

Crucible wake-up call
First Crucible Marines enter MCT. 12A

Island sweep
Brown's Island prepped for extended use. 10A



Swimming with sharks
Lejeune High swim team treads toward common goal. 1B

Intramural Basketball
5/10 levels MCSSS. 2B

Hardiman boxing
Retired Sgt. Maj. recalls early years of Marine boxing. 2B

THE GLOBE

January 24, 1997

Camp Lejeune, N.C.

Briefly

I.D. center hours

The Base I. D. Card Center has adopted new operating hours. The center will be open Mon. - Fri., 7:30 a.m. - 4:30 p.m.

Medical show

The "People's Medical School" show, a medical information-oriented radio talk show, airs on WJNC, Thursdays from 10 - 11 a.m.

During the show, listeners may call in and discuss or ask questions about the health topic of the hour, which is related to each guest health care provider's specialty.

Scheduled shows are:

Feb. 13, Pharmacy tips
Feb. 27, Healthy minds
Mar. 13, Shaken baby syndrome
April 10, Child abuse and prevention

April 24, Melanoma
May 8, Headaches
May 22, Fitness
June 12, TRICARE
June 26, Pharmacy tips

For more information about the show, please contact Lt. Cmdr. Angela Krueger at 451-4305.

'I can cope' series

The American Cancer Society is hosting an "I can cope series." This is a series of six sessions for patients with cancer and their families. This will be held on Tuesday from 6:30 - 8:30 p.m.

The meetings will be held at the Onslow County Public Library on Doris Avenue.

Jan. 28, Treatment
Feb. 4, Side Effects/Nutrition/Pain Control

Feb. 11, Intimacy and Self Esteem: Dr. Scott McClelland
Feb. 18, Concerns/Feelings/Exercise: Cmdr. Erin Patterson

Feb. 25, Resources/Celebration: Catherine Frederick

Scholarship offered

The Naval Hospital Organization on Black Affairs will be awarding a \$500 scholarship to deserving Senior in the Spring. Requirements for the scholarship are as follows: must be a family member of active duty staff member of NHCL, Department of Defense staff personnel of NHCL, or any Navy personnel attached to MCB Camp Lejeune.

For more information or applications please contact Lt. Jackson at 451-0836 or HM2 Lewis at 451-4889

An inside look

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Juvenile Curfew: the Order is in effect

Editor's note: To alleviate any problems involving the new Base Order concerning juvenile curfew hours, the entire order is published here to provide widest possible distribution.



UNITED STATES MARINE CORPS
MARINE CORPS BASE
P.O. BOX 30004
CAMP LEJUNE, NORTH CAROLINA 28542-0004

BO 5500.6
BPMO
14 JAN 1997

BASE ORDER 5500.6

From: Commanding General
To: Distribution List

Subj: JUVENILE CURFEW

Ref: (a) MCO 5510.15A
(b) MCO P5580.2, Ch. 5

1. **Purpose.** To publish regulations in accordance with the references concerning the juvenile curfew aboard Marine Corps Base, Camp Lejeune.

2. Definitions

a. **Juvenile.** A person under 18 years of age, who is not active duty military or married.

b. **Curfew.** The period of time that all juveniles must be in assigned quarters, off the street, and out of public places, unless they are at a legitimate activity.

c. **Parent or guardian.** Any person at least 18 years of age having responsibility and legal authority over a juvenile or sponsoring a visiting juvenile.

d. **Responsible adult.** An individual at least 18 years of age who has been made responsible by the parent or guardian.

e. **Legitimate activity.** A bona fide reason a juvenile is out of quarters during curfew hours (i.e., employment, religious activities, Moral, Welfare and Recreation or school-sponsored events, or traveling to and from these activities).

3. General

a. All juveniles not accompanied by a parent, guardian or responsible adult will observe the following curfew hours:

(1) 2300-0500 Sunday through Thursday

(2) 2400-0500 Friday, Saturday, and the day prior to a Federal Holiday.

BO 5500.6
14 JAN 1997

b. During curfew hours, all juveniles will remain in assigned quarters, off the street and out of public places unless accompanied by a parent, guardian, or responsible adult, or at a legitimate activity.

c. An unaccompanied juvenile is authorized to proceed to a legitimate activity, remain at that activity until completion and return to quarters by the most direct route.

4. Action

a. Provost Marshal

(1) Cite juveniles found in violation of the curfew.

(2) Forward the violation notice to the Command Inspector.

b. Command Inspector

(1) Maintain a file for all juvenile curfew violation notices.

(2) Issue a warning to the sponsor after the second violation.

(3) Make recommendations to the Commanding General concerning repeat offenders.

c. Parents and guardians are responsible for their juvenile family members and guests.

d. Commanding officers will ensure that military members with juvenile family members are familiar with their responsibilities under this Order.

5. **Concurrence.** This Order has been coordinated with and concurred in by the Commander, U.S. Marine Corps Forces, Atlantic; Commanding Generals, II Marine Expeditionary Force, 2d Marine Division, 2d Force Service Support Group, and II MEF Augmentation Command Element.

P. G. Howard
P. G. HOWARD

DISTRIBUTION: A

Monthly promotion opportunities to open soon

Cpl. Chris Irvine
Globe Staff

Beginning April 1, a new promotion system, instituted by Headquarters Marine Corps, will change the way Marines are promoted to the ranks of corporal and sergeant. Promotions will now take place the first day of each month instead of every quarter.

According to Sgt. Maj. Melvin Turner, 2d Force Service Support

Group sergeant major, the new promotion system is designed to make the promotions of lance corporals and corporals more fair.

"Some Marines were getting promoted faster than other Marines just because of their MOS (military occupational specialty)," said Turner. "You had Marines that went to boot camp together, who got promoted to lance corporal together and then one of them was promoted to corporal and the other Marine had to wait three to

six months, or longer, to get promoted even though they were both good Marines."

The system allows Marines who might have just missed the cutting score for promotion to get another chance at the beginning of the each month without having to wait until the beginning of the next quarter.

"We just wanted to level the playing field a bit, but you're still going to have to have the cutting score to get promoted," said Turner.

While the new promotion system provides a slightly faster promotion track for some Marines, it will affect Marines in fields that have low cutting scores the most.

According to Turner, the new system still requires Marines to achieve the necessary rifle and physical fitness scores and complete all required professional military education.

The concept for the new system was first articulated during the ser-

geants major symposium last August and was then sent to HQMC for approval. After review, the Commandant gave approval for the new promotion system to begin Jan. 1.

The speed of the approval process caused administrative problems, which delayed the implementation of the new program until April.

The new program will give corporals and lance corporals 12 opportunities to be promoted each year instead of four.

Tank Bn. gets gassed

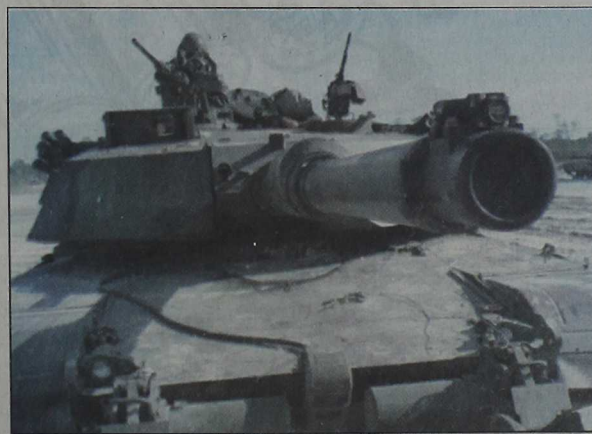
Cpl. Chris Irvine
Globe Staff

Out of a white cloud of tear gas came the massive bulk of an M1-A1 main battle tank of 2d Tank Battalion, imposing, intimidating and ready for war as Co. C tested the ability of its tanks to withstand a nuclear, biological and chemical battlefield, Jan. 16 at Landing Zone Jay Hawk.

Most Marines prepare to fight on an NBC battlefield by going to classes that deal with fighting and surviving in an NBC environment. This is coupled with going to the gas chamber and actually donning and clearing a gas mask in a tear gas filled room.

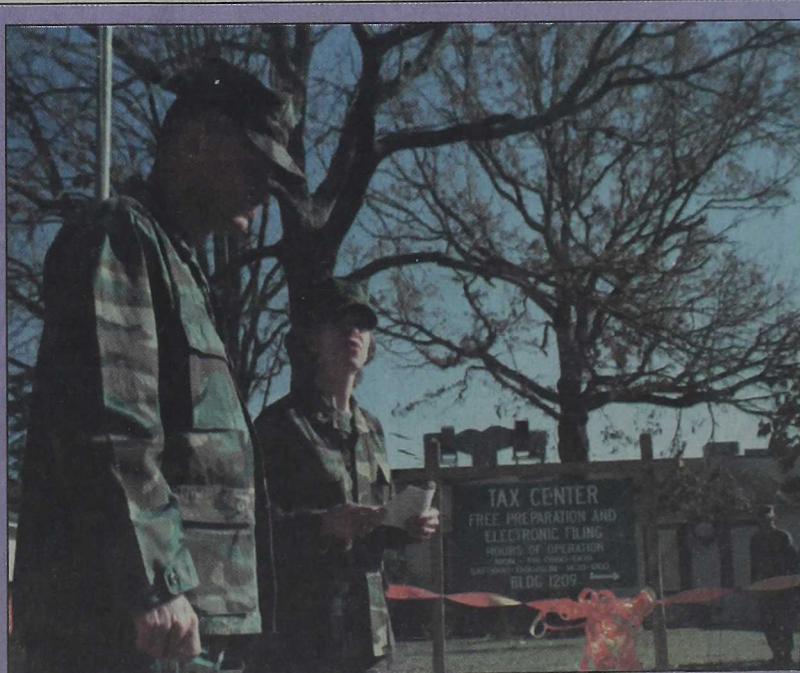
These are the skills infantry Marines must practice to survive lethal radiation, chemicals and biotoxins.

—SEE GASTANKS/6A



Cpl. Chris Irvine

An M1-A1 Abrams Main Battle tank prepares for its NBC test.



Cpl. Chris Irvine

It's time...

Major General P. G. Howard, commanding general, Marine Corps Base, cuts the ribbon signifying the opening of the new tax center recently. The center will provide free tax services for base personnel and their family members through April 15.

TAX QUESTIONS ANSWERED /14A

It was 20 years ago when...

Force Troops celebrate 26th anniversary

Celebrating its 26th birthday this week, Force Troops — 2d Force Service Support Group continues its transition into a true force service support group command.

As part of the ready forces of the Fleet Marine Force, Atlantic, Force Troops organizations provide the major source of heavy combat support and specialized technical skills for sustained combat operations not found in the 2d Marine Division or 2d Marine Aircraft Wing.

The Globe, Jan. 13

Moving to new barracks

It was a 35-year wait, but it finally happened Jan. 13. Marines moved out of their 1942 vintage open squadbay barracks into new one, two and three-man room Bachelor Enlisted Quarters (BEQ).

The move was made by members of Headquarters Company, Headquarters and Service Battalion, Marine Corps Base.

"In support of the all-volunteer military concept and Department of Defense criteria, three-man rooms were constructed for corporals and below, two sergeants share a room and staff sergeants or above rate a room of their own," said Clarence W. Barnes, manager, Planning Branch, Design Division, Public Works Department here.

The Globe, Jan. 20

Marines salute new governor

An estimated 10,000 North Carolinians turned out here Jan. 8 to see James B. Hunt Jr., inaugurated as the states newly elected governor. Twice as many lined Raleigh's downtown streets to observe the Inaugural Parade which followed.

Adding to the pomp and color of the parade — which involved some 140 units from counties, cities and military bases across the state — were more than 100 Camp Lejeune Marines.

Attending as one of Governor Hunt's distinguished guests was MajGen. Herman Poggenmeyer, Jr. commanding Camp Lejeune's top Marine and "First lady" joined other honored guests in Raleigh's Bicentennial Plaza to witness the Administration of Oath of Office to the Council of State, lieutenant governor and governor, followed by Governor Hunt's Inaugural Address.

At 1 p.m. the Inaugural Parade began. The 2d Marine Division was represented by the Division Drum and Bugle Corps and a marching platoon from 3d Battalion, Sixth Marines, Marine Corps Base fielded its Mounted Color Guard. Also contributing to the long parade were Sgt. Gregory Ortiz, a member of Force Troops, 2d FSSG and his wife, Cpl. Angela Ortiz of Marine Corps Base, both riding aboard the Onslow County float.

The Globe, Jan. 13

Uniform changes include chevrons on raincoats

Three uniform changes have been announced by a recent Marine Corps Bulletin.

According to MCBul 1020 of Jan.-19, metal or plastic chevrons will be worn on enlisted men's and women's raincoats.

The chevrons will be worn on the collar of the coat, in the same manner as currently prescribed for wear on utility shirts and field jackets.

Male Marines may purchase and wear approved commercial black leather and synthetic shoes in the semi-gloss and high gloss or patent finishes without ornamental stitching. Chukka boots and Monk strap styles will not be authorized for enlisted wear. The synthetic shoes are authorized for wear with the service and dress uniforms on all occasions, including ceremonies and inspections and may be used to satisfy minimum uniform issue requirements.

The Globe, March 17

Navy, Marines react in tragedy

A waiting team of Navy doctors, nurses, and corpsmen at the Naval Regional Medical Center here provided emergency medical treatment to survivors of Sunday's oil tanker explosion.

The Panamanian-registered tanker Claude Conway broke in two after an explosion early Sunday 125 miles off the North Carolina coast according to one of the rescued Italian crewmen.

At 10:45 a.m. Monday the first five evacuees arrived here by Coast Guard helicopter after nearly 24 hours' exposure to rough seas awaiting rescue.

These five evacuees were the most seriously injured, one sustaining burns over 90 percent of his body. A "burn team" flown in from Ft. Sam Houston later transported the burn victim there for further treatment.

The Globe, March 24

A sense of loneliness and failure don't belong in the Marine Corps...ever

Marines are our most precious resource. Our individual Marines are the heart and soul of our division.

In our division, we focus on three basic objectives: accomplishing the mission; taking care of one another; and coming home. The three objectives are mutually supporting.

We accomplish the mission as a means of taking care of one another so that we come home. Therefore, suicide is contrary to our objectives. Suicide is mission failure. Suicide is failing to take care of one another. Suicide is never coming home.

Suicide contradicts the values and leadership traits that are the essence of our Corps. Courage, compassion and commitment characterizes Marines. Suicide reflects none of these. Suicide is cowardly, selfish and irresponsible. Suicide is weakness.

Therefore, we must provide strength to one another. At times this strength is simply observing, listening and supporting. At times it is helping, talking and counseling. It is taking care of one another.

Leadership is an effective deterrent to suicide. But so is individual accountability. It is an equal responsibility of the Marine considering suicide to know help is available, to seek the support we will

"Suicide contradicts the values and leadership traits that are the essence of our Corps."

willingly provide. Support is available, but at times it must be sought. Strength is demonstrated by seeking help.

Many factors contribute

to suicide. Two common factors are sense of failure and sense of loneliness. But both failure and loneliness are a part of life; a process of failure.

Sense of failure: To be a Marine, a good leader, a successful leader, we must learn how to be a good failure, a successful failure. Few of us in life will ever achieve a never-ending series of successes. Many of us, in some respects, will experience unfulfilled dreams, or incomplete plans, or unrealized hopes. Therefore failure is a part of life.

The famous coach Vince Lombardi once remarked, "In great attempts it is glorious even to fail."

Failure simply means that we accept great challenges, we strive to achieve our full potential, we seek to do our best.

Continual success may mean that we are too conservative, too safe, too cautious. Quite simply, if our lives are free

of failure, we may be taking too few risks. Failure is, therefore, part of the process of achieving success. We may be temporarily defeated, but we are never permanently down.

As the philosopher Confucius said, "Failure is often the first step toward success."

Failure is simply an opportunity to try again, to do it better. Failure is often only temporary, it is often reversible. We may try and fail as Marines, but we should never fail to try. Life, as success, is often fulfilled by simply trying.

Sense of loneliness: A Marine contemplating suicide often falsely perceives a sense of loneliness. The truth is, however, that Marines are never alone. Instead, we are members of a team, a family. As on battlefield, our Marines must know, trust and understand the roles of other Marines and units within and throughout the chain of command. We have medical professionals, chaplains, commanders and unit leaders available to listen and to talk.

Throughout the command structure, every leader and every leadership tenet should reinforce our Marines' belief that they are never alone, but surrounded and supported by other Marines. The strength of our Marines is in their confidence in themselves, their units, their fellow Marines. Marines depend upon one another. Marines support Marines. A Marine's best friend on the battlefield is another Marine.

In battle, we make incredible sacrifices to ensure the survival of one another. In peace, in garrison, in life, Marines take care of one another with the same sense of commitment.

At times, combat is a mission. But at all times life is a mission. In life, there is success and failure, camaraderie and loneliness. Neither are exclusive of one another, nor forever. Life has its good times. We experience sadness and happiness. But life is what we make it.

Our test as Marines, as is the test of life, is in the battle we wage, the fight we make. To pursue the mission, to continue the attack, is our trademark as Marines in battle.

To surrender to suicide is the ultimate defeat in life. Suicide most hurts those who care the most. Suicide imposes guilt and confusion on those most loved.

Life is a precious gift, an act of courage and compassion. Suicide is an act of cowardice and is dishonorable. Suicide is irreversible. Suicide is forever.

MGEn. J.H. Admire
1st Marine Division
reprinted from *The Scout*

Opinions

MARINE MAIL: Gunnery sergeant seeks solution to completing his Master's without interruption

The following Marine Mail was submitted by GySgt. Troy L. Mayes, Svc. Co., H & S Bn., 2d Force Service Support Group:

Sir,

Is there any type of program that would allow an enlisted Marine the latitude to complete his or her master's degree, such as the SNCO Degree Completion Program. The Masters programs offered aboard Camp Lejeune have a time limitation. They must be completed within a set number of years or the member loses the eligibility for that particular program. It took me the better part of 10 years to reach the point that I am at today, studying between deployments and TAD trips.

If no program exists for enlisted personnel to complete a master's degree, and avoid termination by the college, is there the possibility of an exception on a case-by-case basis? Or could it be possible for a Marine to be put in a non-deployable status for the minimum required period to complete a master's degree, in most cases two years. The Marine Corps and individual units would not lose an asset and would gain a much smarter Marine SNCO.

Troy L. Mayes

The following response was provided by Brig. Gen. Henry P. (Pete) Osman, Assistant Deputy Chief of Staff, Manpower and Reserve Affairs/Director, Personnel Management Division, Headquarters, U.S. Marine Corps, Washington, D.C.:

I would like to commend you on your pursuit of off-duty education. Your effort to improve yourself has truly benefitted the United States Marine Corps. As you are well aware, the SNCODCP provides staff non-commissioned officers an opportunity to obtain baccalaureate degrees which fulfill Marine Corps requirements, and concurrently satisfy personal educational goals.

The goal of the SNCODCP is to

provide sufficiently qualified SNCOs to fill specific billets requiring baccalaureate degree/4-year level college training and maintain an inventory of SNCOs trained in specialized areas to meet requirements within the Marine Corps. The training provided within the program is the minimum requisite education necessary to meet billet requirements.

Currently, there are no graduate degree programs which permit enlisted Marines to obtain a master's degree, because there are no Marine Corps enlisted billets that require a master's degree.

With regards to the possibility of non-deployable status, coordination with your primary military occupational specialty monitor will be required to assist you in stabilizing you with a non-deployable unit. You have the right to submit an administrative action form (AA form) requesting assignment to a geographic area or a specific MCC which could support your educational goals and aspirations.

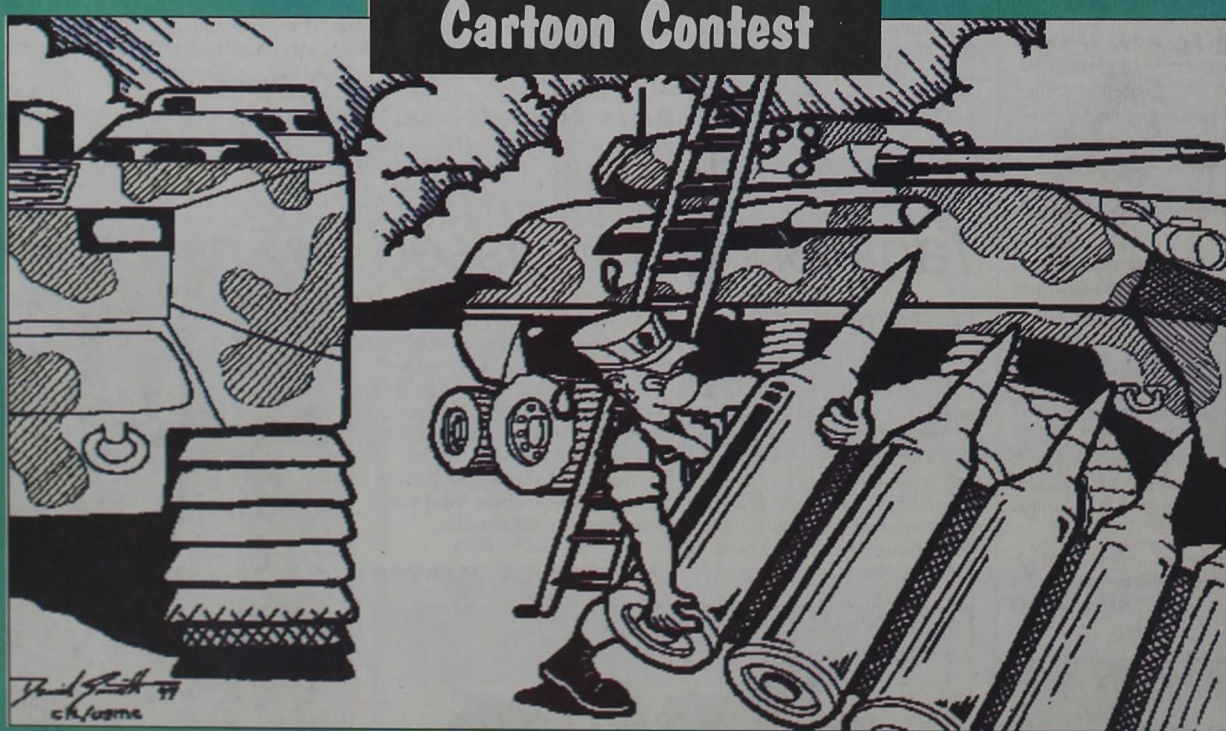
Your background and motivation speak highly of the contributions you have made. I am sure you will continue to improve our Corps regardless of the billet in which you serve.

Brig. Gen. Osman

SEND YOUR MAIL TO:
LETTER — MARINE MAIL, CMC, HEADQUARTERS MARINE CORPS, 2 NAVY ANNEX, WASHINGTON, D.C. 20380-1775.

E-MAIL — TYPE "MAIL" ON THE MARINE CORPS ELECTRONIC MAIL SYSTEM TO LOCATE THE MARINE MAIL MAILBOX. INTERNET — HTTP://WWW.USMC.MIL/HQMC/HQMC.MIL.

Cartoon Contest



Create a caption for this cartoon.... Win a \$15 gift certificate from MWR. Submit your caption by the Wednesday after the publication date with your name, phone number and the cartoon to Consolidated Public Affairs Office at Camp Lejeune Bldg. 67. Winners will receive their prize at CPAO. Winner's name and caption will appear in the Globe two weeks after the original cartoon is published.

The Globe

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MajGen. P. G. Howard

Commanding General, Marine Corps Base

Maj. S.L. Little

Director, Consolidated Public Affairs Office

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Ballet relieves stress for this EOD Marine

MARINE CORPS AIR STATION, Yuma, Ariz. — Sergeant John Gardner, a Marine who spends his days tiptoeing around explosives and his nights tiptoeing around a ballet studio, has found a great way to relieve stress.

The 28-year-old explosive ordnance technician from East Moline, Ill., who attends classes at Yuma's Dancemakers studio, says the five or six nights a week he spends dancing helps him relieve the stress he encounters on the job.

"If I get out of work and I'm all stressed out, I can release a lot of that here," said a perspiring Gardner after rehearsing a ballet piece at the studio.

Gardner said he finds similarities between his life in the Corps and his pursuit of dance, the most obvious being discipline.

"When the instructors tell you to do something, you have to do it," he said. "It's like boot camp... They break you down into the smallest life form and then build you back up again."

While Gardner admits receiving plenty of good-natured ribbing from his Marine Corps buddies about his interest in dancing, the former high school wrestler says the mental and physical challenges of dance rival those presented by the Marine Corps.

"A lot of Marines get the picture of ballet being pink tights and tutus, but it takes a lot of strength. I challenge anyone on base to come to dance class and say afterwards that it was a wimpy thing."

He said that dance adds another dimension to his physical training.

"In the Marine Corps, you work the big muscles; in dance, you dig for muscles you didn't even know you have. You have to train your muscles all over again."

But the effort is well worth it, according to Gardner. "Dance is a lot of fun. It's strenuous but relaxing." (Cpl. Jeff Hawk, MCAS, Yuma)

Young Marines activated for Kansas City storm cleanup

KANSAS CITY, Mo. — A record snowfall fell on Kansas City during a morning rush hour in late October, blanketing the city with more than twice the amount of snow ever recorded for that month.

The wet and heavy snowfall did more than inconvenience drivers throughout the metro area. The weight of more than six inches of snow snapped tree limbs that crashed by the

thousands, destroying decades-old trees and power lines. Thousands of people lost electrical power for days.

Though the snow quickly melted, it caused millions of dollars of damage. Even two months after the storm, officials say it will take more months of burning and shredding to clear the city of its mountains of broken limbs and logs.

Small though their help may have been, large was the impact on morale when Kansas City's Young Marines detachment, formed in April 1996, was "activated" Nov. 22 to assist the community with the marathon cleanup.

Sergeant Debby Foley, who handles general officer administration at the Marine Corps Reserve Support Command, doubles as the Young Marines' "executive officer." A heavy truck operator, she borrowed a 5-ton truck from the 24th Marines motor pool, briefed the "troops," and whisked away her young charges.

The Young Marines cleaned up Fairlane Street in the "Hickman Mills" area of Kansas City, targeting the homes of elderly widows and medically-confined residents of the area. Attacking the piles of debris that lined the streets, the youngsters loaded the truck in chilly temperatures under an overcast sky.

The Young Marines dumped two truck loads during their four-hour community service project. They are planning other storm cleanup projects.

"They're doing something important and helping a community," said Donna Saunders, a parent who heads the Parent Support Team. "They're setting good example for other youth." (Sgt. John F. Croy, Marine Corps Reserve Support Command, Kansas City)

Women's memorial monument construction project update

WASHINGTON — The Women's Memorial project, being built as a monument to the more than 1.8 million women who have served in the nation's defense, is currently under construction at the entrance to Arlington National Cemetery here.

The \$16 million construction project began with a ground-breaking ceremony presided over by then-Maj. Gen. Carol Mutter, the senior female servicemember for the U.S. Armed Forces, on June 22, 1995. Actual construction began in March 1996.

With its location adjacent to the Arlington National Cemetery, an estimated 4.5 million annual visitors to the cemetery and surrounding area will have the opportunity to view the memorial and learn about women's roles in the nation's defense.

Dedication of the WIMSA Memorial is scheduled for Oct. 18. (Sgt. Kurt Sutton, HQMC)

3/1 trains with Qatari forces during Eastern Maverick exercise

ABOARD THE USS ESSEX — Trails of dust and smoke filled the coastal plains of the Arabian Gulf's Al Gharjah training area, Qatar, Dec. 15-17, as approximately 150 Marines from Battalion Landing Team, 3rd Battalion, 1st Marine Regiment, attached to the 11th Marine Expeditionary Unit (Special Operations Capable), and 50 soldiers from the Qatar Amiri Land Forces gathered during Exercise Eastern Maverick 97-2.

The exercise allowed the 11th MEU (SOC) to demonstrate forward presence, enhance interoperability, promote cooperation between U.S. and Qatari military forces and capture command and control lessons learned for future operations.

"It's important for us to learn about Qatari equipment and how they intend to use it in a fight," said 1st Lt. Clarke A. Paulus, executive officer, Company D, 1st Light Armored Reconnaissance Battalion. "If we have to fight along side them in the future, we'll be able to do it more confidently."

On the first day, company commanders from both sides spent a few hours planning for the assault and familiarizing themselves with each other's armored vehicles. Marines got a chance to see the QLF's French-made forward area armored vehicles or, "Vehicule de l'Avant Blinde." The Marines enthusiastically explained the characteristics of their Light Armored Vehicles and Avenger Anti-air

Missile Systems to host nation soldiers.

The next day Marines from Co. D, integrated with two Qatari mechanized companies to practice vehicle maneuvers and formations using tactics derived from Qatari standard operating procedure throughout.

The final exercise began as five LCACs approached the beach landing site. To simulate a combined amphibious landing, four Qatari VABs were loaded onto an LCAC and taken out to sea only to return 20 minutes later to link up with other companies for an assault on an objective two miles away. Once reassembled, Marine and Qatari mechanized forces moved out to attack the enemy simulated by 40 Marines from Battery C, 1st Battalion, 11th Marines Regiment, and 81mm mortar platoon, BLT 3/1.

Squads of Qatari soldiers and Marines exited their vehicles, charged the enemy's positions and secured their objective. Inserting from behind the enemy's position, the second objective was taken with help from Marines by Co. K, BLT 3/1. Outnumbered and surrounded, the foe was overpowered and within 10 minutes the exercise had ended. For the Marines playing the aggressor, the assault gave them a taste of the receiving end.



Photo by Sgt. Marc Ayallan

Cpl. Phillip Retteg, Marine Air Control Group 38, gives a brief period of instruction to Qatari officers from the Qatar Amiri Land Force on the characteristics of the Avenger Anti-air Weapons System during Exercise Eastern Maverick 97-2.

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THEN and NOW!

Starch Through The Ages



Dry white starch was popular in 1880's housewives because it was easy to use and didn't require lengthy boiling.

NAPS—There's nothing stiff about the fact that starch has enjoyed an enviable reputation through the ages. Here's some trivia to take home and iron.

Then: The ancient Egyptians used starch to size and weight papyrus as a writing material. A document dated to 312 A.D. shows the Chinese used the same technique. The Turkish, Tibetans, Indians, Persians and others also used starch after the 14th century.

In 975 A.D., an Arabian teacher correctly described a starch and lava mixture which formed a key-like substance used for binding wounds. In the 16th century Puritans used blue starch, but Queen Elizabeth I hated it. She banned it in 1566. If you violated her will, you'd get thrown in the slammer.

In the 1800's, it was a status symbol for families to only have their laundry once every six weeks. It was proof the family had plenty of clothing. Once the laundry was done, it could be a five-day proposition: steeping, washing, starching, folding, ironing and airing.

Now: Starch can help keep you cool when it's warm. Starched clothing allows more air to pass



Spray the wrapping paper you receive with a little starch and iron it. Then you can use it again next year.

through it, keeping the person wearing it cooler.

One brand of powdered box starch is used on babies' bottoms to soothe diaper rash and other skin irritations.

If you're looking to save money on gift wrapping paper, be aware that you can use the same paper from year to year. Simply spray the used paper with starch and iron it, and it will be almost as good as new.

The Faultless Starch Company, now in its fifth generation of family owners, celebrates its 110th birthday this year. The company still offers its original dry white powder starch, along with other fabric care products such as spray starch and heavy starch. The company also offers larger sizes of its starches to shirt laundries so that consumers who prefer not to iron can get a Faultless finish on their clothes from their dry cleaner.

Free Book
For a free copy of the book, *I Shot An Elephant In My Starched Pajamas (and Other Astounding Facts About Starch)*, write: Free Starch Book, C/O The Faultless Fabricare Institute, 1025 West 8th Street, Kansas City, MO 64101-1200.

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New Help for People With Bipolar Disorder

(NAPS)—Don't suffer needlessly: that's the message for the more than two million Americans with bipolar disorder, also known as manic-depressive illness. Depakote® tablets (divalproex sodium), from Abbott Laboratories, is the first medication to obtain FDA clearance for the treatment of manic episodes associated with bipolar disorder in 25 years.

People with bipolar disorder experience cycles of mania and depression. Typical symptoms of mania include pressure of speech, hyperactivity, reduced need for sleep, flight of ideas, grandiosity, poor judgment, aggressiveness and possible hostility. The disease can result in loss of employment, alienation of friends and family, reckless spending and promiscuity.

Two-thirds of people with manic-depressive illness do not receive treatment. Fortunately, the disease is treatable and can often be managed successfully with medication and therapy.

"Until now, there has only been one other medication labeled for this potentially life-threatening disease," said Charles Bowden, M.D., head of the Division of Biological Psychiatry, University of Texas Health Science Center, San Antonio. "The clearance of Depakote for manic episodes associated with bipolar disorder offers physicians a new opportunity to manage the disease."

Clinical studies established that Depakote is effective and well tolerated in the treatment of manic episodes, and a significant improvement in symptoms was

noted 10 days after treatment with Depakote began.

In 21-day clinical trials, vomiting (12 percent) was the only event that was reported by significantly more patients receiving divalproex sodium compared to placebo (three percent). Other common adverse events are nausea (22 percent vs. 15 percent for placebo), somnolence (19 percent vs. 12 percent for placebo) and dizziness (12 percent vs. four percent for placebo). The rate of discontinuation due to intolerance was not statistically different between placebo, Depakote, or the active control. Other considerations include hepatic failure which has resulted in fatalities in patients receiving valproic acid and its derivatives and usually occurs within the first six months of therapy. According to published and unpublished reports, valproic acid may produce teratogenic effects in the offspring of women receiving the drug during pregnancy. Divalproex sodium is a derivative of valproic acid.

Although there are no efficacy data that specifically address longer-term, anti-manic treatment with Depakote, the safety of Depakote in long-term use is supported by data from record reviews involving approximately 360 patients treated with Depakote for greater than three months.

To find out if this new medication could be helpful for you or someone you care about, see a mental health professional or ask your doctor.

Sleeping Dragon



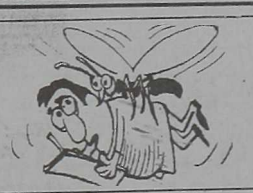
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—Matthias Claudius

SNCO Wives' club scholarship applications available now

The New River SNCO Wives' Club scholarship applications are now available in the local high schools, MCAS library, Coastal Carolina Community College, Main Onslow County Library and the Staff Wives' Thrift Shop, located at Bldg TC 11107 at Camp Geiger.

Graduating high school seniors and continuing education students are encouraged to apply. Eligibility is limited to dependent children of MCAS New River SNCO active duty and retired military personnel and residents of same.

For more information please call 347-3123/9028 or come by the thrift shop on Tuesday and Thursday 9:30 a.m.-2:30 p.m.

Hospitality Hour at the USO

The EHC Moon Maids and Stump Jumpers will be the host at the Hospitality Hour Sunday at 1:30 p.m.

All active duty, retired military personnel and their family members are welcome. Come join us for all the free cake you can eat and support your USO.

For more information, call 455-3411.

Briefs

Farewell concert by 2d MarDiv. Band

Coastal Carolina Community College and the Council for the Arts will be cosponsoring a Farewell Concert by the 2d Marine Division band and retirement ceremony in honor of CWO2 Tommy L. Anderson, the band's principal conductor.

The performance will be at 7 p.m. Jan. 31 in the Brookwood Baptist Church, on Henderson Drive, Jacksonville.

Black History Month essay contest

A Black History essay contest is being held for children from grades kindergarten-12.

The theme will cover Black Americans and Civil Rights: A Reappraisal. Essays must be written in 250 words, double spaced. Prizes will be awarded for each grade level category. Essays must be submitted no later than Feb. 4.

For more information, contact MGySgt. Hicks at 451-1850 or GySgt. Knight-Johnson at 451-5600.

ACS sponsors fund-raising event

A kick off dinner, the Relay for Life, sponsored

by the American Cancer Society, will be held Monday, at 7 p.m. in the cafeteria of Coastal Carolina Community College.

Prior relay participants or those interested in the fight against cancer are invited.

Please call 353-3322 to respond, or for further information. Read MCO 1306.2N for a full description of the duty.

Marine Security Guard screening schedule

An MSG briefing for all hands will be held from 1 p.m.-2:30 p.m. on Monday at Marston Pavilion. The screening schedule for individual units is as follows:

Monday 2:30-5 p.m. 2d FSSG and MCB units at Marston Pavilion; Tuesday, 8 a.m.-3:30 p.m. 2d MarDiv., 2d SRIG, and MarForLant/MEF. Contact your unit Career Planner NOW!

Retired military breakfast at SNCO Club

There will be a breakfast at the Camp Lejeune SNCO Club Feb. 1. Social hour will begin at 7 a.m. with breakfast beginning at 8 a.m.

All retirees are invited to attend the breakfast and to share in some fascinating stories.

For more information contact Sgt. Maj. (ret.) Meyer at 938-1610.

Human Services

Defense Outplacement Referral Workshop

Leaving the military and need a job? Defense Outplacement Referral System (DORS) is a mini application that you fill out and transfer into an easy, menu-driven computer program.

Over 14,500 nationwide employers access your application through the computer and can contact you to set up an interview! Attend the DORS workshop on Feb. 4 from 1-4 p.m., Bldg. 14. To learn how to complete our application, call 451-5927/5340, ext. 102, to register. Child care is provided by calling 451-2874 in advance.

Stress and anger management workshops

The Chaplain Corps will be holding a Stress Management Workshop Feb. 6 from 8:30 a.m. until noon in the Chaplain's Training/Conference Room, Bldg. 37 and the Family Counseling Center will be holding a Stress Management Workshop Feb. 20 in the Training/Conference Room, Bldg. 65.

An anger management workshop will be held Feb. 21 from 8:30 a.m. until noon in Bldg. 65, 2nd floor training room.

This workshop is designed to help individuals and couples better understand the emotion of anger and resolve the conflicts they encounter in their own lives - at work, home, and in the community. Emphasis is placed on how to prevent using anger as a power and control tool.

For information or to register for any of the class, call 451-2876/2877/2865.

Child care is available with advance notice.

Onsite Environment recruitment

Onsite Environment has several nationwide opportunities for separating servicemembers. Interested individuals should attend an OE recruitment brief Jan. 30 at 9 a.m. and 1 p.m. in Bldg. 12, upstairs classroom. Call 451-3212, ext. 100, to reserve a seat.

Financial fitness in '97

Get "financially fit" in 1997. Personal Financial Management classes will be conducted by the FSC at Bldg. 202, Rm. 210, from 1-4:30 p.m. All Marines, Sailors and family members are welcome to attend.

To register, call 451-3212 ext. 100/101. Child care will be provided by calling 451-2874 in advance.

Taking charge of credit	Feb. 19, Apr. 1, May 7, Jun. 17
Car buying maneuvers	Mar. 4, Apr. 2, May 20, Jun. 18
Tackling debt	Feb. 4, Mar. 5, Apr. 15, May 21

Command financial specialist training

The Command financial specialist (CFS) training program begins this month. The CFS program will provide specialized training to qualified Marines.

As a qualified unit CFS, individuals will be positioned to counsel and assist unit personnel in personal financial matters.

To find out how you can become a unit CFS, or for more information about the program, contact Roy Ellis

at 451-9578 or MSgt. Stone at 451-3212, ext. 209.

Key volunteer training

The following is the remaining Key Volunteer Training schedule for the month of January and Feb.

Tues.	Communication	6-8 p.m.
Feb. 4	Introduction	9 a.m.-noon
Feb. 11	Resource I	9-11 a.m.
Feb. 19	Resource II	9 a.m.-noon
Feb. 25	Communication	9-11 a.m.

For reservations, call 451-3212, ext. 100. Child care is provided by calling 451-2874.

Skills Assessment Workshop at FSC

A Skills Assessment workshop will be held Feb. 5, at 1-4 p.m. in the FSC, Bldg. 14. The workshop will include identifying personal skills, determining skills required by an employer and using identified skills in job applications and interviews. To register, call 451-5927, ext. 100/101. Child care will be provided by calling 451-5927/5340, ext. 100/101.

Sponsorship program at FSC

The FSC will be conducting Sponsorship Training for all individuals who have been appointed as Sponsorship Coordinators.

The goals of Marine Corps Order 1320.11E are examined, the duties and responsibilities of the sponsor and the command are discussed and the availability of resources is reviewed. To register, call 451-5340, ext. 100/101. For information, call Geri Haga at 451-5340, ext. 132.

PME seminars at the Base Library

There will be a P.M.E. seminar Tuesday in the historical reading room at the Base Library, Bldg. 1220.

This topic will cover the Boxer Rebellion. All interested patrons are welcome to attend.

For more information call 451-5724.

Camp Johnson Library relocates

The Camp Johnson library has moved to a larger location, Bldg. 607 on Co. Street C. The expanded facility houses a reference room, children's room, study room, complete collection of professional reading list books, video rentals, paperback exchange, popular magazines, current

MWR Events

top sellers, and more

The library is easily accessible to authorized patrons living off base and is open Monday - Thursday, 10 a.m. - 9 p.m.; Friday and Saturday, 2 p.m. - 7 p.m.; and Sundays, from 2 p.m. - 9 p.m.

For more information, call 451-0844.

Up With People at Camp Lejeune

MWR will present an Up with People performance March 29, at 7:30 p.m. at the Base Theater. In preparation for that performance, two advance team members from the Up With People organization will be in the Camp Lejeune area from March 8-30. These two young people will need housing from an area family during this time.

TIDAL FORECAST FOR AREA INLETS

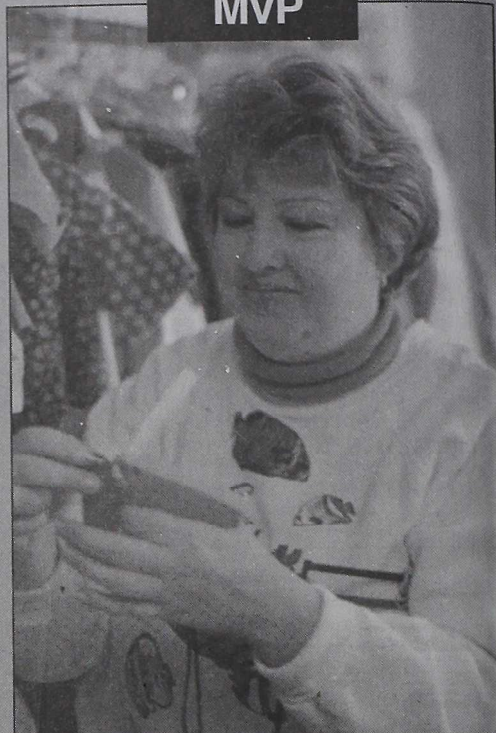


Bogue Inlet: Subtract 3 minutes for high tide time and subtract 0.8 feet from high tide height. Subtract 2 minutes for low tide time and no height correction for low tide.

New Topsail Inlet: Add 4 minutes for high tide time and add 43 minutes for low tide time. No height correction for high or low tide height.

TODAY:			
New River Inlet:	High tides	8:12 a.m. [2.72]	8:36 p.m. [2.35]
	Low tides	1:48 a.m. [-0.46]	2:24 p.m. [-0.57]
SATURDAY			
New River Inlet:	High tides	8:48 a.m. [2.56] 3:54 p.m. [2.43]	
	Low tides	2:30 a.m. [-0.45]	3:00 p.m. [-0.55]
SUNDAY			
New River Inlet:	High tides	9:24 a.m. [2.57]	9:12 p.m. [2.36]
	Low tides	3:06 a.m. [-0.40]	3:30 p.m. [-0.50]
MONDAY			
New River Inlet:	High tides	9:54 a.m. [2.48]	10:24 p.m. [2.38]
	Low tides	3:42 a.m. [-0.32]	4:06 p.m. [-0.42]
TUESDAY			
New River Inlet:	High tides	10:30 a.m. [2.39]	10:54 p.m. [2.40]
	Low tides	4:18 p.m. [-0.22]	4:42 p.m. [-0.34]
WEDNESDAY			
New River Inlet:	High tides	11:12 a.m. [2.30]	11:42 p.m. [2.40]
	Low tides	5:00 a.m. [-0.12]	5:18 p.m. [-0.26]
THURSDAY			
New River Inlet:	High tides	11:54 a.m. [2.23]	
	Low tides	5:48 a.m. [-0.03]	6:00 p.m. [-0.21]

MVP



LCpl. Erik S. Svihla

Susie Benjamin has been volunteering at the Staff NCO Wives' Club Thrift Shop for a year. She has been an avid shopper at the thrift shops for years. When she found out the club needed a volunteer, Benjamin said it was only fitting to give her time.

At the Movies: January 24-30

Base Theater

Friday	7 p.m.	Jingle All the Way	PG	Come
	9:30 p.m.	Daylight	PG13	Acti
Saturday	1 p.m.	Jingle All the Way	PG	Come
	5:00 p.m.	Jingle All the Way	PG	Come
	9:30 p.m.	Daylight	PG	Acti
Sunday	2 p.m.	Jingle All the Way	PG	Come
Monday	7:30 p.m.	The Rich Man's Wife	R	Susp
Tuesday	7:30 p.m.	Star Trek: The First Contact	PG13	Sch
Wednesday	7:30 p.m.	Daylight	PG13	Acti
Thursday	7:30 p.m.	Jingle All the Way	PG	Come

Midway Park Closed for renovation

New River

Friday	7 p.m.	Star Trek: The First Contact	PG13	Sch
	9:30 p.m.	Rich Man's Wife	R	Susp
Saturday	7 p.m.	Rich Man's Wife	R	Susp
	9:30 p.m.	Star Trek: The First Contact	PG13	Sch
Sunday	7:30 p.m.	Star Trek: The First Contact	PG13	Sch
	6:30 p.m.	The Rich Man's Wife	R	Susp
Thursday	7 p.m.	Daylight	PG13	Acti

Kudos



LCpl. Erik S. Svihla

Laurie Farmer, has been a parent volunteer at Berkeley Manor Elementary School for the past six months. She started volunteering when her children began school and has been doing it ever since. Farmer says she loves being with children, and just being able to help.

THIS WEEK'S TOP TEN BEST BUYS

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3
1992 Honda Accord 4 door LX
Book \$9,025 Ours \$8,475

4
1995 Honda Civic 2 door Ex
Book \$14,250 Ours \$13,625

5
1996 Chevrolet Tahoe 4 door
Book \$31,600 Ours \$27,608

6
1995 Chevrolet Corsica 4 door
Book \$9,650 Ours \$8,825

7
1990 Ford Supercab 4x4
Book \$8,725 Ours \$8,311

8
1991 Dodge Shadow Convertible
Book \$8,350 Ours \$6,985

9
1993 Chevrolet Lumina 4 door
Book \$9,375 Ours \$8,781

10
1995 Chevrolet Monte Carlo
Book \$14,925 Ours \$13,800



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Central Vacuums Pick Up in Popularity

(NU) - Installations of central vacuum systems have increased each of the past five years to more than 157,000 in 1995, according to estimates by the Vacuum Dealers Trade Association.

The built-in vacs provide deeper, more powerful cleaning. Also, with a power/collection unit located in a garage or storage room, they're less noisy. Allergy sufferers benefit because dust, dirt and pollen are swept away, not recirculated in the air.

While central vacs are now available for as low as \$499, studies indicate they can increase a home's value by over \$1,500.

For more information, call 1-800-367-5651. Paid Announcement.



German locksmith Peter Henlein is generally credited with making the first watch in the early 1500s.



The water flea is not an insect. It's a shellfish measuring about 1/10 of an inch long. Its body is transparent, so you can see its internal organs at work.

Mercy Ships Crew Sails With a Clear Vision

(NU) - During a Mercy Ships visit to the Dominican Republic, crew members of the *Caribbean Mercy* examined nearly 500 patients, fitting each with a pair of donated eyeglasses.

An autorefractor (which measures the cornea and prescribes glasses to correct visual impairment) was donated by the Canadian Foundation for World Development to help launch the optometry outreach program.

For information about Mercy Ships medical services and international programs, write to P.O. Box 2020, Lindale, TX 75771, or call 1-800-772-SHIP (1-800-772-7447). Paid Announcement.

Did You Know?

(NAPS)—The 1996 Olympic Games will use the most advanced telecommunications network on earth and use enough fiber optic cable to span the globe 18 times, reports BellSouth.



It's been one hundred years since Henry Ford took his first quadricycle out for a spin. The company bearing his name, founded in 1903, has built 250 million vehicles.

"The filter market has changed dramatically in the last five years," said Thomas Nelson, a marketing operations manager for the Filtrete micro particle air filter from 3M. "For years, people had purchased generic 69-cent filters, placed them in forced air systems, and found that these filters did little to improve household air."

If you've seen a driveway that impressed you, most likely it was one built of Hot Mix Asphalt, according to the National Asphalt Pavement Association. Paid Announcement.

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Cpl. Chris Irvine

LCpl. David Odin begins the exercise by setting off tear gas grenades next to a tank in order to test its environmental overpressure system.



Cpl. Chris Irvine

A tank emerges from an overpowering cloud of crowd suppressant gas. Safely inside, the crew can breathe with ease.



Cpl. Chris Irvine

Though imposing, if this tank's systems aren't working properly it may be overpowered by the blend of chemicals that will soon be swirling around its turret.



Cpl. Chris Irvine

LCpl. David Odin, NBC noncommissioned officer, 2nd Tank Bn., prepares to pull the pin on a crowd suppressant gas grenade and begin another test.

GASTANKS FROM 1A

According to 2nd Lt. Scott Yarosehuk of Co. C, 2nd Tank Battalion, armored warriors prepare for this type of battlefield by making sure that their tanks are ready to operate in hostile NBC environments. "The M1-A1 has what's called an overpressure system. It's a system that pressurizes the tank turret and in an NBC environment it forces it out of any leaks or seams or cracks or any open areas thereby not allowing any chemical contamination to come in." With a functioning overpressure system, tankers inside can fight effectively without having to wear a gas mask and mission-oriented protected posture gear, allowing them greater freedom of movement with more efficiency.

To check the effectiveness of the overpressure systems, the Marines of Co. C, 2nd Tank Battalion, turned L.Z. Jay Hawk into a huge gas chamber. According to Yarosehuk, in a prolonged NBC combat environment the dependability of the overpressure system could mean the difference between life and death. When tankers take the tanks through the gas exercise it's a key test of their combat effectiveness as a unit.

The test of the tanks overpressure was broken down into four stages. The first stage had the tankers sealed up in their tanks with their NBC overpressure system on. Tear gas was then placed directly on the turret of the tank, around the area with the most seams and thus the most likely to have open seams and leaks. "This first test is a tense moment. The crew is going to be inside just waiting to see if they're to be gassed or not. It doesn't take long to find out if the overpressure system is working correctly," said Yarosehuk.

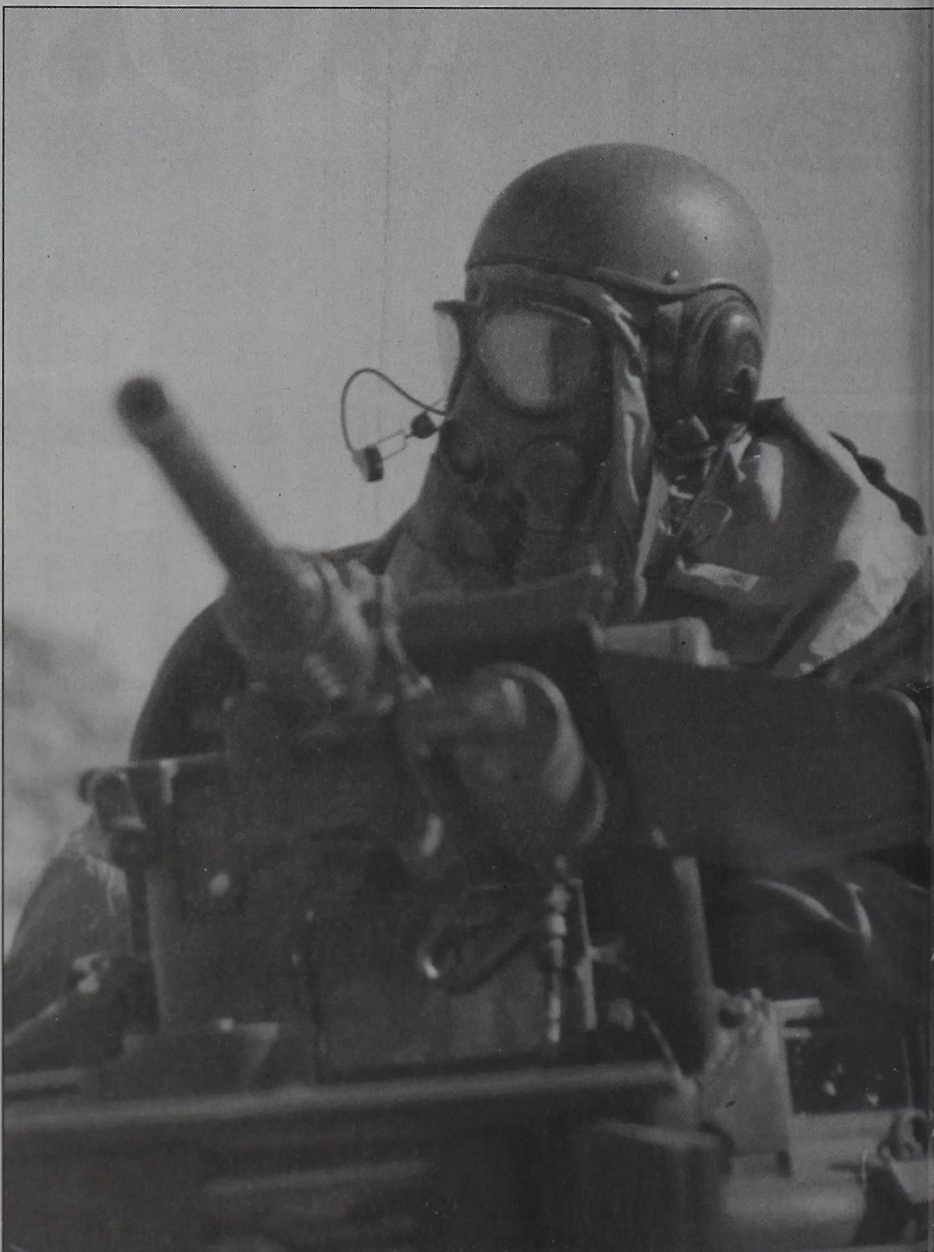
The next test is essentially similar but the NBC overpressure system is designed to work even if you have some fairly major holes, said Yarosehuk. To test this theory the tankers open up the tank commander's hatch slightly and test whether the overpressure system can handle a large leak and still protect the tank's environment. "With the T.C. hatch open, there is essentially a large hole in the turret but the system is designed to keep the bad stuff from coming in." This also allows tankers to keep the tank commander's hatch open in some situations and keep a degree of environmental safety known as being "open protected," said Yarosehuk.

In the third phase of the test, tankers stay in the "open protected" posture and drive their tanks through clouds of tear gas. "We basically test how wind and the dynamics of motion affect the environment of the tank. Will contamination flow into those holes as they are moving? Is the wind blowing so much that it will overpower the overpressure and allow contamination into the tank?"

The final phase is a reaction test. The tankers drove through a course designed to test their ability to react quickly to chemical threats. As they drove, gas grenades and sudden clouds of gas enveloped the tanks. The tankers reacted quickly by sealing their tank and if that failed they successfully donned and cleared their gas masks while on the move. "Putting it in a nutshell, the immediate action is getting in, quick, buttoning your hatches and having your NBC overpressure system turned on. But the question is, can you do it quickly enough," said Yarosehuk.

Driving along L.Z. Jay Hawk's dirt tracks, the tankers kept a wary eye on trees and bushes. The radio in one of the tanks crackled with warning of an impending gas attack. The tankers reacted instantly by ducking down inside the turret and shutting their hatches. No sooner were the hatches shut when clouds of choking CS gas enveloped the tanks.

According to LCpl. David Odin, NBC Non-commissioned Officer for 2d Tank Bn., the training exercise was a crucial test that confirmed the M1-A1 tank is ready to fight in any condition. "Up until now there has been no validation of our NBC theories; we can operate in an NBC environment with the overpressure system on, without a mask. There has been no field testing of the system. This nearly approximates an NBC system, so it's a good way to confirm that the tank works. We found a few problems with some of the tanks but we verified that the overpressure system works."



Cpl. Chris Irvine

A masked Marine of Company C inspects the contaminated turret of his tank.

Are we having fun yet?

Navy Lt. Barbara Summey Marshall
Base Chaplain's Office

Her name is Delores. Delores is in her mid-sixties and has been diagnosed with cancer.

That cancer will ultimately cause her death.

I met Delores in the book, "Chicken Soup For the Soul of Women." Delores is well known for her favorite phrase (yes, you guessed it) "are we having fun yet?" Delores is described by her friends as a woman who has a zest for life and for living. Would your friends say the same about you?

The New Testament writer of the book of James candidly reminds us in the fourth chapter of the book that life is short no matter how long we live. Therefore we should not be deceived into thinking that we have lots of remaining time to live for the Creator God, to enjoy loved ones, or to do what we know we should be doing. So, why not live for God today? Are you having fun yet?

Now what really constrains or keeps us from really enjoying life? — time, not enough hours in the day; money, not enough of it to go around; imagination, not really creative enough to see majesty in the mundane; problems, not enough immediate solutions for the ills of the world.

Psalm 24 reminds us that the Earth is the Lord's and everything in all the world belongs to God. God is the one who pushed the oceans back to let dry land appear. God and God alone. This same God holds the answers to our concerns and the concerns of the world. So why trust God with our days, hours and minutes. Are we having fun yet?

Here are a few practical tips for having fun on a daily basis—

First, dream big, but live small — insure that among your friends and associates are the small people. The Creator God of the universe cares much for the ones considered as the "least among you." Just think, for some people it is a sheer delight to simply be in your presence and to know

you as a friend or neighbor. Search for people who need friendship.

Second, Talk some, but listen much — keep your ears and heart open for the concerns of a family member, friend or co-worker. Insure that persons in your life know that for you their well-being is a priority. Pray often for the people that you encounter. Share with someone words of hope and encouragement every day.

And last but not least, live a life of gratitude and graciousness — see the little "miracles" that are happening all around you. Express thanks for kind deeds done on your behalf. Acknowledge the gifts and talents of others. Speak often of the blessings in your life, for which you are grateful. Also keep in mind, that the attitude of gratitude is contagious. Are we having fun yet?

Like Delores, the woman mentioned earlier, our "fun" or happiness isn't determined by situation or circumstance, but instead by the comforting assurance that the Earth does indeed belong to the Creator God and so do we.

Persian Gulf Illness Studies To Look at Bacteria

Douglas J. Gillert
American Forces Press Service

Washington, DC—With scores of studies under way, Department of Defense continues seeking answers to why thousands of Gulf War veterans suffer from a variety of symptoms, collectively known as Gulf War illness.

Defense health officials know many veterans are sick, but they haven't pinpointed a single cause.

Theories and explanations abound, blaming reported illnesses on everything from stress to nerve gas. Now Department of Defense also is considering the possibility some sort of bacteria may be the culprit.

"We have about 80 studies either under way, completed or on the drawing boards that look at a wide variety of possible toxins or ... reasons why people became ill during the Gulf War," Department of Defense spokesman Kenneth Bacon said last month. "Some look at low-level chemical exposure. Others look at bacterial toxins and other toxins."

Still other studies focus on medicines administered to Gulf War participants and at the impact from oil well fires, Bacon said.

The possibility of a bacterial cause for reported illnesses surfaced in December when a West Coast newspaper reported the research ef-

forts of Garth Nicolson.

A research biochemist and scientific director of the Institute of Molecular Medicine in Irvine, CA, Nicolson tested the blood of hundreds of sick Gulf War veterans. He said his research revealed a genetically altered primitive bacterium — called mycoplasma — in many samples.

He concluded the germ had been deliberately manipulated for use as a weapon, the newspaper reported.

Bacon said the findings aren't new. "We met with (Nicolson) in 1995 ... and before that as well," he said. "He was invited ... to submit a proposal for research which the government would fund. A formal call for such a research proposal was issued in May of 1993." However, the Pentagon has yet to hear from Nicolson, Bacon said.

In October, the Department of Defense launched its own study of mycoplasma infections in Gulf War veterans. The study is scheduled for completion in August 1997.

The Department of Veterans Affairs, Centers for Disease Control and Prevention and Department of Health and Human Services, and universities under federal contract are conducting research on Gulf war illnesses as well.

"We have about 80 studies either under way, completed or on the drawing boards that look at a wide variety of possible toxins or ... reasons why people became ill during the Gulf War."

Kenneth Bacon
DoD spokesman

C h a p e l S c h e d u l e	ROMAN CATHOLIC	
	Sunday Masses	
	St. Francis Xavier Chapel	8:30 & 11:30 a.m.
	Tarawa Terrace Chapel	8:30 a.m.
	Camp Geiger Chapel	11 a.m.
	Courthouse Bay Chapel	9:30 a.m.
	Naval Hospital Chapel	10 a.m.
	MCAS New River Chapel	9:30 a.m.
	Brig	8 a.m.
	Weekday Masses (Mon-Fri)	
	St. Francis Xavier Chapel	11:45 a.m.
	Naval Hospital Chapel	6:30 a.m.
	Camp Geiger Chapel	11:30 a.m.
	MCAS New River Chapel	11:45 a.m.
	Saturday Masses	
	St. Francis Xavier Chapel	5 p.m.
	Holy Day Masses	
	St. Francis Xavier Chapel	11:45 a.m. / 5 p.m.
	MCAS New River Chapel	11:45 a.m. / 7 p.m.
	Baptism Class	
	Wednesday before third Sunday at	
	St. Francis Xavier Chapel	5 p.m.
	Confessions	
	St. Francis Xavier Chapel	4 p.m. Sat.
	or contact unit chaplain	
	JEWISH	
	Sabbath Eve Service Bldg. 67 (Fridays)	7:30 p.m.
	Religious School Bldg. 67 (Sundays)	10 a.m.
	LATTER DAY SAINTS (MORMON)	
	Scripture study Tuesdays	7 p.m.
	Call Chaplain Vance at	ext. 3210
	Sunday Services call Bishop Scott	353-1714
	PROTESTANT	
	Sunday Worship	
	Base Chapel, Holy Communion	9 a.m.
	Base Chapel, Worship Service	10:30 a.m.
	Camp Johnson Chapel	9 a.m.
	Naval Hospital Chapel	9 a.m.
	Tarawa Terrace Chapel, Communion	9:45 a.m.
	Tarawa Terrace Chapel, Worship	11 a.m.
	Camp Geiger Chapel	9:30 a.m.
	French Creek Chapel	9 a.m.
	Courthouse Bay Chapel	11 a.m.
	Brig	9 a.m.
	MCAS New River Chapel	11 a.m.
	Midway Park Theater	12:15 a.m.
	Sunday School	
	Tarawa Terrace	9:30 a.m.
	Base Chapel (Brewster Middle School)	9 a.m.
	Brig	7 a.m.
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	Naval Hospital Chapel (Thursdays)	11:30 a.m.
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	EASTERN ORTHODOX	
	Camp Johnson Chapel, Divine Liturgy	10:30 a.m.
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	Base Chapel Annex Bldg. 16 (Fridays)	11:30 a.m.
	Brig Chapel	1 p.m.
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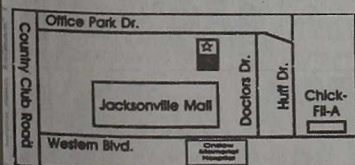
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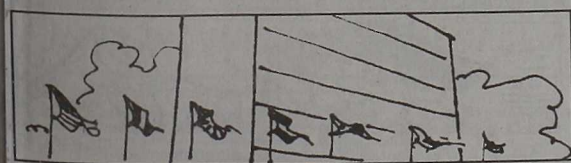


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*** Nature does nothing uselessly. —Aristotle

Pregnancy and Marines

2nd FSSG addresses common issues

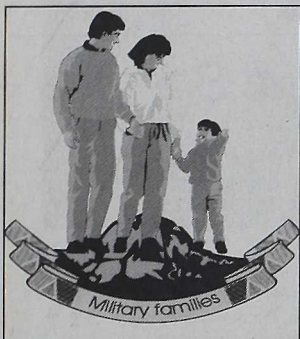
Cpl. Kimberly Everson
Globe staff

Editor's note: This is the second in a series of Marine Family articles. Next week: Marriage enrichment.

Pregnancy is an issue that most Marines today will be faced with whether it's a co-worker or someone within the family. There are many responsibilities, military requirements and options available for Marines faced with this situation. Often there is confusion or a lack of information where this issue is concerned.

The 2nd Force Service Support Group command is holding a professional military education class for all levels of personnel on pregnancy issues.

"Our intent is to educate all personnel within 2nd FSSG on what the responsibilities, requirements and options are," said Maj. Cathy Powalski, deputy, administration.



The PME is designed to educate all of 2nd FSSG from commanding officers to the most junior Marines on how to best deal with pregnancy both professionally and personally.

Legal issues which will be covered include administration separation, support obligations and guidelines, basic allowance for quarters entitlements and child custody.

"Support obligations are my number one issue," said Maj. Richard Shaw, legal assistance attorney, Base Legal.

"Most of the cases I see are non-support complaints. Information on how to handle these situations needs to be given to the families as well as the commands. The commands are required by order to get involved and often they don't understand their role."

Navy Marine Corps Relief Society will also have a representative present to discuss the services provided for pregnant females.

"I don't think that all of the military is aware of all the services that we provide," said Victoria Green, budget counselor, NMCRS. "We have nurses on staff who will make house calls to expectant mothers and we set up budgets to prevent future financial problems."

Other topics which will be covered are medical, Child Development Center services, housing, New Parent Support Program, budget for babies and Chaplain Services.

"It is our hope that these presentations, along with additional information on services available for preparation before, during and after pregnancy, will better equip the Marines of 2nd FSSG in the best interest of themselves, their families, their fellow Marines and their command," said Powalski.

Staff academy students test CAST

Cpl. Kimberly Everson
Globe staff

Students at the Staff Non-Commissioned Officer Academy are now spending four days at the Combined Arms Staff Trainer as part of their maneuver warfare package.

The CAST is a simulation training system that offers a realistic environment to rehearse combined arms planning and execution while becoming proficient in tactical maneuvers.

"We tried a one-day trial with the previous class but the students didn't get a lot out of it because they were rushed," said GySgt. Michael Lucas, instructor, career school, SNCO Academy. "We decided that the package should be four to five days."

Students begin the week with an orientation. After receiving their mission they break down into two battalions where each student plays a specific role from regimental commander to forward observer.

Students are briefed by their commanders and the operation is ready to begin.

The CAST has a fire marking system, which is a computer-controlled target designation system, that uses lasers to project impacts onto the

terrain. This allows the students to do things such as adjust fire.

Additionally, there is also a terrain board system that includes terrain that represents training exercise area or an operational area of the world. "Students have the opportunity to operate on terrain such as Twentynine Palms (Calif.) and Haiti," said Lucas. "It gets away from having to use sand tables."

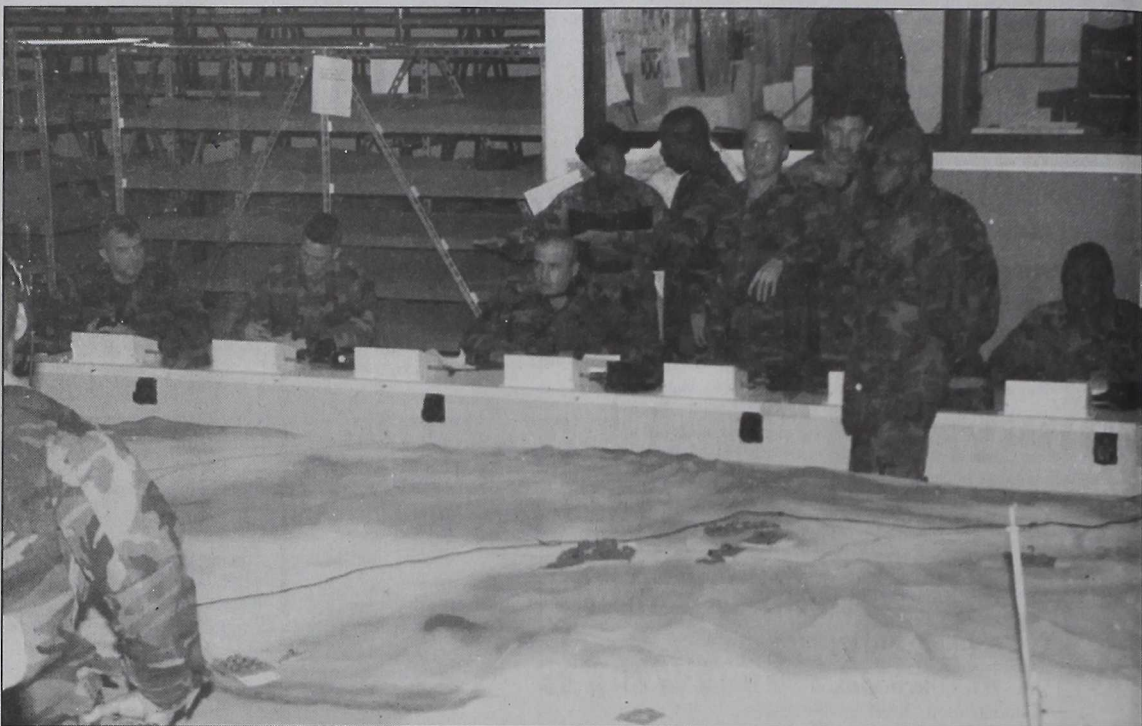
Throughout the operation students have to create operational orders and make decisions on how to employ assets.

"The CAST allows the students to move the forces around and come up with different maneuver schemes," said Lucas.

The students at the SNCO Academy have a variety of military occupational specialties that add to the learning process of the operation by showing the students how each MOS works together.

"I've run every type of unit through CAST scenarios from chaplains to grunts, but this is not a unit and they have done really well together. Each Marine from each MOS adds to the training. They have been a real pleasure to work with," said retired Col. Dave Noble, director/advisor, Combined Arms Staff Trainer.

According to Lucas, the CAST is an improvement to the course and they will continue the training in future classes.



Cpl. Kimberly Everson

Staff academy students compare ideas on how to accomplish the mission by playing them out on a terrain board. The high level of realism of the CAST helps students understand the finer points of combined arms exercises.

FACTS FROM THE
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Medicine for the Public

Depression

(NAPS)—Each year, 17.6 million Americans, one in 10 adults, suffer from a depressive illness.



Depression can be experienced as an empty feeling, or as no feeling at all.

Depression is a disorder that affects your body, mood, and thoughts. Feelings of despair are out of proportion to any external cause. In the most severe form of depression, melancholia, a person feels hopeless, helpless, and that he or she is a burden to others.

Dysthymia, a less severe form, involves long-term, chronic symptoms that prevent functioning at full capacity. Most people with this disorder feel that they are simply "going through the motions."

Bipolar depression (manic-depressive illness) involves cycles of depression and elation. During a depressed cycle, any depression symptoms can occur. The manic cycle often affects thinking, judgment, and social behavior and can cause problems in life, such as unwise business or financial decisions, inappropriate sexual behavior, and irritability.

Depression is a treatable disorder, with an 80 percent success rate. If you are depressed or if you know someone who is, call your doctor for help. Treatment choice will depend on the outcome of a medical evaluation. There are a variety of antidepressant medications and psychotherapies available. Some people do well with psychotherapy; some with antidepressants. Some do best with combined treatment: medication to gain relatively quick symptom relief and psychotherapy to learn more effective ways to deal with life's problems.

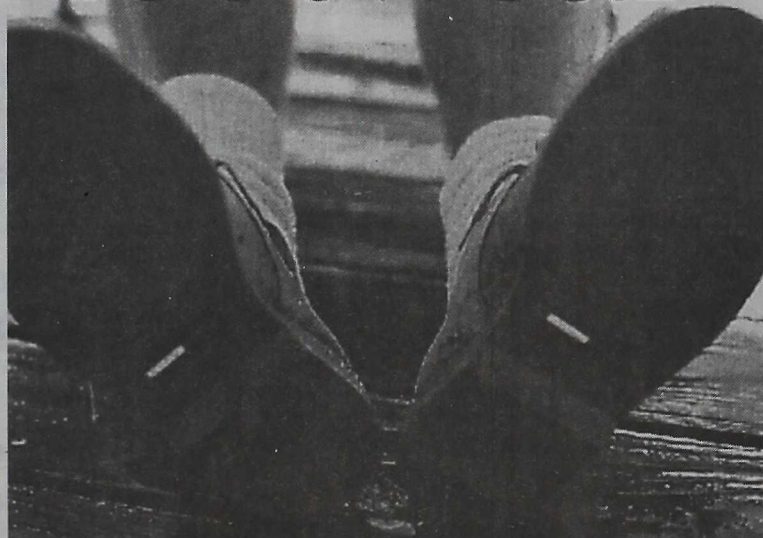
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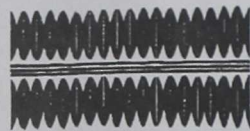
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More impact seen in future of Brown's Island



Sgt. J. J. Rodriguez

Unexploded ordnance is detonated during a sweep of the Brown's Island range.

Sgt. J. J. Rodriguez
Globe staff

Marines from the Base Explosive Ordnance Disposal team and 8th Engineer Support Battalion's EOD platoon began an ordnance sweep of Brown's Island Jan. 14 as part of a plan to make the range more noticeable as a training area in order to keep people from using it as a recreation area.

"We find people on the island all the time," said Petty Officer 1st Class S. W. Zubowicz, coxswain, Navy boat patrol crew. "They bring their families and walk around, not realizing the danger they put themselves in around unexploded ordnance."

In addition to sweeping the area clean of unexploded ordnance, EOD technicians will replace some old, worn-out targets with new ones.

The need to sweep the area came after hurricanes Bertha and Fran uncovered ordnance that had been too deep in the sand to detect.

Marines had one day to conduct a survey of the area to determine what targets needed to be removed and days to clear the old targets.

The island has been used as an ordnance range since World War II, but since then, use of the range has declined.

By sweeping the area and setting up new targets, EOD technicians hope to expand its lateral capabilities, Capt. Thomas A. Crawford, Base EOD officer in charge, said.

New targets will be flown in sometime in February by CH-53E Super Stallion helicopters.

Once the targets are in place and training begins, people will start to recognize the island as a range and hopefully stay away, said Crawford.



Sgt. J. J. Rodriguez

Explosive Ordnance Disposal team members return to the designated pickup point after a long day sweeping for ordnance. Hurricanes Bertha and Fran uncovered many pieces of unexploded rounds, which needed to be cleared. Marines worked four days to improve conditions on the range.

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MCAS New River Station Education Center Building AS-233 (910) 451-6459

Entertaining Ideas

Practical Tips For Stress-Free Entertaining

(NAPS)—If you're stressed out worrying about hosting that big holiday bash, here's a quick stress-reducer: look at it from the guest's perspective. Aren't you usually pretty tolerant and forgiving when you're the invitee? "As guests, we're rooting for the hostess," says Nancy Mueller, president and founder of Nancy's Specialty Foods, whose own popular holiday parties and signature petite quiche inspired her company, which now produces a wide variety of hors d'oeuvres and mini desserts.

An accomplished hostess known for her warm, informal entertaining style, Nancy Mueller has teamed up with experts renowned for their insights on entertaining issues. They share a sense of fun, delight and natural pleasure in the socializing process. The group includes nationally known psychologist Ross Goldstein, networking guru Terri Mandell and etiquette expert Syndi Seid.

Nancy & Friends look at holiday party-giving from a uniquely human, rarely examined vantage point. Their practical advice makes the seasonal entertaining ritual more fun for everyone, including the hostess.

Syndi Seid views the hostess as the hub of the party and feels, "It is the hostess' responsibility to create a sense of ease and flow." The biggest faux pas today's laid back hostess might make? "Beware of confusing informal with casual. Casual denotes a loose, lackadaisical attitude, suggesting guests should take care of themselves. Informal requires care and attention to detail, but just relaxes the level of formality," says the etiquette maven.

No matter how relaxed and spontaneous our approach, what makes great hosting is placing top priority on guests and their needs,



according to Nancy Mueller. "That means greeting everyone at the door and being positioned by the door as people leave so guests can say thank you without a frustrating search for the hostess."

It also means making sure guests are engaged in conversation so no one feels left out. "The hostess should move from group to group to add warmth and welcome," says Mueller. "She will rarely have time for in-depth conversations. The hostess needs to share herself with the entire party."

She also needs to keep an eye on the necessities. "Watch the food and beverage service to make sure it is being done appropriately," advises Mueller. "Whether you are using professional servers or volunteer family members, be sure to give direction out of sight of guests if possible. The idea is to make it look like a team effort."

"It is up to the hostess to set the tone and add spirit to the party," Mueller concludes. "That means the hostess should have fun, too and be happy, because happiness is wonderfully contagious."

To receive a brochure with more easy entertaining tips from Nancy & Friends, write "The Hostess Deserves a Good Time, Too!", Nancy's Specialty Food, P.O. Box 8757, Westport, CT 06888.

Paid Advertisement

Kid's Cafe

Vegetlicious Party Pizzas

(NAPS)—Serving up the idea of eating vitamin-rich vegetables might just require a pizza dish.

Since most children would probably vote pizza as their number one favorite food, encourage them to make their own, loading them with nutritious vegetables.

Keep frozen vegetables handy. They can be healthier than raw ones since they are frozen within four to six hours, locking nutrients in a just-picked-and-frozen state.

It can take seven to ten days for raw produce to reach the supermarket. As produce ages, nutrition content declines.

Frozen vegetables can even taste better since raw ones lose flavor when natural sugar turns to starch. Despite their bright fresh color, they contain no additives, preservatives or coloring and are low in sodium, high in fiber.

An economical choice, frozen vegetables are available year-round, and they can easily be prepared in the microwave.

Try this recipe when a group of kids gather at your house.

Frozen Vegetable Council's Particularly Primo Party Pizzas

- 2 six-inch pita breads, split
- 3 tablespoons olive oil
- 3/4 cup prepared pasta sauce with mushrooms and olives
- 1/2 pound fresh mozzarella cheese, thinly sliced
- 2 teaspoons dried oregano, crumbled
- 1/4 cup frozen chopped broccoli, defrosted and blotted dry



1/4 cup frozen chopped onion, defrosted and blotted dry
salt and freshly ground pepper, to taste

Preheat the oven to 400°. Use a knife, split the two pitas and place the halves on a baking sheet.

Brush the pita halves with two tablespoons of olive oil.

Bake pita halves in the oven for five to six minutes, until lightly browned and crisp.

Evenly spread about two to three tablespoons of the sauce onto each pita half.

Place cheese slices on top of the sauce and then sprinkle on oregano.

Place the baking sheet back into the oven and bake the pizzas until the cheese is hot and bubbling, about eight to ten minutes.

Heat the remaining oil in a skillet, and when hot, add chopped broccoli and onion. Season with salt and pepper. Sauté for three to four minutes.

Carefully spoon hot vegetable mixture onto the center of each pizza. Enjoy!

4 servings

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2nd FSSG tests new equipment during MEF COMEX

t. J. J. Rodriguez
the staff

Communicators from Communications Company, Headquarters and Support Battalion, 2nd Force Service Support Group tested new equipment during the II Marine Expeditionary Forces Communications Exercise Jan. 12-17.

"We are practicing establishing communication links that would be crucial at MEF el operations," said 1st Lt. Laura Kratz, operations and systems control officer, Comm.

"There's always new gear coming in, so

we're focusing on implementing that gear into the exercise. It's a chance to test the equipment and see what we're missing."

Some of the new equipment included the Black Jack Fax. Used only for this exercise, it's being tested for future use.

Another new piece of communication equipment is the STU-43C, which is the new version of the STU-III, a secure phone line.

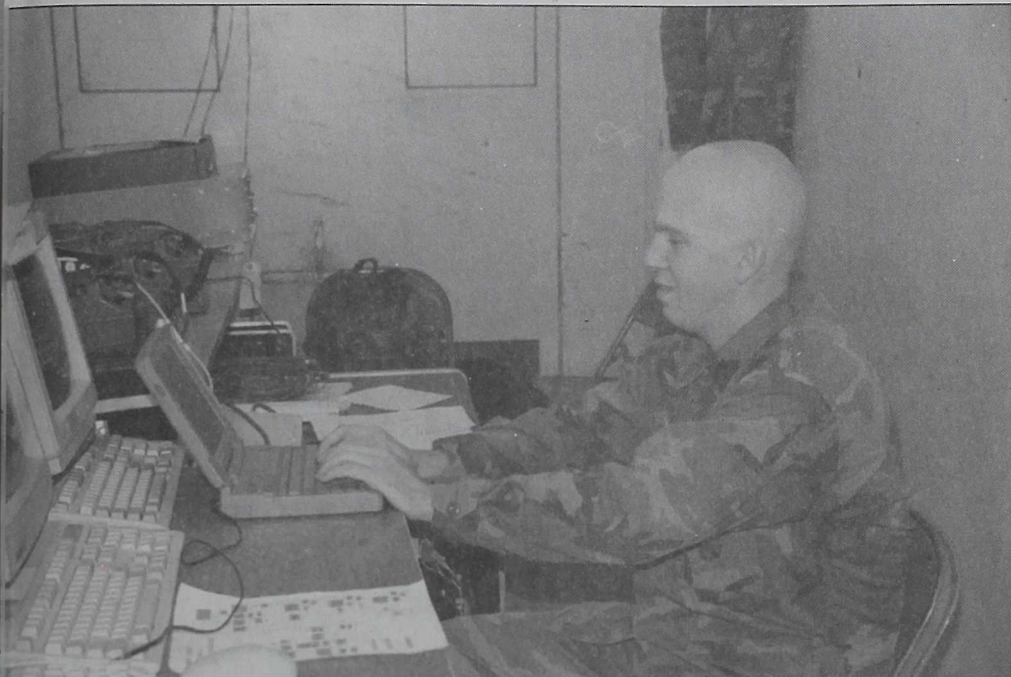
Marines also had a chance to use the FCC-100, a multiplexer which condenses big signals into smaller signals.

Experimenting with new gear, however, wasn't the only focus of the exercise. Marines in the company also used new tech-

niques with some of the other equipment like the Single channel Ground and Airborne Radio. With the SINCGAR they practiced what they called frequency hopping. "Most of these Marines haven't been able to do that in the past," Kratz said.

All the communication techniques lead to one combined effort. The goal is to keep II MEF and the headquarters element of 2nd FSSG on line with each other. Communications company also provides support to other battalions within the group.

"Some of the battalions don't have organic communication equipment so we support them," Kratz said.



Sgt. J. J. Rodriguez

I. C. B. Smith, network technician, handles computer access requests and supervises connections during the exercise.



Sgt. J. J. Rodriguez

L. Martin Ortega, radio operator, MTM Co., keeps track of message traffic over single channel radio.



Sgt. J. J. Rodriguez

Cpl. Shawn Brown, radio operator, makes sure communication is up.

II MEF utilizes entire spectrum of assets

Exercise features all aspects of field comm

LCpl. Erik Suthland Svihla
Globe staff

The communications elements of 2nd Marine Expeditionary Force performed all aspects of field communication during a II MEF-wide exercise, involving elements of 2nd Force Service Support Group, 8th Communications Battalion, 2nd Marine Air Wing, and 2nd Marine Division, the week of Jan. 12-17.

The exercise's objective was to provide, in a simulated field environment, a link between four different sites in areas miles away from each other, while utilizing all assets available, according to MSgt. Keith Sylvain, operations chief, G-6, 2nd MarDiv.

"The 8th Comm Battalion is up at New River Air Station (MCAS New River), the air wing is located at MCAS Cherry Point, 2nd FSSG is primarily set up at Building Two, Camp Lejeune, and 2nd Marine Division is here at Molly Pitcher Field," he said.

To get to this point, the planning for the exercise went much further back than a week, Sylvain said.

"The main part of this exercise was inevitably the planning. We started six months ago, trying to decide how to build a framework where we could exercise all the key features of communication," Sylvain said.

According to Sylvain, this involved training their Marines on their equipment.

"Right now we're using something called TCO. TCO is Tactical Combat Operations, where we produce a computer-generated battlefield. Instead of plotting coordinates

on a board, like we've been doing for centuries, we can have an electronic picture of what we're doing. We can produce charts and overlays, and send them from one point to another. This will alleviate a lot of our problems with transmitting data, because now we can do everything electronically.

However, according to Sylvain, TCO does have its limitations. "As of now, TCO is only on the regiment and air wing level, but in the near future we plan to start sending down to the battalion level. However, we have new Marines learning how to work new gear, and this is the first time that we've been able to connect all of our points using TCO. This is the first time something of this magnitude has been done."

Besides using the TCO, the Marines must also utilize their basic equipment, according to Sylvain.

"In the Marine Corps, there are three key elements in transmitting data from one region to another. The unlimited way is through Ground Mobile Force, or GMF. With this we can extend our limits outside of the immediate region. With this we use what's called our Eighty-Five Vans or our Ninety-Three Vans. Instead of just being able to talk locally, we can talk worldwide," he said.

Next in line, as far as range goes, is the Track 170, and then the Mark 142, which is the short range multi-channel transmitter, such as telephone lines, Sylvain said.

All of these, according to Sylvain are coordinated to send a multitude of data.

"We can send anything from TCO data to telephone transmissions to classified messages and e-mail. We try to the best of our ability to do this like we would in combat, and that is the focus of our mission."

Crucible graduates endurance

Sgt. Lance M. Bacon
Globe staff

The first Marines to endure The Crucible have been awakened to the fact that completing the 54-hour event wasn't an end, but instead a small taste of what was yet to come.

Those Marines recently found themselves in the Verona Loop training area as students of Company H, Marine Combat Training Battalion. There, the Marines have been introduced to life in a field environment.

"Many of us were told that The Crucible was going to be the hardest thing we ever did, but that's already been proven wrong. (MCT) is a lot harder, and a whole lot more down to earth," said PFC Richard L. Bradley, of Logan County, W. Va. "The Crucible made us more team oriented, but the physical and mental demands on the individual are a lot harder out here."

A large reason for that may be in the fact that MCT has basically become an extended field exercise. For more than two weeks, the Marines perform in a field environment — there is no more weekend liberty and almost no classroom instruction. Instead, the Marines are taught the different lessons in the field, then are required to perform the tasks.

By doing this, and doing it at a continuous pace, the Marines are faced with a physical and mental challenge to perform that makes the 17-day training cycle an extended Crucible of sorts.

"Our objective here is to teach survivability in combat to all Marines, and this is the beginning of their ability to do that," said MSgt. Dennis P. McKenna, chief instructor of tactics, MCT Bn.

"We introduce them to individual skills, then require them to apply those skills at the squad and platoon level."

About halfway through the course, the Marines were required to apply those skills in a port facility and airfield seizure. The Marines were broken into platoons and required to overtake the assigned area, which was held by the "hostile" Veronan military.

"We are acting as part of the 2d FSSG (Force Service Support Group) in support of II MEF (Marine Expeditionary Force)," McKenna said of the exercise. "During the operations they will secure an objective, set in a defensive line and conduct security patrols, much like they would in a combat environment."

The Marines were faced with a variety of challenges which started with crossing a minefield. As the heart of the platoon reached the far side, automatic fire erupted on their position. Once the platoon had organized, two squads laid a base of fire while the third enveloped the enemy position from the flank. Once the position was secured, the Marines dug in and readied for any counter attacks.

But while the Marines are finding success in completing the restructured course, some feel that MCT may not be a good standard with which to measure The Crucible.

"I may see the results (of The Crucible) here at MCT, but I think it's more of a long-term program," said Sgt. Hugh D. Hopkins, a native of Natural Bridge, Va., and a squad leader with Co. H, MCT Bn. "These Marines have shown an improvement in teamwork; instead of being concerned only with themselves graduating, a higher percentage are intent on the unit as a whole completing the training. But I think The Crucible will show its worth down the line. If you want to see how successful the program is, come see how these Marines perform in the Fleet in three or four years."



Pvt. William H. Gibson Jr. digs a fighting position from which he will help defend an airfield. The hectic pace of MCT serves as a wake-up call to many of those coming from



Sgt. Lance M. Bacon

An MCT Marine provides security for a friendly patrol departing his area.



Sgt.

Sgt. Hugh D. Hopkins (left) keeps a watchful eye on the grenade handling procedures of his students.

ing for enemy

Marine Combat Training



Sgt. Lance M. Bacon

call to m...ose coming from The Crucible.



Sgt. Lance M. Bacon

ng for enemy patrols, Marines must be alert at all times.



Sgt. Lance M. Bacon

Aiming in during a brief respite, this Marine will be on his feet again and assaulting the objective within seconds



Sgt. Lance M. Bacon

Crossing water hazards, large and small, continues after The Crucible. The Marines here have many more years of such tasks before them.

NMCRS turns 93

Cpl. Kimberly Everson
Globe staff

Navy Marine Corps Relief Society celebrated its 93rd birthday with a cake cutting ceremony at the Family Service Center classroom, Jan. 23.

Navy Marine Corps Relief Society is a nonprofit, charitable organization designed to provide short-term emergency relief to active duty and retired Sailors, Marines and their dependents.

The organization was founded in 1904 by volunteers whose mission was to help widows and mothers of Sailors.

"When NMCRS first received its funding, it was through the Army-Navy football game. A purse of \$18,000 was split with the Army Emergency Services," said Gini Schopf, director, NMCRS.

Navy Marine Corps Relief Society was first established at Camp Lejeune in May, 1942. That year there were three

cases a month, \$3,529 paid in loans, and \$9 received in contributions. In 1996 NMCRS had a total of 9,297 cases, \$2,053,171.65 paid in loans and grants, \$350,106.38 received in fund drive contributions.

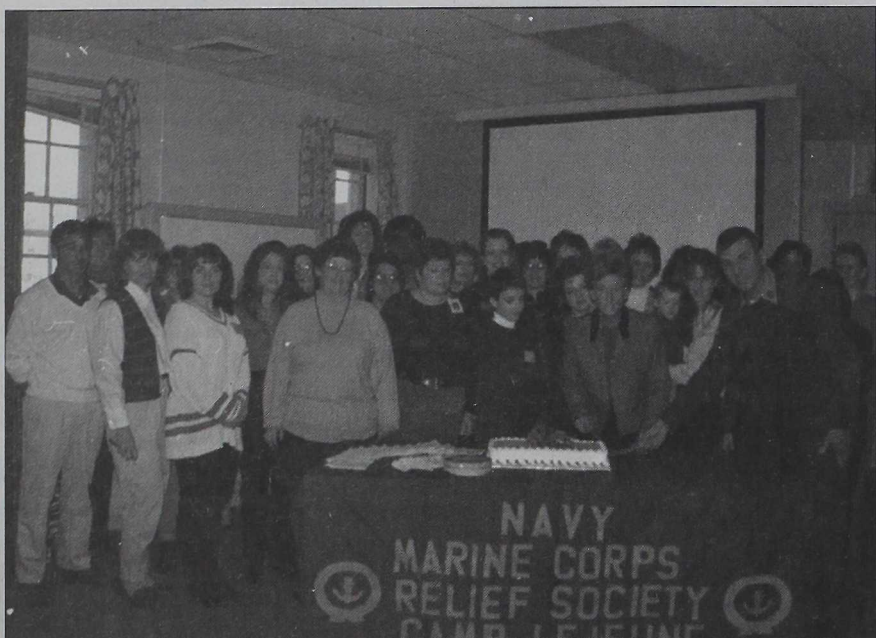
The interest-free loans and grants are given for emergencies such as funeral expenses, medical bills, emergency transportation, food, rent, utilities, disaster relief assistance and essential vehicle repairs.

Volunteers lend a helping hand with bookkeeping, answering phones, counseling, loan collection, public speaking and interviewing. Volunteers receive professional training and develop new skills.

"We have volunteers of all ages and skills," said Schopf. "I love the diversity of the volunteer force because they provide so much talent."

The NMCRS birthday celebration gave staff a chance to recognize volunteers for 93 years of continuous hard work.

"We just want to say thank you to our volunteers," said Schopf.



Cpl. Kimberly Everson

Staff and volunteers of NMCRS gather as vice president Lynn Rilter and Sgt. Maj. Joseph Houle, New River Air Station perform cake-cutting honors in celebration of 93 years service.

Questions about taxes

Editor's note: The following is the first in a series of Tax Information articles. Each week through the April 11 edition, there will be a question and answer dealing with pertinent tax information.

Q: Who can file a Form 1040EZ?

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

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

- ✓ Your filing status is single or married filing jointly.

- ✓ You (and your spouse if married filing a joint return) were under age 65 on Jan. 1, 1997, and not blind at the end of 1996.

- ✓ You do not claim any dependents.

- ✓ Your income is less than \$50,000.

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

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

- ✓ If you were a nonresident alien at any time during 1996, your filing status is married filing jointly.

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

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

Free tax preparation offered aboard base

The Camp Lejeune Tax Center offers free tax preparation and electronic filing for all servicemembers, retirees, family members and base civilian personnel through April 15.

The center will be open Mon. - Fri. 8 a.m. - 7 p.m., Sat. 9 a.m. - 1 p.m. and Sun. 2 - 5 p.m. (special liberty periods excepted).

The center is located in Building 1209. To reach the center, enter the base on Holcomb Blvd., turn left at the second light onto Birch St., travel approximately four tenths of a mile. The center will be located on the right

in the same parking lot as the Thrift Shop.

- ◆ You must bring ID card, W-2(s), end of year bank statements, copies of 1995 tax return (if in your possession).

You must also bring the following, if applicable:

- ◆ If you want direct deposit of your refund, you must bring LES, cancelled check or a bank statement.

- ◆ If you have interest dividends from a bank, you must bring IRS form 1099 from the bank.

- ◆ If you are filing for a de-

ployed spouse, you must bring IRS form 2848 tax power of attorney.

- ◆ Bring any other documents you believe may be necessary to file your return.

You have to pay taxes, but you don't have to pay a tax preparer. Use the free services at the Camp Lejeune Tax Center (not to be confused with the paid tax service offered at the Exchange).

For more information about the tax center, call the information desk at 451-3030 or 3110.

'Mr. Leatherneck' succumbs to cancer

MARINE CORPS ASSOCIATION, Quantico, Va. - Thomas P. Bartlett, long-time managing editor of "Leatherneck," died Jan. 20, at the National Naval Medical Center, Bethesda, Md., after a year-long struggle with cancer. He was 63.

Known as "Mr. Leatherneck," Bartlett served on the staff of the magazine for more than 25 years after his retirement as a master sergeant in the Marine Corps in 1971.

It was as a Marine that he first served with "Leatherneck" in 1964 when the Corps still authorized active duty members to serve on the staff.

As a combat correspondent for the maga-

zine, and later as press chief for the III Marine Amphibious Force in Da Nang, Bartlett served four tours of duty in Viet Nam. He was with "Leatherneck" when the magazine transitioned to a civilian staff and became its managing editor in 1975.

Bartlett never stopped writing or shooting pictures. Over the years, "Leatherneck" published more than 955 of his feature articles with young Marine enlisted men and junior officers.

The stories eventually became valuable research material, as many of those whom Bartlett interviewed and photographed later became some of the Corps' most decorated leaders.



Lt. Cmdr. A. Krueger

Coats for kids

More than 300 coats were donated in this year's 'Coats for Kids' drive aboard base. The coats were immediately donated to charity organizations to be given to children in need. "Coats for Kids" is an annual charity drive held the first week of December.

Regner relinquishes command of BLT 2/8

Cpl. Kimberly Everson
Globe staff

Lieutenant Colonel Michael R. Regner relinquished command of Battalion Landing Team, 2d Bn., 8th Marine Regiment to Lt. Col. Michael E. Dick in a ceremony Jan. 17 at 10 a.m. at Goettge Memorial Field House.

Dick was commissioned a second lieutenant in the Marine Corps Reserve upon graduation from Virginia Military Institute in May 1977.

After completing The Basic School, Quantico, Va., he served in billets of rifle platoon commander and commanding officer, 2d Battalion, 2d Marine Regiment, 2d Marine Division; Marine Officer Instructor, Naval Reserve Officer Training Corps Unit, Vanderbilt University, Nashville; Assistant head, Regular Officer Procurement Section, Personnel Procurement Division, Headquarters Marine Corps; commanding officer, Officer Candidate Company, Officer Candidates School, Quantico, Va.; executive officer, 1st Battalion, 2d Marine Regiment, 2d Marine Division; operations officer, 22d Marine Expeditionary Unit; division assistant chief of staff for readiness/division inspector.

Dick's personal decorations include the Bronze Star Medal with gold star in lieu of second award, the

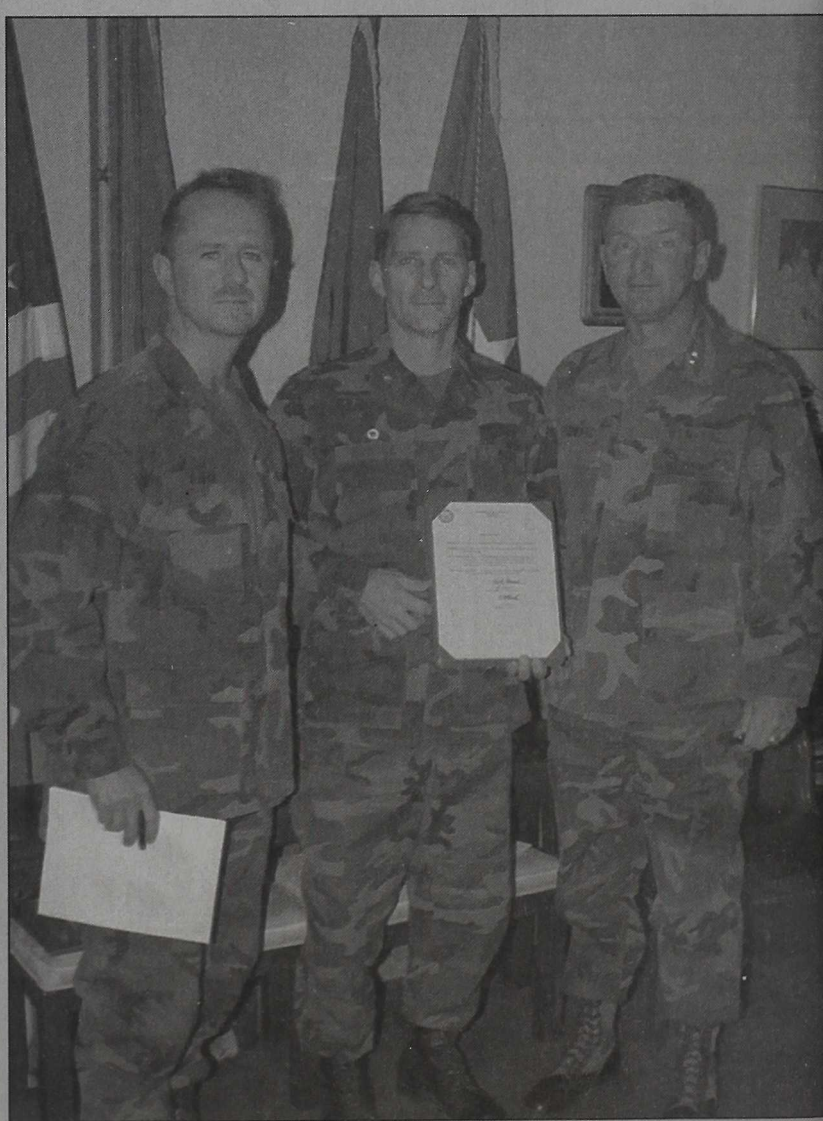
Navy Commendation Medal with gold star, the Na Achievement Medal with gold star and the Combat Action Ribbon. In 1984 he was presented the Gene John A. Lejeune Award for Leadership by the Na League of the United States.

Regner was commissioned a second lieutenant upon graduation from The Citadel with a Bachelor's of Science degree.

Upon graduation from The Basic School, he held billets of rifle platoon commander, weapons platoon commander and battalion executive officer, 1st Battalion, 8th Marine Regiment, 2d Marine Division; executive officer, Company K, 3d Battalion, 8th Marine Regiment, 2d Marine Division; division assistant chief of staff in training; operations officer and executive officer, recruiting station, Little Rock, Ark.; commanding officer, Company L and battalion logistics officer, Battalion, 3d Marine Regiment, 1st Marine Brigade; section head, Performance Evaluation Branch, HQMC; battalion executive officer, 1st Battalion, 8th Marine Regiment, 2d Marine Division; staff secretary, Headquarters Battalion, 2d Marine Division.

Regner has been the commanding officer of BLT Bn., 8th Mar. since February 1995 and will attend T Level School at the NATO Defense College, Rome.

His personal decorations include two Meritorious Service Medals and two Navy Commendation Medals.



Sgt. Timothy Streaty

Smile . . .

Major General P. G. Howard, commanding general; Navy Capt. G. J. Kvaska, commanding officer, 2d Dental Bn.; and Lt. Cmdr. K. L. Weber, officer in charge, Camp Geiger Dental Clinic finalize the proclamation of February as National Children's Dental Health Month aboard Camp Lejeune

SPORTS

January 24, 1997

The Globe

Sports Roundup

USO SUPER BOWL

On Sunday Jan. 26 the USO will be having Super Bowl Sunday. Time of event in accordance with football schedule. Free Hot dogs, hot chocolate and popcorn. For more information contact the USO at 455-3411.

MWR's 2nd Annual SUPER BOWL JAM

Superbowl Sunday at the Field House
Free hot dogs, chips & soda
Prizes
Huge screen TV
or Information call 451-5173

BOXING CHAMPIONSHIPS

The Armed Forces Boxing Championships will be held Feb. 9 at Goettge Memorial Field House. Twelve boxers from each of the Armed Forces will take part in this event. This is a single elimination tournament and United States Amateur (USA) Boxing rules will apply.

Opening Ceremonies will be held at 7:30 p.m. on Monday, Feb. 10. Preliminaries will begin at 8 p.m. after the ceremonies. Tuesday night bouts will begin at 7:30 p.m.

All awards will be presented at the conclusion of each bout on Thursday, Feb. 13. For more details, call 451-2061.

CIVILIANS ELIGIBLE

Due to a recent policy change, civilian DoD employees assigned to Camp Lejeune are now eligible to participate in the base intramural program beginning with the softball in March. Information on intramural softball will be forthcoming.

Other seasonal programs include golf, soccer, football, basketball, rugby, volleyball, skeet, and basketball. For more information on Camp Lejeune intramurals, please contact Jim Medley at 451-2061.

Civilian DoD employees assigned to Camp Lejeune may use the base fitness centers.

POWERLIFTING

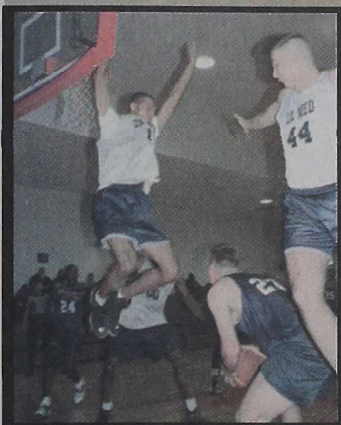
The Camp Lejeune powerlifting Tournament will be held Jan. 25 at the Field House. Early weigh-in will be Jan. 24 at the French Creek Fitness Center from 6-8pm. Regular weigh-in will be held Jan. 25 from 7-8:30 a.m. at the field house. Events include bench press, deadlift, and squat in mens and womens open weight classes. For more information call 451-1799.

GRAND PRIX SERIES

The Trap Shooting League meets Jan/Feb at McIntyre Skeet Range. For dates and info, call CWO Mizner at 451-2379 or 1770.

ADVANCED DIVING

Advanced diving classes and dive trips are offered by Seduction Dive Services through the Area 2 swimming pool. Register now for the next class, Advanced Nitrox, class dates are Jan. 30 and Feb. 1. For more information, call 451-2024 or 2513.



Sgt. Jonathan D. Cress

On a reverse layup, Group Air Station scored easily as defenders swat the air.

Group Aid Station out of GAS

Sgt. Jonathan D. Cress

Globe Staff

The dribblers of 2d Medical Battalion (Med. Bn.) shot their way to victory over 2d Force Service Support Group Aid Station (GAS), 66-71, in intramural basketball action Jan. 16.

Winning the tip-off, Med. Bn. quickly scored the first two baskets. With a tight defense and what seemed total control of the backboards, they set the momentum for the first half of the game.

Lagging behind, GAS needed a new game plan when they broke for halftime 11 points behind Med. Bn., 35-24.

Like a new team, GAS took control of the ball. Their defense came together and sealed Med. Bn. out of the paint, denying them much needed offensive rebounds. In a 10-minute drive, GAS outscored Med. Bn. 23-13. They pulled to within one point of the lead, after a turnover set up a three-point shot that threatened to take the game away, 46-47.

The Medical Bn. sideline called for a conference with the game clock showing 9:11 left to play.

The Group Aid Station began losing momentum as Med. Bn. maintained their lead. In seven minutes Med. Bn. forced GAS to six turnovers, allowing no points as they regained a comfortable 13 point lead.

In the final two minutes, GAS hit another three-point bucket, but could not revive the team drive. Medical Bn. closed out the victory, 61-51.

Swimming with Sharks

Timothy A. Streaty

Globe staff

The accomplishments of the U.S. Swim Team at the Olympics last year sparked the popularity of swimming. This increased enthusiasm has worked as a catalyst for creating new interest in the Camp Lejeune Swim Team — the Sharks.

With dreams of grandeur fresh in their minds, team members are working towards a common goal to compete, train and above all, have fun.

Sonia Kauzlarich, president of CLST said that team members get plenty from the organization. "Kids form friendships, get constructive exercise and they get to compete both as an individual and a team," said Kauzlarich. "Unlike baseball or basketball, a swimmer can do his or her best in individuals event and make points for the team as well. It's competitive, the individual part teaches self reliance while the team aspect evokes unity."

Not wanting to discourage interested persons from joining, Kauzlarich emphasized that the team doesn't teach swimming lessons. "Our coaches mainly concentrate on teaching swimmers how to properly perform the different stroke styles — breast and backstroke, butterfly and freestyle — and the different turns that apply to each. Once that swimmer has learned the strokes and turns, they work specifically on building speed and endurance."

The team started more than

30 years ago and was originally called the Camp Lejeune Devil Fish. It is a private organization supported by parents and functions as a satellite of Goldsboro.

According to John T. Richards, the head swimming coach for the Goldsboro Family YMCA, the combined team of over 100 members is one of the top five teams in the state.

"About 10 years ago, Lejeune (CLST) was one of the renowned swim teams in the area. Now with the increased interest, Lejeune (CLST) could again be one of the major swim teams in the state," said Richards.

Swimmers for the team range in age from five years old and up. Typically, anyone — high school students, Marines, parents and children — is welcome to join from Camp Lejeune or the local area. For ages eight and under, they have to be able to swim at least 25 yards and ages nine and up 50 (yards). Cost is based on a pay scale, prospective members are allowed five days to decide if the team is for them. The team is currently accepting resumes for the head coaching position, if anyone is interested or wants more information about joining the team, contact Sonia Kauzlarich at 355-0792.



Photos by Sgt. Timothy A. Streaty

Twelve Children from CLST's parent affiliate team, Goldsboro, participated in the Dual meet against New Bern.

LEFT: Bryan Ypsinsac takes off at the start of the 100- yd. backstroke for the 11 and 12 year old swimmers during the dual meet against New Bern.

BELOW: Clifford Renchon's 39:45 sec. time in the 8-year-old-and-under 50 yard backstroke was good enough for second place for the Sharks.



INTRAMURAL BASKETBALL

GOLD LEAGUE

LATEST GAMES

TUE 14 JAN

CEB 74, RADBN 55
DENBN 67, TANKBN 61
LAR 66, 8TH ESNB 62
1/10 87, 3/10 65
8THMTBN 65, MAINTBN 61
AA BN 60, GAS 52
SUPBN 72 8THCOMM 67
MED BN 89, MED LOG 67

THUR 16 JAN

MED BN 66, GAS 61
MAINT BN 62, MEDLOG 65
8TH ESNB 61, AA BN 48
8TH MTBN 70, TANKBN 69
RADBN 73, 1/10 58
LAR 86, 3/6 76
DENBN 91, CEB 74

TEAM STANDINGS GOLD LEAGUE

UNIT	W	L	RATIO
DEN BN	11	0	100
MEDBN 'A'	9	1	90.0
8THMTBN	8	1	88.8
8THESB 'A'	8	2	80.0
LAR	8	3	72.7
SUPBN 'B'	6	3	66.6
MAINTBN 'A'	7	4	63.6
MED LOG	4	5	44.4
CEB	4	6	40.0
3/6 'A'	3	5	37.5
3/10	3	6	33.3
AA BN	3	7	30.0
TANKS	3	7	30.0
GAS	2	6	25.0
RAD BN	1	8	11.0
DIV BAND	0	5	00.0
1/10	0	9	00.0
8THCOMM	0	2	00.0



Sgt Timothy A. Streaty

Although SOI defeated Maint. Bn.-B-Team, some some maint players were determined not to make it an easy win.

SOI crushes Maint. Bn.-B-Team 73-58

Timothy A. Streaty

Globe staff

School of Infantry taught Maintenance Battalion -B- team a lesson, schooling them 73-58 in a Red League Basketball game held at the Area 4 Gym Jan 15.

Bryan Splash Campbell racked up a game-high 16 points while Dameian Sancho accumulated 13 for SOI.

Ten minutes into the game SOI had a 20 point lead and complete control — the score was 22-2.

Maintenance Battalion managed to pull things together as Albert Francis led the recovery effort. When SOI realized Maint. Bn. might actually catchup, Campbell, Sancho, Gary Slater, Eddie Williams and Ron Gibson rotated back into the game.

At the end of the period, SOI led

39-22. In the second period, Maint. Bn. went to a man-to-man defense and attempted to press. Ken Warren, Demetrick Noble and Francis led the team, as they cut down on turnovers, pulled down key rebounds and consistently added points to the scoreboard.

But SOI easily held them at bay, never letting Maint. Bn. come within nine points of their lead as they won 73-58.

Brad Delauter, head coach, SOI, said his team played a good game using an effective strategy. We try and match up our players and use a zone defense, he said. We go down low to our big guys, Campbell, Gibson, or Martin or we can go to the field because we have that option too.

INTRAMURAL BASKETBALL

RED LEAGUE

LATEST GAMES

MON 13 JAN

HQBN DIV 61, CBIRF 57
2/10 77, MEDBN 24,
2D SRIG 46, LSB 45
HQ 10TH MAR 77, DISBO 43
8TH ESNB 46, MAINT BN 45
5/10 59, H&SBN 51
SUPBN 84, BCOHQSPTEB 63
5/10 73, MCSSS 58

WED 15 JAN

SOI 73, MAINT BN 58
BCOHQSPTEB 61, HQ10MAR 57
H&SBN 61, LSB 44
8THESBN 63, MEDBN 52
HQBN DIV 101, DISBO 44

TEAM STANDINGS RED LEAGUE

UNIT	W	L	RATIO
SUPBN 'A'	8	1	88.8
SOI	7	1	87.5
HQBN DIV	7	2	77.7
MCSSS	5	2	71.4
5/10	7	3	70.0
H&SBN	6	3	66.6
2D SRIG	6	3	66.6
LSB	6	4	60.0
HQ 10MAR	6	4	60.0
CBIRF	5	4	55.5
2/10	3	4	42.8
BCOHQSPTEB	3	6	33.3
8THESB'B'	3	6	33.3
DISBO	2	8	20.0
MAINT'B'	2	9	18.1
MEDBN'B'	1	9	10.0
3/6'B'	0	9	00.0

Sgt. Maj. Hardiman's Old Corps boxing

Sgt. Jonathan D. Cress
Globe staff

In 1942, at the age of 12, He began boxing at the North Brighton Community Center in Brighton, Mass. The small gym was limited with only one heavy bag, one pair of gloves and two mouth pieces. Often, between bouts, the boxers would have to crawl under the ring to swap trunks since there was only one pair. With no head gear and gloves that were stuffed with horse hair, Retired Sgt. Maj. Matt Hardiman began his boxing career.

Hardiman joined the U.S. Marine Corps in 1947, working as an infantryman. While stationed aboard the USS Coral Sea, his skill was quickly noticed and he was recruited for the ship's boxing team. Though most Marines and Sailors didn't have their own trunks, shoes or gloves, anyone who wanted to participate in the fights was given the opportunity to spar. "The ring was just a circle of men," said Hardiman. "It was a little primitive, but they would catch the boxers before they fell down and push them back in. Boxing relieved the frustration of being aboard ship."

In that day it was common for every ship, division, base, barracks and Marine detachment to have a boxing team. Still while many units had boxing for physical training (PT) or held smokers tournaments monthly, the Marine Corps didn't have its own team. Marines who boxed for an organized team, boxed under the Navy. Additionally, the U.S. Air Force (then the U.S. Army Air Corps) boxed under the U.S. Army.

It wasn't until 1952 in Korea that the Marine Corps held its first All-Marine Boxing Tournament and established an All-Marine team. However, it wasn't the only tournament during the Korean Conflict. Hardiman explained that most of the boxers were pulled off of the front line to participate in the fights. "We would fight in the afternoon and that night return to the front line," said Hardiman.

Even after its inception, the All-Marine Boxing Team was much different than it is today. According to Hardiman, to be a Marine boxer back then you had to perform your regular duties as well as stay in shape to fight. Sometimes that meant that a boxer would be passed on for promotion. Often, after a night of fighting, a boxer would have to stand duty the following day. "Today's boxers are all TAD (Temporary Additional Duty) to the team, and it's a good thing," said Hardiman. "But it was a lot of fun and we used to look forward to fighting. We were manning ships, barracks, and bases but we still accomplished the mission." While the retired sergeant major coached the All-Marine Boxing Team, from '60-'63, he set every Wednesday aside for general military subjects to ensure that his



Matt Hardiman coaches Percy Price on the heavy bag at the snake pit. Percy Price beat Cassius Clay to represent the U.S. in the 1960 Olympic Games.

boxers kept current with their Marine Corps knowledge.

Despite the differences between the Marine boxers of yesterday and the boxers of today, Hardiman believes that today's boxers are just as good. "Today's boxer is as tough as the boxers in my day," said Hardiman. "They just don't have the chance to display it, because today's boxing is more about making sure that the other guy doesn't get hurt. There is nothing wrong with that, but sometimes a fighter needs to feel some pain to wake up." He thinks that the referees make good calls, but often they make calls too quick. For example, if a boxer takes too many jabs to the face the referee might interrupt to give him a standing-eight count, when he isn't even stunned. "Some guys don't get going for about three rounds," he explained. "I would always box a couple of rounds before a bout."

Throughout his 17-year Marine Corps boxing career and 119 fights, Hardiman has suffered black eyes, cauliflower ear, a broken nose and broken teeth. Hitting, holding and kidney shots were allowed at this time, but when Hardiman last fought at the age of 30 he had never been knocked out.

CONTINUED ON 3B



Lt. Gen. Edwin Pollock presented the Hawaiian All-Marine and Hawaiian Interservice Championship trophies in 1955.

5th Bn., 10th Marines level MCSSS 63-58



#2 Tony Rasberry fights off MCSSS in a close victory at area 4 gym.

Sgt. Timothy A. Sreaty
Globe staff

Fifth Battalion, 10th Marines pulled out a close victory over Marine Corps Service Support Schools holding on to a 63-58 lead during a Red League Intramural Basketball game held at the Area 4 Gym, Jan. 15.

Steve Bell led the way for 5th Bn., 10th Mar., scoring a game-high 13 points and Tony Rasberry added 11 points.

Marine Corps Service Support Schools led 13-10 when 5th Bn., 10th Mar. called a timeout, five minutes into the game.

Taking the court again Bells three-point conversion tied the score. Mark Hopkins laid up a shot through the defense of MCSSS's Prince McNeil for the lead.

Competition was tough under the boards both teams implemented thorough defenses while the score progressed through foul shots. Fifth Bn., 10th Mar., increased their lead 21-13 and MCSSS called timeout.

When MCSSS switched to a man-to-man defense, it didn't seem as effective as the zone. Rasberry, Hopkins and Bell began to rally and the score raced to 31-15.

Hezabia O'Neal's steal from Kendal Kenney gave Toriano Bree the opportunity to make the last bucket of the first half. The score was 35-19.

In the second half, Led by McNeil, Macy Cooley, Shawn Jones and Kendal, MCSSS played much better team ball as they started to slowly come from behind.

With 24 seconds left in the game, Cooley made a three-pointer bringing MCSSS four points shy of 5th Bn., 10th Mar.'s score of 61 points.

A misunderstanding between Kendal and Cliff Hunt, head coach MCSSS, cost the teams its last possibility of tying the score. Fifth Bn., 10th Mar., won 63-58.

Watson, head coach of 5th Bn., 10th Mar., said he wanted to see how MCSSS played from the beginning. "The first five minutes we wanted to get a feel for the team, so we relaxed to see how they played. They did what we expected them to do, they came out aggressive so we jumped on them."

We had good ball handling, defense and nicely paced game. Basically, we played the game the way it came to us."



After being pulled from the front lines in Korea, 1952, Hardiman became the 1st Marine Division middleweight Champ.

Med. Log. needs Maintenance

Sgt. Jonathan D. Cress
Globe staff

The 2d Maintenance Battalion Intramural Basketball Team (Maint.) blew past the Medical Logistics Battalion (Med. Log.) in a last minute shootout, 62-55, at Area 4 Gym, Jan. 16.

Both teams seemed evenly matched as the momentum balanced back and fourth in the first half with neither more than a five-point lead.

Taking the early lead Maint. sank the first two baskets and Med. Log. answered back with two of their own. With mixed layups and short jumpers the teams demonstrated that their offenses could hold their own.

The Medical Log. defense tightened up, keeping Maint. from running away. The continuing effort forced Maint. to throw poor shots from the outside. With 3:21 left in the half, Med. Log. took their first lead, 23-22.

After a quick three-pointer Maint., regained the lead only to watch it fizzle away. In under 1:21, Med. Log. fought their way back into the lead 32-27 to break for halftime.

Taking an eight-point lead, Med. Log. hit a long three-pointer to start the second half, but turnovers and missed shots quickly gave Maint. control.

In a seven-minute scoring onslaught Maint. took over the game. It seemed Med. Log. could do nothing to stop Maint. as they scored 15 unanswered points.

But Med. Log. had not given up, they battled back to trail by only one until the final minutes of the game, 46-45.

Fouls gave Maint. the fuel to win as they went to line four times in the last 1:30. Maint. ran the clock out with possession for a hard earned 62-55 victory.



Sgt. Jonathan D. Cress With fast break aways, Maintenance Battalion ran up the score and maintained the lead.

CONTINUED FROM 2B

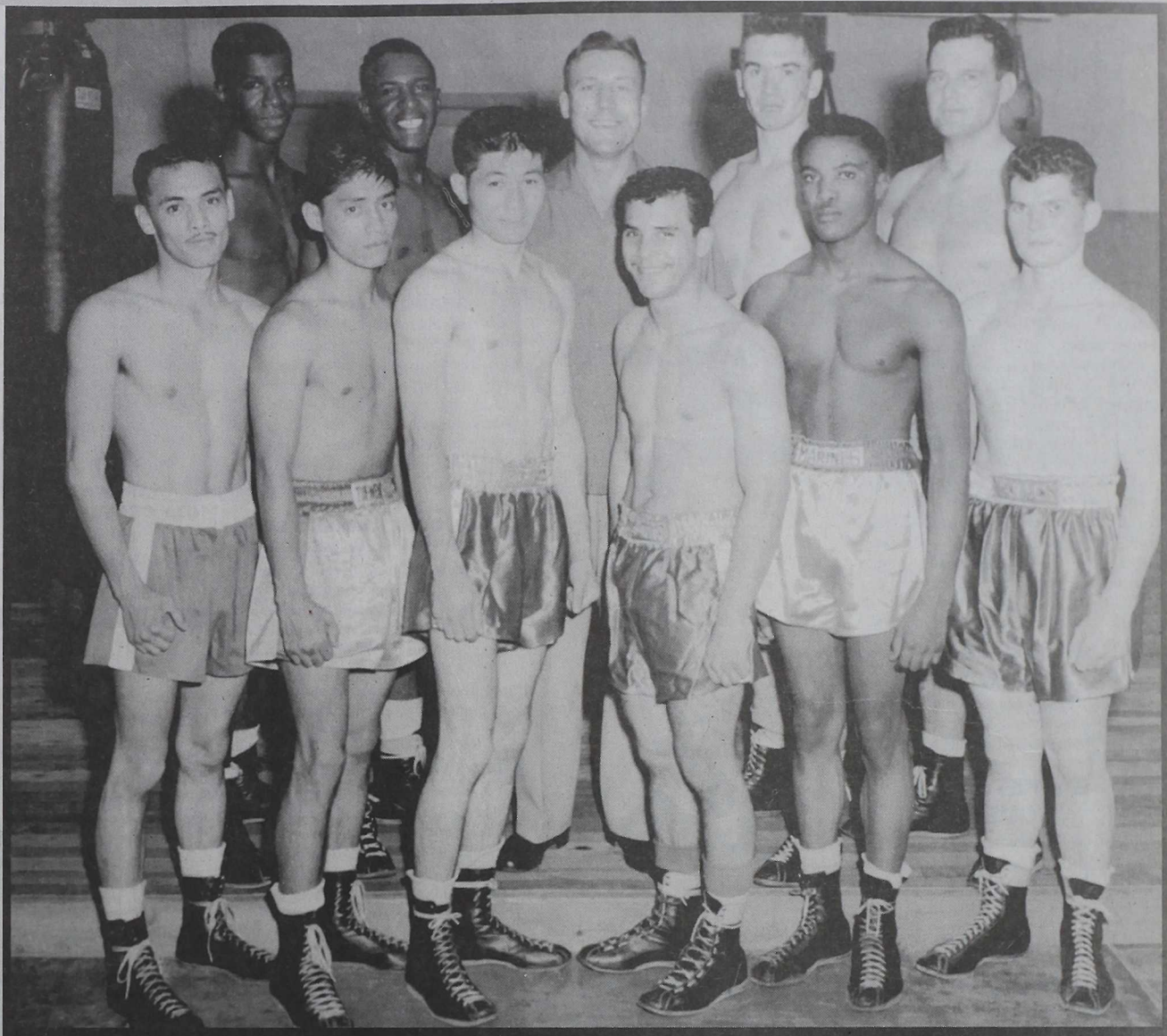
He had been the Hawaiian Interservice Heavyweight champion, Hawaiian All-Marine Heavyweight champ, Marine Division Middleweight champ, Mediterranean Sixth Task Fleet Welterweight champ, Catholic League Welterweight champ, and the Junior League Lightweight champ.

Once retired, Hardiman remained close to the ring. He became a trainer and finally a coach. He has coached the All-Marine team and many fighters who have been champions or have gone on to train champions: Paul Pender, World Middleweight champ; Terry Fenech, World Middleweight champ; Ken Norton, World Heavyweight champ; Leon Spinks, World Heavyweight champ and J.C. Davis, All-Marine Welterweight champ and coach to Evander Holyfield, current World Heavyweight Champion.

According to Hardiman, interservice boxing is and has been a long tradition of being the next step to professional boxing.

As the retired sergeant major looks back on the way boxing and sports in general were represented in the Marine Corps, he is concerned not only with the lack of participation in sports, but also the lack of support in commands and sports fans. "There used to be a lot of interest in the power of boxing," said Hardiman. He said that now while the All-Marine Tournament might have a dozen or so boxers who show up to compete, he remembers when there were 140 challengers and the Goettge Memorial Field House was standing room only. At that time, units commonly boxed for physical training and a boxing camp had been established at the Marine Corps Gym with yellow footprints to display the box steps. "The difference is attitude," said Hardiman. He used to hold smokers regularly and anyone could enter in the ring. He feels that the Marine Corps was more enthusiastic about sports in general. "All the Marines gave Marines an outlet and it was a good way to get off the energy."

Hardiman believes that boxing can help Marines develop character, individualism, self confidence and professionalism. For him it has developed his personality, communication with people and has opened many ways in his life. Hardiman emphasizes that you don't have to be good at a given sport to get something out of it, you only need to give it your heart. Though retired from the Marine Corps in 1977, the Marine Corps hasn't been far from his heart. The retired sergeant major is currently the director of the Uniformed Services Organization, in Jacksonville, N.C. where he is actively involved in the community and never misses a local All-Marine bout.



Hardiman, top right, boxed as a Heavyweight for the Hawaiian All-Marine boxing team.

Photo courtesy of Sgt. Maj. Hardiman

Good News Department

New Chance for Fun

(NAPS)—Doctors have performed unusual surgery that is expected to allow a young girl to run and play again.

In a 17-hour operation at the Shriners Hospital for Children in Portland, Oregon, doctors were able to replace



Holly Sullivan, and her mother, Debbie Sullivan, make a follow-up visit after Holly's surgery at the Shriners Hospital in Portland, Oregon.

After-stricken areas of Holly Sullivan's right thigh, bone and knee and her lower leg. The 10-year-old from Oregon City, Oregon, who is an excellent runner and soccer player, elected this operation, over the other options, because it was the only one that would allow her to continue with sports.

Most of Holly's right leg was moved from about six inches below the hip to just beyond her knee. All bone and muscle were cut away, major blood vessels and nerves were left intact. The healthy lower leg, including muscle and bones, was turned backward and attached to the remaining portion of the thigh, allowing her ankle to function like a knee joint.

The ankle is naturally designed to move in one direction, so Holly is expected to have an easier time wearing a prosthesis than she would otherwise. The operation was calculated so that when she is an adult, both thighs will be of equal length.

The end result is that Holly's leg is now where her kneecap was, and the foot is now backward and pointing downward. The foot aids Holly's mobility when it is put into a movable, custom-made lower leg prosthesis.

Since Holly is a patient at a Shriners hospital, her family will not be charged for any of the services provided by the hospital, including surgery, prosthesis and rehabilitation.

To refer a child to Shriners Hospitals, call 1-800-237-5055. In Canada, call 1-800-361-7256. All calls are toll-free.

Paid Announcement

It is the mark of a good man that it appears inevitable in retrospect.

—Robert Louis Stevenson

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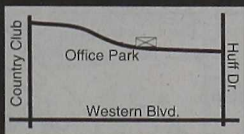
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Crossword puzzle fans take note: the official bird of Hawaii is the nene (pronounced nay-nay), a rare bird also known as the Hawaiian goose.



Interested in natural insect control? It takes 16 praying mantis egg cases per acre to keep other insects under control.

camp lejeune SUPER BOWL XXXI JAM '97

Sunday, 26 January 1997

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The right way if we have something to say is to say it plainly—not for conversion, but for such as may be waiting for our voice.

—Freya Stark

SPORTS SHORTS

1997 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIP SCHEDULE

BOXING

Armed Forces (USMC Host)
Feb. 9-14
MCB Camp Lejeune, NC

BASKETBALL (MEN)

East Coast Regional
March 9-15
MCB Camp Lejeune, NC

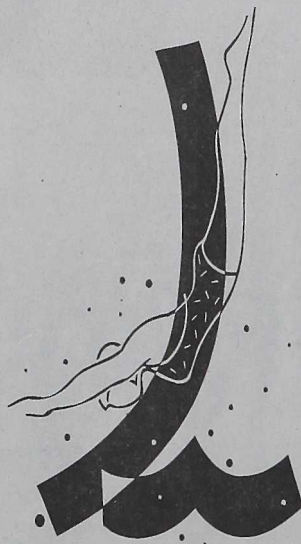
BASKETBALL (WOMEN)

All-Marine Trials
Mar. 16-Apr. 5
MCB Camp Lejeune, NC

WRESTLING

All-Marine
Feb. 1-17
MCB Quantico, VA

1997 INSTRUCTIONAL SWIM CLASSES



AQUATIC SECTION 451-2513
AREA 2 POOL EXT. 2020
CAMP JOHNSON POOL EXT. 0768
TARAWA TERRACE POOL EXT. 1441

GRAND PRIX SERIES '97

Get ready for the Lejeune 5K Run and 5K Power Walk on Feb. 22. Individuals and teams are encouraged to enter. Teams of 5 runners will be accepted for team competition. Civilian entry fee is \$12. Early registration deadline is Feb. 17 '97. Registration forms are available at all fitness centers. Call Mike Marion, race coordinator, at 451-1799 for more details.

LEJEUNE LADIES TENNIS NEEDS NEW MEMBERS

The spring season will begin on Monday, Feb. 24. We meet Monday and Friday mornings from 9 a.m. to 11 a.m. at the Paradise Point courts. If you have not played recently or are a beginner, we encourage you to give it a try! Call Karen Edwards 324-2857 or Peggy Carnes 355-2595 for more information or to get some early practice if weather allows.

BASKETBALL FREE THROW CONTEST

The local Knights of Columbus Council 3574 will be hosting a free throw contest for all boys and girls ages 10-14, at the Infant of Prague Church gym on Hwy. 17 (Across from the Onslow Inn) on Feb. 8 at 10:00 a.m. Registration begins at 9:30 a.m. (No Fee) Winners will receive a plaque and will be eligible for the district contest on Feb. 15 1997. All participants will receive certificates of participation.

7-ON-7 SOCCER LEAGUE

The Onslow County Parks & Recreation Department is still accepting teams and individuals to play in the 1997 Adults 30 & Over, 7-on-7 Soccer League. Anyone at least 30 years old on Jan. 1, 1997 is encouraged to play. For more information, call 347-5332, ext. 122.

TARAWA TERRACE COMMUNITY CENTER PRESENTS OKINAWAN SHORIN RYU KARATE AND KOBUDO CLASSES

Classes Began 14 January

Come and learn the art of traditional Okinawan Martial Arts. "Shorin-Ryu" Karate. Build your confidence, discipline and physical condition. Learn the respect and honor behind Okinawan Karate.

Tarawa Terrace Community Center is holding classes for ages 6 and up on Tuesdays from 6-7:30 p.m., Fridays from 6:30-8:00 p.m., and on Saturdays from 9-10:30 a.m. The cost is \$45 for adults and children. For more information call 355-2117

INTRAMURAL VOLLEYBALL

MWR Sports activities will hold an organizational meeting for Men's and Women's Intramural Volleyball on Jan. 30. The meeting will be held at Goettge Memorial Field House. Letters of intent are due the day of the meet. For more information contact the Intramural Sports Coordinator at 451-2061.

LEJEUNE HIGH SCHOOL

1997 BASKETBALL SCHEDULE • HIGHLIGHT •

"DEVILPUPS"

JONES SR. (AWAY)
Conference Game
Tuesday
Jan. 28

TOPSAIL (HOME)
Conference Game
Friday
Jan. 31

RICHLANDS (AWAY)
Conference Game
Tuesday
Feb. 4

PERPETUAL GAME SCHEDULE
JR. VARSITY 4:30 PM
GIRLS' VARSITY 6:00 PM
BOYS' VARSITY 7:30 PM

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Ell Whitney, who invented the cotton gin, is also known as the "father of mass production."
The word panic comes from the Greek god Pan, who, it was believed, could fill humans and animals with sudden, unreasoning terror.

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Coming—Car Navigation Systems
(NAPS)—Coming soon, at a highway near you, will be vehicles that have navigation systems built right in. Using satellites, vehicle navigation systems will be grouped into three categories: global positioning satellite systems (GPS), voice recognition systems and a combination of the first two.
Some of the software will incorporate the entire highway system for each state. The users will also be able to personalize the map and data base. For example, when a new restaurant opens, the driver can position an icon at that location on the map for future reference. Some of the products that will soon be available use a touch screen and can control the radio, air conditioner, and heat in the car as well.
Of interest to music loving motorists, the voice-activated system will operate both music compact discs (CD's) and navigation data discs when commanded to do so.

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newsworthy trends

Volunteering Offers Many Benefits To Young People

(NAPS)—Teenagers today are busier than ever—with classes, homework, part-time jobs and all kinds of extra-curricular activities. Yet they are surprisingly concerned about what's going on in their neighborhoods and communities, and overwhelmingly support the idea of volunteering to help meet community needs, according to a recent survey commissioned by The Prudential.

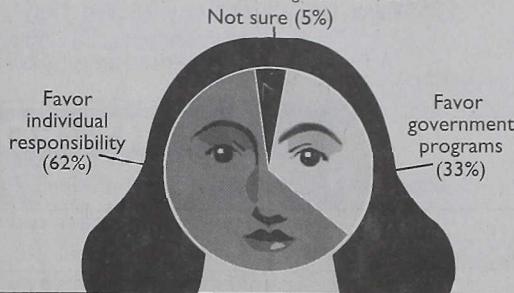
Young people in the U.S. are early aware of how volunteerism can benefit their cities and towns: more than eight in ten high school students surveyed said their communities would be better places to live if more students volunteered. At what youngsters often don't recognize are the benefits that they, themselves, can receive from volunteer activities.

For example, volunteer activities enable students to:

- develop leadership skills and other special talents that come from hands-on learning experiences
 - explore possible career paths
 - develop the kind of well-rounded background that appeals to many colleges and employers
 - build self-esteem and confidence in their capabilities
 - meet people with similar interests
 - experience the deep satisfaction that comes from making a difference in the lives of others
- But to fully realize these benefits, young people can't be hasty in selecting a project or organization. First and foremost, they need to take time to learn about groups, needs and causes that interest them. They should think about:
- Which community or neighborhood problems concern them?
 - Does volunteering for one of these groups fit their own interests?

Teens See Individual Solutions

More than six in ten American teenagers say the best solutions to community problems such as crime and substance abuse will come from individual, vs. government, action.



Source: The Prudential Spirit of Community Youth Survey by The Wirthin Group

In a recent survey more than six in ten teenagers favor individual responsibility to solve community problems.

There are many reasons to volunteer. But one should be universal—kids should volunteer for something they can enjoy. As they search for the "right" volunteer activity, they should ask themselves:

- How much time do I have to commit?
- What talents or skills do I offer?
- What do I want to get out of my involvement?
- Will I enjoy this type of service?

Once they've selected or narrowed their volunteer interests, they may want to talk to parents, friends, a teacher or club sponsor, a counselor or someone at their church or synagogue, for suggestions on how to go about making it happen. Organizations and local government

offices that offer services to the public also are good sources of ideas. So are newspapers and news programs on TV and radio.

Encouraging greater community involvement by young people is the goal of The Prudential Spirit of Community Initiative, which includes a nationwide awards program for outstanding examples of community service by young people, a community youth leadership training program, a "Catch the Spirit" booklet of information and ideas on how youngsters can get involved in community activities, and more. For a free copy of "Catch the Spirit," write to The Prudential, Catch the Spirit, 751 Broad Street, 16th Floor, Newark, N.J. 07102.

Paid Announcement

BEAUTY TRENDS

Top Salon Artists Recognized

(NAPS)—If you thought the top hairdressers and nail technicians in North America could be found only on Madison Avenue or Rodeo Drive, the 8th Annual North American Hairstyling Awards proved you wrong. The prestigious awards, the most important in the salon industry, were presented before a crowd of 1,000 guests at the New Orleans Riverfront Hilton on February 3, went to talented artists from throughout the United States and Canada.

"These awards are presented to winners selected by judges who are the top style experts in the United States," says Fred Polk, executive vice president of Beauty and Barber Supply Institute and producer of the awards show, including editors from *Mademoiselle*, *Harper's Bazaar*, *Mirabella*, *Cosmopolitan*, and *Sassy*. "The winners are the real stars of the beauty industry: working professionals who create great designs for their clients every day of the week."

Winners of the 1996 "Passion" awards are:

North American Hairstylist of the Year
Giovanni Mele
Pileggi on the Square, Philadelphia, Pennsylvania

North American Student Hairstylist of the Year
Andrea M. Lucier
Capitol School of Hairstyling, Omaha, Nebraska

Makeover
Jon Paul Holt
Avantgarde Hair, Inc., Vancouver, British Columbia



Giovanni Mele, center, 1996 North American Hairstylist of the Year, receives "Passion" award from well-known hairstylist Eric Fisher (L) and 1995 recipient Carmen Cutrona (R).

Avant-garde
Van Council
Van Michael Salon, Atlanta, Georgia

Classic
Terese Broccoli
David Ryan Salon, New York, New York

Haircolor
Crae Hasler-Elliott
Portland, Oregon

Multi-Cultural
Constance Gallo
Axis, Vancouver, British Columbia

Permanent Waving
Carol Smith
Salon Donato, Mississauga, Ontario

Natural Nail Makeover
Jacqueline Bicow

Currie Hair-Skin-Nails, Glen Mills, Pennsylvania

Nail Enhancement Makeover
Carla Medina
Pure Nails, Layton, Utah

Sponsors of the North American Hairstyling Awards represent the cream of the professional beauty industry: ABBA Pure & Natural Hair Care, Beauty and Barber Supply Institute, Clairol Professional, Creative Nail Design Systems, Farouk Systems, Inc./Sunglitz, Graham Webb, John Paul Mitchell Systems, Joico Laboratories, Kenra, L'Oréal Professionnelle, Matrix Essentials, Modern Salon, Nailpro, Neill Quality College, Nexxus, Redken Laboratories, Revlon Professional, Studio USA, Takara Belmont, and Tressa.

Paid Announcement

Did You Know?

(NAPS)—According to the newly released Wyeth-Ayerst fourth Annual Menopause report, more than 90 percent of midlife women and men are currently sexually active and believe sexuality enhances their lives.



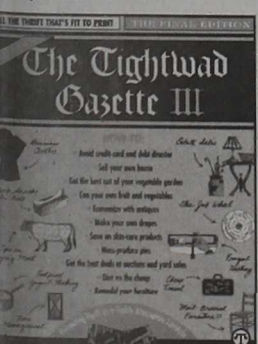
Expanding cleaning power, convenience and reach can be easy with the help of new and improved vacuum cleaners from Dirt Devil.

One airline, Continental, will soon feature individual TV sets for each seat, thanks to a combined effort by Harris Corporation and DIRECTV.

Real-life cases and conflicts from around the nation can be seen on *Judge Judy*, the syndicated reality courtroom show.



MANAGING YOUR MONEY
Smart Spending
(NAPS)—Planning and saving now can mean money in the future, if you follow the simple tips and suggestions of Amy Dacyczyn (pronounced *decision*). Known as the Frugal Zealot, she'll show you how to:



A new book can help you cut your food budget in half.

- Clothe your children for under \$50 per year
- Enjoy garden fresh food year-round without spending a fortune
- Overcome expensive, impulse purchases
- Get a college diploma at a discount

These and other money-saving ideas, including how to avoid credit card debt disaster and dieting on the cheap, are discussed in Dacyczyn's all-new book, *The Tightwad Gazette III* (Villard Books, \$12.99).

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A photograph of a home theater system, including a receiver, amplifier, and speakers.

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A photograph of a handheld pager device.

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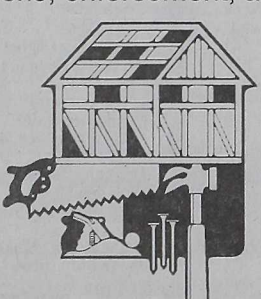
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☐ Dependent ☐ Civilian
 *Active Duty: Current unit, assignment (Battalion, Squadron, etc.)

ENTRY FORM

Check One: ☐ Individual Entry ☐ Team Entry ☐ Wheelchair

THIS SPACE FOR TEAM ENTRIES ONLY

Team Name _____

How Many Team Members? (Minimum of 5) _____

EACH TEAM MEMBER MUST SUBMIT A COMPLETED ENTRY FORM WITH A SIGNED WAIVER. ALL TEAM ENTRIES MUST BE MAILED TOGETHER. THIS ENTRY FORM MAY BE DUPLICATED.

Name _____

Address _____

City _____

State _____ Zip _____ Phone () _____

Sex _____ Age on Day of Race _____ Date of Birth _____ T-Shirt size: M L XL

G WAIVER MUST BE SIGNED BEFORE MAILING!

GENERAL RELEASE:
 In consideration of this entry being accepted and desiring to be legally bound to myself, my heirs, assigns, executors, administrators, etc., I hereby release the sponsors, officials, Marine Corps Base, Camp Lejeune, and all those associated with this event, of all claims for injuries and damages incurred or arising from my participation in the LEJEUNE 5K RUN AND 5K POWER WALK. I grant permission for the use of all information submitted in my application, and any other photograph, videotape, motion picture, recording and any other record of this event including race results, my likeness, name, and completion time, for any purpose, including pre-race and post-race publicity.

Signature _____ Date _____

SIGNATURE OF PARENT OR GUARDIAN IS NEEDED IF APPLICANT IS UNDER 18 YEARS OLD

Military - \$10 if received by Monday, 17 February and \$15 thereafter. Civilian - \$12 if received by Monday, 17 February and \$15 thereafter. Late registration will be from 0730-0845 on day of race. MAKE CHECK PAYABLE TO MWR ACTIVITY AND MAIL THIS APPLICATION, ALONG WITH APPROPRIATE ENTRY FEE, TO:

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1 Announcements

Enthusiastic volunteers needed on a regular basis to support Onslow Community Ministries (Soup Kitchen/Shelter). All skills appreciated. Located on corner of Court and College St. Parking in rear back door entrance. For more information, please call Katie Green. 347-3227 TFN

MILITARY Order of the Purple Heart, Chapter 642 meets at 7 pm. Tuesday of every month. American Legion Bldg., Onslow County Fairgrounds. All active duty, retired and honorably discharged Purple Heart recipients from all branches of the Armed Forces are encouraged to attend. 26-4323 or 326-5632. TFN

OGA CENTER invites you to attend meditation for relief of stress and anxieties. Classes on HAGAVAL-GITA Tuesday and Thursday nights at 7:00 pm. "The recommended Dharma for This Age of Kali". Free sumptuous Vegetarian Cuisine. 118 Neighborhood Rd. (Off Sneads Ferry State and Sneads Ferry NC. Call for more information 327-2694. TFN

ETA SIGMA PHI MEETINGS. 1st & 3rd Wed. of each month. 7:00 pm. Location varies. For more information call 577-3862. TFN

THE SERVICEMEN'S CHRISTIAN CENTER at 575 Corbin St. is open to all Service Personnel for your enjoyment with Recreation, Refreshments and Christian Fellowship. Bible Study starts at 6:30 each Tuesday and Friday evening. Phone 577-7000 for transportation. TFN

CERAMICS CENTER: The Jacksonville Recreation and Parks Department Ceramics Center has begun its new operating hours. The new hours for Adults are Monday, Wednesday and Friday 10:00 am - 1:00 pm. Tuesday and Thursday Tuesday and Thursday 10:00 am - 1:00 pm. Tuesday and Thursday evenings from 6:30 pm to 9:30 pm. Childrens hours are from 3:00 pm - 5:00 pm on Mondays and Wednesdays. For more information call the Ceramics Center at 910-938-5301 or 938-5308. The Ceramics Center is located at 292 Eastwood Drive, corner of Eastwood and South Drive) behind the Jack Amyette Recreation Center. TFN

REYNOLDS ALUMINUM RECYCLING CENTER is located at Northwoods Shopping Center, Onslow Drive, Friday 9-5. Closed 2:30 - 1:30 pm. Consumers can call toll free 1-800-228-2525 for more information. TFN

F.O.P.S. #NC 380 will hold weekly meetings on Mondays at 7 pm in the USO Basement, 9 Tallman St. F.O.P.S. is a non-profit weight loss support group. TFN

HELPING Hands Ministry has good people in need. Call 938-2745, ask for Diane or Marc Popkin. TFN

15 Resumes

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30 Personals

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32 Beauty Supply & Services

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40 Employment

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Fun and Easy Job, Come Sell Tupperware with me, Full or Part time. Call anytime 910-937-6423 1/24

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EAS near or have been passed over? The North Carolina Army National Guard wants you and your experience. Make your prior service count for retirement and gain extra benefits. Enlistment bonus possible. Call SSG Scott at 910-347-6947. 2/7

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Valentine's Day Dinner for two - make reservations early
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ord Anchor 10 pounds, \$20; pet door atio, \$50; T-stand for large bird, \$50; re/rim mounted P185/70 R13, \$20. Call 5012.

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Huffy jog/bike stroller, \$60. Call Marc at 937-7088.

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Chinon CS SLR 35 mm camera, auto/ man., w/ various lenses and camera bag, \$250 OBO. Call 577-8783.

Hein Gericke V-pilot leather jacket, new, sz. 44L. \$350; Shoei motorcycle helmet, sz. large, \$200; Arai helmet, sz. med., \$100. Call Marc at 937-7088.

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Seasoned firewood, call 326-5155.

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Sears sewing machine w/work table, \$35; large buck stove 3 speed thermostat, \$400, call 919-393-8171.

Utility trailer, 5 1/2x8 1/2", treated wood, good tires, safety chains, excellent for hauling fire wood, \$400; Craftsman 7 1/4" table saw, new blade, good condition, \$50; 12" homelite chain saw w/case, good condition, \$75, call 353-7913 lv. msg.

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77 Chevy Nova, 305, 2brl., \$650, OBO. Call 353-3849.

'93 Chevy Van Gladiator, custom everything, 63K miles, \$13,000, willing to negotiate for trade-in. Call 455-3792.

'95 Dodge Neon highline sport-black, 4dr, 5spd, new tires and brakes, 51k miles, \$8,995. Call rm D208 451-1312.

'90 Ford Bronco II XLT, PS, PL, CC, sunroof, gold/beige int., new stereo, A/C, \$6300 OBO. 327-2098.

'94 Nissan Sentra XE, 2dr., 5spd, cruise control, AM/FM, under warranty, \$9,200. Call 938-2013.

'87 Oldmobile Ciera, \$2,000 OBO. Call 326-5471.

'93 Dodge Daytona, aqua, automatic, A/C, rear defrost, AM/FM cass., one owner. Call 938-3378.

'92 Lincoln Continental, burgandy, new tires, \$9,995. Call 910-256-8728.

'86 Honda Accord LX, blue, automatic, \$3,750. Call 910-256-8728.

'95 Honda Civic, dark green, 5spd, 2dr., \$9,995. Call 910-256-8728.

'92 Isuzu Rodeo, red/tan int, V-6, 4wd, 5spd, roof rack, stereo, new tires, \$11,000 OBO. Call 328-0883.

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'91 LE-5, B2200, Mazda pickup, 5spd, A/C, bedliner, chrome wheels, gray, 110k miles. \$4,900. Call (919) 393-6118.

'80 Nissan, 280ZX, blue/silver, new interior, tires, alpine CD, PW, PM, CC, A/C 5spd \$3,000 OBO. Call 346-9686.

'80 Ford F-100, 6 cyl, 4spd, new paint, \$2,995. Call 938-3681.

'86 Dodge Ram 4x4, black, chrome tool box, aluminum rims, extra tires and rims, new brakes \$5,000. Call 577-5321.

'94Chevy Cavalier, 2dr, 5spd, AM-FM/Cass, \$5,800. OBO. Call 347-0760.

'89 Chevy Cavalier Z24, 5spd, PW, PL,

130K miles, front end damage, \$2,200. Call 353-5481.

'95 Saturn SLI, PW, PDL, automatic, P/ sunroof, C/C \$11,500. Call 353-1873.

'96 Chevy S10 pickup truck, 5spd, 4cyl, A/C, bedliner and tool box, \$11,000 OBO. Call 353-4188.

'88 Honda Civic recently painted, new exhaust, \$2,500. Call 451-7292.

'90 Ford Ranger XLT, w/ aluminum cap, 5 SPD, 4 CYL, 83K, \$3,500 Neg. Call 577-7957.

'95 Toyota Tacoma extended cab, red, AM/ FM Cass, AC, PS, PB, tinted windows, TOP. Call 577-1418 AWH.

'95 Camaro 2.28, LT-1 eng., red, t-tops, CD, Bose speakers, remote entry, 37K, \$17,500 or TOP. Call 577-8218.

'94 Ford Probe, black, 5 SPD, AM/FM Cass., power sunroof, new tires, 43K, \$10,500. Call 577-8218.

'92 Nissan 300 ZX, blue, leather int., PW, CC, AM/FM Cass., T-tops, 5 SPD, new clutch/timing belt, 16.5K, \$15,000 Firm. Call 346-8320.

'97 Jeep Wrangler, black, PS, PB, AC, 5 SPD, AM/FM Cass., Black/gray int., Call Cpl. Coutermash, 451-1469.

'91 Honda CRX Si, black, sunroof, 5 SPD, \$6,500 OBO. Call 577-3383.

'90 Acura Integra LS, silver, 5 SPD, sunroof, CC, \$7,000 OBO. Call 577-3383.

'87 Mazda 626 Turbo, needs exhaust system and back window, \$800. Call 353-2125.

'94 Mazda B4000 SE 4x4, V6, extra cab, bed liner and camper, \$16,000 OBO. Call (919)240-0756, lv. msg.

'86 Dodge 600 turbo convertible, runs good, looks good, \$3,000 OBO, call 327-0042.

'86 Pontiac Fiero, new clutch system, best offer, call 455-7620.

'91 Trans-Am, 5.7L-350, 111K miles, all auto, new tires, tune up, \$5,500, must sell, call 353-0820.

'93 Ford Ranger Splash 4x4, V6, blue, ex. cond., PS, PB, ABS, bedliner, call 353-4273.

'84 Toyota Tercel wagon, ex. cond., new engine, tires, exhaust system, brakes, \$1,000, call 455-5215 lv. msg.

'90 Jeep Wrangler, 4WD, white w/gray top, low mileage, 5spd, soft top, \$6,800, call 937-6582.

'94 Dodge Caravan, 40K, ex. cond., hunter green, \$12,800, call 347-1445.

'95 Plymouth Voyager SE, take over payments, blue w/grey interior, all power, AM/ FM cass., built in car seats, new tires, ex. cond., call 353-0059.

'94 Ford Escort Wagon, cruise, AM/FM cass., air, PB, PS, ex. cond., \$7,000, call 347-0048.

'84 BMW 318i, must sell, \$1,500 OBO, Cpl. Litchko, HP 503, rm. 216, ext. 3995.

'91 Geo Prizm, 4 dr, 5 spd., call for details, \$3,800 neg., 577-3075.

BOATS&RECREATION

'72 Browning boat: new floor, new seats, rewired 55hp motor (Chrysler) runs, trailer included, \$800 OBO. Call 326-2820.

'96 Jet Ski Yamaha Wave Blaster II, trailer, 2 life vests, \$6,000 OBO, call 326-7451.

MOTORCYCLES

'95 Katana 600, black/purple, 3,200 miles, w/cover and helmet, \$4,400, or take pmts of \$255. Sgt. Halpin at 451-3825, rm. 306.

'95 Kawasaki Ninja 500, blue, w/ matching helmet, 4 yr. warranty, \$3,800. Call (910) 326-5916.

'94 Honda ST-1100, ex. cond., black w/ many extras, \$7,000 OBO, call 270-1874.

'94 Yamaha FZR 600, like new, new tires, brakes, tune-up, less than 8K, \$3,500 firm, call 577-4388 ask for Joe.

FURN.&APPLIANCES

Little Tykes toddler car bed, \$45. Call 455-7802.

Full size washer and dryer, \$275. Call 938-3044.

Queen size Sealy Posturepedic posture foam mattress and box spring set \$50 in good condition. Call 326-6915.

Sofa and matching loveseat, dark grey oversized, \$200; blue oversized arm chair, \$75. Call 455-4719.

King size waterbed \$220, full size bed, foot and head boards and rails \$60, 782 gear prices vary. Call 577-5320.

Wall unit with matching glass top coffee table and two matching end tables, \$350. Call 346-5752.

Large black entertainment center \$100, king size waterbed plus frame and accessories \$100, black glass top coffee and end tables \$75. Call 326-1727.

Contemporary blue/white striped queen sleeping sofa and matching chair, \$400 OBO. Call 938-6990.

Range/oven, beige, \$50. Call 938-3059.

Tan/brown/blue tweed sleeper sofa; tan/ brown recliner. Call 577-1418 AWH.

Sofa, \$400; dining table w/ 6 upholstered chairs, \$900; crib w/ changing table, \$250; entertainment center, \$80; kitchen cabinet, \$80; linen closet, \$60; all white washed. Call 353-2112.

Red metal frame bunk beds, w/ ladder, \$100 OBO. Call 353-4309.

Dining room set, 5 piece, neutral colors w/ oak table, \$125. Call (910)326-5916.

Large roll top desk, \$400 OBO, computer center, \$75 OBO; Little Tykes work bench, brand new, \$50, call 938-1158.

Table, end tables, \$50; lg. sofa, \$50 OBO; round kitchen table, w/four chairs, \$150.

Tanning bed, \$1,000, call 355-2452.

Queen size sleeper sofa, \$150; dining rm. table w/six chairs, \$250, call 347-7291.

PETS

Male Doberman, 7mos, ears cropped, shots current, house broken, black and tan, \$85. Call 938-1362.

Solid black male miniature schnauzer, first shots and wormed. Call 347-5353.

Black lab mix, 8 months old, female, all shots, free, very friendly. Call 355-2935.

Baby Caman Alligator, 2 yrs. old, 14' long, tank included, call 355-9777.

REAL ESTATE

For sale: 3BR, 2BA, den w/fireplace, dining room, 6-ceiling fans, garage, 8x12 ft deck, large fenced yard, quiet cul de sac, near water, \$69,900, call 326-4228.

For sale: '97 14x80 champion 2bdm, 2ba. Willing to 5 percent down payment. Call 355-0108.

For sale: 14x70 Hollypark MH, 2 BR, 1 BA, bay window, washer/dryer, partly furnished, \$8,500. Call 577-3152.

For sale: '96 Oakwood MH, 3 BR, 2 BA, w/ garden tub, 8x16 deck lots of extras, in Knox MHP, TOP. Call 353-2112 lv msg.

For rent: Furnished room, all bill paid, cable and house privileges. Hunter's Creek area, \$250 per month. Call 353-8396.

For sale: '94 Oakwood MH, 3 BR, 2 BA, Call 577-7594.

For sale: By owner, 4 BR, 2.5 BA, 2 story colonial, New river Plantation, private community w/ security gate, pool, tennis court, clubhouse and boat ramp, \$160,000. Call 327-2778.

For sale: 3 BR, 2.25 BA, 2240 sq. ft., 1 1/2 yr old., w/ jacuzzi garden tub, 1 acre land, 13x27 shed, \$89,900. Call 327-3101.

For rent: 4BR, 2.5 BA, clean, big, 2,600 sq. ft., quiet neighborhood, Northwoods schools, \$775/mo., 1 year lease, available Feb. 24, call 938-1166.

For Rent: Hunters Creek Duplex, 2 BR, 2 BA, w/fireplace, appliances, privacy fenced yard, available now, 100 Live Oak Ct., \$475/mo., call 577-5889.

For sale: '94 Oakwood mobile home, 3BR, 2BA, dishwasher, shed, deck, blue interior, skylight, ceiling fans, large kitchen, very nice, call 353-6387.

WANTED,LOST,FOUND

Wanted: Junior golf set and adult golf partner for an avid 6 yr old golf partner, willing to pay \$. Call 455-3792.

Lost: On Base, gold loop earring, 3/4 in. Lost on 23 or 24 Dec. Call 353-4092 AWH.

Wanted: Used fencing. Call 326-3488.

Wanted: Someone to do light yard work in the summer. Must have own equipment and transportation, work on North Topsail Beach. Work involves clipping grass, disposal of clippings and maintaining flowers. For more information, call 328-5934.

HOW TO PLACE YOUR FREE TRADER AD

- * Trader ads are a free service. The Globe reserves the right to edit and/or omit ads that do not meet expressed guidelines or Globe policy.
- * Ad requests received prior to noon Friday **SHOULD** appear in the following week's paper, unless space is limited. In such a case, the ad will be published in the next issue. Late forms and phone requests will **NOT** be accepted.
- * A separate request form must be submitted each week you wish the ad to run.
- Forms must be filled out **COMPLETELY**. That includes full name of sponsor, his/her rank and unit, home address and home and work phone numbers. Incomplete forms will **NOT** be published.
- Military work numbers will not be published. Barracks #'s must include room number.
- * Print legibly. If we can't read it, it will **NOT** be published.
- * Individual forms **MUST** be filled out for each category of items you want published. I.E., automobiles, furniture, pets. If an ad is submitted with several items from different categories on one form, they may not be published. Time is limited.
- * No more than 20 words per form. Only three forms per household a week will be published.
- * No ads for "services provided" or commercial business will be published.
- * Trader ad submissions will not be accepted by fax, guard mail, phone or return contacts with military phone numbers.

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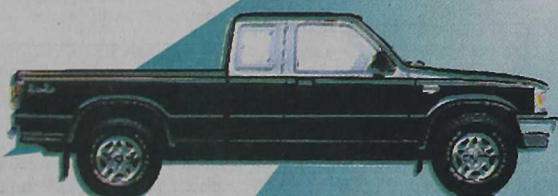


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GOOD CITIZENS

Teen Donates Lot Winnings

(NAPS)—Imagine winning the lottery, and giving the money to charity. Sounds implausible. It happened.

Nick Burgess, a college senior, was recently a big winner in the Iowa Lottery and very generously donated \$6,700 of his winnings to the El Kahir Shrine Transportation Fund. The Transportation



(Left to right) Nick Burgess, lottery winner, with G. Zinser, Potentiate of El Kahir Temple; Joni Chantry, Shriners Hospital patient, and Donegan, Recorder at El Kahir Temple.

enables El Kahir Temple in Rapid, Iowa, to assist patients at the Shriners Hospitals for Children in Minneapolis, Chicago, Cincinnati with expenses for gas, and housing, van expenses, air fare.

Through a 9-month period, 365 kids from El Kahir have appointments at the Twin and Chicago Hospitals at Burns Institute in Cincinnati. Of those, 51 have been scheduled for surgery, treatment, evaluations.

Families who are able to help themselves are assisted with the cost of their gas, meals and accommodations. Parents of patients who are admitted to hospitals are helped with expenses at the Parent Accommodation Center and motel expenses, necessary.

Many children would be unable to get to the Shriners Hospital for their appointments without assistance and the many generous donations from people like Burgess. The Transportation expenses through September for patients sponsored by El Kahir Temple have totaled over \$30,000.

To refer a child to Shriners Hospitals, call 1-800-237-5000. In Canada, call 1-800-361-7222. Calls are toll-free.

Paid Announcement



The first crossword puzzle was compiled by Liverpool, England, Arthur Wynne and published in the weekend supplement of the New York World on Dec. 1913.

Life is what happens while we are making plans.

—Thomas La M...



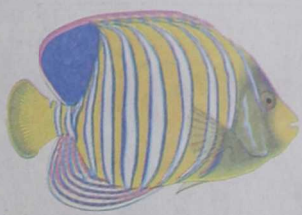
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Accent



January 24, 1997

The Globe

Pine Knoll Shores Aquarium: Get up close and personal with the creatures from the deep

Cristy Bleck
Globe contributor

Mixtures in doses, brines and potions; parsley, carrots and peas. Centrifugal pumps, chemical filters and miles of PVC.

What do these things have in common? They're everyday supplies and equipment needed to keep the animals healthy and the water flowing at the North Carolina Aquarium in Pine Knoll Shores, Atlantic Beach.

Indeed, there's much more than meets the eye when it comes to maintaining the aquarium's 24 display tanks and some 45 additional holding tanks kept behind the scenes. As visitors relax to soothing music and watch the graceful undulations of sea creatures, pumps are pulsating, water is gurgling and aquarists are working diligently behind the glass to keep everything operating in synch.

All animals on exhibit at the aquarium can be found in North Carolina waters, and sea turtles seem to be one of the aquarium's most popular residents. There are only eight species of sea turtles in the world's oceans, and the aquarium exhibits two: the Loggerhead and the Green.

Although sea turtles spend most of their lives at sea, females must come ashore during summer months to lay eggs. If a sea turtle is found injured or too weak to haul her heavy body out of the sea, or if hatchlings are found stranded or injured, the aquarium and other area organizations, including the College of Veterinary Medicine in Raleigh, work to rehabilitate the turtles and return them to the open sea.

Most all the aquarium's animals are fed daily, and food is prepared especially for the size and type of animal. The menu consists of shrimp, clams, fish, squid and scallops, along with Brussels sprouts, lettuce and broccoli for the plant-eating fish. Sea turtles are fed gel food, or "turtle brownies" as the staff calls it. The gel food is made at the aquarium



Roberta Hastings

Visitors enjoy the hands-on experience at the "Touch Tank" where they can get a grip on what a horseshoe crab is really all about.

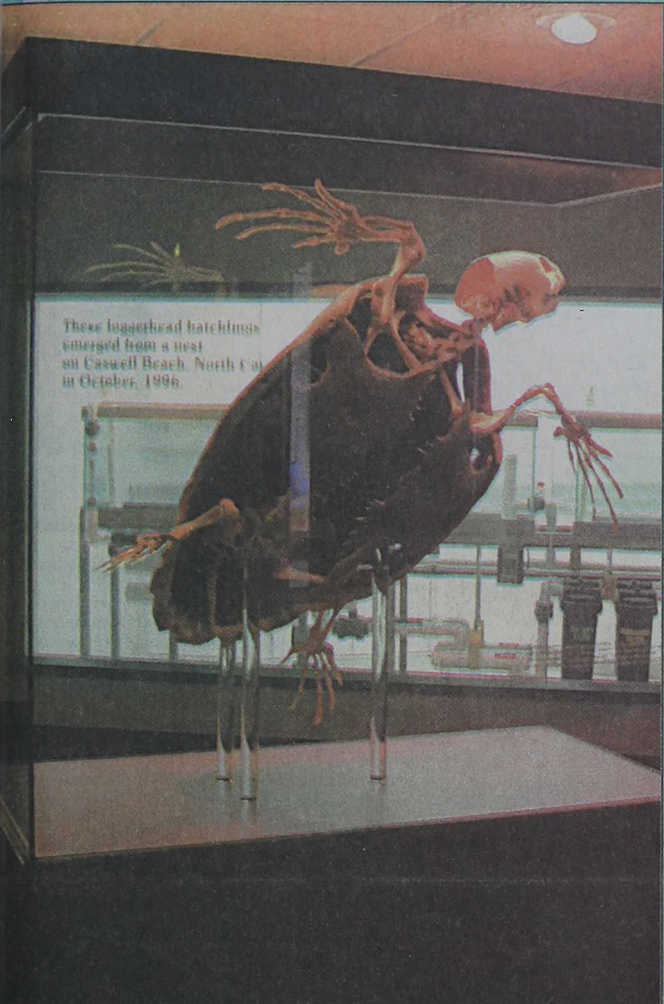
and is a combination of trout chow, chopped fish, chopped squid or clams, spinach or peas or parsley, carrots, unflavored gelatin and water. Vitamins A, D, E, C, B1, B2, B6, niacin, iodine, iron, copper and others are added along with amino acids, calcium and beta carotene.

One of the questions most often asked at the aquarium is "Where do you get your animals?" There are three main sources. Staff aquarists collect many of the animals, commercial fisherman and area divers donate specimens, and purchases are made from professional collectors. When new animals arrive, they are quarantined for 30 days to make sure they are healthy and disease-free.

Maintaining the aquariums and all their necessary mechanics is an endless task. Cleaning, monitoring, feeding, changing wa-

ter, making food, isolating animals, caulking building tanks, fiberglassing and troubleshooting are time-consuming duties. Most of the aquarium's saltwater is made from commercial mixes to help regulate salt levels, although a few systems use water pumped directly from the sound located behind the building.

For a real eye-opener of what it takes to keep this operation going, sign on the a "Behind the Scenes" tour. The tour is free, however advanced registration is required. General admission is adults, \$3, seniors and active duty, \$2, children (6-17 years), \$1. Children under six years, registered school groups, Aquarium Society Members and American Zoological Association members are free. For more information, call (919)247-4004.



Roberta Hastings

The skeletal frame of a loggerhead turtle is on display at the North Carolina Aquarium in Pine Knoll Shores. It is estimated that this specimen weighed over 200 pounds, while live. Sea turtles are a main exhibit at this facility.

EIGHT LEGS CAN BE BETTER THAN ONE

Sherry White

Public relations coordinator, Pine Knoll Shores Aquarium

Animals do the darndest things.

Take the octopus now on display at the North Carolina Aquarium in Pine Knoll Shores, Atlantic Beach, for instance.

A beach stroller found the slippery eight-armed creature stowed away in a tire that had washed up on the beach a few days before Hurricane Fran. He brought it to the aquarium where a staff member turned it over to the aquarium's husbandry department.

The octopus appeared to be in good condition and, after surviving an overnight stay in a temporary holding tank, was put on display in the aquarium viewing gallery.

Like most octopuses, it was shy and reclusive and spent most of its time hidden in its rocky lair—except when fed a juicy, live, blue crab, one of its favorite foods.

"We'd throw the crab in the tank and he'd come right up and grab it," said aquarist Nancy Waller.

But octopuses are messy eaters. In the open ocean, where foraging animals clean up leftovers and currents remove and break down debris, messy eating habits don't pose a problem.

But in a closed aquarium system, crab legs, shredded crab meat and bits and pieces of crab shell left by a satiated octopus foul the water.

For aquarists, trying to snare floating and sinking tidbits of food from a 300-gallon octopus tank is a time-consuming job. That's when the darndest thing began to happen.

"In the afternoon, and again the next morning, we'd check the tank for food debris and, of course, crab

parts would be everywhere," Waller said.

"We'd get our cleaning tongs and begin chasing and picking out crab bits. Then one day, the octopus began to hand us pieces that we couldn't reach with the tongs. Soon after that, it began to pile all the crab debris right where we stand to clean the tank. Sometimes it would miss a few pieces, but later in the day when we'd check the tank again, it would have piled up the remaining pieces in the same spot. Now, it basically cleans its own tank," she said.

Although the octopus solved the aquarists' problem, its actions generated more questions than answers. What prompted such behavior? Did the octopus realize that cleaning was a problem? How did it figure out a solution? And perhaps more importantly, why did it bother to figure it all?

Scientists have proved that the brain of an octopus is astonishingly good for an animal its size. Outside animals with backbones, the octopus is the only creature that appears to possess true intelligence. Part of its brain stores memories, and the octopus has the ability to learn from experience.

The eyes of an octopus are comparable in every way to our own, complete with cornea, iris, diaphragm, compound lens, focusing apparatus and an elaborate retina and darkened containing wall.

Obviously, the octopus was able to see the daily cleaning process taking place, but how did it figure out the rest, and why?

Whatever the reason for such fastidious behavior, the staff now finds the octopus tank much easier to maintain.

Just goes to show what a little ingenuity and eight arms can do.



2d MarDiv. Band wows the crowd at governor's '97 Inaugural Parade



LCpl. Erik Suthrland Svihla

Bippo the Clown was also on hand to welcome the governor back into office.



Forty-seven members of the 2d Marine Division Band ushered in the fourth term of North Carolina's Governor Jim Hunt at the celebratory inaugural parade held earlier this month in Raleigh.

Governor's Inauguration '97



LCpl. Erik Suthrland Svihla

SSgt. Mark Shumate holds his tuba at the ready at Gov. Hunt's fourth inaugural parade. In April, he will leave Camp Lejeune's ranks to take a post in Italy serving with the NATO band.



LCpl. Erik Suthrland Svihla

Members of the 2d MarDiv. Band spend a lot of time on their feet with their instruments at attention.

LCpl. Erik Suthrland Svihla
Globe staff

The drums beat out a thunderous rhythm against frost-laden air, the flutes and woodwinds strike up their notes as the trumpets sound their cry to the tune of the "Marines Hymn." Forty-Seven members of the 2d Marine Division Band stand rigidly at attention awaiting command from the drum major as he raises his mace and begins their march down Wilmington Street in Raleigh.

This scene is common for the 2d MarDiv. Band, but in this instance they were given the chance to strut their stuff at the '97 Inaugural Parade in North Carolina's capital, helping to usher in the Gov. Jim Hunt's fourth term. Clad in full dress blues and enduring the blistering cold of the January morning, the band was invited to represent Camp Lejeune and the entire Marine Corps, according to band director CWO2 Robert A. Estep.

"The Governor's Inaugural Committee put in a request, asking for us to play at this year's parade," he said, of the honor his Marines were bestowed earlier this year.

Although like other Marines, bandsmen are required to be riflemen first, a large part of the band's mission is ceremonial, Estep said.

"Through our performances, the public has a chance to see the positive aspect of the Corps, and not just what they see on the news. They get a chance to see something really good, and they respond to it. The recruiters even say so. They've told us that after one of our exhibitions, recruiting tends to take a jump. We get a chance to

let the public see for themselves, instead of just having the recruiter just try and tell them," according to Estep.

"We support a number of different civic events, including local, national, military, and civilian.

"Outside of our duties on base, we have a primary radius of about 100 miles, and beyond that, we literally can cover the entire United States. In the past year, the band has gone to Iowa, Pittsburgh, New York City, and Chicago. In general, we probably cover about 20 to 25 events a year, all over the United States," he said.

Doing this requires enormous discipline and devotion, Estep says, echoing what the Marine Corps is based on.

"Our members usually are required to be able to play at a professional level, and they've got to be able to keep up with the number of events that we do. We have a very large musical variety, from Top 40 to marching music."

Estep said the combination of music and Marine Corps discipline goes well together.

"They are Marines first, they have had to endure everything that any other Marine has to. They go through boot camp, and they have to accept the same training and discipline as everybody else. This helps with our performances, because the discipline is already there," he said.

"We perform as a team, just like any unit in the Marine Corps, and through that, we can maintain the level we need to do it right."

From the Front Row:

with Reinhold Toldenhauer Honeycutt

PEOPLE VS. LARRY FLYNT (R)

This controversial movie and biography of porn king Larry Flynt has been called a satire, a salute to the First Amendment, and a spot portrait of a very strange American. It's the bizarre story of founder of Hustler magazine who stretched the First Amendment further than many thought it would or should ever go. Its hero pornographer whom many find anything but heroic. It will anger many as it amuses.

Woody Harrelson ("Kingpin") plays the publisher, Larry Flynt, a who starts out by publishing dirty pictures and ends up defying free speech. He fought a Supreme Court battle against the al Majority with the Rev. Jerry Falwell, ran for president in 1983, was paralyzed after an assassination attempt by an alleged white remist outside a Georgia courthouse in 1978.

Courtney Love, lead singer of the grunge band Hole and the ow of Nirvana's Kurt Cobain, plays his doomed, bisexual, drug-cted, AIDS-afflicted soulmate, Althea Leasure, the fourth wife ne porno king. Flynt met Althea in 1970 when she was a 17-year-working in one of his strip-clubs. She drowned in a bathtub in 7 at the age of 33.

Love's portrayal of Althea comes from the soul and her inspiring ormance could earn her an Oscar nomination. She has already nominated for the Golden Globe. Edward Norton ("Primal Fear") rays Alan Isaacman, the civil rights lawyer who argued Flynt's before the Supreme Court. James Cromwell plays Cincinnati's ncier and antiporn crusader Charles Keating; Donna Hanover e of New York's mayor Rudy Giuliani) appears as the late evan- st Ruth Carter Stapleton, sister of Jimmy Carter; Richard Paul is a great impersonation of Rev. Falwell; and Brett Harrelson, dy's real-life brother, plays Flynt's white-trash brother, Jimmy. Flynt, in a wheelchair from the 1978 murder attempt, still pub- es magazines out of Los Angeles. He appears briefly in a cameo as the Cincinnati judge who sentenced Flynt to prison, leading is successful Supreme Court appeal. Oscar winning director Mi- Forman ("One Who Flew Over the Cuckoo's Nest," "Amadeus") os the sensationalism to a minimum and the realism to a maxi- n. The movie was produced by Oliver Stone.

The People vs. Larry Flynt is not a pro-Larry Flynt movie. A many things said and shown should be embarrassing to him; according to Flynt: it is his life, it is truly the way it happened. It comedy of American repression and revolt; it is a strange but erful love story; but most of all, it is a movie about freedom of ech.

MICHAEL (PG)

In this unconventional romantic fantasy, a trio of scandal-hungry tabloid reporters has a devil of a time getting the scoop on a hell-raising angel. They travel to Iowa to find out if a cigarette-smoking, beer-drinking galoot with wings sprouting out of his back is actually an earthbound archangel.

William Hurt as Frank, Andie MacDowell as Dorothy, and Robert Pastorelli as Huey are the hardened tabloid journalists thrown together in search of the angel. John Travolta plays Michael, the archangel with the big wings and an even bigger attitude, who is not a saint and who has some rather unheavenly habits. He chain-smokes, gorges on junk food and alcohol, picks fights, and wants one last sexual fling before returning to heaven. He also plays matchmaker for Frank and Dorothy.

Costarring Bob Hoskins as the trio's boss and Jean Stapleton as Michael's mother. Director Nora Ephron ("Sleepless in Seattle") shows her gift to make everything snappy and mushy at the same time. She delivers a sleepy romance with magical interludes.

Michael is a charming and delightful treat, an innocent little road picture that is funny, witty and very appealing.

GHOSTS OF MISSISSIPPI (R)

Ghosts of Mississippi is a serious drama based on the true real-life story of the murder of civil-rights activist Medgar Evers; the reinvestigation and the long search for justice that followed. It is the riveting story of how Evers' killer was finally brought to justice.

After the 1963 assassination of political activist Medgar Evers in Jackson, Mississippi, two all-white juries were unable to reach a verdict against Byron De la Beckwith, played by James Woods ("Casino"), even so they found his fingerprints on the gun.

More than 30 years later, an ambitious Mississippi district attorney retried Beckwith and he was sentenced to life in prison. Alec Baldwin ("Hunt for Red October," "The Getaway") plays Bobby DeLaughter, the assistant district attorney whose work finally led to the conviction three decades later with the help of Evers' widow, played by Whoopi Goldberg ("The Color Purple"). (Myrlie Evers-William is now the NAACP chairwoman.)

Woods is great as the proud racist and assassin Byron De la Beckwith - he is the ghost of Mississippi, he is the evil sins of the past. (His explosive performance has been praised by all the critics and has earned him numerous awards nominations.)

Rob Reiner ("Stand by Me," "Misery," "A Few Good Men") directed this letter-perfect recreation of the landmark civil-rights case. His quest for historical accuracy landed his production in the very same spot where Medgar Evers was shot with a cast of Evers family members playing themselves.

Registration set for Lejeune OWC Spring Craft Fair

The Officers' Wives Club Hidden Talents Annual Spring Craft Fair registration will start Feb. 1 at Hidden Talents from 10 a.m.- p.m. The tables are \$20 for Hidden Talents consignees and \$40 for all others. The tables are on a first come, first served basis. The public is welcome. The Spring Craft Fair will be held March 15-16 at Marston Pavilion aboard Camp Lejeune. For more information, call 451-2658.

German-American Congress to convene in Jacksonville



Courtesy of the German-American National Congress

Germans are America's single largest ethnic group. According to the United States Census report, about 30 percent of all Americans share German roots.

The German Life Society and the Deutsch-Amerikanische National Kongress has come to Onslow County to represent all German-Americans and to foster friendship between the United States and Germany. Another goal of the group is to promote German language and customs.

Meetings for this group are held the third Monday of each month, 7 p.m. at the Jacksonville USO.

For more information about joining this group and participating in the upcoming activities, call 347-5913.

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Why doesn't anyone write letters anymore?

Deirdre Martin
Globe contributor

You won't believe the amazing thing that happened to me the other day: I got a letter in the mail. A real, handwritten letter from a friend, chronicling her daily life, her job, her love affair, her thoughts. I was stunned, and then I was embarrassed. Doesn't she realize that people simply don't do this sort of thing anymore, write letters?

Of course, I remember when we all sat down at our desk or the kitchen table to fill the pages of a legal pad with the details of life's ups and downs. That was way back in my college days, when we were scattered around the country and letters were our way of staying in touch while counting pennies. But time marched on, we graduated and found jobs, and once we had salaries—minimal though they were—we could afford to share our secrets and traumas courtesy of Ma Bell.

I haven't written a letter in years. Reading through the one from my friend, I realize how much I miss them.

Not to boast, but I used to be pretty good at writing letters. I covered trivial events first, believing it best to get them out of the way before hitting the juicier bits.

But when I go to the "dirt"—watch out! I spared none of the gory details: who'd done me wrong, who kissed like a vacuum cleaner, who was getting on my nerves.

I wanted each letter to be a masterpiece just in case I became famous someday.

But I also wanted to make my friends feel as if they were right there with me, rolling with each punch, swelling with pride at each task I'd performed. I left no stone unturned—TV shows I was watching, albums I was listening to, phone conversations I'd had—anything that held my attention for even a split second. I believed my readers needed to know these details in order to get a sense of my external life, lest they think I was only concerned with the aches of the heart and the slights—real or imagined—I saw fit to reveal.

Of course, the best part about writing a letter is getting a response. Is there anything more exciting than taking in the day's mail

and finding amid the junk—bills, magazines, coupons—a letter from a faraway friend?

The letter must be torn open immediately, read through quickly, put aside while a pot of coffee is made. Then you sit down and really read it, sifting through the words the way an archaeologist sifts through sand, searching for hidden meanings beneath the surface.

A true letter aficionado always asks, "What's really going on in my friend's life? Is she masking a broken heart? Bored to death but loathe to admit it? Crying out for help?"

Letter writing fast becomes a compulsion. After my second reading of a letter, I'd want to write back immediately. If I couldn't do so that minute, I'd vow to write before bed that night. I'd feverishly propel myself through the day's tasks so I could sit down and start my letter.

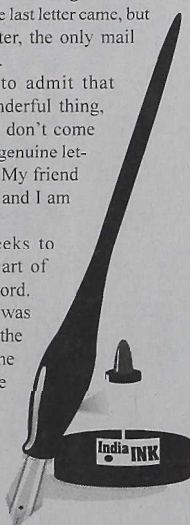
I'm not really sure why I was so possessed, but I think it had to do with self-examination and soul searching, which is really what you're doing when you write a letter. You think you're simply telling a friend about your life, but you're really searching for clues to your existence.

My friend and I didn't stop exchanging letters abruptly after college; it was gradual, as the demands on our lives grew. I don't remember when the last letter came, but every day thereafter, the only mail was bills and junk.

I'm the first to admit that phones are a wonderful thing, but they certainly don't come close to holding a genuine letter in your hands. My friend wrote me a letter, and I am thrilled.

Maybe she seeks to revive the dying art of the handwritten word.

Or maybe she was simply alarmed by the size of her telephone bills. Whatever the case, she has done something revolutionary and I will be sure to respond in kind.



Getting Around North Carolina

N.C. Symphony Classical Series - Raleigh - Highlights of the series: Feb. 28-March 1, Andre Watts, piano; March 28-29 Cho-Liang Lin, violin; April 11-12, Amadi Hummings, viola. Concerts are on Friday and Saturday evenings at 8 p.m. at Raleigh Memorial Auditorium. Tickets \$22-\$34. Reservations (919) 834-4000.

Air Force Heritage of America Jazz Band - New Bern, Jacksonville - A throwback to the swing era when big bands toured the nation, the Air Force band performs at 7:30 p.m. Jan. 27 at Grover C. Fields Middle School and 7:30 p.m. Jacksonville High School. Admission is free but tickets are required and limited. New Bern tickets available at Bank of the Arts, 317 Middle St., Monday-Friday from 9 a.m.-5 p.m.. Information: (919) 638-2577. Jacksonville tickets available at Council for the Arts, 826 New Bridge St., weekdays from 8:30 a.m. until 4:30 p.m. or The Daily News, 724 Bell Fork Rd., weekdays from 8 a.m.-5 p.m. Information: (910) 455-9840.

Thalian Association - Wilmington - The Thalian Association community theatre stages these productions at Thalian Hall: Witness for the Prosecution, Feb. 6-9. Fiddler on the Roof, March 20-23. Reservations: (910) 343-3664 or (800) 523-2820.

Opera House Theatre Company - Wilmington - The professional theater company stages these productions at Thalian Hall: Camelot, Feb. 19-23 and Feb. 28-March 2. Information: (910) 343-3664 or (800) 523-2820.

Story Quilt - Jacksonville - The Ebony Players, promoting literacy through theater, invite children of all ages, school groups, clubs, organizations and church groups to help create a story quilt based on The Princess Who Lost Her Hair. To take part, read the book and pick out a favorite person, place or thing in the story.

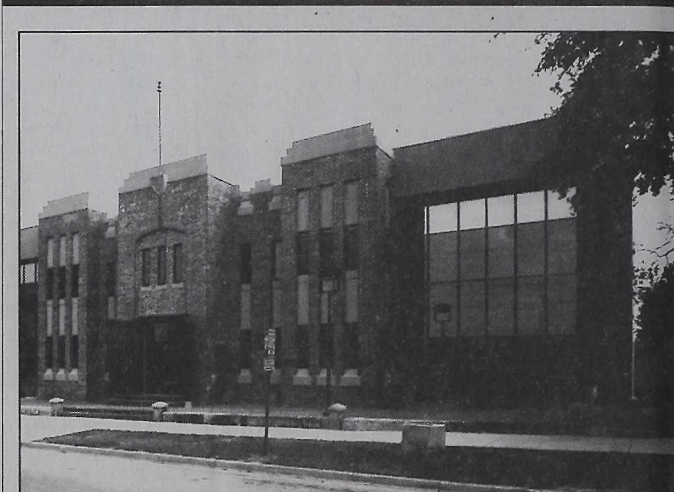
Create your quilt block on a 9 X 12-inch felt square of any color. Be sure to leave a one-inch border for sewing.

Blocks may be decorated with crayon, glitter, paint, cloth or anything. Blocks must be dropped off at Wrold Fashions in New River Shopping Center no later than Jan. 24 to be included in the quilt. The quilt will be displayed Jacksonville Mall, Onslow County Library, Main Branch and at Camp Lejeune Library during February. Information: (910) 346-6694 after 6 p.m.

Precious Metals VW Club - Wilmington - Formal meetings are held the last Sunday of each month at 3 p.m. at 42nd Street Lounge, off Oleander Drive. Informal meetings, the second Sunday of the month at 3 p.m. at Char-Grill on South College Road. Information: (910) 763-0758.

N.C. State Museum of Natural Sciences - Raleigh - Special events: Love in the Tropics, Feb. 14, 7:30-10 p.m.. A romantic evening of music, food and tropical delights in the new tropical conservatory. Tickets, \$25 individual, \$ couple. Reservations required: (919) 774-50, ext. 33. Afternoon in the Tropics 1-5 p.m. Feb. 15, explore exotic birds, chids, insects, snakes and iguanas North Carolina's tropical connections highlighted. Free. Weekly programs include: Meet the Animals, 11 a.m. Wedn days and Thursday; Nature Fun, Friday 10 a.m.; Live! At the Museum, noon Saturdays; Storytime, 2 p.m. Saturdays; the Wild Side, 2:30 p.m. Sundays. Museum hours: 9 a.m.-5 p.m. Monday-Saturday, 1-5 p.m. Sundays. Admission free. Bicentennial Plaza. Information: (910) 733-7450.

Camp Lejeune Base Theater Mainside - Join Morale, Welfare and Recreation in a Celebration of Black History Month. Shirley Caesar, first lady of Gospel with perform with The Temple Singers of Richlands Sat., Feb. Doors open 6 p.m., showtime, 7 p.m. Tickets are \$10. Information: (910) 451-3535



Next Accent...

Take a trip down to historic Wilmington to the Cape Fear Museum. Explore the Michael Jordan "Discovery Gallery" featuring the museum's first natural history exhibit designed for children. See Confederate relics as well as artifacts representative of the rich history of the Carolinas.

spotlight on health

Cholesterol: More Than Just A Number

(NAPS)—How much do you know about cholesterol? Just knowing your total cholesterol may not be enough to keep your heart healthy. There are several different types of cholesterol. Measuring the levels of these types is important in determining your risk for heart disease.

What is Cholesterol?

Cholesterol is a soft, fat-like substance found in all your body's cells. It is an important part of a healthy body because it is used to form cell walls, certain hormones and other necessary tissues. However, too much cholesterol in the body can cause clogged arteries, which eventually can lead to heart disease and heart attacks. A total cholesterol level below 200 mg/dL is desirable.

Cholesterol is produced in your body, mostly in the liver, and is found in foods that come from animals, especially egg yolks, meat, fish, poultry, and dairy products. Foods that come from plants, such as fruits, vegetables, grains, and nuts, do not have cholesterol.

The "Good," the "Bad," and the "Ugly"

Your total cholesterol is made up of LDL ("bad" cholesterol), HDL ("good" cholesterol) and triglycerides (a type of fat in your blood).

LDL: LDL has been shown to be the most important measure of risk for heart disease. When a person has too much LDL-cholesterol, it can slowly build up in the walls of the arteries that lead to the heart and the brain, and form plaque, a thick, hard deposit that clogs arteries. This is called

atherosclerosis, a major cause of heart attacks and strokes.

Your LDL should be less than 100 mg/dL if you have coronary heart disease (prior heart attack, bypass surgery, or balloon angioplasty). Desirable LDL cholesterol is less than 130 mg/dL for many people. Overall, the lower your LDL level, the lower your risk of heart attack. Dr. Thomas Pearson, Director of the Research Institute at Mary Imogene Bassett Hospital, states: "I think the key to managing LDL is, number one, understanding how important this is in association with cardiovascular disease."

HDL: The opposite is true with HDL, or "good" cholesterol. High levels of HDL have been found to be beneficial, and experts recommend that HDL should be 35 mg/dL or higher. Smoking, being overweight and not exercising can contribute to low HDL-cholesterol levels.

Triglycerides: Triglycerides are another type of fat in your blood that can be dangerous in large quantities. While a high triglyceride level may not cause clogged arteries, it is often found with high total cholesterol, high LDL levels and low HDL levels, and thus is thought to be important in heart disease. Experts recommend keeping triglyceride levels below 200 mg/dL.

What You Can Do
Studies have shown that reducing LDL levels prevents heart disease and saves lives. The following steps may help you lower your cholesterol and may reduce your risk of heart disease:

- Get tested for high cholesterol (LDL, HDL, triglycerides)

1. COUNT YOUR RISK FACTORS.

The more risk factors you have, the lower your LDL target should be. Check the boxes for the risk factors that apply to you and total the number of checks below.

Are you:
• A male age 45 or older? ☐
• A female age 55 or older? ☐
• A female under age 55 with premature menopause without estrogen replacement therapy? ☐
• A current smoker? ☐

Do you:
• Have a family history of early heart disease? (a parent or sibling less than 55 if male and less than 65 if female) ☐
• Have a diagnosis of high blood pressure? ☐
• Have diabetes? ☐
• Have low HDL cholesterol? ☐

If you have an HDL of 60 or greater subtract one risk factor before totaling.

Total Number of Risk Factors:

2. NOW... FIND YOUR LDL TARGET LEVEL.

Number of Risk Factors	Target LDL
Less than 2 risk factors and No coronary heart disease	below 160
2 or more risk factors and No coronary heart disease	below 130
Coronary heart disease (prior heart attack, angioplasty, or bypass surgery)	100 or below

- Eat a diet low in saturated fat and cholesterol
- Exercise regularly (upon your doctor's approval)
- Don't smoke
- If prescribed medication, take daily as directed

The science is in. Lowering LDL saves lives. Talk to your doctor about testing for your levels of LDL, HDL, and triglycerides to evaluate your heart disease risk. Once you know your numbers and your targets, work with your doctor to meet these goals.

For your free personalized LDL target report and more information on cholesterol, call 1-888-YOUR-LDL.

(NAPS)—It is estimated that half of the 14 million Americans with diabetes don't know they have it. In African Americans, diabetes is the fourth leading cause of death by disease. In fact, one out of every four African American women over 55 years of age has Type II diabetes, a form of diabetes which typically occurs in overweight people over 40 years old.

Do you know if you are at increased risk for developing Type II diabetes? Here's a simple true-false test to help you rate your risk.

TRUE or FALSE

- I am an African American woman.
- I am over age 45.
- I have a family history of diabetes.
- I had a baby who weighed more than nine pounds.
- I had a special type of diabetes during my pregnancy.
- I've been told I temporarily had diabetes during a stressful time.
- I've been told that my blood glucose level isn't normal when I take certain medicines.
- I don't exercise regularly.
- I'm overweight.

The more "true" answers you have, the greater the possibility that you may develop Type II diabetes at some point in your life.

Some risk factors, such as age and family history of diabetes, can't be changed. However, researchers believe that being physically active and reaching and maintaining a desirable body weight can prevent many cases of Type II diabetes. Studies have shown that these risks can be reduced by 25 percent among people who are physically active. You don't have to train like an Olympic athlete to gain healthful benefits...just increase the length, duration or frequency of your daily walk.

Including foods low in fat and high in carbohydrates (especially complex carbohydrates) in your diet



Making simple changes in your lifestyle and eating habits can reduce your risk of developing Type II diabetes. For a free copy, **Taking Charge—Diabetes and the African American Woman**, which features delicious, low-calorie, lowfat recipes, call 1-800-221-1763.

is important for both prevention and treatment of Type II diabetes.

Your daily diet should include vegetables, fruit, lowfat dairy products, beans, and starchy foods, such as bread, cereal, rice and pasta. And that doesn't mean you have to give up great taste or your cultural favorites. Recipes can be adapted by replacing sugar and fat with zero-calorie sweetener and butter substitutes.

This crunchy, vitamin-packed Pineapple-Cabbage Slaw is easy to prepare and sure to be a family favorite as a lunch or dinner side dish. Per serving, it has only 76 calories, zero fat, and loads of flavor. For your FREE copy of **Taking Charge—Diabetes and the African American Woman** with more delicious low-calorie, lowfat recipes, call Sweet'N Low® toll-free at 1-800-221-1763, Monday through Friday, 9 a.m. to 5 p.m. ET.

PINEAPPLE-CABBAGE SLAW

8 cups shredded cabbage, about 1 lb.

- 1/2 cup shredded carrot
- 2 green onions, sliced
- 1 can (8 oz.) juice-packed pineapple chunks, drained
- 1/2 cup nonfat sour cream
- 1/4 cup cider vinegar
- 2 tablespoons nonfat mayonnaise
- 1/2 teaspoon (1-1/2 packets) Sweet'N Low®
- 1/2 teaspoon poppy seeds
- 1/4 teaspoon ground white pepper

In a large bowl, combine cabbage, carrot, onion and pineapple. In a medium bowl, whisk together remaining ingredients. Pour over cabbage mixture and toss to combine. Refrigerate covered, at least one hour. Makes 8 servings.

Per serving (3/4 cup): 76 calories, 3 g protein, 16 g carbohydrate, 0 g fat, 0 mg cholesterol, 61 mg sodium. Diabetic exchanges: 1/2 fruit exchange, 1 vegetable exchange.

Coping With Change

(NAPS)—If there's one thing in life that is certain, it is that change will occur. Often, we fear change. There is another way of looking at change—we can see it as an opportunity for spiritual growth.



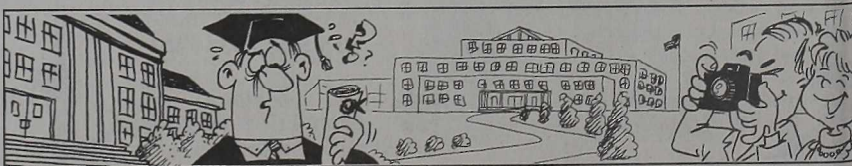
"What the caterpillar calls the end of the world, the master calls a butterfly," wrote author Richard Bach. Perhaps changes in our lives are caused by our spiritual growth. Perhaps our need for growth is part of our spiritual nature. Change asks us to review old patterns of thought. Change invites us to take advantage of opportunities for growth.

There are many kinds of changes in our lives, and they all cause stress, even the happy ones, such as marriage or the birth of a child. Change can cause us pain, or anger, or despair.

But as we live through change, we often "stretch" ourselves to meet it. And in those stretches, we can get a sense of the larger patterns of our spiritual journey.

Unity is your Spiritual Resource for Daily Living. Unity can help you bring your spiritual life into your daily life. So if change is challenging you, let Unity help!

If you would like to learn more about Unity, please call 1-800-669-0282 and ask for a General Information Packet. Or, write to Unity School of Christianity, 1901 NW Blue Parkway, Unity Village, Missouri, 64065-0001.



The following famous people never attended college: presidents Grover Cleveland, Abraham Lincoln and George Washington, U.S. oil magnate John D. Rockefeller, British playwright George Bernard Shaw, British author, Rudyard Kipling, U.S. inventor George Eastman, U.S. composer Aaron Copland and French painter Paul Gauguin.