

MP night

Globe reporter spends an evening on MP beat. 9A

Showboat

USS North Carolina holds memories for Marine detachment. 12A



Weather

Five-day forecast for base and local area. 4A

Friday

Hi 76°

Lo 58°

THE GLOBE

February 21, 1997

Serving expeditionary forces in readiness

Camp Lejeune, N.C.

26th MEU (SOC) makes thunder in Sardinia

By Mark D. Oliva
26th MEU (SOC) Correspondent

PORTO SCUDO, Sardinia — The 26th Marine Expeditionary Unit (Special Operations Capable) landed here for Exercise Island Thunder '97, a joint Combined exercise with the U.S. Army's 1st Marine Division (1st MARDIV) and the 1st Marine Expeditionary Task Force (SETAF) and elements of the Italian armed forces.

The exercise began with a Joint service noncombatant evacuation exercise that allowed the 26th MEU to work with SETAF.

The exercise was followed by an amphibious assault Joint Fire Support Coordination Exercise (JFSCX) and small unit infantry training for Battalion Landing Team 1/8. Island Thunder was the name the MEU has trained in a Joint environment since the JTFEX 1-97 at the conclusion of its deployment training.

The exercise also marked a first for Marine aviation. The new forward-looking imaging radar system on the Marine Medium Helicopter Squadron-365's AH-1W Super Cobras was used to mark targets for the Harriers to drop 500-pound laser-guided bombs. By combining these assets, the MEU has an air-delivered precision strike capability arsenal.

The value of the exercise was apparent as the training scenarios fell within the scope of the core missions MEUs train for on a regular basis, explained Col. Emerson N. Gardner Jr., 26th MEU (SOC) Commanding Officer. Island Thunder allowed the 26th MEU to showcase the skills developed during the MEU training cycle.

During follow-on infantry training, BLT 1/8 and the 365 took advantage of wide-open ranges to conduct multiple live-fire exercises that aren't possible in most training areas.

Included in the exercise was a full-scale inte-

grated live-fire combined-arms exercise. Indirect fire from U.S. Army, Marine and Italian artillery and Marine 81mm mortars was combined with fires from rotary and fixed-wing aircraft as American and Italian forward observers tested fire support capabilities. The ACE's Hueys, Harriers and Cobras were augmented by U.S. Air Force F-16s from the 555th Fighter Squadron out of Aviano Air Base.

The FSCX was an invaluable opportunity for the MEU to put air and ground-based fire support together in an combined-arms package, and to "flesh out" operating procedures for a Joint environment.

Integration of fires was also conducted on the small unit level. Shoulder-mounted, anti-tank weapons were attached to rifle squads in live-fire drills designed to enhance the MEU's small unit anti-armor capabilities.

"The ranges available to us throughout the exercise allowed us to increase the scope of our training," Gardner said. "They allowed us to fire weapons with extended ranges, and we got all our assets in the field to work together in concert. There aren't many places where we can do that on the scale we did here."

Many of the lessons learned from working with the Army will be taken back to Camp Lejeune and incorporated into future exercises, Gardner explained. The lessons learned will add more consistency to the way MEUs train and prepare them for what they can expect when operating in a Joint environment.

Island Thunder highlighted the fact that MEUs can quickly become the force of choice in many contingency operations, Gardner added.

"In an exercise like Island Thunder, it becomes obvious how flexible and capable a MEU is when operating ashore," he said. "This was a good opportunity to demonstrate to senior commanders what the 26th MEU has out here, and showcase how we make it all come together."



Sgt. Jonathan D. Cress

Welcome to Camp Lejeune . . .

Hank Markin lands an uppercut to Carl Miller's jaw, setting up a follow-through left jab. Markin won this bout, and helped the Marines take a commanding victory over the other services.

SEE STORY & PHOTOS 12,13A/1B

Bright sparks fire department, climbs ladder of success

By Chris Irvine
Staff

Though Robert E. Bright began his career in April 1970, he still remembers fighting his first fire. "It was the chapel's retreat. That was by the old Camp Knox. A big, old, wooden frame house and around 10 p.m. people who lived over in the housing area started smoking and reported it." By the time Bright and a few firemen arrived at the scene, the chapel's house was engulfed in fire.

After a long career as a Camp Lejeune firefighter and as the base's acting fire chief, Bright was ceremoni-

ously promoted to chief, Feb. 14 at a ceremony in Bldg. H-1. Bright's career as a Camp Lejeune firefighter began after he was honorably discharged from the Air Force in 1970. That same year he learned the art of fire fighting. "I remember the first day I started as a trainee. I was just a GS-3 making about \$4,800 a year working right here as firefighter on Camp Lejeune," said Bright.

Bright said that at the time equipment was almost inadequate for the task of combating the intense fire. "The first company started pulling off one-inch booster line from trucks that put out 15-gallons of water a minute." According to Bright it was like trying to fight a fire with a garden hose. "We didn't do very well and we lost the

chapel's retreat — it burned to the ground," said Bright.

While there was no loss of life, this incident precipitated the beginning of change at Lejeune's fire department. Bright said that even though fire trucks at the scene had larger riggers hoses, firemen were reluctant to use them because they were cumbersome and required a great deal of maintenance.

Over time the department began to slowly improve its equipment and training. "It became policy that when our firemen went to a structure fire that they not attempt to fight any type of fire like that using a booster hose. Today they don't even put booster hoses on trucks anymore," Bright said.

While firefighting techniques have improved during Bright's career, so has fire prevention. Today it is a vital part of the department's fire safety program. "Fire prevention today as compared to when I joined the department back in 1970 has improved a great deal," said Bright. "During the early 1970s, fire prevention consisted of going into a building and briefly checking to make sure that there were no obvious hazards."

According to Bright, the department now has a variety of programs that educate base residents about the dangers of fire and how to avoid them. "I think now that we have an active education program to educate the general public."

SEE FIRE / 14A

Heavy Weapons platoon rides into battle

By GySgt. Tim Shearer
26th MEU (SOC) Correspondent

SIERRA DE RETIN, Spain — As force commanders played chess with foul weather conditions, looking for a window to land their forces, Marines on USS Pensacola stood ready to launch their part of a 26th Marine Expeditionary Unit (Special Operations Capable) amphibious exercise here.

In the well deck of this amphibious ship, three Landing Craft Air Cushion (LCACs) were pre-flighted and ready to deliver their combat loads to the beach. Marines stood ready in their berthing areas and the mess decks waiting for the call to land the landing force, which was delayed due to high seas winds. All about the ship there was tension and eagerness.

Landing preparations went into their final stages as a patch of clear weather passed over the Amphibious Ready Group (ARG). From two miles offshore the activity began. From a weather deck on Pensacola the other two ships of ARG-8 appeared as gray smudges on the horizon. The unmistakable profile of USS Nassau came into view and small black dots could be seen rising from the flight deck. A flight of Marine Medium Helicopter Squadron-365 AH-1W Super Cobras streaked toward the beach to perform their role of close in fire support as the familiar form of Marine CH-46E Sea Knight aircraft fanned out to deliver infantrymen of Battalion Landing Team 1/8 to their objectives.

After hours of waiting a Marine amphibious operation was underway.

Onboard Pensacola the ship's captain ordered Marines and Sailors to their stations. The Marines moved with purpose and practiced order, manning the hard-back humvees in which BLT 1/8's Heavy Weapons Platoon rides into battle.



GySgt. Tim Shearer

Cpl. Steven Murdock, Heavy Weapons platoon, covers the landing beach with an M-2 .50 caliber machine gun.

The smell of burning jet fuel signified that the LCACs were ready to rise up and speed ashore as they joined the heli-borne Marines from Nassau and a dozen amphibious assault vehicles from USS Nashville heading to the beach.

"This is the fun part about being an infantryman on deployment," said Cpl. Steven Murdock, a machine gunner with Heavy Weapons Platoon. "I look forward to getting off the ship and practicing what we've trained to do."

The 30-minute LCAC ride was memorable. The craft master of the boat fought his way through seas that threw waves and sea spray from bow to stern as the shore of Sierra de Retin came into full view. As he maneuvered the LCAC across the surf onto the sand, violent motion was replaced

by a fluid shuffle as he reached the drop-off point for the vehicles. Leaving the aluminum decking of the LCAC, the Marines found themselves in a muddy training area they would battle for the next four days.

First Lt. Adam Treanor, Heavy Weapons Platoon Commander, took a quick survey of his men mounting heavy weapons atop the vehicles as the sun started to set over the Atlantic Ocean.

A mile off to the south stood the sharp crest of a mountain that was his objective. Treanor signaled to the formation, and they headed off.

SEE CATPHIB /11A

Inside...



Reaction: CEB tests mental, physical abilities, teamwork.

SEE STORY 6A

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It was 30 years ago when...

Operation Shamrock

St. Patrick's Day was celebrated by 2,000 green-clad men of the 2d Marine Division in an outdoor setting at Camp Pickett, Va.

The Marines, who had been in the field since the beginning of March, had just finished Exercise "Shamrock," one of the largest continental operations of the division since 1952.

The broad goals of the operation was to train troops of the 2d Marines, many of whom had only recently completed basic infantry training, in a tactical situation, and to test procedures for field operations. Subordinate to these goals were coordinated tank-infantry tactics, testing equipment, and the practicing of large-scale logistics by air, rail and highways.

The Globe, March 23

FMFLant command to Lt. Gen. R. G. Weede

Norfolk, Va. — Six Marine Corps officers and three enlisted Marines were retired from the Marine Corps June 30 during a change of command ceremony at the U.S. Naval Base, Norfolk, Va.

Heading the list of retirees was Lt. Gen. Alpha L. Bowser, Commanding General, Fleet Marine Force, Atlantic, who was succeeded by Lt. Gen. Richard G. Weede.

Representatives from the three major Fleet Marine Force, Atlantic commands; 2d Marine Atlantic commands; 2d Marine Aircraft Wing and Force Troops, participated in the ceremony. Music was provided by the 2d Marine Division Band.

The Globe, July 7

Korean commandant visits here Monday

Lieutenant General Kang Ki Chun, commandant of the Republic of Korea Marine Corps (ROKMC), his wife and several of his leading officers will visit Camp Lejeune next week, according to Headquarters Marine Corps.

The general's two-day tour of the base is part of a 17-day visit to various Marine Corps installations and U.S. cities.

The Globe, Sept. 1

New uniforms are tested here

The Marine Corps Uniform Board has authorized a new service coat pattern of a polyester wool material to be tested at Camp Lejeune and other Marine Corps Bases from Oct. 1 through Dec. 1.

The tests are designed to determine whether the new material and design will make a comfortable year-round green uniform and whether the belt on the blouse is necessary.

Designed to be less form fitting and more comfortable, the coats utilize a pattern that would afford more simplicity for mass production and reduce manufacturing costs for both enlisted and officers. The design is expected to reduce problems in inherent in properly needed uniformly tailoring a semiformal-fitting garment. The coat will also provide for a neat, smart and more uniform appearance.

The Globe, Nov. 17

Lt. Gen. L.F. Chapman Jr. to be 24th Commandant

Lieutenant General Leonard F. Chapman Jr., was named Monday by President Lyndon B. Johnson to succeed Gen. Wallace M. Greene as Commandant of the Marine Corps.

General Chapman will take over the Corps top post Jan. 1, and will become the 24th Commandant of the Marine Corps. He is presently the Assistant Commandant.

A veteran of more than 30 years as a Marine, General Chapman was commissioned a second lieutenant July 8, 1935.

The Globe, Dec. 8

Parade Field named 'W.P.T. Hill Field'

The widow of Maj. Gen. William P.T. Hill was present in a formal dedication ceremony held Dec. 13, 11 a.m., honoring her late husband by officially naming the Base Parade Grounds the W.P.T. Hill Field.

Mrs. Hill read the words inscribed on the monument which she proudly unveiled at the ceremony. In 1941, Gen. Hill, then Lt. Col. Hill, began the construction of this beautiful base and became its first commanding officer. For his remarkable achievement in supervising the construction of this permanent and beautifully landscaped base, under wartime conditions, he was awarded one of our nation's highest decorations, the Distinguished Service Medal.

He faced many problems, large and small but always before him was a vision — a vision that would one day become a reality.

The Globe, Dec. 15

What's News



Secretary of Defense Cohen discusses committing troops around the globe

By Linda D. Kozaryn
American Forces Press Service

WASHINGTON — Defense Secretary William Cohen said the United States must be selective about committing troops to operations throughout the world.

Cohen spoke to the House National Security Committee Feb. 12 during hearings on the fiscal 1998 DoD budget.

"We have to look very carefully at how many operations we commit our troops to."

There is growing pressure for the United States to respond to regional crises. In some cases, the United States may have to become involved even when no vital U.S. interests are threatened.

But, he said, U.S. leaders must be "more selective, more restrained" about committing troops since these opera-

tions drain funds needed to maintain readiness and modernization.

Cohen cited Bosnia as an example. President Clinton committed U.S. troops to Operation Joint Guard in December. It is in America's national interests to have peace in Bosnia. But, DoD did not plan on keeping 8,500 troops in the region for 18 months. As a result, DoD did not budget for the expense. Money to fund the operation must come from operations and maintenance funds.

The price tag for U.S. operations in Bosnia since the NATO peace mission began is about \$6 billion, Cohen said. Prior to taking office, Cohen announced his commitment to bringing U.S. troops home from Bosnia by June 1998, the scheduled end of the NATO's stabilization force mission.

The process of reviewing, appealing fitness reports

Dahrie J. Christiansen
HOMC

WASHINGTON — No system is perfect, and that's one reason why fitness reports are never chiseled in granite. It's also why the Marine Corps established the Performance Evaluation Review Board.

When a fitness report arrives at Headquarters Marine Corps for entry in a Marine's official military personnel file, it is presumed to be administratively correct, procedurally complete, and that it represents the considered evaluative opinion and objective judgment of each of the reporting officials involved.

In addition, when the Marine reported on signs Item 22 of the report, he or she certifies that the reporting senior and reviewing officers are those established as the rightful reporting officials of record.

A Marine may appeal any fitness report believed to be incorrect, inaccurate, or in violation of Marine Corps Order P1610.7 (Performance Evaluation System). However, this appeal system should not be confused with the steps one should take ensure the report is administratively correct. (See Chapter 8, MCO P1610.7D, Fitness Report Audit Program).

The burden of proof to amend or delete a fitness report rests with the Marine making the petition. When taking this step, Marines may include statements from third parties who have first-hand knowledge of the affected Marine's performance during the reporting period covered in the fitness report. Documents from official sources and

statements from reporting officials may also be submitted as supporting evidence. All documents must be originals or certified true copies. Facsimiles are not acceptable.

The Performance Evaluation Review Board does not accept as justification for deleting a fitness report, the fact that the report in question is hampering promotion, reenlistment, assignment to specific schools/duty stations, command screening/slatting, or augmentation. Neither does the board accept the premise that any marking of less than outstanding renders the report adverse. It is important to keep in mind that "adverse" — in terms of the board's review — is in how performance is recorded, not in terms of the marking's effect on competitiveness.

The time to file an appeal is immediately upon its inclusion in the Marine's official military personnel file. Officers facing mandatory involuntary separation will not be extended on active duty during the appeals process, and enlisted Marines will not be automatically granted extensions of active duty.

Membership of the Performance Evaluation Review Board is comprised of lieutenant colonels and colonels assigned on an ad hoc basis from various departments and divisions at Headquarters Marine Corps. The senior member of the board is the head of the Performance Evaluation Branch. The average appeals process is about 120 days from the date of initiation.

For more information, consult MCO 1610.11A (Performance Evaluation Appeals), or contact the Performance Evaluation Review Branch at DSN 224-2335, or commercial (703) 614-2335.

MARINE MAIL:

How Marines can get the most use out of their dress blues while on I&I duty

The following Marine Mail was submitted by SSgt. Arturo Rivera Jr., Inspector and Instructor staff:

Sir,

I am currently on I & I duty. In this duty we often find ourselves performing a great number of parades, funerals, or other public events where we are required to wear dress blues. The cut in the clothing allowance makes it harder to maintain the regular issue, let alone the added blue jacket. Additionally, I & I staff members only get issued one dress blue jacket. This often results in the uniform needing to be replaced before the three-year tour is up. I would like to suggest that Marines on I & I duty, be issued two blue jackets or a higher clothing allowance to be able to maintain the uniform.

SSgt. Rivera

ible role I & I staffs play in representing the Marine Corps to civilian communities around the United States. Many Uniform Board members, being served on I & I duty themselves, feel that part of the problem is an I & I taking on too many commitments, their available resources. While I & I do perform at many parades, funerals, or other public events, and the availability of dry-cleaning can be limited, the Marine Corps service uniform, when worn properly, presents an outstanding appearance that would be suitable for many of these events. Blues are not always a requirement, must also realize that fiscal constraints do play a major role in any decision concerning allowances. When grades are requested by I & I uniforms the PMCUB has consistently recommended disapproval and the CMC concurred.

K. J. Williams

The following response was provided by K. J. Williamson, Secretary-Recorder, Permanent Marine Corps Uniform Board:

This issue has been brought up many times by various I & I's who request an upgrade in their current blues allowance. Most are requesting to go from a medium blue allowance to a large blue allowance which essentially would give them another blues coat. The Uniform Board has taken into account the important and highly vis-

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

E-MAIL — TYPE "MAIL" ON THE MARINE CORPS ELECTRONIC MAIL SYSTEM TO LOCATE THE MARINE MAIL MAILBOX.

INTERNET — HTTP://WWW.USMC.MIL/HQMC/HQMC.MIL



Photo courtesy of T...

Black History Month

Maj. Jim Quinlan, Chaplain Nat Milton and Sgt. Maj. (Ret.) Agrippa Smith were panelists during "The Past is Prologue," a Headquarters Air Support Bn., MCB-sponsored discussion held at the Recreation Center Feb. 13. The theme for this year was African Americans and Civil Rights. A Reprisal. The panelists examined both the historical and sociological impact of the Civil Rights movement on today's military and civilian communities.



Create a caption for this cartoon...

Win a \$35 gift certificate from MWR. Submit your caption by Feb. 26 with your name, phone number and the cartoon to Consolidated Public Affairs Office, Camp Lejeune, Bldg. 67. Winners will receive their prize at CPAO. Winner's name and caption will appear in the Globe two weeks after the original cartoon is published.

Caption contest winner for this week is...



"What's your problem? This isn't no Sunday stroll. GET IN STEP!"

Congratulations, Petty Officer 2nd Class Robert Ryden, IRMD, Naval Hospital, Camp Lejeune, hope you enjoy your prize. His award-winning caption, makes him the recipient of a \$10 gift certificate to the video store at the MCX (compliments of MWR).

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Commanding General, Marine Corps Base
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Enlisted 'Cadet' shoots for lieutenant and beyond

MARINE CORPS AIR-GROUND COMBAT CENTER, Twentynine Palms, Calif. — Imagine coming over to this country, and the only thing you can say is "good morning." Imagine how difficult it would be to get an education faced with that limitation.

Corporal Alex Cadet, an administrative law clerk with the Office of the Staff Judge Advocate, faced just such a scenario when he came to America from Port au Prince, Haiti, in 1988.

His mother and step-father, already living in New York, applied for him to come to the United States and join the family nine years ago. Since his arrival, he has never stopped expanding educational horizons.

"The only word I knew how to speak when I came over here was good morning," he said, through a thick Haitian accent. "I didn't eat for a week because I didn't know how to ask for anything and I was too embarrassed to point toward what I wanted."

That limitation hasn't slowed his pursuit of education, though. He's taking college classes, and is trying to become a commissioned officer in the Marine Corps. Cadet applied for his commissioning through the Meritorious Commissioning Program, and is awaiting word about his selection.

The hardest part about making himself eligible for a commissioning program was to become a United States citizen, Cadet said.

"I was overseas when I was trying to get my citizenship," he explained. "I was stationed in Japan and got sent to Haiti to help out there."

Cadet, with a background in the languages of French and Creole, was recalled from Okinawa to serve as an interpreter/linguist with Headquarters Co., 1st Bn., 21st Infantry, an Army unit serving as part of the multinational force during Operation Uphold Democracy in Haiti from September 1994 to March 1995.

Cadet first enlisted in the Marine Corps in 1993 in order to earn money for college. He chose the Marine Corps because Marines are always recognized, in or out of uniform, he said.

"I've always wanted to be a Marine officer," he said. "My dream is to be able to fly planes."

Cadet won't allow his dream to limit his possibilities, however. He's willing to do anything the Marine Corps or the world throw his way.

"I don't want to be limited to just one thing," he said. "I want to be able to do as many things as I can."

To help him accomplish his goals, he said he always asks questions.

"I am always asking people questions about

how things work," he explained. "Why does it work like that? Why can't it work that way? I love inventing things and making them work."

Cadet said he feels that anyone can and should seek advancement, they just need to set attainable goals.

"Never set your goals for something you can't reach," he said. "If you have a strong background in math and science, you would make a good engineer. I like doctors, but I don't understand biology, so I would never try to be one."

Cpl. Michael S. Cross, MCAGCC 29 Palms

Tough duty offers sweet rewards

PORTSMOUTH, N.H. — Marines who are hungry for a meritorious promotion and ready to take on one challenge after another to get it, may find no better opportunity than recruiting duty.

Just ask Recruiting Station Portsmouth's SSgt. Ken Dunham or SSgt. Mark Kitashima, both of whom recently pinned on their first "rocker" for excelling at what many Marines call one of the toughest jobs in the Corps.

Dunham, a canvassing recruiter who joined Recruiting Substation Nashua, N.H., in June 1994, quickly set the stage for his future by achieving 12 enlistments during his first two months of recruiting. Since then, the former infantryman has continued leading his three-man substation to mission accomplishment by averaging nearly three net enlistments per month.

"I volunteered for recruiting duty," Dunham said, "and one of my goals when I first got out here was to become an 8412 (career recruiter). By earning this meritorious promotion, I've taken a big step toward accomplishing that goal."

The Springfield, Vt., native said that his success on recruiting duty comes from believing in how the Marine Corps can help people, and lessons he learned from his former noncommissioned officer-in-charge, GySgt. Thomas Bricke who taught him what it took to be successful in this business.

In March 1995, Kitashima joined the recruiting team in Dover, Mass. After averaging more than two net enlistments per month, for 17 months, he said his meritorious promotion came as somewhat of a surprise.

"I wasn't really concentrating on a meritorious promotion," the Denver native said. "I was just concentrating on putting people in the Marine Corps and getting them ready for boot camp. I think the promotion just came as a result doing what I'm supposed to do."

While both Dunham and Kitashima agree that recruiting is by far the most difficult and challenging duty they have faced in the Marine Corps, they also agree that it is the most rewarding.

Sgt. M.J. Euson, RS Portsmouth, N.H.

Field Maintenance Marines bring Humvees 'back from the dead'

MARINE CORPS LOGISTICS BASE, Albany, Ga. — The bone yard here is where old High Mobility Multi-purpose Wheeled Vehicles or Humvees go to die. Three Marine volunteers from MCLB's Field Maintenance Branch took the remains of 13 death-row vehicles and are bringing them back to life.

Sergeant Joseph Erven, Cpl. Joseph Coleman and LCpl. Andrew Fite are assigned to the project because of their vehicle maintenance expertise. "The team has already rebuilt three Humvees, from bare frames, in preparation for an exotic makeover."

Once the rebuilding is done, the vehicles will be sent to Atlanta for customized paint and interior work. When completed they will be sent to the six Marine Corps Recruiting Districts to be used as recruiting tools.

The first Humvee went to Atlanta where it received a fresh coat of gloss-red paint and was then covered with a vinyl wrap, which gives it the appearance of an enormous bumper sticker. The Humvee received new highly-polished chrome custom wheels, according to SSgt. Emanuel Pacheco, marketing and public affairs chief from 6th Marine Corps District, Parris Island, S.C.

Its interior was completely covered in a black carpet and the seats were re-upholstered in black. The tailgate cargo area was replaced with a shadow box to display a variety of Marine Corps items.

According to Pacheco, the standard Marine Corps communications equipment has been replaced with a complete audio and visual system, including a 6-disc compact disc changer, two 150-watt amplifiers, two 10-inch sub-woofers, a 25-inch color TV, VCR, computer video game, and a public address system.

The end project is a Marine Corps Recruiting Station on wheels.

The Humvees will definitely turn heads, Erven said. "It should draw a lot of attention from teenagers and students."

Unserviceable vehicles that are beyond economical repair are stored by Defense Reutilization and Marketing Office in the bone yard here.

Coleman said the cost of bring the Humvees back to life averaged between \$1,800 and \$2,000 each for parts.

According to Capt. Jay Tabb, recruiting advertising officer, 6th MCD, these Marines saved the Marine Corps over \$300,000 by using assets that the Marine Corps already owned. "A commercial Humvee cost approximately \$55,000 each," he said.

The first completed Humvee was displayed at Bldg. 3700 on the depot, Jan. 13. Its next stop was Super Bowl activities in New Orleans, and then to Big Bear Mountain, Calif., for ESPN's Extreme Games.

Cpl. Steven Hoak, MCLB Albany



Photo by Cpl. Steven Hoak

Sgt. Joseph Erven (right) and Cpl. Joseph Coleman (left), Field Maintenance Branch stand by the first of six Humvees that are being rebuilt to eventually serve as recruiting tools throughout the Marine Corps.

MAKING LIFE MORE FUN

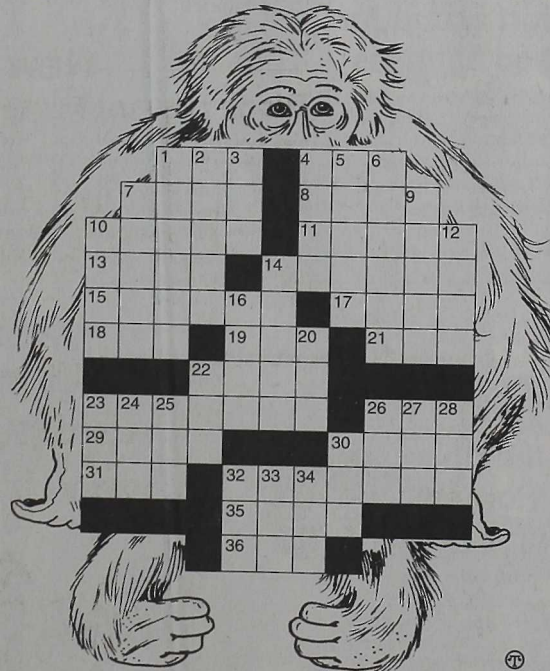
Game—And A Show—To Go Ape Over

(PS)—Here's a little puzzle to enjoy monkeying around. It's based on *Dunston*. In, the engaging new farce about an orangutan's life, now available at local stores.

DUNSTON CHECKS IN

ACROSS
1. "Our _____ love thee?"
2. If a toy train?
3. Medical opener
DUNSTON CHECKS IN
4. Star Eric
DUNSTON CHECKS IN
5. Far Alexander
6. Ireland, in Ireland
7. Give to Goodwill
8. Actress Bearse or Blake
9. Open delight
10. Twice singl.
11. Resitater's syllables
12. Torney's deg.
13. Where Dunston and the
14. Boys end up
15. Dunston's favorite food
16. Immaker Craven
17. Common code
18. Make beds and carry luggage
19. Evergreen wood
DUNSTON CHECKS IN
20. Far Faye
21. Son of "Good Times"
22. Marlene Conner's father

DOWN
1. Ag by a group
2. For member
3. Of course cover
4. To studio
5. Dunston, in brief
6. _____ in the Game
7. Around the Majestic like
8. Dunston
9. Majestic, for one
10. Arring role



12. Require
14. "Our Gang" girl
16. TV Superman Cain
20. Bro's sib
22. Lamb's wail
23. Monterey or Montego
24. "We _____ the champions"
25. Just out
26. Hubba hubba!
27. Cause for NOW
28. Light or write lead-in

30. "When I _____ a Lad"
32. 11 Across's DUNSTON
CHECKS IN role
33. Actress Thurman
34. No, to Nanette
For a copy of the answers and for more information about Dunston's antics in this charming comedy, check out Dunston Checks In on the World Wide Web at <http://www.foxhome.com>

For men profit more from fools than fools from wise men; for the wise men shun the mistakes of fools but fools do not imitate the successes of the wise.

—Marcus Porcius, Cato The Elder



Don Wisenthal has helped bring over 1,100 Nazi war criminals to justice. He is also the founder of the Jewish Documentation Center in Vienna, Austria, which collects evidence about the millions of people killed in World War II.



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Dinner dance slated at Goettge

The Montford Point Marine Association and the Ladies Auxiliary will be holding the 9th annual Heritage Dinner Dance, open to the public Saturday, from 6 p.m. to 1 a.m. at the Goettge Memorial Field House.

The event is held to celebrate Black History Month and the Montford Point heritage. Colonel Walter E. Gaskin, Jr. will be the featured speaker the event.

Price for tickets are \$12 w/meal and \$8 and can be purchased at the day of the event. For more information, call 451-0800.

Marines needed for recruiters assistance

BUFFALO, NY — Marines from the western New York region have the opportunity to apply for recruiters assistance.

Qualified Marines may return home for up to 30 days to help out local recruiters, visit their families, and earn bonus points toward promotions.

For more information, call Sgt. Maj. Paul Mayhugh or GySgt. Rob Lively at commercial (716) 551-4915/4910, or contact your hometown recruiter.

Wives Support Group will meet at bowling center

The USO Service Wives Support Group will be meeting at the Bonnyman Bowling Center, Feb. 28, from 10 to 11:30 a.m.

The price per game is and shoe rental is \$1 each. Bumper lane is set up for the smaller children.

Children are welcomed under their mother's supervision.

DORS workshop

A Defense Outplacement Referral System workshop will be held Thursday from 1-4 p.m. at the FSC, Bldg. 14. DORS is a free national employment referral system used by more than 12,000 employers nationwide to fill open positions.

Make yourself available to employers by attending the DORS workshop and 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.

Financial fitness in '97

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

Car Buying March 4
Maneuvers
Tackling March 5
Debt

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

Victim Advocate volunteers needed

Volunteer Advocates are needed nights/weekends for rapidly growing Camp Lejeune domestic violence prevention program.

Volunteers will provide emotional support, resource information, and accompaniment to emergency medical/legal appointments, to victims of

Travel expo at Marston Pavilion

A "Salute to Travel" expo will be held at Marston, Pavilion Saturday from 10 a.m. until 2 p.m. Travel and tourism representatives from dozens of major attractions will be present with brochures and giveaways.

Register to win a free trip to Jamaica, the Bahamas and St. Maarten.

For more information, call ITT at 451-3535.

Base Library events

A Black History heritage reception will be held Sunday from 2 p.m. until 4 p.m. for all artist and craftspeople who have contributed items for display in the library. Refreshments will be served.

An informal PME discussion on "Two Jima"

Briefs

For more information contact Bettina Ward at 455-3411.

Highway Patrol to conduct seminar for women

Do you know basic car care maintenance, how to read and measure mileage, what safety measures to take when driving alone? If not, this seminar is for you! A seminar will be conducted by the North Carolina Highway Patrol sponsored by Family Service Center and Base Safety at Marston Pavilion Feb. 26 from 1 to 4 p.m. and Feb. 27 from 9 a.m. to noon.

To register, call 451-5340, ext. 100/101. Child care is provided by calling 451-2874.

Find your masterpiece at the art auction

A public art auction will be held at the Morale Center, MCAS, New River Saturday and Sunday.

The auction schedule is as follows: Saturday at 6:30 p.m. there will be a preview, followed by an auction at 7:30 p.m.. The stand-up sale will take place Sunday.

Prints by Buckels, Chagall, Delcroix and Picasso and other artists will be up for bids.

Admissions is \$5 per person. Complimentary wine and hors d'oeuvres will be provided. Visa, American Express and Master Card will be accepted.

HMX-1 50th reunion to be held in Arlington, Va.

HMX-1 will hold its 50th reunion at the Crystal Gateway Marriott Hotel in Arlington, Va. Aug. 14-17.

For further information, contact Maj. H. Ben Mathews or Capt. Brad W. Brown at HMX-1, 2102 Rowell Rd., Quantico, Va. 21234-5064 (703) 784-3117, fax (703) 784-2224.

Additional, requests for information may be sent via electronic mail to:

MAJ-HENRY-B-MATHEWS@HMX-ONE%MCDC
@MQG-smtp3.usmc.mil
or CAPT-BRADLEY-W-BROWN@HMX-ONE%MCDC@mqg-smtp3.usmc.mil

Defense printing changes name

The Defense Printing Service (DPS), the newest member of the Defense Logistics Agency (DLA) has changed its name to Defense Automated Printing Service (DAPS).

A recent customer satisfaction survey conducted by the Defense Printing Service show that customers wanted even quicker, simpler, and more efficient processes to address their needs and expectations.

For more information about the Defense Automated Printing Service and what DAPS can do for you, contact Bruce Lockhart at 1-0848.

Onslow Beach Bridge closing for renovations

The Onslow Beach Bridge will be closed for 60 days, beginning Feb. 28, for major renovations.

In addition, there will be restricted use of the bridge during June and July.

The restrictions will require the bridge to be closed for painting, Monday through Friday from 8 a.m. to noon and 1 to 3 p.m. During that time vehicular traffic will be allowed to pass every 30 minutes, on the hour and half hour.

Human Services

domestic violence and sexual assault. Volunteers should possess good listening skills, the desire to help support people in their own decisions, and reliable transportation.

The training dates will be March 11, 12, 18, and 19 from 6 to 8:30 p.m. and March 15 from 9 a.m. to 3 p.m. Upon completion of training, volunteers will be assigned 1-3 shifts per month. For information, call 451-2864/2876, and ask for Mary-Lynn Teachey or Nancy Tice.

Federal employment workshop

The Career Resource Center is conducting the "Understanding and Entering the Federal System" workshop from 9 a.m. to noon Feb. 26 at the FSC, Bldg. 14. The workshop covers the Federal employment application, testing, how federal jobs are classified, how the federal hiring system works, entry level jobs for college graduates, benefits, and Veterans Readjustment Act. For information, call 451-3212/5927. Child care is provided by calling 451-2874 in advance.

Communication workshop for couples

The Family Counseling Center holds Couples Communication Workshops every Thursday evening from 6 to 8 p.m., in the Family Counseling

Center (Bldg. 41) Classroom. Couples are asked to make a five-week commitment to attend five sessions of the workshop; however, they may begin any week they choose.

This educational workshop is for couples to explore issues of trust, self-responsibility, conflict resolution, and respectful communication with each other. To register, call the FCC at 451-2876/2864. Child care is available by calling 451-3828 and asking for child care reservations.

Job fair preparation workshop

Potential job candidates planning to attend the spring Camp Lejeune Job Fair are encouraged to attend a Job Fair Preparation Workshop to effectively prepare for this employment event.

The workshop will be held on Feb. 27 from 9 a.m. to noon at the FSC, Bldg. 14. Call 451-3212, ext. 100/101, to register. Child care will be provided by calling 451-2874 in advance.

Support group for abused spouses

GROWTH is an educational and support group for spouses who are, or have been, involved in domestic violence relationships.

Sessions are held Thursday mornings from 10 to 11:30 a.m. Call Family Counseling Center at 451-2876/2864 and ask to speak with a Victim Advocate.

Child care is available with advance notice.

MWR Events

will be held Tuesday at 6 p.m. in the historical reading room. PME seminars are held the last Tuesday of every month in the library.

For more information on library programs, call 451-5724.

Community Partnership discussion series holds its second meeting

A Community Partnership discussion with residents of Tarawa Terrace and Knox Trailer Park is scheduled for Tuesday from 7 p.m. until 8:30 p.m. at the Tarawa Terrace Community Center.

This is the second meeting in a series hosted by Col. J.R. Stewart, AC/S MWR, at which MWR is

seeking continuing feedback on facilities and programs that affect these housing residents.

Free child care is available during this meeting by calling 451-5458.

For more information, call 451-5173 or 451-5558.

See the Charlotte Hornets

Hurry in for a reservation to see Charlotte Hornets basketball games in March and April. Ninety dollars includes transportation, lodging, and ticket to game.

Information, Tickets and Tours offers discounted tickets to dozens of area attractions in the Carolinas including Biltmore Estate, Alabama Theater, Fantasy Harbor, and Carowinds.

For more information on ITT deals, call 451-3535.

MVP



LCpl. Erik S. Svihla

Petty Officer 3rd Class Cynthia Matthews, a dental assistant and surgical technician for the Camp Lejeune Naval Hospital Dental Clinic, has been a volunteer cardio-pulmonary resuscitation (CPR) instructor for about a year. She teaches 15 to 20 people each class and has graduated six classes. Matthews says she loves being able to teach people things that could help them in the future, especially under life and death circumstances.

At the Movies: Feb. 21-Feb. 27 Base Theater

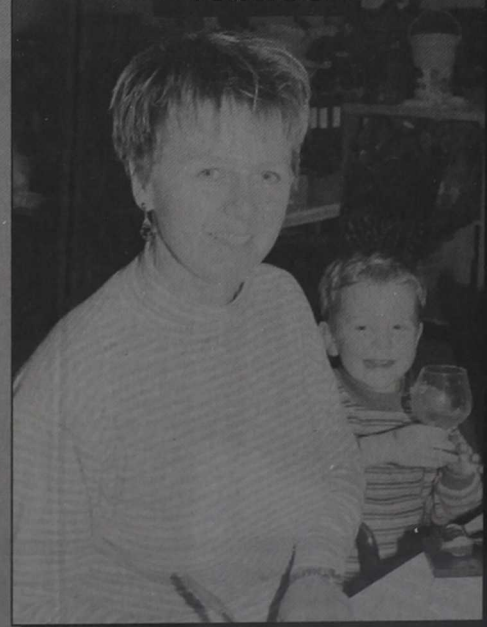
Friday	7 p.m.	Beavis & Butthead	PG13	Animat
		Do America		Come
	9:30 p.m.	The Evening Star	PG13	Dra
Saturday	1 p.m.	Black History Play		Live Perform
Sunday	2 p.m.	Independence Day	PG13	Sci
	7:30 p.m.	Beavis & Butthead	PG13	Animat
		Do America		Come
Monday	7:30 p.m.	Independence Day	PG13	Sci
Tuesday	7:30 p.m.	The Evening Star	PG13	Dra
Wednesday	7:30 p.m.	Courage Under Fire	R	
Thursday	7:30 p.m.	Beavis & Butthead	PG13	Animat
		Do America		Come

Midway Park Closed for renovation

New River

Friday	7 p.m.	Mars Attacks!	PG13	Come
	9:30 p.m.	One Fine Day	PG	Roman
Saturday	7 p.m.	Mars Attacks!	PG	Come
	9:30 p.m.	One Fine Day	PG	Roman
Sunday	3:30 p.m.	Mars Attacks!	G	Dra
	6:30 p.m.	Courage Under Fire	G	Dra

Kudos



LCpl. Erik S. Svihla

Diane Flores is a brand new volunteer with the Staff NCOs Wives Club Thrift Shop. After recently moving to the Camp Lejeune area from Yorkshire, England, Diane jumped right into the swing of things at the shop barely three weeks ago. According to Flores, she enjoys occupying her free time with volunteering and helping people. However, there is one underlying reason for her help and interest: she loves thrift shops.

Camp Lejeune five-day forecast

Friday	Saturday	Sunday	Monday	Tuesday
Hi 76°	Hi 67°	Hi 56°	Hi 60°	Hi 58°
Lo 58°	Lo 40°	Lo 36°	Lo 38°	Lo 39°



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(910) 451-5574

MCAS New River
Station Education Center
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USS North Carolina more than a ship in the mud

Cpl. Chris Irvine
Globe staff

In the quiet inner harbor of Wilmington, N.C., lies a weapon of war that once helped blast the Japanese Empire's war machine from the blue waters of the Pacific. Though the *USS North Carolina's* massive 16-inch guns no longer pound away at the enemy, the ship still has a mission. It serves as museum and memorial to the 10,000 North Carolinians who died fighting the deadliest war of the century, World War II.

Each year thousands of visitors tour the ship and see first hand just how the Marines and Sailors of the *USS North Carolina* fought and survived on the high seas. According to Paul Weiser, an original crew member, many visitors are surprised that Marines served aboard the battleship. "When some people see the old black and white pictures of the Marines in their khaki uniforms they ask me, 'who are those guys?'"

More than 100 Marines were stationed aboard the *USS North Carolina*, forming the ship's seventh division. While many Marines had the traditional jobs that Marines still perform today, they also were required to man some of the ships weapons.

Weiser takes visitors who want to see these weapons to the forward port and starboard five-inch gun mounts.

"When the ship was working up, back in 1941, the five-inch guns had to qualify by shooting targets," said Weiser. "The Marines who manned the fives beat the pants off the other mounts." The Eagle, Globe and Anchor painted on the turrets armor plate by Marines is still faintly visible under several coats of aging gray paint.

In fact, the ship as a whole did so well during its sea trials off New York, and its appearance was so impressive to the New Yorkers who saw the ship, that the nickname "Showboat" was bestowed upon the ship by the cities awed residents.

When the *USS North Carolina* was commissioned in 1941, it was the first of America's fast battleships designed to keep up with the fleet's newest aircraft carriers.

The ship's advanced design incorporated many new weapons that would be used again on other ships. According to Weiser, the 20-millimeter anti-aircraft guns were some of the new weapons added to the ship in great numbers as it became clear that aircraft were going to be the greatest threat the ship would face.

The attack on Pearl Harbor by Japanese naval aircraft not only brought America into World War II, it also showed the importance of anti-aircraft guns.

"The Marines were crack shots so they moved the

Marines from the five-inch mounts to the 20-millimeter anti-aircraft gun mounts," said Weiser. It was on these mounts that the Marine detachment would make its reputation.

The *USS North Carolina's* first assignment was to guard against an Atlantic foray by the German battleship *Tirpitz*. Based in New Foundland, the crew trained hard, but did not see action.

"I remember eating a lot of crabs and lobsters, but we never saw those German battleships," said Weiser.

The British crippled the giant German dreadnought in a midget submarine raid, effectively negating the ship as a factor in the North Atlantic. The raid freed the Showboat to reinforce the vastly out-gunned and outnumbered Pacific fleet against the Imperial Japanese Navy. Soon, the *USS North Carolina* passed through the Panama Canal, slicing her way through to the Pacific, Pearl Harbor and then to the deadly waters around Guadalcanal.

The ship supported the initial landing on the island and then supported the operation against determined Japanese air and sea counterattacks.

One of these naval counterattacks found the *North Carolina's* formidable speed and anti-aircraft firepower pitted against a huge and determined Japanese aerial strike force. The Showboat's anti-aircraft barrage shot down several aircraft and her speed helped keep the ship on station next to the dodging and weaving aircraft carrier *USS Enterprise*. This saved the ship from overwhelming air attack during the battle of the Eastern Solomons.

It was during these operations, on Sept. 15, 1942, while the ship was escorting the aircraft carrier *USS Wasp*, the *USS North Carolina* was torpedoed by a Japanese submarine. "When the torpedo hit, the ship rocked back and forth violently. It was really scary, but I wasn't thrown from my feet or anything. It wasn't like the movies," said Weiser.

The *Wasp* and a destroyer were also hit by the same spread of torpedoes and sank. Though the battleship suffered some flooding, the crew got the ship back up to full speed in just minutes.

After the Showboat's torpedo damage was repaired, it headed back out to fight the Japanese in the central Pacific.

The battleship used her big guns to cover the island-hopping campaign by providing accurate naval gunfire support for the Marines storming ashore. According to retired Col. Joseph A. Bruder, watching other Marines storm the beaches was a strange feeling for the ship's Marine detachment. "We would see Marines headed for the beach and think to ourselves, I should be there too,"

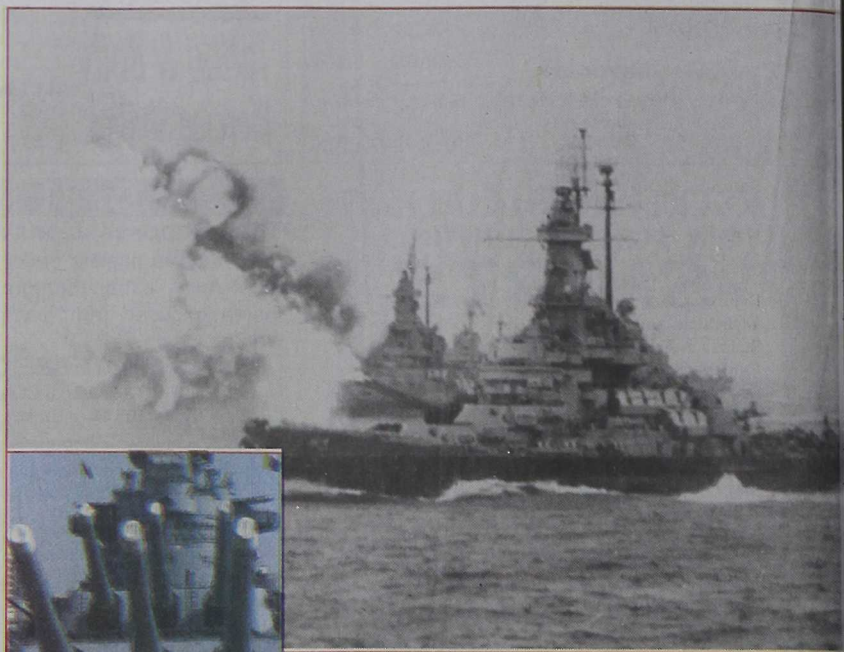


Photo courtesy USS North Carolina

The big guns are silent now (inset), but in the Pacific Theater of World War II, they laid deadly fire to cover the island-hopping campaign.

Cpl. Chris Irvine

he said. "After all, we weren't sleeping in the mud or charging machine gun positions. We had three hot meals a day and a rack to sleep in."

Off Okinawa, the Showboat's Marine detachment proved its worth.

The fleet was attacked by a swarm of aircraft bent on one objective—to slam into U.S. ships. They were known as the kamikaze, which translated from Japanese means, "the divine wind." The kamikaze, essentially a guided missile with a pilot as the guidance package, sank or damaged a tremendous number of ships. Manning the 20-millimeter anti-aircraft guns, the *USS North Carolina's* Marine detachment fought to keep the Kamikaze at arms length.

"We were in combat more than half the time and were fighting for our lives," said Bruder. "We just them down as fast as we could see them. They would come at us from all directions, speeding towards us, had to react fast to shoot them down."

While the kamikaze claimed many ships and lives, were the last desperate Japanese attempt to stave off defeat. It was to no avail.

On Sept. 5, 1945 the *USS North Carolina* anchored Tokyo Bay with the rest of the fleet to witness the Japanese surrender.

The Showboat's Marines were quickly put ashore Yokosuka Naval Base, beginning the occupation.

Bruder was one of the first to set foot on mainland Japan. "When we got ashore I was surprised at the condition of everything I saw. It was in such bad shape that was hard to believe a great navy had once occupied base," he said.

During World War II, the *North Carolina* participated in every major naval offensive in the Pacific, earning battle stars.

The Showboat carried out nine shore bombardments destroyed at least 24 enemy aircraft and assisted sinking down many more. The Japanese claimed to have sunk the *North Carolina* more than six times, yet the ship lost 10 men in action and had 67 wounded.

After serving a short stint as a training ship for new shipmen, the Showboat was decommissioned and spent the next 14 years in the reserve fleet. When the Navy announced that the *North Carolina* was going to be scrapped, the citizens of the state mounted a campaign to save the ship and turn it into the state's premier war memorial. The ship was restored to her original condition and has been open to the public since 1961.

Weiser still serves aboard the *North Carolina* voluntarily as a tour guide. If you visit the old ship you will be amazed by the sea stories Weiser has to tell about the ship he served with. Along with these stories, he'll take you to the old five-inch gun mount where, still visible beneath several coats of aging gray paint, is the Eagle, Globe and Anchor painted on the turrets armor plate so many years ago.



Cpl. Chris Irvine

Paul Weiser, an original crew member, volunteers as a tour guide aboard the *USS North Carolina*. As a guide, he can share his memories with a new generation—whether those memories are of operating gun systems (above) or saying goodbye to a shipmate at sea (right).

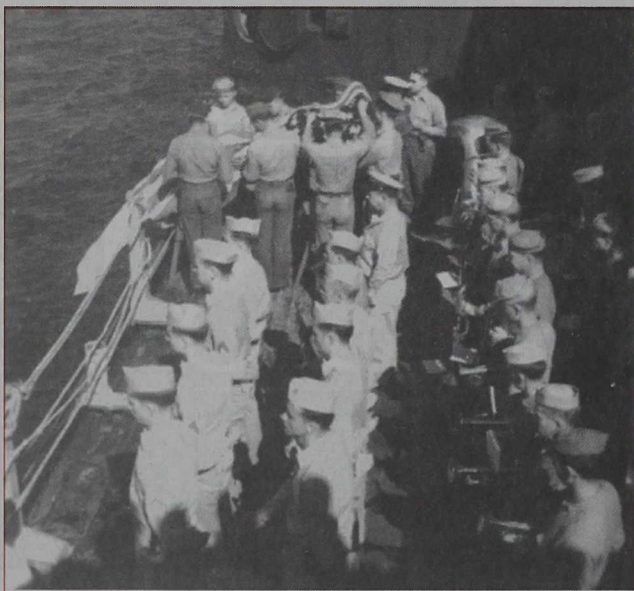
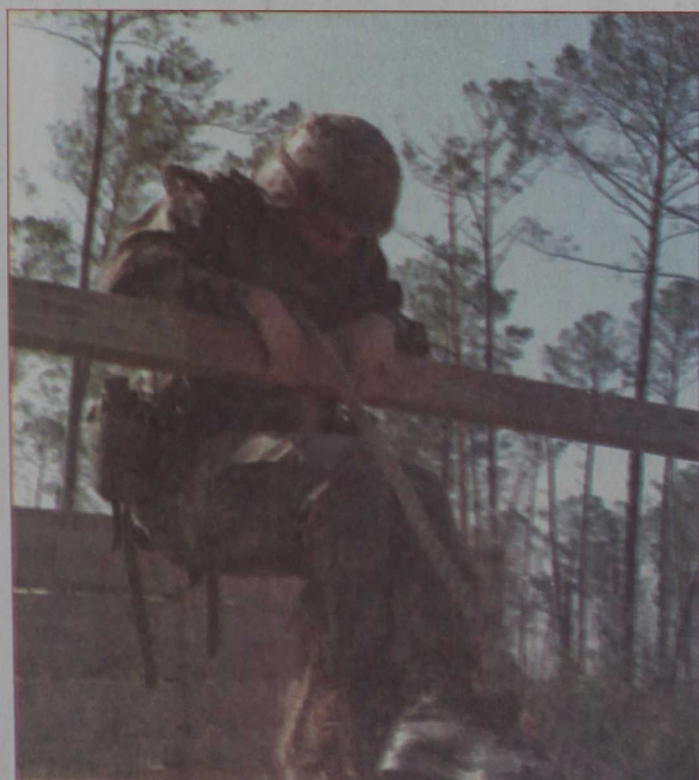


Photo courtesy USS North Carolina

CEB Marines test mental, physical abilities on reaction course



Cpl. Kimberly Everson

PFC Eric Dutra struggles to clear one of the obstacles on the reaction course.

Cpl. Kimberly Everson
Globe staff

Marines from 2d platoon, Company D, 2d Combat Engineer Battalion had the opportunity to test their leadership skills on the Leadership Reaction Course, Feb. 6.

The leadership course contains 12 obstacles designed to challenge a fire team's unity, physical and mental abilities.

"This course fosters small unit leadership. It requires teamwork skills and a lot of grit," said 2nd Lt. Aaron B. O'Connell, platoon commander.

The course was originally designed for officer candidates in the German Army during World War II. It was passed on to the British Royal Marines and eventually made its way here.

It has been part of the Marine Corps Officer Candidates training for years and was recently added to the crucible at recruit training.

The way the reaction course works is the fire-team leader is given a mission to accomplish that involves negotiating an obstacle. The obstacles consist of water and red zones that can't be touched. For example, the mission might include getting an ammunition can or 50-gallon drum to the other side of a body of water.

The fire-team leader is allowed a one-minute reconnaissance of the area. Following his reconnaissance, the leader is allowed another minute to brief his fire team on how to accomplish this mission.

The Marines are given 10 minutes to com-

plete each obstacle. During the day each member of the fire team had the opportunity to be the team's leader.

One of the favorite obstacles the combat engineers attempted was the human body bridge. The team was given one plank and allowed to use any item they had on themselves to get an ammunition can across the water.

The obstacle consisted of a three-rope bridge. The only way to get across was to create a human body bridge and have each Marine cross by climbing over the backs of each other. Most teams had difficulty making it all the way across and ended up in the water.

While the Marines found the obstacles mentally and physically challenging, the unplanned

swim made the exercise very wet and cold.

"It was challenging and very cold. It was because it brings your fire team closer together and takes teamwork to negotiate obstacles," said L. Cpl. Jeremy Baughman, fire-team leader.

Combat engineer often work in small numbers. When they support a unit only one squad is sent out. Therefore, it is essential these Marine learn how to work independently.

"This course teaches Marines how to make decisions, work out a plan and follow through," said O'Connell.

Although many Marines finished the course shivering and wet, it was training everyone enjoyed.

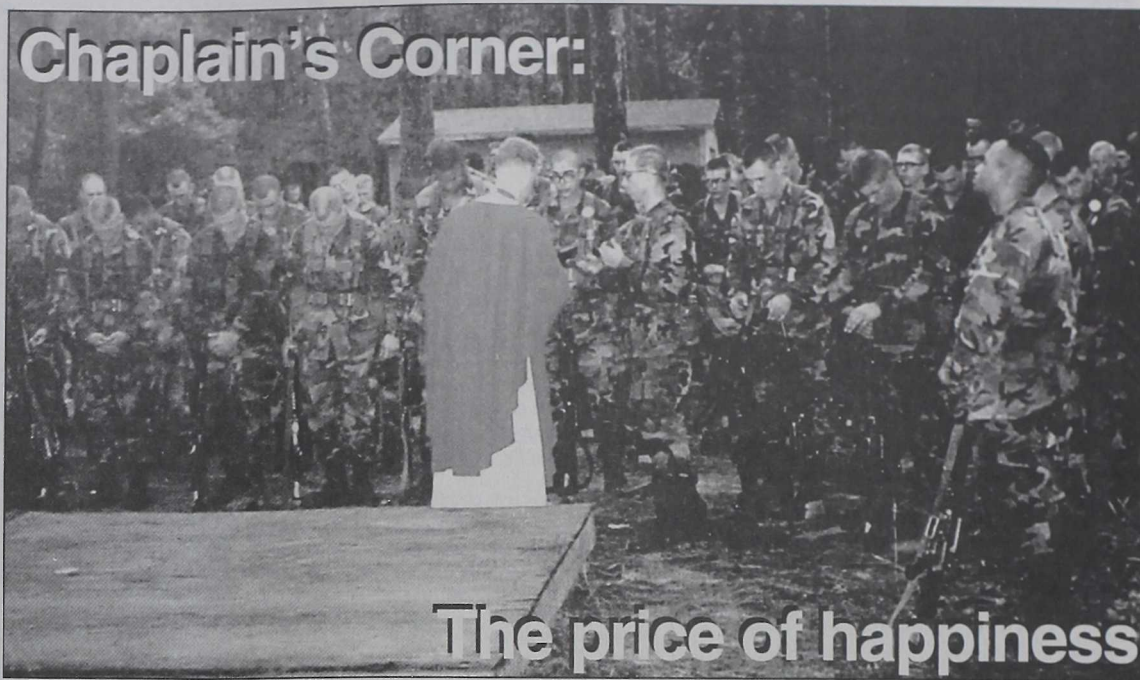
"It's important to keep training interesting," said O'Connell.



Cpl. Kimberly Everson

Dutra's teammates, L. Cpls. Alfred McCormick, Jeremy Baughman and Bob Hagood, attempt to pull him over an obstacle with a rope.

ROMAN CATHOLIC	
Sunday Masses	
St. Francis Xavier Chapel	8:30 & 11:30 a.m.
Tarawa Terrace Chapel	8:30 a.m.
Camp Geiger Chapel	11 a.m.
Courthouse Bay Chapel	9:30 a.m.
Naval Hospital Chapel	10 a.m.
MCAS New River Chapel	9:30 a.m.
Brig	8 a.m.
Weekday Masses (Mon-Fri)	
St. Francis Xavier Chapel	11:45 a.m.
Naval Hospital Chapel	6:30 a.m.
Camp Geiger Chapel	11:30 a.m.
MCAS New River Chapel	11:45 a.m.
Saturday Masses	
St. Francis Xavier Chapel	5 p.m.
Holy Day Masses	
St. Francis Xavier Chapel	11:45 a.m./ 5 p.m.
MCAS New River Chapel	11:45 a.m./ 7 p.m.
Baptism Class	
Wednesday before third Sunday at	
St. Francis Xavier Chapel	5 p.m.
Confessions	
St. Francis Xavier Chapel	4 p.m. Sat.
JEWISH	
Sabbath Eve Service, Bldg. 67 (Fridays)	7:30 p.m.
Religious School, Bldg. 67 (Sundays)	10 a.m.
LATTER DAY SAINTS (MORMON)	
Scripture study (Tuesdays) call Chaplain Vance/ext. 3210	
Sunday Services call Bishop Scott 353-1714	
PROTESTANT	
Sunday Worship	
Base Chapel, Holy Communion	9 a.m.
Base Chapel, Worship Service	10:30 a.m.
Camp Johnson Chapel	9 a.m.
Naval Hospital Chapel	9 a.m.
Tarawa Terrace Chapel, Communion	9:45 a.m.
Tarawa Terrace Chapel, Worship	11 a.m.
Camp Geiger Chapel	9:30 a.m.
French Creek Chapel	9 a.m.
Courthouse Bay Chapel	11 a.m.
Brig	9 a.m.
MCAS New River Chapel	11 a.m.
Midway Park Theater	12:15 a.m.
Sunday School	
Tarawa Terrace	9:30 a.m.
Base Chapel (Brewster Middle School)	9 a.m.
Brig	7 a.m.
MIDWEEK DEVOTIONAL SERVICE	
Naval Hospital Chapel (Thursdays)	11:30 a.m.
SEVENTH DAY ADVENTIST	
Phone Contact	451-5100
EASTERN ORTHODOX	
Camp Johnson Chapel, Divine Liturgy	10:30 a.m.
ISLAM (MUSLIM JUMAH)	
Base Chapel Annex, Bldg. 16 (Fridays)	11:30 a.m.
Brig Chapel	1 p.m.
CHRISTIANSCIENCE	
If interested call Everett Sharp	(919) 636-8744



Chaplain Bob Vance
Base Chaplains' Office

The sights, sounds, and tastes of the recent holidays are becoming a fleeting memory. As I think back, pleasant thoughts of loved ones, giving, and worship fill the stage of my mind. Many of these "acts" are worthy to be re-played time and time again.

Even as I am writing this, a smile creeps across my face. Yes, the holiday season can indeed be a great uplift and spiritual boost...Until the postal carrier delivers the Visa bill. Wow, what a let down! Did your stomach just do a flip? Now the thoughts are more like: Was it really worth it? Could I have shown a little more restraint and still provided a joyous time? Well, it's only money, right? I mean, let's face it, how can you put a price tag on happiness? So we will have to tighten the belt a little. We can sacrifice some of the "non-essentials" for the next few months and every thing will turn out just right!

Does that sound familiar to you? Can we all at one point or another say, "been there and done that." I know that I have, more than once as a matter of fact. The motivation, I think, is really simple, we all have a desire to make someone happy. It feels good when we see someone smile or get a big hug and a "thank-you" for choosing the right gift. Speaking for myself, I find that I am happiest when those around me are happy. Perhaps this is a good time to ask the question(s): How much does your personal happiness cost? How much are you willing to pay for your happiness? To what length, or how far are you willing to go to achieve happiness?

Before you can answer these questions you may want to define what happiness means to you. Just for fun, I asked a few people what happiness meant to them. Based on these answers you may think you could guess the ages and gender of the respondents...not! "Happiness is a new Dodge

Ram extended cab, 4x4 with cherry red paint and big mud tires." "A little peace and quiet." "That promotion that was promised me last year." "A nice house, new car, two and one half children, and a dog that doesn't bark." "Having Ed McMahon knock on my door." "Not having my parents fight." "If all the world would live the way our Savior taught..." We each could add our list of definitions to these. Some of the things that can make us happy are easy to obtain, i.e. new car, house, new toy, etc. Some of the things are not so easy to come by, they may even be very elusive, i.e. peace and quite, harmony in the home, or peace on earth. The question one has to ask oneself is, "how much am I willing to pay for happiness?" To what treasure will you look to define your happiness?

For many of us, we tend to think in finite terms, it is hard to see past the here and now. "Get what you can out of life, now, and let the future take care of itself." An appealing thought until you speak to a retired person scrimping by on just Social Security benefits. This is the way most of us view our happiness...immediate gratification, satisfy the present hunger, but what of tomorrow? How does one prepare for happiness in the future? For that matter, how does one prepare for eternal happiness? Lots of deep questions, ones that I do not purport to have all the answers for. However, I might suggest a place to start: "Lay not up for yourselves treasures upon the earth where moth and rust doth corrupt, and where thieves break through and steal. But lay up for yourselves treasure in heaven, where neither moth nor rust doth corrupt and where thieves do not break through and steal. For where your treasure is there will be your heart also." (Matt 6:19-21)

How do you define happiness and what price are you willing to pay for it? To my knowledge there is no short cut, no easy solution, it may take a life time to attain, but it is most assuredly worth it. God bless you in your search for happiness and may He grant you the grace, wisdom and endurance to attain it.

Cooking Corner

Tips To Help You

Easy And Wholesome Meals With A Clay Baker



Juicy roast chicken with all the trimmings can be made in just one pot—an easy to use clay baker.

EASY ROAST CHICKEN

You need:
1 whole chicken, approx. 4 lbs
8 carrots
1 small onion
1 cup rice
1 1/2 cups water
1/2 cup white wine
1 tsp ground ginger
1 tsp dried tarragon
Directions for four servings:
Soak top and bottom of Romertopf for 10 minutes.
While it is soaking: peel carrots and chop into bite-sized pieces. Peel and chop onion. Remove giblets and any visible fat from chicken. Sprinkle the inside with ginger. Stuff chicken with as many carrots as will fit. Put rice, chopped onion and water in a pot and bring to a boil, then pour it into bottom of soaked Romertopf. Place chicken in Romertopf on top of rice mixture. Arrange remaining carrots around chicken. Pour wine over chicken and sprinkle with tarragon. Cover Romertopf and place in a cold oven at 450°. Now enjoy yourself for 1 hour. If extra browning is desired at the end of cooking time, remove cover and bake an additional 10 minutes. Preparation time: 1 hour 10 minutes. Work time: 10 minutes.

PORK CHOPS WITH APPLES

4 pork chops, trimmed of all fat
flour, salt and pepper for dusting chops
1 tart apple, cored, peeled and chopped or grated
8-12 small red potatoes
1/2 small head cabbage, shredded
1 tablespoon caraway seeds
1 teaspoon dried sage
1 teaspoon paprika
1/2 cup white wine
1/2 cup apple cider

Wash the potatoes and cut them in half.

Soak a Romertopf® #111 in water for 5-10 minutes.

Grate the cabbage in a food processor or chop fine.

Grate the apple in the food processor or chop fine.

Combine the apple and cabbage in the bottom of the clay pot. Sprinkle the caraway seeds on top.

Dust the pork chops with flour, salt and pepper and place on top of the cabbage. Sprinkle with sage and paprika.

Arrange the potatoes around the pork chops.

Add the white wine and apple cider. Cover and place in a cold oven set at 425° for 1 hour.

When done, uncover and remove the juices from the pot. Skim any fat from the juices. (There won't be much.) If the juices are thin, put them in a saucepan and reduce on top of the stove for a few minutes. Taste sauce and correct seasoning. Serve in a gravy boat to pour over chops and potatoes.

For free information on how a Romertopf can make cooking easier for you and where to purchase one, call 1-516-767-2400.

Healthier, tastier meals. The Romertopf is soaked in water before each use, it keeps the moisture and nutrients in food—eliminating the need for unhealthy fats, shortening and oils. Meat is as it would in an oven—tender and flavorful. Even less expensive meats are tenderized, moist and flavorful.

A sensor is a man who knows more than he thinks you ought to know.
—Granville Hicks

We talk of wild animals; but man is the only wild animal. It is man that has broken out. All other animals are tame animals; following the rugged respectability of the tribe or type.
—G.K. Chesterton

One of the finest accomplishments is making a long story short.
—Kin Hubbard

In true education, anything that comes to our hand is as good as a book: the prank of a page-boy, the blunder of a servant, a bit of table talk—they are all part of the curriculum.
—Montaigne

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For more info, call 451-1534.

MWR The Self Food & Hospitality Division



The Marine Family:

Anger management

Editor's note: This article is part of a continuing series on the Marine Family. Next week: Stress Management.

Cpl. Kimberly Everson
Globe staff

Heated conversations or situations that end in outbursts such as "I@*%#!" could be a sign of uncontrollable anger. Anger that isn't managed properly can have unwanted physical and social consequences.

The Family Counseling Center offers a half-day class in anger management. It covers the consequences of mismanaged anger and strategies for dealing with it.

"I always start by telling my students that anger is an OK emotion. We just need to know how to express that emotion," said Donna Ippolito, prevention and education specialist, Family Counseling Center.

The first step in controlling anger is recognizing the signs. Some physical changes caused by anger are an increase in blood pressure, accelerated heart rate, dilated pupils and tensed muscles. Once someone recognizes the signs of their anger they should remove themselves from the situation until they can deal with it calmly. This can be done by counting to 10, exercising and using other delaying tactics.

There are also long-term strategies for people who are angry about things they can't control. For instance, if someone is unhappy about their job or where they live, they should have a fixed goal to focus on or seek counseling.

"If you are angry about something you can't do anything about, you are wasting a lot of energy," said Ippolito.

There are also emotional responses to look out for. These are often learned responses. If a person's parents acted out their anger by putting a hole in the wall their child is likely to do the same.

If anger is repressed the person may have ulcers, headaches, back pain and depression. Anger vented immediately could result in job loss or hurting someone.

The counselors teach Rational Emotive Therapy during the Anger Management course. Rational Emotive Therapy teaches people that their anger derives from their thoughts or beliefs about an event. For example, one such event might be if someone you love has been emotionally or physically hurt.

"People need to realize that they control their own anger, and that their anger doesn't control them," said Ippolito.

For more information on Anger Management workshops call 451-2876/2864.

Cold hard facts

Facts about the common cold

Picture yourself on the game show, "Jeopardy." Answer the following question correctly and you'll win the grand prize. OK, this is it, "What is chicken soup?" Your mind races, and you blurt out, "The cure for the common cold!" ... sorry, no new living room suite, no cruise to Bermuda.

But you do win a consolation prize, a case of chicken soup, enough of it to remind you all winter that there is no cure for the common cold.

While you're thinking how unfair life is, and how you could have been relaxing on a tropical island, here are some cold hard facts on the common cold for you to ponder.

FACT: There is no cure for the common cold. Treating the cold actually amounts to treating the symptoms. Chicken soup is not a cure, but it is a good source of fluid according to Dr. David Scheaffer of the Nemours Children's Clinic. "If a child has a cold with a raw, thick, stuffy nose, they might not feel like eating, but they should still be drinking to keep the mucus a little bit looser."

FACT: Taking vitamin C will not keep you from catch-

ing a cold. There is some evidence, however, that higher doses of vitamin C several times a day will perhaps offer some protection against catching a cold virus, but Scheaffer says, "It's not going to one hundred percent prevent you from getting colds."

FACT: Cold, wet weather does not cause colds. Wintery weather brings people indoors and closer together, making it easier to spread cold viruses. One sick child with a runny nose will easily spread his or her cold to other playmates. "Colds are spread from person to person, and usually from hand to nose and from hand to eye contact," Scheaffer suggests you can help stop the spread of cold viruses within your own family by teaching everyone to wash their hands frequently during the day.

FACT: It's normal for infants and younger children to catch up to six colds a year, and if your child is in day care or preschool, you can expect anywhere from eight to 10 yearly bouts of sneezes and sniffles.

FACT: The majority of respiratory infections (colds) are caused by viruses and don't need to be treated

with antibiotics. In fact, there is some concern treatment of colds with antibiotics is causing them. Bacteria are developing resistance to the antibiotics and becoming more deadly.

FACT: When it comes to treating colds with over-the-counter medicines, more is not better. "Any kind of cold medicine can be harmful if taken in too much. You should ask your doctor about the proper use of these medicines," Scheaffer reminds us, "Those over-the-counter medicines are really just helping to dry up your runny nose that may be contributing to the cold. They are not going to cure the cold."

The only way to prevent kids from catching cold viruses is to totally isolate them, not practical, nor is it medically wise. Scheaffer says, "It's part of growing up. They actually have to develop some immunity to some of these cold viruses. It means you can look forward to fewer colds as children grow older."

For more information, contact the Naval Camp Lejeune Pediatric Clinic at 451-4200/4500.

Basic information to stifle those sniffles

Signs and Symptoms: The first symptoms of a cold are often a "tickle" in the throat, a runny or stuffy nose and sneezing. Children with colds may also have a sore throat, cough, headache, mild fever, fatigue, muscle aches, and loss of appetite. The discharge from the runny nose changes from watery to thick yellow or green.

Description: The common cold is a contagious viral infection of the upper respiratory tract. It can be caused by a number of common viruses - most typically the rhinoviruses and coronaviruses. The common cold affects the nose, throat, sinuses, ears, eustachian tubes, trachea, larynx, and bronchial tubes. The incidence of colds is greatest in school-age children and declines with age.

Prevention: No effective cold vaccine has ever been developed. Maybe someday! To prevent catching or spreading a cold, a child should avoid contact with other people for the first two to four days of the cold. Unfortunately, someone just coming down with a cold is contagious even before they know they have an infection.

Children with colds should wash their hands thoroughly and frequently, especially after blowing the nose. They should cover their nose and mouth when cough-

ing or sneezing. Some people believe that people may be more susceptible to colds if they are stressed or tired; if they do not eat nutritious meals; and if they are exposed to cold, wet weather - but there is little evidence to support many of these common beliefs.

Duration: Children usually recover from a cold in seven to 14 days. Sometimes complications such as sinusitis, ear infection, or laryngitis will prolong the illness.

Contagiousness: The contagious phase is the first two to four days after symptoms appear. The common cold can result from breathing in virus particles spread through the air by sneezing or coughing, or from person-to-person contact.

Home Treatment: "Time cures all." That may not be always true, but in the case of the common cold, it's pretty close. Medicine cannot cure the common cold but can be used to relieve some of the symptoms such as muscle ache and headache. Or the following treatments can be used: salt water drops in the nostrils to relieve nasal congestion; a cool-mist humidifier to increase air moisture; and petroleum jelly on the skin under the nose to soothe irritation.

An older child can suck on hard candy or drops to relieve sore throat.

Although advertisements for over-the-counter decongestants/antihistamines imply that they are effective for colds, there is little or no evidence to support these claims. In fact, decongestants have been found to cause hallucination, irritability, and irregular heartbeats in infants. During the duration of the cold, child should avoid vigorous activity and should get plenty of rest. Plenty of extra fluids - juice, water, and bonated beverages - should be consumed. "Of course, we'll get in big trouble with our grandpa if we forget to recommend that age-old 'cure' - soup!"

Professional Treatment: Not usually required. **When to Call Your Pediatrician:** A child should be called if there is increased coughing which produces green or gray sputum more than 10 days; fever lasting several days; child has shaking chills, chest pain or shortness of breath, difficulty swallowing, poor intake of fluid in the ear, unusual lethargy, enlarged, tender glands in the neck, or blue lips, skin or fingernails.

Nutrition, Great Taste And Variety— It's All In The Can During National Canned Food Month

(NAPS)—If you've noticed the produce aisles are looking a little sparse this time of year, the solution is just around the corner—and down the canned food aisle. From abalone to zucchini—you can find just about every kind of food, anytime of the year, in a can. February is National Canned Food Month, time to celebrate the great taste, variety, and convenience of canned foods.

National Canned Food Month highlights the nutritional value, flavor and environmental benefits of canned foods. Canned foods are harvested at the peak of ripeness and packaged within six hours to hold in freshness—without preservatives. In fact, canned foods are as nutritious as their fresh or frozen counterparts when prepared for the table. A 1995 study conducted on the behalf of the Steel Packaging Council by the University of Illinois' Food Science and Human Nutrition Department compared 14 different fresh, canned and frozen fruits and vegetables.

"The study showed us that most canned fruits and vegetables are nutritionally equal to their fresh and frozen counterparts when prepared for the table," says Dr. Barbara Klein, professor, Foods and Nutrition, at the University of Illinois at Urbana. "And in some cases, canned foods have even higher levels of vitamins than the fresh produce." All cans feature easy-to-read nutrition labels on the outside that let you decide how the contents inside meet your particular dietary needs.

Canned foods also allow you to enjoy one of the latest cooking trends, speed scratch cooking. Speed scratch is the ultimate in convenience cooking as you create "homemade" foods in 20 minutes or less. The key is combining canned foods with other ingredients. And, the more than 1,500 varieties of canned foods provide an endless array of recipe options and shortcuts.

Take advantage of Canned Food Month by checking your local grocery store or supermarket this month for special prices and promotions highlighting the great tastes, nutritional value and envi-



ronmental benefits of canned foods. Now is the perfect time to stock up or replenish your shelves with canned products including fruits, vegetables, seafood, beans, meats, poultry and specialty items. Celebrate Canned Food Month at your house by serving this warm and delicious Herbed Tomato Bread from the Canned Food Information Council. A delightful blend of tomatoes and spices, it's the perfect low-fat accompaniment to soups or served alone as a hearty snack.

Herbed Tomato Bread
Herbed Tomato Filling (recipe follows)
1 package (16 ounces) hot roll mix
1 cup hot water
2 tablespoons vegetable oil
1 egg
Make Herbed Tomato Filling: cool in refrigerator while making dough. Make hot roll mix according to package instructions, using hot water, oil and egg. Roll dough on floured surface into 20x20-inch square. Spread tomato filling on dough, to within 1 inch of edges. Roll up, jelly-roll style; arrange into horseshoe shape on greased

cookie sheet. Let rise, cover with plastic wrap, and bake in warm place until done, about 30 minutes. Bake in preheated 375°F oven until browned and sounds hollow when tapped, 20 to 25 minutes. Remove from pan and cool on wire rack. Makes 1 loaf (twelve slices).

Herbed Tomato Filling:
1 can (16 ounces) whole tomatoes, drained, coarsely chopped
1/2 can (6 ounce size) tomato paste
1/4 cup finely chopped onion
1/2 teaspoon dried basil leaves
1/4 teaspoon dried tarragon leaves
1/4 teaspoon dried oregano leaves
1/4 cup grated Parmesan cheese
Combine all ingredients except cheese in medium bowl. Heat to boiling; reduce heat to medium and cook until mixture is thick, about 5 minutes. Move from heat; stir in cheese. Makes about 1 cup.
Per serving: Calories: 211; 5 grams; Sodium: 578 milligrams; Cholesterol: 26 milligrams.

Man's unhappiness; as I construe, comes of his greatness; it is because there is Infinite in him, which with all his cunning he cannot quite bury under the Finite.

—Thomas Carlyle

New opinions are always suspected, and usually opposed, without any other reason but because they are not already common.

—John Locke

Young men think old are fools but old men think young men are fools.

—George Chapman

Nothing is particularly hard if you divide it into small jobs.

—Henry Ford

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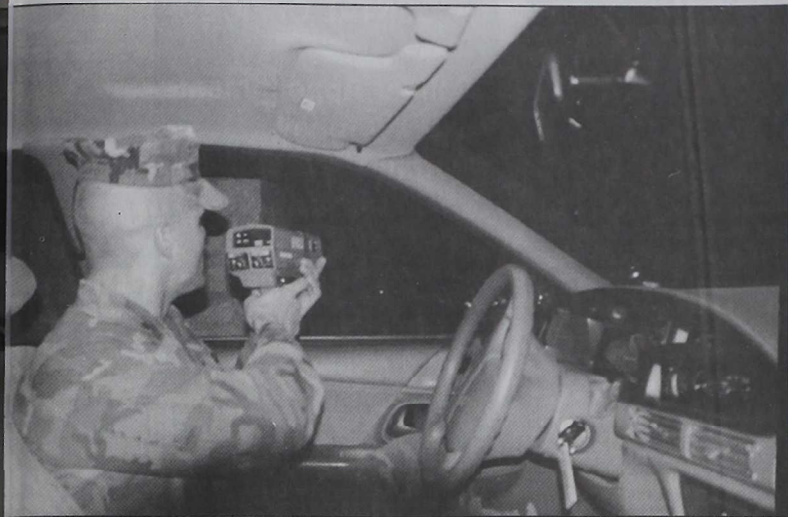


Call 451-3535 For More Information

In Partnership With You For A Better Quality Of Life

Night shift brings a variety of activities for MPs

Local evening involves many different calls



T. Sturrock aims the radar gun at possible speeders along Snead's Ferry Road.

Note: The following article was written by Rodriguez after he accompanied a military on a normal night shift aboard base.

Rodriguez

In this world, countless crimes are committed daily. In the United States, the crime rate is lower than any other country. However, crime does occur. It is the duty of the military police to protect it, the situation is a constant.

St. Scott T. Sturrock, 31, a Nacogdoches, Texas, is about the bad things he sees Marines doing, he said. "The Corps is a reflection of society. We are the American people give us, he said.

Sturrock is the 5th platoon sergeant for the Military Police. He would be in charge this evening of any situation his Marines would encounter.

It's a payday Friday. Camp Lejeune's military police begin their 12-hour night shift. The night shift is challenging for the peace officers, as special events are given to be on the lookout for three weeks.

The only situations the MPs had encountered so far were traffic infractions — but the night was young. The shift changes every month. This was their first shift for Sturrock's Marines so it would be getting used to the time change.

8:15 p.m. - Sturrock parked on the side of one of the brick buildings on Snead's Ferry Road to wait for speeders. "People have a bad habit of coming through here doing 45-50 miles per hour," he said about the 35 mph road. "A lot of Marines don't realize that when you get a speeding ticket on base, going 21 miles per hour over the speed limit, it's an automatic revocation for 6 months."

As traffic passed his vantage point, Sturrock aimed his radar gun at vehicles that appeared to be speeding. "You just can't be fishing out there," he said.

"Our job is not just about writing tickets or going to those kind of calls (domestic violence and child abuse). We also help people on the side of the road. Of course everybody's perception is that we're out to get them in trouble," he added.

8:45 p.m. - Sturrock pulled over a motorist driving on Main Service Road. The motorist was driving 11 miles over the posted 25 mph limit. The driver was cited and sent on his way. The ticket will result in points being added to his base record. If he doesn't accumulate more than 12 points a year, or 16 in two years, he will retain his base driving privileges.

Minutes after ticketing the first driver, another motorist sped past. This time the motorist was released on a verbal warning. There is no hard fast rule on citing someone, but anything up to 10 miles over the speed limit is up to the officer's discretion as to whether or not to issue a written citation, said Sturrock. Driver attitude also plays a big part in the decision process.

Motorists either don't want to believe they were

speeding or think they can fool the radar gun. What they don't realize is that the gun is periodically calibrated by the State. Then, before and after the gun is used on a speeding violation, it is checked by the MP using a tuning fork. The radar gun is not biased, traffic regulations apply to everyone, Sturrock said.

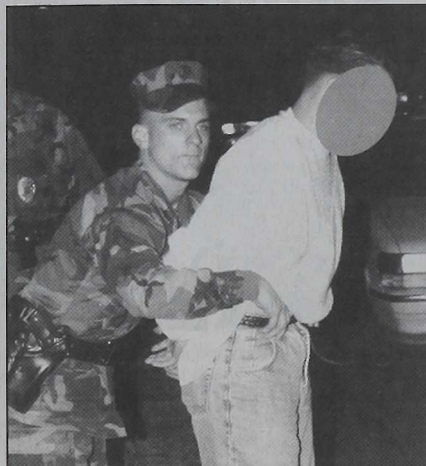
But speeding is not the only thing that bothers this MP, drinking and driving is another.

"It still blows my mind. How many times, since we joined the service, have we been told 'don't drink and drive it's going to injure your career,'" said the former infantry Marine.

"Another of my pet peeves is people who don't restrain their children. They just throw them in the back of the car like they're luggage," he said. Base regulations state that any child under 4 years old or 45 pounds must use a child restraint seat. The weight aspect of the regulation is the most important since there are children who are older than 4 years, but don't weigh 45 pounds.

9:19 p.m. - Sturrock pulled over another speeder heading east on Main Service Road. Sturrock has written approximately 10 percent of Provost Marshal Office's tickets for the past 30 days and has only had to go to court once. "Unless I know beyond all reasonable doubt that they're guilty then I'm not going to waste their time and mine by pulling them over," he said.

10:30 p.m. - On the way to a domestic disturbance call, Sturrock had to pull over two pickup trucks for drag racing along Holcomb Boulevard. The two motorists could see the patrol car heading opposite to them, but chose to disregard authority and revved their engines. Sturrock worked his way to the other side of the road and pulled them both over. Lucky for the motorists, Sturrock had to supervise a domestic call and let them go with a



LCpl. Frank T. Evanio apprehends an underage drinker. (Face concealed to protect identity)

verbal warning.

10:40 p.m. - Sturrock arrived at the domestic disturbance scene. Other MPs were on the scene, but his job was to ensure all necessary information was taken down. The situation involved a Marine who had assaulted his wife then fled on foot.

"He's just delaying the inevitable because unless he's really good at making up, she'll call again," Sturrock said.

What Marines don't realize is that their irresponsible actions end up on PMO's blotter report and their unit will eventually find out.

Shortly after leaving the residence, a call over the radio reported drugs and paraphernalia found in a vehicle. The K-9 unit had found marijuana on a civilian's car during their random vehicle check.

11:15 p.m. - Sturrock placed himself on the side of Snead's Ferry Road again and pulled over a motorist going 17 miles over the speed limit. It was a vehicle he had seen 45 minutes earlier, one of the pickup trucks that had earlier been drag racing on Holcomb Boulevard. This time the driver's luck ran out and the 19-year-old dependent son of a gunnery sergeant was ticketed. His excuse was "I was trying to get home."

11:45 p.m. - Sturrock and two of his Marines responded to a 911 crank call at Knox Trailer Park. A couple had been drinking and decided it would be fun to dial 911 and hang up on the operator.

The 911 system is computerized and immediately displayed the address of the caller. After taking information down and talking to the couple, the MPs resumed their watch over the base.

12:30 a.m. - Everything was quiet for about 45 minutes when a call came over the radio. An MP was requesting assistance with a group of unruly Marines. Sturrock quickly turned on the sirens and takedown lights and rushed to his Marine's position. Within minutes Sturrock arrived to find other MPs had also responded. Six Marines had been out drinking, four were underage. One of them decided to throw a beer bottle out of the car, which caught the attention of the MP.

The two Marines not drinking were sent home. But the four that were drinking thought it a good idea to harass the MPs and received a trip to the detention cell. They were read their rights and stayed until their unit's officer of the day picked them up. It will be up to the unit commander to decide their punishment.

3:30 a.m. - Military policemen respond to another domestic disturbance call when a Marine allegedly assaulted his wife after an argument over the volume of music.

4:20 a.m. - Members of the K-9 unit found, during another random search, a private first class in possession of marijuana.

7 a.m. - The sun came up and the shift was over. It was time to wrap up by going over the night's reports. Being an MP involves a lot of this, said Sturrock.

Only after completing the paperwork was it finally time to get some rest before once again patrolling the moonlit streets.

newsworthy trends

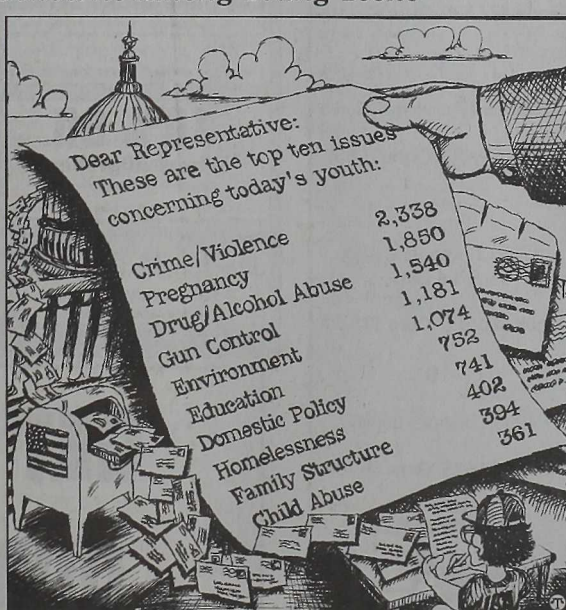
Crime And Violence, Pregnancy, Drug And Alcohol Abuse: Leading Concerns Among Young Teens

(S)—Crime and violence is a public policy concern today's young teenagers, by pregnancy issues and alcohol abuse. This ranking is based on more than 100 letters written by seventh-graders to their U.S. representatives through the annual RespecTeen Speak for social studies curriculum.

Crime and violence is the second consecutive topic of crime and violence. Just three years ago, it was the seventh most frequently mentioned issue by students. Among other notable developments this year, family issues became a priority issue for teens, ranking ninth on the list. This marks the first time family has been mentioned as a top area of concern. Some issues discussed under this topic include communication, divorce, and family structure. Reflecting another trend, AIDS did not make the top 10 list of teenage concerns in 1995, but ranked 15th. As the number one concern in 1990 and, until this year, the topic had consistently ranked among the top 10.

Clearly, the views of the young people are shifting. They are very concerned about crime rate and violence around them," noted Ellen Glass, author of the RespecTeen Speak for Yourself curriculum. "Their rising interest in family structures also indicates a growing awareness of social issues. This may be due, in part, to recent changes in our landscape."

The top 10 issues and the number of students who wrote about them are:



8) Homelessness 402
9) Family Structure 394
10) Child Abuse 361

"We're pleased to see young people voicing their opinions on issues that are important to them. By encouraging youth to speak out, we help empower them to more fully participate in our democratic process," said Ellen Glass, director of Lutheran Brotherhood's RespecTeen program. "Writing letters is an educational process for many students, but more importantly, reading the letters helps decision-makers understand and address teens' concerns."

"Writing these letters to their U.S. representatives allows young teens the opportunity to voice their fears and hopes for the future and to offer their own solutions," said Glass. "Through their involvement, they experience

democracy hands-on and become empowered to take action."

The RespecTeen Speak for Yourself curriculum was distributed to social studies teachers nationwide last fall. The curriculum encourages young people to examine the issues affecting their lives, teaches them how they can play a role in government decision-making and helps them work towards change in social issues.

The RespecTeen National Youth Forum is part of Lutheran Brotherhood's larger philanthropic initiative in support of youth. Lutheran Brotherhood is a fraternal benefit society, based in Minneapolis, with more than one million members nationwide. It offers a broad range of financial products and services to Lutherans in addition to philanthropic activity in support of Lutherans, institutions and communities.

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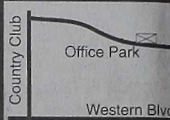
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COLLEGE OF OCEANERING

airborne communications keep exercise TRUE to nature

David Brock
Correspondent

THE CORPS AIR STATION
RT, S.C. — Seven Marines sit at a 6 by 12 foot metal box high clouds listening closely to radio transmissions during the night. Surrounded by three desks and several communications equipment, the small space they've occupied for the past four hours has become a command center.

Members of the Direct Air-Support Operations (Airborne), (DASC(A)),

team belong to the 22d Marine Expeditionary Unit, which is currently conducting a Training in an Urban Environment (TRUE) exercise. Their job is to maintain communication between the forward operating forces in the cities of Savannah, Ga., and Charleston, S.C., and the Landing Force Operations Center (LFOC) at MCAS Beaufort, S.C. The "box," known as the UYQ-3A, is carried aboard a KC-130 Hercules maintaining an altitude of 10,000 feet — out of the enemy's sight and cloaked in darkness.

Huddled over radio panels with headphones echoing voices from far below, the

Leathernecks work feverishly to ensure they have communication with everyone and pass on vital information correctly. As they work, the Marines study maps of the operational area while making detailed entries in their logbooks.

Miles away in the LFOC, another group of Marines await the word from the DASC(A). On a table in the center of the room, a green radio crackles with static, and a voice broadcasts the code word signifying mission accomplishment and the safe return of the forward deployed Marines.

Despite this being an exercise, unit commanders rely on communications in every mission, whether it's real or practice. Without it, completing many Marine Expeditionary Unit missions would be nearly impossible.

"The DASC(A) provides the vital link we need between us and the Marines on the ground," said GySgt. David Monaghan, 22d MEU operations chief, who is responsible for supervising command and control inside the LFOC.

The Marines on the ground and the Marines in the LFOC normally have direct communication capabilities, however, sometimes it breaks down due to weather or the distance between sources. Another factor affecting communications is the amount and power of radio waves produced by a large metropolitan city. The atmosphere of a larger city is alive with radar activity and radio waves which cause electromagnetic interference that can break up the Marine's low-powered transmissions. That's why the DASC(A) was called upon to relay radio messages from Savannah and Charleston.

"Because we use Ultra-High Frequency and High Frequency waves, communication is better if we're in the sky," said Capt. Randy Ross, Marine Air Control Group-28 Detachment's officer-in-charge. "We can take what one element says and pass it on."

By being in the sky, the DASC(A) can position themselves where they can receive distant incoming communications and relay them.

Not only can they pass on crucial information to those who need to hear it, the DASC(A) can ensure no one else hears the communications.

"We encrypt everything we send," Ross said. "That way the enemy can't receive our transmissions."

Security is a must in operations like the ones conducted during TRUE-EX. Although the exercise was just a scenario, every member of the MEU must remember the exercise is a tool designed to test their abilities to plan and execute missions in an urban environment.

"This exercise is an outstanding opportunity for these Marines to train for urban environment missions," Ross said. "We don't get the chance to do this often, so every opportunity we get is good."

After their flying radio relay touches down on the runway at MCAS Beaufort, the Marines stepped off the KC-130 knowing they had performed their jobs and because of them, the mission was a success.



Cpl. David Brock



Cpl. David Brock

Christopher Goldman, an air support operations operator, writes down a message. When relaying messages, he and the other Marines ensured they were passing correct information.

Operations inside the small "box" were smooth when everything went as planned. However, when communications were lost, their area seemed even more confining.

22d MEU (SOC) conducts MEUEX to prepare for Mediterranean

David Brock

(SOC) Correspondent

BOARD USS KEARSARGE — As time flies by, the Marines of the 22d Marine Expeditionary Unit remain on a fast-paced course for their six-month Mediterranean deployment. Since the new year began, the MEU has participated in training exercises to prepare them for the lengthy float — of those exercises — the MEUEX.

MEUEX provided the Marines a chance to practice launching from the Amphibious Ready Group allowing them a chance to train as a team with their Navy ships prior to the Amphibious Operations Capable-Exercise.

MEUEX provides the commanding officer the opportunity to train his forces while operating from amphibious ships. Col. Samuel Helland, MEU commanding officer. "We're training around the amphibious raid."

MEUEX is an extremely important training period," he said. "It's one more step in preparing for our Mediterranean deployment."

Under the watchful eye of evaluators who critiqued the exercise, the Marines performed several missions such as humanitarian assistance, recovering downed pilots, and non-combatant evacuation operations.

Throughout the exercise, the evaluators threw scenarios in the Marines' faces at the Marines of the MEU to test their capabilities. After each warning order was passed, the Marines hurried to plan and prepare for the operation as if it were real.

Because the training scenarios represented possible real-world situations, Col. Helland said, "they added that extra realistic touch so important to our training. It helps us continue to prepare for what challenges we may face during the deployment." After MEUEX completed, the Marines are one step closer to the Mediterranean where they will replace the 26th MEU (SOC) and become America's forward deployed fighting force.



Cpl. David Brock



Cpl. David Brock

While in the field, the Marines worked through snow and temperatures dipping into the 20's (above). Despite the weather, the leathernecks continued with the exercise and completed every scenario. (Left) CW02 Terry Proper checks a refugee for weapons with a metal detector during a humanitarian assistance exercise. The Marines ensure the refugees don't carry weapons into the camps that can be used to harm themselves, other refugees, or Marines.

FROM 1A

At the onset, the drivers of the loaded-down trucks knew the rain-soaked cow pastures that served as the training area for the Spanish military would be a challenge. They made their way under the stars using night vision goggles, winding their way to the mountain that was their first objective. From the high crest, they had a commanding view of the beach which they could cover with the .50 caliber machine guns and 40mm Mk-19 grenade launchers. The platoon settled in for the first night of the exercise. The next morning with the landing complete, the weapons platoon made its way down the hill and gave the men a debrief of the landing and follow-up operation. With the amphibious landing complete, the platoon could move into small unit training. "We did a good job getting everything off the LCACs and onto the hill wasn't ideal, but we set up over our area of responsibility with fire."

Power is what Heavy Weapons Platoon is about.

Having the weapons mounted on the rugged humvees makes them a potent and mobile force for the enemy to deal with. In addition to the heavy machine-guns, they also mount the TOW (tube-launched, optically tracked, wire guided missile system) and light machine-guns.

"Our overall goal out here is to get some basic refresher training in," said Treanor. "We conduct a lot of classes on ship. When we combine those with field time the Marines stay up to speed on the variety of missions that a Heavy Weapons Platoon could be tasked with."

On a Mediterranean deployment the heavy weapons platoon is divided into Combined Anti-Armor Teams (CAAT). They can provide screening for BLT movements, security for friendly areas or serve as the spearhead for an assault. A lot of the individual skills for these missions overlap, allowing the platoon to conduct a variety of cross training in a short amount of time.

It is important for CAAT members to be able to analyze situations and employ their weapons to match the mission. To develop the platoon, Treanor incorporates tactical decision making games into his training evolutions, both before and after individual tasks are conducted. After the first night of the landing, each section leader

got his Marines together and looked at how the landing unfolded and what things could be done better. Then the platoon got together and discussed the variety of options that each section came up with.

Cpl. Robin Davis was one of the squad leaders who briefed his plan. "I looked at how I could best defend the area and best cover the rest of the forces as they landed," he explained.

He had sketched out a fire plan that showed where the weapons would be placed and how they could be moved to adjust to changing situations. In turn each section described its plan and was critiqued by the platoon.

"This is designed to make people think," said Treanor. "The better everyone understands the tactical situation, the better we will be able to fight."

After the tactical discussions, the platoon moved on to conduct more training.

On a deserted road in the western part of the training area, they set up practice check-points. This training has many real-world connections with situations ranging from supporting Sustainment Forces in Bosnia to providing security in operations in non-combatant evacuations like the 22nd MEU (SOC) executed last year in Liberia.

The highlight of any training for a Marine whose life evolves around heavy guns, though, was a day of live fire. The machine gunners were able to set up Mk-19s and shake the cobwebs out of their firing skills.

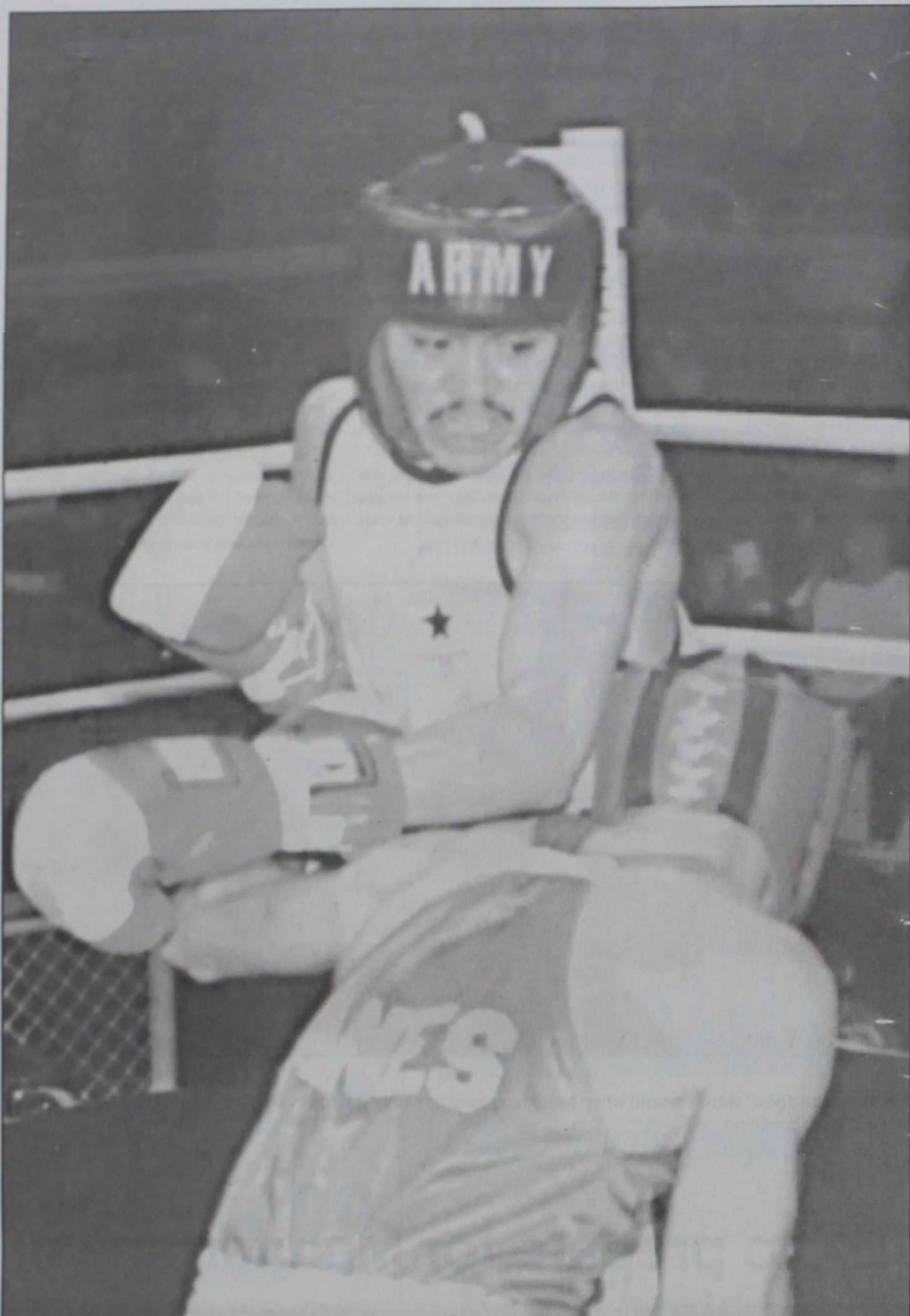
"The whole exercise was pretty motivating to me," said LCpl. Felix Conde, a gunner with the platoon. "It was my first landing with the Marine Corps on foreign soil and I got a lot out of it."

Conde began his military career in the Air Force and considers the Marine Corps to be a unique breed among the branches of the service. "Marines get the job done," he said. "It doesn't matter what the weather is or what the terrain is like, I'm learning that we find a way to do whatever it is that has to be done. That makes us special."

Treanor feels that his platoon got a lot out of their first major training exercise of this deployment, though the terrain and training area imposed some restrictions. "We did some adapting and used the time we had," he said.

"It isn't fair to the Marines to say they get 'rusty' sitting on ship," he added. "But getting out and flexing our muscles keeps everybody focused on what MEUs are out here to do."

Marine boxers defend home



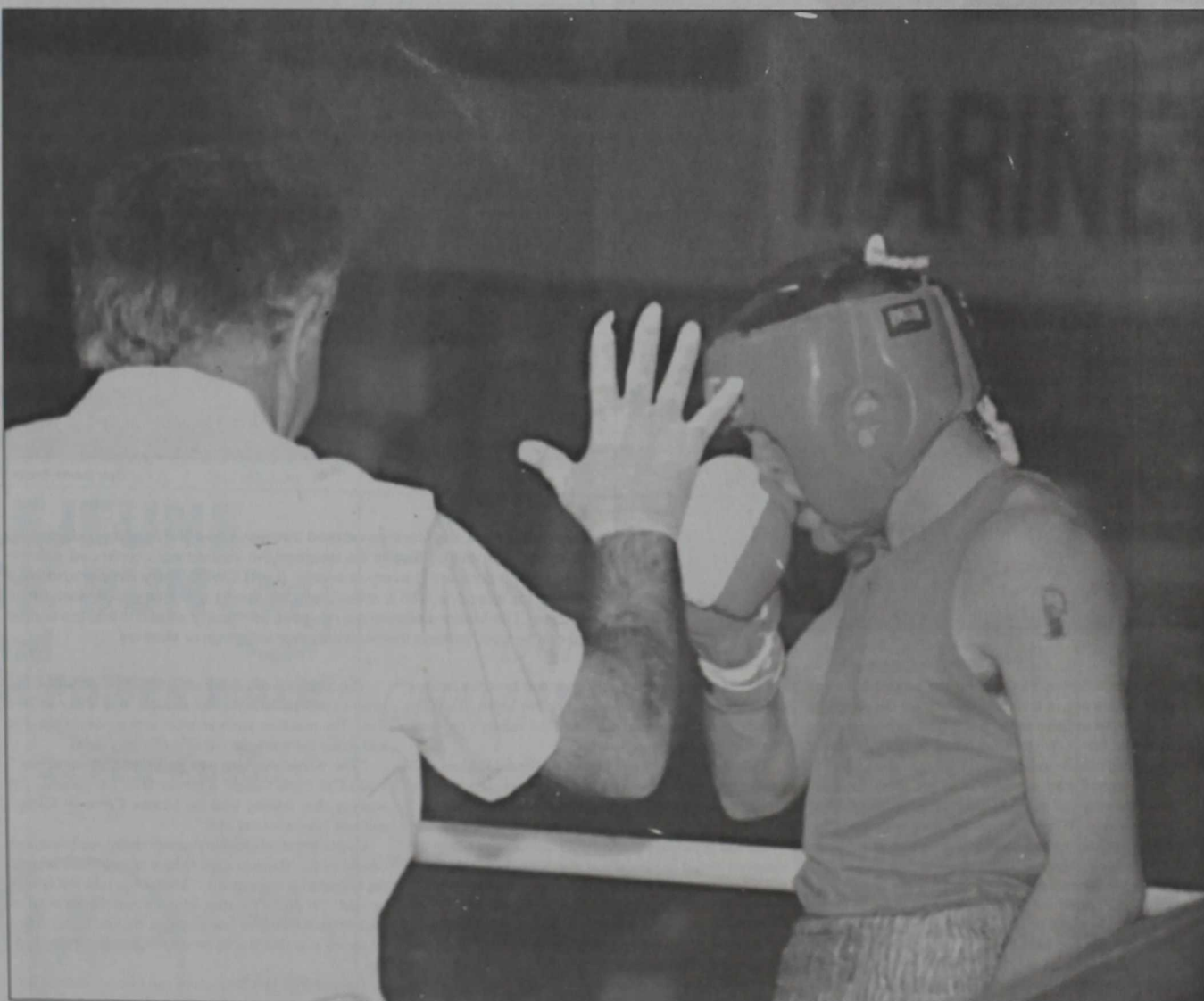
Sgt. Jonathan D. Cress

John Medina misses with a left hook as Adam Burton rattles him with a body blow.



Sgt. Jonathan D. Cress

Matthew Winters sustains a heavy blow from Bradley Martinez and counters from the



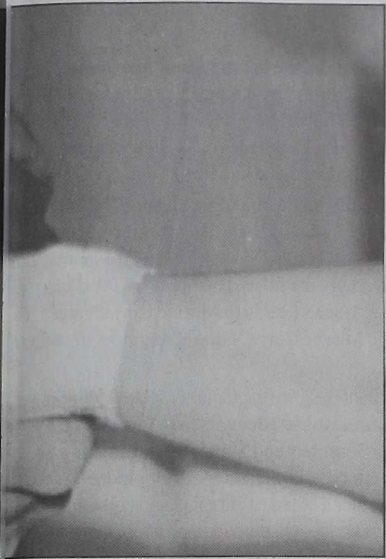
Sgt. Jonathan D. Cress

The referee gives Larry Barnes a standing eight count in the first round of the 139-pound bout. Barnes shook it off and won the next two rounds.



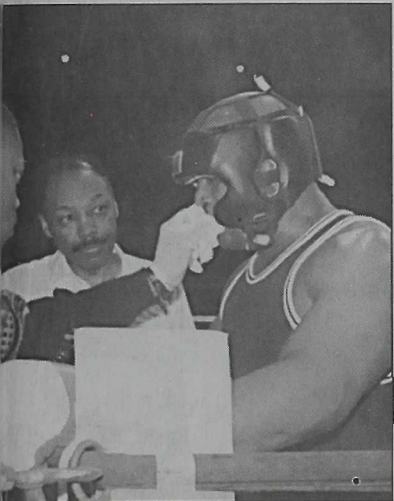
Markin (right) and Miller show their mouths after the fight.

ound in All-Service matches



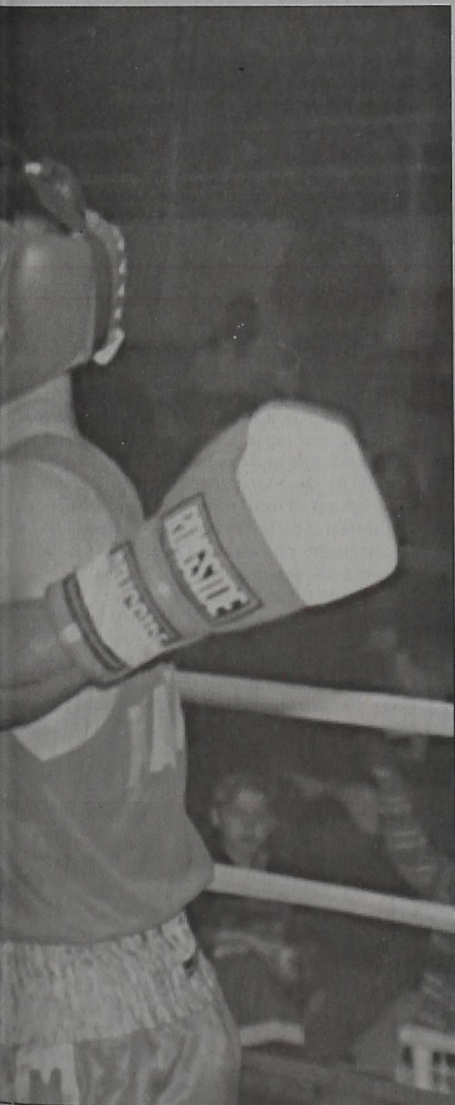
Sgt. Jonathan D. Cress

required to have his wraps certified before stepping
ce may result in disqualification for the bout.



Sgt. Jonathan D. Cress

side assures that all injuries are promptly taken
a boxer's lip for bleeding.



Sgt. Jonathan D. Cress



Sgt. Jonathan D. Cress

Henry Markin blasts away at Carl Miller on his way to claiming the 156-pound championship.



Sgt. Jonathan D. Cress

Winters (front) and Martinez trade punches in center ring during the 106-pound bout.

Tax time Q & A

Q: What is earned income credit?

A: The earned income credit is a special credit for certain persons who work. The credit reduces the amount of tax you owe (if any) and is intended to offset some of the increases in living expenses and social security taxes.

To get the credit you must:

- 1) File a tax return - even if:
 - * You do not owe any tax, or
 - * You did not earn enough money to file a return.
- 2) Meet certain rules. These rules are explained in *Who Can Claim the Credit?*
- 3) Fill out the EIC Worksheet to figure the amount of credit and where to enter it on Form 1040, 1040A, or 1040EZ. Fill out Schedule EIC and attach it to Form 1040 or 1040A only if you have one or more qualifying children.

Who Can Claim the Credit?

The earned income credit is available to persons (a) with a qualifying child and to persons (b) without a qualifying child.

(a) To claim the earned income credit, you must meet **all** the following rules.

- (1) You must have a qualifying child who lived with you in the United States for more than half the year. You, your spouse, and your qualifying child must have a social security number issued by the Social Security Administration.
- (2) You must have earned income during the year.
- (3) Your earned income and modified AGI must be less than:
 - * \$25,078 if you have one qualifying child, or
 - * \$28,495 if you have more than one qualifying child.
- (4) Your investment income cannot be more than \$2,200.
- (5) Your filing status can be any filing status **except** married filing a separate return.
- (6) You cannot be a qualifying child of another person.
- (7) Your qualifying child cannot be the qualifying child of another person whose modified AGI is more than yours.
- (8) You usually must claim as a dependent a qualifying child who is married.
- (9) You are not filing Form 2555, *Foreign Earned Income*.

(b) If you do not have a qualifying child, then you must meet **all** the following rules to claim the credit:

- (1) You must have earned income during 1996.
- (2) Your earned income and modified AGI must each be less than \$9,500.
- (3) Your investment income cannot be more than \$2,200.
- (4) Your filing status can be any filing status **except** married filing a separate return.
- (5) You cannot be a qualifying child of another person.
- (6) You (or your spouse, if filing a joint return) must be at least age 25 but under age 65 at the end of your tax year.
- (7) You are not eligible to be claimed as a dependent on anyone else's return.
- (8) Your main home must be in the United States for more than half the year.
- (9) You are not filing Form 2555, *Foreign Earned Income*.

The Tax Center is located in the industrial area on Birch St. in Bldg. 1209. 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. through April 15. For more information, please call 451-3110 or 3030.

Commandant's Reading List updated

HQMC

WASHINGTON — Before drifting off to sleep or during breaks throughout the day, Marines in garrison, deployed to the field or around the world, are bettering themselves through the power of books. From fictional adventures like Forester's "Rifleman Dodd" to the real life stories of Marines such as General Lejeune's "Reminiscences of a Marine," the Commandant's Current Issues Reading List is allowing Marines to learn by example the core values of Honor, Courage, and Commitment.

Annually, a committee of staff, faculty, and students from various Marine academies and schools meet to recommend additions and deletions to the reading list. This year, five new books have been added that reinforce the importance of Marine Corps values.

"We continue to seek ways to enhance the knowledge of Marines and those who bear the responsibility of educating Marines," said Marine Corps Commandant General Charles C. Krulak. "The addition of these books to the Current Issues List increases the tools available to leaders charged with the important task of implementing the Values Program and leading Marines."

"Achilles In Vietnam: Combat Trauma and the Undoing of Character" by Jonathan Shay "cleverly compares the story of Achilles in the Trojan War (as told by Homer in the "Iliad") to the experience of the American fighting man in Vietnam," said Krulak, "demonstrating what happens to warriors when leadership and purpose fail to reinforce 'what is right.'" Marine leaders should find

this book valuable when preparing to teach or discuss combat leadership.

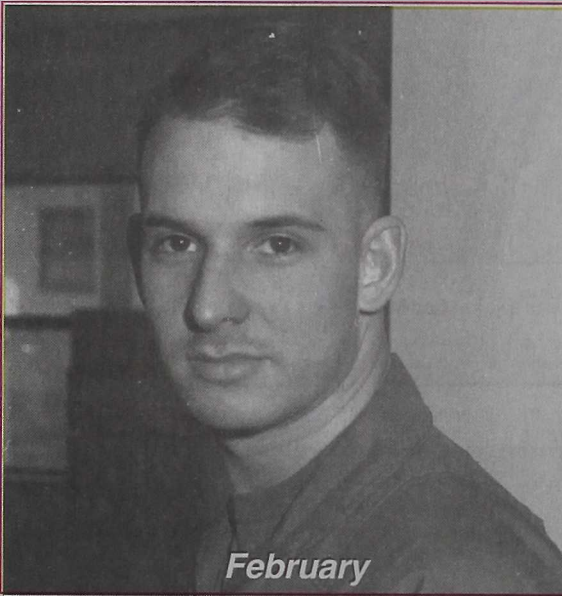
For a tale of inspiration, the list suggests "She Went to War: The Rhonda Cornum Story" by Rhonda Cornum as told by Peter Copeland. It is a remarkable account of the courage, determination, and pride of a female Army flight surgeon captured by the Iraqis during the Gulf War.

"Military Leadership: In Pursuit of Excellence" by Taylor and Rosenbach offers a compilation of articles that examine the elements of military leadership. Marine leaders of all ranks will find this book extremely useful as a resource tool and as a complement to the "User's Guide to Marine Corps Values" as they implement the Marine Corps Values Program within their units.

A book used extensively by the Character Development Division of the U.S. Naval Academy is "Vice and Virtue in Everyday Life" by Sommers and Sommers. A gathering of essays on values, ethics, and character development, "Vice and Virtue" brings together a blend of classical and contemporary writings on courage, pride, wisdom, compassion, generosity, honor, and self-respect.

The final addition to the Reading List is "The Moral Compass: Stories for a Life's Journey" edited by William Bennett. A follow-on to two other books edited by Bennett, "The Moral Compass" contains a treasure of stories, poems, and essays that defend or illustrate virtue, faith in God, and family.

Servicemembers of the Month

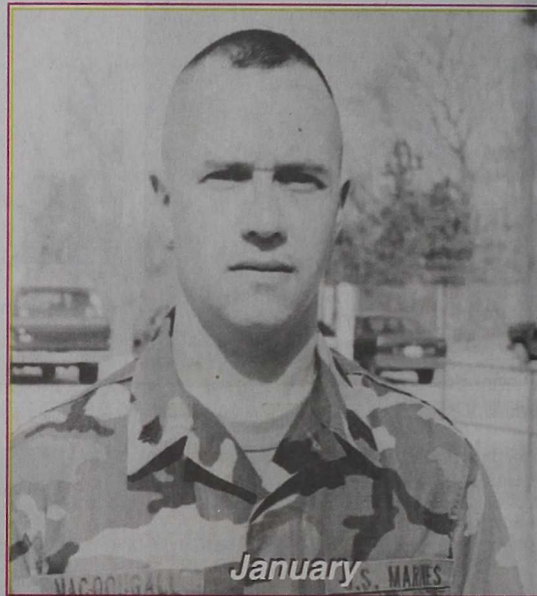


February

Cpl. Nicola McCuin

Sgt. Russell B. Schmid, Aircraft Rescue and Fire Fighting, MCAS New River, has been selected as February's Servicemember of the Month.

Schmid has been selected as NCO of the quarter twice, was Marine of the Quarter and was meritoriously promoted to private first class, lance corporal, and corporal. **Schmid** says he chose ARFF to save and preserve life. He also serves as a volunteer at the Red Cross and participates in other community programs and activities. **Schmid** is currently a psychology major at Campbell University.



January

Cpl. Chris

Sgt. William MacDougall, General Service Maintenance Co., 2d Marine Bn., 2d FSSG, was selected as January's Servicemember of the Month. **MacDougall** is from Goffstown, New Hampshire and graduated from Recruit Training on July 24, 1981. **MacDougall** Completed the Turret Repairman course, was stationed in Okinawa and was honorably discharged in 1985. In February 1995, **MacDougall** reenlisted in the Marine Corps as a lance corporal. After completing machine gun school, **MacDougall** transferred to GSM Co. On Oct. 2, 1996 he was selected as 2d FSSG NCO of the quarter.

Courts-martial

February 10 - 14, 1997

The following courts-martial were conducted aboard base during the period from 10 - 14 February 1997:

Private Yusef Negasi, School of Infantry, was convicted at special court-martial of a violation of Article 90 (Willfully disobeying a lawful order). He was sentenced to a Bad Conduct Discharge, confinement for 4 months and forfeiture of \$450 pay per month for a period of four months.

Lance Corporal Gabriel Mejia, 2d Battalion, 10th Marines, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence), a violation of Article 134 (Obtaining services under false pretenses) and a violation of Article 121 (Larceny). He was sentenced to a Bad Conduct Discharge, confinement for 75 days, forfeiture of \$600 pay per month for a period of two months and reduction to E-1.

Private First Class Joseph G. Worrell, 8th Motor Transport Battalion, was convicted at a special court-martial of a violation of Article 112a (Wrongful use of cocaine). He was sentenced to confinement for 45 days, forfeiture of \$400 pay per month for a period of two months, restriction for 30 days and reduction to E-1.

Corporal Matthew J. Alves, 2d Marines, was convicted at a general court-martial of a violation of Article 93 (Wrongful possession of a firearm) and a violation of Article 128 (Assault). He was sentenced to a Dishonorable Discharge, confinement for 18 months, forfeiture of all pay and reduction to E-1.

Lance Corporal Lee W. Jodoin, 8th Motor Transport Battalion, was convicted at a special court-martial of three violations of Article 112a (Wrongful use of marijuana). He was sentenced to confinement for 120 days, forfeiture of \$500 pay per month for a period of four months and reduction to E-1.

Lance Corporal William A. Braton, 8th Motor Transport Battalion, was convicted at a special court-martial of three violations of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 100 days and reduction to E-1.

Private First Class Gregory D. Reynolds, Marine Corps Service Support School, was convicted at a general court-martial of a violation of Article 120 (Rape), a violation of Article 125 (Forcible sodomy), and a violation of Article 129 (Burglary). He was sentenced to Dishonorable Discharge, confinement for 7 years, forfeiture of all pay and allowances, and reduction to E-1.

Lance Corporal Daniel S. Smith, 2d Supply Battalion, was convicted at a special court-martial of two violations of Article 112a (Wrongful use of cocaine and marijuana). He was sentenced to confinement for 40 days, forfeiture of \$200 pay per month for a period of two months, and reduction to E-1.

Lance Corporal Jimmel T. Copeland, 8th Motor Transport Battalion, was convicted at a special court-martial of a violation of Article 86 (Unauthorized Absence) and three violations of Article 112a (Wrongful use of marijuana). He was sentenced to a Bad Conduct Discharge, confinement for 120 days, forfeiture of \$450 pay per month for a period of four months and reduction to E-1.

Private First Class Raul Villalobos Jr., 6th Marines, was convicted at a special court-martial of a violation of Article 80 (Attempt of wrongful distribution). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, forfeiture of \$600 pay per month for a period of four months and reduction to E-1.

Private Frederic T. Murphy, 5th Battalion, 10th Marines, was convicted at a special court-martial of a violation of article 86 (Unauthorized Absence). He was sentenced to a Bad Conduct Discharge and confinement for 90 days.

FIRE FROM 1A

"We have a program right now for anyone that into base housing. Within a couple weeks we have in there giving the couple what we call the 'quarters trination,'" said Bright. This, "indoctrination program teaches new residents what to do in an emergency, check fire extinguishers and other fire prevention basics."

In his climb up the fire department's promotion ladder, Bright has served as training officer, operations officer, assistant chief. In February 1996 the previous chief and Bright, who was the Deputy Chief at the time, over as the departments' acting chief.

Bright applied to become Lejeune's Chief and compete with other prospective chiefs from around the Department of Defense. "Everyone who was involved in process wanted the very best for Camp Lejeune. I was against some pretty good firemen and I got it."

Now that Bright has officially become the department chief, his goals remain the same. "I want to keep working on the preventative fire education program and maybe the line open up some new fire stations here on base."



Cpl. Chris

Maj. Gen. P. G. Howard congratulates firefighter **Cpl. Chris Bright** on his promotion to chief.

SPORTS

The Globe

Marines claim four boxing championships

Boxers come up just shy of team championship

Sgt. Lance M. Bacon
Globe staff

Four Marines claimed gold and five claimed silver as their team came up one win shy of its first team championship since 1992 during the 1997 Armed Forces Boxing Championships held here Feb. 10, 11 and 13.

The matches quickly developed into a ground war as Army fighters progressed to 11 of the 12 championship bouts, while all nine Marine fighters representing the Corps progressed to their respective championship bout. It was the best showing for Marine boxers since 1978, when 11 of 12 boxers made it to their championship match.

The action started within seconds of the opening bell in the 106-pound weight class. In the match Matthew Winters, of 2d Marine Division, squared off against Army's Bradley Martinez. After trading blows for nine solid minutes Winters, who is ranked third in the nation, lost the hard-fought match to the six-time armed forces champion. The loss may have been a blessing in disguise for the Gary, Ind. native, however, as it has sparked his determination for upcoming bouts.

"I have the national championship in early March. I placed third last year, but I'm going to win it this year," Winters said.

In the 112-pound weight class, Adam B. Burton, of 2d Force Service Support Group, landed some serious blows against Army's John Medina. True to his team's form, Medina retaliated with his technical ability and allowed his skill to overcome the Eastridge, Tenn. native's power. He earned the Army a second gold medal, winning 19-8.

The Marines then scored their first gold medal when Matthew Plake, of 1st FSSG, upset Army Aljil Booker, 16-10 in the 125-pound weight class.

Booker had claimed victory in only two minutes, 31 seconds against Navy's Kenny Medina in the preliminary bouts, but found his hands full with the Tipton, Ind., Marine.

The duo came out with fists flying in the first. Despite having recently boxed in the novice category at a Golden Gloves tournament, Plake proved his worth as a boxer when he took the reins in the second. His jab set him up, allowing a follow-on hook to take its toll late in the round.

Booker came alive in the third, realizing the gold was slipping from his grasp. Though he dominated the final round, Plake stood his ground, and stood with his hand raised at the match's end.

The action in the 139-pound weight class paused only for the break between rounds as Larry T. Barnes, of Marine Corps Base Camp Pendleton, Calif., and Army's Reginald Smith, traded blows toe-to-toe for the match's entirety.

Smith took control early with a solid right hook that put the Memphis native down for a standing eight count at 1:10 in the first. The punch seemed to wake Barnes up, though, as he effectively evaded most of the punches that followed.

At 2:00 in the second, however, a stiff jab sent him into the ropes and resulted in a second standing eight. The tide turned, however, when referee Tony Filippelli took a point from Smith for holding. Despite his dominating power, he was no longer enjoying the dominance in points he had earlier.

Smith lost another point for holding early in the third, which sparked life into Barnes. He bloodied the soldier's nose with a jab of his own, bringing the crowd of 1,000 to its feet. Smith began to show signs of fatigue as Barnes chopped away at his body, but the final bell stopped the leatherneck's drive just short of victory.

The Army's technical conditioning had proven solid in three of four bouts against the Ma-



Sgt. Jonathan D. Cress

Henry Markin chased Carl Miller around the ring, dominating all three rounds of the bout.

rines, but then they met Steven Stokes — a highly-technical boxer with better than nine years experience in the squared circle, and enough power to put a serious dent in any opponent's medical record.

His opponent, Army's Mustafa Fahion, tried to get a feel for the Marine from MCB Twentynine Palms, Calif. Stokes, on the other hand, was ready to get it on.

He moved so quick that on two occasions he was able to land a four-punch combination and pull back in time to see Fahion's glove swing past. To counter the offensive, Fahion switched to fight southpaw in the second. Stokes, in turn, relied on his own technical background to provide the "two-three" combination that led him through the round.

Fahion switched back to fighting right-handed in the third while Stokes opted to continue with the jab/hook combination. Fahion looked as though he'd had enough, while Stokes looked like he was still hungry. He landed a right hook that started somewhere in South Carolina, then put his opponent against the ropes to secure his victory.

"(Fahion) is a skillful boxer, I'll definitely give him that, but I was confident that I would be able to pull it out," the Eastridge, Tenn. native said after winning the 147-pound championship. "When he switched to southpaw I had to lead with my right. When I landed the hook, he switched back. It became a matter of being patient and out-boxing my opponent."

Stokes attributed much of his patience to



Sgt. Jonathan D. Cress

Matthew Winters kept Bradley Martinez on his toes with high jabs.

the pressure he finds while sparring against 3rd FSSG's Henry A. Markin, who followed Stokes' victory with his match against Army's Carl Miller in the 156-pound championship.

Fighting out of Manchester, Iowa, Markin entered the ring as nicknames like "Brawler," "Hammer" and "Bulldog" were chanted in respect of his steady and relentless pursuit of his opponent. Now another name can be added to that list — Armed Forces Boxing Champion.

The bout was undoubtedly the night's pinnacle as the ensuing slugfest kept the crowd on its feet all three rounds.

Markin was aggressive on his attack from the start. He quickly set the pace with three abrupt combinations that pounded Miller's ribs. By the end of the second, Markin's shots to Miller's body had visibly taken their toll.

"You have to stop this kid now," Army coach Byron Moore told his fighter after the second. "You've got to load every shot. You have to drill and move, or you're not going to win."

The advice couldn't have come at a better time, as Markin was beginning to show signs of tiredness as a result of his continuous barrage. In the final round, however, both seemed to forget their pain and the tired ache of their muscles and erupted in a flurry of furious blows. As the seconds ticked away, both fighters were out of energy and out of stamina, but there was one thing Markin had left — he had heart, and heart was all he needed.

In true Marine fashion he swallowed the pain, raised his head and fought through to victory. When the bell rang the fighters embraced

in the middle of the ring, then Markin turned to the roaring crowd and raised his hands in victory.

"My conditioning was the number one factor in the victory," Markin said. "I studied (Miller) and was able to think my way through, but the training, dedication and desire did it for me. It was an honor to fight for the Marines, and I could think of no higher honor than to bring them back the gold."

With the Army and Marine Corps having defeated each other three times apiece, the Army looked to 165-pounder Julius Fogle for damage control.

Edgar A. King, of MCB Camp Lejeune, N.C., had damage on his mind as well as his right hook gave Fogle spaghetti legs 35 seconds into the bout. Fogle bounced back from the standing eight, however, and took charge of the match.

A hard jab in the second caught King's nose, who was unable to duck out of the way of the snapping blows. Fogle continued to add points while staying away from the Cleveland, Tenn. native's devastating right hook, and subsequently claimed victory 34-14.

Jason B. Brown, of Rochester, N.Y. was then awarded the 201-pound weight class as a result of walkover due to the medical disqualification of Navy boxer Kendri L. Smith, of Abbeville, S.C. Though difficult to accept, that may have been best for the Sailor, since the 2d MarDiv. boxer had ended his previous match at 0:34 in the second with a right hook that sank his opponent quicker than the Titanic.

CONTINUED ON/4B

July 21, 1997

SPORTS Roundup

BASE ATHLETIC FIELDS

WR Grounds and Maintenance personnel have been working hard to improve several of the athletic fields at Camp Lejeune used by Army units and youth programs. Reseeding has taken place on the baseball fields located on "L" and "O" streets, intramural football field at Liversedge Fields and rugby field near Harry Harris Stadium. These multipurpose fields have been mowed and signs are posted to advise of the seeded areas. Users are asked to avoid these areas so that quality athletic fields will be produced.

VILAINS ELIGIBLE

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

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

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

LEJEUNE 5K RUN & POWER WALK

The Lejeune 5K Run and 5K Power Walk is Feb. 22. The races start at 9:00 am on Feb. 22. The fast asphalt surface with a maximum of turns sets a record for the course. Individuals and teams are encouraged to enter. The top 5 of runners will be awarded for team competition. Entry fee is \$10 for active reservists, retirees and their dependents and \$12 for civilians. Registrations of \$15 for military and civilian will be taken through 8:45 am on Feb. 22. The races will begin and end at the house. Registration forms are available at all fitness centers. Mike Marion, Race Coordinator, at 451-1799 for more information.

EUROPEAN CROSS COUNTRY 10K

Entry forms for the European Cross Country 10K, Mar. 15, are available at all fitness centers. The race is open to all individuals and is encouraged to test their endurance throughout this demanding international caliber course. The event is open to the public. Entry fees are \$10 for military active duty, reserve, retirees, dependents and \$15 for civilians. Registration deadline is Feb. 10. The event will begin and end at Virginia Dare Field. For more race information contact Mike Marion, Event Coordinator, at 451-1799.

POWERWALK CLASSES

If you enjoy walking, you'll enjoy the stepping out with the Power Walk classes. Tuesdays at 9 am. Stop by Farawa Terrace Community Center or Midway Park Community Center to join the group. Jogging strollers are welcome. For more information call 451-1799.



Cpl. Chris...
es fireman...

WTBn wins Rifle/Pistol Competition



Sgt. Jonathan D. Cress

Jason Armistead wraps his arm in a leather sling waiting for prep time to end.



Sgt. Jonathan D. Cress

Allen Ackerson takes a peek down range while spotting for a teammate at the 500-yard line.

Sgt. Jonathan D. Cress
Globe staff

Through cold wind, rain and even snow, shooters gathered at the Stone Bay Rifle Range to participate in the '97 Spring Intramural Rifle and Pistol matches Feb. 3-14. Paul Johansen, Headquarters and Support Battalion, Marine Corps Base won the individual overall with 1,045.38 points and the Weapons Training Battalion, Marine Corps Base (WTBn.) gold team won the team overall with 1,993.62.

The matches, hosted by WTBn., featured two arenas of competition — individual and four-man teams for both rifle and pistol. Individually, competitors could score a maximum of 300 points, for rifle and pistol, and 1,200 as a team.

For the competition, a firing team consists of four members. One shooting officer, one tyro (a sergeant or below who hasn't competed in a division or higher match), and two additional shooters. Each team must designate a coach and a team captain. An individual may hold both billets or the coach can be a non-firing member.

The rifle course was broken down into three stages much like the Known Distance Course.

The first stage of fire was the 200-yard line. Competitors fired 20 rounds at a 12-inch able target, in the off-hand position, in a 20-minute time limit. Then from standing to sitting, they fired 10 rounds in 60 seconds.

From the 300-yard line shooters fired another 10 rounds at a 20-inch bravo target, from the standing to prone position, in a 70-second time limit.

Finally at the 500-yard line, participants fired their remaining 20 rounds in the prone position in 20 minutes.

The rifle target scores five points for a bulls eye, four for the first ring and a three for the second.

The five and a half inch pistol target scores 10 points for a bulls eye and nine through six for the outer rings.

"The Intramural is the first level of the Competition in Arms Program," said CWO4 Randall L. range Officer In Charge. Harris. "Most of the Marines out here are novice shooters, meaning they've never shot in an intramural or higher level of competition."



Sgt. Jonathan D. Cress

Jason Armistead wraps his arm in a leather sling waiting for prep time to end.

Any Marine can compete at the intramural level with the exception of distinguished shooters or shooters with leg points. Legs points are acquired from shooting medals. Marines receive 10 points for gold medals, eight for silver and six for bronze. Once a shooter accumulates 30 points, with a minimum of 10 Marine Corps points, he is a distinguished shooter.

According to Harris, the goal of the competition is to further develop marksmanship skills, that enhance the proficiency and combat readiness of Marines. Furthermore, it maintains a populace of Marines who are trained instructors and coaches.

Another consideration in the Competition in Arms is the equipment used. Shooters are permitted to use leather slings, spotting scopes, shooting glasses and jackets, and 14 cartridge magazine pouches.

"The purpose of this (equipment) is to give the Marine the best possible opportunity to align his shot up with the center of the bulls eye," explained Harris.

Even with special equipment and instruction the shooters faced inclement weather through most of the match.

"The weather is a factor for the more so than the weapon system," said Harris. The competitors experienced high cool temperatures, a lot of rain and snow one day said Harris.

Despite an earlier-than-normal reveal

"I think the best thing about competitive marksmanship is the morale"

rough weather of the shoot maintained high morale and a positive attitude.

"I think the thing about competitive marksmanship is the morale," Cress said.

Miller from WTBn. "It really builds morale, especially for those Marines who play a lot. It gives them a chance to compete here without having to worry about the problems in annual requalification and everybody stays motivated."

The competition closed in an awards ceremony at the Stone Bay Area Gym on Feb. 14.

The next event will be the Eastern Division Shooting Team and the U.S. Marine Team will shoot off for the Intercompany. Additionally, the Secret Service team is participating.



Lt. Mark Oswell

UNC-W Seahawks, down 10-7 prepare for the 4th quarter.

Lt. Mark Oswell
Globe contributor

Spring is just around the corner, and the Camp Lejeune Men's Varsity Lacrosse Team is looking toward its first spring season.

Having played nine games in the summer and fall, going 4-5, the team is ready to take on new competition this year.

With a new squad of Marines and Sailors ranging in rank from private first class to major the team spans the spectrum of the Marine Corps.

The skill level is similarly diverse, with players like midfielders Derek Brostek and Dean McGregor who have never played organized lacrosse, to players like attackman Hank Edds and goalie Brian Shaver who have each played for 14 years.

Through transfers and various deployments the team lost several key players. During off-season more than a dozen new players joined to bring the roster to 70 players, although only a core of about 30 are dedicated.

The team started spring practice on the field directly behind Liversedge Stadium on Feb. 3.

The team opened the season at Liversedge Stadium with a 14-11 win against the University of North Carolina at Wilmington. Having lost to UNC-Wilmington by one goal in the final minute of the semi-finals in the 3rd Annual East Carolina Invitational last fall, the game was definitely a grudge match for the Camp Lejeune team.

"This is our revenge game from the East Carolina tournament last year," ex-

LACROSSE

pounded midfielder Mike Walker. "Basically, we ran them into the ground, but we just made a couple of mental errors, and then we got sloppy towards the end of the game."

Following the home opener, the team will travel to Laurinburg, N.C., to play St. Andrew College. Although, the college is a small school with a little over 600 students, St. Andrew's Division II Varsity Team is consistently ranked in the Top 10 for Division II schools.

"We should be able to give them a good run for their money. They may be more talented than us, but we have a real strong defense," said defenseman Grant Heinrichs. "I know we have the experience to beat them, since several of our players have played at this level before."

March 1, the team will travel to Fayetteville, N.C. to play a doubleheader with Fort Bragg and North Carolina State. Fort Bragg and Camp Lejeune have faced each other five times in the past, with Fort Bragg winning the first three games, and Camp Lejeune turning it around by taking the last two.

Traveling to Annapolis on March 15, the team will play the U.S. Naval Academy's junior varsity team.

A lot of the Academy Alumni are looking forward to going back up there and showing them that these old guys still know how to play, according to defenseman and Navy alumni Joe Schweitzer.

"The Camp Lejeune team can expect to face a well-disciplined team possessing exceptional stick skills and a sound knowledge of the game," said midfielder (and

Navy graduate) Gary Herbold. "Undoubtedly, it will be a closely contested game."

From there on out, the team will play a schedule of numerous doubleheaders. March 22, Davidson College and Fort Bragg visit Liversedge Stadium, followed by home games against the club teams from the University of North Carolina at Chapel Hill and East Carolina University on March 29.

Columbia, South Carolina will be the next stop for the team as the team heads south to take on South Carolina and the Savannah (Ga.) Men's Lacrosse Club, on April 5. South Carolina looks to be a formidable foe, as their schedule consists of college teams from Georgia, Tennessee, Auburn, Georgia Tech, and the Citadel.

Finally, on April 12-13, the Camp Lejeune team will host the first Carolina Lacrosse Classic aboard Camp Lejeune. Twelve teams from all over the East Coast will be here for the tournament. Among those are college club teams from East Carolina, Clemson, University of North Carolina-Wilmington, University of North Carolina-Charlotte, Maryland, Catholic University (DC) and North Carolina Western College. As well as men's teams from Cape Fear (N.C.), Charleston (S.C.), and Fort Bragg.

"This is really going to be a positive thing for the team, and it will be a big draw for the local teams in the area," said Bowie. "It will certainly be a big test for the Camp Lejeune Lacrosse Team."

The team will conclude the season with a home match against Elon College in Liversedge Stadium at 2:00 p.m.



Sgt. Jonathan D. Cress

To the Hole...

Bucks forward Bradly Carlstrom takes Jeremy Nelson to the hole and scores on a layup in a Midget Coed Basketball game, Feb. 15. The Bucks beat the Hornets 35-5 at the Area 1 Gym, improving their record to 8-1. The Bucks take on the Magic tomorrow at 1p.m. in the Area 1 Gym.

Safety Net

(NAPS)—When more than two hundred Amtrak crew members in the Sunset Limited, fifty miles southwest of Los Angeles, were stranded on the scene of a train wreck, creating a complex safety net of services. The Salvation Army's Division offered counseling, transportation to and from hospital, and food for the stranded passengers. Those who were injured will receive comfort as long as needed for them and their families. More than one hundred years, the Salvation Army's Southwest Division has been one of the first relief organizations on the scene of emergencies. The Salvation Army is now looking for disaster relief in your community.

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Money

Replacing A Current Insurance Policy?

(S)—Before you consider replacing your current life insurance policy with another, there are some factors that need answers, cautions at the American Society of Life Underwriters & Chartered Financial Agents (ChFC). First, ask the agent in writing the advantages and disadvantages of a replacement. Some additional questions you might ask are:

1. Will the new policy provide the same cash value that I currently have in my existing policy? 2. What is the difference in the replacement values between the two policies? 3. Will the payment of a death benefit be challenged if I die within the first two years of buying a new policy? 4. If interest rates go down, how will my existing policy perform? 5. Will my existing policy be replaced by a new policy?

Generally speaking, replacing an insurance policy with a new one is not in the consumer's best interest," says Curt Ford, ChFC president of the American Society of CLU & ChFC. "However, there are instances in which circumstances make it necessary to replace the existing policy."

The American Society has developed a Replacement Questionnaire designed to help uncover the factors that must be clarified before a replacement recommendation is made. A copy of the questionnaire is available by contacting the American Society at 800-392-6900.

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Heart and blood vessel diseases will cost about \$151 billion in 1996

American Heart Association

Fighting Heart Disease and Stroke

Hospital/Nursing Home Services - \$95 billion

Drugs - \$11 billion

Physician/Nurse Services - \$23.1 billion

Lost Work Productivity - \$21.9 billion

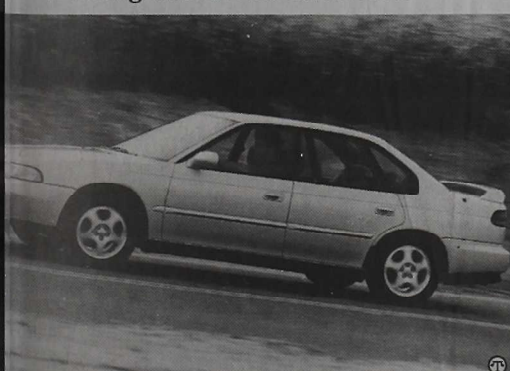
"WHERE'S MY BARBIE?"

The first dollhouses were made during the 1600s for wealthy adults. Many stood 6 feet tall or even taller and were furnished like the homes of their owners.

"God Save The Queen" (or "God Save The King") is the national anthem of Great Britain but the same music is used in the United States for "America."

MAKING LIFE MORE FUN

Driving: More Fun Than Ever



A new car is designed to combine the "Active Safety" systems which Subaru has long been known with sporty good looks and performance features which will appeal to car enthusiasts.

(S)—If you're looking for a fun to come down the road, drivers say, a good place to look is with the new 1996 Legacy sedan from Subaru. The car, experts advise, combines superior, all-wheel drive and safety technology in a visually exciting, fun-to-drive package.

The car has a new 2.5 liter, aluminum-alloy horizontally opposed, 16-valve, double-overhead-cam, four-cylinder engine producing 155 horsepower and 155 pound-feet of torque at only 3000 RPM. The sport-tuned four-wheel independent suspension, four-wheel disc brakes (with larger front discs and dual-cylinder calipers) and a four-channel anti-lock system. Alloy wheels shod with 195/60HR15 all-season tires. A rear spoiler.

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Sgt. Jonathan D. Cress

Steven Stokes stuns Mustafa Fahion with a barrage of punches to the face and head..

CONTINUED FROM/1B

In the final bout, Army's Preston Hartzog faced Richard S. Oliver, of Copieque, N.Y. A Marine victory would tie the two services in the team competition, but a 13-inch height difference and substantially longer reach proved too much an obstacle for the 2d MarDiv. Marine to overcome.

Neither boxer dominated the match. In fact, Hartzog led by only a single punch at the end of the first round. Oliver was simply unable to get inside and set up the

crushing uppercut that had introduced so many fighters to the canvas before.

The Army secured their team championship 20-16 with Hartzog's victory. Still, Marine coach Roosevelt Sanders was proud of the team's performance, and sees no reason for his fighters to be disappointed.

"I am very happy with the way these Marines boxed," he said. "You can always do better and there is always room to improve, but I think we showed how strong a team we have. All nine of our boxers made it

to the championship match, and four walked away with gold. We were never blown out; we stayed in every match and showed a lot of team spirit. That's what's important out there, and that's what will bring us further success in the Golden Gloves Championships next week in Knoxville, and the National Championships in Colorado Springs March 1st."

Marine boxing results in the 1997 Armed Forces Championships

Cpl. Matthew Winters

2d Marine Division
106-pound silver medalist

Cpl. Adam B. Burton

2d Force Service Support Group
112-pound silver medalist

Cpl. Matthew Plake

1st Force Service Support Group
125-pound champion

Cpl. Larry T. Barnes

Marine Corps Base Camp Pendleton, Calif.
139-pound silver medalist

Cpl. Steven Stokes

Marine Corps Base Twentynine Palms, Calif.
147-pound champion

LCpl. Henry A. Markin

3rd Force Service Support Group
156-pound champion

LCpl. Edgar A. King

Marine Corps Base Camp Lejeune, N.C.
165-pound silver medalist

LCpl. Jason B. Brown

2d Marine Division
201-pound champion

Sgt. Richard S. Oliver

2d Marine Division
201-plus silver medalist

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AMERICANS IN ACTION

Why We Seek Flag Protection

by Syble Deshotel
National President of the
American Legion Auxiliary
(PS)—Following the Sup-
Court's 1989 decision legaliz-
ing flag desecration, I experienced
something. I attended a basket-
ball game between two rival col-
leges in Louisiana. A beautiful col-
or of flags filled the room, and
center was the American
flag with breathtaking red, white
and blue proudly displayed.
New kids in the center were
unruly, and they were
to quiet down. Frustrated,
manager took a lighter and
American flag on fire.
Everything stopped. Teams
playing basketball, the band
playing music, and everyone
stadium became silent. And
by one, each person walked
the center. No one spoke.

It was a sad day. Sad because
a few minutes prior we all
together and sang the nation-
al anthem in unison. Sad because
a selfish act of one person took
everyone else something we
r: families coming together to
an American pastime.

A remarkable thing about
that day was the people. I was
ed to discover that nearly
one felt the same way I did—
the flag is a sacred symbol
of our respect.

The gym was filled with many
ent faces that day. But they
all people, and the American
represents everyone despite
differences.

is why passage of the consti-
tutional amendment to protect the
is important. There are few
s that the large majority of
icans agree on, and this is one
ose issues. In fact, in five
up surveys, 80 percent of
icans said they support this
dment.

is because the issue
ts everyone. The American
does not discriminate accord-
to race, creed, gender, or age.
one symbol which represents



"There are few issues that the
large majority of Americans
agree on, and this is one of
those issues"—American
Legion Auxiliary President
Syble Deshotel.

all Americans.

As National President of the
American Legion Auxiliary, I have
traveled around the country meet-
ing people and discussing issues
important to them. Flag pro-
tection is one of those issues. And
I have learned that this amend-
ment is about something greater
than protecting the flag from
physical desecration. This amend-
ment is about values—sacred val-
ues which we as an American peo-
ple share—values such as respect,
decency and the American way.

And although the proposed
amendment will not solve all the
world's problems, it will bring us
one step closer to keeping these
values intact for our children.

The Supreme Court's 1989 deci-
sion legalizing flag desecration
deprived us of our right to safe-
guard our national banner. Now it
is time to take back that right.

I support this proposed amend-
ment because it is the right thing to
do. This is our country, and We the
people have the right to protect it.

Concerned Americans are
encouraged to contact the Citizens
Flag Alliance for more informa-
tion at 1-800-424-FLAG.



When taking long car trips with children, try to take your travel
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Sat 10:00-6:00

Advances in Science

Your New Car

(NAPS)—Your new car or truck
may soon be sporting a new exotic
metal alloy called AlCuZinc.

The new patented, high-strength,
recyclable material is finding its
way into a number of popular cars
including the Chevrolet Corvette
and Camaro, Pontiac Firebird,
Buick Riviera, Oldsmobile Aurora
and other models.

This aluminum-copper-zinc alloy
can be used on gears, levers, steer-
ing column parts and door hardware,
according to its developers, M. David
Hanna and M.S. Rashid, metallurg-
ists at General Motors Corp's NAO
Research and Development Center
in Warren, Michigan.

The material offers a number of
advantages including recycla-
bility, quicker production times
and manufacturability, which
result in a lower production cost.
Up to 40 net-shape parts a minute
can be created by taking advan-



A new metal alloy offers a num-
ber of advantages in the manu-
facture of cars and trucks.

tage of the material's relatively
low melting temperature and flu-
idity, according to its inventors.
Its melting temperature is 800
degrees F, compared to aluminum
which melts at about 1,250°. The
material also requires less energy
to produce, is stronger, and has
better wear resistance than exist-
ing zinc alloys.

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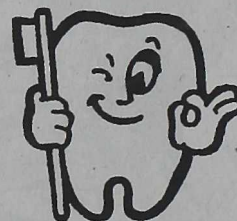
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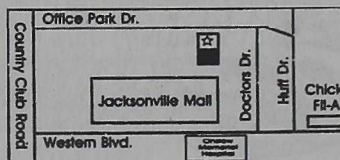
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Foot Surgery: What You Should Know

Facts from the American Podiatric Medical Association

(NAPS)—Before they recom-
mend surgery, podiatric physi-
cians have generally exhausted all
avenues of conservative medical
treatment. But when they do, they
know that the correction of crip-
pling disabilities—even immobi-
lity—and the relief of pain and dis-
comfort overcome the mental an-
xiety that the thought of surgery
produces.

Here are some facts about foot
surgery from the American
Podiatric Medical Association that
may be helpful:

• Most foot surgery can be prop-
erly and safely performed in a podi-
atrist's office or clinic. Doctors of podi-
atric medicine are specialists who
treat diseases, injuries and other
disorders of the foot and ankle.

• If a procedure is more com-
plex, it will be done in a hospital
outpatient setting, or with a hospi-
tal stay that generally will not
exceed three or four days.

• When a surgical procedure is
done in a podiatrist's office, clinic
or surgical center, or on a hospital
outpatient basis, a patient will be
in and out on the same day.

• The use of anesthesia: In the
office or clinic, a local anesthetic
that numbs an area of the foot
probably will suffice, but the doc-
tor may prescribe pre-operative
medication to help the patient



When a surgical procedure is
done in a podiatrist's office or
clinic, a patient will be in and out
on the same day.

relax. In a surgical center, or as a
hospital outpatient, an intra-
venous (IV) sedative may be
administered before the local
injection. It is intended to be
relaxing, and most people will
become drowsy, although they
remain awake during the surgery.

Typical surgery recommended
by podiatrists include the correc-
tion of bunions and hammertoes,
the surgical treatment of nail
problems, removal of warts and
soft-tissue benign tumors and ten-
dons.

An informative pamphlet in
which podiatrists talk about foot
surgery is available free by calling
the APMA at 1-800-FOOT-CARE
(1-800-366-8227).

Paid Announcement

SPORTS SHORTS

1997 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIP SCHEDULE

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 March 18-23
NAS Pensacola, FL

VOLLEYBALL (WOMEN)

All-Marine Trials
Apr. 13-May 3
MCB Quantico, VA

POWERHOUSE CLUB

The Semper Fit Powerhouse Club is interested in getting you qualified as a member. Visit one of the fitness centers the last Wednesday of the month from 5pm to 8pm to make your lift. Patrons are allowed one lift in Bench Press, Squat, and Deadlift. Qualification standards are broken down by weight and gender to provide equal opportunity for all patrons to qualify. For more Powerhouse Club information call 451-5430/8209.

SEMPER FIT AEROBICS

Semper Fit Aerobics steps high and low Monday through Friday at various locations aboard Camp Lejeune and at Tarawa Terrace Community Center. Join the group of Early Birds, Belly Burners, and the famous Anything Goes. Visit Bldg. 524 at 10:30 am on Wednesdays for all Body Conditioning. Schedules are available at all fitness centers. For more class information call 451-5841.

VARSITY COACHES FOR ANY SPORT

Resumes are now being accepted for varsity coaches of any sport. For more information call Jim Medely Varsity/Intramural Sports Coordinator at (910) 451-2061.

YOUTH BASEBALL/SOFTBALL REGISTRATION

The Onslow County Parks and Recreation Department is sponsoring a youth baseball/softball program. Registration dates are Saturday, March 29 from 10am to 5pm, Saturday, April 5 from 10am to 5pm, and Sunday, April 6 from 1pm to 5pm. You must register in the district where you reside or attend school. Registration sites are Dixon Middle School Cafeteria, Trexler Middle School Gym Lobby, Southwest Middle School Gym Lobby, Summersill Elementary School Cafeteria, Sanders Park in Swansboro, and Morton Elementary School Cafeteria. To participate, children must be at least 5 years of age prior to May 1, 1997, and cannot be 19 years of age prior to August 1, 1997. A COPY of a legal document showing the child's birth date must be given at registration. All returning players must register. Registration fee is \$16.00 and checks should be made payable to the district. DO NOT make checks payable to the Onslow County Parks & Recreation Department. For more information, contact the Department at 347-5332.

TRIATHELETES

A group of local athletes have organized work-outs for all ability groups. Swimmers are meeting on Mon/Wed at 5 p.m. at the Area 2 pool. Runners are meeting at the Field House track on Tues/Thurs at 5 p.m. Workouts are conducted by experienced coaches and last approximately one and a half hour. For more information call Dan at 577-4265.

LADIES TENNIS

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.

GOLF

The Intercollegiate Warm-up Tournament will be March 1-2 at Paradise Point Golf Course. Event will be a 36-hole Stroke Play with tee times beginning at 8:00am. Entry fee of \$10 per person. Teams will be flighted by handicap. The five (5) low gross scores will represent Camp Lejeune in the Intercollegiate Tournament in April. This event is open to active duty, retirees, and DoD personnel from Camp Lejeune. Entry deadline is noon, February 27. For more tournament information call the golf course at 451-5445.

1997 REGIONAL ALL-MARINE AND ARMED FORCES CHAMPIONSHIP SCHEDULE

BOWLING

All-Marine
March 30 - Apr. 6
MCRD San Diego, CA

East Coast Regional
March 24-29
MCAS Cherry Point, NC

Armed Forces
(USAF Host)
Apr. 7-13

McChord AFB, WA

TRACK

All-Marine Trials
May 1-17
MCB Camp Pendleton, CA

Armed Forces
(USN Host)
May 18-22
NCBC Port Hueneme, CA



*Looking For That
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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

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REGIONAL
MARINE AND
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EDULE

DOWLING
All-Marine
March 30 - Apr. 6
San Diego, CA

Coast Regional
March 24-29
Cherry Point, NC

Med Forces
SAF Host
Apr. 7-13
Ford AFB, WA

RACK
Marine Trials
May 1-17
Camp Pendleton,
CA

Med Forces
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May 18-22
Fort Huachuca,
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Wed. of each month.
Location varies. For
information call 577-3862.
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10:00 am - 5:00 pm on Mon-
day Wednesdays. For more
information call the Ceramics
Center at 910-938-5301 or 938-
5302. The Ceramics Center is lo-
cated at 292 Eastwood Drive,
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This is a non-profit weight loss
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ge St. Parking in rear.
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Legion Bldg., Onslow
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CLING CENTER is located at
Hwy 101 Shopping Center,
Drive, Friday 9-5. Closed
Sundays. Consumers can
call 1-800-228-2525 for
information. TFN

#NC 380 will hold weekly
meetings on Mondays at 7 pm in
Basement, 9 Tallman St.
This is a non-profit weight loss
group. TFN

IG Hands Ministry has
people in need. Call 938-
7467 for Diane or Marc
TFN

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40 Employment

stic volunteers needed
on a basis to support On-
community Ministries (Soup
kitchen). All skills appre-
ciated on corner of Court
ge St. Parking in rear.
entrance. For more in-
formation, please call Katie
7-3227 TFN

Y Order of the Purple
Heart 642 meets at 7 pm.
every day of every month.
Legion Bldg., Onslow
County Fairgrounds. All active
members and honorably dis-
charged Purple Heart recipients
are encouraged to attend.
For information call 326-5632. TFN

ENTER invites you to at-
tention for relief of stress
anxiety. Classes on
AD-GITA Tuesday and
nights at 7:00 pm. "The
ended Dharma for This
li". Free sumptuous Veg-
cuisine. 118 Neighbor-
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information 327-2694. TFN

GMA PHI MEETINGS.
Wed. of each month.
Location varies. For
information call 577-3862.
TFN

RVICEMEN'S CHRIS-
TIANITY at 575 Corbin St.
to all Service Personnel
enjoyment with Recre-
ation refreshments and Christian
Bible Study starts at
each Tuesday and Friday
evenings. Phone 577-7000 for
information. TFN

CS CENTER: The Jack-
sonville Recreation and Parks De-
partment's Ceramics Center has
new operating hours.
Hours for Adults are
Wednesday and Friday
11:00 am - 1:00 pm. Tuesday and
Thursday 11:00 am - 1:00 pm. Tuesday and
Thursday 6:30 pm - 8:30 pm. Children's hours are
10:00 am - 5:00 pm on Mon-
day Wednesdays. For more
information call the Ceramics
Center at 910-938-5301 or 938-
5302. The Ceramics Center is lo-
cated at 292 Eastwood Drive,
between Eastwood and South
Highway. Behind the Jack Amyette
Center. TFN

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150 Financial Services

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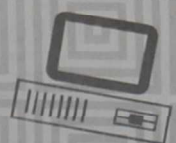
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Bayliner, 70 hp Mercury outboard, \$1,200 OBO. Call 324-1906.

Cuddy cabin, electronics, pwr 35 HP Evinrude, \$3,500. Call 324-1906.

AUTOMOBILES

Da Civic DX, 2DR, green, Call 910-256-8728.

Carlo, fully loaded, still under warranty, \$17,000. Call 3 or 541-1948. Ask for Cpl.

Da RX-7 GSL, rebuilt engine, good condition, sunroof, AC, \$3,000. Contact Cpl. Elias, 0/3945.

Da Tacoma, red, PS, PB, AB, miles, take over payments. Call 8.

Cherokee, 5-spd, custom brush guard, CD player, fog w mi, very clean, \$12,000. Call 353-4783.

vy C-10, new electronics, minor body work, \$400. Call 1-5481 lv. msg.

ra Integra LS 5-spd, 2dr, \$5,500, call 577-3383.

da CRX si Black, 5-spd, \$5,500. Call 577-3383.

Da Civic, 4dr, 5-spd needs work, call 355-0980.

Wrangler Rio-Grande, 5spd, pass, soft top, bikini top, new 4,500 or TOP. Call 328-6238.

Taurus station wagon, auto, PS, PW, AC, \$7,800. Call 0.

y S-10 Durango, 4.3L V6, PB, extras, \$6,500 neg. Call 577-0200.

ge turbo convertible, runs great, \$2,500 OBO. Call 2.

For '83-'93 Chevy S-10, \$100. Call 389-8020.

un Stanza, sunroof, auto, all, \$1,900 OBO. Call 455-0578.

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iac Lemans, \$5,000. Call 326-

'77 Pontiac Trans-Am, special edition, 6.6L, new clutch, front end, exhaust, brakes and more, runs great, \$1,200 nego. Call 937-7114.

'75 Mercedes Benz, 240D, orig. owner, very clean, \$2,895; '81 Chevy C-10 P/U, 4 spd., 305, new paint, super clean, \$3,095; '78 International Scout, 4 cyl., parts or project car, \$475. Call 353-6500.

'77 Chevy Nova, 305, 2 barrel, 2 DR w/some rust, runs well, \$650 OBO. Call 353-3849.

'86 Ford Bronco, 4x4, pb, ps, ac, \$3,500. Call 938-3233.

'91 Jeep Wrangler, ac, am, fm, cd stereo, V-6 body lift, accessories, low mileage, new clutch, starter, custom rims, storage trunk, \$10,500. Call 328-0291.

'94 Corvette convertible w/matching hard top polo green w/tan top & tan leather seats, 6 speed, loaded, warranty, garage kept, low miles. Call 327-2163.

'89 Mazda MX-6 GT Turbo, excellent cond., power everything, alarm, keyless entry, \$5,000 firm. Call 451-5062, room 112 ask for LCpl. Wirth.

'93 Toyota Camry, 4 door, auto, cr, 47k miles, \$12,000. Call 353-6387.

'71 BMW 2002, extra parts, \$2,900, 353-5133.

'86 GMC Jimmy 350, runs excellent, 4X4, new tires, new brakes, some rust, \$3,000 OBO. Call 353-1055.

'57 Willy Jeep, totally reconditioned, new seats, brakes, tires, and windshield, authentic USMC markings, access. incl. jack, gas can, spare tire, \$5,000. Call 919-354-7827.

'85 Buick Skyhawk, 2dr, at, ps, ac, am, fm, cruise, \$800 OBO. Call 938-5951.

'90 Ford Ranger, 5-spd, air, am fm, 68K, \$4,200 OBO. Call 455-5231.

'95 Mitsubishi Pickup, red w/gray int., good shape, Blaupunkt AM/FM cass, 17K mi, \$500 TOP. Call LCpl. Plake 451-5247 rm 258 after 3 p.m., lv mssg.

'93 Honda Civic DX, 110K, 5-spd, air, red, 2-dr, excel cond, \$6,000 OBO. Call 347-9342.

MISCELLANEOUS

40ch. Cobra LTD 29 CB radio w/K40 magnetic mount antenna, \$150, Call 326-2237.

47-pcs china dinnerware, \$40. Call anytime 347-0879.

Pioneer car stereo w/CD changer (12 discs), \$350 OBO; Shimano racing bike, 22", 12-speed, \$100 OBO; Trek 5200 racing bike, 24", 12-speed, \$500 OBO. Call 938-0052.

Three Dunlop radials P175/70R13, \$45; '93 17" Key West fiberglass outboard 70 hp w/trailer, cover and ski package, \$7,000. Call 327-2778 evenings.

Childcraft crib, oak, double-drop

sides, with link spring and mattress, \$100. Call 577-7226.

Lifestyler Cardiofit Plus, \$150; 25 gal. fish tank w/filters, stand, and access., \$60; ski machine, \$5; Graco babyswing, \$20; oak entertainment center, \$200 OBO. Call 938-1737.

Sega Genesis system, seven games, all accessories & two controllers, \$200. Call 919-354-5958.

Chain-link fence dog kennel, w/gate, brand new condition, \$100 OBO. Call 324-2308.

Front and rear bumpers for Ford Bronco II, ranger 82-87 (black) \$75. OBO. T.V., VCR stand \$50. Call 577-5596.

Infant car seat, \$35; bassinet, \$35; portable car CD player, \$40; all excellent cond. Call 577-4607.

Dewalt saw, \$50. call 455-2897.

Diamond Engagement ring set 3 bands 10-.05 diamonds, 1-.38 diamond 14kt \$1,780. Call 346-9717.

Cosco infant car seat, \$15; stroller, \$30; infant carrier seat, \$8; swing, \$15; and activity play gym, \$5. Call 577-3163.

Two Samsonite piggy-back suitcases, mauve, \$150. Call 326-5032.

Midland CB 40 channels, \$50; Royce CB 23 channels, \$35; '93 25 hp Mercury outboard, includes stand, two fuel tanks, low hours, \$1,000. Call 577-0197.

Ford 4-spd manual transmission w/HURST shifter \$350. Bell housing '35 Holley 4bbl, 600 cfm carburetor, rebuilt \$75. Call Sgt. Allen, Rm 115, 451-1932.

Laptop Brother word processor w/battery, \$300 OBO; color dot matrix printer w/paper and two ribbons, \$75 OBO. Call 577-0416.

Officer dress blues, Creighton long and short sleeve shirts. Covers charlie trousers size trousers 33L blouse 40L. Call 327-3305.

Zenith Laptop computer 386; 33 MG hard drive, 2MB RAM, \$200, OBO; Panasonic KX1124 printer, \$150, OBO. Call 327-3305.

Four patio chairs w/cushions & umbrellas, \$40. Call 355-0350.

Poulan 3400 chainsaw, 20", new bar chain, sprocket, \$150; 3 1/2 HP lawnmower, self-propelled, \$100. Call 355-2466.

Shed, 8'X10', metal w/wood floor, \$130. Call 577-4063.

Bose speakers, 901 series VI w/pedestals and EQ, factory sealed, \$800. Call 577-4063.

R/C car, Losi TR2 w/parts and accessories, \$120. Call (910) 389-8020.

Little Tykes Race Car Bed, twin size, red, \$150. Call 353-8327.

Sears Cardio Walk manual treadmill, digital console, upper body arms, abdominal pad, folds for storage, \$70 OBO. Call 353-7909.

4 radial w/w tires, 185/80R13, \$40; Sony car AM/FM CD player, model

cdx-4040, 20wx2, needs work \$50. Call 455-6303.

AM-7 Bose speakers, new and two and three way SP4TI Peavey black window speakers, dmc, mixer and top console. Call 637-1118.

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Leer fiberglass shell fits Ford 8'bed, Lg rear door w/smaller glass door, \$500 OBO. Call 451-6803.

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Pakard Bell 386, w/hardware and software, Panasonic dotmatrix printer, \$400 OBO.

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Craftman 225 amp AC arc welder, 40 to 225 amp capability, mounted on 2 wheel cart, many accessories, \$300. Call 938-1777.

Laptop computer, 386 w/printer, \$200. Call 451-0467.

SPAS 12 12GA semi auto/pump, \$900 OBO; 10 bdrm 1"-1" scale dollhouse w/lighting, \$300 OBO. Call 346-2226.

Mountain bike, mens, 21 spd, grips, 28", \$350. Call (910) 353-6286.

Ross, 12 speed bicycle, sis shifter. Call 347-0146.

14KT, gold diamond engagement ring, approx. 3/4 KT., \$750 OBO. Call 355-2564.

Metal lathe, mill, drill combo w/tooling, \$1,500 OBO. Call (910) 451-0467.

Free, old swing set; Century car seat, \$200 OBO; Queen sofa sleeper, \$125; 19" TV w/broken VCR, \$40. Call 326-5498.

26" male 10-spd mountain bike, Thrum shifter, 6-mo-old, \$75 neg; 26" ladies bike, excel cond, \$35; 20" girls bike, like new, \$35; 26" 3-spd male bike, excel cond, \$40. Call 353-1335.

Panasonic digital ANS/FAX machine, brand new, still have box, \$175; Coleman 4000-watt generator, used once, still have box, \$400. Call 347-6640.

Infant car seat, Gerry back baby carrier, baby jumper, bike baby carrier, snugly front baby carrier, large play pen, good cond, good prices. Call 347-7123.

4x5 fully enclosed utility trailer, registration pd, \$300 OBO; trailer hitch, 3,500 lb capacity, \$70; T-top covers, \$12; car bra, fits '75 to '87 Regal, \$20. Call 347-7123.

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Full and Queen size mattresses and full size bed frames. Call (910) 347-7291.

Private lands for seasonal hunting by responsible local, call 326-4948.

Used free standing basketball hoop, Reebok step. Call 938-3894.

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2,240 sqft, vinyl siding, 2 and 1/4 bath, 3bdrm, 10 min from beach, 25 min from main side. Call 327-3101.

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'95 mobile home, 3 BR, 2 BA, ceiling fans in every room, set up in Sherwood Mobile Home Park. Call 577-3163.

For rent or sale: reconditioned condo at North Topsail Beach for long term rent (1 yr. lease preferred), \$490 per mo., plus electric and phone. New rug and appliances, beautiful views, 1 BR, 1 BA. Sale price \$62,500. Call 919-354-7827 evenings.

For sale: 4 BR, 2.5 BA, two-story colonial, low-maintenance vinyl, New River Plantation, w/security gate, pool, tennis court, club house and boat ramp, \$160,000. Call 327-2778.

'95 double-wide MH, 28x56, 3 br, 2 ba, ceiling fans. Call 577-3163. 2,240 sq ft vinyl siding home, acre lot, near beach. Call 327-3101.

'96 Oakwood MH, 14x80 w/8x16 deck, 3 br, 2 ba, w/garden tub. Call 353-2112.

'71 Princeton MH, 12x50, \$2,000 OBO. Call 353-6513.

200'x100' wooded lot, county water and garbage, \$12,000. Call 347-7063.

'94 Oakwood MH, 14x80, 3br, 2ba, dishwasher, washing machine, ceiling fans, storm windows built in, entertainment center, deck, shed. Call 353-6387.

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Wooden desk and chair, \$75. Call 326-5933.

Solid Oak white washed dining table w/6 upholstered chairs, \$250; sleeper sofa queen, \$100. Call 353-2112.

Contemporary queen sleeper, blue and white striped sofa, w/ matching oversized chair, \$400. Call 353-7537.

Off-white sectional couch two years old, \$400; telephone table, \$10; three matching living room tables, \$50; tow light blue lamps, \$10 a piece OBO. Call 577-0416.

Blue recliner, excellent cond., best offer. Call 326-5032.

Dining room set, table and 6 chairs \$250, black and white 19inch TV \$10, oriental rugs \$15. Call 347-7291.

9 pc cannon ball bedroom set, \$1,700 OBO. Call 577-8915.

Queen sized soft waterbed w/box frame and 2 heaters, \$250; Four patio chairs w/cushions and umbrella. Call 355-0350.

Pine Canopy waterbed, stained glass and mirror headboard, mirrored canopy, new mattress, heater, \$850 OBO. Call 577-1418.

Two twin box spring/mattress, \$35/ set; two end tables, \$10 ea; small dinette table w/2 chairs, \$30; full sz mattress, \$20; three 9x12 brown/tan carpet, good cond, \$30 ea; two LR chairs w/reversible cushion, \$15 ea; two set adjustable bed rail, adj to queen sz, \$12.50/set; two Spanish dining room hi-back chairs, \$20 ea. Call 353-1335.

QS waterbed w/headboard (mirror) & heater, \$200; solid wood art/drafting adjustable table, \$70. Call 347-6640.

PETS

Snake for sale 5ft Redtail Boa Constrictor w/accessories \$250. Call 326-2237.

Burmese python, very mild tempered w/tank & accessories, \$350 OBO. Call anytime 347-0879.

Cocker spaniel, female, buff, needs good home. Call 577-5260.

Free to good home, 2 cats, both fixed and declawed, all accessories, very gentle, great w/kids. Call 577-8732.

Free to a good home, puppy, 8 months, Sheltie mix, all shots and spade, great w/kids. Call 326-6433.

Siamese kittens, 6 wks old, pure bred, no papers, \$75. Call 743-2344.

3 month old female buff cocker spaniel, has papers, shots, \$400 OBO. call 353-9651.

Cockerspaniel, 1 yr, house trained, playful, papers, \$150 OBO. Call 353-6660.

Cat Found: Orange and white cat w/ flea collar in Midway park. Call 353-1153.

Black Lab w/papers, 5mo. old, \$150; ferret w/cage and feeder, \$100.

2yr old black German shepherd, great w/kids, free. Call 353-2682.

MOTORCYCLES

'90 FLHS Harley Davidson, candy-apple red, electra glide sport, ex cond, 38,000 miles, \$13,000 OBO. Call 326-1572.

'97 Honda Shadow 1100 ACE, black, only 500 miles, full warranty, \$7,500. Call 326-1710.

81" Honda Silverwing GL-500 motorcycle w/two matching helmets, \$800. Call 577-8448.

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. 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. Forms and phone requests will **NOT** be accepted. 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. Only work numbers will not be published. Barracks #'s must include room number. Legibly. If we can't read it, it will **NOT** be published. Individual forms **MUST** be filled out for each category of items you want published. I.E., automobiles, furniture, pets. If an ad is submitted with several items from different categories on one form, they may not be published. Time is limited. More than 20 words per form. Only three forms per household a week will be published. 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

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

TRADER FORM

Signature	Rank	Organization
Home Address		
Home Phone		Work Phone

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.

**ACCEPTING THE
AWARD FOR
BEST
PRICES
IS YOUR
MILITARY
EXCHANGE**



...SALUTING THE 1997 GRAMMY AWARDS.



Effective dates 2/20/97 through 3/02/97. No refunds. Quantity limited to stock on hand. This advertisement was not paid for in whole or in part by the U.S. Marine Corps or the Marine Corps Exchange. This ad does not constitute endorsement by the Marine Corps Exchange, U.S. Marine Corps, or the U.S. Government of the products or services advertised.

451-5030

Sale Dates
20 Feb - 2 March

Camp Lejeune

Marine Corps Exchange

-AN MWR ACTIVITY-

The advantage of keeping family accounts is clear. If you do not keep them you are uneasily aware of the fact that you are spending more than you are earning. If you do keep them, you know it.
—Robert Benchley

It's a *Spring* Thing!

Coastal's
Spring Quarter
Registration

February 21
through
March 6

Higher Standards For Higher Education



Holiday Chrysler-Plymouth *mazda*

DOWN PAYMENT



Plymouth Breeze

Bad Credit
Slow Credit

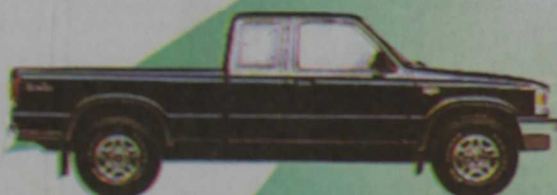


Plymouth Neon

First Time
Buyers Welcome!



NO DOWN PAYMENT



Mazda B-2300 P/U



Mazda Protege

WE CAN HELP!!

Holiday 347-6678

Chrysler-Plymouth *mazda*



Most geckos can walk on an upright pane of glass. The tip of each toe has a small pad that enables the gecko to cling to surfaces which appear smooth.

SAFETY SENSE

Make Fire Safety A Priority

(NAPS)—Home is where the heart is, and also where the most serious fire-related hazards often exist. The good news is most home fire hazards can be prevented—if you take the time to spot and correct hazards. It's the perfect time to spot dangers, correct them and practice good fire safety habits.



To get you started, CertainTeed Home Insulation has prepared the following checklist:

- DO
 - Keep items like paint cans and gasoline in their original containers and out of your home.
 - Check the insulation in your attic and if it is combustible, replace it with a more fire safe material. For example, cellulose insulation is made of ground up newspapers. A source of attic fires when too close to heat sources or recessed lights. Replace with a noncombustible, fire-resistant material like Insul Safe or Blown-In Fiber Glass Insulation. Insul Safe will remain noncombustible for the life of a home.
 - Promptly replace any frayed wiring in a home.
 - Keep plenty of fire extinguishers handy; put one in the kitchen and at least one on each floor.
 - Install at least one smoke detector in the hallway leading to the bedrooms; and install one on each floor of your home.
 - DONT
 - Leave matches where children can get to them. The temptation to "play with fire" can easily lead to a real fire.
 - Smoke cigarettes in a safe place.
 - Let smoke detector batteries go unchecked. Check your batteries when the clocks change, twice a year.
- For more information on fire safety particularly relating to home insulation, write to: CertainTeed Home Insulation, Box 860, Valley Forge, PA 17815. Call 1-800-782-8777 and ask for "Insulation and Fire Safety" brochure.