniture, clothes, baby items, clubs and much more Yard Sale: 22 & 23rd, Marr, 0900 AM, 701 Ave., Baby items, t hitches, clothes, phone Rain Date: 29 & 30 Oct

FURN./AP

King size waterbed, [C with drawer pedestal. Queen size waterbed board \$100, 4 piece te \$225 OBO. Call Toni 938-2676.

Dresser/changing table, drawers, white, excellent. \$65. 8x10 teal carpet a carpet condition \$25 353-4770.

Refrigerator/ freezer 1. Asking \$150. Call 355-9063.

Sofa, loveseat, 2 end table coffee table (oak) \$500 1105.

Computer chair, \$15 arms \$15, sofa \$30. Call 353-3652.

3 Pc. Living room loveseat and chair. \$ offer. Ronna or Scott. Kenmore Dish Washer Call 326-7890.

Kitchen Table: 2 yr table, glass top w/black iron base. Four black w/upholstered seats. / or BO. 451-5206.

1 year old couch & love western style, 5 month table & 2 end tables, iron. \$600 OBO. 910-427-7799.

2 twin-size mattress foos-ball table \$50 twin way fold-up type w/new \$100, steel military twin painted w/mattress 1335.

TRADERS

HOW TO PLACE YOUR FREE TRADER AD

THE GLOBE, Camp Lejeune, N.C. October 22, 1999

- TRADERS is a free service provided by the Public Affairs Office. Ads must be resubmitted EACH WEEK and Public Affairs Office by noon, Friday, a week prior to publication. Ads must be signed legibly with ALL information. Ads MUST be on a TRADER FORM. Ads that do not contain the required information will not be printed. 1 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 in three ads per week. If the Public Affairs Office receives more ads than space permits, certain ads will not be printed 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.

Mail to:
Commanding General
(Attn: Public Affairs Office)
Marine Corps Base
PSC Box 20004
Camp Lejeune, NC 28542-0004




Deliver to:
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(Mainside) MCB
Camp Lejeune, NC

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

Signature	Rank	Organization
Home Address		
Home Phone	Work Phone	

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 1 lb. Burger, 4 slices American cheese, Bacon & mushrooms

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


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KFC-W2582 10" Subwoofer
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 • Frequency Range 18-3500hz
 • Polypropylene Cone

KFC-6976
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