

time Q & A

Answers to common tax questions. 16A

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Sunken Navy

All-Marine boxers torpedo Navy in boxing exhibition. 1B

Basketball

Support Bn. subdued by Maint. Bn. A 61 - 53. 2B

Superbowl future?

Sidelines address needed change in NFL finale. 1B

THE GLOBE

Camp Lejeune, N.C.

January 31, 1997

26th MEU (SOC) trains in Spain

Mark D. Oliva
EU (SOC) Correspondent

ERRA DE RETIN, Spain—The 26th Marine Expeditionary Unit (Special Operations Capable) conducted amphibious landing followed by five days of training beginning Jan. 15, marking the first major exercise deployment.

Early 1,500 Marines from Battalion Landing Team 1/ine Medium Helicopter Squadron-365 (Reinforced) IEU Service Support Group-26 conducted training g from company-level infantry tactics to establishing combat operations center ashore. Lt. Gen. Charles

E. Wilhelm, commander, U.S. Marine Forces Atlantic, was on hand to observe a portion of the training.

The 26th MEU demonstrated its versatility and its ability to overcome obstacles as severe weather closed in on the operations area prior to the landing day. Amphibious landing plans initially called for an air and surface assault over Spanish beaches. High winds and seas, however, prompted the MEU to reorganize its force and deploy using an initial air-only option.

Alpha and Bravo companies of BLT 1/8 led the exercise as they conducted a combat helo assault. Aviators of Marine Medium Helicopter Squadron-365 (Reinforced) flew the companies into the training areas, demonstrat-

ing the inherent flexibility MEUs have when the time comes to land Marines on foreign shores.

"We've got different contingency plans on the shelf for instances like we faced in Spain," said Lt. Col. Richard S. Moore, BLT 1/8 commanding officer. "We lost our ability to use the surface option, so we pulled the air-only option and sent our forces ashore by helicopter."

Once ashore, Marines of the battalion worked on small unit tactics. They practiced the infantry's basic mission: to locate, close with and destroy the enemy.

"Despite the inclement weather, most of our training goals were met," said 1st Lt. Eric H. Traupe, assistant operations officer, BLT 1/8. "The amphibious landing

training phase provided our Marines and staff a great opportunity to conduct job-specific sustainment training, as well as collective crew-served weapons live-fire and a fire support coordination exercise."

"The biggest opportunity Spanish PHIBLEX (Amphibious Exercise) gave us was the ability to train at the company level," Moore explained. "We got the Marines on the ranges and back in the field with their weapons systems. We were able to shake the dust off and re-focus our efforts."

Moore added that this training was invaluable as being the battalion's first chance to train in the Mediterranean region.



Two CBIRF Marines decontaminate a simulated victim of chemical attack as he rolls through their station.

Sgt. Lance M. Bacon

SEE STORY & PHOTOS 8/9A

Recon Marines SPIE hard

J. J. Rodriguez
staff

Marines from Company B, 2d Reconnaissance Battalion got some realistic training in al Patrol Insertion and Extraction operation Jan. 24 at Landing Zone Sparrow.

SPIE is used if a team is compromised and 's no LZ in the area where they can be extracted from," said Capt. Larry Huggins, commander.

ad in SPIE harnesses, helmets and combat reconnaissance Marines began their training in the morning to take full advantage e two hours allotted to them by the CH46E Knight helicopter that would take them on flights.

We're getting some realistic training by ing how to get up in the air quick," said Shawn Ramsdell, team member, 2d platoon, Co. B. Everything has to be done quickly e team and helicopter could become target for enemy fire. "We only do this where a opter can't land. We also do this out of the r," said SSgt. William "Sparky" Daniels, T Master for the operation.

We work in small teams so it's easy to do e realistic training," Ramsdell said.

he experience level in the platoon was high, four of the Marines qualified as Helicopter Suspension Training Masters. Every ent smooth and fast. The first two flights administrative flights in which the Marines only their helmets and SPIE harnesses to or proper air speed and elevation. Every was checked several times to ensure safety. he Marines weren't worried, they trusted HRST Masters.



Sgt. J. J. Rodriguez

SEE SPIE / 16A

Reconnaissance Marines start their 69mph SPIE trip dangling from a CH-46E Sea Knight.

2d Medical Bn. Haiti operations continue

Globe staff report

Command members of 2d Medical Battalion, 2d Force Service Support Group, recently visited their Marines and Sailors deployed to Port-au-Prince, Haiti, and found the element to be right on track.

Navy Capt. Carl Hooten, Master Chief Hospital Corpsman Craig Fitzgivens and 1st Sgt. Shanda Elkins, all toured medical sites and visited with their troops during the tour.

"The medical detachment gained a lot of practical medical experience working under real-world adverse conditions," Hooten said. "They made a real difference in the lives of the Haitian people."

The detachment consists of about 100 Marines and Sailors, and is commanded by Cmdr. Francis MacMahon. The unit deployed to Port-au-Prince last August in support of U.S. Support Group, Haiti, and since then has treated scabies, AIDS, malaria and cancer.



Photo courtesy 2d FSSG

A corpsman performs a routine check-up for one of the local residents. Providing such services give the members of the detachment real-world experience under adverse conditions.



Reveille



Adapt and overcome: Expedient explosives come in various forms.

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Quality of life award named in honor of secretary of defense

WASHINGTON — Secretary of the Navy John H. Dalton announced Jan. 21, that the Department of the Navy has established the Dr. William J. Perry Quality of Life Award.

The annual award will recognize outstanding contributions of Navy and Marine Corps commands to the quality of life for Sailors, Marines, and their families. The award, a medallion encased in acrylic, will be permanently displayed at the Pentagon with the engraved name of each annual recipient. Commands achieving this honor will receive a smaller replica of the award.

"Quality of life is all about people," Perry said. "Once you've recruited and trained the best people, you've got to retain them. That's what quality of life is all about — keeping our Navy the 'best damn Navy' in the world." (OASDPA)

Future Marine wins Earth Day Poster contest

SAN FRANCISCO — A Marine Corps Delayed Entry Program member and senior at Justin Siena High School, Napa, Calif., is one of the winners of the Worldwide Chesty Brigade Earth Day '97 Poster Contest.

Seventeen-year-old Nate Vance's entry was among more than 300 submissions in the 11- to 17-year-old age category. His winning entry depicted a Marine half-dressed in the dress blue uniform and half-dressed in camouflage utilities. The theme for this year's contest was "Marines - One with the Environment." Three thousand copies of Vance's entry will be distributed Marine Corps-wide for display at Marine Corps installations.

Along with one family member, Vance will travel to Washington, on April 21 to meet with the Commandant of the Marine Corps and visit various Marine Corps sites in the local area.

Vance will be honored at an official unveiling in the Commandant's auditorium at Headquarters Marine Corps and will attend the Department of the Navy Environmental Awards presentation and the Department of Defense Environmental Security Awards presentation at the Pentagon. In addition to being given printed artistic credit, Vance will also receive a matted and framed copy of his poster, accompanied by a Chesty Brigade Membership Certificate and Citation. (SSgt. Lesli Cloakley, MCRS, San Francisco)

Foundation will raise funds to build aviation memorial

MARINE CORPS AIR STATION NEW RIVER, N.C. — The New River Aviation Memorial Foundation is soliciting designs for a memorial to be built inside the front entrance of the Air Station to honor those who have lost their lives in aviation disasters related to New River since the station's founding in 1944.

The foundation was recently established to help generate the necessary funds needed to endow and maintain a memorial. Stephanie Fandrey, the foundation's president and spouse of Capt. Joseph R. Fandrey, a Cobra pilot killed in a May 10, 1996 crash, said the memorial symbolizes something good coming out of something bad. "I'm very excited about the project," Fandrey said. "It's a gigantic project that has a lot of meaning for us and for everyone who has ever had a loved one involved in a mishap." Fandrey, and Susan Rice, spouse of Capt. Scott T. Rice, also a Cobra pilot killed in the May 10 incident, stress that although they lost loved ones in the same incident, the memorial is for all those who have lost their lives in aviation disasters, and not just those involved in the May 1996 disaster.

Foundation members want the memorial to encompass both the New River and Jacksonville communities. "I can't imagine living in any other town and getting the kind of support that we did following the accident," Fandrey said.

"Following the incident, we saw nothing that represented what our husbands and the other aircrew members did and stood for," Rice said. "I'm very proud of what my husband did and what he stood for, and I hope this memorial honors the dedication that all aviators have."

Foundation members are looking for a design that is aviation specific and reflects the lives lost in aviation calamities. The memorial will be a place where visitors can spend time reflecting and learning about the history and mission of Marine aviation.

The structure should be visible behind the flags and helicopter static display inside the Air Station main gate. Both Fandrey and Rice say the amount of money raised will determine the final structure.

A membership drive and design contest kick-off is scheduled for Thursday, 7 p.m. at the morale center. Anyone interested in furthering the establishment of the memorial is welcome.

All designs must be received by the foundation by April 30. Mail entries and contributions to the New River Aviation Memorial Foundation, P.O. Box 4068, Jacksonville, N.C. 28540. For more information, contact Capt. Robert Curtis at 346-9908. (SSgt. Pamela R. Redmond, MCAS, New River)

Marine 'president' meets real commander in chief

WASHINGTON — A presidential stand-in met his real-life counterpart Jan. 20 at the Arkansas Inaugural Ball in Washington.

Marine Sgt. Heath F. Kuhlmann from Midland, Texas, portrayed President Clinton at the Jan. 12 inauguration rehearsal on the Capitol steps. Recently, he met the commander in chief face-to-face when he and his wife Monica, were guests of President and Mrs. Clinton at the inaugural ball.

"He looks like a president," said President Clinton as he approached Kuhlmann in the lobby of the Washington Convention Center. The real president then told his stand-in that he had done a good job and that an autographed inaugural rehearsal picture was on its way to him. Before departing, the president thanked the Marine for his service.

Kuhlmann, who thought portraying the presi-

dent was a "once-in-a-lifetime opportunity," said he was overwhelmed to actually meet the president. "I feel lucky and privileged," he said. Although a little nervous before the meeting, the sergeant marveled at how comfortable the president made him feel. "It's almost like we were old friends," he said.

Last week's rehearsal helped prepare the more than 5,000 military participants for their role in the inauguration. Their participation is part of a 200-year tradition of military members supporting the inauguration of their commander in chief. The tradition started when George Washington was escorted by his former Revolutionary War comrades to New York's Federal Hall for his swearing-in in 1789. (Maj. Laura Feldman, USAF, and PO1 Richard Matthews, USCG, Armed Forces Inaugural Committee)

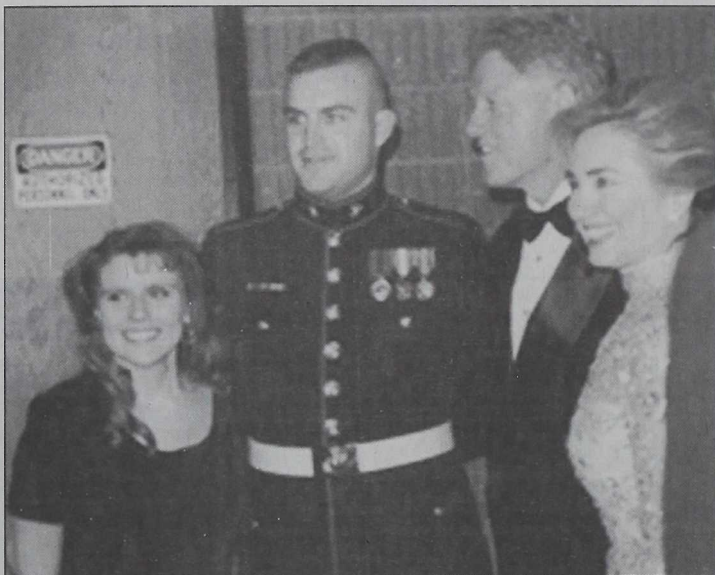


Photo courtesy of AFIC

President Bill Clinton and first lady Hillary Rodham Clinton meet Marine Sgt. Heath Kuhlmann and his wife Monica at the Arkansas Ball. Kuhlmann stood in for the president during the Jan. 12 dress rehearsal of the swearing-in ceremony.

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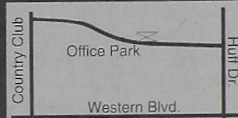
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Tri-Care brief to be given at Marston Pavilion

Headquarters & Support Battalion, Marine Corps Base will give a Tri-Care brief to all its Marines at Marston Pavilion Feb. 5, at 4:30 p.m. Marines are encouraged to bring their spouses. Maximum participation in this event is encouraged. A wealth of information will be passed about Tri-Care.

Child care will be provided. For additional information or child care please contact SSgt. Stavelton at 451-1079.

New Century Saxophone Quartet will perform at CCCC

The Fine Arts Department at Coastal Carolina Community College will present the New Century Saxophone Quartet, Feb. 14, at 8 p.m. in the college's Fine Arts Auditorium.

The New Century Saxophone quartet, the only ensemble of its type to win the Concert Guild's New York Competition, is an irresistible and electrifying ensemble that is opening new doors on the concert scene. Think of them as a Valentine's Day gift.

Tickets for this fabulous performance can be purchased in the Public Information Office, the college bookstore or at the door. General admission is \$7; students and senior citizens, \$4; \$1 for

Briefs

children under 12.

MPA sponsors a 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, MSgt. Kleitches at 451-8071, MSgt. McLaughlin at 451-8171 or GySgt. Knight-Johnson at 451-5600.

This contest is sponsored by the Montford Point Association.

USO celebrates its 56th birthday with cake

The USO celebrates its 56th birthday Sunday. There will be free cake and ice cream, free pool & ping pong starting from 1:30 p.m.

The cake-cutting ceremony begins at 1:30 p.m.

Come on down and enjoy free cake and help support your USO. For more information contact the USO at 455-3411.

Valentine Craft Day at the USO

The USO Service Wives Support Group will be having Valentine Craft Day Feb. 7, from 10-11:30 a.m. Price will be \$1 per item.

For more information contact Bettina Ward at 455-3411.

Retired military breakfast at SNCO Club

There will be a breakfast at the Camp Lejeune SNCO Club Monday.

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.

Do It Yourself moving, it's a 'DITY'

Family Service Center, MCAS, New River will be presenting a workshop entitled, "Do It Yourself Move (DITY)," Feb. 11 at 9 a.m. Bldg. AS232.

A representative from the Transportation Management Office will provide information and hints on how to do a successful DITY move. You must register by calling Doreen DeVine at 451-6110 ext. 119.

Human Services

Defense Outplacement Referral Workshop

A Defense Outplacement Referral System workshop will be held Feb. 4 from 1-4 p.m. in Bldg. 14. DORS is a free national employment referral system used by more than 12,000 employers nationwide to fill open positions. Learn how to effectively complete the DORS application form. Call 451-5340, ext. 100, to register. Child care will be provided by calling 451-2874 in advance.

Resume Writing Workshop at FSC

The FSC is sponsoring a Resume Writing workshop Feb. 5, 1 p.m. at Bldg. 14. The workshop covers types of resumes, construction of a resume, content, format, and translation of military skills to civilian terminology.

To register, call 451-5927, ext. 100/101.

Stress and anger management workshops

Stress Management workshops will be held by the Chaplain Corps Thursday in the Chaplain's Training/Conference Room, Bldg. 37, and the Family Counseling Center, Feb. 20 in the Training/Conference Room, Bldg. 65. Both workshops will operate from 8:30 a.m.-noon.

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

The workshops are designed to help individu-

als and couples better understand stress and anger. They will also learn how to resolve conflicts encountered at work, home, and in the community. Emphasis is placed on how to prevent using anger as a power tool.

For information or to register for any of the classes, call 451-2876/2877/2865. Child care is available with advance notice.

Financial fitness in '97

Get "financially fit" in 1997. Personal Financial Management classes will be conducted by the Family Service Center at Bldg. 202, Rm. 210, from 1-4 p.m.

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
Tackling debt	Tuesday
Your money workout plan/Budgeting	Wednesday
Banking on it/Check writing and savings	Feb. 18

Job fair preparation workshop

A Job fair preparation workshop will take place Monday from 9 a.m. to 1 p.m. at the FSC, Bldg. 14. Potential job candidates planning to attend the spring 1997 Camp Lejeune Job Fair are encouraged to attend the workshop. Call 451-3212, ext. 100/101, to register. Child care will be provided by calling 451-2845 in advance.

Key Volunteer training

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

Tuesday	Communication	6-8 p.m.
Tuesday	Introduction	9 a.m.-noon
Feb. 11	Resource I	9-11 a.m.
Feb. 19	Resource II	9 a.m.-noon
Feb. 25	Communications	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 or if you need child care, call 451-5927, ext. 100/101.

Promoting necessary life skills for survival

The Alcohol and Substance Abuse Prevention Program is designed to promote responsible actions associated with stress, communication, alcohol, controlled substances, decision-making and other necessary life skills for survival in the Marine Corps or Navy.

The class is held Monday-Thursday, 7:30 a.m.-2:30 p.m., Bldg. 202. February Classes will run Feb. 10-13, 18-21 and 24-27.

To sign up a member of your command, call 451-1954, ext. 106.

in various other facilities.

For youth center program information, please call 451-2177.

Up With People crew needs housing

MWR will present an Up with People performance March 29, at 7:30 p.m. at the Base Theater. In preparation for the performance, two advance team members from the Up With People organization will be in the Camp Lejeune area March 8-30.

These two young people will need housing from an area family during this time.

Anyone interested should call Wynn Hildreth, at 451-5173.

The family will need to provide a bedroom along with some meals, although each team member will have a food budget. Each team member will have his or her own transportation.

MVP



LCpl. Erik S. Svith

Megan Smith, a freshman at Camp Lejeune High School has been a volunteer at the Staff NCO Wives Club Thrift shop for about five months. When she is not going to school, Smith gives whatever time she can to helping out customers and keeping tabs on the shop's merchandise.

At the Movies: Jan. 31-Feb. 6

Base Theater

Friday	7 p.m.	My Fellow Americans	PG13	Com
	9:30 p.m.	Daylight	PG13	Thr
Saturday	7 p.m.	Shirley Caesar in Concert	Live	Com
Sunday	2 p.m.	101 Dalmatians	G	Child
	7:30 p.m.	Daylight	PG13	Thr
Monday	7:30 p.m.	My Fellow Americans	PG13	Com
Tuesday	7:30 p.m.	101 Dalmatians	G	Child
Wednesday	7:30 p.m.	Space Jam	PG13	Anim
Thursday	7:30 p.m.	The Preacher's Wife	PG	Live

Midway Park Closed for renovation

New River

Friday	7 p.m.	Jingle All The Way	PG	Com
	9:30 p.m.	Daylight	PG13	Suspe
Saturday	7 p.m.	Jingle All The Way	PG	Com
	9:30 p.m.	Daylight	PG13	Suspe
Sunday	3:30 p.m.	Jingle All The Way	PG	Com
	6:30 p.m.	Daylight	PG13	Suspe
Thursday	7:30 p.m.	Jingle All The Way	PG13	Com

Kudos



LCpl. Erik S. Svith

Kennette Glassford, has been a parent volunteer at Berkeley Manor Elementary School for the past three years. She helps out with classroom activities and is heavily involved with the school as a member of the Student Improvement Training (SIT) committee. Kennette feels that there are many rewards from volunteering her services, but the biggest is being able to help the children.

PME seminars at the Base Library

There will be a PME seminar in the historical reading room at the Base Library, Bldg. 1220 Feb. 25. The topic will be Iwo Jima. All interested patrons are welcome to attend. For more information call 451-5724.

Dog obedience classes available

Dog obedience classes are available every Sunday at Marston Pavilion. The cost is \$75 for a six-week class. Call 451-1521/5052 for orientation date and class time.

Base Library Programs

Free Saturday Library Theater Feb. 8, 10 a.m.-noon, is open to children grades kindergarten-8.

MWR Events

Explore reading with Kid's Library Club, which will meet at 6 p.m. Feb. 10 and 24.

All children between grades K-8 are invited to the Valentine's Day party Feb. 14.

The event is from 6 p.m. until 9 p.m. and cost is \$3 per person. Registrations are requested by Feb. 12.

Books and Crafts Fun Night Feb. 21, from 5 p.m. until 9 p.m., a focus on Black History month and Presidents' Day. It is open to children in grades K-4, registrations are requested by Feb. 13. Six dollars per child includes craft supplies and a meal.

Youth Center building closed

The Stone Street Youth Center is closed for building repairs.

A target date for reopening has not been determined. Youth Center activities are continuing

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.

FRIDAY:	NO FORECAST AVAILABLE			
SATURDAY:				
New River Inlet:	High tides	1:24 a.m. [2.52]	1:42 p.m. [2.15]	
	Low tides	7:24 a.m. [0.03]	7:42 p.m. [-0.20]	
SUNDAY:				
New River Inlet:	High tides	2:24 a.m. [2.62]	2:48 p.m. [2.19]	
	Low tides	8:42 a.m. [-0.03]	8:48 p.m. [-0.26]	
MONDAY:				
New River Inlet:	High tides	3:30 a.m. [2.75]	3:48 p.m. [2.30]	
	Low tides	9:48 a.m. [-0.16]	9:48 p.m. [-0.38]	
TUESDAY:				
New River Inlet:	High tides	4:30 a.m. [2.92]	4:54 p.m. [2.48]	
	Low tides	10:48 a.m. [-0.32]	10:54 p.m. [-0.52]	
WEDNESDAY:				
New River Inlet:	High tides	5:24 a.m. [3.10]	5:48 p.m. [2.70]	
	Low tides	11:42 a.m. [-0.50]	11:48 p.m. [-0.65]	
THURSDAY:				
New River Inlet:	High tides	6:18 a.m. [3.27]	6:48 p.m. [2.93]	
	Low tides	12:36 p.m. [-0.64]		

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4

95 Honda Civic 2 door Ex

Book \$14,250 Ours \$13,625

5

96 Chevrolet Tahoe 4 door

Book \$31,600 Ours \$27,608

6

95 Chevrolet Corsica 4 door

Book \$9,650 Ours \$8,825

7

990 Ford Supercab 4x4

Book \$8,725 Ours \$8,311

8

91 Dodge Shadow Convertible

Book \$8,350 Ours \$6,985

9

93 Chevrolet Lumina 4 door

Book \$9,375 Ours \$8,781

10

95 Chevrolet Monte Carlo

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*Statistical Abstract of the U.S., 1993
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That which seems the height of absurdity in one generation often becomes the height of wisdom in another.

—Adlai Stevenson

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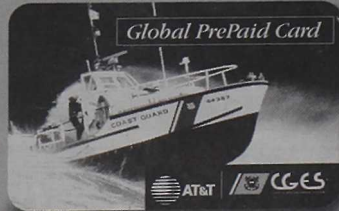
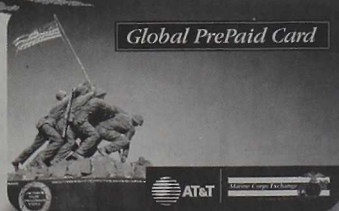
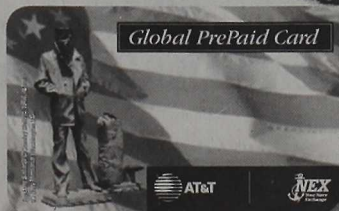
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Chapel Schedule

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Call Chaplain Vance at ext. 3210	
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Phone Contact	451-5100
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ISLAM (MUSLIM JUMAH)	
Base Chapel Annex, Bldg. 16 (Fridays)	11:30 a.m.
Brig Chapel	1 p.m.
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if interested call Everett Sharp	(919)636-8744

Chaplain's Corner:



Between two worlds

Chaplain Wayne Minaryard
Base Chaplain's Office

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If we compare ourselves to the universe, estimated to be somewhere around a few billion years old, it can leave us feeling rather insignificant. What's the point of being around for just a few decades?

This is a question not easily put aside. With every obituary notice, every plane crash, every traffic accident, we are painfully reminded of our mortality. Somewhere back in the recesses of our minds, we wrestle with the knowledge that someday it will be our name in the paper, our families lined up at the casket, our will being read.

We know the old saying is true, "Nobody gets out of life alive."

A grandfather, a lifelong Christian, was speaking to his grandson about his plans in life. The young man stated proudly that he was going to go to college, get a degree, and get a high paying job. "Then what?" asked his grandfather. Replied the young man, "I'm going to find a beautiful woman and marry her, and have lots of kids!"

"And then?" continued the elderly man. "I guess the kids will grow up and leave home," said the grandson, uncertain just where the conversation was leading.

"Then what?" said the grandfather, leaning forward expectantly. "Well, I guess my wife and I will grow old together," returned the grandson, as he began to get his grandfather's drift.

Then came the annoying question yet again, "Then what?" The young man, not so confident now, mumbled "I guess we'll die someday."

One last time the question came, but softly and slowly, "And then... what?" The young man thought for a little bit, and hesitantly answered, "I guess we'll meet God."

The old man leaned back in his seat and smiled faintly. "I was wondering when you were going to get around to including God in your plans," he said quietly.

The reality of life is that too often we leave God out of our plans. Oh, it might not be anything deliberate. We move, and just don't get around to finding another place to worship.

There's not a church of our denomination the area, so we quit going. Maybe our spouse don't like the church we're used to, so instead of finding a church we can both live with, just don't go at all. We have lots of reasons, not being involved. God becomes like the ju drawer in the kitchen. We know it needs attention, but only when we have absolutely nothing else on our agenda. Weeks without worship quickly become months, and the month turn to years. Before we know it, an aged father stares back at us from the mirror, and we struggling to make up for lost time with friends, family, and God. Too late, we realize we've lived for all the wrong things: fame, accomplishment, possessions, money.

How can we keep this from happening to us? By realizing that when we're old, (assuming we even make it that far!) we will treasure most of all our relationships. Our wives or husbands, our children, our grandchildren, perhaps even our great-grandchildren, will be the center of our thoughts. We'll crave every minute with them we can get, because we sense that some way, we will live on through them.

Also, by realizing that God waits at the end of life's road, and we need to deal with Him sooner or later. "Teach us to number our days aright, that we may gain a heart of wisdom" (Psalm 90:12)

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Never put off till tomorrow what you can do the day after tomorrow just as well.

There isn't much to be seen in a little town but what you makes up for it.

—Mark Twain

—Kin Hubbard

This
Week
In**MWR****JANUARY-FEBRUARY**

FRI 31	SAT 1	SUN 2	MON 3	TUE 4	WED 5	THU 6
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Bullet Proof

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Bogus

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Chapel Schedule

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Wednesday before third Sunday at St. Francis Xavier Chapel	5 p.m.
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Religious School, Bldg. 67 (Sundays)	10 a.m.

LATTER DAY SAINTS (MORMON)

Scripture study (Tuesdays)	7 p.m.
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Sunday Services call Bishop Scott 353-1714

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CHRISTIAN SCIENCE

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Base Chapel's Office

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—Kin Hu

This
Week
In

MWR

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FRI	SAT	SUN	MON	TUE	WED	THU
31	1	2	3	4	5	6

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In Partnership With You For A Better Quality Of Life

CBIRF proves capabilities, status of force



Sgt. Lance M. Bacon

The reconnaissance element collects samples to test if biological agents are present.

Sgt. Lance M. Bacon
Globe staff

QUANTICO, Va. — The Chemical/Biological Incident Response Force (CBIRF) tested its unique abilities in an exercise held at The Basic School Jan. 22.

In the event of a chemical or biological attack, the CBIRF is responsible for identifying and quantifying any agents that are present; decontaminating all affected individuals and equipment; and providing immediate life-saving medical attention to victims of the attack.

The 350-man unit braved a cold January night to prove how capable it is at meeting this responsibility.

During a four-hour exercise that encompassed Heywood Hall and the surrounding facilities, a scenario unfolded which pitted the CBIRF against a chemical nerve agent and the release of anthrax by a terrorist group. The attack left more than 50 "casualties" in need of decontamination and medical care.

Nuclear, Biological and Chemical (NBC) reconnaissance teams moved in quickly to identify what agents were present and in what quantity. Medical teams simultaneously provided initial life-saving medical support to the casualties inside the building.

The victims were then transported to a decontamination site, which was erected in about 13 minutes. There, contaminated victims became treatable patients as the chemical agents were removed by way of a .5 percent hypochlorite bleach solution.

By the night's end, the spread of contamination had been halted and nearly all of the "casualties" were successfully stabilized and transported to waiting medical care — casualties who would have otherwise been lost to the terrorist attack.

"This deployment proved the CBIRF is a standing, highly-trained consequence management force tailored for short-notice response," said Cmdr. Nicholas Zeoli, CBIRF's executive officer. "The Marines and Sailors did exceptionally well and exceeded all expectations as a force in readiness."



Sgt. Lance M. Bacon

After decontamination, a CBIRF member tries to warm a hysterical patient suffering effects of a chemical nerve agent.



Sgt. Lance M. Bacon

The reconnaissance element checks for chemical elements inside the affected area.

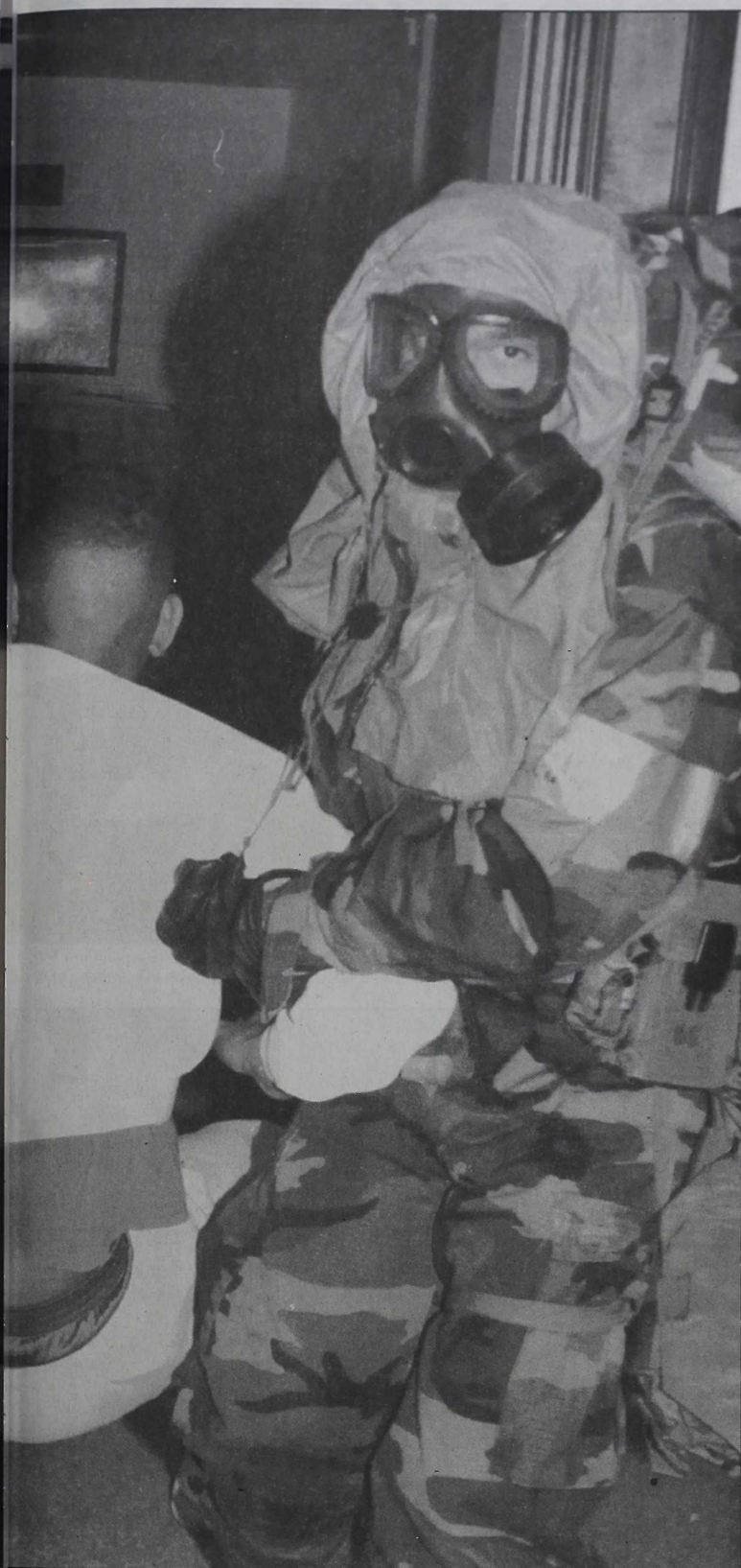


Casualties are quickly extracted in the crucial first minutes after an attack.



The medical element treats a casualty outside of Heywood Hall.

Force in readiness



Sgt. Lance M. Bacon



Sgt. Lance M. Bacon

crucial first attack.

medical element personnel are among the first to enter an affected area.

BTO Marines volunteer services in Crystal Coast community

Cpl. Kimberly Everson
Globe staff

Beach and Terminal Operations Company, 2d Landing Support Battalion, 2d Force Service Support Group volunteered its services to the Carteret County community recently.

Crystal Coast Habitat for Humanity dispatched the Marines from BTO Co. to eight different sites in the community. Marines helped in projects such as tutoring high school students, painting houses, inventory, serving food in a soup kitchen, and tearing down an old warehouse.

"When Marines volunteer they always get so much done because they hustle," said Karla Zahradka, administration assistant, Habitat for Humanity.

Habitat for Humanity is an organization that builds low-income housing all over the world. Labor is donated by volunteers and the cost of materials is paid back through a no-interest mortgage. The organization also places volunteers in schools and other areas throughout the community.

"We were scheduled to do construction work on three different houses but due to the weather we used our alternative indoor plan," said CWO3 Paul J. Smith, platoon commander, Shipping and Receiving Platoon. "Even though the weather was bad the Marines were still working together to finish the mission."

Volunteering to help out the community not only helped the community but taught the Marines to work together as a team and taught them corps values.

"Today showed that we have teamwork because we were all working together as one," said LCpl. Michael Lowe, BTO Co.

The Marines had a look of satisfaction on their face as they worked to serve the community.

"My personal satisfaction is getting the Marines to do a project and knowing that they love what they are doing," said Smith.

Though the weather was bad the day was an overall success. Smith plans on having a volunteer day once a month. "I'm really excited that we had the opportunity to do this. I want to thank the Marines who volunteered and 1st Lt. Anthony A. Starner, commanding officer, BTO Co., for giving us the opportunity to share with the community."



Cpl. Kimberly Everson

PFC Shanna Fuhrman, 2nd platoon adds a coat of paint to a house in which the Marines volunteered their time and energy.



Cpl. Kimberly Everson

PFC William Wetmore and LCpl. Ronnie Threewitt, 3rd platoon, inventory and organize the Habitat for Humanity warehouse.

'Fender lift' creates FAVs from World War II-era utility vehicles

Sgt. J. J. Rodriguez
Globe staff

Ten World War II-era Jeeps are currently getting a "fender lift" by Marines from Motor Transportation Maintenance Company, Maintenance Battalion, 2d Force Service Support Group.

In years past the Jeeps were used as medium transport vehicles and served the same purpose as High Mobility Multi-purpose Wheeled Vehicles (HMMWV) do today without the HMMWV's weapons capabilities. Their capabilities extended from transporting unit commanders to use as messenger vehicles. They were useful during their time, but times change and so did the Marine Corps.

The Jeeps were sent here from Marine Corps Logistics Base, Albany, Ga. where they were stored specifically for the purpose of resupplying Marine Expeditionary Units with Fast Attack Vehicles, according to CWO2 Troy Weiss, maintenance management of-

ficer, MTM Co. "The Fast Attack Vehicles (Jeeps) wear down periodically from normal use by MEUs. That's when we get tasked with remodeling them."

Gun mounts had to be welded to the roll bar frame to make the vehicles capable of carrying weapons such as the M240G medium machine guns, the M2 .50 caliber machine guns or the Tube Launched, Optically Tracked, Wire Guided (TOW) missile weapon system. Only four of the 10 jeeps were converted to accommodate TOW systems.

Another modification was the replacement of the small stock tires and the incorporation of high performance shocks and springs. New larger and wider tires, along with shocks and springs, allow the FAV teams to approach objectives at high speeds in any terrain, Weiss said.

One issue addressed when turning Jeeps into attack vehicles was safety. The old lap belts were taken out and four-point safety harnesses were bolted down to keep drivers in place.

Minor modifications include the removal of the spare tire and extra gasoline can. This allowed room to place machine gun ammunition. The windshields were also removed for better visibility.

The final touch, which completed the transformation, was a new paint job. Once the paint dried the jeeps look like lean, mean fast-attack machines.

Taxpayers can breathe easy about this modification program. "The cost is really low," said Weiss. "It would cost a lot more to modify (HMMWVs) to be airlift capable."

The Jeeps cost \$3,137 each when the government originally bought them. Most of the parts, except for the seatbelts, springs and shocks, can be obtained from the military supply system. Some of the parts also came

from other unserviceable FAVs. "The Jeeps are a good deal compared to the \$24,000 (HMMWVs)," Weiss added.

The vehicles arrived at MTM Co. Dec. 1996. Once remodeled, the FAVs will be given to the 22nd MEU Combined Anti-Armor Team. There they will be put to their intended use as Fast Attack Vehicles, capable of airlift insertion.



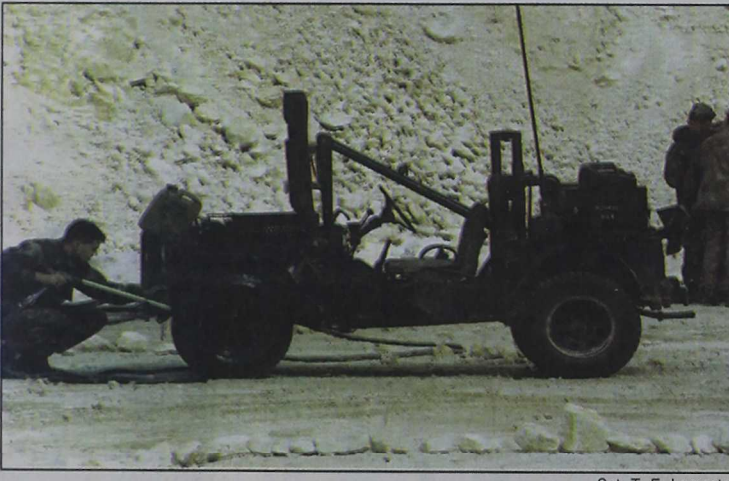
Sgt. J. J. Rodriguez

LCpl. Konstantinos Chrysomalis bolts a safety harness to the frame of an FAV.



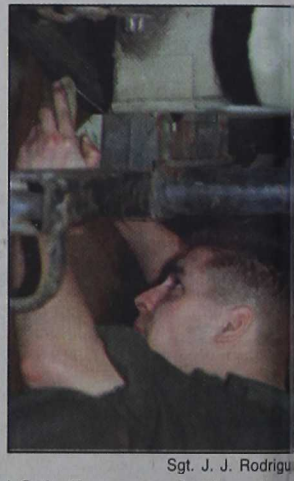
Sgt. T. E. Lemaster

The 'fender lift' modifications allow the Combined Anti-Armor Teams within the MEUs to use the Jeeps in a variety of ways.



Sgt. T. E. Lemaster

The FAV's origins are still visible under the layers of modifications, but its capabilities have been greatly expanded.



Sgt. J. J. Rodriguez

LCpl. Francisco Guillen Jr., mechanic with MTM Co., works on front-end modifications for an FAV.

2d MarDiv implements transformation program

Sgt. Lance M. Bacon
Globe staff

The 2d Marine Division has begun to implement the Commandant's transformation and unit cohesion initiatives by educating its Marines on the program and its requirements.

The initiatives are in keeping with Gen. Charles C. Krulak's intent to recharge the Core Values of honor, courage and commitment throughout the Marine Corps. That intent was recently highlighted by the creation of "The Crucible" at both Marine Corps Recruit depots. Though The Crucible has become a focal point of sorts, it is only one facet of the transformation and unit cohesion initiatives.

"The transformation concept goes from the point an individual enlists in the Marine Corps through their career, whether that be four or 30 years," said Lt. Col. Christopher J. Gunther, assistant chief of staff G-1 (administration), 2d MarDiv. "The transformation is not confined to one event or achieved in a short period; it is a work in progress."

By design, the initiatives are an improvement in the way an individual is transformed into a Marine. That transformation will begin the day a person enlists in the Marine Corps, as they will be taught the likes

of the core values, Marine Corps heritage and physical fitness before they even enter recruit training.

At the recruit depots, the individuals will build on that knowledge and lay a foundation of teamwork which will culminate with The Crucible. The grueling 54-hour event will not only assist in transforming the recruit into a Marine, but will also show that transformation process take place.

In the Fleet, the Marines will receive further training that is currently being implemented throughout the Marine Corps. The training which will focus on promoting the core values of honor, courage and commitment, as well as producing and sustaining the "whole" Marine who is physically, mentally and morally fit.

"I expect Marines to epitomize that which is good about our nation and to personify the ideals upon which it was founded. I do not intend for honor, courage and commitment to be just words; I expect them to frame the way we live and act as Marines," Gen. Krulak said of the initiatives.

In addition to promoting and demanding that Marines uphold these traditions, Marines new to the Corps will have another tool with which to succeed — they will receive this training as an already-cohesive unit.

This teamwork concept begins at the recruit depots where the Marines, for the most part, will

create a unity that will continue throughout their initial enlistment. Following recruit training they will attend formal schools together and will eventually be assigned to the same unit, creating an even stronger foundation of teamwork and camaraderie that has proven successful for more than 220 years.

The result of these initiatives will be an individual Marine who takes the ideals the Corps holds dear to an entirely new level, and a unit cohesion that is stronger than has ever been known.

"These qualities have always been present in the Corps. I don't think you could mention these topics to a Marine from any era and have him look at you without understanding," Gunther said. "With these initiatives, however, we will heighten those values and unit cohesion. It is not a way of saying that something is wrong with the Marine Corps, but instead a way of enhancing it. We're always looking to do things better, and this program is only a result of that effort."

The aforementioned values have indeed always been a hallmark of the Marine Corps. The 13th Commandant of the Marine Corps, Maj. Gen. John A. Lejeune, once defined Marines as "...the descendant of a line of heroes, the bearer of a name hailed as foremost in the annals of his country, the custodian of a long cherished reputation for honor, valor and integrity."

But while those values have remained, the

means by which to achieve them has changed greatly.

The Marine Corps is again faced with a post-war drawdown which has left the noncommissioned officer ranks in need. That is a deficiency the Corps has adapted to many times. On the other hand, society has changed considerably in the past 20 years, which is the root of many values and morality issues, according to Gunther.

"Society as a whole no longer upholds many of the values it once did, while the Marine Corps has remained an institution which accepts nothing but individuals of the highest caliber," he said. "For example, society doesn't promote a zero-tolerance for drug use like the Marine Corps, and people are able to achieve reasonable success without putting forth a full effort."

Despite the challenges, the Corps must focus on the future and in finding the means with which to overcome these obstacles. Only then can Marines continue to embody all that is good about our country, according to Gunther.

"We as Marines must recognize where our young Marines are coming from, and ensure that our Core Values and character development are embedded in them," he said. "By doing so we will only enhance our Corps as an organization, as a fighting force, and we will return to society a better individual."

"I expect Marines to epitomize that which is good about our nation and to personify the ideals upon which it was founded."

Gen. Charles Krulak

"Society as a whole no longer upholds many of the values it once did, while the Marine Corps has remained an institution which accepts nothing but individuals of the highest caliber."

Lt. Col. Christopher J. Gunther

'Chew' a threat to children's health

Printed by permission of the American Dental Association

When a young boy gazes in awe at his favorite baseball player, he sees more than pitcher's technique. He may see the player sporting a wad of chewing tobacco in his jaw.

In an effort to be like his hero, a younger might start using smokeless tobacco, not knowing its serious health consequences. Millions of youngsters see the use of smokeless tobacco as glamorous.

Forty-five percent of America's premier professional athletes use smokeless tobacco, and many more are role models for kids.

Young people, even as young as eight or nine years old, are influenced to experiment with "snuff" by users such as baseball players and coaches, friends or family members. Known also as "chew," "dip," "ch," "plug" or "dirt," smokeless tobacco is the same addictive qualities as cigarettes.

More than 50 percent of those who use smokeless tobacco developed the habit before they were 13 years old.

More than 12 million Americans use smokeless tobacco, with three million under the age of 21. Of these three million, most are teenage boys. However, girls have picked up the habit as well.

Up to 50 percent of children in some communities have used spitting tobacco.

Users of smokeless tobacco risk severe health problems, including high blood pressure and increased tooth decay, because many smokeless tobacco products are high in sugar and contain high concentrations of cancer-causing agents.

Other effects of smokeless tobacco use are mouth sores, receding gums, stained teeth, and pre-cancerous white leathery patches in the mouth. Gums that have receded leave tooth roots exposed and more likely to become decayed or sensitive to extreme temperature changes.

Long term smokeless tobacco users run a 50 percent greater risk of developing oral cancer, which causes 10,000 deaths a year in the United States alone. Snuff consumption is on the increase, while consumption of all other tobacco products is dropping. Some experts are predicting an oral cancer epidemic by the year 2000 or 2010.

Like cigarettes, smokeless tobacco is habit-forming and difficult to give up. If you have or know children who use smokeless tobacco, strongly urge them to stop. Convince them there isn't much appeal in being with someone who is always spitting a brown liquid that looks bad, smells worse and causes them serious harm. There's nothing glamorous about such a dangerous habit with such ugly consequences.

Dental Health Month poster contest

February is National Children's Dental Health Month. To celebrate, a poster contest will be held for children ages 4-12.

The contest will run Feb. 3-18, and posters created will be displayed at the Base Library throughout the contest.

Two age categories will be judged: ages 4-8 and ages 9-12. Major General P. G. Howard, Navy Capt. Kvaska and Sgt. Maj. A.T. Carver will select winning posters Feb. 20.

Winners will be notified and invited to the Main Exchange Feb. 21 for presentation of prizes.

Prizes are as follows:

- ◆ 1st place in each age group: \$50 savings bond donated by Coastal Carolina Dental Society.
- ◆ 2nd place: \$20 MCX gift certificate.
- ◆ 3rd place: \$10 MCX gift certificate.

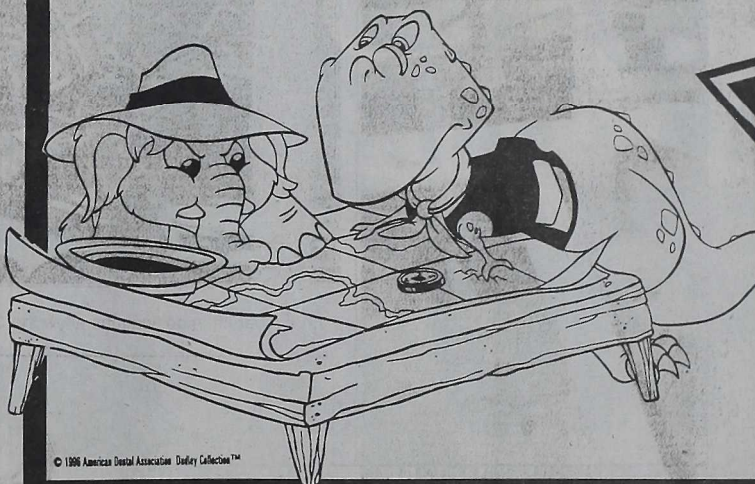
Posters can not be larger than 11" by 14". Full name, home and work phone numbers and social security number of artist must be on back of each poster.

Posters will be turned in to the Base Library.

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Did You Know?

(NAPS)—To protect your eyes from the dangers of working in and around your home, Titmus Optical, a leading manufacturer of protective eye wear, has developed a line of attractive eye wear called Safespecs.

To avoid "some assembly required" tables with a new computer, considering a Gateway.

The trade group that represents local broadcast TV stations collecting a multi-million dollar "war chest" to stop satellite program sellers from illegally delivering television broadcast network (ABC, CBS, NBC, PBS, etc.) signals via satellite.

The number one sparkling mineral water in restaurants is in Pellegrino.

Local bookstores now carry the paperback 3" Rock From the Sun: The Official Report on Earth by High Commander Dick Lomon (HarperPerennial, 2.95).

A class of herbicide chemistry developed by American Cyanamid Company, imidazolinones, are



considered compatible with the environment.

A topical antibacterial, Emgel Topical Gel from Glaxo, is often recommended to adult women with acne outbreaks.

Baseball star Roger Clemens recently visited patients at the Boston Shriners Burns Institute.

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SCIENCE

Using Wartime Technology For Public Safety

News USA

(NU) - Researchers at Lawrence Livermore National Laboratory long ago discovered a way of detecting land mines by measuring the infrared radiation they give off. But recently the same technology has been adapted for use outside war zones — on the nation's bridges, in fact.

Called dual-band infrared computer tomography, the technology will be mounted on trucks and driven over the bridges to locate cracks and corrosion.

"Ours is the first dual-band mobile system for analyzing bridge decks," says Phil Durbin, project leader for the system. "It makes bridge inspections

faster, safer and more thorough."

Current bridge deck inspection involves closing down lanes, dragging a chain over the deck and listening for odd sounds. Inspectors also visually look for rust stains in girders, potholes, cracks or broken pavement.

Livermore's new system does not require lane closings, and detects faults in their earliest stages, allowing for cheaper repair. Experts estimate millions in highway costs can be saved by finding flaws when they are small.

The prototype of the Lab's dual-band mobile system will be tested on bridges across America this summer.

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Area rabies cases on rise

Pet owners should vaccinate pets to prevent deadly viral infection

Cpl. Chris Irvine
Globe staff

If your dog or cat spends a lot of time outside it may have been exposed to a deadly virus—rabies. Rabies is a viral disease that attacks the central nervous system and is fatal. While the chance of humans contracting rabies is fairly remote, a pet's chance of getting this disease is much higher.

The disease is spread mainly through exposure to infected bodily fluids. For example, if your cat or dog is out, has a fight with a raccoon and gets bitten, there's a very good chance that it has been exposed to the virus. In North Carolina, 79 percent of raccoons captured have tested positive for the rabies virus, according to Army Capt. Boris Brglez, commanding officer of Camp Lejeune's Veterinary Service Support District. The explosive growth of this disease shows no signs of slowing down. During 1995 rabies cases rose 250 percent from the previous year. Numbers from 1996 show that rate of infection continuing to explode.

Brglez said that due to the alarming numbers, Camp Lejeune residents should use care handling pets and wildlife. "While rabies in humans is pretty rare in the U.S., the disease can be transmitted from animals to humans by a bite or a scratch. Pets are one way for people to get rabies. To be safe, people should not let their pets roam."

The symptoms of rabies are hard to spot and only become apparent in the terminal phase. "If your animal got rabies today you probably would not notice the symptoms until six months later, during the terminal phase of the disease."

The terminal phase usually lasts for about 10 days and is visually apparent when the animal has seizures and froths at the mouth. While all infected animals die, according to Brglez, vaccinating your pet can prevent infection before it kills your furry family member.

The list of animals to be wary of is long and varied. Dogs, cats, skunks, ferrets and many other carnivores are common sources of rabies.

If you're a base resident and you get bitten, scratched, or come into contact with the

animal's urine, tears, or saliva, you must report the incident to the Camp Lejeune Naval Hospital Emergency Room. If you live off base, you are required to report a bite incident immediately to the Onslow County Hospital Emergency Room. Having a detailed description of the animal that has bitten you is also very important.

Humans have a major advantage that animals do not, a post bite vaccine. Yet time is of the essence.

If the infected animal cannot be found within 10 days of biting a person, a post-exposure rabies vaccination must be given to

protect the victim from any possibility of contracting the disease. After the first 10 days, the effectiveness of the vaccine cannot be guaranteed. Once full blown rabies develops in humans, it is always fatal.

If the animal that caused the bite is found, it is examined under quarantine for 10 days. If the clinical signs of rabies are not apparent after the quarantine period, it is re-examined by a veterinarian and given a rabies vaccination.

According to Brglez, vaccinating your pet from rabies is a key factor in protecting it and your family from the rabies virus. Additionally, it is a base order that all pets on Camp Lejeune must be vaccinated. If you're interested in having your pet vaccinated, The Base Veterinary Clinic is having a free vaccination clinic Feb. 1, March 1 and March 15.



With rabies cases increasing in North Carolina, don't forget to properly outfit your pet. Protect your furry friend from an early demise, vaccinate against rabies annually.

Ceremony 'naturally' held aboard base

Naturalization creates 109 new U.S. citizens

Cpl. Kimberly Everson
Globe staff

The United States gained 109 new citizens when Camp Lejeune held its first Administrative Naturalization Ceremony at the Base Theater Jan. 23.

The ceremony benefited area residents by eliminating the need to travel to Fort Bragg or Charlotte, N.C. It also saves taxpayers money by conducting the ceremony in a government facility.

"Holding the ceremony at Camp Lejeune adds dignity. There's nothing like a military presence: it just can't be duplicated," said Charles S. Cross, supervisor, district adjudication's officer, United States Department of Justice, Immigration and Naturalization Service, Charlotte, N.C.

The ceremony included comments from Col. J. T. Murray, chief of staff, Marine Corps Base, music by 2d Marine Division Band, and the posting and retiring of colors. Following the ceremony, the newly naturalized citizens, both military and civilian, were treated to cake and punch.

"You can't get much more patriotic and impressive than this," said Pat Millush, a location assistant, immigration specialist, Family Service Center.

Civilians naturalized in the ceremony were equally as impressed with the military involvement.

"It was a wonderful ceremony," said Mahnaz Rahmani, formally a citizen of Iran. "I love to be a U. S. citizen."

Rahmani's mother and brother also became citizens. The family followed the eldest sister to North Carolina 17 years ago and recently decided to apply for citizenship.

"We have been here a long time. One day we were all together and decided that we wanted to be citizens," said Missag Rahmani.

Mahnaz was overjoyed to be a part of country where she had religious freedom.

"There is a very beautiful Bahai (New World Religion) temple in Chicago," she said. "I can be a part of this religious freedom now."

The family matriarch, Nowraste Ruhmani, was excited to have her family with her on such an important day.

"I'm very happy my children are here," she said. "This is a very good civilization, thank you very much."

The next naturalization ceremony will be April 3. If you have any questions on how to become a citizen please contact Pat Millush by calling 451-5340 ext. 108.



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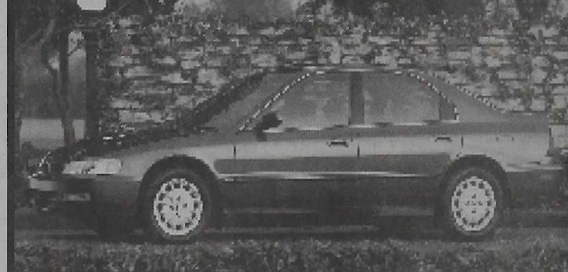
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Intimely Start Of Spring Pollen Season Confuses Allergy Sufferers

(NAPS)—Scientists say some parts of the country have already started their first robin and are experiencing warm weather conditions, while others have yet to see any green growth. In fact, projected climatic data indicates that majority of the country will experience an abnormal spring pollen season this year, which may confuse many nasal allergy sufferers.

"The most irregular pollen season will occur in California and the Southwest, Midwest and the d-Atlantic region," said David Enz, vice president and director research for Multidata, Inc., a Minnetonka, Minn., firm that monitors pollen counts and climatological trends. "Weather trends indicate this spring pollen season may catch some regions by surprise, while others may not have worry about pollen for quite some time."

Pollen counts can be helpful indicators of nasal allergy symptom severity. Seasonal allergic rhinitis (nasal allergy) sufferers in the southwestern states, including California, Arizona, Nevada, Utah, Texas and New Mexico, are encountering pollen earlier this year than last due to above-normal temperatures. In contrast, the chill from this winter's blizzard and below-normal temperatures may delay the coming of cherry trees in our nation's capital, a sign of spring in the mid-Atlantic states. According



to Multidata, the same holds true for the Midwest.

"The springtime is often a mixed blessing," said Jason Flournoy, a seasonal allergic rhinitis sufferer from Dallas. "While it's great to be outdoors, the warm weather also has triggered allergy symptoms that make me miserable."

This spring, seasonal allergic rhinitis patients may want to try FLONASE® (fluticasone propionate) Nasal Spray, a water-based, once-a-day, anti-rhinitic prescription nasal spray that is indicated for the treatment of seasonal and perennial allergic rhinitis in patients 12 and older. FLONASE is not indicated for the treatment of nonallergic rhinitis.

"For seasonal allergic rhinitis patients with nasal congestion," said Dr. Bill Lumry, a Dallas allergist, and a FLONASE clinical investigator, "a topical nasal steroid, such as FLONASE, can be very effective." In fact, in clinical

studies FLONASE has been shown to provide more days of nasal allergy relief than Claritin® (loratadine) tablets from symptoms associated with hay fever, including sneezing and runny nose.

Two recent randomized, double-blind, double-dummy, parallel group, multicenter studies compared FLONASE 200 mcg once daily and Claritin 10 mg once daily for the treatment of seasonal allergic rhinitis (hay fever). In both studies, patients treated with FLONASE reported more nasal symptom-free days from symptoms associated with hay fever than those who received Claritin.

FLONASE works by reducing the inflammation of the nasal passages, thereby relieving the accompanying nasal symptoms. Antihistamines, used by many allergy sufferers, relieve some allergic symptoms but do not treat one of the primary causes of patient discomfort—inflammation.

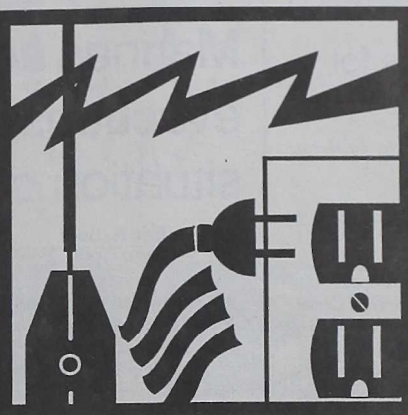
Patients should use FLONASE at regular intervals as directed since its effectiveness depends on its regular use. Drug-related side effects experienced by patients in clinical studies of FLONASE, including nasal burning and irritation, nosebleeds, sore throat and headaches, occurred in fewer than seven out of 100 people.

For more information and a \$5.00 rebate coupon, allergy sufferers can call 1-800-6-FLONASE (1-800-635-6627).

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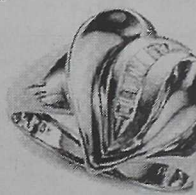


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Marine Corps Exchange

-AN MWR ACTIVITY-



WINTER GRILLING

One Tool for Good Health Is in Your Backyard

(NU) - Is there any secret to preparing healthier food during cold weather, when it's very tempting to stay inside close to the fire?

The key to better eating might be sitting outside in your backyard right now. Here's an idea: move a fire outside and try your hand at winter grilling.

For more inspiration, check out "Chicken and Other Poultry," a new, fully illustrated book by the grilling experts at Weber. The book is part of the "Grill by the Book" series published by Sunset Books and available at bookstores, home centers and hardware stores.

Other titles include "Steaks, chops and Burgers," "Fish and Shellfish," and "Weekday Meals."

"Chicken and Other Poultry" offers more than 40 new recipes using a variety of flavors and spices from around the world. The book includes instructions for marinades, bastes, sauces and salsa to perk up your meals. And it addresses the all-important subjects of testing for doneness and food safety.

Weber's experts make grilling poultry so easy you'll graduate from chicken to turkey in no time. Then, you'll want to try this recipe for Turkey Tenderloins with Raspberry Glaze.

Because turkey tenderloins cook quickly on the grill, they're perfect for days when time is short. The raspberry glaze locks in natural juices during grilling and doubles as a sauce.

Turkey Tenderloins
With Raspberry Glaze
(Makes 4 servings)
1/2 cup seedless raspberry jam
6 tablespoons raspberry vinegar
1/4 cup Dijon mustard
1 teaspoon grated orange zest
1/2 teaspoon fresh or dried thyme
4 skinless, boneless turkey breast tenderloins (about 1 1/2 pounds)
Salt

In a 1- to 1 1/2-quart pan, whisk jam, vinegar, mustard, orange zest and thyme. Boil over high heat, stirring until reduced by about a fourth and slightly thickened (about 2 to 3 minutes). Set aside 1/2 cup of the glaze.

Rinse turkey and pat dry. Brush with some of the remaining glaze. Arrange meat on cooking grate. Place lid on grill.

Cook, turning once and brushing with remaining glaze halfway through cooking time, until meat in thickest part is no longer pink (10 to 12 minutes; cut to test). Serve with reserved glaze. Season to taste with salt.

Per serving: 305 calories (4 percent from fat), 1 g total fat, 106 mg cholesterol, 460 mg sodium, 27 g carbohydrates, 0 g fiber, 42 g protein, 28 mg calcium, 2 mg iron.



News USA

HEALTH

Evict Lice From Your House

(NU) - Eliminating lice in your house can be a never-ending job if you're not willing to become a nit-picker. Breaking the lice cycle can be a tough job, but the key is making certain all the lice eggs are gone.

When lice strike a household, everyone is both surprised and horrified: "It's not supposed to happen to me." But with small children, it can and will. Lice travel to all homes, mostly with small children. It's not a sign of hygiene — it's just what's going around.

Unfortunately, lice will continue to be a problem in your house unless you do the following:

- Kill the lice on all infested individuals with an over-the-counter lice-killing shampoo.
- Remove the eggs, also known

as nits. Egg removal is the only way to tell that the job is complete. This nit-picking also ensures that you can identify a reinvasion.

• Stay lice-free. This means washing linens and personal items that can be cleaned in hot water, then drying on hot. It also means thoroughly vacuuming all surface areas and discarding the bag promptly. Plus, any items such as soft toys that can't effectively be washed or vacuumed should be bagged and sealed for two weeks.

This three-step process can "break the lice cycle." Now, Clear lice egg remover can quickly loosen nits for easier comb-out.

For more information and a special brochure on breaking the lice cycle, call (800) 783-1919.

Paid Advertisement

The Marine Family:

Marriage enrichment

Workshop prepares Marines for life with families

Editor's note: This is part of a continuing series of articles on Marine Corps Families. Next week: Family Budgeting.

Cpl. Kimberly Everson
Globe staff

Recently married or soon-to-be married couples have the opportunity to attend the Marriage Preparation workshop at the Family Service Center. The workshop is a two-day program designed to provide information to couples who are planning to marry or have recently married.

"We try to give the couples all of the resources that are required for a successful marriage," said Lee Tuthill, military support coordinator, Family Service Center.

Topics discussed during the workshop include: trust in relationships, consumer skills and budgeting, stress management, medical and sexual aspects of marriage, domestic violence, legal issues, New Parent Support Program, family separations, alcoholism, and religious aspects of marriage.

Classes are presented by qualified experts who are there to provide information and help answer any questions couples may have.

"The instructors open the couples' eyes to any encounters that they may come across and provide logical solutions," said Tuthill.

The Trust in Relationships class is important for couples in the military because of the possibility of long separations, due to deployment.

"Trust is a building block for a successful marriage," said Tuthill. "In the military, when deployments are an issue, it's important that trust is a part of the relationship."

Books and movies on how to have a successful marriage are also suggested for couples looking to enhance their marriage. Many of the books stress the differences between men and women and allow couples to learn about how the other thinks.

"Some of the material can be controversial so we suggest not recommend. There are many resources that we encourage them to look for," said Tuthill.

After being married for about six weeks, LCpl. Nicole Mondy, Military Police Company, Headquarters Support Battalion, Marine Corps Base, and husband Terrance Mondy found that marriage life wasn't all it was cracked up to be and enrolled in the workshop.

"Commands should force Marines to go," said Nicole. "It was an excellent class, I would recommend it to anyone."

"Some of the reading material really helped me understand my wife," said Terrance. "Since the workshop everything has been great."

The workshop is held once a month for two days. There is also a night time class held at Court House Bay. Free child care is available for families, but requests must be made in advance by calling 451-2874.

To register call 451-5340 ext. 100 or 101. The next workshop will be Feb. 20-21.



1/6 helps refugees in Operation Pacific Haven

Marines assist Kurdish evacuees in real-world situation on Guam

2nd Lt. Eric R. Dent

Joint Information Bureau, Operation Pacific Haven

On New Year's Eve, 150 Marines from Company B, 1st Battalion, 6th Marines, arrived at Andersen Air Force Base, Guam, but they weren't there for a celebration.

The Camp Lejeune-based Marines had been forward-deployed to Okinawa for training, when a real-world situation transpired—Operation Pacific Haven.

Joint Task Force Operation Pacific Haven is a humanitarian mission providing a safe haven for Kurdish evacuees, while they are processed for political asylum into the United States.

Marine Forces-Pacific Haven are operating the evacuee community of

Tiyan, an abandoned naval housing facility approximately 25 miles south of Andersen.

"The Marines from 1/6 made a seamless transition into this operation," said Marine Forces-Pacific Haven Commander Col. Frank W. Hicks. Three hundred fifty Marines and Sailors of the III Marine Expeditionary Force arrived in Guam Dec. 2 to operate a second camp to ease the overflow of Andersen South, the first camp, which is an abandoned Air Force housing facility five miles south of the main base.

"We are excited to be here. This operation is going extremely well," said Capt. J. Scott Alley, company commander. "Our primary mission here is to provide security for the evacuee community, but we are also assisting in the processing of the Kurds."

"It is exciting taking part in a humanitarian operation. The evacuees are really appreciative of our efforts. They are really grateful," said LCpl. Ron P. Geri. "The Kurdish children are extremely friendly. They always come over to us, laughing and smiling."

Lance Corporal Jason Y. Liddle, a squad leader, said, "Last night I escorted a man and his wife to the hospital. She was severely dehydrated. The doctors and nurses at the naval hospital took good care of her. Her husband kept saying, 'thank you, thank you.'"

"It really made me feel good, because we are really taking good care of them," he said.



LCpls. Jason M. Hobert and David J. Bauman, infantrymen, patrol the perimeter of Camp Tiyan, the evacuee housing annex in Guam.

6th Marines adapt, improvise in field

Sgt. J. J. Rodriguez
Globe staff

Anti-tank assaultmen and demolitions experts from 3d Battalion, 6th Marine Regiment, 2d Marine Division, with the aid of combat engineers from 2d Combat Engineer Battalion, shook the ground as they trained with field expedient demolitions Jan. 23 at Engineer Training Area 4.

This training is necessary because in combat a Marine won't always have the right equipment to accomplish his mission, according to Cpl. Peter Thibodeaux, instructor, 2d CEB.

Throughout history Marines have been known to overcome obstacles by adapting and improvising. Today, that sentiment remains the same.

"You work with what you've got. If you don't have a claymore mine, then you make a mine," said 1st Lt. Shawn Swanson, Weapons platoon commander, L Co., 3rd Bn., 6th Marines.

At ETA 4, the Marines learned how to shape C-4 explosives to simulate booby traps, bangalore torpedoes, shape charges and claymore mines.

When improvising, Marines are only limited by their imagination. In one case, combat boots were filled with C-4 and set off. Booby traps like these were used in Vietnam.

In another the top half of a two-liter bottle was packed with explosives to simulate a shape charge. The cone shape of the bottle, or any other similarly shaped object, concentrates the force of the explosive in one direction. Shape charges are designed to cut through specific objects or make holes in walls when performing operations in an urban environment.

To simulate a claymore mine, Marines filled an ammunition can with explosives and metal debris. They call it a grape shot. It is designed to cause serious damage to troops and small tactical vehicles. This specific grape shot was aimed at a 100-pound log.



Marines made several field expedient explosives, including this Bangalore torpedo facsimile made out of engineer stakes.

When the explosive went off, most of the metal pieces flying in lateral directions — the same way a bangalore clears a path through mine fields.

"If that would have been aimed at a HMMWV (High Mobility Multi-purpose Wheeled Vehicle) it would have gone through the canvas, killing everyone inside," said instructor Cpl. Jeff Denninger.

Finally, two metal engineer stakes were taped together and filled with C-4 to simulate a bangalore torpedo.

The blast from that explosion sent small metal pieces flying in lateral directions — the same way a bangalore clears a path through mine fields.

Infantry demolitions experts usually work in small teams. They employ explosives during ambushes, or to clear a path through mine-laden roads, using everything within their imagination to accomplish the mission.

www.huh?

by Doug Gillert
Armed Forces Press Service

Off-ramp to Black History

WASHINGTON — A rich microcosm of history, culture, arts, entertainment and education awaits Information Highway cruisers looking for the Internet off-ramp to African-American heritage.

The achievements and contributions of black Americans unfold in hundreds of sites on the World Wide Web. Researching this column, I followed at least a dozen routes, each as fascinating and informative as the next. What follows is only a sampling of available web sites. Cruising the Internet is a subjective endeavor, and these were the sites I found most intriguing at the time. Future explorations, I'm sure, would lead me — as they will you — in many different directions. But keep in mind: There's no singularly best way to explore the African-American experience on the Internet. Just click — and let your mind take over.

Mine led me to Yahoo.com, the web search engine I usually start with. There, I clicked on the subcategory listing "Social Science" and then requested a search of sites related to the term "African American." The search produced more than 400 sites. My journey into America's black heritage had begun.

First stop: African American Studies (http://www.yahoo.com/Social_Science/African_American_Studies/). Major categories under this heading ranged from the civil rights movement to minority interest groups.

I selected civil rights and clicked — a timeline of the American civil rights movement caught my eye; it was created in honor of Martin Luther King Jr., according to site information. I went there (<http://www.wmich.edu/politics/mlk/tm.html/>).

The site, provided by Western Michigan University, links to articles about landmark events in the civil rights movement, from the Brown v. the Topeka Board of Education Supreme Court decision in 1954 to the pivotal march to Selma, Ala., in 1965.

From here, I backtracked to the Yahoo homepage and started over in a different direction — this time entering the "Society and Culture" subcategory.

I did another search for Black History Month and got more listings for "African Heritage." But I also got some for Black History Month — and there I went.

One of the bigger sites under this category belongs to the giant multimedia corporation Time-Life, Inc.: "Pathfinder" (<http://pathfinder.com/@yZwPLwQAHM@FwMrD/pathfinder/features/blackhistory/index.html>).

To enter Pathfinder, click on any image or word in the homepage montage; for example, "Austin Hansen and the Photographic Center of Harlem." A brief biography and sampling of Hansen's photographs follow. Hansen died in January 1996 after capturing on film six decades of everyday life in Harlem. The center named for him conducts a nonprofit school and studio "dedicated to teaching the art of photography to the children, young people and elderly of Harlem and other New York neighborhoods."

Try "NeTLinks!" (<http://www.netlinks.net/NETLINKS/AFRO.HTML>), where I encountered "a celebration of Afrocentricity on the World Wide Web." This site hails from Canada, offering a whole different world of web sites and resources.

Enter "NetNoir On Line" (<http://www.netnoir.com/index.html>). This site offers great promise with its exclamatory welcome, "The Celebration Begins!" Click on "Spotlight," for connections to historical articles that chronicle black history, from "The First Africans" to the late 20th century. According to site authors, educator Carter G. Woodson conceived the idea — in February 1926 — of setting aside time to recognize the achievements of black Americans.

Click back to the NetNoir home page, then click on "Empowerment." Here you can read a colorfully illustrated Ashanti legend of "How Stories Came to Earth." This delightful children's tale introduces Kawku Anansi, a heroic trickster spider-man and central figure in many West African stories.

There are many stops along the Information Highway, each providing entry to wide vistas and a virtual rainbow of people and ideas. Like America's interstates, this road can be driven nonstop at high speed. But if you take the time to get off the main highway occasionally, you will discover whole new worlds.

Comments or questions? Drop me a line at djgille@hq.afis.osd.mil.

Spicy Memories



(NAPS)—What is it about gingerbread? Its spicy aroma brings to mind those special memories. The smell permeates the house and makes everything seem warm and cozy. Now you can make this wonderful treat even more tasty and memorable by adding the unique flavor of cranberries.

Warm cranberry compote—the tartness of cranberries combined with the sweetness of pineapple and brown sugar—makes a mouthwatering combination. Add to that cinnamon and nutmeg and you have a perfect complement to the bold taste of gingerbread. Top it off with whipped cream and a delectable dessert has been created.

So, whether it's family or friends dropping by, warm their hearts and stomachs with the traditional flavors of fall—gingerbread and cranberries.

GINGERBREAD WITH WARM CRANBERRY COMPOTE

- 1 14.5-ounce package gingerbread cake mix
- 2 cups OCEAN SPRAY® Fresh or Frozen Cranberries
- 3 cups pineapple chunks, cut in half
- 1 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Whipped cream

Prepare gingerbread as directed on package. Cool completely. Combine remaining ingredients, except whipped cream, in a medium saucepan. Bring mixture to a boil and cook just until the cranberries begin to pop, stirring frequently. Cool sauce slightly. Spoon warm compote over each serving of gingerbread. Top with whipped cream. Makes 9 servings.

FREE THINGS TO SEND FOR

(NAPS)—For scholarship delines and other information about the \$15,000 Norelco Triple-Award Scholarship, call Scholastic at 212-343-6375.

To learn about a new digital video device and what it may do for your business, write: Texas Instruments Digital Video Products Group, P.O. Box 655012, MS 14, Dallas, Texas, 75265; call 888-DLP-111; or visit the Web site at <http://www.ti.com/dlp>.

Earnings from the GM MasterCard have been redeemed for the purchase or lease of over one million new vehicles, making it the most successful credit card launch ever. For more information on automotive credit cards, call General Motors Card at 1-800-M-CARD.

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For information about the value of medicine in our society, write: Consumer Affairs, Glaxo Wellcome Inc., 5 Moore Drive, Research Triangle Park, N.C. 27709, or call, 1-800-333-3333.



toll-free, 1-800-437-0992.

For smart eating recipes, send a self-addressed, stamped envelope to Quaker Oats Smarter Eating, P.O. Box 430899, El Paso, TX 88543-0899. For information on adding oat soluble fiber to your diet and eating well, visit the Quaker Oatmeal web site at <http://www.quakeroatmeal.com>.

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For Near East Food recipes and product information, call the toll-free number, 1-800-399-4488; or write Consumer Response, Near East Food Products, 797 Lancaster Street, Dept. 9101, Leominster, MA 01453.

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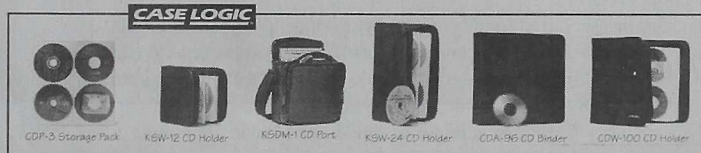


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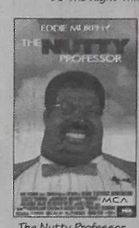
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Waiting to Exhale



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The Nasty Professor



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Happy GROUND-HOG Day

February 2, 1997



Taxtime Q&A

Editor's note: The following is the second 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 1040A?

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

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

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

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

✓ Your only adjustment to income is the deduction for contributions to an IRA.

✓ You do not itemize your deductions.

✓ Your only taxes are:

a. The amount from the Tax Table.

b. Alternative minimum tax.

c. Employment taxes on cash wages you paid to a household employee.

d. Advance earned income credit (EIC) payments, if you receive any.

✓ Your only credits are:

a. The credit for child and dependent care expenses.

b. The credit for the elderly or disabled.

c. The earned income credit.

If you file Form 1040A, you can claim estimated tax payments for 1996 and the exclusion of interest from series EE U.S. savings bonds issued after 1989.

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

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). 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. (except special liberty periods).

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

SPIE FROM 1A

Hanging from 120 feet of rope did not scare any of these Marines. They knew that their harness would hold up to 50,000 pounds, the Stubaï 85 carabiner can hold up to 6,400 in the locked position and the 120-foot-long rope connected to the 10 Marines held up to 24,000 pounds.

"Our worst fear was that the pilots wouldn't extract us," said SSgt. Chris Boyd, 1st team leader, 2d platoon, Co. B. "If everyone keeps their proficiency all the time, we can do this all the time."

Reconnaissance Marines were practicing a reconnaissance patrol during this exercise. Insertions and extractions via helicopters are normally used in forest and jungle environments.

The best part of the exercise is not the fun the Marines have doing it, it's the fact that in a real scenario they wouldn't have to walk or swim out, said GySgt. Mark Clark, 2d platoon sergeant.



Sgt. J. J. Rodriguez

Empty space is all that separates SPIE Marines from the ground.



Sgt. J. J. Rodriguez

An HRST Master checks the hook-up points of a Marine about to go on an operation.

Tonnacliff takes control of MSSG-22

Cpl. Chris Irvine

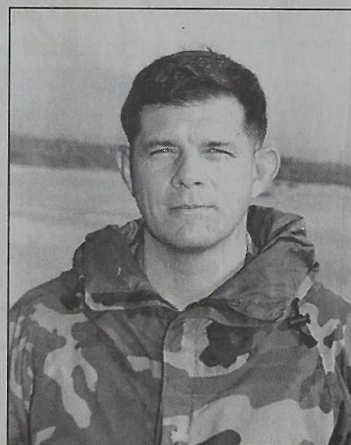
Globe staff

Lieutenant Colonel Brian L. Tonnacliff took command of Marine Expeditionary Service Support Group 22 from Lt. Col. Claude C. Castaing Jan. 22 at the Area Five Gym. Tonnacliff formerly served as Deputy G-3, 2d Force Service Support Group.

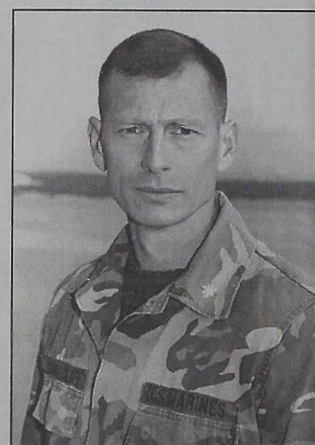
Tonnacliff has served as Air, Naval Gunfire Platoon Commander for the Division Communications Co.; commanding officer, Headquarters Co., 2d Landing Support Bn; Unmanned Aerial Vehicle project officer and Program Manager for UAV Systems, Marine Corps System Command; logistics officer, Marine Wing Communication Squadron 18, 1st Marine Air Wing; action officer, Logistics Plans and Operations Branch, Installations and Logistics Department, Headquarters Marine Corps.

He was commissioned in June 1977, following his graduation from Bowling Green State University in Ohio. His personal decorations include the Navy Commendation Medal with gold star and the Navy Achievement Medal.

Castaing's next assignment is the Naval War College.



Lt. Col. Claude C. Castaing



Lt. Col. Brian L. Tonnacliff

Courts-martial

The following courts-martial were conducted aboard Camp Lejeune during the period of Jan 6 - 16, 1997.

LCpl. Bradley W. Smith, 3d Bn., 8th Marines, was convicted at a special court-martial of one violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 90 days and reduction to E-1.

PFC Robert E. Miller, 5th Battalion, 10th Marines, was convicted at a special court-martial of one violation of Article 86 (Unauthorized Absence). He was sentenced to confinement for 90 days, forfeiture of \$580 pay per month for three months and reduction to E-1.

LCpl. Marlon A. Jenkins, 8th Motor Transport Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, forfeiture of \$500 and reduction to E-1.

PFC Jason J.S. Keiper, 8th Motor Transport Battalion, was convicted at a special court-martial of two violations of Article 86 (Unauthorized Absence), one violation of Article 87 (Missing movement by design) and one violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 100 days and reduction to E-1.

PFC Michael G. Halverson, 8th Engineer Support Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, forfeiture of \$500 and reduction to E-1.

LCpl. Donald N. Charleston, 8th Communication Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to confinement for 30 days, forfeiture of \$250 pay per month for a period of three months and reduction to E-1.

SSgt. Earl Taylor Jr., Headquarters and Support Battalion, 2d Force Service Support Group, was convicted at a special court-martial of one violation of Article 108 (Selling military property) and one violation of Article 121 (Stealing military property). He was sentenced to reduction to E-3.

Cpl. Nathan L. Moore, 8th Communication Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to confinement for 30 days and reduction to E-1.

Pvt. Christopher R. Phillips, 2d Battalion, 2d Marines, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 31 days, forfeiture of \$580 pay per month for a period of three months.

LCpl. Eduardo E. Rodriguez, 8th Motor Transport Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of methamphetamine), a violation of Article 121 (Larceny) and a violation of Article 130 (Housebreaking). He was sentenced to a Bad Conduct Discharge, confinement for 120 days, forfeiture of \$500 pay per month for a period of six months and reduction to E-1.

PFC Jimmy Nelson, 2d Marines, was convicted at a special court-martial of one

violation of Article 86 (Unauthorized Absence). He was sentenced to confinement for four months and reduction to E-1.

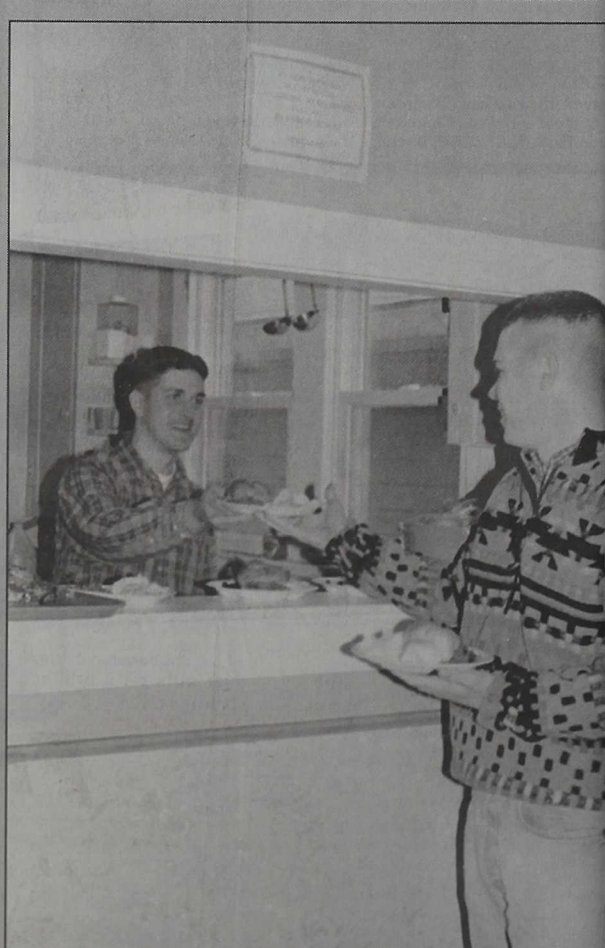
Pvt. Damon A. Moore, 2d Battalion, 10th Marines, was convicted at a special court-martial of one violation of Article 86 (Unauthorized Absence) and one violation of Article 134 (Breaking restriction). He was sentenced to confinement for 90 days and forfeiture of \$580 pay per month for a period of three months.

LCpl. Patrick Z. Whited, 2d Landing Support Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 30 days, forfeiture of \$500 and reduction to E-1.

LCpl. Andre P. Dinatale, 2d Supply Battalion, was convicted at a special court-martial of one violation of Article 112a (Wrongful use of marijuana). He was sentenced to confinement for 75 days, forfeiture of \$500 pay per month for a period of three months and reduction to E-1.

LCpl. Aaron W. Taypor, 5th Battalion, 10th Marines, was convicted at a special court-martial of one violation of Article 86 (Unauthorized Absence). He was sentenced to confinement for 120 days, forfeiture of \$250 pay per month for a period of four months and reduction to E-1.

Petty Officer Third Class Anthony L. Thompson, Field Medical Service School, was convicted at a special court-martial of one violation of Article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge, confinement for 90 days, forfeiture of \$500 pay per month for a period of three months and reduction to E-1.



Cpl. Kimberly Everson

Soup's on . . .

LCpls. Jassen Ruberti and Nash Stuart serve lunch at the soup kitchen in Morehead City. These Marines and others from Beach and Terminal Operations Co., 2d Landing Support Bn. volunteered to help Habitat for Humanity with several projects in Carteret County.

SEE RELATED STORY / 9A

SPORTS

y 31, 1997

The Globe

All-Marine boxers sink Navy

Sgt. Lance M. Bacon
Globe staffBOXING
CHAMPIONSHIPS

The Armed Forces Boxing Championships will be held at Goettge Memorial Field House. Twelve boxers from each of the Armed Forces will take part in this event. It is a single elimination tournament and United States Amateur (USA) Boxing rules apply. Opening Ceremonies will be held at 7:30 p.m. on Monday, Feb. 10. Preliminaries begin at 8 p.m. after the monies. Tuesday night's will begin at 7:30 p.m. All awards will be presented at the conclusion of each bout on Wednesday, Feb. 13. For more info, call 451-2061.

CIVILIANS
ELIGIBLE

Due to a recent policy change, civilian DoD employees are allowed to participate in the base intramural program beginning in March. Information on intramural softball will be forthcoming. Other seasonal programs include golf, soccer, football, basketball, volleyball, skeet, basketball. For more information on Camp Lejeune intramurals, please contact Jim Wiley at 451-2061.

GRAND PRIX
SERIES

Camp Lejeune's Morale, Welfare, and Recreation's Fitness Branch kicks off with Grand Prix Series Lejeune Run and 5K Power Walk at 8 a.m., Feb. 22. Individuals and teams of 5 runners are encouraged to enter. Entry fee is \$10 for military and \$12 for civilians if registered by Feb. 17. Entry forms are available at fitness centers located at French Creek, Airhouse Bay, Camp Geiger, Camp Johnson or by calling (910) 451-1799. Start/finish will be at Goettge Memorial Field House. Upcoming events in the series give the general public a military opportunity to compete in some of the most mentally and physically challenging races on the east coast.

Mar. 15 European Cross Country
Apr. 5 Lejeune Marathon
The Lejeune 5K Run and Power Walk is sponsored by the Jacksonville Daily News. Sponsorship does not include federal or USMC endorsement. For more race details, call Mike Marion, Race Coordinator, (910) 451-1799.

ADVANCED DIVING

Advanced diving classes and trips are offered by Subduction Dive Services through the Area 2 swimming pool. Register now for the next class, Advanced Nitrox, classes are Jan. 30 and Feb. 1. For more information, call 451-44 or 2513.

The All-Marine Boxing Team torpedoed the All-Navy boxers, claiming six of nine bouts in a boxing exhibition held at Goettge Memorial Field House Jan. 23.

The bouts, judged under U.S. Amateur Boxing Federation regulations, were designed to determine what is in store for the Marines at the Armed Forces Boxing Championships, which will also be held at Camp Lejeune, Feb. 10, 11 and 13.

"I'm more aware of where we stand than I was," All-Marine coach Roosevelt Sanders said of the exhibition. "Our conditioning is good, but our confidence was not where it should be. You have to have confidence in what you are doing, and the only way you can have confidence in what you're doing is to practice in the gym and prepare in the ring."

Sanders decided that by putting some of his Marines in the ring against the Navy boxers, they would gain that last bit of practice or confidence needed for the Armed Forces Championships.

His strategy paid off from the onset as Matthew Plake, of 1st Force Service Support Group, got things started with a unanimous decision over Kenneth Medina in the 125-pound weight class.

Camp Pendleton's Larry Barnes looked to follow suit, coming alive with a flurry of blows after receiving a standing eight count from referee Carl VanderVere early in the first round. Though leading in points, Barnes later caught a body shot that halted his progress. Benjamin Bundy seized the opportunity, and won the 139-pound bout by referee stopped contest at 1:09 in the third and final round.



Sgt. Jonathan D. Cress
Richard Oliver puts on a brilliant display of punching power.



Hank Markin lands one furious blow after the other as he goes on to win a unanimous decision over Christopher Blackburn.

"Barnes fought the fight we talked about fighting all week, and fought tremendously tonight," Sanders said. "I was very excited for him, but sometimes you catch a punch, and he caught a punch."

The tide had turned, and the Navy was coming on strong. Felson Perez, of 3rd Marine Division, answered by putting a quick end to the Navy barrage.

Seventeen seconds into his match he connected a right jab that sunk Perry Hatcher quicker than the Titanic. Despite a shorter reach, Perez kept Hatcher in the corner the remainder of the round, unloading devastating combinations.

In the third, the Navy boxer fell prey to two more standing eight counts, ending the 139-pound

match by retirement with only 22 seconds remaining.

Hank Markin, of 3rd FSSG, opened the 147-pound weight class extremely aggressive and full of adrenaline. Throughout the match he and Christopher Blackburn antagonized and enticed the other, smiling at every punch their opponent threw.

In the final round, both ignored tired muscles and the pain that resulted from six solid minutes of boxing, and looked only to best the other. In the end it was Markin's hand that was raised, having won by unanimous decision.

Suddenly down three to one, the Navy looked to Isreal Spencer for redemption. The



Sgt. Jonathan D. Cress
Larry Barnes goes into attack mode, backing Benjamin Bundy into the corner in the 139-pound bout.



Sgt. Jonathan D. Cress
In the Super Heavyweight bout Richard Oliver sends Mike Mabone to the canvas for the second time after unloading a barrage of shots to his head.

only thing standing in his way — 2d MarDiv's Jason Brown.

The two heavyweights traded blows for three solid rounds, but Spencer was able to cut the Marine lead to one, winning by a four-point decision.

Steven Stokes, of Twentynine Palms, then took control of his 147-pound match against Oscar Rodriguez, landing quick combinations and moving before any counterpunches could land. However, the match ended abruptly at 2:33 in the opening round when the Navy boxer suffered a dislocated shoulder.

The next bout pitted Edgar King, also of Twentynine Palms, against Antonio Bryant. Both fighters were patient, landing precise and calculated blows. King appeared to dominate, though, as the 165-pounder's punches left

Bryant with spaghetti legs on more than one occasion.

The Marines looked to enter the final two rounds with a five to two lead when the crowd was stunned by a unanimous decision giving Bryant the victory. Though King's punches had taken their toll, Bryant managed to culminate a single point advantage from each official.

Once again, the tide turned to the Navy's favor. They now trailed four to three with two bouts remaining, and the 157-pound weight class coming up.

In that match, Paul Hayes Jr., of II Marine Expeditionary Force, closely studied his opponent, Calvin Jones. As the first minute ticked away, Jones landed a series of jabs that were inspiring to Hayes.

"I'm not a very aggressive fighter...I like to hit and go, but he loaded up with a couple of left hooks; I could tell he was trying to hurt me," Hayes said. "After that I said 'why wait for this guy to hurt me?' I got him in the corner, I could tell he didn't know how to get out and I put it on him."

The Marine exploded with a furious attack. In an instant, Jones was backed into the corner, then on his back staring at the rafters. The crowd roared all around him. If a spectator had blinked he would have missed it, but head official Everett VanderVere had seen enough. He stopped the contest at 1:15 in the first round.

The match was a proving ground for Hayes. Though he had shown a great deal of heart and found reasonable success in the All-Marine Boxing Trials, Hayes had come up just short of victory in the final match. As a result, his place on the All-Marine team was not solid. Following this decisive victory, however, Sanders admitted that status may have changed.

"He certainly showed a lot of determination tonight, trying to make a place for himself on that Armed Forces team," Sanders said.

With Hayes' victory expanding the Marines' lead five to three, the super heavyweights squared off in the final bout. The Navy's Mike Mabone came out looking to put a quick end to Richard Oliver's night, but the 2d MarDiv leatherneck didn't agree. The result was a ground-shaking exchange that again brought the crowd to its feet. —CONTINUED ON 3B

From The Sidelines

Cpl. Brian Danisevich
Globe staff

On Jan. 15, 1967, the Vince Lombardi-led Green Bay Packers annihilated the so-called "weaker" American Football League's Kansas City Chiefs, 35-10, in what was dubbed Super Bowl I in Los Angeles. Now, 30 years later, the Mike Holmgren-led Packers have brought the National Football League full circle after a convincing, 35-21 victory over the New England Patriots.

During the early years of the Super Bowl's existence, AFL teams stood strong to the test and justified their place in the NFL by backing up their talk with championship trophies and rings. In fact, it was the AFL (changed to American Football Conference in 1971) that had the upper hand on the National Football Conference in Super Bowl games. They won 11 of the first 15 Super Bowls by playing smash-mouthed, hard-nosed football down in the trenches. They had something to play for back then. It was called respect.

Well, it's become evident by recent Super Bowl results that AFC teams nowadays are content with the respect their forefathers claimed for them.

To quote ESPN studio analyst, Chris Berman, "One, it's an accident; two, it's a trend; three, it's a problem." Well, the NFC has won 13-straight Super Bowl games dating back to 1985 when the San Francisco 49ers pummeled the Miami Dolphins 38-16. That's more than a problem.

I call that an embarrassment. Almost as embarrassing as watching Desmond Howard walk away with the Most Valuable Player award Sunday.

I can't seem to put my finger on why the NFC has grown so dominant, but their Super Bowl supremacy has certainly reached embarrassing heights for anyone who is deadset on the structure of the NFL and its playoff system.

There were glimpses of hope for the AFC last year when the Pittsburgh Steelers went blow for blow with the Dallas Cowboys, and again this year when the Patriots fought off the Packers' intimidation attempts. But, after all was said and done both the Terrible Towels and the Chowderheads were sent home with their tails between their legs like 15 of the past 16 AFC Champions have.

Theories suggest that history repeats itself, and the AFC will once again rise to the forefront of the NFL. But how many more agonizing losses is it going to take before that happens?

I think it's about time we get on with "Generation Next" and use Green Bay's bookend clobberings as a definite sign to close the book on the Super Bowl as we know it. Let the Lombardi Trophy return home to Titletown where it belongs. Let the 96,000 Cheeseheads hailing from Green Bay, Wis., savor their well-deserved award. But save us the agony of knowing the Super Bowl victor two weeks before kickoff time.

It would be a picture-perfect ending to a heralded 31-year existence that would have the Packers winning the first two and final Super Bowls. It would have been more fitting for Green Bay to have beaten the Cowboys in the NFC Championship contest this year on the Frozen Tundra of Lambeau. But, it would be a storybook ending no less.

Next year we could start a new chapter of Super Bowl contests that would match the two best teams

in the league regardless of conference representation, and once again be curious as to how the game will end.

Face it, everyone knew who was going to win this year, even Patriot fans, who were hoping their team could keep it close until the fourth quarter. So, when Brett Favre hit Andre Rison with a resounding 54-yard touchdown pass on the Packer's second play from scrimmage, it was only a matter of waiting out the remaining 56 minutes to award Holmgren his trophy.

Somehow, some way, NFL Commissioner Paul Tagliabue has to make a change before the AFC gets smothered in its own impotence, and the NFC files for a divorce and becomes its own NFL.

If I was the commissioner, I would give it some thought. Even if it was just to get rid of the boring, six-hour pre-game show that could make a die-hard fan vehemently vomit with disgust. Or even issue fines for the disgustingly ignorant pygmy dances that players do on the field after positive plays are made.

That would be a start, and that's just what the NFL needs to jazz up their playoffs and make the Super Bowl as exciting as it was nearly three decades ago.

Maint. Bn -A- subdues Sup. Bn., 61-53



Sgt. Timothy A. Streaty
Wendell Snyder gets off a jumper through the heavy defense of Supply Battalion.



Sgt. Timothy A. Streaty
Supply Battalion made several recovery attempts.

Timothy A. Streaty
Globe staff

Supply Battalion was deadlined when Maintenance Battalion -A- shut them down 61-53 in a Golden League Intramural Basketball game held at the Area 4 Gym Jan. 23.

Daniel Washington walked away with a game-high 16 points while Joseph Hopkins and Garron Howard earned 15 points each.

Maintenance Battalion was down 6-0 mere minutes into the game when a timeout was called. Back on the court and moving the ball much better, Maint. Bn. came alive. Howard's three-pointer coupled with a three-point conversion by Victor Benson tied the score. Seconds later, Washington laid in two points for an 8-6 lead.

The pace of the game picked up as Howard, Hopkins and Washington helped Maint. Bn. spread their lead 25-17.

Michael Smith, Jeron Martinez and Antwon Maccon made key defensive plays, forcing turnovers and pulling down rebounds, but had trouble penetrating Maint. Bn.'s defense under the glass. As the half drew to an end, Sup.Bn. trailed 27-19.

In the second half both teams battled under the each making consistent shots with minimal turnovers.

Supply Battalion was slowly coming from behind v Maint. Bn called a timeout. The score was 33-30.

A three-pointer by Kedrick McClain and Michael Smith short jumper put Sup. Bn. back ahead again 39-38.

The lead fluctuated back and forth for several minutes but Sup. Bn. loss momentum. As the they struggled to up, Maint. Bn. pulled away to win the game 61-53.

Reginald Wright, head coach of Maint. Bn. said that though his team played a good game, they could improve their defense. "The key to any team's success is defense he said. "In the second half, when they (Sup. Bn.) started coming back, I had to remind them that we had traded kets and that they're catching us because we weren't putting them hard enough."

"It was a good game, they're a good team" said Hopkins. "Things got a little intense when they started talking sm so we had to put it on them."

Med Bn. -A- conquers 3rd Bn., 10th Mar., 72-64

Timothy A. Streaty
Globe staff

John Hill's game-high 21 points led Medical Battalion -A- team to a 72-64 victory over 3rd Battalion, 10th Marines, Jan. 23 in a Golden League Intramural Basketball game held at the Area 4 Gym.

Medical Battalion's experience quickly gained a 6-0 lead as 3rd Bn., 10th Mar. called a timeout. Returning to the court, 3rd Bn., 10th Mar. changed up to a man-to-man defense as Maurice Williams and Steven Hivly led the team's come back to tie it up at 8.

The game's tempo increased as Med. Bn. began to press the competition. Charles Malone pulled several rebounds off the glass while assisting Med. Bn. in increasing its 27-21 lead.

Once again Brandon Smith, Hivly and Eric Gore spearheaded a comeback for 3rd Bn., 10th Mar. With two seconds left in the second half, Smith bagged two foul shots, bringing his team two points shy of Med. Bn.'s 36.

At halftime, head coach Med. Bn. Don Strunk, told his team they had to turn up the defense. "You have to start hustling. You know we can beat them," he encouraged his team. "You shouldn't be having this much trouble with them. Now go back out there and put the defense on them and shut them down."

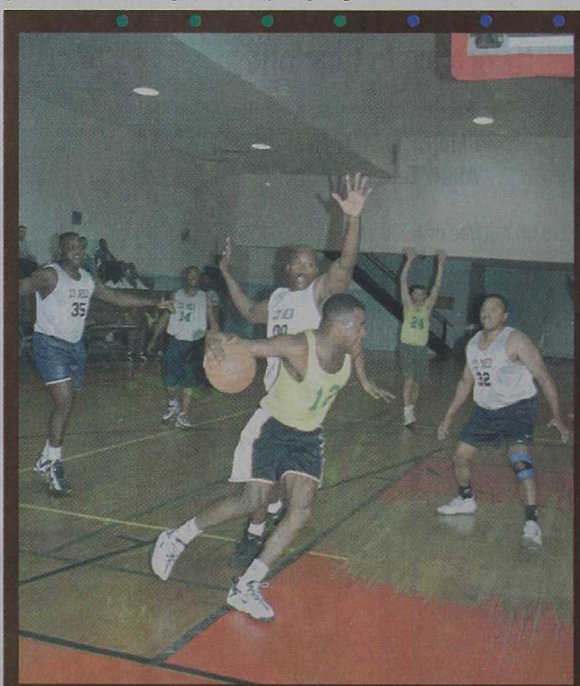
In the second half, both teams had effective defenses, but 3rd Bn., 10th Mar. chased Med. Bn. for the remainder of the game. They came closest in the final seconds when the score was 68-61. In the end a jumper by Theo Marsh and two foul shots by Hill sealed Med. Bn.'s 72-64 victory.

"The game was a real challenge," said Strunk. "At the beginning of the game, we dropped our level of play but in the second half we settled down and played Med. Battalion ball. We have a mostly veteran team that plays good, effective ball together. Today we just got off to a slow start."



Sgt. Timothy A. Streaty

Jimmy Brannon reinforces Med. Bn.'s lead with a lay-up during a Golden League Intramural Basketball game.



Sgt. Timothy A. Streaty

Eric Gore defends the ball against Charles Mahone as he tries to advance up the court.

Tough loss for Lejeune Devil Pups

Sgt. Jonathan D. Cress
Globe staff

With Jamar Autry scoring 22 points, the Lejeune High School Devil Pups boys varsity basketball team almost survived the gusting winds of the Pamlico Hurricanes, but went down fighting in the final minutes, 69-62, in front of a home crowd, Jan. 21.

The Devil Pups got off to a slow start, giving the Hurricanes the tip-off and the first three buckets. Troubled with fouls and rebounding, the Pups lagged behind for the first four minutes of play. After working out the kinks they began forcing turnovers and took control of the court.

With Pups' point guard Autry at the helm shooting short jumpers and hitting from three-point land, the team quickly caught up to the Hurricanes. Kyle Opel sank two from the foul line as the Pups evened the score at 13. As the Pups surged the Hurricanes started having trouble with turnovers — especially traveling calls.

Lejeune dominated most of the 2nd quarter,

maintaining a lead. With one minute remaining in the half, Pamlico exploded, scoring three consecutive baskets to bring them to within one point of the lead. The half expired with Lejeune ahead 35-34.

The Hurricanes took command as the third quarter started with a three-point lead. Still the Pups weren't ready to give up, Autry and Elijah Holland did most of the scoring as the team fought back.

The battle for the lead went on through out the third and most of the fourth quarter.

With five minutes remaining the Pups had a five-point lead and seemed to have control of the game. Turnovers and missed foul shots ended up costing them some ground and allowed the Hurricanes to catch up.

With the game clock showing 2:59, Pamlico hit two free throws to go ahead for the rest of the game, 59-58. Despite their efforts, Lejeune couldn't get back into the game. Both teams are ranked third in the 1-A Coastal Plains Conference and fourth in the state 1-A standing. The Pups travel to north to play Quantico tomorrow morning.



Sgt. Jonathan D. Cress

Pups point guard Elijah Holland drives into the lane pursued by three defenders. In the fourth quarter the Pups still had a commanding 5-point lead.

INTRAMURAL BASKETBALL GOLD LEAGUE LATEST GAMES

TUE 21 JAN

DENBN 83, RADBN 63

LAR 80, RADBN 61

TANKBN 73, 1/10 58

8THESBN 58, 8THMTBN 56

3/10 61, AABN 49,

MEDLOG 75, G.A.S. 67

MEDBN 72, SUPBN 66

THUR 23 JAN

MAINT BN 61, SUP

MED BN 72, 3

TH ESN 60, MEDLO

8TH MTBN 83, 3

8TH COMM 61, GA

DENBN 81, L

TEAM STANDINGS

GOLD LEAGUE

UNIT	W	L	RA
DEN BN	13	0	10
MEDBN 'A'	11	1	91
8THESB 'A'	10	2	83
8THMTBN	9	2	81
LAR	9	4	69
MAINTBN 'A'	8	4	66
SUPBN 'B'	6	5	54
MED LOG	5	6	45
CEB	4	6	40
3/10	4	7	36
TANKS	4	7	36
8THCOMM	1	2	33
3/6 'A'	3	7	30
AA BN	3	8	27
GAS	2	8	20
RAD BN	1	9	10
DIV BAND	0	5	00
1/10	0	10	00

INTRAMURAL BASKETBALL

RED LEAGUE

LATEST GAMES

WED 22 JAN

HOLIDAY

2D SRIG 83, HQBN DIV 77

DISBO 54, MEDBN 50,

LSB 53, 8TH ESN 41

HQ 10TH MAR 72, H&SBN 59

BCOHQSPTBN 73, MAINT BN 68

SOI 85, 5/10 69

SUPBN 62, MCSSS 54

TEAM STANDINGS

RED LEAGUE

UNIT	W	L	RA
SUPBN 'A'	9	1	90
SOI	8	1	88
HQBN DIV	7	3	70
2D SRIG	7	3	70
5/10	7	4	63
LSB	7	4	63
HQ 10MAR	7	4	63
MCSSS	5	3	62
H&SBN	6	4	60
CBIRF	5	4	55
2/10	3	4	42
BCOHQSPTBN	4	6	40
8THESB 'B'	3	7	30
DISBO	3	8	27
MAINT 'B'	2	10	16
MEDBN 'B'	1	10	09
3/6 'B'	0	9	00

FROM PAGE 1B

the whole fight was like a big experience for me," said. "Once you get the way — because every has fear — you over-

ever put that belief to the second. As directed corner, he worked his side by chopping away body with his right. He Mabone's ribs with rushing blows, then un-

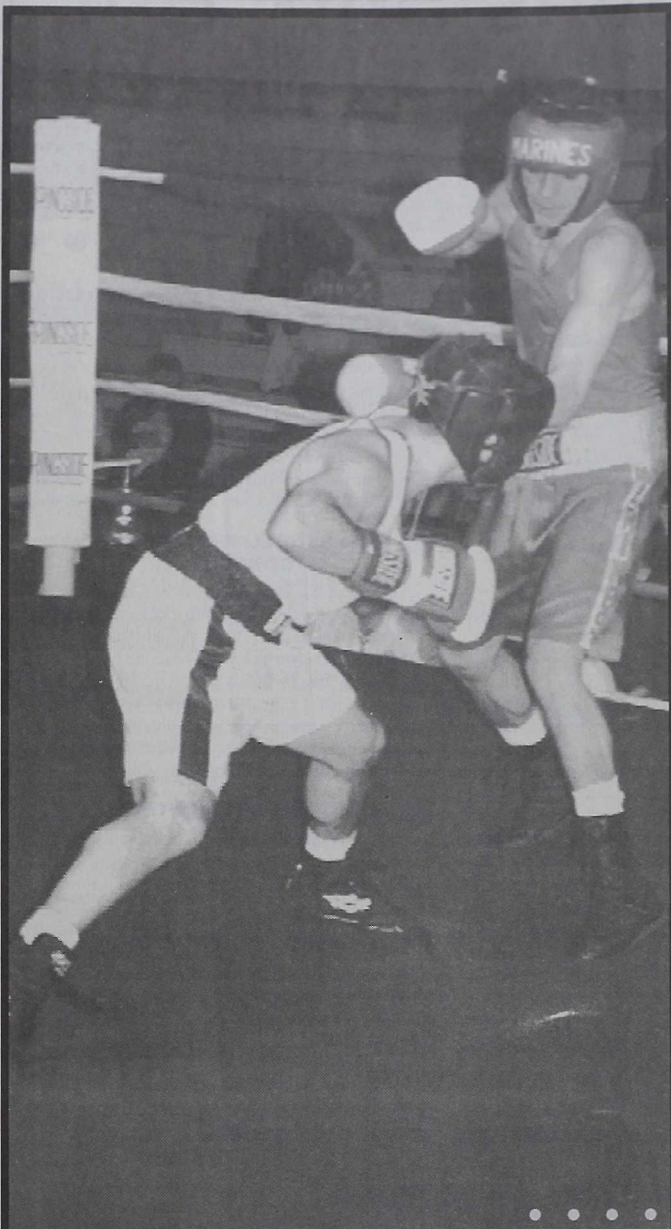
laid a left hand that laid his flat. Mabone jumped to his feet to receive a eight count from offi-

ank Hart. Oliver again eed with Mabone's He showed his disap- with eight unanswered hat put Mabone back on t and ended the contest in the second round. s later called the victory tional.

is young man presently permanently with the team. He is needed in t, so he can't get over at stent basis right now," s said. "Nevertheless, he ed a tremendous amount ng skill and will to win

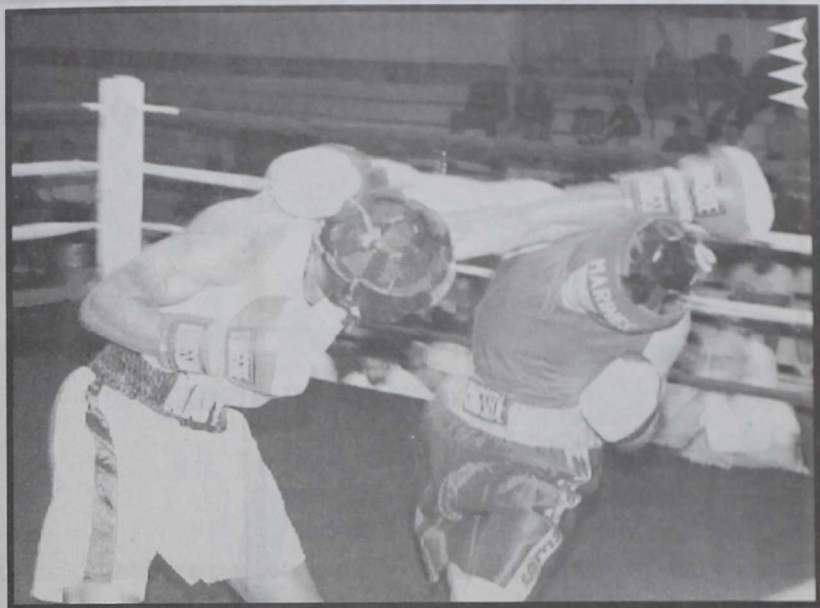
All-Marine Boxing now has 10 days to pre- the Armed Forces Box- ampionships. While the services often have re- to use boxers who have oxing in the military for er of years, Sanders has nce in the heart of his team.

the thing that put a fire in d I hope put a fire in the s a whole was the tre- us amount of teamwork re," Sanders said. "I am ent that we will have a owing as a team at the l Forces Champion-



Sgt. Jonathan D. Cress

Matthew Plake pounded away at Kenneth Medina in the first bout of the evening.



Sgt. Jonathan D. Cress

Duking it out in center ring, Larry Barnes and Benjamin Bundy trade blow for blow.



Sgt. Jonathan D. Cress

The All-Marine team proved their conditioning could withstand Naval gunfire.

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Administration (Backup/Recovery, System
Updates, Maintaining User Accounts and
Time Desk)
Hands-on experience maintaining/
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ions inside Earth's orbit.



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SATURDAY, FEBRUARY 15TH, 1997

Join our staff of fishing experts lead by George Summerlin for a jam-packed program. It's a perfect place to ask questions, trade information and just plain talk fishing.

Schedule Of Events

- | | |
|------------------|--|
| 8:30-9:00 am | Coffee & Donuts |
| 9:00-10:00 am | Flounder & Cobia Fishing with Captain George Summerlin featured in Saltwater Sportsman, Field & Stream, Southern Saltwater Sportsman & Coastal Carolina Fishing. |
| 10:00-11:00 am | Live Bait Fishing (Slow Trolling For King Mackerel) with Captain Steve Walton, author of "King Mackerel/Live Bait Made Easy". Owner of Fin-Formation, featured in Carolina Outdoors & placed 2nd in the 1995 SKA Tournament. |
| 11:00-12:00 noon | Speckled Trout & Drum Fishing with tournament champion Captain Jimmy Hayes featured in Coastal Carolina Fishing, Carolina Adventure & North Carolina Sportsman. |
| 12:00-1:00 pm | Lunch & Net Casting Demonstrations |
| 1:00-2:00 pm | Offshore Fishing, Tuna, Dolphin, Wahoo & Marlin with Captain Jerry Dilsaver featured in Coastal Carolina & writer for Carolina Adventure. |
| 2:00-3:00 pm | Tarpon & Striper Fishing with Captain George Beckwith, owner of Down East Guide Service. Featured in Coastal Carolina Fishing. Winner of Mellow Yellow Bass Trail, Bass Masters Trail Professional. |
| 3:00-4:00 pm | Offshore Fishing Services from Roffers with Louis Kenny. Providing daily conditions, water temperatures, fishing facts and more. |

Date:
15 Feb

Main Store Mon-Sat 0900-2100
Sun 1100-1800
MCAS Store Mon-Sat 0900-2100
Sun 1000-2000

451-5030

Items subject to prior sale. Price available in exchanges where merchandise is carried.

Marine Corps Exchange

An MWR Activity

Experience becomes pre-
science.

—Horace Walpole

If you try hard enough to seem to like pictures, you will like them in the end.

—Logan Pearsall Smith

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

RUGBY IN ASHVILLE

On Jan. 25 the Camp Lejeune varsity rugby team the Misfits conquered a more experienced Asheville rugby club 10-7.

The Misfits practiced only four times before their first game in Asheville, yet a great deal of team work and hustle on the pitch. Edward Sweeny, DCo., 2d AAV Bn., scored an amazing try during the middle of the first half, giving them an early lead over the opposition.

The pack consisting of Sailors as well as Marines propelled Edward Sweeny 27 meters to enter the try zone. Sweeny also scored a 25 meter field goal, extending their lead to 10-0.

Great defense and passing by the Misfits backfield insured a victory over the talented Asheville club.

The Misfits play a tough ECU team, next Feb. 1 at 1pm.

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.

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.

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 a.m. Registration begins at 9:30 a.m. (No Fee) Winners will receive a plaque and be eligible for the district contest on Feb. 15. All participants will receive certificates of participation.

LADIES VARSITY SOFTBALL

For all females interested in playing for the Camp Lejeune varsity softball team, there will be a meeting Feb. 12 at 4:30p.m. at the Field House.

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"

TOPSAIL

(HOME)
Conference Game
Friday
Jan. 31

RICHLANDS
(AWAY)

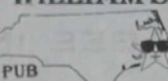
Conference Game
Tuesday
Feb. 4

SWANSBORO
(HOME)

Conference Game
Friday
Feb. 7

PERPETUAL GAME SCHEDULE

JR. VARSITY 4:30 P.
GIRLS' VARSITY 6:00 P.
BOYS' VARSITY 7:30 P.

SIR
WILLIAM'S

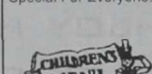
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That man is richest whose pleasures are the cheapest.
—Henry David Thoreau

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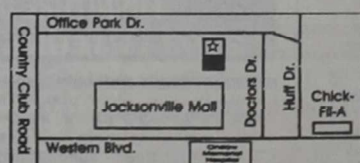
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Porcelain Restoration
Good News for Teeth

(NU) - There's a painless dental procedure that can transform the shape, color and surfaces of worn, discolored and broken teeth, and turn your smile into a dazzler.

"Porcelain restorations can dramatically improve your appearance and the way you feel about yourself," says Warren Scherer, D.D.S., an associate professor at New York University's College of Dentistry.

Cerinate Porcelain by Den-Mat Corporation reduces the need to shave or grind down the tooth for the restoration procedure. And it provides strong, ultra-thin, super translucent porcelain restorations.

Ask your dentist about Cerinate Porcelain, or call 1-800-548-3663.

Free Booklet Explains
Diabetes, Blood Sugar

(NU) - Everyone thinks that sugar is sweet, but too much sugar in your blood isn't good for you. Diabetes is the condition that results from too much sugar in your blood. It can lead to serious problems with your eyes, teeth, kidneys, nerves and feet.

With proper treatment, however, people with diabetes can lead active lives.

"Do Your Level Best," a booklet about controlling diabetes and blood sugar, is available by calling 1-800-GET-LEVEL. The booklet was prepared by the National Diabetes Outreach Program.

National Institutes of Health

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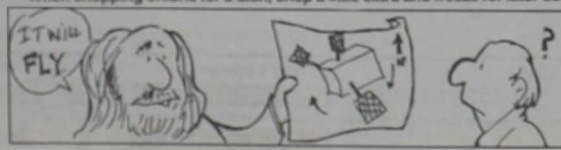
Mon.-Fri. 9:00-6:00
938-5838

Evenings by
Appointment

Saturday 10:00-2:00
938-5809



When chopping onions for a dish, chop a little extra and freeze for later use.



Fascinated by the possibility of flight, Leonardo da Vinci designed a flying machine that used revolving paddles around 1488.

Coastal Carolina Community College

SPRING QUARTER
Contact the Coastal Office at:

Base Education Center
Camp Lejeune
Bldg. 202
353-0187 or 451-2391

or

MCAS Base
Education Center
Bldg. 233
451-6233

Classes Begin MARCH 10

SCHEDULE AT MAINSIDE CAMP LEJEUNE

COURSE	NO.	SECTION	TITLE	DAYS	TIME	CREDIT HRS	CONTACT HRS
ACCOUNTING: TAXES (SEE ALSO BUS, CAS, COE, MKT, OSC)							
ACC	174	41	MANAGERIAL COST ACCOUNTING	MW	12:30-2:50	CLNC	5.0
ACC	174	41 N	MANAGERIAL COST ACCOUNTING	TTH	5:10-7:30	CLNC	5.0
ART (FINE ARTS)							
ART	161	41	ART APPRECIATION	M-F	11:00-11:50	CLNC	5.0
BUSINESS (SEE ALSO ACC, CAS, COE, MKT, OSC)							
BUS	115	41N	BUSINESS LAW I	TTH	7:40-10:00	CLNC	5.0
COMPUTER APPLICATIONS (SEE ALSO CSC, OSC)							
CAS	101	41N	DATABASE PROCESSING FOR MICRO	TTH	5:10-7:30	CLNC	4.0
CAS	153	41N	MICROCOMPUTER LITERACY	MW	5:10-7:30	CLNC	4.0
CAS	153	42N	MICROCOMPUTER LITERACY	MW	7:40-10:00	CLNC	4.0
*STUDENTS WITH PRIOR KNOWLEDGE OF COMPUTER CONCEPTS MAY WISH TO REGISTER FOR A CHALLENGE EXAM. THE EXAM MUST BE TAKEN BEFORE CHANGE DAY.							
CAS	201	41N	SPREADSHEET APPLICATIONS	TTH	7:40-10:00	CLNC	4.0
CRIMINAL JUSTICE (SEE ALSO COE)							
CJC	101	41	INTRO TO THE ADMIN. OF JUSTICE	M-F	11:00-11:50	CLNC	5.0
CJC	120	41	INTERVIEWS AND INTERROGATIONS	M-F	12:00-12:50	CLNC	4.0
CJC	202	41N	CRIMINAL JUSTICE & THE COMMUNITY	MW	7:40-8:55	CLNC	3.0
CJC	210	41N	FUNDAMENTALS OF INVESTIGATION I	MW	5:10-7:30	CLNC	4.0
EDUCATION (CHILD CARE WORKER)							
EDU	251	41N	INTRODUCTION TO EDUCATION	TTH	5:10-7:30	CLNC	5.0
ENGLISH							
ENG	151	41	COMPOSITION & RHETORIC	M-F	12:00-12:50	CLNC	5.0
ENG	151	42N	COMPOSITION & RHETORIC	MW	5:10-7:30	CLNC	5.0
ENG	152	41	COMPOSITION & LITERATURE	M-F	11:00-11:50	CLNC	5.0
ENG	152	42N	COMPOSITION & LITERATURE	MW	5:10-7:30	CLNC	5.0
ENG	264	41N	AMERICAN LITERATURE II	MW	7:40-10:00	CLNC	5.0
HISTORY (SOCIAL SCIENCE)							
HIS	151	41	WEST CIV. PREHISTORIC TIME TO 1650	M-F	11:00-11:50	CLNC	5.0
HIS	152	41N	WEST. CIVILIZATION: 1650 TO PRESENT	MW	5:10-7:30	CLNC	5.0
HIS	161	41	AMER. HIS. AGE OF DISCOVERY	M-F	12:00-12:50	CLNC	5.0
HIS	162	41N	AMER. HIS. CIVIL WAR TO THE PRESENT	MW	7:40-10:00	CLNC	5.0
MATHEMATICS (DEVELOPMENTAL)							
MAT	84	41N	PRE-ALGEBRA	MW	7:40-10:00	CLNC	(5.0)
MAT	91	41N	BEGINNING ALGEBRA I	MW	5:10-7:30	CLNC	(5.0)
MATHEMATICS							
MAT	133	41N	ELEMENTARY STATISTICS	TTH	5:10-7:30	CLNC	5.0
MARKETING AND RETAILING (SEE ALSO ACC, BUS)							
MKT	239	41N	MARKETING	TTH	5:10-7:30	CLNC	5.0
PSYCHOLOGY (SOCIAL SCIENCE)							
PSY	251	41N	INTRODUCTION TO PSYCHOLOGY	TTH	7:40-10:00	CLNC	5.0
PSY	253	41	ABNORMAL PSYCHOLOGY	MW	12:00-12:50	CLNC	5.0
SOCIOLOGY (SOCIAL SCIENCE)							
SOC	152	41N	SOCIAL PROBLEMS	TTH	7:40-10:00	CLNC	5.0
SPANISH (HUMANITIES)							
SPA	151	41	ELEMENTARY SPANISH I	M-F	12:00-12:50	CLNC	5.0
SPA	152	41N	ELEMENTARY SPANISH II	TTH	5:10-7:30	CLNC	5.0

SCHEDULE AT NEW RIVER AIR STATION

COURSE	NO.	SECTION	TITLE	DAYS	TIME	CREDIT HRS	CONTACT HRS
CRIMINAL JUSTICE (SEE ALSO COE)							
CJC	101	51N	INTRO. TO THE ADMIN. OF JUSTICE	TTH	5:10-7:30	MCAS	5.0
CJC	102	51N	INTRODUCTION TO CRIMINOLOGY	TTH	7:40-10:00	MCAS	5.0
ELECTRICAL							
ELC	102	51N	ELEC. STANDARDS FOR FIRE PROTECTION	TTH	6:00-8:20	MCAS	4.0

REGISTRATION DATES AND TIMES FOR CAMP LEJEUNE AND NEW RIVER AIR STATION OFFICES

February 10, 11	Current Students	1400 to 1900
February 12	New Students	1100 to 1400
February 13, 17, 18	New Students	1000 to 1400
February 19	Change Day	1000 to 1400
February 21, 24-27	New Students	1000 to 1400
March 3-5	New Students	1000 to 1400
March 6	Open Registration	1000 to 1400

Beginning Date
March 10
Ending Date
May 28
Holidays
March 28, 31
May 26

Only those students prepared to pay will be registered.
Occupational Education - Adult Education - College Parallel
An Equal Opportunity Institution

Coastal Carolina Community College is a fully accredited state institution offering courses which transfer to colleges in any region of the country. Please see a counselor for details and contact the college to which you plan to transfer for help in choosing appropriate classes.

Holusion™ Art Creates Frustration, Elation, Eye train And, For Barq's Drinkers, A Small Fortune

Barq's Root Beer's Summer Promotion Makes A Stink Over 3-D Art

APS)—Art in the 1960s con-
up images of psychedelic
and mind-bending surreal-
in the 1990s, a new pop art
combines the color and cre-
y of its hippie forbears in a
dimes frustrating computer-
collage of multi-colored
es that are precisely placed
at you can't—and can—see
you don't see.

lusion" Art, "stereograms,"
popular computer-generat-
t that challenges viewers to
three-dimensional image
a seemingly random, repet-
design. Discovering the eye-
ing Holusion Art images,
ver, definitely divides the
y-eyed into "those who can"
those who can't." But this
er, Barq's Root Beer gives
umers a clue and a \$10,000
tive to join the "can" clan.
soft drink company's new
st, "Stink 'N Stare," com-
stereograms and scratch-
niff smells for the first time
ate a unique new art form.

ing within a conglomeration
rq's bottle caps and logos is a
ecycle that smells like
er, a pig with the aroma of
a vampire bedeviled by gar-
skull that reeks of formal-
de—the scents provide clues
e three-dimensional image
ers will see. Those who smell
eer and see a dollar amount
win that dollar amount. In
tion to the \$10,000 grand
winner, there will be 400
ers of \$100.

nce sold mainly in shopping
kiosks, Holusion" Art was a
million business in 1994, up
percent since 1992, when
grams became widely avail-
The puzzling pictures are
where, from computer screen
s and neckties to t-shirts and



The new pop art of the 1990s,
Holusion" Art, or "stereograms"
has divided the world into "those
who can" and "those who can't"
see the three-dimensional images
lying within random designs.
Barq's Root Beer's summer pro-
motion, "Stink 'N Stare," which
runs through August, gives
"those who can't" an incentive to
join the "can" clan. In addition to
24 collectible Holusion Art
designs, complete with a scratch-
and-sniff clue, is a design show-
ing a \$10,000 grand prize to the
person who can see it. There will
also be 400 winners who see and
receive \$100.

a poster in the office of the presi-
dent of the Czech Republic.

"This summer you'll see all
sorts of cross-eyed people sniffing
pieces of paper and squinting, try-
ing to discover what lies within
those Barq's bottle caps," said Rick
Hill, Barq's vice president of
national marketing. "Three-dimen-
sional art is fun and challenging—
and it drives people crazy when
they can't see the hidden picture."

"Stink 'N Stare" features a
total of 24 exclusive, collectible 5"-
by-7" Holusion" Art designs devel-
oped by NVision Grafix of Ar-
lington, Texas, considered the

technological leader in the stere-
ogram industry. The stereograms
are available free through August
inside 12-packs of Barq's Root
Beer and Barq's Diet Root Beer,
and through a mail-in offer on
two-liter bottles.

Ninety percent of the popula-
tion has the physical ability to
perceive the hidden images, yet
far fewer actually claim to see
them, according to Steve Kersen,
vice president of marketing at
NVision Grafix. The key to seeing
stereograms is to relax, not focus
too closely on the image and "look
past" it. Some experts suggest
putting the design behind a piece
of glass and staring at the light's
reflection. Others recommend
bringing the design up to your
nose and slowly pulling it away
until the image appears.

People's inability to see stere-
ograms even has been the plot on
television shows, including *Sein-
feld* and *Ellen*. According to opto-
metrists, looking at stereograms
will not harm your vision, and can
even improve your depth percep-
tion with practice. The skill used
to view stereograms is the same
used in vision therapy, exercises
that optometrists use to help
patients with weak eye muscles or
depth perception.

"Mind block is the major reason
people can't see stereograms, but
Barq's is giving everyone a power-
ful, spendable incentive to over-
come this focus phobia," said Hill.
"This summer if they pick up Barq's
'Stink 'N Stare' they just might see
what they've been missing."

Those who want to exercise their
eyes and stimulate their nostrils
can receive a free "Stink 'N Stare"
design by sending a self-addressed,
stamped envelope to Barq's Inc.,
601 Poydras Street, Suite 1925,
New Orleans, La. 70130.

Paid Advertisement



HEADED FOR THE BOONIES?

TAKE ALONG COMPACT TRIOXANE RATION HEATING BARS

BURNS WITH A HOT BLUE FLAME WITH OVER 14,000 BTU. BOILS A CANTEEN CUP OF WATER IN 5 TO 6 MINUTES.



CANTEEN CUP
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ENJOY HOT RAMEN NOODLES, SNACK FOODS & BEVERAGES IN THE FIELD FOR ABOUT A DIME A CUP.

FORGET DANGEROUS LIQUID FUELS AND SINGLE USE
FLAMELESS RATION HEATERS THAT GET FOOD SORT'A
WARM! TRIOXANE COMPRESSED SOLID FUEL BURNS
CLEAR AND EXTREMELY HOT, PACKS EASILY AND IS
READY AT THE TOUCH OF A MATCH OR SPARK. ADD
THE CANTEEN CUP STOVE TO YOUR FIELD GEAR AND
BOIL WATER FOR HOT MRE'S, NOODLES, CHOCOLATE
OR COFFEE. GREAT FOR LIGHTING CHARCOAL GRILLS,
BALKY CAMPFIRES, AND HOME FIREPLACES. EACH
FUEL BAR (APPROX. 3-1/4" x 1-1/4" x 3/8", 30 GRAMS,
A SHADE OVER AN OUNCE) IS SCORED IN THIRDS.
THREE BARS PER BOX SEALED IN WATERPROOF FOIL
WILL HEAT ABOUT 9 CUPS OF WATER.

TRIOXANE FUEL
BARS
(3 PER BOX)
TFB 315

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Main Store Mon-Sat 0900-2100
Sun 1100-1800
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Items subject to prior sale.
Prices available in exchanges where merchandise is carried.

Sale Dates
31 Jan-6 Feb

Camp Lejeune

Marine Corps Exchange

-AN MWR ACTIVITY-

Pointers For Parents

About Parenting

(NAPS)—Parenting is a fulfilling—and difficult—job. One that few train for. There are right and wrong ways to perform the job of parenting. It makes sense to learn all you can about it.

Your role as a parent changes as your child grows. From providing for your child's physical needs, such as good nutrition, shelter, safety, and medical care, to fulfilling your child's emotional and intellectual needs, there's a lot to know.

You can help guide your child to develop appropriate behavior by disciplining with love, teaching social skills, encouraging independence and dealing with frustration.

Communication is the key to effective parenting.

- Discuss experiences and feelings with your child. Be open, nonjudgmental and constructive in your responses.

- Explain your beliefs and why you establish rules for your child. When you and your child disagree, listen to his or her point of view.

- Be objective when your child gets into arguments with other children. Listen to both sides carefully.



Be a good role model. Children learn by imitating.

fully. Don't assume your child is right or wrong.

Above all, be a good role model. Children learn by imitating. Be the kind of person you want your child to be.

To receive a free booklet called *About Parenting* from IOF Foresters, a not-for-profit fraternal benefit society established in 1874, call 1-800-922-4-IOF.

Paid Advertisement

Controlling The Fungi That Thrive On Your Feet

Tips For Avoiding And Curing Athlete's Foot

(NAPS)—Let's face it: at some point in your life, you have probably walked through a public shower, a locker room, or on a swimming pool deck with bare feet. What you may not realize is that on these seemingly innocent floors, millions of lonely fungi are waiting to find a foot that they can call "home." The result: a burning, itching, dry, cracked, blistering, contagious case of athlete's foot.

Athlete's foot is a fungal infection that's caused when fungi become active due to perspiration. It most often occurs on the bottoms of feet or between toes.

Athlete's foot is not a condition that merely affects athletes. Nor is it a condition that only affects men, although men are more than twice as likely to contract the disease. It is most common in teenage and adult males, and in total, athlete's foot affects a startling 19 million adults per year.

While people often pick up athlete's foot in locker rooms and swimming pools, you can also develop it when your feet are sweaty due to hot weather and exercise. Feet also become sweaty and are at risk for developing athlete's foot when they lack proper



ventilation from wearing tight shoes and heavy socks.

Preventing athlete's foot is as easy as keeping feet clean and dry. Instead of walking in communal areas with bare feet, wear flip-flops or other footwear. Always wear clean socks, and if you are a high-risk candidate, apply Lotrimin AF athlete's foot powder to absorb excess perspiration.

If your feet are fungi magnets and you have contracted a case of athlete's foot, apply Lotrimin AF, available in spray, powder, or cream. Treatment should begin as soon as symptoms occur and should be continued twice a day for one month, even if symptoms disappear. Forty-three percent of sufferers have athlete's foot periodically for six or more years because they do not treat it effectively.

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Book Signing
Saturday 1 February
MCX Book Store
1100-1300

RELUCTANT WARRIOR

SAVE
20% off
MSR

A True Story of Duty and Heroism in Vietnam

By Michael C. Hodgins



"This is a story about how things were, when I was young and my Country was at war. It is a story about young men for whom acts of heroism became daily routine. It is a story about moral courage, glory, and luck. It is a story about Marines."



--From the Prologue to
RELUCTANT WARRIOR

• MSR 24.00

19.19

Our Price

As a young lieutenant in Vietnam, Michael C. Hodgins learned the true skills of leadership not in a classroom but in the thick of combat in I Corps. In his riveting, brutally honest memoir, **RELUCTANT WARRIOR: A True Story of Duty and Heroism in Vietnam** Hodgins relives his heart-wrenching experiences as the commander of a Marine reconnaissance platoon at a time when American troops were being withdrawn and no one wanted to be the last mother's son to die in Vietnam.

In powerful, graphic prose, **RELUCTANT WARRIOR** chronicles Hodgins' experience as a patrol leader in myriad combat situations, both traumatic and poignant, while capturing the essence of tactical decisions and the self-doubt that accompanies them. From hasty ambush to emergency extraction to prisoner snatch to combined-arms ambush, Hodgins takes the reader step by step through the "troop leading process" and the numerous anxious, at times fearsome, events that inevitably occur in war. Accomplishments of the teams he led, documented by official Marine Corps records, exemplify small-unit combat leadership as well as the daily heroism that was routine for Marines of 1st Reconnaissance Battalion.

Main Store Mon-Sat 0900-2100
Sun 1100-1800
MCAS Store Mon-Sat 0900-2100
Sun 1000-2000

451-5030

Items subject to prior sale. Prices available in exchanges where merchandise is carried.

Book Signing
Saturday 1 February
MCX Book Store 1100-1300

Camp Lejeune

Marine Corps Exchange

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P205/75R14	\$47.99	\$34.99
P205/75R15	\$49.99	\$35.99
P215/75R15	\$51.99	\$37.99
P225/75R15	\$53.99	\$38.99
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P185/80R13	\$50.99	\$36.99
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P205/75R14	\$59.99	\$43.99
P215/75R14	\$62.99	\$45.99
P205/75R15	\$61.99	\$44.99
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\$32.99

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P195/60R14	\$70.99	\$51.99
P195/60R15	\$71.99	\$52.99
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P215/60R16	\$84.99	\$62.99
P225/60R16	\$88.99	\$65.99
P235/75R15	\$87.99	\$64.99
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P195/70R14	\$69.99	\$50.99
P205/70R14	\$73.99	\$53.99
P215/70R14	\$77.99	\$56.99
P205/70R15	\$77.99	\$56.99
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P185/65R15	\$69.99	\$50.99

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Firestone

FR440

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P185/80R13	\$53.99	\$38.99
P185/75R14	\$57.99	\$41.99
P195/75R14	\$60.99	\$44.99
P205/75R14	\$63.99	\$46.99
P205/75R15	\$66.99	\$48.99
P215/75R15	\$69.99	\$50.99
P225/75R15	\$72.99	\$53.99
P235/75R15	\$75.99	\$55.99
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P205/70R14	\$63.99	\$46.99
P215/70R14	\$66.99	\$48.99
P215/70R15	\$68.99	\$50.99
P225/70R15	\$71.99	\$52.99
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PASSENGER



SALE PRICES EFFECTIVE FEBRUARY 1 THRU FEBRUARY 28, 1997

Camp Lejeune

With Castrol GTX or
Heavy Duty Case Purchase
WIN EXCITING NBA PRIZESOR CASH
REBATESWITH A Castrol
CASE PURCHASESALE PRICE \$1.25
QUART PRICE \$0.95
MFG MAIL-IN REBATE \$0.30
12 quart purchase requiredSALE PRICE \$1.99
QUART PRICE \$1.59
MFG MAIL-IN REBATE \$0.40
6-pack purchase requiredSALE PRICE \$3.99
QUART PRICE \$2.99
MFG MAIL-IN REBATE \$1.00
6-pack purchase requiredSALE PRICE \$3.29
QUART PRICE \$1.79
MFG MAIL-IN REBATE \$1.50
24 oz. PRICE AFTER REBATE \$1.79

Castrol SUPERIOR PRODUCT TECHNOLOGY

Proof-of-purchase required for rebates. Mail-in offers. See store display for details. No purchase necessary to play game.

Main Store Mon-Sat 0900-2100
Sun 1100-1800
MCAS Store Mon-Sat 0900-2100
Sun 1000-2000

451-5030

Items subject to prior sale.
Prices available in exchanges where merchandise is carried.Sale Dates
Feb 1 thru Feb 23

Camp Lejeune

Marine Corps Exchange



-AN MWR ACTIVITY-

PAMPERS TURNS 35

Category Inventor Celebrates Generations Of Change



in the concept, but did not consider Pampers to be an everyday product. Instead, many thought Pampers should be saved for special occasions like traveling and for baby-sitting. In fact, the product was so novel, merchants were somewhat puzzled how to sell or where to stock it. Pampers would be found at department stores, food and drug stores, in a variety of shelf locations, from the convenience section to food or paper-product aisles.

Delivering A New Generation Of Diapers

"For 35 years, Pampers has been a leader, with meaningful performance improvements that have made our diapers better for babies," said Jeff Ansell, P&G's vice president and general manager of diapers for the U.S. "This year, we're announcing the biggest overall change since Pampers was invented 35 years ago. We've reinvented the diaper category by offering better products and a whole new shopping experience."

"The overall benefit of this initiative is that consumers will be able to buy better-performing diapers, will be able to select the

right diaper more easily, will have a wider selection of packs in every size, and will have the potential to save money in each diaper purchase," Ansell said.

In keeping with its tradition of product improvements, Pampers is introducing two new diapers—Pampers Baby-Dry and breathable Pampers Premium. Pampers Baby-Dry features newly designed core technology that concentrates absorbency both up front and in the middle to help keep both boys and girls drier than the gender-specific Pampers it replaces. Parents will benefit from the simplicity of a unisex product without compromising performance.

New breathable Pampers Premium features a breakthrough technology that allows air to flow to baby's skin at the sides. With breathable material specifically located where babies need it most, new Pampers Premium doesn't compromise in outstanding leak-proof protection. Pediatricians know the importance of allowing air to get to babies' skin for maintaining skin health.

A Tradition In Parenting

Thirty-five years ago, Pampers forever changed the way parents diapered their babies. While making diaper changes easier and more convenient, Pampers also gave parents the confidence of knowing that they were keeping their babies' skin as dry and as healthy as possible.

Today in the United States, 81 percent of hospitals use Pampers, and 94 percent of parents rely solely on disposable diapers. Pampers is sold in more than 90 countries and is the best-selling diaper in the world.

Would-Be Fashion Designer Invented Miracle Fiber That Has Saved Thousands Of Lives

(NAPS)—A fashion designer! That's what the little Pennsylvania girl wanted to be when she grew up. She loved to sew, and dreamed of making beautiful garments that women would wear to fancy balls and elegant dinners. "When I was six, I loved to use my mother's sewing machine," she said. "I was forbidden to use it, but I would sneak in when my mother went shopping."

Despite her passion for sewing, Stephanie became a chemist. While she chose not to professionally select fabrics for fashions, she did invent a fiber that is the color of gold and feels like silk. Unlike silk, this fiber is, pound-for-pound, five times stronger than steel. And while it may not be woven into any ball gowns, when it's made into a protective vest, it can stop a bullet. More than 1,900 police officers are alive today because they wore a vest made of the fiber invented by this former aspiring designer. Her name is Stephanie Kwolek and the fiber is KEVLAR® made by DuPont.

Ironically, although she majored in chemistry at Carnegie Mellon University, this 1995 National Inventors Hall of Fame inductee did not plan on making it a career when she joined DuPont in 1946. "I wanted to study medicine," said Stephanie. "But when I left college, I didn't have enough money for medical school. I thought I would work for a while and save up some money."

Stephanie's fascination with the work she was doing overrode any plans for medical school.

She eventually became involved in research on liquid crys-



Stephanie Kwolek

tal polymer solutions. One day in 1964, she developed a solution that acted like nothing she had ever seen. "Most polymer solutions are thick like syrup," she said. "This was more like water. It also was hazy—milky-looking. Most solutions are transparent. When I looked at the polymer solution in a polarizing microscope, I saw areas of brilliant colors."

When the solution was spun into a fiber, Stephanie was in for an even bigger surprise. Tests showed the fiber had amazing stiffness and strength. "I had the tests repeated a number of times before I told anyone," she said. "The test results were so unusual, I didn't want to be embarrassed if they were incorrect."

But the results were correct,

and Stephanie went on to patent the process for making this unique fiber which came to be known as KEVLAR®.

Since DuPont commercially introduced KEVLAR® 25 years ago, this miracle fiber has been used in hundreds of products. Its light weight and superior strength make it ideal for enhancing the performance of such diverse products as boat sails, mooring lines, automobile and truck brakes, fiber-optic cables, circuit boards, and paint thickeners.

White House Honor

Stephanie spent 40 years at DuPont working as a chemist. In that time she either authored or coauthored 17 different patents. President Clinton recently awarded Stephanie with the nation's highest technology award, the National Medal of Technology. In announcing her award, the White House said that the work done by Stephanie and other scientists has given the United States a "major competitive advantage" in high-performance fibers.

When Stephanie retired, she thought she would finally have time for her first love, sewing. As a retirement present to herself, she bought the fanciest, most expensive sewing machine on the market. However, she still keeps a busy schedule, serving as a consultant to DuPont and the National Research Council of the National Academy of Sciences. But she is not complaining. "Most chemists work all their lives and very hard, and never are able to participate in a discovery that has done as much good as KEVLAR®," she said.

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RESTAURANT & BANQUET CENTER CALENDAR

FEBRUARY 1997



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YES, MEMBERS GET DISCOUNT OFF FOOD IN ATTITUDES!	YES, YOU CAN BRING THE FAMILY!	YES, WE NEED YOUR SUPPORT!	YES, OUR BEVERAGE PRICES ARE BETTER THAN OUT IN TOWN!	YES, WE HAVE A KIDS' MENU!	YES, THIS IS WHERE THE FUN BEGINS!	NAT'L FREEDOM DAY <i>Private Parties Only Tonight</i>
Groundhog Day Vittles Breakfast Buffet see member's coupon!	Vittles Continental Breakfast 0600-0800 Mon-Fri	USO's Birthday ATTITUDES Members	ATTITUDES Spin the Wheel & win a % off your meal!	ATTITUDES Family Night Spaghetti Platter \$3.95 Adults \$1.95 Kids (see coupon for kids)	Chinese New Year's Party Dinner & Dancing Mongolian BBQ at 1800 Dance at 2000	NBA ALL STAR GAME <i>Private Parties Only Tonight</i>
Vittles Breakfast Buffet See member's coupon for extra value!	BOOK YOUR BANQUET TODAY! Call Karen at ext. 1534.	TWO FOR ONE TUESDAYS!	Abraham Lincoln's Birthday BOSSES NIGHT IN ATTITUDES!	ATTITUDES Family Night BBQ Pork or Chicken \$3.95 Adults \$1.95 Kids (see coupon for kids)	Happy Valentine's Day Dinner & Dancing at ATTITUDES Two for \$19.95	Club Closed
Next Advisory Board meeting will be 18 Feb at 1500 in the club. Club Closed	Club Closed	BUY ANY MUNCHIE ITEM & GET THE 2nd ONE 1/2 Price! (of equal value)	ATTITUDES Spin the Wheel & win a % off your meal!	ATTITUDES Family Night Double Cheeseburger \$3.95 Adults \$1.95 Kids (see coupon for kids)	ATTITUDES "Dinner & a Movie" Night Buy any 2 entrees & get a FREE movie pass for 2! (members only)	George Washington's Birthday <i>Private Parties Only Tonight</i>
Vittles Breakfast Buffet See member's coupon for extra value!	Vittles is the #1 place for Lunch! Mon-Fri 1100-1300 (All Ranks)		NCO APPRECIATION NIGHT PARTY HEARTY! IN ATTITUDES	ATTITUDES Family Night Fried Chicken Platter \$3.95 Adults \$1.95 Kids (see coupon for kids)	OPEN HOUSE PARTY! FREE MEGA BUFFET! MEMBERSHIP DINE TONIGHT	WANT TO BE A MEMBER? JOIN 28 FEB & GET A COUPON FOR A ONE FREE SUNDAY BREAKFAST BUFFET! A \$4.95 VALUE

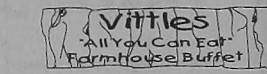
KIDS EAT FREE

OFF KID'S MENU ON ANY "FAMILY NIGHT" (Thursdays) in ATTITUDES
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\$4.00 OFF

ANY FOOD PURCHASE ON ATTITUDES MENU except for special catered events/holidays. Cash will not be refunded for purchases of less than \$4. One coupon per membership per month. Offer good 1-28 Feb 97. Not valid with any other offer.

\$1.00 OFF



Breakfast Buffet Sundays 0900-1300

Members only. Good for up to 4 people. Must show card for discount. One coupon per membership per month. Offer good 1-28 Feb 97.



CAMP LEJEUNE CLUB MEMBERSHIP APPLICATION

Social Security #	Branch of Service
Last Name	First Name
Rank	Spouse
Military Organization	Work Phone
Mailing Address	Home Phone
	Card #'s Issued

I understand that it is my responsibility that upon TAD/PCS or orders, I will clear my account with the Officers/Staff NCO Club or the account payments office in Bldg. 895. I give permission for my spouse to receive a copy of the OWC World, the Officers' Wives' Club newsletter, if applicable. YES ☐ NO ☐
SIGNATURE _____ DATE _____ VERIFIED _____

JOIN YOUR CLUB TODAY...

JUST FILL OUT THIS APPLICATION AND GIVE IT TO OUR CLUB MANAGER. WE WILL ISSUE YOU A TEMPORARY MEMBERSHIP CARD ON THE SPOT - SO YOU CAN USE THESE COUPONS IMMEDIATELY!

ALSO, YOUR FIRST MONTH IS FREE!



Paradise Point Officers' Club

FEBRUARY 1997

*All Prices Reflect the Membership Discount of 15% So Please Show Your Club Card.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

-ATTENTION MEMBERS-

Reservations are recommended for Sunday Brunch, Family Nights & Mongolian B.B.Q. 24 hours in advance so the club can provide TOP quality products & services to its members.

Thank you!



1

Today's Wampum
12 Wooden Nickels for Fresh Catch of the Day

2
BRUNCH
BEEF STROGANOFF
\$9.95 1000-1330

3
Start Your Week RIGHT!
PIZZA & SUDS* 10

4
Today's Wampum
B.L.T. for 5 Wooden Nickels

5
Family Night Buffet
\$4.95
FREE PASSPORTS
Hors d'oeuvres

6
Today's Wampum
12 Wild Bill Hot Wings for 5 Wooden Nickels

7
MONGOLIAN B.B.Q.
\$.45 per ounce 1800-2100 Carolina Room
FREE PASSPORTS
Hors d'oeuvres

8
O.W.C. Sock Hop
at 1800

9
BRUNCH
HONEY GLAZED VIRGINIA HAM
\$9.95 1000-1330

10
Every Monday Night
1 topping pie & 1 pitcher of soda* for \$9.95 (*\$1 more for beer)

11
CAROLINA COUNTRY BUFFET
B.B.Q. Beef Ribs

12
Family Night Buffet
\$4.95
FREE PASSPORTS
Hors d'oeuvres

13
Today's Wampum
2 Wooden Nickels for a Basket of Fries

14
Valentine's Day DINNER
1800 - 2100
FREE PASSPORTS
Hors d'oeuvres

15
Club Closed Today

16
Club Closed Today

17
Club Closed
PRESIDENTS DAY

18
All Invited... the Wooden Nickel GRAND OPENING 1600

19
Family Night Buffet
\$4.95
FREE PASSPORTS
Hors d'oeuvres

20
CAROLINA COUNTRY BUFFET
French Onion Soup

21
for Lunch... Seafood Buffet
FREE PASSPORTS
Hors d'oeuvres

22
I.W.C. Black & White Masquerade Ball

23
BRUNCH
STEAMSHIP ROUND
\$9.95 1000-1330

24
PIZZA & SUDS*
Every Monday Night

25
CAROLINA COUNTRY BUFFET
Spaghetti & Meatballs

26
Family Night Buffet
\$4.95
FREE PASSPORTS
Hors d'oeuvres

27
Today's Wampum
14 Wooden Nickels for a Combo Pizza

28
MONGOLIAN B.B.Q.
\$.45 per ounce 1800-2100 Carolina Room
FREE PASSPORTS
Hors d'oeuvres

Book Your Banquet Today!
Call Cynthia at ext. 2465.

JOIN YOUR CLUB TODAY...

JUST FILL OUT THIS APPLICATION AND GIVE IT TO OUR CLUB MANAGER.

WE WILL ISSUE YOU A TEMPORARY MEMBERSHIP CARD ON THE SPOT - SO YOU CAN USE THE COUPON BELOW IMMEDIATELY!
ALSO, YOUR FIRST MONTH IS FREE!

CAMP LEJEUNE CLUB MEMBERSHIP APPLICATION

Social Security #

Branch of Service

Last Name

First Name

Rank

Spouse

Military Organization

Work Phone

Mailing Address

Home Phone

Card #'s Issued

I understand that it is my responsibility that upon TAD/PCS or orders, I will clear my account with the Officers/Staff NGO Club or the account payments office in Bldg. 895. I give permission for my spouse to receive a copy of the OWC World, the Officers' Wives' Club newsletter, if applicable. YES ☐ NO ☐

SIGNATURE

DATE

VERIFIED

Paradise Point Officers' Club Member
\$10 COUPON

This coupon entitles members to a \$10 discount off
ANY FOOD PURCHASE

except for special catered events.
Cash will not be refunded for purchases of less than \$10.
Offer good 1-28 Feb 97. Not valid with any other offer.
CLUB CARD NO. _____

SIGNATURE

DATE

MWR

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Sports On Satellite TV

How To Enjoy Fall And Winter Sports Without Season Tickets

(NAPS)—When people begin crowding in front of big screen television sets on Saturday and Sunday, stocking up on beer and pretzels, it can only mean one thing—the much-anticipated fall and winter sports seasons are upon us. Some die-hard football and basketball fans have already purchased costly season tickets for their home teams. But what is a true sports fan supposed to do when his or her favorite team is not the hometown team and the games they want to watch are not televised in their region?

More and more sports lovers are watching professional and collegiate sporting events at home via comprehensive out-of-market sports programming packages through satellite TV. And with the advent of the 18-inch satellite dish, satellite TV is now more affordable to sports fans nationwide. One satellite TV service that has found a place in the hearts of sports enthusiasts is DIRECTV®, the nation's leading direct broadcast satellite service.

For sports fans, DIRECTV offers an unprecedented 3,000 professional and collegiate games—more sports programming than any other broadcast service in the U.S. DIRECTV offers more than 175 channels of digitally-delivered programming to owners of the popular DSS® system, which features an 18-inch satellite dish.

A must-have for football fans, NFL SUNDAY TICKET®, which is not available on any other small-dish service, offers nearly 200 out-of-market regular season games. As one of the most popular sports packages on DIRECTV, you get as



many as 13 games every Sunday for only \$159—and it's almost guaranteed to make you the most popular individual on the block.

As ticket prices for NBA games continue to rise along with players' salaries, basketball fans will find a bargain in the NBA LEAGUE PASS®. With up to 1,000 regular season NBA basketball games from outside the local area, you can catch Michael Jordan, Shaquille O'Neal, Patrick Ewing and other stars in action, and watch as many as seven games a night.

With limited national network coverage of NHL games, hockey fans can now tune to DIRECTV to catch the world's greatest players—such as Wayne Gretzky, Mario Lemieux and Brett Hull—on a regular basis. DIRECTV caters to avid hockey fans with NHL® CENTER ICE® which is not available on any other small-dish service. Up to 500 out-of-market regular season NHL hockey games are available on this package—the most games available on a small dish.

In addition to professional sports, DIRECTV also offers packages for college sports fans.

Perfect for alumni that moved away from their college hometown and team, ESPN GamePlan™ College Football offers 13 weeks of out-of-market regular season college football action—up to ten games every Saturday. This package includes schools from top conferences, such as the Big 10, Pac 10, Big 12, SEC, ACC, WAC and Big East. And for the college basketball fan, ESPN FULL COURT™ College Basketball offers up to 400 out-of-market NCAA Division I college basketball games, and top conferences, including the Big 10, Big East, Big 12, and Big West.

DIRECTV sports packages are priced per season and are payable in minimal, interest-free monthly installments. Each package is designed to meet the individual tastes of true sports fans, so it's best to examine all that DIRECTV has to offer to choose the package that best suits your needs.

It's important to keep in mind that in some cases, blackout restrictions apply, and you may not be able to see every game available in each package. Also, to receive sports programming, you need to purchase the DSS system—manufactured by such companies as RCA, Sony, and Panasonic—which must be continuously connected to a land-based phone line. DSS systems are widely available at more than 26,000 consumer electronics stores such as Circuit City and Sears, and satellite retailers across the country for as low as \$199 after a special DIRECTV \$200 cash back offer good through December 31, 1996.

Heart Disease And Women®

(NAPS)—Lucy Mathies is one of the lucky ones. Forty years ago she was diagnosed with coronary artery disease (CAD).

"I had to become a heart nut before it became popular," says the 68-year old Louisiana woman. "If I hadn't, I wouldn't be around today."

As a young woman Lucy went to her doctor complaining of chest pains and a numb arm. Fortunately, her doctor recognized the danger and started Lucy on her life-long battle against heart disease.

Lucy's story is unique because 40 years ago heart disease was considered primarily as a threat to men. Today, the medical industry knows better, yet according to research at the St. Louis University Medical Center, women are still less likely than men to have diagnostic tests and treatment for coronary heart disease even if their risk profiles are similar.

The hard truth is 520,000 Americans die from heart attacks each year and close to half of those deaths are women. Heart disease is the number one killer of women in this country.

"But women aren't being told to take care of their hearts," says Lucy.

That attitude is supported by a recent survey of exercisers. NordicTrack, a leading producer of fitness equipment, polled customers who purchased a WalkFit® treadmill in the last year. The findings show, by a margin of two to one, men are more concerned than women about general physical conditioning and cardiovascular fitness. Women are more motivated to exercise by appearance issues such as weight loss.

According to studies at the Mayo Clinic, women usually develop heart problems seven to eight years later in life than men.

From age 45 to 64, one in nine women will develop some type of cardiovascular disease. By age 65 the odds increase to one in three. That jump is blamed on a drop in estrogen in post-menopausal women. The Mayo research also indicates women are less likely than men to survive a heart attack and don't respond as well to treatment.

But there are ways to improve your odds.

The American Heart Association has recently recognized inactivity as a primary risk factor. It suggests that inactivity may be as hazardous to your heart's health as smoking.

"Exercise may be your best prevention against heart disease," says Jeff Zwiefel, Director of The National Exercise for Life Institute. "A good total-body aerobic workout will not only strengthen your heart but may also favorably effect your cholesterol level and help control your body weight."

Last year Lucy Mathies says she was advised to improve her exercise routine. She had been using an ordinary treadmill. Her physician told her she needed a better cardiovascular workout—suggesting a total-body treadmill. "I started spending just two minutes a day on my NordicTrack WalkFit®, adding one minute each week," says Lucy. "Today, I brag that my cholesterol is down, my weight is down and I'm going to be an old, old grandma."

Independent research shows the WalkFit® treadmill offers a superior cardiovascular workout when compared to lower-body only treadmills or motorized models. Physicians recommend an aerobic workout at least three times a week to help reduce the risk of heart disease.

For more information on the health benefits of WalkFit® treadmills call: 1-800-528-3088.

Gift Ideas

The Ultimate Gift: A Healthy Heart

(NAPS)—Why not give the person you love the gift of being healthy and living longer—in a kit to help them test their cholesterol?



Looking for the perfect gift for someone you love? Why not give them a way to track their cholesterol levels at home?

Nearly half of the adult population has high or nearly high levels of blood cholesterol. High cholesterol contributes to increased risk of coronary heart disease, heart attacks and strokes.

Knowing cholesterol is elevated is the first step toward managing the condition. A new diagnostic kit allows people to keep a close watch on their condition at home.

The CholesTrak kit from Cholestech, a leading medical diagnostic company, can keep those with high blood cholesterol better informed. In recent survey, 91% of CholesTrak users responded that this objective feedback motivates them to continue a healthier lifestyle.

The kit is a far better gift than something to eat—which may contribute to the cholesterol problem—or something the person will not use for.

Using the kit is easy and results are available quickly. Just prick your finger, place a drop or two of blood in the well, and pull the tab to begin the reaction. After 10 to 15 minutes, the test is complete.

The kit costs about \$15, and is available nationwide in local stores and pharmacies.

Pat. Announcement



Andreas Vesalius, a Belgian physician of the 16th century, became known as the "Father of Anatomy".

Basketball Is A Rewarding Experience For You

By Bill Walton

Basketball Hall Of Fame

(NAPS)—There is no better sport for young men and women than basketball. It introduces them to the concept of teamwork, teaches discipline, and of course it's great exercise for the body and mind. My years as a young basketball player in Southern California prepared me for the demands of college—where I learned from great John Wooden at UCLA, a magnificent coach and teacher, and subsequently, for the demands and challenges of life.



My love and respect for the game of basketball is the reason I am assisting the Atlantic Tipoff Club Boost® nutritional energy drink to promote the Naismith Awards program during the college basketball season.

Founded in 1969 and named after Dr. James Naismith, who invented this wonderful sport, the Boost/Naismith Awards Program honors excellence in basketball in all areas—playing, coaching, officiating, and administration.

Most importantly, I want to deliver the message that basketball should, first and foremost, be enjoyable and rewarding for young people. For those parents of children who participate in basketball, here are my "Boost/Naismith Basketball Tips for '97."

- Help your children balance homework and practice; education should be their number one priority, no matter how well they shoot and dribble.

- Make sure your kids participate in a program that provides adequate coaching, instruction, and safety; basketball should be a positive learning experience.

- Remind your child that basketball is just a GAME, so they should always have fun while they're playing; if it's not enjoyable, maybe they should pursue another sport.

Pat. Announcement

It's a Spring Thing!

Coastal's Spring Quarter Registration

February 13-20
for previously approved students
and
February 21 - March 6
for late applicants.

Higher Standards For Higher Education

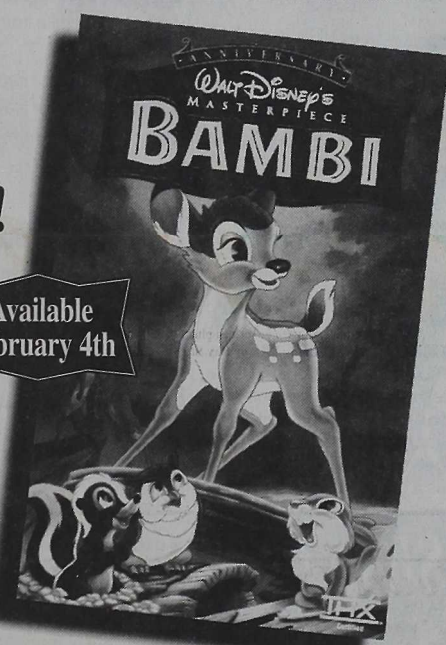


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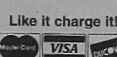


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Like it charge it!



The phrase "under God" was added to the "Pledge of Allegiance" on June 14, 1954.

Friendship renders prosperity more brilliant, while it lightens adversity by sharing it.
—Oliver Wendall Holmes



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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. 2nd Tuesday of every month. American Legion Bldg., Onslow County Fairgrounds. All active duty, retired and honorably discharged Purple Heart recipients from all branches of the Armed Forces are encouraged to attend. 326-4323 or 326-5632. TFN

YOGA CENTER invites you to attend meditation for relief of stress and anxieties. Classes on BHAGAVAD-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 Rd Sneads Ferry NC. Call for more information 327-2694. TFN

BETA 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 it's 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 9:00 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 12:30 - 1:30 pm. Consumers can call toll free 1-800-228-2525 for more information. TFN

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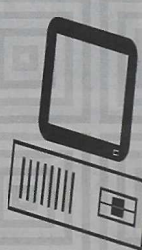
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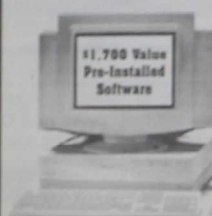
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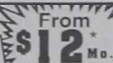
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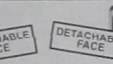
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AMERICAN RESOURCEFULNESS

Our Farmers And Ranchers Make Conservation History

(NAPS)—It takes resourcefulness to save natural resources. That's what America's farmers and ranchers used to meet the provisions of the 1985 Farm Bill and in doing so they broke all previous records in natural resource care.

The bill called on farmers to develop and carry out a plan to protect highly erodible cropland against soil erosion, in order to stay eligible for U.S. Department of Agriculture benefits. In only 10 years, America's farmers rose to the challenge:

- They adopted tillage methods on millions of acres of cropland that left residue from the previous year's crop on the soil surface to protect against erosion.

- They established grasses and trees, again on millions of acres of the most erodible and fragile croplands.

- They established wildlife habitat, began using a number of practices to improve water quality and reversed the trend in wetland losses.

The bill was an enormous success and has created a priceless legacy for future generations.

With the 1996 Farm Bill, American agricultural producers have the opportunity to continue and build on the conservation successes they've already achieved.

The new farm bill authorizes more than \$2.2 billion in voluntary programs to improve water quality, protect and restore wetlands, repair damaged streambanks, protect highly erodible land, restore and create fish and



A new farm bill offers farmers and ranchers more flexibility to decide which ways they will conserve and protect the land that is our national heritage. More decisions about how to deal with highly erodible land can be made at a local level, which means that decisions can be made much faster and with fewer resources.

wildlife habitat, and protect farms from urban development.

Jerry Vap, President of the National Association of Conservation Districts, believes the voluntary approach used in the 1996 Farm Bill will be enthusiastically endorsed by America's farmers and ranchers.

"Under the new bill, producers have more options and more flexibility than ever before in choosing conservation methods to protect their farms and ranches," Vap said. "Another plus is that more decisions will be made at the local level, and this should save us both

time and money."

The USDA Natural Resources Conservation Service, Farm Service Agency, local conservation districts, and others will continue to offer technical and financial assistance.

"This bill allows us to make the best use of skilled and dedicated people in both the government and on our farms and ranches," Vap said. "Working together, we will find new ways to conserve and protect all those things vital to the continued health of the planet—our soil, water, air, plants, animals and people."

NEWS

OF HEALTH

Helping Women With Fibroids

COMMON SYMPTOMS
OF
FIBROID TUMORS

- ♦ ABNORMAL BLEEDING, which can lead to anemia
- ♦ PELVIC PAIN
- ♦ PELVIC PRESSURE
- ♦ INFERTILITY

(NAPS)—Uterine fibroid tumors (leiomyomata) are benign growths of the smooth muscle in the uterus. They affect one in four women aged 30 or older. Some women with fibroid tumors experience no symptoms; others can suffer from problems including abnormal bleeding, which can lead to anemia, pelvic pain, pelvic pressure and infertility.

Symptomatic uterine fibroid tumors represent the most common diagnosis leading to hysterectomy (surgical removal of the uterus) in the U.S. They account for nearly 30 percent of hysterectomies performed in the U.S. Approximately 21 percent of patients undergoing a hysterectomy for fibroid tumors are anemic. Iron deficiency anemia, which can occur with increased vaginal bleeding over time, can be associated with bleeding due to fibroid tumors.

A drug called Lupron Depot® 3.75 mg (leuprolide acetate for depot suspension) has recently received clearance from the United States Food and Drug Administration (FDA) for use in combination with iron supplementation as a presurgical treatment for anemia caused by fibroid tumors.

"Women suffering from symptomatic fibroid tumors often choose surgery to resolve the problems such as bleeding and pelvic pain that are associated with the condition," said Thomas Stovall, M.D., associate professor, Department of Obstetrics and Gynecology, Bowman Gray School of Medicine of Wake Forest University in Winston-Salem, North Carolina. "For certain women, Lupron Depot 3.75 mg can relieve symptoms prior to surgery, which can improve a

patient's quality of life and decrease risks associated with fibroid surgery by controlling bleeding."

Lupron Depot 3.75 mg has been indicated in combination with iron therapy for up to three months as preoperative treatment to raise hemoglobin levels for women suffering from anemia due to fibroid tumors. Because iron therapy alone may increase hemoglobin levels, Lupron Depot 3.75 mg is recommended if response to iron therapy is considered inadequate.

Clinical studies have shown that Lupron Depot 3.75 mg, in combination with iron supplementation, improves hemoglobin levels of patients with fibroid tumors because bleeding is decreased. One study found that after three months of treatment, 80 percent of patients with fibroid tumors experienced relief from excessive bleeding due to the condition.

Higher preoperative hemoglobin levels are associated with a decreased need for transfusion. These higher values also increase the possibility that a patient can donate blood prior to surgery, a

procedure known as an autologous blood donation. Surgeons may recommend autologous blood donation prior to surgery to decrease the minimal risk of contracting viral hepatitis or HIV infection through transfusions. In one clinical study, 75 percent of the patients with fibroid tumors treated with Lupron Depot 3.75 mg plus iron for three months experienced a clinical response that met the criteria required for autologous blood donation prior to surgery.

The most frequently reported adverse events associated with Lupron Depot 3.75 mg are related to decreased estrogen levels. Side effects include asthenia (weakness), general pain, headaches, hot flashes, sweats, edema, joint disorder, depression, emotional lability and vaginitis. Decreased estrogen levels also may result in a small loss in bone density over the course of treatment, some of which may not be reversible. Estrogen levels return to normal after treatment is discontinued.

Lupron Depot 3.75 mg is a member of a class of drugs known as gonadotropin-releasing hormone (GnRH) analogs. These drugs temporarily decrease production of estrogen, the hormone that is believed to stimulate growth of fibroid tumors. Lupron Depot 3.75 mg is a once-a-month injection that is given in the physician's office. Lupron Depot 3.75 mg has been marketed since 1990 for the management of endometriosis, a gynecological condition that can cause severe pelvic pain and is associated with infertility.

FACTS & FIGURES

(NAPS)—Women, it seems, are the fuel that primes the U.S. economy. Nowhere is this more evident than what is happening in the automobile market. Right now, it's estimated that women influence as much as 80 percent of all car-buying decisions. Women are also the principal purchaser on 45 percent of cars and trucks sold in the U.S. today.



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Epson Stylus 300 jet printer, \$125. Call
326-1572.

Barbie as Scarlett, greenvelvet drapery
dress pd. \$50 OBO.

Briggs & Stratton 3.5 lawn mower, 1 yr old,
\$100; Lrg dog kennel, \$50. Call 355-0303.

2-Kenwood KL-888D Home Stereo
speakers, 150 watts ea., \$250. Call 451-
1313.

Two Kenwood KL-888D home stereo
speakers, 150 watts each, \$250. Call 327-
3123.

Diamond-cluster .25 ct., 10kt gold, \$150.
Lifetime diamond guarantee. Call 346-
6851.

Enlisted dress blue blouse w/collar em-
blems, 42L, white belt with anodized
buckle, all for \$50. Call 346-4925.

M1, Garrard, 30.06, all original DCM pa-
perwork, collectors weapon, \$700; special-
ized "ALLEZ" triathlon bike, many ex-
tras, \$800. Call 444-3770.

Aquarium, 30 gal., w/all accessories, best
offer; full uniform issue, w/sgt chevrons,
will sell separate or together. Call 577-
1805.

RCBS reloading equipment, complete kit
includes press, 2 die sets, scales and
accessories \$150. Call 346-0850.

Jenny Lind crnb with new mattress, \$80,

small hutch buffet \$80; microwave cart
\$40; paintings, each glider, \$10, portable
dish washer \$50.; eight inch black and
decker table saw \$80. Call 353-2076.

LEER camper shell, white, '95 model car-
pet inside lining, fits '94 to present, Mazda
B series and Ford Ranger trucks.

Hondaline two piece motorcycle winter suit,
size XL, \$60; Roadman leather boots, size
11 1/2, \$40. Call 455-0363.

Oster 6qt food steamer/rice cooker. Never
used \$40. 455-0363.

AUTOMOBILES

Chrysler engine 400 small block from a
'75 Cordoba w/transmission complete,
\$1,300; VW engine 1300 cc with windows,
rims and other parts \$200. Call anytime
after 4 p.m.

'95 Nissan ext cab, XE-V6 less than 8,000
mi excellent cond, 14,500. Call 455-0358.

'78 Vega GT Boday, O.K. cond, \$300 OBO,
Call 455-0358.

'77 Pontiac Firebird runs great excellent
condition, \$2000 Contact or call LCpl
Marsalla at 451-1406, FC 416 Rm. B206

'94 Ford Escort Wagon, 96,000 mi high-
ways, oil changed every 4,000 miles, new
timing belt, very clean both inside & out
\$3,500 OBO. Call 353-6387.

'85 Ford Crown Victoria "Police Sedan,"
351, HO V8, new tires, alignment, new
brakes, very good condition \$2700. Call
353-4960 after 6 p.m.

'96 Mitsubishi 3000 GT, Call 577-0009 or
326-7823.

'88 Ford p/u, 302 V8 engine, standard
trans., loaded, clean, ex. cond., red/white,
\$6,000 OBO, call 327-3123.

'76 Dodge Truck 318, 8cyl. auto, PS, PB,
new rear tires, \$1,500. Call 577-1573.

'68 396 SS Chevelle, body needs work. Call
353-5812.

'96 Dodge Dakota Sport, 5spd, A/C, am/
fm/cass, \$12,700 or take over payments.
Call 355-2508.

'91 Honda CRX si, black, 2dr 5spd, sunroof,
\$6,500 or OBO. Call 577-3383.

'90 Acura Integra LS, 5spd, 2dr,
moonroof, \$7,000 or OBO. Call 577-3383.

'96 Hyundai Elantra dark Green w/tan in-
terior, am/fm/cass \$10,800. Call 577-1525.

Rebuilt 1.8L engine for RWD Toyota Co-
rolla, racing cam, pistons and more, will
sacrifice for \$350. Call 577-8518.85

Honda Prelude, new tires, new CD player,
\$2000. Call 455-5192.

'89 Jeep Grand Wagoneer, \$4500; '87
Chevy Suburban, \$8,600. Call 455-7607.

'92 GMC Suburban, fully loaded, blue int/
ext. Call 938-9968

'86 GMC Jimmy 4 x 4, new tires, new
brakes, removable hard top, \$3,100 OBO.
Call 353-1055.

'93 Corsica AM, FM, P/S P/B, AC runs great
\$6,700. Call 455-3798.

'95 Chevy 1500 extended cab, AC, P/W and
locks, v8 auto transmission, AM/FM, anti
lock brakes. Call 326-5006.

'91 Plymouth Voyager minivan, AM/FM, tilt
steering, AC, powerlocks and windows,
\$5,795.

'92 Nissan 240 SX se fastback, 56k, 5
speed, loaded, orchard red, \$10,100. Call
451-1600.

'87 Suzuki Samurai, \$1,500. Call 347-0719.

'93 Ford Crown Victoria, PWR., dual air
bags, ABS, V8OC w/overdrive, cass w/r-
dio, 62k, full warranty. Call (910)353-6219
or 451-5277.

'88 Ford P/U 302 V8 Eng. standard trans.,
red + white, \$6,000. Call 327-3123.

MOTORCYCLES

'90 Harley Davidson FLHS, electraglide
sport, dual air shacks, hard bags, remov-
able windshield, ICS candy apple red, ex
condition, \$1,500. Call 326-1572.

'91 Suzuki, low mileage, \$2,200 OBO. Call
346-6033.

FURN. & APPLIANCES

Kenmore upright freezer, 15.9 cubic ft.,

good cond., \$80. Call 326-4212

Sofa and chair, light green, \$125. Call 577-
0437.

30" X 60" farm table white, natural finish w/
4 chairs, \$250. Call 347-7123.

Queen size mattress with metal frame \$150.
Call 353-2711.

Wooden port-a-crib, baby walker, infant car
seat, front baby carrier, back baby carrier, 2
fisher price, bed rails, Jonny Jumper, crib
mattress. Call 347-7123.

Twin mattresses and box spring w/frame,
\$50, child craft crib, honey oak, w/mattress,
\$100. Call 577-7226.

Matching sofa and loveseat, grey upholstery
\$200; oversized blue chair, \$75. Call 455-
4719.

Four piece bedroom set, 1 yr old, full bed,
night stand dresser and dresser with mirror,
\$500 or OBO. Call 353-5812.

King size waterbed, wood head board with
displayshelves. Edge rails w/pads, ex mat-
tress, drawer storage under bed. Call 455-
2842.

REAL ESTATE

4 BR, 2 1/2 BA, for rent; clean and big, 2,600
sq ft., quiet neighborhood, \$775 mo., 1 yr.
lease; available Feb. 24. Call 938-1166.

'94 Oakwood 14x80 mobile home, 3BR, 2BA,
blue carpet dishwasher, ceiling fans, skylight,
shed & deck included very nice in Hubert
area. Call 353-6387.

Two story colonial, 4BR, 2.5BA, low mainte-
nance vinyl, New River Plantation, great
base commute, private community w/secu-
rity gate, pool, tennis court, clubhouse, boat
ramp. Call 327-2778.

Trailer W/AC water, sewage, trash and
grasscutting inc. Call 455-3940.

Mobile home, 2 1/2 Bd, 1 1/2 bath, cent
air + heat. Call 326-5241.

'93 14 x 76 mobile home, 2 bedroom, 2
bath w/garden tub. Call 353-2370.

3 Br w/fenced yard, screened porch, ac-
cess to boat ramp, 1/2 way between
Cherry Point and Camp Lejeune.
Call (919) 393-7213.

PETS

Male Persian, white w/flame points, reg-
istered, shots current, neutered, \$125; Fe-
male tabby; orange, long hair, shots cur-
rent, spayed, \$50. Call 577-4288.

2 love birds \$60, one for \$35, 2 quaker par-
rots, male and female, \$240. Call 347-0719.

Baby Camen alligator, 2 yrs old, 14 inches
long, tank included. Call 355-9777

Free to good home, 6 month old black fe-
male Lab and German shepherd mix,
good nature, first shots and heart worm
pills started, great with children. Please
call 355-2942 after 5 p.m.

YARD SALES

Multi-family Feb. 1st, jogging stroller, DR/
KIT chairs x6; desk; rabbit cage/tray; la-
dies pet sizes 2/4 dressers/out/lits; rock-
ing chair; computer table; much more. 117
Sea Dunes, off of Coast Guard Rd., Emer-
ald Isle.

WANTED, LOST, FOUND

Need fence around pasture finished, have
materials, corners are in. Call 326-1572.

Wanted: Driving partner to Southern Cali-
fornia or anywhere in between, one way,
leaving Feb. 9 or 10, split gas/lodging costs
in half. Call 355-2942 after 5 p.m.

Wanted: Yard care in the Topsail Island
area. Must have own equipment and trans-
portation. Small yard. Small portable refrig-
erator and microwave for barracks. 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 sub-

mitted 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.

Mail to:
Commanding General
(Attn: Public Affairs Office)
Marine Corps Base
PSC Box 20004
Camp Lejeune, NC 28542-0004

TRADER FORM

Deliver to:
Public Affairs Office
Bldg. 67
Virginia Dare Rd.
(Mainside) MCB
Camp Lejeune

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

Signature

Rank

Organization

Home Address

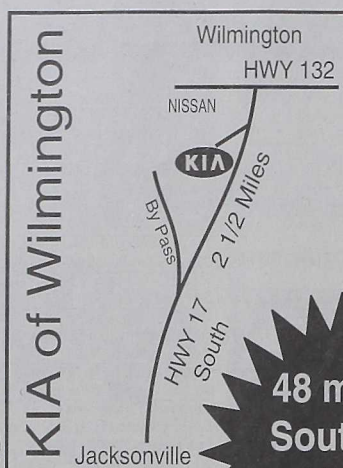
Home Phone

Work Phone



It's about time everyone had a well-made car.

The price says basic. The car says loaded. And the Bank says, "Finance them all. All Ranks, Credit not Necessary."



48 miles South of High Prices

\$7,988



The 1997 Sephia.*

Dual airbags • 60/40 split, folding rear seat backs • Theft-deterrent system • Tinted glass

Dual outside mirrors • Rear defroster • 24-hour roadside assistance

*1997 Sephia RS with manual transmission(model shown) includes transportation. Excludes taxes, license, title, and options.

KIA of Wilimington 5502 Market St. Wilmington, NC (800) 925-7940

NEWS OF SMALL BUSINESS

Electronic Storefront Offers Access To An Upscale Clientele

(NAPS)—Pick up most any newspaper or magazine these days and chances are you'll find an article about the Internet and World Wide Web. Odds are you'll also see stories that tout shopping via the Internet as the wave of the future for consumers.

While a comparatively small number of businesses today engage in commerce over the Internet, it's clearly a growing concept—the number of major business Web sites has tripled to more than 100,000 since July 1995. It's easy for on-line consumers to find a company's toll-free number and complete a purchase. Simply by calling up the Internet version of AT&T's Toll-Free Directory (www.tollfree.att.net), consumers anywhere in the world can quickly find a company's toll-free AT&T number. They can shop a business with an electronic store front by clicking on the listing to hot-link to the company's home page.

Is now the time for business to erect an on-line storefront? A look at who's in the marketplace, what they're looking to find and what they're willing to buy suggests that it's at least time to start thinking seriously about the Web.

Jupiter Communications, a major media research group, estimates that 9.5 million U.S. households were on-line in 1995, and forecasts that the number will more than triple to 35.2 million homes by the year 2000. Add in people who have access to the 'Net from the office, and the total number of surfers in the U.S. is estimated to be well over 30 million—approximately 13 percent of America's population.

A landmark study conducted by CommerceNet and Nielsen Media Research shows Internet users are upscale and well-educated, with 25 percent having annual incomes over \$80,000. More than half of those surveyed said they use the World Wide Web to find information on products and services, and 23 percent reported making a purchase over the Web.

Another study, from International Data Corporation, reports that one in three 'Net surfers engages in shopping while on-line. Home shoppers spend an average of \$50 a month on-line, while business shoppers spend more than



One study shows home Internet shoppers spend an average of \$50 a month on-line. Business shoppers spend over \$500 a month.

\$500. IDC estimates that more than \$300 million worth of business was transacted via the Web last year, and forecasts that Internet commerce will surpass \$150 billion by the year 2000.

Looking at the research, the question appears not to be whether business should erect an electronic storefront, but when. The Internet clearly is an increasingly viable means of developing leads, building interactive relationships with affluent customers.

One company that's successfully taken the plunge is staircase manufacturer Taney Corporation. Though one of the largest U.S. builders of wood staircases, the company sells primarily to custom home builders and housing developers—and is not well known among homeowners. Taney concluded that the Web was the place to introduce itself to the public at large as a premier builder.

AT&T Easy World Wide Web Services created a Web site (www.taney.com), that includes pictures and descriptions of every kind of staircase, along with information on the company. In the near future, Taney and its distributors plan to use the Web to transact orders from an electronic catalogue that even offers the ability to search for parts.

Businesses interested in exploring the possibilities of opening an electronic storefront can find more information at AT&T's Internet home page (www.att.com), or calling 1-800-831-5259.

Paid Advertisement



Looking For That Special Person!!

The Eastern Carolina Singles Club

The Eastern Carolina Singles Club is a convenient and fun way for you to meet single men and women in the Eastern North Carolina area. From the privacy and comfort of your home or office, you can call our FREE local number and listen to people describing themselves and who they'd like to meet. Our Voice System will handle your call, so you don't need to talk to our staff. Listening is FREE. You can also record your own FREE voice introduction. This is a local community service. We do not use 900 numbers. Call our 24 hour Voice Line and discover a new way to meet people. You must be 18 years old or older.

Day or Night 24 Hours
Call 938-2990