

for the Jack arch 2. For

April 5.

# \$500 reward

For information leading to the arrest or conviction of a suspect involved in an armed robbery at the Berkeley Manor 7day store.

SEE REWARD/ 18A



# Boxing

Marine boxers knocking their way to victory, Globe keeps you posted.

SEE BOXING/ 2B



# Weather

New Globe five-day forecast for base and local area.

-SEE FORECAST/ 8A

# TLOBE

bruary 14, 1997

Serving the expeditionary forces in readiness

Camp Lejeune, N.C.

# 2d SRIG lands in Belize larines construct base camp for JTF Pelican

ny Capt. David Durling

URREL BOOM, Belize, Central erica- Marine engineers from Headters and Service Battalion, 2d Surveile Reconnaissance and Intelligence up (SRIG), based at Camp Lejeune, th Carolina, arrived in Belize Jan. 4, y to begin base camp construction for t Task Force Pelican.

he Task Force, composed primarily of siana Army National Guard engineers, nducting the largest humanitarian exerin the Western Hemisphere in 1997. The ose of the exercise, named New Hori-97 - Belize, is to provide U.S. military onnel with challenging construction and ical training as well as practicing the s required to deploy outside of the conntal United States

eaming up in true Joint Task Force fashthe 2d SRIG Marine Engineer Detacht, commanded by Capt. Marc J. Milburn, oughton Lake, Mich., work side by side the U.S. Air Force's 90th Civil Enging Squadron from Warren Air Force in Cheyenne, Wyo. With Army Naal Guard engineers coordinating their ts, they labor long hours in the hot, huweather, drinking up to 12 liters of wa-

day to ward off dehydration he two units were working at a furious pace mplete the 18-acre base camp so that the 350 onal engineers and support personnel who ed on Jan. 18 had somewhere to live.

cording to Milburn, the rapport among



Capt. Marc J. Milburr Cpl. Christopher Horner pieces joists together to be used in several structures.

the Marines, airmen, and soldiers has been exceptional. "It's a pleasure to work with such a superb group of professionals, from all the services," he said.

The 41 Marines and two Navy Corpsmen in Belize all volunteered for the 30day mission, including a dozen from Co. A, 8th Engineer Support Battalion, also based at Camp Lejeune. Given three weeks to gel as a team, Milburn says the SRIG experienced a "seamless transition when they integrated with the detachment." Alpha Co. Sgt. Raymond Baker, of Decatur, IL, echoes that sentiment. "We're getting along great and the Air

Force and Army guys have been real cooperative," Baker said.

The Marines' first assignment was the construction, wiring and plumbing of latrine, laundry and shower facilities to allow soldiers to clean both body and uniforms, essential in the damp, tropical climate. The steaming days don't seem to bother some Marines, though. Corporal Christopher Latty, of Bay City, Mich., said, "This is quite an experience - it's what I enlisted in the Marine Corps to do. I consider it the highlight of my career.'

- SEE BELIZE/ 11A



# MOUT, MOUT wherever you are . . .

LCpls. Nelson R. Sweigart (kneeling) and Harold W. Dolph of Co. I, 3rd Bn by raising the flag on the rooftop.

# ero defect mentality doesn't add up for Corps

entun

IEADQUARTERS, U.S. MARINE RPS, WASHINGTON — While many nes will be judged as leading "stellar" ary careers, few, if any will enjoy a

career. et, they are good Marines - albeit with minor improvements that must ade in their personal and professional if they are to continue their service in

here should the line be drawn to sepa-

live up to the Marine Corps core values and erased.

Can Marines who make a mistake still

Major David Bethel, Head of the Enlisted Promotions Branch, Headquarters

so-called "Zero Defect Mentality" must be

"Some Marines are of the mindset that if you have a 'bruise' in your record you can't recover, and if you are squeaky clean you will automatically get promoted," said Bethel. "That is not the case. There are, of course, some actions that are flat-out contrary to our core values - actions of moral turpitude. That type of behavior will not be tolerated and will very abruptly end a career. But there are also such things as innocent mistakes, momentary lapses of judg-

Marine in some hot water, but not so hot as to ruin a career

Bethel said that's where leadership steps 'When a Marine strays, it is the respon-

sibility of those in charge to immediately take action. First, the offending behavior must be stopped," he said. "Then the reason for the behavior must be identified and corrective action taken to prevent its reoccurrence. Next, a decision must be made about the Marine's potential for further ser-

"Finally, the leaders must continue to

and referral, and measure the Marine's progress - all with an eye toward helping that Marine continue to contribute to the Corps and, in the process, to become competitive for promotion."

"Standing by Marines who deserve a second chance benefits both the individual and the Corps," said Bethel. "People tend to be stronger when they learn from their mistakes, and the Marine Corps gets to retain valuable experience.

SEE ZERO / 11A



gt. Jose Heano has one of the est jobs a Marine SNCO could

-SEE STORY 11A

Cartoon contest ..... 2A MOUT ..... 4/5A Marine Family ...... 6A Chaplain ..... 16A Courts-Martial ..... 18A Bowling ..... 1B Basketball ...... 2B Biking ...... 3B

standards of professionalism, and those who are willing and able to regain the "high road" and continue their contributions to the Corps? At what point should a Marine be de-

nied or passed over for promotion? And when should a career be terminated?

have a Marine Corps career?

Marine Corps, says perceptions about the ment, and personal problems that can get a

# 10th Marines train for accuracy,

Sgt. J. J. Rodriguez

Artillery Marines from Battery R, 5th Battalion, 10th Marine Regiment recently spent time in the field to conduct a live-fire they do everything over and over again until they're abso- to support them by fire," Stanovich said. exercise in order to master the techniques and procedures needed lutely sure they have got it

Their job is not easy. It's a lot of work for these Marines,



Sgt. J. J. Rodrigue

An M-198 155mm howitzer sends a round downrange. The fire missions will be rated for accuracy and speed.

"It takes a lot of practice. We're here to make sure that our procedures and techniques are sound so that when that said Capt. Mark E. Stanovich, Battery R commander, 5th infantry battalion or regiment calls upon our battalion or bat-Bn., 10th Marines. Much of it is "rote" repetition, where tery, we have an idea of what it is we're going to have to do

Every time an artillery unit trains, it works toward a specific goal. The unit does not just come out to shoot for the fun of it, according to Stanovich. "You always want to have some training objectives out here. Money, fuel and ammunition is short so we want to maximize every opportunity we have," he said.

Some of the missions the battery and battalion work on are immediate suppression and immediate smoke. These missions are called in when something critical is going on among the maneuver element. "They need us to suppress the enemy so they can eradicate the situation to get themselves out of trouble," said Stanovich.

The main goal of artillery is to have first round fire for effect. To do that they must meet five requirements: atmospheric conditions, knowing their exact location, precise target location, use of proper ammunition and using the right procedures to compute data at the FDC

"Those are the things we work on with each and every bullet we have out here," Stanovich said.

With all the requirements met, an artillery unit can engage a target with a maximum number of rounds. This greatly increases its lethality, because if an enemy knows artillery is adjusted on them they have a tendency to dig in or disperse It will take more indirect and air fire to kill them than it would with the first rounds fired.

For artillery Marines, getting the rounds on target is a constant cycle of attention to detail, supervision, enthusiasm and professionalism. "Artillery is a constant team effort and I'm proud that this battery does it pretty well," Stanovich said.

SEE ARTY/ 18A

# **Division Captain** awarded medals for Vietnam Combat

The Bronze Star Medal with Combat "V" and the Navy Commendation Medal with Combat "V" were presented to Captain Charles E. Wilhelm by his Commanding Officer, Colonel Franklin J. Harte during a formal ceremony held April 20, at Headquarters Battalion, 2d Marine Division.

In the citation accompanying the Bronze Star, Wilhelm was cited for his action June 6, 1966 while serving as a platoon commander with "C" Company, 1st Battalion, 1st Marines in Vietnam.

The Globe, April 27

# Adm. Hogle visits Lejeune

Rear Admiral Reynold D. Hoge, Commandant, 5th Naval District, arrived at Camp Lejeune Air Facility, New River yesterday morning for a two day tour of Camp Lejeune.

Hogle was greeted by MajGen. Joseph O. Butcher, commanding general, Marine Corps Base and Col. J. R. Mc Daniel, commanding officer, Marine Corps Air Facility.

Following a briefing on his tour Hogle visited the Naval Medical Field Research Laboratory. He also toured the U.S. Naval Hospital and the Field Medical Service School.

The Globe, Jan. 19

# Compact radio pack could replace two

The Department of Defense hopes to come to the aid of the foot-sore, back-weary radioman with a new portable combat radio.

Known as the PRC-70, a prototype under consideration by the Department, the radio was demonstrated to approximately 40 officers and enlisted men of the 2d Marine Division Jan. 11.

Representatives of General Dynamics, developers of the new radio, asserted that it has the capability of replacing several types -- including the PCR-47, PRC-12, and PRC-10 -- now used by the Marine Corps.

The Globe, Jan. 19

# Base, Division sergeants awarded Silver Star

Quick action by SSgt. Christopher P. Butler, which saved members of his patrol from injury in Vietnam earned him the nation's third highest award for combat, the Silver Star Medal.

Sergeant Butler, a member of Sub Unit Two, Hq. Co., H&S Bn., received the award here from Maj: Gen. Joseph O. Butcher, Base Commander.

The nation's third highest award, the Silver Star Medal, was awarded to Sgt. Lorenzo T. Arenas in a formal ceremony Jan. 26.

Presenting the medal to the El Paso, Texas vet eran was Col. Franklin J. Harte, Commanding Officer of Headquarters Battalion, 2d Marine Divi-

The Globe, Feb. 2

# **Woman Marines** observe 24th anniversary Monday

Woman Marines throughout the world will be celebrating their 24th anniversary Feb. 13.

Camp Lejeune Lady Leathernecks will celebrate the occasion with special ceremonies in front of Base Headquarters with a luncheon and cake-cutting ceremony later in the evening

The Globe, Feb. 9

# Brig. Gen. Williams takes Force Troops command

Brigadier General John E. Williams assumed command of Force Troops, Fleet Marine Force, Atlantic, from MajGen. John G. Bouker, in a colorful change-of-command ceremony here Mon-

Colonel Harold Wallace, Commanding Officer, 2d Force Service Regiment, FLFLant was commander of troops, and representatives of all Force Troops units participated in the elaborate cer-

The Globe, Feb. 16

# **British JWE Team visits** Lejeune units

A team from the British joint Warfare Establishment (JWE) made a three day visit here recently to observe activities at the base and conduct a briefing for Marines on JWE.

Headed by MajGen. R. Keith-Jones, commandant, the team consisted of five members

The Globe April 13

# What's News

# A Marine sergeant...

# Seeks a solution to wearing utilities off base

The following Marine Mail was submit-ted by Sgt. C.T. Moore, MCRD San Diego:

There has been an abundance of dis cussion about wearing utilities off of DoD facilities, and the guidelines for this topic have been set in stone and distributed throughout our Corps via an ALMAR. Yet, the privileges granted are still being

I continually see Marines off base in their cammie uniforms, both officers and enlisted. I see Marines in convenience/gas stores buying beer or other non-emergency type items and when asked about it, they shrug it off and say that it's within regulation to stop and get gas. Even when the stop seems to be a legitimate one, Marines conduct themselves below the norm, hands in their pockets and covers not worn. Not exactly the highly disciplined, highly trained warriors that the Marine Corps is manent Marine Corps Uniform Board:

MARINE MAIL:

The only solution I have to offer is that the utility uniform not be authorized for off-base wear unless on official business, i.e. travel between two bases. This seems harsh; yet, with all of the recent negative publicity that the military has received, even everyday contact with military members may leave a lasting positive or negative impression with the community

Set. C.T.

The following response was provided by K.J. Williamson, Secretary-Recorder, Per-

The privilege of wearing utilities offbase is an effort to address the field Marines' needs and allow for some leeway when in their "working" uniform in a similar manner to those Marines who work in an office environment and are allowed to wear their "charlies" out in town. There will always be some Marines who will try to abuse the system and it's up to our NCOs and SNCOs and officers to address this issue. Although it seems like the military tends to punish all for the wrongdoings of a few, it would impose an extreme hardship to not allow Marines off base at all while in utilities. This issue has been clearly detailed and

be properly enforced while allowing the widest leeway for all concerned an NCO, take charge of those who breaking the intent of the ALMAR. suggestion, approach your sergeant jor or first sergeant for more guid on ways you can demonstrate str concise leadership on this issue.

K.J. Williams SEND YOUR MAIL TO:

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# Marine generals reminisce their Marine Corps careers

by Capt. P. Johnson

WASHINGTON - Men and women come from all walks of life to earn and share the title "Marine." Their diversity brings a special strength to the Corps, one that is constantly refined and tempered by a lifestyle that demands honor, courage and commitment. It is a way of life that fosters teamwork, mentoring, and leadership. Those who can achieve and then continue to live by these standards are destined for success - no matter their race, gender, or creed. Consider the accomplishments of three

South Carolinians, men who made a dramatic change in their plans when they decided to become Marines. Today, they share more than a title and their South Carolina ties. They have written a new page in the Corps' history, because this is the first time that three African-American general officers are serving on active duty.

Former astronaut Brig. Gen. Charles F. Bolden, Jr., was recently nominated for his second star. Born in Columbia, S.C., he is currently the Assistant Wing Commander, 3rd Marine Aircraft Wing. He is a Naval Academy graduate, and among his degrees is an Honorary Doctor of Science degree from the University of South Carolina.

Brig. Gen. Clifford L. Stanley, Director of Public Affairs, Headquarters Marine Corps, was born in Washington, D.C., but spent his summers in South Carolina because, "Dad is from South Carolina." He graduated from South Carolina State College (now South Carolina State University)

Brigadier General Arnold Fields, Commander, Forward Headquarters Element/Inspector General for the U.S. Central Command, hails from Early Branch, S.C. He also graduated from South Carolina State Univer-

sity.
"Little did I know 31 years ago, at a relatively small, predominantly black college in Orangeburg, S.C., that I would meet

someone who later become my closest friend," said Fields as he spoke of Stanley. 'Under his leadership, I served as one of his subordinates, inasmuch as he was student body president. As I was about to complete Officer Candidate School, I found out that he, too, was a Marine. That was one of the greatest moments in my life."

The generals recently had the opportunity to talk about the unique events in their lives and careers when they attended a symposium in Washington. It was a time to talk and catch up on their pasts, especially about how they decided to become Marines.

"It (being a Marine) wasn't even on the scope," said Stanley. "There was once a possibility, however, that I might go in the

Bolden likewise did not have early aspirations of becoming a Marine. "When I went to the U.S. Naval Academy, there were only two things I knew - that I would not be a Marine because Marines were different, and I was not going to fly because flying was inherently dangerous." Fields made it unanimous. "No, I did

not anticipate a career in the Marine Corps, although I had given some consideration to following through with the advanced Army ROTC program."

So what led these three men to the Marine Corps?

"The draft sped up the process," said Stanley, who made his decision during his junior year in college.

Bolden based his decision on observation. "What started to change my mind was that, during my first year at the Academy, my company officer was a tough but fair Marine major, John Riley. "Over my first three-and-a-half years at the Academy, every Marine officer I saw, without exception, was an excellent leader." So when it came time for deciding what I wanted to do, I decided that I was going to be a Marine, to be like them.'

ter from the draft board.

about this. The Army was not going to allow me to delay so that I could continue teaching high school that semester, but the Marine Corps would.

"Even though I did not aspire to be a Marine in my early life, I did admire what I knew of the Marine Corps since I lived fairly close to Parris Island," Fields continued. "I enlisted initially in the Marine Corps, then the officer selection officer got involved, and later I became a second lieu-The generals have some advice for jun-

ior Marines and young people who are considering making the Corps a career.

"Not only study hard, but do your very best," advised Stanley. "My peers were important. Know your peers. Be socially active within your profession. I worked hard ... I had reinforcement from my peers.

rine Corps recruiter somehow found out I didn't feel pressure from them to dot that I wasn't comfortable doing."

Bolden offered his perspective. something that you like as far as you cupational field. Really try to quali that you can go there. But whatever get, try to find a way to enjoy it, bec if you're enjoying it, there is a much ter chance that you will do well."

Fields shared his recipe for su "What has worked for me is that II long-term goal of leading a life that w allow me to get along with people, to courage them by mutual respect. I tried to live my life, be it not a p life, by trusting in the Almighty. Thr trusting in Him, I have received a more than I ever anticipated. So, m vice would be, have faith in the Almi and through Him have faith in one' then the successes will come



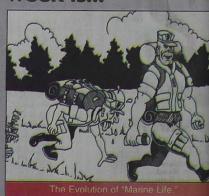
(l. to r.) BGens Charles F. Bolden, Jr., Clifford L. Stanley, Leo V. Willia II, and Arnold Fields, lead distinguished careers as Marine Corps gen Fields' impetus was provided by a let- officers, For the first time in Marine Corps history, there currently are the African-American general officers on active duty.



# Create a caption for this cartoon...

Win a \$10 gift certificate from MWR. Submit your caption by Feb. 19 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...



Congratulations, Tracie Hansley, office automatic assistant, Marine Corps Exchange, hope you enjoy your prize. Hansley's award-winning caption, make her the recepient of a \$15 gift certificate for a tr ride at the Base Stables (compliments of MWR).

The Globe

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# Marines give Kuwait forces MOUT training

KUWAIT CITY, Kuwait - Among the rubblefilled buildings of an old Kuwaiti palace destroyed by Iraqi soldiers during the Gulf War, swept a Kuwaiti force utilizing tactics which were molded during a 10-day training evolution with U.S. Marines as part of Exercise Eager Mace 97-1.

Approximately 100 Kuwaiti national guardsmen and special forces and U.S. Marines from the 11th Marine Expeditionary Unit (Special Operations Capable) worked together to strengthen military relations between the two countries. The main focus was on military operations in urban terrain.

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K.J. William

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With 10 days to train the Kuwaitis and conduct a diversified assault, 11th MEU(SOC) detachments from Battalion Landing Team 3/1 and 1st Force Recon Co. took the host nation desert warriors under their wing and covered basic and advanced military techniques.

From practicing room clearing and close quarter battle drills, to handling firing devices and constructing explosive charges used for dynamic explosive entry into enemy-occupied rooms, the Kuwaitis trained hard and fast as Marines supervised their performance. The Kuwaitis progressed quickly as each day passed.

"The guys I worked with showed a lot of motivation, aggressiveness, and a willingness to learn and apply what they were taught," said Sgt. Kenneth E. Hurst, trailer platoon, Weapons Co., BLT 3/1.

One aspect of the training which drew much excitement from most Kuwaitis, was the opportunity to quickly insert into a location by fastroping from a CH-46E Sea Knight helicopter. The helo came from Marine Medium Helicopter Squadron-166 (Reinforced), the MEU's aviation combat element.

Focused on learning and applying the fundamentals of rifle marksmanship, the Kuwaitis improved their skills during the training. After a few days of weapons safety classes and rehearsals. Marine scout snipers introduced and demonstrated how to shoot the M-40A1 sniper rifle.

"The most challenging thing for them was being able to shoot at long distances," said 1st Lt. Travis L. Homiak, officer-in-charge, scout sniper platoon.

"The Kuwaitis' marksmanship greatly improved during our time with them," said scout sniper Cpl. Eric J. Folstad.

The final exercise proved the success of the training as two Kuwaiti squads fastroped into their objective area amidst a cloud of thick red smoke used for cover and concealment. Once on the ground, they began a simulated assault of a one-story building by maneuvering close enough to place explosives on three doors in order to breach them. Once entry was gained, the Kuwaitis cleared the rooms of enemy troops

During the assault, they came under simulated enemy fire, but reciprocated and, in turn, neutral-

It was an exhausting finale for the Kuwaitis who gathered afterwards to thank the Marines for their time and efforts in helping them train for special

(Sgt. Marc Ayalin, 11th MEU(SOC))

# 1st MarDiv celebrates 56th anniversary

MARINE CORPS BASE, Camp Pendleton, Calif. — A colors rededication ceremony and a plaque presentation honoring five Marines who lost their lives in Hsin Ho, China during World War II highlighted the 56th anniversary of the 1st Marine Division on Jan 30

During the ceremony, the division's 21 battle streamers were placed on the Marine Colors and a plaque was presented by the president of the 1st Marine Division Association.

Activated aboard the battleship USS Texas on Feb. 1, 1941, the 1st Marine Division is the oldest and most decorated division-sized unit in the United States Marine Corps. During its 56-year history, the 1st Marine Division has distinguished itself in both combat and peacetime operations, from the Pacific campaigns of WW II to Operation United Shield in

The primary mission of the 1st Marine Division is the execution of amphibious assault operations. The division is supported by Marine aviation and force service support units, and is prepared to be employed in conjunction with a Marine Expeditionary Force in amphibious operations

(JPAO, MCB Camp Pendleton)

# Hawaiian citizen receives prestigious award

MARINE FORCES PACIFIC, Camp H. M. Smith, Hawaii - P. Pasha Baker, state chairman of the Employer's Support of the Guard and Reserve Committee, was presented the Commandant of the United States Marine Corps' Certificate of Appreciation by Lt. Gen. Jefferson D. Howell, Jr., Commander of Marine Forces Pacific, during a special awards ceremony

Since 1963, Baker has raised thousands of dollars and donations of toys for the Marine Corps Reserve Toys for Tots Program.

"The Marines of Marine Forces Pacific join me in adding our sincere appreciation for the wonderful work you have done here in Hawaii in support of all military, especially the Marine Corps Toys for Tots campaign," Lt. Gen. Howell told Baker.

(Gunnery Sgt. Angela J. McDaniel)

# Marine Band performs its 50th presidential inauguration

United States Marine Band performed for its 50th inaugural Jan. 20, as President William Jefferson Clinton took the oath of office the second time.

Before the nation's leaders and a television audience of millions, The President's Own performed at the Inauguration Ceremony, marched in the parade, and played at two inaugural balls, sustaining a tradition that stretches to the days of President Thomas Jefferson

Conducted by Director Lt. Col. Timothy W. Foley, the Marine Band began with an inaugural prelude concert at the Capitol and performed with choirs from Virginia's College of William and Mary, Hampton University, and Washington's Children of the Gospel: The Next Generation.

The band accompanied acclaimed soprano Jessye Norman in a medley of patriotic music called "Freedom" which, according to The Washington Post, "sent an obvious wave of emotion" through the crowd of more than 200,000 gathered at the Capitol and on the Mall.

Following the oath of office, the band honored President Clinton with "Hail to the Chief." The ceremony closed with the National Anthem, performed by Santita Jackson, the Resurrection Choir, and the Marine Band.

Charged with providing music for both the ceremony and the parade, The President's Own shed overcoats and marched in the traditional procession up Pennsylvania Avenue. It later performed

cians who had departed the John Philip Sousa Band Hall at 7:30 a.m. did not com plete their duty until nearly 3 a.m. the next

Preparation for the historic event took weeks and included consultations with the Armed Forces Inaugural Committee, the Joint Congressional Committee on Inaugural Ceremonies, the Presidential Inaugural Committee, and artists selected by President Clinton to perform at the ceremony.

The first inaugural rehearsal took place at the Capitol's west terrace at 5:30 a.m. about a week prior to the event. The thermometer registered a bitter 20 degrees - too cold for instruments to function.

Later that morning, the band defrosted a march called "Frozen Horns" for the parade rehearsal. The music was written by the band's chief arranger for President Jimmy Carter's 1977 inaugural.

With nearly two centuries of inaugural experience, the event continues to be meaningful for the Marine Band.

'We've had a special relationship with the President since John Adams first invited the band to perform at the White House in 1801, said Foley. "The inaugural truly punctuates our role as The President's Own

(SSgt. Christine A. Kohn, Marine Band)



Lt. Col. Timothy Foley rehearses the band with renowned soprano Jessye Norman, a featured performer at the Inauguration Ceremony.

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# MOUT training provide:

Sgt. Lance M. Bacon

Since Lt. Presley O'Bannon led seven Marines against a Barbary pirate stronghold at Derna, Triploi in 1805, Marines have been faced with the dangers of urban combat. Since that time, urban combat has proven to produce one of the highest casualty percentages of any battlefield.

Those casualty percentages combined with the fact that about 80 percent of the world's population lives within 200 miles of a littoral area only reinforces the reality of combat in an urban environment for amphibious forces. As a result, Marines have continually sought to heighten their ability at fighting on that battlefield.

"This fight is planned at a centralized level, but executed at a decentralized level. This is really a fire team leader's fight," said Capt. Mike H. Brown, commanding officer, Company I, 3rd Battalion, 2d Marine Regiment, 2d Marine Division. "Once the attack begins, the company commander and platoon com-

manders' roles are subjucated primarily to maintaining tempo and coordinating fire support and additional as-

Because of that decentralization, Brown feels it is imperative that small unit leaders have

During such training, Marines sharpen skills such as room clearing, small unit tactics, communications and Close Quarters Battle.

In performing urban exercises, Marines also quickly learn how easily control is lost, even on the smallest level. Fire teams separate from the squad to clear buildings room by room, floor by floor. As they progress, a team may find heavy opposition behind any door and rounds can plummet on their position from any direction. Even a wall that had once provided security can suddenly prohibit their escape

As they respond to the barrage of enemy fire, the Marines see firsthand how physically demanding the urban environment is, and how quickly a reinforced company can become a couple of platoons. They also witness how the area can remove useful anti-armor weapons from their inventory since structures prohibit the needed back-blast

"It's really hard to keep control of your Ma-

rines (in an urban environment). You have to teach them heightened selfinitiative and discipline so they can accomplish the mission," said Cpl. Brian K. Langer, squad leader, 2d Platoon, Co. I, 3rd Bn., 2d Marines. "If it's a simple

buiding, you

-- Capt. Mike H. Brown

"This fight is planned at a

centralized level, but

executed at a decentralized

level. This is really a fire

team leader's fight."

an in-depth familiarity with fighting in an urban environment if they are to succeed, and that the only way to achieve that familiarity is through continu-

company, as their commander I want to spend a lot more time in an environment like this, continuing to fine tune the individual tactical measures the Marines are employing," Brown said. "There's always more training to be conducted."

To gain that level of readiness, Marine Expeditionary Units (MEUs) endure an urban exercise in a major city in their workups toward qualifying a Special Operations Capable (SOC). Each MEU must also sucessfully perform numerous Noncombatant Evacuation Operations before earning the SOC designa-

Marines from throughout the Corps also utilize MOUT (Military Opeations in Urban Terrain) facilities. For the Marines of U.S. Marine Corps Forces, Atlantic, that training often takes place at Camp Lejeune's \$7.9 million MOUT facility.

can keep squad continuity. If it's a complex building with many adjacent rooms and floors, teams will get split up. If that happens, you have to have a situational awareness of where the other teams Though I have a great deal of confidence in this are and keep up good communications. Without that you're only going to make a difficult situation

Langer was witness to these troubles as he led his squad through Lejeune's MOUT facility throughout the week. Though hectic, both Langer and his fellow Marines realize those exercises could seem tame to urban operations they could face. Operations such as those in Haiti, Somalia and Liberia, where Marines have recently found them-

"We're use to conducting operations in woodnumber of cities that are in littoral regions," Brown said. "While those (environments) are viable scenarios which could be played out, we have to know how offensive and defensive tactics and procedures need to be employed in urban terrain.



Weapons Co. assets provide M-2 .50 cal. and MK-19 support to ground troops



Cpls. Raymond J. Barrett and Kenneth A. Barlow Jr. of Co. I, 3rd Bn., 2d Marines, team to c



GySgt. Philenza J. Pritchett Sr. uses the MOUT facility's scale terrain model for a brief.

# MOUT facility provides solid for

Sgt. Lance M. Bacon

Tell a Marine he is about to deploy and he'll likely picture himself in a jungle, desert or the frigid cold. The fact is, however, that Marines have deployed to urban areas more often than any other environment in the past five years.

One of the premier assets Marines from throughout U.S. Marine Corps Forces, Atlantic have to prepare for operating in such an environment is the MOUT (Military Operations in Urban Terrain) facility.

"The MOUT facility has enhanced the Marine Corps, looking at our various years of training and the way we've fought in urban conflicts," said GySgt. Philenza J. Pritchett Sr., the MOUT facility's staff noncommissioned officer-in-charge. "Any time Marines are pla in an urban environment, whether that be a conventional war, NEO (Noncombatant Evacuation Operation) or peacekeeping mission, it gives the individual Marines a sense of knowledge of what needs to be done and what can be expected.'

The \$7.9 million complex was completed in August 1990 after n than two years of construction. It encompasses 30 acres, 19 of which (159,000 square feet) are covered by a simulated town.

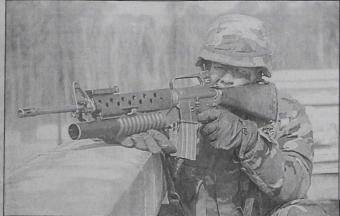
The town boasts 31 cinder bloc stories high. Eight of those buildin conditions. The structures include which is also one of two tactical la a hotel with a reinforced roof wh largest helicopter, the CH-53E Sup a church, a mall, office buildings, townhouses, residential housing a

The town also has electricity in concrete roads and a bridge that ca Battle Tank. Below that bridge is a

The facility provides training include Marine units from through Seals, Army Rangers, civilian lav ment Agency and Federal Bureau

"Every MarForLant unit that I this decade founded their MOUT Pritchett said. "Marines in Somal urban environments here at the flects our success as a training to

# erban reality



LCpl. Heath Van Der Molen of Co. I, 3rd Bn., 2d Marines, provides security from a rooftop to fellow Marines as they search POWs. His squad secured the building during a MOUT exercise Wednesday.



Marines from 1st platoon gain an unseen entry via the two-man lift.



Sgt. Lance M. Bacon

Scout/Snipers Sgts. James C. Jensen and Travis Foreman take out the enemy officer-in-charge.



Cpls. Raymond J. Barrett and Kenneth A. Barlow Jr. rely on each other for cover and security.



Sgt. Lance M. Bacon



**Cpls. Raymond J. Barrett and Kenneth A. Barlow Jr.** cover each other on the move. Since dispersion is inevitable when clearing many rooms and buildings, fire teams are often left to provide their own base of fire while leap frogging to the next area.

Marines from 3rd Platoon fast rope onto the MOUT gymnasium to secure the city's western side.

# The Marine Family:

# Couples' communication

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

Cpl. Kimberly Everson

Couples often encounter difficulties during a marriage. With the proper communication skills these problems can be dealt with more effectively. The Couples Communication class at the Family Counseling Center covers these

The ability to communicate is often something that is taken for granted. There is a difference between communication and talking. Communication is an exchange of ideas and information. Talking is being able to articulate words.

There are many styles of communication. - In every social setting people communicate differently

"A drill instructor has different style of communication than someone that is not creating new Marines at boot camp," said Lt. Cmdr. Elizabeth Burns, director, Family Counseling Center.

People usually learn their communication skills from the way their family communicated. If their families yelled and screamed they will also communicate the same way

"When we get married we tend to communicate the way we learned as children," said Burns

An important part of communication is effective listening. Couples should allow their spouses to speak without interrupting or putting them down.

Couples should learn how to resolve conflicts effectively. Taking a timeout when arguing will give couples the opportunity to calm down and then solve things ra-

"We supply couples with a timeout contract. This gives them an agreement that states exactly how long they will stay apart before they will discuss their problem calmly,"

The course meets every Thursday for five weeks. Classes include Art of Listening, Conflict Resolution, Dealing Appropriately with Anger, Keys to Changing Behaviors and Habits, and Respect.

"For couples who are engaged or newlyweds, the course can be considered preventive maintenance," said Burns.

Couples who may be experiencing problems can enhance communication by spending time together in a relaxing environment and discussing problems.

'No single issue is as important as your love and relationship," said Burns.

Couples wishing to register for the class can call 451-

# MCT welcomes female Marines onite

Marine Combat Training (MCT) Battalion, East recently welcomed women into its ranks for the first time since the battalion stood up in 1988. The new members weren't the highly-anticipated female graduates from Marine Corps Recruit Depot, Parris Island, S.C., but instead the officers and noncommissioned officers (NCOs) who will assist in their training.

The battalion brought a number of female NCOs and officers in preparation of the impending change. Beginning March 18, all female Marines will attend the 17-day MCT training cycle here after completing recruit training

Unlike recruit training, however, the females will endure the course alongside their male coun-

"The females will be integrated in the platoons; there will be no separation of males and females as there is in recruit training," said Lt.Col. Carl G. Cobb, commanding officer, MCT Bn. "The Marines, male and female, will be faced with the same obstacles and requirements, and they will meet these together.'

As a result, the battalion brought on the female NCOs to supplement the male squad leaders/instructors, and female first lieutenants to take position as the executive officer for each training com-

They became the first females to actually take part in the training program, as each attended the course they will soon teach. Called "Operation Leatherneck," the course exercise is designed to teach non-infantry Marines the fundamentals of combat operations, much like what they would see in an actual contingency

"The students learn things like rear area security, patrols and automatic weaponry," said Cobbs, a native of Charlotte, N.C. "In a combat environment, these Marines will be required to provide these assets themselves. There won't be anyone there to do it for them."

Many of the women selected to assist in teaching the females that will attend MCT each year realize that women attending the school may not be fully embraced by everyone. Whether they agree with females attending MCT or not, practically every Marine is eager to see how well the females will perform.

These pressures don't hamper 1stLt. Charlene M. Walters, though. In fact, they fuel her deter-

"I'm looking forward to the challenge," she said. "The women will do fine because they have the mental capacity to do just as well as men. As far as the training is concerned, I don't think we'll see any difference in attrition rates.

Basic School as an example. At these schools women Marines have successfully performed alongside males for a number of years.

While confident in the women Marines' ability to lead and perform at MCT, 1stLt. Kathy L. Silich recog-

nizes that she and her fellow women Marines don't have to go it alone

Everyone on the SOI (School of Infantry) staff has been very receptive." she said. "I feel like I'm coming in to any other battalion. They're very prepared and very excited, almost to the point

that they're anxious for this to happen.

This camraderie has placed her right where she has always wanted to be as a Marine - forging other Marines into warriors.

tremely pleased to be here," Silich said. "I'm also

honored and privileged that they had the confiden me to meet the challenge.

That challenge places these women at the of an historic change in the Marine Corps. Fo first time Gym, MCE

school envi ment, men women sharpen combat skill gether, and women are ing the first cial steps.

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"I thought corporat women into AS New River training) w ore Field Hou long time

ing," Walters said. "Every woman will eventually male Marines when she becomes a Staff NCO, needs to know the fundamentals. I'm proud to be the women who will teach them those fundament



"Every woman will eventually lead

male Marines when she becomes a

Staff NCO, so she needs to know the

fundamentals. I'm proud to be one

of the women who will teach them

-- 1stLt. Charlene M. Walters

those fundamentals."

First lieutenants Kathy L. Silich and Charlene M. Walters, who will lead the first female Marine MCT Bn., stand before a painting of Lt. Gen. Roy S. Geiger, the legendary infantryman for whom School of Infantry's home camp was named.



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# Coastal's **Spring Quarter** Registration

February 14-20 for previously approved students

February 21 - March 6 for late applicants.

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Some goldfish live to be very old. Golden carp are known to have lived over fifty years. Wild g fish usually do not live longer than 15 years, and most goldfish in homes live less than five years

# lonitors visit base, air station

# it enables Marines to plan future in Corps

ne Enlisted Assignment Monitors will be available to talk with Marines Feb. 21, 24 and 25 from 8 a.m. -30 p.m. on a first-come, first-served basis. The Monitors will be located at the following sites on the dates

rea 5 Gym, MCB - 08xx, 57xx, 18xx, 03xx, 11xx, 02xx, 2336, 3044/51/52, 21xx, DC Area CAS New River, Bldg. AS216 - 353x, 58xx, 0193, 9811, 9812, 55xx, 9919, 3381/61, 253x, 2542, 28xx. xx, 601x/46/47/60, 7314/72/82, 65xx, 68xx, 70xx, 64xx, 66xx, 605x, 609x, 6042

CAS New RIver, Bldg. AS216 - Aviation monitors pettge Field House - All other monitors

CAS New River, Bldg. AS216 - Aviation monitors bettge Field House - All other monitors

ate / Time	Brief	Audience	Location	Briefer	
<u>'eb</u> ) - 1130	SNCO Briefs 1stSgt/SgtMaj	FSSG / MEU's	DALY Room SNCO Club	SgtMaj Ouellette SgtMaj Hicks	
) - 1700	SNCO Briefs 1stSgt/SgtMaj	DIV	DALY Room SNCO Club	SgtMaj Ouellette SgtMaj Hicks	
) - 1000	SNCO Briefs SSgt - MGySgt	MARFORLANT, MEF, SJTF, SRIG	Marston Pavillion	MSgt Powell	
) - 1200	SNCO Counseling SSgt - MGySgt	MARFORLANT, MEF, SJTF, SRIG	Marston Pavillion	Counselors	
) - 1500	SNCO Briefs SSgt - MGySgt	FSSG	Marston Pavillion	MSgt Powell	
) - 1630	SNCO Counseling SSgt - MGySgt	FSSG	Marston Pavillion	Counselors	
) - 1000	NCO Briefs	DIV	Marston Pavillion	GySgts Hull, Carter, and Padilla	
) - 1200	NCO Counseling	DIV	Marston Pavillion	Counselors	
) - 1500	NCO Briefs	FSSG	Marston Pavillion	GySgts Hull, Carter, and Padilla	
) - 1700	NCO Counseling	FSSG	Marston Pavillion	Counselors	
) - 0930	First Term Marines Brief	FSSG	Base Theater Bldg #19	GySgt Gonzales	
) - 1130	First Term Marines Brief	MARFORLANT, MEF, SJTF, SRIG	Base Theater Bldg #19	GySgt Gonzales	
) - 1500	First Term Marines Brief	DIV	Base Theater Bldg #19	GySgt Gonzales	

Date / Time	Brief	Audience	Location	Briefer
<b>21 Feb</b> 0730 - 1030	Commanders G-1's/ S-1's/ PersO's (All other interested Officers)	DIV, SJTF, MEU's	MARFORLANT Briefing Facility	Col Wittle Maj Weede
1330 - 1630	Commanders G-1's/ S-1's/ PersO's (All other interested Officers)	MARFORLANT, MEF, BASE, FSSG, SRIG	MARFORLANT Briefing Facility	Col Wittle Maj Weede
1300 - 1630	SNCO Briefs 1stSgt/SgtMaj	MAW (NR)	MCAS (NR) Bldg# AS901	SgtMaj Ouellette SgtMaj Hicks
1000 - 1200	SNCO Briefs SSgt - MGySgt	MAW (NR)	MCAS (NR) Bldg# AS901	MSgt Powell
1200 - 1400	SNCO Counseling SSgt - MGySgt	MAW (NR)	MCAS (NR) Bldg# AS901	Counselors
0800 - 1000	NCO Briefs	MAW (NR)	MCAS (NR) Bldg# AS901	GySgts Hull, Carter, and Padilla
1000 - 1200	NCO Counseling	MAW (NR)	MCAS (NR) Bldg# AS901	Counselors
0800 - 1000	First Term Marines Brief	MAW (NR)	MCAS "E" Club Bldg# AS4308	GySgt Gonzales
1300 - 1500	First Term Marines Brief	BASE / MEU's	Base Theater Bldg #19	GySgt Gonzales

Date / Time	Brief	Audience	Location	Briefer
<b>25 Feb</b> 0800 - 1000	Commanders G-1's/ S-1's/ PersO's (All other interested Officers)	MAW	MCAS "O" Club Bldg AS710	Col Wittle Maj Weede
0800 - 1200	SNCO Briefs 1stSgt/SgtMaj	MARFORLANT, MEF, BASE, FSSG, SRIG	DALY Room SNCO Club	SgtMaj Ouellette SgtMaj Hicks
0800 - 1000	SNCO Briefs SSgt - MGySgt	DIV / MEU's	Marston Pavillion	MSgt Powell
1000 - 1200	SNCO Counseling SSgt - MGySgt	DIV / MEU's	Marston Pavillion	Counselors
1300 - 1500	SNCO Briefs SSgt - MGySgt	Base	Marston Pavillion	MSgt Powell
1500 - 1700	SNCO Counseling SSgt - MGySgt	Base	Field House	Counselors
0800 - 1000	NCO Briefs	Base, MEU's	Marston Pavillion	GySgts Hull, Carter, and Padilla
1000 - 1200	NCO Counseling	Base, MEU's	Marston Pavillion	Counselors
1300 - 1500	NCO Briefs	MARFORLANT, MEF, SJTF, SRIG	Marston Pavillion	GySgts Hull, Carter, and Padilla
1500 - 1700	NCO Counseling	MARFORLANT, MEF, SJTF, SRIG	Field House	Counselors
0800 - 0930	First Term Marines Brief	DIV	Base Theater Bldg #19	GySgt Gonzales
1000 - 1130	First Term Marines Brief	FSSG	Base Theater Bldg #19	GySgt Gonzales

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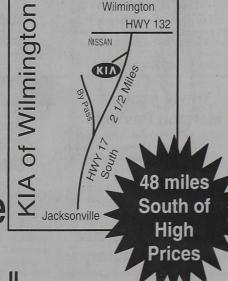
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# Bluegrass present concert at White Oak High School

The Coastal North Carolina Bluegrass Association presents its monthly stage concert Saturday at 6 p.m. at White Oak High School.

General admission is \$3.50. Memberships are available. For more information call 910-743-2474.

# Find your masterpiece at the art auction

A public art auction will be held at the Morale Center, MCAS, New River Feb. 22-23.

The auction schedule is as follows: Feb. 22 at 6:30 there will be a preview, followed by an auction at 7:30. The stand-up sale will take place Feb. 23. Prints by Buckels, Chagall, Delcroix and Picasso and other artist will be up for bids.

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

# Lejeune High needs parent volunteers

Parent volunteers are needed to help work different committees for the high school graduation.

A Project Graduation meeting will be held in the Lejeune High School cafeteria, Wednesday 7 p.m. They need all the help we can get so our seniors can have the best graduation party ever.

For more information, call Ed or Rose Miller at 577-3855 or Bob or Christy Taylor at 577-3784.

# Briefs

# Acappella group will perform Sunday

In honor of Black History Month, the Council for the Arts is delighted to present "4 US" Sunday at 3 p.m. in the main gallery at 826 New Bridge St.

This remarkable group of Jacksonville High School students who sing acappella under the direction of Lucinda Boswell began signing as a group just this past December.

The program will include rhythm and blues and gospel music. The public is invited to attend this free performance and be among the first to discover this talented group

# **ID Card Center closed** for the holiday

The ID Card Center will close at noon today and reopen noon Tuesday in observance of Presidents Day. If there are any questions, contact CWO3 Tower, GySgt. Braithwaite, SSgt. Alleyne 451-3040/3049/2724.

# German-American group holds February meeting

The German Life Society and the Deutsch-Amerikanishe National Kongress will hold their monthly meeting Monday, 7 p.m. at the U.S.O.

The goal of the organization is to foster friendship between United States and Germany and to promote the German language and customs

For more information about joining this group

and participating in the upcoming activities, call 347-5913.

# HMX-1 will hold 50th anniversary reunion

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

Events will include a kickoff reception and dinner at the Marriott, an evening parade at Marine Barracks, Washington, a golf tournament at Andrews Air Force Base; tours of Mount Vernon, the Pentagon, the Marine Corps Air Ground Mueum at MCB Quantico; and open house in the HMX-1 hangar.

The reunion will conclude with a banquet dinner Saturday night and a farewell brunch Sunday morning. 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.

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

MAJHJENRY-B-MATHEWS%HMX=ONE%MCCDC

or CAPT=BRADLEY=W=BROWN%HMX-ONE%MCCDC@mqg-smtp3.usmc.mil

Marine Corps Engineer Association will meet on Feb. 22 at 8:30 p.m. at the Disabled Veterans Hall, 301 Roosevelt Rd. For more information call (910) 347-5789 or (910) 346-8808.

# MCEA will have meeting Feb. 22

# Skills assessment workshop

A Skills Assessment Workshop will be held Tuesday from 9 a.m. to noon in the FSC, Bldg. 14.

The workshop will cover identifying personal skills, determining skills required by an employer and using identified skills in job applications and interviews. To register, call 451-5927, ext. 100/101. Child care will be provided by calling 451-2874 in advance.

# Communication workshop for couples

The Family Counseling Center holds Couples Communication Workshops every Thursday evening from 6-8 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

### 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.

To register, call 451-3212 ext. 100/101. Child

Travel expo at

**Marston Pavilion** 

Marston, Pavilion Feb. 22, from 10 a.m. until 2.

p.m. Travel and tourism representatives from doz-

ens of major attractions will be present with bro-

Register to win a free trip to Jamaica, the Ba-

amas and St. Maarten. For more information, call

Preschool programs

at the base Library

Base Library Thursdays, 9:30 -10 a.m. for ages

2-3, and 10:30-11 a.m. for ages 4-6. Upcoming

themes are "Smile" (with dentists) Feb. 20 and

"Dragons," Feb. 27. For more information, call

Storytime for preschool children is held at the

chures and giveaways.

451-3178 or 451-5724.

ITT at 451-3535.

A "Salute to Travel" expo will be held at

# **Human Services**

care will be provided by calling 451-2874 in advance. Taking charge

of credit Banking on it/ Check writing

and savings

Monday

# 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 ad-

# Pre-retirement Seminar rescheduled

The Pre-retirement Seminar's dates have been changed from April 16-18 to April 9-11. It will still be at Marston Pavilion from 8 a.m.-4:30 p.m. daily. Spouses are welcome. To reserve a seat, call 451-

# 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 10-11:30 a.m. Call Family Counseling Center at 451-2876/2864 and ask to speak with a Victim Advo-

Child care is available with advance notice.

# FAP training scheduled

The Family Counseling Center (FCC) is presenting the Family Advocacy Program Command Educational Training Feb. 21 from 8 a.m.- 4 p.m.

Topics of discussion include the USMC Coordinated Community Response to Domestic Vio-lence, Myths & Facts of Family Violence, Mission & Goals of FAP, Reporting Family Violence, Role of the Case Review Committee, Prevention, and Commanding Officer Responsibilities.

To attend this training, call 451-2876/2864 to

# Small business workshop

Prospective entrepreneurs are advised to reserve a seat for the ever-popular "How to Start a Small Business" workshop by the Family Service Center, onWednesday from 1 to 4 p.m. in Bldg. 14. This workshop will examine critical ingredients for starting up a successful business.

Topics include legal requirements, record keeping and taxes, and business financing

For information, or to register, call 451-5340, ext. 100/101. Child care is provided by calling 451-2874 in advance.

# MWR Events

# Open membership drives at the SNCO and O Club

The Officers' Club will hold an open house party in conjunction with the grand opening of the Wooden Nickel, Tuesday at 4 p.m.

There will be door prizes, free mega buffet, live music, special children's activity room and more will complete the evening. Members and eligible nonmembers please R.S.V.P. by 5 p.m. today at 451-2465.

Attitudes, SNCO Club will be the host to an open house party membership drive Feb. 28.

Attendees will enjoy a free mega buffet, live music, children's activity room and the chance to win For more information call 451-2465. door prizes. Anyone who joins the club joins the club Feb. 28 will receive a free breakfast buffet coupon. For more information, call 451-1534.

## Valentine events for sweethearts

events for Valentines Day for adults and children. A party for ages 3-5 will be held at Midway Park Community Center from 2 p.m. until 4 p.m.

Grades K-8 can enjoy a party at the Base Li-

A sweetheart dance for ages 9-12 will be held at Marston Pavilion from 7 p.m. until 9:30 p.m. For more information, call 451-2177 or 451-1534.

Club Attitudes will hold a dinner dance from 6 p.m. until 1 a.m. and the Officer's Club will hold an Valentine dinner from 6 p.m. until 9 p.m.

sweetheart a bouquet from the Flower Market at the Exchange Mall Complex. Call 451-2674.

Morale Welfare and Recreation will hold several Call 451-1807 for more information

brary from 6 p.m. until 9 p.m. Admission is \$3 dollars per person. Call 451-5724.

Add spice to your Valentine by giving your

# **5 Day Weather Forecast**



Hi 53 42 Lo



Hi 56 Lo 47



Sunday Hi 53 Lo 40



Hi 46 34 Lo



**Tuesday** 

Hi 50 37 Lo



SILKS

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MWF 8:30

T&T 5:45

lance Art C

More Inform Jean

937-63

Diane Crow, an accounting technician for the Camp Lejeune Naval Hospital, has gone far beyond the call of her normal duties. Besides performing her regular nine to-five job, Crow has been an active member of the hospital's Civilian Advisory Council. She also has participated in helping the hospital by putting a new form of exercise into use by the hospital civilians - country lin dancing. "Since the Marines and Navy have time to exercise during the day, we got Capt. Arthur, the hospital CO (Commanding Officer) to set aside time for us to kick

# At the Movies:

Feb. 7-Feb. 14

**Base Theater** 

Friday	7 p.m	One Fine Day	PG	Roma
	9:30 p.m	Preacher's Wife	PG	
Saturday	1 p.m	Space Jam	PG	Anima
		Mars Attacks!		
		The Preacher's Wife		
Sunday	2 p.m.	Space Jam Po	3	Anima
		Mars Attacks!		
Monday		One Fine Day		
Tuesday	7:30 p.m	Courage Under Fire	R	Dra
		Mars Attacks!		
		One Fine Day		
	The second second	THE RESERVE TO SHARE THE PARTY OF THE PARTY		

# Midway Park Closed for renovation

# **New River**

Friday	.7 p.m	Space Jam	PG	Anima
		Preacher's Wife		Roman
				Come
Saturday	. 1 p.m	Space Jam	PG	Anima
		Preacher's Wife		
				Come
Sunday	3:30 p.m	Courage Under Fire	R	Dra
		Courage Under Fire I		
Thursday	.7 p.m	One Fine Day	PG	Roman
	2,13,17,21	STEEL STATE OF THE		Come



Petty Officer 2nd Class Valeria Flot, has been wor in the physical therapy department of the Camp Leje Naval Hospital for five and a half years. She started in close to people, and being able to help them out in time need. It presents her with new challenges every day.

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-Laurence J. Peter



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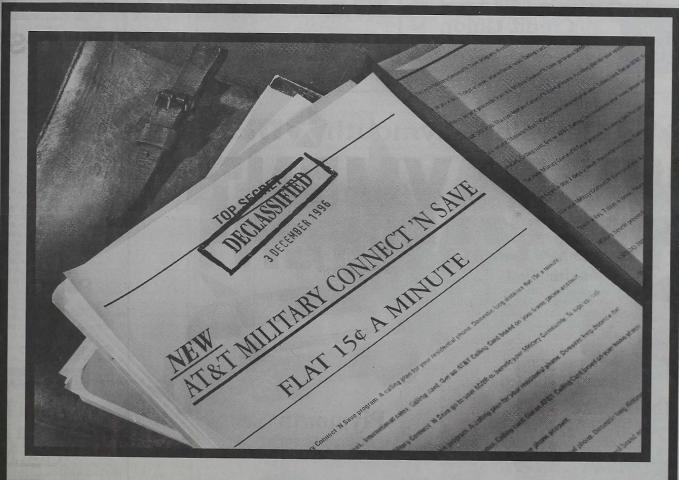
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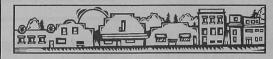
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# 'Life Skills' Taug Through Debatir

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lives on in the era of the Inform
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throughout the nation compete
January to May to qualify for th
tional Speech Tournament spon
by the National Forensic League
year, the tournament will be cored from June 23 to 28 in Fayette
N.C. The highlight of the tourn;
is the Lincoln Life Lincoln-De
Debate, sponsored by Lincol
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# GOOD LOOKS

# **Perfect Smil Star Qualit** Can Be You

News USA

(NU) - Look in the mirro smile. Like what you see? C your teeth a bit worn, darken spots, misshapen? Relax. There's a painless of procedure that can transfor shape, color and surfaces of discolored and broken teeth

turn your smile into a dazzler "Porcelain restorations ca

"Porcelain restorations car matically improve your appea and the way you feel about self," says Warren Scherer, D an associate professor at New University's College of Denti But Scherer emphasizes th all porcelains are alike. He urg tients to explore all the option their dentists.

One of those options, Ce Porcelain by Den-Mat Corpor reduces the need to shave or down the tooth for the resto-procedure. And it provides si HARINE CORP

procedure. And it provides sultra-thin, super translucent p lain restorations.

lain restorations.

Cerinate Porcelain was the one of four restoration materiviewed in a UCLA study that crack, fall off or demonstrate croleakage," which causes stream percelain and tooth.

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# FOOT NOTES

# Women: Fo Pain Not Pa Of the Joh

News USA

(NU) - Did you know make through a women feel nearly twice the property of the work of through a minority women? That's onet of "Attitudes Toward Foot C'survey conducted for the Arm Podiatric Medical Association.

The survey also showed minority women saying the heels to make their legs "look than nonminorities (roughly, cent vs. 30 percent of white redents).

The APMA says women, v

The APMA says women, v inhabiting the work force in numbers, inflict more punishm their feet in part from im footwear they feel obliged to such as high heels. That may reason why minorities repor-highest incidence of foot pa-discomfort discomfort.

discomfort.

To relieve the abusive eff high heels, women can limit d they wear them, alternatin quality sneakers or flats for the day, the association says.

The APMA offers the following the former fitting.

Shop for shoes later in U
 Shop for shoes later in U
 Feet tend to swell during the di
 it's best to be fitted when they
 their largest.

 Have your feet measuree standing.

Have your feet measuree standing.
 Don't buy shoes that "break-in" period. Shoes sho comfortable immediately.
 Select shoes with leath pers, stiff heel counters, app ate cushioning and flexibility ball of the foot.

For more information on

For more information on proper footwear or podiatric cine in general, call the AP (800) FOOTCARE.



# Platoon sergeant: Best job in the Corps

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3OARD USS NASSAU (LHA-4) - Staff Sergeant Heano has one of the best jobs that a Marine staff ant could want - platoon sergeant for a band of charging, motivated infantrymen.

hen Heavy Weapons Platoon, Battalion Landing 1/8 landed in Sierra de Retin for a recent 26th ne Expeditionary Unit (SOC) exercise, Heano was mud with his Marines. He set the example of what oon sergeant should be.

s a job that has many facets. One minute he is teachfantry tactics and developing his Marines as war-The next he is working on their subliminal develnt as the future leaders of the Corps. Both are imnt and require a man with in-depth knowledge and ience that comes with years in the Corps' infantry

ano has spent most of his 16-year career in grunt around the world. His time away from the infantry nited to a tour on the drill field. This tour helped op him into the leader he is today

s's a firm man when he deals with his Marines, and in charge comes naturally. He demonstrates the mental that leadership is more effective if you inee and inspire vice drive and force people to do . His Marines listen to him.

ve been lucky since coming into the Corps," said o, who was born in Colombia and migrated to Mivith his family at the age of 17. "The leaders around ere always good, and I just combined the things they to the way I do things today."

1 a muddy road in Sierra de Retin, Spain, his pla-



Gy Sgt. Tim Shearer

SSgt. Jose Heano, Heavy Weapons platoon sergeant, BLT 1/8, talks to his platoon during a break.

brief. They just finished working through some field problems and he's using the time to go over administrative matters that are an ever present part of the platoon sergeant's life.

'That's something that makes Staff Sgt. Heano a good platoon sergeant," said 1st Lt. Adam Treanor, platoon commander. "He doesn't just stay on top of things ... he stays steps ahead of everything. That's a quality he's worked to of 45 heavy weapons shooters is formed-up for a develop and his experience allows him to excel at.

His life is intertwined with the lives of his Marines, both in garrison and in the field. He talks with each Marine in his platoon and knows about their families and where they are from. He can tell you the expert shooters and the ones who need a little motivation during physical training. And, he's proud of each and evone of them.

"They work hard for me, and I reward them for it in any way that I can," he said. "Sure, they need a little push

to do good work.

He's unassuming when he talks about how good the platoon is, not taking credit for its strengths.

"A good platoon sergeant makes a lieutenant's life easier," said Treanor. "The weight and responsibility of what happens may fall on my shoulders, but for the most part he is the one who makes things happen.

Making things happen means being involved at many different levels. Heano explains how knowing all aspects of his Marines' lives allows him to ensure they are ready to perform. Solving problems they have in garrison keeps the problem from affecting performance on deployment.

"If I know what's going on in their heads, I can be ready to help solve their problems," he said. "I don't carry them or do their thinking for them, but I always try to be there guiding them.

His system works if you gauge it on the indicators of effective leadership - esprit, morale, proficiency, and discipline. Two months into the deployment, his platoon has yet to have a Marine get into trouble on liberty. This may seem like a small thing, but it shows that his Marines are developing into professionals.

"I can't be with each one of them 24 hours a day," he said. "My belief is that you make them responsible for their actions and let them mature. If you let Marines do things they are supposed to do out of desire instead of forcing them, you know that they will do the right things even when you aren't around.'

His men have proven they do things right. Many of his corporals and sergeants emulate his style of taking charge, and Heano gets compliments on his platoon from officers outside of his company.

'That's a good feeling," said Heano. "I know then that I've done my job and the Marines are good to go."

# AIT brings together air, ground units

ARINE CORPS BASE CAMP S.D. LER, OKINAWA, Japan

1st Batn, 6th ines, That's what we're all about. y Helimission accomplishment. pter adron Give us a job, and we'll get it um He-

PFC Eric Brown

copter Squadron 267, (HMLA-267), iced vertical envelopment teches during a Ground-Air Infantry ing exercise, (GAIT), here recently uring a vertical envelopment, infan-Marines are air lifted into a battle via helicopter and take the zone by using weapons organic to a Manfantry unit and aircraft wing units. ne GAIT exercise afforded 1st Bn., Marines' infantry Marines and their terparts from the 1st MAW to work bat situation as part of a Marine Air-Ground Task Force, (MAGTF).

The exercise began Jan, 19 as members of 1st Bn., 6th Marines' Scout-Sniper Platoon made their way to the Northern

> (NTA). Upon their arrival, scoutsnipers were instructed to conduct surveillance operations the NTA landing zone (LZ) 17, in prepara-C Co. tion for a bat-

Training Area

talion landing

at the zone Jan. 21. According to Sgt. Mark Slatton, platoon sergeant, the scout-snipers spent two days surveying the terrain, practicing immediate action drills in the NTA jungle, and scouting for the enemy as they got ready for the landing.

As the scout-snipers provided reconnaissance from the LZ, the rest of the battalion prepared for their upcoming mission. They drew weapons, packed their gear and made ready for their assault on a hot landing zone near a simu-

together, much like they would in a com- lated enemy's lines. Reveille sounded at 5 a.m. Jan. 21, and the Marines made their way to Camp Schwah's landing zone to wait for their airlift into "hostile" ter-

> At LZ-Schwab, the infantry Marines staged their gear and began putting on war paint. Some checked their gear one last time as others waited patiently on their packs for the helicopters to arrive.

> Soon the calm quiet was interrupted. The engines of a CH-53E "Super Stallion" helicopter cut through the silence much as its blades cut through the air. The first of four helicopters from HMH-361 had arrived and the first of the battalion landing team climbed aboard, effectively beginning the next phase of

> Meanwhile at the NTA, scout-sniper platoon made a final reconnaissance of LZ-17. Just before the first wave of their brothers arrived, they spotted a simulated enemy position just north and east of the LZ. One member of the platoon, Cpl. Jacie Miller, called on HMLA-267 for a fire mission from two AH-1W "Super Cobra" helicopters to level the enemy position.

The AH-1Ws closed in on their target, simulated an attack and cleared the enemy position.

Five minutes after the LZ had been cleared, the first wave of Marines

stepped out of three "Super Stallions" that swooped down from the sky and landed on the muddy earth. The Marines began taking up defensive positions around the LZ to secure it for the second and third waves of the battalion. Within minutes, Marines were covered and concealed around the LZ with weapons ranging from M-16A2s to MK-19s pointed down range to guard it from enemy intruders

Three CH-46D "Sea Knight" helicopters from HMM-262 dropped off the second wave of the battalion. The same three CH-53Es from HMH-361 followed shortly after with the third wave. The second and third waves mirrored the first's movements with eerie precision. When the last Marine stepped off of the CH-53E, three companies of Marines had landed and secured the hot landing zone within 45 minutes.

As he provided security for the LZ, PFC Eric Brown, C Co., displayed the attitude that makes the Marine Corps air-ground team second to none.

We just landed three companies in a hot LZ and took it by force. We do this stuff all the time, that's why we're so good at it," Brown said. "Right now we're anxiously awaiting our next mission. That's what we're all about, mission accomplishment. Give us a job, and

### ZERO FROM 1A-

The bottom line, according to Bethel, is that when a promotion board looks at qualified Marines, performance and MOS credibility are the top indicators. "Board members look for reasons to promote," he said.

The outcome of the 1996 Staff Sergeant Selection Board supports Bethel's position. Four hundred twenty-four Marines who had run into trouble at some point in their career were selected for their first rocker.

The final results of the board show the

Disciplinary Action Selected/Not Sel. In-grade (NJP) Not in-grade (NJP) 306 / Not in-grade (Summary Court-Martial) 5 Not in-grade (Special Court-Martial) 2 In-grade (DUI) Not in-grade (DUI) 95 / Overweight (at board convening date) 0 / PFT failure (at board convening date) 0 /

"One of the keys here is timing," explained Bethel. "A Marine's chances of being selected for promotion are much better if the infraction didn't occur in grade, because the individual has had some time to show he's back on track. But, as the board results show, one should never say 'never."

There is one offense, however, which does present a significant hurdle to promotion - driving under the influence or while intoxicated, and it is a hurdle that will be even tougher to clear in the future.

A recent directive from the Secretary of the Navy orders any DUI/DWI offense to be entered in the service record book and considered during the promotion process (See ALNAV 080.96, published in December). This procedure has already been in place in the Marine Corps. Since the 1980s, it has been a requirement that Marines who have been convicted of DUI/DWI have the incident reported on their fitness report.

The recent language by the Secretary of the Navy reinforces that policy.

"We are not a Corps of perfect individuals," said Bethel. "We come into the Marine Corps from all walks of life, each with our own set of personal circumstances. But as long as we adopt the core values of honor, courage, and commitment as the bedrock of our personal actions, we can enjoy the opportunity of serving our country as Marines. So, if you've made a mistake in the past, don't count yourself out. Work to eliminate those factors which caused your problem, and then concentrate on your performance. As 424 newly selected staff sergeants have discovered, the Marine Corps does not have a zero-defect mentality.

# Not Palize FROM 1A-

hile the U.S. military has conducted similar exercises in the past, the scale of New ons 97 surpasses previous humanitarian efforts.

the time the exercise concludes at the end of May, over 3,900 soldiers will have ed through Belize, and will have constructed five new schools, substantially renod two additional schools, improved 10 miles of roads, and conducted medical assise training for thousands of Belizean citizens.

he U.S. Embassy and the U.S. Military Liaison Office in Belize programmed and dinated New Horizons 97, working with the Belize Ministries of National Security, cation, Works, Health and Sports, and the Belize Defence Force (BDF).

he United States Southern Command and U.S. Army South in Panama coordinated exercise, which will be executed by the 225th Engineer Group of the Louisiana Army onal Guard (Joint Task Force Pelican), under command of the U.S. Military's Joint Force Bravo, based in Soto-Cano, Honduras



Sonja Rogers tests a water purification unit after setting up shower units.



Capt. David Durling SRIG Marines team up to move wall joists into position for a shower unit.

# Marines tackle Spanish cliffs for extreme training

SIERRA DE RETIN, Spain — Assault climbers of the 26th Marine Expeditionary Unit (Special Operations Capable) know that when their objective is atop a sheer rock face, only a length of rope, a locking D-ring, and the nerve to live on the edge will allow them to engage the enemy.

Alpha Company, Battalion Landing Team 1/8, the cliff assault company

for the MEU, spent a cold and rainy January day climbing and rappelling on

The company took advantage of the Spanish mountains to refresh its rock climbing skills. It's a portion of the company's mission the Marines have not been able to practice much since last summer

'Assault climbing is a perishable skill," said 1st Lt. John Lewis, 4th Platoon commander. "We practice every chance we get, wherever we can find the space. It's a skill that requires strength and a precise technique.

While afloat, the Marines can practice rappelling, knot-tying, and anchoring lines in the well deck of *USS Nassau* to maintain their proficiency. Being ashore, however, allows the Marines to put all the small parts of assault climbing into a fluid package of taking a force ashore, moving up a cliff face, and taking the fight to the enemy.

"The first thing we stress is safety," Lewis said. "That goes beyond making sure we're conducting operations in a safe manner. It means we work to the lowest common denominator. Not everyone can get up the hardest routes we set, so we stress basic techniques and improving our skills as a unit."

The Marines in the company have different levels of skill, with the Marines who graduated from the assault climber's course during MEU work-up training taking the lead.

The more advanced Marines are responsible for top-roping. This involves setting up rappelling lanes and directing other Marines up and down those lanes. Marines who are more challenged by the cliff face develop individual skills like moving over the rock face, and developing confidence in their ability to perform assault climbing tasks.

By working on mountaineering skills after the long hiatus, the payback to the company was ten-fold.

"First and foremost, the Marines walk away from the cliff with pride of accomplishment," said Sgt. Jeramy Pellow, squad leader. "They leave knowing they've beaten their fears and no one can take that from them. The confidence level soars after this, not just in climbing, but in everything they do."

Confidence and "rock-time" went hand-in-hand for the individual Marines. 'Mostly, I made sure I was comfortable with what I was doing," explained Cpl. Joshua Buckland. "I made sure my fear wasn't overriding my ability to make sound decisions about climbing. The skills came back very naturally and I felt good on the mountain.'

A cliff is an imposing obstacle from the ground, but the Marines have

learned to break a seemingly impossible task into simple steps

Advanced climbers scaled the rock face or "bouldered" their way up the cliff — the most basic technique of rock climbing. The basic skills of foot and hand placement began here and carried throughout the ascent. Gaining height, they transitioned to more advanced skills, such as top-roping, freeclimbing, and setting safety anchors in cracks and fissures between rocks. This paved the way for the other Marines to follow the blazed trail to the top.

Once atop the cliff, rappel masters anchored ropes to boulders allowing craft, assault a cliff, hit the objective, and withdraw my forces.

the Marines to hook onto the rope and rappel down a vertical cliff face. R stations were established at heights ranging from 35 feet to nearly 100 allowing Marines to pit their skills against their fears.

'We'll take what we've learned here and apply it in future exerc Lewis explained. "We'll integrate all of our mission capabilities into ta situations. That's the whole reason behind our training. The goal is to be to take these Marines from the ship to the shore by combat rubber ra



Sgt. Mark D.

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Cpl. William Ellis offers a word of advice to a Marine during mountain skills training in Sierra de Retin, Spain.



# Highest award

Karen E. Reilly, a program manager at the Career Resource Management Medal by Col. John T. Murray, Marine Corps Base Chief of Staff. The

# 2d Dental Bn., Naval Dental Center consolidat

The 2d Dental Battalion and Naval Dental Center have consolidated, enabling them to more effectively and efficiently allocate their resources to serve their customers better. The primary goal of the Dental Command is to provide the most efficient, state-of-the-art dental support and to maintain a high state of operational dental readiness for U.S. Marine Corps Forces Atlantic personnel.

The command has eight major dental clinics located throughout the Camp Lejeune area. Comprehensive dental care is provided to all active duty personnel. A host of preventive services are provided as well as children's dental health programs, monitoring of base water fluoridation, dental health fairs and presentations on preventive dentistry and smokeless

The following is a summary of services and resources available from the dental command:

Mainside Branch Dental Clinic Location: Holcomb Boulevard in Bldg. 15 Services available: General dentistry, prosthetic dentistry (crown and bridge), Endodontics (root canal), Periodontics (gingival treatment) and oral surgery Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-1658

Osborne Branch Dental Clinic Location: Seth Williams Boulevard in Bldg. 460 Services available: General dentistry, prosthetic dentistry (crown and bridge), Endodontics (root canal), Periodontics (gingival treatment) and oral surgery Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-1013

French Creek Branch Dental Clinic Location: French Creek in Bldg. FC 308 Services available: General dentistry, prosthetic dentistry (crown and bridge), Endodontics (root canal), Periodontics (gingival treatment) and oral surgery Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-1720

Courthouse Bay Branch Dental Annex Location: Courthouse Bay, Bldg. BB-118 Services available: Comprehensive dentistry Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-7147

New River Branch Dental Clinic Location: New River AS-100 Services available: Comprehensive dentistry Hours of operation: 6:45 a.m. - 4 p.m.

Camp Geiger Branch Dental Annex Location: Camp Geiger, Bldg. G-770 Services available: Comprehensive dentistry Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-0122

Camp Johnson Branch Dental Annex Location: Camp Johnson, Bldg. M-128 Services available: Comprehensive dentistry Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-0905

Cherry Point Branch Dental Clinic Location: MCAS Cherry Point, in the Naval Hospital Services available: General dentistry, prosthetic dentis (crown and bridge), Endodontics (root canal), Periodont (gingival treatment) and oral surgery Hours of operation: 6:45 a.m. - 4 p.m. Phone numbers: 451-0401

Appointments can be made at all clinics by calling t listed phone numbers. Priority is given to patients expe encing pain or those in a dental class 3 or 4 status.

Family members are strongly encouraged to particip in the Family Member Dental Plan through which they m receive dental treatment by a civilian provider. For deta on this plan, see your command S-1 officer or any Den Patient Contact Representative.

# **Education fair opens doors**

LCpl. Erik Suthrland Svihla

Active duty, retired personnel, and their family members were given the chance to learn about educational opportunities afforded to them, inside and outside of the Marine Corps, through an education fair, held at the Field Medical Service School (MCSSS) auditorium at Camp Johnson Feb. 6.

Organized by Marine Corps Service Support Schools, the fair brought representatives from 17 colleges and universities together in one room. Attendees got a chance to talk one on one with school representatives and aquire first hand information about educational oppor-

"This is the first time we've ever attempted anything like this," said Col. Robert Dickinson, commanding officer of MCSSS. The colleges and universities responded to MCSSS's request with enthusiasm. School representatives came from asfar away as Boston Universtity and as close

as Coastal Carolina Community College to

"A lot of Marines just aren't aware of the education that is available to them." Dickinson

"There are many ways that Marines can obtain education in or out of the Corps. This fair gives them a great deal of that information

Many educational programs are available to Marines on active duty. Whether they want to obtain a degree, or develop a skill, numerous colleges offer courses through the education centers on base. The Marine can also choose to attend courses at a college off base. Either way, the Marine Corps foots 75 percent of the bill

According to Linda Jones, an organizer for the fair, the opportunities for education are definitely available. "Most colleges have many methods of financial aid for their students. The money and the ways of getting it are always

Especially beneficial for the dependents who were interested in higher education, the

presence of the colleges gave them the abilty to find out for themselves what exactly they had available to them.

According to Pvt. Candice Dow, a student at MCSSS, the fair was incredibly useful.

"I came into the Marines not really knowing what I wanted to do. I enlisted right after high school and knew very little about how I was going to work college into my life. This event has some pretty good information."

The guest speaker for the evening was retired Navy Cmdr. Donnie Cochran, a Naval ROTC instructor for Florida A&M Univer-A former fighter pilot and member of the Navy precision flying team The Blue Angels, Cochran was present to give the audience his thoughts on the importance of education and the development of positive skills to succeed in life.

'Whether you're civilian or military, your employer just will not tolerate poor performance. You have to develop the skills necessary to succeed at anything. "Education is paramount in anything you do."

# Mouthguards soften the blow of sports

For protection against hazards such as airborne hockey pucks and elbows to the chin, youngsters need more than lightning reflexes - they need the protection of a mouthguard. In fact, anyone who joins in recreational activities that could cause injury to the face or mouth should take a tip from the pros and use a mouthguard.

One of the most vulnerable and least protected parts of the body is the face. Physically active boys and girls are especially vulnerable to injuries of the mouth Mouthguards provide protection from direct injury, such as a baseball smashing into the mouth, or indirect injury, such as a fall.

Many experts recommend mouthguards for any school or recreational sport where mouth injury is possible, including some that might surprise you: Baseball, Racquetball, Gymnastics, Surfing, Skateboarding, Bicycling, Weightlifting, Handball, Basketball, Skiing, Soccer, Football, Volleyball, Ice hockey. Each of these sports has the potential to seriously

6MB R of head-to-head contacts, falls, tee

clenching, or flying pieces of equipme The most effective mouthguards co bine several features. They should be silient and light enough for easy breath and speaking. They should also be pro erly fitted, durable and easy to clean.

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

Less satisfactory are the bulky, rubl mouthguards usually found at sporti goods stores, and the plastic mouth-form protector that is shaped by a dentist to contours of a wearer's teeth. A dentis most qualified to help you choose the b mouthguard for your child.

No matter which type is chosen mouthguard is a relatively inexpens piece of equipment that can prevent so ous or permanent injury to the face mouth. harm the head, face, or mouth as a result



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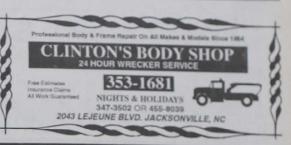
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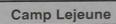
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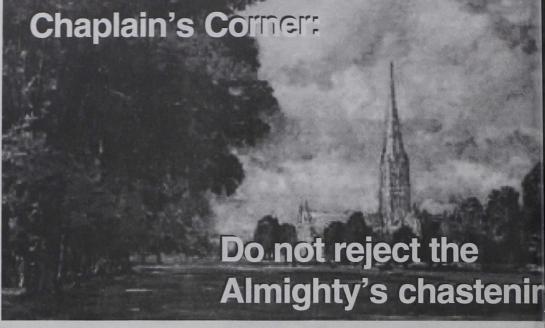
# MIDWEEK DEVOTIONAL SERVICE SEVENTH DAY ADVENTIST EASTERN ORTHODOX Camp Johnson Chapel, Divine Liturgy ISLAM (MUSLIM JUMAH) Base Chapel Annex, Bldg. 16 (Fridays)

ROMAN CATHOLIC Sunday Masses 8:30 & 11:30 a.m. St. Francis Xavier Chapel Tarawa Terrace Chapel 8:30 a.m. 11 a.m. Camp Geiger Chapel Courthouse Bay Chapel 9:30 a.m. 10 a.m. Naval Hospital Chapel 9:30 a.m. MCAS New River Chapel Weekday Masses (Mon-Fri) 11:45 a.m. St. Francis Xavier Chapel Naval Hospital Chapel 6:30 a.m. Camp Geiger Chapel 11:30 a.m. 11:45 a.m. MCAS New River Chapel Saturday Masses St. Francis Xavier Chapel 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. 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 at 7 p.m ext. 3210 Sunday Services call Bishop Scott 353-1714 PROTESTANT Sunday Worship Base Chapel, Holy Communion 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 9 a.m. MCAS New River Chapel 11 a.m. Midway Park Theater 12:15 a.m. Sunday School 9:30 a.m. Base Chapel (Brewster Middle School) 9 a.m. 7 a.m.

Naval Hospital Chapel (Thursdays)

CHRISTIAN SCIENCE

f interested call Everett Sharp



Chaplain J. Askiew

Psalm 97:2 says "Cloud and darkness are 'round about Him.'

Perhaps those who do not fully appreciate the necessity for faith are the ones who are first to claim that the teachings, sayings and parables we find in the scriptures are simple, easily understood, not worthy of more than brief study or reflection. Religion is a simple matter of saving we believe and making it

Those who have embraced the word of God, however, and have been baptized with the Holy Ghost will be those who often experience the truth that there are "clouds and darkness 'round

The presence of spiritual consolations are not the measure of religion. Those who are most faithful to God are often those most shrouded in darkness.

When the very young are punished, they feel only the pain of the punishment. It takes time and wisdom to see that the hand which meted out the justice was a loving hand. We read in scripture that "the Lord chastises those whom He loves

If faith is placing our hope and confidence in the things which we cannot see, then faith is also placing confidence and trust in a God who does not render faith useless by granting constant consolation. The embrace of God in the Word and words is one which never takes away our freedom, never forces us to return the Divine love. Any love not freely given is counterfeit and not worthy of the name.

The Almighty reproves his children in the justice of His perfect love. When we take the time to become familiar with God, and grow in maturity through close contact with the teachings of the Word, we gain insight into the mystery of the relatio

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The only possibility of understanding the teachings is by the light of the spirit of God, an intangible and s reality. If we will risk the experience of taking our com religious shoes off of the feet, and rid ourselves of all the familiarity with which we address God, we might q whether we have ever stood in God's presence

Perhaps those who are most ready to dismiss the cha and answers of faith as useless are those who, tragicall yet to be introduced to the Lord.

After the liberating experience which God brings to us Jesus, we still need our confidence which will remain as through the periods of darkness as we grow in knowledge Jesus is indeed the light of your world, but a "light that has s the darkness, and which the darkness could not overcome.

In the life of faith, the darkness coexists with the lig turn to the scriptures to understand how the words of th are spirit and life that the darkness may be better unde The spirit and life are food for those who are passing t the hunger and poverty of darkness, but who refuse to su the confidence of faith. "The word of God is sufficient to us for every good work."

The mature in faith do not deny, or run from, the interlight and dark that is a part of every soul's journey to the

The scriptures are replete with the experience of dou of a persevering faith that is not completely eclipsed by the ness. The faithful one remains watchful through the nigh sentinel waits for the dawn," strong in the confidence of such that the "dawn from on high breaks" upon him.

God's word becomes spirit and life because the Lord to us through the storm and through the night, and we app God's presence anew



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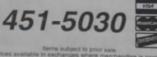
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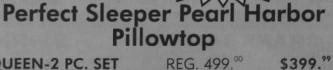
# **Perfect Sleeper Cherry Point**

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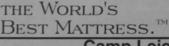
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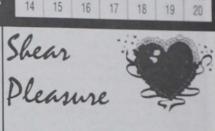


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April 28 & 29

# Tax time Q&A

O: What is TeleFile? Who can use it?

A: Thanks to technological advances, some taxpayers can

take advantage of what could be called "the next best thing to not having to file a tax return." It's called TeleFile. Eligible taxpayers only need access to a touch-tone telephone. TeleFile saves time and money for taxpayers and for the government. It is the future of tax return filing, here, now!

Taxpayers do not have to mail any forms; not even their W-2s. TeleFile is the first completely automated way to file tax returns. It is an interactive computer program that figures and files taxpayers' returns over the telephone in less than 10 minutes. Taxpayers enter their tax return data by pushing buttons on a touch-tone telephone. The TeleFile computer program calculates the tax and the amount of the taxpayer's refund or balance due and starts the electronic filing process immediately.

Who can use TeleFile? More people than in Tax Year 1995: more than 22 million tax packages will be mailed for Tax Year 1996, according to IRS estimates. Basically, taxpayers who normally would file Form 1040EZ qualify. This includes those who claim the Earned

To use TeleFile, taxpayers must be single or married filing jointly, have no dependents and have lived at the same address that they had last year. Income can only be from wages, salaries, tips, taxable scholarships or fellowship grants, unemployment compensation and Alaska Permanent Fund Dividends (unless Federal tax was withheld). Taxable interest cannot exceed \$400.

The automated TeleFile system is very user-friendly and will prompt taxpayers for the needed information. At the conclusion, the system will prompt taxpayers to sign the return by entering their Customer Service Number (CSN), provided to them in their TeleFile package. Taxpayers must review and accept their return

Eligible taxpayers will receive a special tax booklet in the mail with complete instructions, including the toll-free telephone number to call. Although taxpayers may have received the package in 1996, if they do not receive one in 1997, they cannot TeleFile.

Volunteer Income Tax Assistance (VITA) volunteers can play an important role in assisting taxpayers with filling out the TeleFile Tax Record. Camp Lejeune Tax Center has a telephone available and will offer assistance if needed.

Volunteers will not enter the identification number for the taxpayer. Entering the CSN is considered signing the return.

The Tax Center is located in the industrial area in Bldg. 1209 on Birch St. The center will be open Mon. - Fri. 8 a.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.

The center will be closed Monday for the Presidents | Day holiday. It will re-open Tuesday.

# TRICARE: **Questions and Answers**

QUESTION: My Primary Care Manager ordered blood tests and

Because it was a civilian outpatient visit on a different day than my appointment, an additional co-payment was required. Is there any way I can avoid paying the additional co-payment?

ANSWER: One possible way to avoid these separate co-payments is to check with your military treatment facility to see if services such as X-rays and lab tests can be provided. Because of limited resources, not all MTFs can provide these services.

QUESTION: I'm enrolled in TRICARE Prime. If I have to go to a civilian emergency room for care, will I have to pay a co-payment for

ANSWER: Co-payment for each service received is different in the case of civilian emergency room services provided during an emer-

While the \$30 emergency room co-payment is higher than an outpatient visit co-payment, it covers all emergency room services, such as X-rays, blood tests or urinalysis, in conjunction with the visit.

For more information, contact your local TRICARE Service Center or call the Naval Hospital Health Benefits Office 451-4150.

# Family size big factor in food stamp use

Linda D. Kozaryn

WASHINGTON - About 11,900 junior enlisted service members and their families receive food stamps, according to a 1995 DoD report.

Pentagon officials consider this a problem, but not a major one because it affects only about 0.8 percent of the 1.5 million people in the military, said Ken Bacon, Pentagon spokesman.

This is too bad, but it's a function of the size of their families more than anything else," Bacon said at a news briefing Jan. 14.

According to DoD officials, an E-1 with less than four months' service currently earns \$833.40 per month in base pay. After four months, E-1 pay increases to \$900.90 per month. Basic

Allowance for Quarters for service members with dependents living off base is \$361.50 per month. Variable Housing Allowance depends on

"Pay is not high for the people entering into the force," Bacon said. "If you're a young soldier E-1, E-2, E-3 — and have a large family, you could ... qualify for food stamps. This has been true for a long period of time. It's not something that's just become true in the last year or so.

What has changed, however, is the number of married service members. The military has more married service members than ever before, Bacon

said. "About 60 percent of the people in the military are now married. Twenty years ago, it was about 40 percent. So there has been a fairly important demographic change.

"We believe that since the program is very highly publicized at the unit level, the number of families receiving food stamps is close to the number eligible," a DoD official said. DoD has a variety of programs to help families cope with financial problems, and service members are encour-

aged to apply for the same benefits available to all Americans, the official said.

About 10 million American households in the United States receive food stamps through the Department of Agriculture and state welfare agencies. Eligibility is based upon gross and net incomes, total financial resources and

Of the military members receiving food stamps, 59 percent - about 7,000 - live on

base and qualify for food stamps only bec the Department of Agriculture does not take account the family's forfeited Basic Allowa

"If you're a young soldier — E-1,

E-2, E-3 — and have a large family,

you could ... qualify for food stamps.

This has been true for a long period

for Quarters — the value of the housing cash income.

Only 0.3 per of all active ( members live off and receive stamps, DoD offic said. These are pr rily junior enli military meml with larger than a

age families. Bacon said I has worked har improve pay quality of life for vice members.

of the things that's been done in the last ye to build in what's called the full military increase over the next five years," he said.

Ken Bacon

Pentagon spokesman

In the past, the pay increase had to negiotiated with Congress every year, he For the next five years, DoD has funded maximum amount allowed by law, which is termined by the wage inflation rate. "It not o will increase the pay over time, but it gives s predictability to future pay," Bacon said.



Sgt. J. J. Roc

Ammunition technicians prepare to load their Howitzer. They have only 90 seconds from the time the mission is called to be ready to



Sgt. J. J. Rodriguez

Cpl. Randall Scott Rogers, gunner, looks through the sights to make lateral adjustments and place his rounds on target.

## ARTY FROM 1A-

Battery R performed battery level operations during the two days of training while the battalion took over during two. Everything remained the same except that the comcame from a different source.

Supervision, enthusiasm and teamwork are essential p artillery training during any operation, but the most imp Marines seem to agree on is safety.

Safety, as in every aspect of training in the Marine co paramount. For artillery Marines, who handle highly exp ordnance, it is especially important and not to be taken Everyone in the gun section needs to be safe and obey the and regulations concerning safety or else it could cost so their life, according to Sgt. Rogelio Salas, gun 2 section

Some of the things that Marines in the gun section need constantly aware of include the proper setting of the fuses ammunition, proper charge to propel the round, proper safe and to watch where each Marine stands during firing. Ever in the section boils down to one thing, teamwork.

"Once a (gun) section get to working together they lear everybody works and it all falls into place," Said Salas. important that every man knows his job and knows it wel

# Courts-martial

# February 1 - 7, 1997

The following courts-martial were held aboard Camp Lejeune during the period of Feb. 1 - 7,

PFC Radie C. Thompson, 2d Landing Support Bn., 2d Force Service Support Group, was convicted at a special court-martial of a violation of Article 112a (Wrongful use of cocaine). He was sentenced to a Bad Conduct Discharge, confinement for 60 days, forfeiture of \$600 pay per month for a period of two months and reduction

Pvt. Victor M. Vasquez, 2d Assault Amphibian Bn., 2d Marine Division, was convicted at a special court-martial of a violation of Article 86 (Unauthorized absence). He was sentenced to a Bad Conduct Discharge, confinement for 60 days and forfeiture of \$600 pay per month for a period of two months.

Cpl. Eric W. Dahlgren, 8th Motor Transport Bn., 2d Force Service Support Group, was convicted at a general court-martial of a violation of Article 80, three violations of Article 81 (Conspiracy), twelve violations of Article 121(Larceny), a violation of Article 130 (Housebreaking) and a violation of Article 134 (False official statement). He was sentenced to a Dishonorable Discharge, confinement for four years, forfeiture of \$1,245.60 pay per month for a period of 48 months and reduction to E-1.

PFC Richard D. Parcel, Marine Corps Service Support School, Marine Corps Base, was convicted at a special court-martial of a violation of Article 80 (Attempted larceny), a violation of Article 86 (Unauthorized absence), a violation of Article 91 (Disrespect), a violation of Article 92 (Dereliction of duty) and four violations of Article 121 (Larceny). He was sentenced to a Bad Conduct Discharge, confinement for 150 days, for-

# \$500 reward offered by NCIS transform



The Naval Criminal Investigative Si vice Field Office aboard base has offer a \$500 reward for information leading the arrest or conviction of a suspect volved in an armed robbery at the Bit keley Manor 7-day store.

The suspect is described as a lig skinned black or hispanic male; 29 -years old; 5'7" - 5'8";175 - 185 pound medium build; black "civilian style" ha curly 1in. thick; dark eyes; 1 - 2days fac

baseball cap, brown military-type T shi lightweight, bleached-out cammie bloo and lightweight, plain green or olive dr

Any person having information whi might assist in locating the suspect NCIS by calling (910) 451-8088 / 80 After working hours, call (910) 451-25 / 2455. The case agent is Special Ag James R. Crandall.

K POWER

entry fee is

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UROPEA

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# SPORTS



uary 14, 1997

Use



# BASE ATHLETIC

hard to improve sev-Reseeding has taken on the baseball fields lotramural football field d Liversedge Fields and rugby field near Harry pose fields have been d off and signs are posted lvise of the seeded areas. ons are asked to avoid se areas so that quality athe fields will be produced.

### CIVILIANS ELIGIBLE

Due to a recent policy change, ilian DoD employees asned to Camp Lejeune are now tible to participate in the base ramural program beginning h softball in March. Informaon intramural softball will forthcoming.

Other seasonal programs inde golf, soccer, football, basball, rugby, volleyball, skeet, I basketball. For more infortion on Camp Lejeune ramurals, please contact Jim edley at 451-2061.

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

### **LEJEUNE 5K RUN & 5K POWER WALK**

Early registration deadline for SgL J. J. Roof: Lejeune 5K Run and 5K wer Walk is Feb 17. The races Il start at 9:00 am on Feb 22. flat, fast asphalt surface with ainimum of turns sets a recordting course. Individuals and ims are encouraged to enter. ams of 5 runners will be acare essential p pted for team competition. rly entry fee is \$10 for active ty, reservists, retirees and their pendents and \$12 for civilians. te registrations of \$15 for milidle highly ex y and civilian will be taken rough 8:45 am on Feb 22. could cost sor aces will begin and end at the gun 2 section ald house. Registration forms available at all fitness centers. all Mike Marion, Race Coor-nator, at 451-1799 for more

e and obey th

g of the fuses

ng firing. Eve

" Said Salas.

tion leadin

### **EUROPEAN CROSS** COUNTRY 10K

Entry forms for the European oss Country 10K, Mar 15, are ailable at all fitness centers. ams of 5 runners and individuare encouraged to test their ills throughout this demand-g, international caliber course. his event is open to the public. itry fees are \$10 for military ctive duty, reserve, retirees, pendent) and \$15 for civilians. arly registration deadline is ar, 10. The event will begin d end at Virginia Dare Field. r more race information connator, at 451-1799.

# CLASSES



# GAB wins Div bowling tourney

# Event begins '97 Commanding General's Cup competition

Sgt. Jonathan D. Cress

he 2d Combat Engineer Battalion won the 2d Marine Division Bowling Tournament at Bonnyman Bowling Center, The tournament was the first

event in the '97 2d Marine Division Commanding General's Cup Competition. Twenty-five four-man teams from throughout the "Follow Me Division" turned out for the event.

'We're doing pretty good overall for the tournament," said Michael R. Stanton, 2d MarDiv. Surgeon's Office. "I think this is good for morale and we should have more of this because it's a pretty good time.

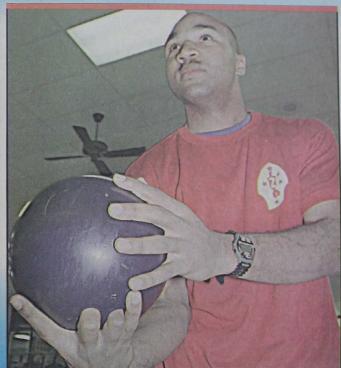
Winners were determined by the top team score after bowling three games. Taking first place, 2d CEB finished with 1,868 points; 3rd Battalion, 10th Marine Regiment placed second with 1,812; and Counter Battery Radar, 10th Marine Regiment placed third with 1,808. Trophies and bowling gift certificates were presented to

The CG Cup Competition is open to any unit within 2d MarDiv. and will continue each month with a new event until the final field meet in September. Each unit that wins or places in any of the events accumulates overall points. The CG Cup will be presented to the unit that has accumulated the most points throughout the entire competition.

"This is a great morale booster," said Jason B. Darby, 2d Light Armored Reconnaissance Battalion. "It's not that often that you get to do anything with other battalions from the division and this gets the whole division out together."

Next month's event will be a five-on-five basket tournament at the Area 5 Gym, March 7-10. The tournament will be double-elimination and will start every morning at 8 a.m. lasting until 4 p.m.

In the following months, events such as soccer, flag-football, a 10K squad-run, volleyball and one-pitch softball will be held at different locations. For more information call SSgt. Roderick F. French, Division Special Charge at 451-8716.



Jason B. Darby lined up a strike for the 2d LAR bowling team





photos by Sgt. Jonathan D. Cress

In first two nights of the Armed Forces Boxing Championship, all nine Marine competitors advanced to the finals. Only one Marine match lasted all three rounds, and Larry T. Barnes claimed that bout by unanimous decision. The championships concluded this week. For an in-depth report on how the Marine boxers performed, pick up a copy of next week's Globe.

# Local Marines selected for All-American Skeet team

GySgt. C. F. Kreuser

ive Marines from Camp Lejeune and neighboring New River Air Station were named to the 1997 Military All-American Skeet Team by the National Skeet Shooting Association (NSSA). Major Bob Davis and Sgt.Maj. Van Boerner from New River Air Station; CWO2 Dan Kulp, GySgt. Clint Kreuser and SSgt. Russ Stevens from Camp Lejeune were selected after the NSSA's selection committee held it's annual January meeting.

This marks the third year in a row that Boerner has been selected to an All-American team. He has moved steadily up each year from the Military Honorable Mention Team, the Military Second Team and this year the Military First Team. This is the second year in a row for Kreuser and Stevens. Kreuser has made the Military Second team both years and Stevens the First team. Davis title came during his last year on active duty. His retirement last year moves him into future contention for the Retiree team. For Kulp, his selection capped his first year in skeet competition by being named to the Rookie First Team. This team is selected from shooters that haven't shot competitively before.

To qualify for the various teams each shooter must shoot a minimum of 1000 targets in the 12 gauge event; 800 in the 20, 28, and 410 gauge; and 500 targets in the doubles event. Once qualified, their annual record is considered based on five categories: Wins against other top shooters, Wins at major shoots, overall average, competition away from local area and head to head competition against other military shooters. The selection committee meets each year in early January and compares the records of all military shooters from all services.

On Feb. 1, 1997, the North Carolina Skeet Association released the names of shooters that were chosen for the N.C. State First and Second Team . The top 10 shooters in the state are chosen based solely on their shooting averages with number 1-5 going to the First Team and 6-10 on the Second Team. Stevens was named to the First Team and also took the State Military High Overall Average title for the best average amongst the states' military shooters.

selected this year, finishing number two in the state. Kreuser, Stevens and Kulp are members of Camp Lejeune's Skeet team, Boerner heads up the New River contingent. Of the five Marines, Davis, Boerner, Kreuser and Stevens participated in the 1995 World Championships as part of the All-Marine team with Boerner, Kreuser and Stevens returning to the team for the 1996 Championships.

# he Sidelines

WHAT IS UP? Why on earth did Patriots owner, Bob Kraft, give up Bill Parcells to the New York Jets? Now, I'm not writing this because I am a hard-nose Patriots fan, I'm writing this for the sheer idiocy of the situation.

For those that haven't heard. Bill Parcells was, essentially, "traded" to the Jets for four draft picks and a rather large donation; \$300,000. In return, the Pats have secured former Jets coach, Pete Carroll, the "losingest" coach in the NFL over the past two seasons, as

I would like to point out to Mr. Kraft and everyone else who agrees with this move; please take a look at all the other winning coaches that were available after the 1996 season. June Jones, Dan Reeves, George Seifert, Wayne Fontes and Mike Ditka led the pack of coaches without jobs and in need of employment. And of course the

Kraft and Parcells have had notable differences over the last four years, least of which was that

and off the field. But Parcells felt he had done all he could do with New England, and had dealt with Kraft enough, so he wanted to move on. The only problem was that he still had one year on his contract. Kraft, the mature sports team owner said "nanny-nanny-booboo" and held Parcells to his contract. Well, to make a long and disturbing story short, the NFL commissioner got involved. The Patriots and Jets did the "ole' coach switcheroo" and here we are, Pats' fans are weeping

of Carroll and vice versa for those in the Empire State who choose to root for the Jets. Is it good for the teams? Who knows.

As far as I'm concerned, if I was Mr. Kraft, I would have done what all good team owners are supposed to do. Drink champagne when your team wins; pull out the tissues when your team loses and for God's sake, let the sports people run the team. Stay in your skybox, write the checks and practice up on your kindergar-

# Den. Bn. picks on AAB

Jonathan D. Cress

econd Dental Battalion (Dental Bn.) blasted their way past 2d Assault Amphibian Battalion (AABn.), 93-71, in a Golden League Intramural Basketball face-off at the Area 4 Gym on Feb. 6. Though a proud Dental Bn.

fan guaranteed a 40-point spread by the end of the game, AAB was out to prove that they could hang with the reigning champs the only undefeated team in the League

Four minutes had gone by before AABn. got a chance to score and Dental Bn. had already taken a 10-2 lead. Devon Brown came back on a missed Dental Bn. shot to strike from three-point land and cut the lead in half

The well-organized Dental Bn. team kept the pressure on AABn. They dominated the backboards, hustled up court on quick passes and boosted the score with a give-and-go offense. As much as AABn. tried to adjust, they couldn't keep up with Dental Bn. Christopher Gloston jammed in the face of three defenders, posting a 31-12 lead at 9:48.

While Dental Bn. continued to put on a show, substituting players often, AABn. made up a little ground and by halftime Dental Bn.

remained in the lead 42-29.

Edward Covert nailed a three-pointer for Dental Bn, to start the second half. The determined AABn. team was not ready to go down without a fight.

Brown sank a three-point bucket and on a turnover William Keith hit for another three. To send the message even louder, Mark French drove in for a layup. Closing to within 50-44, AABn. fed the ball back to Brown who found his spot in three-point territory once

The Dental Bn. sideline called for timeout to re-think their strategy with 14:49 to play. 'Well, maybe not by forty, but they'll still

win ... I think," said a proud Dental Bn. fan. Back with the old game plan, Dental Bn. came back on the court. then they sank their teeth into the AABn. defense over the next seven minutes leaving a 19-point gash.

With limited success, AABn. fought back but couldn't stop the Dental Bn. drive. With no-look and behind-the-back passes, Dental Bn. had turned it on as quickly as they had turned it off.

With a closing three-pointer, Dental Bn.. chalked up another win 93-71, to improve their record to 16-0.

"We have to work on not taking teams lightly just because we're undefeated," said Gloston. "We're going to take it one game at a time and step-up our defense.



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r fin, have r

ndred comp

The 8-1 Bucks huddled up with coach Lloyd Karratti for some team motivation after their big win over the Celtics.

he magnificent Bucks trampled the Celtics, 29-13, in a Midget Coed Basket League game at the Area 1 Gym on Saturday. While parents filled the

gymnasium on Saturday morning to watch their kids play ball, the coaches watched their teams warm-up for the game. At the one-minute buzzer the teams huddled. The coaches gave their last encouraging thoughts and with a simultaneous shout of the team name - they were on their own. Well, at least for six minutes or the first timeout.

The Bucks took possession on the tip-off and made the first basket easily. Hustling

back to defense Nick Karratti forced a Celtic turnover and then dished-off to Thomas Bolden. Bolden dribbled up the middle and drew a foul. Sinking one from the free-throw line he put the Bucks ahead, 3-0. The Bucks continued to playing aggressively through the first quarter and started the second with a 9-0 lead.

Michael Sims put the first point on the board for the Celtics from the free-throw line. On the return possession Sims drove into the lane and scored on a layup. The Celtics hustled, but couldn't keep up with the Bucks' overpowering offense.

The Bucks were unstoppable with a 19-3 lead at halftime.

The Bucks came out scoring after the half and the Celtics began hitting their

on the return hit a turnaround jumper. The C matched the Bucks with four points and the quarter 23-7

Troy Preston kept the pressure on the C as he drove in for a layup.

Sims took charge late in the game, scorin of the Celtics' six points in the quarter. Celtics battled back through the final mini the game, but it wasn't enough to rattle the I Several turnovers on travel calls, reboun missed passes from the first half came b haunt them.

With two seconds remaining, Bucks' guard Marisa Stroebel sank an outside jum end the scoring, 29-13.

After losing their first game of the seaso magnificent Bucks have blazed a winning since. They improved to 8-1, the Celtics

# INTRAMURAL BASKETBALL

### GOLD LEAGUE LATEST GAMES ....

# **TUE 4 FEB**

DENBN 2, 1/10 0 8THMTBN 2, CEB 0 LAR 97, 8THCOMM 73 MEDLOG 81, TANKBN 64 MEDBN 67, 8THESBN 55 SUPBN 78, 3/10 76

MAINTBN 2, G.A.S. 0

# THUR 6 FEB

Dental Bn. point guard Christopher Gloston hustles for a loose ball.

LAR 74, 8THMTBN 71 **DENBN 93, AABN 71** 8THCOMM 2, 1/10 0 MEDLOG 76, 3/6 74 MEDBN 2, RADBN 0 8THESBN 2, G.A.S. 0 MAINTBN 75, 3/10 63

# LAR drives

Sgt. Jonathan D. Cress

Second Light Armored Reconnaissance Battaltion Feb. 6 at the Area 4 Gym.

boards, 8th MT took advantage by racking up the MT with 10 fouls to LAR's three.

points. Scoring on fast breaks, 8th MT established and maintained a five-point lead for the first six minutes of play.

naissance Bn. finally warmed up and got into the game. By 11:13 they closed to within one basket and 8th MT started having trouble sinking their shots. Two minutes later, LAR took their first lead, but 8th MT quickly evened the score at

For three minutes the ball went back and forth between the two teams, but neither could score. Both teams heightened their defense. Quick shots and rushed passing caused turnover after turnover. After changing their windage and sus-

taining a rapid rate of fire, LAR broke the three

A quick-breather seemed to do the trick for 8th tory, improving their record to 12-4 and 8th MT with a nassist to Demond Smith for the layure. Design their record to 12-4 and 8th MT with a nassist to Demond Smith for the layure. Design their record to 12-4 and 8th MT with a nassist to Demond Smith for the layure. Design their record to 12-4 and 8th MT with a nassist to Demond Smith for the layure. Design the record to 12-4 and 8th MT with a nassist to Demond Smith for the layure. Design the record to 12-4 and 8th MT with a not-so-shabby 10-3. lowed by Benzie Seaborn's steal at half court and an assist to Demond Smith for the layup. Despite their new game plan, 8th MT began having foul way into the finals."

"I feel we've been playing pretty good," said Vasquez, LAR point guard. "Hopefully, we can keep playing this way into the finals."

trouble. For five consecutive possessions, LAR went to the line and hit 90 percent as they stayed in the run-

The last four minutes of the half were an all-out ion (LAR) drove past the 8th Motor Transport Bat- battle for the lead and with :03 remaining LAR was talion (8th MT), 74-71 in Intramural Basketball ac- back at the free-throw line. Francisco Vasquez tied the game at, 27. With 8th MT in possession at the While LAR was missing passes and losing at the buzzer, it was halftime. The game was tied at 27, 8th

Donnell Jackson, LAR, drove into the lane for a quick bucket to start the second half After a missed 8th MT shot Charles Horner hit two from the foul line, giving LAR a 31-27 lead.

The game continued on the fast track and neither team seemed to tire as the lead continued to change hands. As soon as one team had the lead the other came back with

improved in the second half and both sides demonstrated their three-point capability.

With 6:06 left, LAR stole and sent it through the net tak-

In the final minute, 8th MT

### RED LEAGUE LATEST GAMES

### MON 3 FEB

HQ10TH MAR 63, 5\10 54 **SUPBN 84, LSB 76** MCSSS 78, MEDBN 36 SOI 94. HOBNDIV 84 BCOHQSPTBN 85, 3/6 55 H&SBN 71. CBIRE 63

HQBNDIV 69, H&SBN 65

CBIRF 2, 8THESBN 0 H&SBN 83 3/6 48 HQBNDIV 75, BCOHQSPT **SOI 83, MEDBN 45** MCSSS 76, LSB 64 SUPBN 74, HQ10THMAR 6 5/10 **58**, MAINTBN **53** 2D SRIG 89. DISBO 52

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RED	LEA	GU	E
UNIT	W	L	RA
2D SUPBN 'A'	13	12	92
SOI	12	1	92
2D SRIG	9	3	75
HOBN DIV	10	4	71.
H&SBN	10	4	71.
MCSSS	8	4	66.
5/10	9	5	64.
CBIRF	6	5	54.
HQ 10MAR	8	7	53.
BCoHQSPTBN	7	7	50.
LSB	7	8	46.
2/10	3	5	37.
DISBO	4	9	30.
8THESB'B'	3	10	23.
MAINT'B'	2	13	13.
3/6'B'	1 1 1 1	12	07.
MEDBN'B'	1	14	06.
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THE RESERVE THE PERSON NAMED IN COLUMN TWO IS NOT THE PERSON NAMED IN COLUMN TWO IS NAMED IN COLUMN TWO I			

GOLD LEAGUE W MEDBN 'A' 13 THESB 'A' 12 80.0 THMTBN 11 12 MAINTBN 'A' 12 MED LOG 60.0 SUPBN 'B' TANKS CEB 3/10 10 BTHCOMM AA BN 07.6 RAD BN DIV BAND



Donnell Jackson sends a pass through two defenders

S IWAKUNI, JAPAN — Whizzing by at 38 hour, his muscles are tensed and sweat drips He bites his bottom lip with anticipation, hard for the lead, yelling occasionally to those he challenges them.

y given bike race in Japan, spectators will see ericans on the track, and even fewer who are threat as a contestant. But when Marine SSgt. Smith shows up to race, Japanese competitors means business

31-year old cyclist, five years older than even senior of many Japanese competitors, is curnked 20th of the licensed professionals in Jaen more remarkable is that the 19 men ahead of ain full time, while his first commitment is runpistol range here as a combat weapons instruc-

n't know how much further I can go," said Smith.

ny age are retiring, but I started late."

pugh Smith said he's been interested in riding fe, it's been a long and winding road to success Houston, Texas native.

86, just two years before entering his first race, roke the toes of both his feet in a non-bicycle accident. A series of surgeries followed, but even said the pain continues to plague him.

amp Lejeune, N.C., Smith, who had been racing vo years with little success, said he was the typiear old Marine.

k then, Marines partied all the time and got after work," he said. "I was also going through e, so I drank more. I was really headed in the

sn't until 1990, when Smith came here the first at he started to get back on the right course.

et up with a Marine from California, where moune racing was getting popular then, and we just working together," said Smith. "I wanted to train nd I wanted to be competitive. Drinking wasn't rtant, and I quit partying all the time.'

e then, cycling has become a large part of Smith's 1991, he helped implement the first Provost s Office bicycle patrol here.

993, Smith and some friends built a mountain e track in Miwa City (located about 30 minutes ere). The 3.2 kilometer course was built to acdate the growing number of racers in the area. hat began as a small group of friends getting for fun, have now turned into major events with

Marine, Smith said he's unable to accept cash to endorse companies when he races, preventfrom making the kind of money his Japanese arts make. Instead, Smith races for a non-profit helps aspiring cyclists go professional. Any club members earn is donated to support athlet-



Andy L. Smith pedals his way up a hill during a practice run at a mountain bike trail in Miwa City, located about 30 minutes from the air station

"Cycling is a healthy alternative to other things," he explained. "It's a good stress reliever, and I do all my thinking on a bike. It's also improved my back, sit-ups, breathing and total fitness, and it's not jarring on my

Indeed, Smith's training routine, which includes riding an average of 36 miles a day (84 on Saturdays), has helped keep him in shape. Because of the problems

SIR WILLIAM'S

PUB

with his feet, Smith doesn't run unless he absolutely must. But he still runs three miles in 18-19 minutes for the Marine Corps Physical Fitness Test, taken twice a year, because of his training routine, he said.

While his commitment to the Corps keeps him from being more competitive, Smith said it's taught him a lot. According to Smith, attention to detail is the key to racing, especially when it comes to keeping his equip-

ment operating properly. He said it's also taught him confidence in himself, and discipline in training. He mentioned that the Marine Corps has also taught him the integrity not to cheat or treat other racers poorly

"I know I won't ever be on top because of my age, but that doesn't matter to me," said Smith. "I always want to be competitive, but my goal is to get people involved in cycling and keep the sport going.

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

### BASKETBALL (WOMEN)

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

### WRESTLING

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

### **BOWLING**

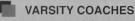
East Coast Regional March 24-29 MCAS Cherry Point, NC

### 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 5p.m. to 8p.m. 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/

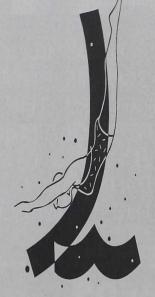
### SEMPER FIT AEROBICS

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 a.m. on Wednesdays for all Body Conditioning. Schedules are available at all fitness centers. For more class information call 451-5841.



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

### 1997 INSTRUCTIONAL SWIM CLASSES



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### RUNNERS, SWIMMERS AND TRIATHLETES

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. Fore more information call Dan at 577-

### **LEJEUNE LADIES TENNIS** NEEDS NEW MEMBERS

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

### INTRAMURAL VOLLEYBALL

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

LEJEUNE HIGH SCHOOL

1997 BASKETBALL SCHEDULE · HIGHLIGHT ·

"DEVILPUPS"

**PAMLICO** (AWAY) Conference Game Friday Feb. 14

SOUTHWEST (AWAY) Conference Game Tuesday Feb. 18

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JONES SR. (HOME) Conference Game Thursday Feb. 20

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· Courthouse Bay (Bldg# 3A) Hours: Mon-Fri 0830-1600 Closed Sat & Sun 451-7155

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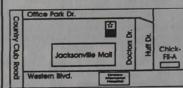
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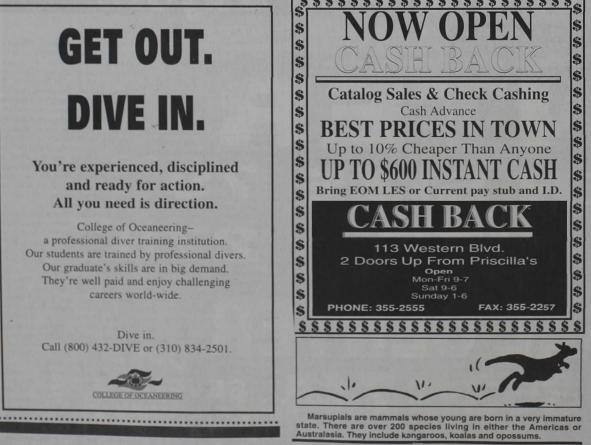
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neyards their name once beto the family of James Barbour,
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enator and secretary of war,
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It was later partially destroyed. ferson dabbled in winemaking anted vineyards at his nearby anted vineyards at his nearby Monticello, in the early 1800s, same time, in the northeast-lage of Gambellara, Italy, the family began making wine. 1975 — seven generations — Italian winemaker Dr. Gi-

conin and his wife, Silvana, Monticello and, taken with a's similarities to their homea's similarities to their home-iet out to purchase property. thin a year after acquiring the ney had planted Virginia's first ercial vineyard devoted ex-ely to vinifera grapes. Twenty ater, Barboursville Vineyards come a respected leader in the wine industry and last year rice named "Best Winery" for Logality and consistency.

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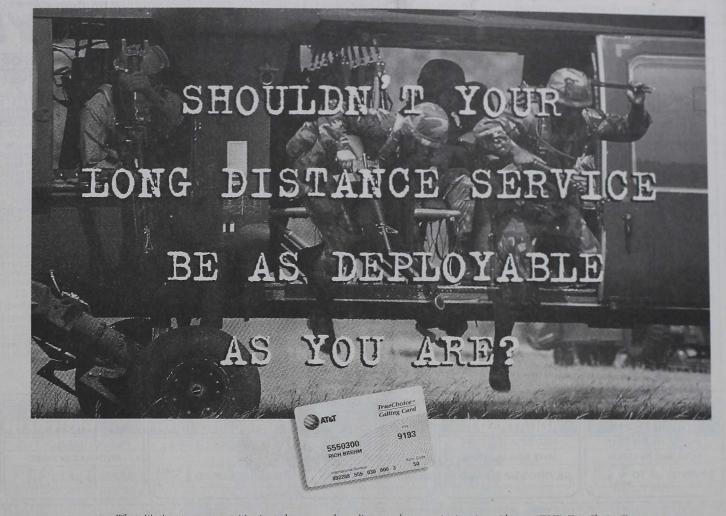
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### umon Arthritis Medications May Require An "Ounce Of Prevention"

APS)—Thirty million people wide—including 14 million United States—depend on ations called "non-steroidal inflammatory drugs" to their aches and pains, private to arthritis. And all nee shows that for many these drugs—including uch medications—are an ve way to maintain their ctivity and quality of life, their ailment. tuse of NSAIDs can also

price: It's estimated that, l, a quarter of regular users will develop ulcers r gastrointestinal complica-some of which are life-ming. In a study published at 15 in the Annals of al Medicine, it was found (SAID users are at higher

SAID users are at higher they are older, have heart e, or have a history of ulcers trointestinal bleeding, sAIDs are important, needed for many people, they production of the many people, they production, MD, the gastroenterolation, MD, the gastroenterolation of the many people in the many control of the research report, "But for imately one to two percent translates into 140,000 to individuals in the United alone), they can cause life-ening GI side-effects. This demonstrated that use of a alled misoprostol significantly s the occurrence of such seri-mplications."



Anyone can be at risk of developing NSAID-induced gastrointestinal damage. But certain factors can significantly increase this risk.

NSAIDs work by depleting hormone-like substances in the body—called prostaglandins—that can be both beneficial and harmful. Although prostaglandins cause pain and inflammation in the joints and other areas of the the joints and other areas of the body, they also help protect the gastrointestinal tract. Misoprostol (brand name Cytotee\*) is a synthetic prostaglandin that replenishes this substance in the stomach. In the study published in the Annals, 8,843 NSAID users—of which about half were also taking misoprostol—were followed for six months. The use of misoprostol reduced the occurrence of serious GI complications by 40 percent.

Like other medications, misoprostol can cause some side-effects of its own—of which the most common are diarrhea and abdominal pain. However, these symptoms are rarely severe and are usually transient, lasting a few days at the beginning of therapy. In addition, Cytotec

should not be taken by women who

are or may become pregnant. Regular NSAID users, say physicians, should be on the watch for common GI side-effects of NSAIDS, such as indigestion, nausea and abdominal cramps. If they occur they should be reported to a doctor they should be reported at a contract the shown that up to 58 percent of serious, NSAID-induced GI complications occur without warning signs.

"The basic take-home message from this new research is that NSAIDs can exact a price, particu-NSAIDs can exact a price, particularly from some types of patients," says Dr. David Graham, chief of gastroenterology at Baylor College of Medicine in Houston and another author of the research report. "But that doesn't mean these individuals must give up their medication and its benefits. There are preventive steps that can be taken, and NSAID users should discuss with their doesn't method to swhether this option makes sense tors whether this option makes sense

# AFWS

# OF WOMEN

# How To Turn Your Life Around

(NAPS)—Feeling trapped by circumstances that you can't seem to change? It's never too late to plan your escape, say six remark-able women business owners who have overcome seemingly insurmountable obstacles to turn their

Debra Beaulieu, Judith Bliss, Gail Davis, Olga "Cookie" Mapula, Barbara Robinson and Paula Washow broke away from cycles of violence, poverty and prejudice to build new lives for themselves. Today, they not only navigate their own course of action, they are at the helm of their own businesses. Collectively, they generate \$4 million in annual revenue and employ more than 160 people.

Because of their accomplishments, these women were honored as winners of the 1995 Women of Enterprise Awards, sponsored by Avon Products, Inc. and the U.S. Small Business Administration. Now in its ninth year, the program recognizes women who have beaten the odds to start successful

These enterprising women achieved their goals by being able to dream big while keeping reality in check. Here's what worked for them and what they say can make a difference for anyone

1. Figure out what's wrong. Pinpoint the obstacles in your life, so you can decide whether you're willing to change what's preventing you from moving ahead. "If



Changing your life is possible. First you have to figure out what's wrong and develop an action plan. A support network helps.

you turn out to be your own worst enemy, don't despair," said Mapula. "The only person you can really change is yourself." Mapula realized that she couldn't change her alcoholic husband—even after their 18-year-old daughter was killed by a drunk driver—so she divorced him. She went on to build a successful intermediate of the property of the shall be shall be

international consulting business.

2. Pursue your passion. Find 2. Pursue your passion. Find a profession or vocation that makes you happy. "You can get better at something you love much faster than at something you don't," Robinson advises. At the height of her career with the Maryland court system, Robinson quit to start two businesses doing what she enjoys most—helping others. One business provides residential care for people with disidential care for people with disabilities; the other trains people on welfare to help care for them.

3. Develop an action plan. Turning your life around requires

careful strategic planning. "Begin by envisioning the kind of life you'd like to lead," says Beaulieu, who as a sin-gle welfare mother, was abused and stalked by her ex-husband. To change her life, she moved to anoth-er city where she supported her famer city where she supported her fam-

4. Form a support network Family, friends, or work colleagues can help you develop your self confi-dence. "Lean on these people when you're feeling unmotivated or depressed and share your triumphs as well," advises Davis, who, through a self-help program for wel-fare recipients, was able to start her own construction business. 5. Do a health check. To nur-

ture your inner drive, you need to take care of yourself physically, take care of yourself physically, mentally and spiritually. Bliss asks herself, "Am I happier this year than last year?" and then figures out why or why not. When her son was diagnosed with severe learning disabilities, she left the executive suite and started designing computer games to help him learn to read and write. This led to the educational software programs

the educational software programs.

6. Believe in yourself. "You must be your number one fan, cheering yourself to the finish line," said Washow, who at age 24 returned to high school and graduated with honors while holding deem sourcel jobs to support her. down several jobs to support her family. She later opened her own private investigation firm.

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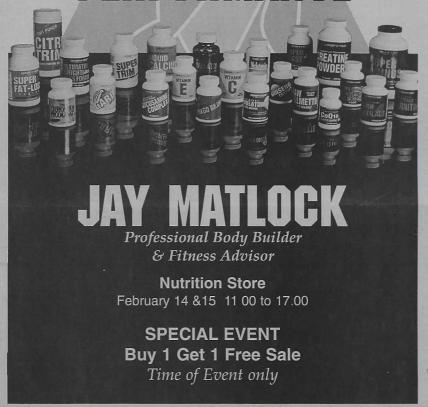
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lnstead of a costly tuneup, a top-grade
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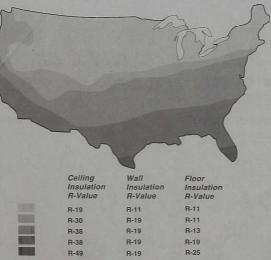
Dissolves carbon deposits which form in the fuel system, in-jector pump, nozzles and plungers.
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Some cleaners do not include enough effective detergents to fully clean your injectors. A top-grade injec-tor cleaner should also contain power-

ful detergent levels of today's gasolines. One 12-ounce bottle of Berryman B-12 Chemtool Injector Cleantop-grade detergents to thoroughly clean fuel injectors to meet your car's design specifications. Regular use works to prevent fouled injectors and deposits that lower gas mileage and rob your car of power.

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### How Much Insulation? Recommendations for optimum thermal performance



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many homeowners begin thinking about remodeling projects and addi-

Whether you're upgrading insu-lation in your attic to keep your home cooler in the summer, or add-ing on a new room, energy efficiency is im-

Yet many do-it-yourselfers haven't always liked to insulate be-cause often times, the material is itchy and uncomfortable to work with

For your home improvement projects that involve insulation this season, consider a new fiber glass insulation that makes the job much easier. It's called EasyHandler<sup>TM</sup> and it's an encapsulated insulation, covered with a nonwoven fabric to reduce dust and itchiness. The soft facing also makes the product easier to install.

er to install.

EasyHandler comes in a wide variety of R-values for ceiling, wall, floor and crawl space applications.

To determine how much insulation you'll need for your project, locate your geographic zone on the map that appears with this story, then find the appropriate R-value for sidewalls and floors.

Remember, an energy efficient

Remember, an energy efficient home can help cut energy bills by

(NU) - As the weather warms up, up homeowners begin thinking out remodeling projects and addins.

What was a large of the irreducing heat loss in winter and heat gain in summer. Insulation also pays for itself in a few years and keeps on saving while helping add to the re-

How Much to Use? Insulation effectiveness is mea

sured in R-values or the ability of the sured in R-values of the abinity of the material to resist the flow of heat. The higher the R-value, the greater the in-sulating power. The CertainTeed Home Institute has prepared a chart of optimum insulation levels. To use it, locate your geographic zone on the map, then find the appropriate R-value for attics, sidewalls and floors.

R-values on the chart represent CertainTeed recommendations for achieving optimum thermal performance. Figures are arrived at by averaging current and projected fuel prices over a 15-year period. Current insulation standards developed by government and private sector agencies provide the basis for CertainTeed's recommendations.

tainTeed's recommendations. For more information on fiber glass insulation, write to the CertainTeed Home Institute, P.O. Box 860, Valley Forge, PA 19482, or call (800) 782-8777 for a free copy of our EasyHandler brochure.

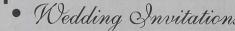
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INNOVATION TODAY

# Born 150 Years Ago, **Edison Still Endures**

By Bruce A. Lehman

(NU) - When Thomas Alva Edi-

son was 7 years old, a teacher permanently expelled him from school; declaring the young man "addled."
That declaration gave Edison time to explore other interests, and by the age of 17, he had found work as a telegrapher. That job led to his interest in electricity.

By the time of his death at the age of 84,

of his death at the age of 84, Edison's output

of round-the-clock inventive energy had resulted in 1,093 patents — to this day the largest number held by

ms day the largest number held by one person.

Highlights of Edison's trials, errors and triumphs are on public display at the National Inventors Hall of Fame at Inventure Place in Akron, Ohio. The hall honors outstanding inventors who have used the U.S. patent system to promote the nation's welfare.

Edison — born 150 years ago this month — was its first inductee and the forerunner of new inductions

the forerunner of new inductions held there every year since 1990. The fact that America's greatest

The fact that America's greatest inventor demonstrated extraordinary curiosity early in life is evident in his attempts to solve the mystery of how eggs hatch. A young Edison experimented — unsuccessfully — with sitting on them himself.

But by age 22, Edison had received his first monetary rewards (\$40,000) for inventing the Universal Stock Printer. Instantly rich, he

opened the first of several manufacturing factories. Later, Edison turned over management of the factories to trusted assistants so he could devote his time to research.

STORE HOURS:

his time to research.

Of his patents, more than a third,
365 in all, address various problems related to supplying heat and light to urban areas through electric power distribution. The project was Edison's dream. But while he was able to produce a reliable long-lasting. to produce a reliable, long-lasting source of light in 1879 — the incandescent light bulb — he still had to battle gaslight interests and indifferent politicians.

In order to prove the value of the light bulb. Edison pe

light bulb. Edison needed to solve the ingit buth, Edison needed to solve the problem of how to distribute electric power. Using the financial district in New York City as a model, he devel-oped a complete generation and dis-tribution system, including a powerful dynamo and everything from insulat-ed conduits to fuse boxes and light sockets. His dream had come true. From 1887 until his death in

From 1887 until his death in 1931, Edison also worked on perfecting the phonograph (his favorite invention), inventing motion picture photography and developing the alkaline storage battery.

While Edison is perhaps America's best known inventor, he is only one of a vast many whose work is honored at the National Inventors Hall of Fame at Inventure Place. The hall can be contacted at 1-800-968-IDEA (1-800-968-4332).

Bruce A. Lehman is Assistant Sec-retary of Commerce and Commis-sioner of Patents and Trademarks.

# **Cooking Corner**

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Tips To Help You

PLANS

Tip Your Hat To The Honey Bee

(NAPS)-As you enjoy the last summer peaches, the new crop of apples or a handful of almonds, tip your hat to the honey bee. Without her efforts, both the qual-Without her efforts, both the quality and the quantity of these delicious foods would be greatly reduced. In fact, honey bees have a pretty lofty job description in American agriculture. It is estimated that over \$9.7 billion of U.S. crop pollination is courtesy of the honey bees. Without these the honey bees. Without these

the honey bees. Without these hardworking buzzers, the harvest season would not be so abundant; so appropriately, September is National Honey Month.
You can celebrate National Honey Month by feasting on the delectable fruit of the bees' labor. More than 300 unique varieties of natural, wholesome honey are harvested in the United States. Each honey variety is determined by the vested in the United States. Each honey variety is determined by the types of flowers the honey bees visit. Every kind of honey, from clover to buckwheat, lends its own distinct flavor to snacks and main courses alike. When choosing honey, just remember that lighter-colored honeys are generally milder in flavor than darker-colored varieties.

Now that school is in full

Now that school is in full swing, try Orange Almond Honey Cake with Honey Whipped Cream as a scrumptious after school treat. Not only will your kids rave about the delicious flavor, but they can impress their friends and teachers with their honey knowledge.

For example, did you know that honey bees must visit two million flowers to make one



pound of honey? Or that a hive of bees has to fly more than 55,000 bees has to ly more than 35,000 miles to acquire that pound? The average worker honey bee only makes about 1/12 teaspoon of "liquid gold" in her lifetime, though during each collection trip, she visits between 50 and 100 flowers.

This recipe is a National Honey Month favorite because it uses almonds and honey—two foods that are created with help from the honey bee.

ORANGE ALMOND HONEY CAKE

1/2 cup vegetable shortening

1 cup honey 1 Tablespoon grated orange 3 eggs

3 eggs 1% cups ail-purpose flour 2 teaspoons baking powder 1/2 teaspoon salt 1/4 cup ground blanched almonds

Honey Whipped Cream

1/4 cup sliced almonds, toasted (optional) Orange slices, quartered (optional)

Cream shortening in large bowl with electric mixer. Grad-ually add honey, beating until light and fluffy. Add orange peel. Add eggs, one at a time, beating thoroughly after each addition. (Mixture may appear slightly curdled.) Combine flour, baking powder and salt in small bowl: fold dry ingrediflour, baking powder and sait in small bowl; fold dry ingredi-ents into creamed mixture. Mix until blended. Add ground almonds; mix well. Grease bot-toms only of two 8-inch round cake pans; pour in cake batter.

cake pans; pour in cake batter.
Bake in preheated 325° oven
30 minutes or until wooden
toothpick inserted near center
comes out clean. Cool in cake
pans on wire racks 10 minutes.
Remove from pans and cool
completely on wire racks. Frost
with Honey Whipped Cream
and garnish with toasted
almond slices and quartered almond slices and quartered orange slices, if desired. Makes 10-12 servings.

HONEY WHIPPED CREAM

1 cup heavy cream 3 Tablespoons hone 1 teaspoon vanilla

Beat cream in medium bowl with electric mixer until soft peaks form. Gradually add honey; beat until mixture forms stiff peaks. Fold in vanilla.

Makes about 2 cups.

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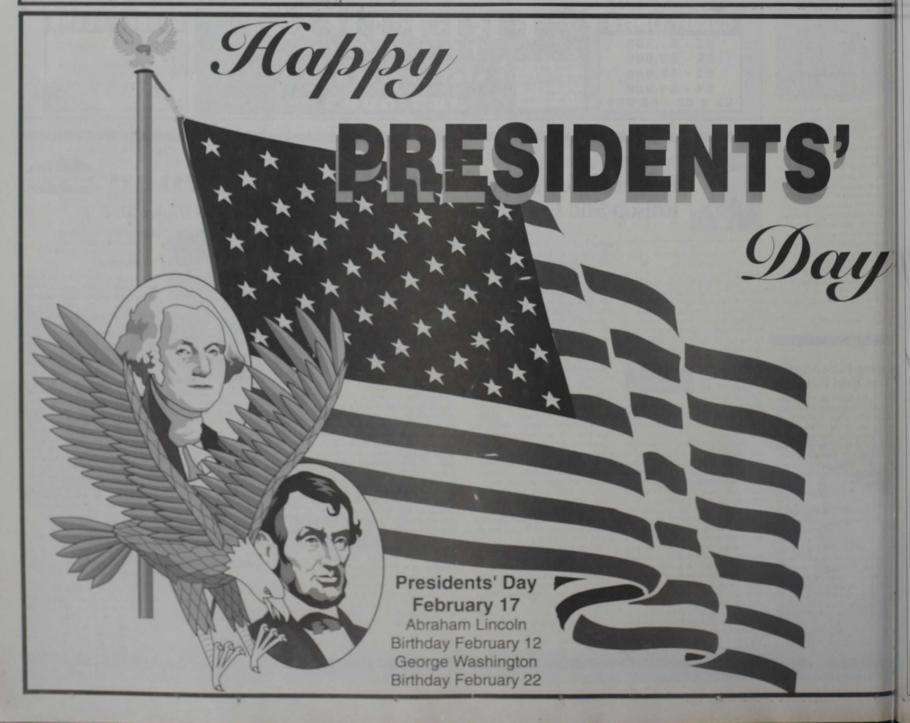
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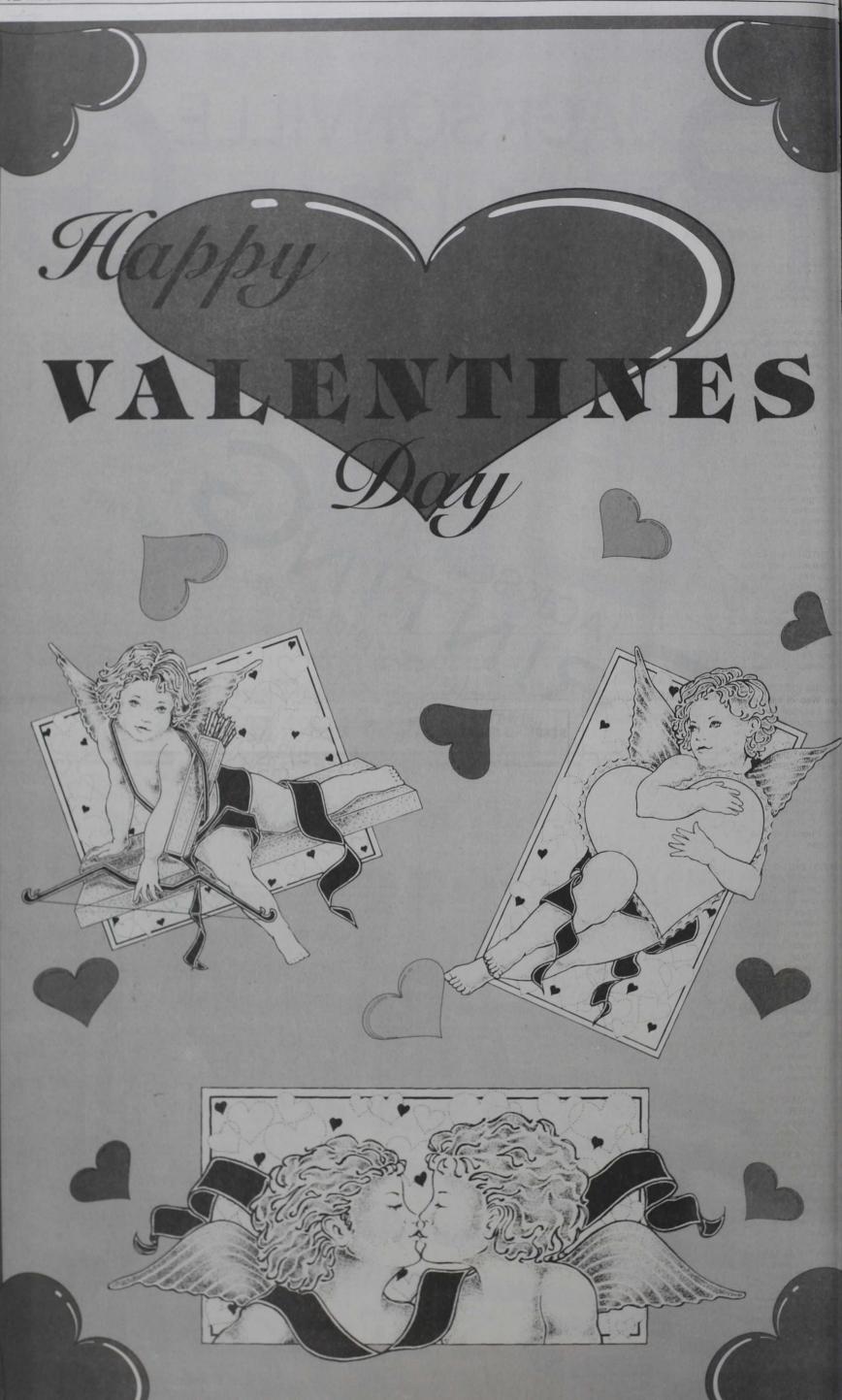
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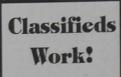
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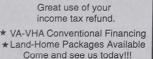
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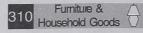
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All Parts 10% off with this Ad and a military ID



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FREE oil & filter

ew, \$100 O

wire fence, 60'

tame, mounted ed trailer 4 x top cover, \$12 Regal, \$20. Call perfect condition

ew mattress \$8 80; microwave & Decker porta

com, direct AST computer

wood; electric stroller, \$25;

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\* Trade policy.

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# **GLOBE TRADER ADS**

MISCELLANEOUS

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\$3, cow sponge holder \$3, cow owel holder \$5, cow magnets, Rubbermaid dish drainer \$3; tray (off-white) \$1.50. Call 353-

dress 12 mos., \$3; 1 price cycles " t, 12 mos., \$3; jogging 12 mos nd new items. Call 353-3805. 1, \$35; high chair, \$20, 1 white own wicker bassinett, \$40 ea.; ucer, \$25; dresser \$20; adjustanscourt basketball hoop, \$50 3BQ grill on wheels \$5. Call 353-

> ng dress, size 8, never worn or like new, \$50. Call 353-6703. 12 pump/semi-auto 12 gauge. )BO; Victorian dollhouse 1'to 1' lighted, 10BR, \$300 OBO. Call

nder pistol, (2) 14" stainless bar-muzzle tamers, 35 REM & 45-V, 2.5 TC scope, holster, gun arrying case, extras, \$100. Call

jarrying cass, 158. Ask for Kent. link dog kennel w/gate, 8' x 6' x nd new, \$100 OBO. Call 324-& filter

link Fence w/hard, \$100 n wire fence, 60' w/post, \$75; 2 air cleaners, ionizers, \$35 ea. 53-2937.

printer 2250, \$175. Call 353-

tems-infant car seat, trailer frame, mounted 3500 lbs. \$70; sed trailer 4 x 5, licence fee -top cover, \$12; car-bra 1975-Regal, \$20. Call 347-7123.

ew mattress \$80; small hutch \$80; microwave cart \$40; 8 inch & Decker portable table saw arious paintings, exercise glider all 353-2076. rd Bell 386 Computer w/3.1 win-

Panasonic printer; software, Call 353-0647

4600 cordless phone, w/caller tercom, directory and more, AST computer multimedia sysv/desk and Panasonic printer, Call 347-9167.

home axles w/tires, \$75 ea.; re wood; electric typewriter, \$50. 77-7357 after 5 p.m.

stroller, \$25; Little Tykes yard slide, \$35. Call 353-8336. 486SX CPU, 33MHz, \$35; 1 X 2 pin SIMM, ideal for Packard

omputers, \$50. Call 353-8336.

\$45. Call 327-2778. Huffy Aerocruiser double jogging stroller/bike trailer, \$80 OBO Kolcraft double umbrella stroller, \$50. Call 355-0514 after 6 p.m. Lifestyler Cardiofit exercise machine

w/ computer monitor, \$100 OBO; 18 in. Childrens bike, red, w/ training wheels, \$25 OBO. Call 355-0514

Jakes AB and back plus, \$100. Call (910) 353-1223. IBM computer, key board and monitor, many programs, \$500; green bar printer, \$100. Call 577-7958. Wedding dress, size 11/ 12, \$75; Sega hand game w/power pack, \$90; 35mm camera \$20. Call 577-7958. 4'x8'x10' Chain link dog kennel, \$80. Call (910) 938-2241. Custom car bra for Ford Probe, \$75.

Call 355-2203. Gortex coat and trousers, \$175; Matterhorn boots, size 9, \$70; Coroframs, size 9, \$25; all weather coat w/liner, \$35; Great Northern long sleeve khaki, \$30; short sleeve khaki, \$25; Alpha's, \$200. Call 577-8748. Wedding dress, size 6-8, designer w/hat, \$450; 3 oriental rugs, 9'x12', 8' runner + 4' door mat, \$200. Call 455-7568.

Sleigh style crib, incl. mattress, bedding, \$200. Call 577-7695.

10 gal. aquarium for sale \$30. Call 353-8784

Kenwood speakers, 18", \$375. Call 355-0837

Craftman lawnmower, \$120. Call

Sig arms, 9mm pistol comes w/2 magazines and case, 2 wks old,

\$580. Call 355-0837. 20 gal hexagon fishtank w/stand, w/fish, white, \$100; gas grill, \$80, lawn

mower, \$80. Call 353-2112. Golds gym weight machine, \$75; Schwin crossroad bike, \$60; Graco baby swing, \$50; Toddler w/mattress, \$30. Call 938-2805.

Darton Bow, hunting arrows and many accessories; \$300. Call 937-

New JVC portable CD player, \$75 OBO. Call any time, 355-2010. Coffee table & 2 end tables, \$50; round kitchen table w/4 chairs, \$150: Wolff tanning bed, \$1,000. Call 355-

Zenith 386 laptop computer, \$200 OBO; Panasonic K-1124 dot matrix printer, \$150 OBO. Call 327-3305. Pioneer Stereo receiver w/Dolby surround, was \$350, sell at \$260. Call

Moving, sleeper w/mattress, \$100; Ford 302 eng. w/trans., \$300; chain link fence for PP housing. Call 577-

### BOATS&RECREATION

Coleman canoe, 16', \$250 firm. Call 347-7615

Duracraft, 15' boat, w/trailer mercury minn kota 65 trolling motor depth finder, swivel seats, all safety equipment, new 75 amp battery. Call after 455-6058 5 p.m. ask for Kent.
93 17 Key West fiberglass outboard 70 hp w/trailer, cover, and ski package, \$7,000. Call 327-2778 evenings Browning BAR Mark II Safari, automatic rifle, 7mm magazine, w. scope mounts, extra magazine and ammo, \$500. Call 353-0906.

**AUTOMOBILES** 

'84 Chevy Cavalier, blue, 4-door, Call 353-7340

'92 BMW 535 4dr. white w/grey leather, loaded / '93 BMW 325 IS Coupe white w/leather, mint cond. all options, Call 353-9644, after 7pm

92 Astro 18 FXD loaded, mint cond. 150 hp. Suzuki motor, many extras very low miles. call 346-5983

Trans-Am, new front end, haust, brakes, clutch & more 6.6L special edition, \$1,200 neg. runs great. Call 937-7114.

94 Ford Escort wagon, 96K hwy mi spd, cruise control, \$3,500. Call

87 Dodge Caravan, excellent cond pw, pl, ps, brand new tires, \$3,500. Call (919) 633-6983 after 4 p.m. 85 Plymouth Voyager Mini-van, \$1,200 OBO. Call 353-1545.

93 Toyota Camry 47K mi, lots of ex-

tras. Call 353-6387 93 Chevy Camaro Z23 LT1, V8, red w/blk top, 6 spd, CD player, keyless

entry/alarm, 37K mi, exc cond. \$15,000, neg. Call 577-7792. '82 Datsun Sentra, auto, am/fm, \$300 OBO. Call 938-0087.

'84 Nissan Stanza, blue, pwr,am/fm, sunroof, \$1,900 OBO.

'93 Saturn SL1, 83K, abs, d/s air bag, a/c, am/fm, \$7,000 OBO. Call 455-'85 Dodge Ram 50, a/t, air, cassette

needs work, \$100 OBO, Call 938-'85 blue Cadillac Eldorado,

'89 Jeep Wrangler, blk, soft top, bi-kini top, 5 spd, 6 cyl, a/c, ps, pb, \$9,000. Call 577-8748.

84 Grand Wagoneer 4x4, a/c,p/s,p/

w. v-8, \$3,000. Call 326-7807. '93 Mustang convertable, auto, power, locks, mirrors, windows, a/c, cruise, am/fm, \$9000. Call (910) 326-

'94 Mazda B4000 SE 4x4, V6, extra cab, bed liner, and camper, \$16,000

OBO. Call (919) 240-0576. 84 Z28 Camaro, \$1,500 OBO. Call

tires, needs work, \$2,000 ne liable. Call 353-9788 day, 577-1982 after 5

80 AMC Concord, 4 DR, \$300. Call

72 Ford F250 custom 2WD, 360 engine, 4 speed, needs trans. link re-

13, \$175 OBO. Call 577-4072 after 5

p.m. or IV msg. '91 Ford Escort LX, 4DR, PB, PSB, 5spd, 87K miles, \$4,000. Call 355-

82 Datsun Sentra, \$300 OBO. Call 938-0087 lv msg.

MOTORCYCLES

'94 Kawasaki ZX-6, mint cond, garage kept, black, 2 helmets, tank, bag & bra, cover 7000 mi \$4,800. Call 919-354-4968

\$850 neg. Call 577-6250

REAL ESTATE

3BR, 2BA, dishwasher, washing machine, ceiling fans, deck included, close to front & side gate, very nice.

3 BB double wide on private lot, fenced, private driveway, near main gate. Call 353-2076. For sale: 3BR, 2BA, vaulted ceiling,

double garage, large deck, fire place wainscotting, beautiful home must. For sale: 4 BR, 2 1/2 BA, 2 story co

onial, low maintenance, vinyl, River Plantation, great base com-mute, private community w/security gate, pool, tennis court, clubhouse, boat ramp, \$160K. Call 327-2778. 3 BR, 2 1/2 BA, w/study, master suite w/jacuzzi, separate shower and walk-in closet, custom cabinets and island

in kitchen, wood-burning stove,

decks, landscaping, and more,

\$192K. Call 919-354-7052

Unfurnished and partially furnished, 2 bedroom house, capeted, lightening rods, front porch, back porch, large yard, in county, near bases, no pets, available March 1, 1997, \$285 per

month. Call 324-3684. For rent: 2 BR, unfurnished or partially furnished, carpeted, front/back porch, large yard, no pets, \$285 mo. available March 1. Call 324-3684.

all 326-3286.

Oakwood mobile home, 2BR, 1BA w/ garden tub, about \$8,800 left to pay. Call (910) 278-1079.

For rent: 2BR, fenced yard, no pets, AC, 1yr lease, \$400. Call 353-3809. 95 Masterpiece 14X80, 3BR, 2BA, TOP, owner will assist with down pay-For rent: 4BR, 2 1/2 BA home, 2,600 g. ft. North hoods schools, \$825 mg 1 yr. lease, available Feb. 24. Call 938-

96 Oakwood MH, 14X80, 3BR, 2BA, TOP. Call 353-2112 lv msg.

FURN.&APPLIANCES

Bedroom set w/wall unit & mirror, queen-size bed w/matching dresser, lamp & mirror; \$150 OBO. Call 353-

center w/smoked glass, \$125; 3 pc smoked-glass horned table set, \$100;

3 pc living-room set — sofa, loveseat and chair, \$310. Call 353-6088.

Armour, black & brow, 5 drawers, good

cond, \$60. Call 353-2937. Couch + love seat, \$175; 1 living room chair, \$15. Call 324-3684. Four piece sectional w/fold-out bed,

new mattress, tan, \$350 nego.; oak wall unit, \$75, antique dining table w/ four chairs, \$200. Call 577-3132.

Drop leaf table, 5m. China, buffet

needs refinishing. Best offer. Call 346-Crib w/change solid oak, \$200; dining table, solid oak w/6 upholstered chairs, \$350; ent. center, \$70, L-shaped sofa

v/optional corner table, \$350. Call Childcraft sleigh style crib w/mattress, bedding, extras, \$200. Call 577-7695. Oak coffee table and two end tables,

Multicolored sofa bed, \$200; two chests of drawers some scratches, \$25 each OBO. Call 353-0820. Digital ensemble piano, w/bench

books, memory disk, 76 keys, \$2,000 OBO. Call 353-0820.
Couch w/matching loveseat, glass cof-

fee table, end tables, multicolored shades, \$600. Call 455-8754. Queen soft-sided waterbed w/frame,

2 heaters, \$250. Call 355-0350. Sectional sofa, \$300; Sleeper sofa. \$150; dining table w/chairs, \$300; crib, \$200. Call 353-2112 lv msg.
Lawnmower, \$70; gas grill, \$80; fish tank w/fish, stand, \$80, Little Tykes slide, \$25; vacuum cleaner, \$80. Call

Kenmore dishwasher, portable, brand new white w/butcher block top, \$250. Call 353-6018.

Kenmore washer and dryer, Irg capacity w/fabric softener dispenser, 5

yrs old, \$450. Call 353-8784. Maytag dryer, Ig cap, \$150; nic microwave oven, rotisseri, \$50. Call 355-2466.

WANTED, LOST, FOUND

size 6-7, good cond., reasonable price. Call 327-2955. Roomate wanted to share 3 Br home, \$200 mo.

& trailer, camper, older convertible car, land trailer. Call 455-2776.
Wanted: Camper Top for Dodge Da-

PETS

kota, Call 346-5983.

Adult male Miniature Schnauzer w papers and pedigree, very friendly, prefer fenced in yard \$150. Call 347-

Free kittens, 5 available. Call 919

633-6983 after 7 p.m.
Sable ferret w/cage and accessories, very friendly, great w/kids, \$100. Call

Seal point Siamese kittens, 6 weeks

old. Call 353-7262 after 1 p.m.
Dog, 1 yr. old, male, golden/chow
mix, neutered, trained, very affectionate, needs lots-o-love, all necessities inc. Call 577-6613.

Pomeranian, black male, 1 yr old,

house trained, \$150. Call 353-9162. Cute cat needs home, 1 year old Siamese mix, house trained, spayed, all shots, moving overseas. Cat lovers only. Call 353-6967.

YARD SALES

Feb. 15; living room suite, 10 speed bike \$20; lots of baby items. Call 455-

# HOW TO PLACE YOUR FREE TRADER AD

\* Trader ads are a free service. The Globe reserves the right to edit and/or omit ads that do not meet expressed guidelines or Globe policy. \* Ad requests received prior to noon Friday **SHOULD** appear in the following week's paper, unless space is limited. In such a case, the ad will be published in the next issue. Late forms and phone requests will **NOT** be accepted.

A separate request form must be submitted each week you wish the ad to run. Forms must be filled out **COMPLETELY**. That includes full name of sponsor, his/her rank and unit, home address and home and work phone numbers. Incomplete forms will **NOT** be published.

Military work numbers will not be published. Barracks #'s must include room number.

\* Print legibly. If we can't read it, it will **NOT** be published. \* Individual forms **MUST** be filled out for each category of items you want published. I.E., automobiles, furniture, pets. If an ad is submitted with several items from different categories on one form, they may not be published. Time is limited.

No more than 20 words per form. Only three forms per household a week will be published. No ads for "services provided" or commercial business will be published. \* Trader ad submissions will not be accepted by fax, guard mail, phone or return contacts with military phone numbers.

> 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

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

Signature Rank

Home Phone

Home Address

Work Phone

Organization

ALL PRE-OWNED VEHICLES WITH "CAS BACK" DOLLARS AND BOTTOM LINE SALE PRICES CLEARLY MARKED ON EACH CAR, TRUCK, & VAN OR SPORTS UTILITY...

THREE FABULOUS DESTINATIONS...

Round-Trip Airfare Plus 5-Star Resort Accommodations for 2 Adults to DisneyLand or DisneyWorld.

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Free Meals & Entertainment (\$500 Fun Book)

• Free Shuttle Tour Everyday

Hotel Accommodation: All Disney Hotels

Round-Trip Airfare Plus 5-Star Resort Accommodations for 2 **Adults to Las Vagas** 

• Free Meals & Entertainment (\$500 Fun Book)

• Free Drinks & Up To \$200 in Matchplay at the Casino Hotel Accommodations Caesars, The Sierra, Circus Circus & Palace Station (All Hotels on Strip)

Round-Trip Airfare Plus 5-Star Accommodations for 2 Adults to the Bahamas.

• Free Meals & Entertainment (\$500 Fun Book)

• Free Drinks and up to \$200 in Matchplay at the Casino

Hotel Accommodation: The Windham Resort or The Crystal Place Resort/Casino

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Marine Mai Chaplain ... Marine fam CATPHIB. Tax Q&A .. Sports roun

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Beaufort ....

Star Wars.

Register at Lejeune Honda Cars for one of several vacations to be given away. No purchase required. Drawing to be held Feb. 14th & 15th.



1995 MAZDA 626 LX **BLUE, SK#79079** 

N. MARINE BLVD.)

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WALXMART

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1996 HONDA ACCORD EX GREEN, SK#964681



1995 HONDA CIVIC EX GRAY, SK#970331



RED, SK#791981



1995 FORD THUNDERBIRD CHAMPAGNE, SK#964231



**GREEN, SK#79221** 





1991 FORD EXPLORER XLT





1994 FORD PROBE GT



1996 HONDA CIVIC DX RED, SK#79234



1995 HONDA CIVIC DX RED, SK#970302







1995 HYUNDAI SCOUPE



1996 HONDA CIVIC DX BLACK, SK#970201



1994 PONTIAC GRAND AM SE BLUE, SK#963402



1993 MITSUBISHI ECLIPSE



1994 MITSUBISHI MIRAGE ES YELLOW, SK#79203



1992 MERCURY SABLE GS GRAY, SK#962625



BLUE, SK#96460



1992 MITSUBISHI ECLIPSE RED, SK#79197



1995 NISSAN 200 SER PURPLE, SK#961581



1992 MAZDA MX-3 BLUE, SK#963692



1996 NISSAN SENTRA GLE WHITE, SK#79204



1995 NISSAN XE 4X4



1995 PLYMOUTH VOYAGER **BLUE, SK#79181** 





1996 HONDA PRELUDE SI 1995 HONDA DEL SOL



1994 DODGE CARAVAN

**BLUE, SK#961213** 

1995 NISSAN PICKUP



1990 JEEP WRANGLER

YELLOW, SK#965151

1995 HONDA CIVIC LX



BLUE, SK#RAYNOR

AND THE REST

1992 FORD RANGER SPORT



1994 HONDA ACCORD LX

1993 FOR D F-150 XL



1994 SUZUKI SIDEKICK JXL

1991 HONDA PRELUDE WHITE, #79151



1992 HONDA ACCORD EX

















1994 FORD SPLASH

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1993 NISSAN TRUCK RED, SK#952544





1994 FORD RANGER XLT



1995 PLYMOUTH VOYAGER



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